

Pregnancy Classes and Lactation Resources

<p>Nurse on Fire</p>	<p>Prenatal class to prepare families to deliver in the hospital. Hopefully other classes as well such as pelvic floor information and post partum.</p>	<p>www.nurseonfireclasses.com nurseonfireclasses@yahoo.com</p>
<p>Joyce Wong, PT TLC Physio</p>	<p>Certified lymphatic drainage and exercises to help with discomfort caused by swelling of the lower extremities, for a more comfortable pregnancy. Lymphatic drainage for sinus congestion, pregnancy rhinitis. Lymphatic drainage to help with recurrent ear infections in babies/children.</p>	<p>tlcphysio.ca info@tlcphysio.ca 705-345-5688</p>
<p>Pam Peca Consulting IBCLC</p>	<p>Prenatal and Postnatal Lactation Consultation Breastfeeding Education In/Home support Medela Breast Pump Rentals</p>	<p>www.pampecaconsulting.com info@pampecaconsulting.com 705 7344544</p>
<p>Emma Needleman IBCLC, PMH-C</p>	<p>Feeding support and education with a focus on whole family mental health</p>	<p>Contact via Serenity Birth Studio 705-725-0990 serenitybirthstudio.com/emmaneedleman/</p>

Postpartum Body Concerns

Necessary tools for everyday life.

Your body has changed, you carried a human inside your body. Every practitioner listed here has additional training in treating postpartum bodies so you can be confident you are in good hands.

Get Moving Physio

Our clinic is primarily a pelvic health clinic. It is our honour to help prepare families for the birth process, what to expect and how to negotiate the early postpartum period. We treat pelvic girdle pain and back pain during pregnancy, any birth injuries, as well as treating pelvic pain, vulvar pain and incontinence in the postpartum period. In the event that the birthing person has experienced a prolapse, we do fit pessaries and have good care plans for prolapse management.

We love to work with people proactively for those who want to optimize their health experiences and we are also ready to help with your rehab needs around pregnancy, birth and postpartum.

How to contact us:

Located in Barrie

www.getmovingphysio.com
getmovingphysio@gmail.com
705-252-8558

Higher Function Women's Health

I provide pelvic health physiotherapy to help mothers prepare for child birth and postpartum recovery. Whether this is your 1st time or you have multiple children, you can benefit from a proper plan to help improve or prevent pelvic health issues such as leaking, prolapse, pain and diastasis.

How to contact us:

Located in Collingwood

<http://www.higherfunction.ca>

laura@higherfunction.ca 705-888-6396

Kyla Hotham Physiotherapy

I offer services from pregnancy, to birth and beyond. I support folks for a healthy pregnancy, prepping for labor and delivery as well as optimizing the postpartum period and helping you return to activities you love

How to contact us:

Located in Barrie

Email: hello@kylahotham.com

Website: www.Kylahotham.com

Instagram: [@womenswellnessphysio](https://www.instagram.com/womenswellnessphysio)



Womens' & Family Health

Elements Naturopathic and Wellness Centre

We work with families struggling with infertility by doing extensive testing to rule out hormonal and nutritional causes of difficulty conceiving or recurrent miscarriage. We also use both hormones and supplementation in post partum women to address depression, anxiety, lifestyle and sleep

How to contact us:

Email: elementsnwc@gmail.com

Phone: 705-252-5007

Website: www.elementsnwc.com

<https://www.facebook.com/elementsnwc>

Cathryn Wood Registered Massage Therapy

My practice has a clinical focus on pelvic health. This includes but is not limited to perinatal symptom support, c-section recovery support, and diastasis recti recovery support. It is important to note that my scope is external only. I also offer in home massage to my perinatal clients for 3 months post partum. Children and infants are always welcome in the clinic.

Contact Cathryn:

Located in Barrie

www.cathrynwoodrmt.com

cathrynwoodrmt@gmail.com

705 715 5112

Rooted Naturopathic Clinic

We are a team of naturopathic doctors with extensive experience in supporting infertility, prenatal, postnatal, infant, and children's health. We use evidence-based natural treatments and collaborate well with other health care professionals to help round out a patient's health care team.

How to contact us:

Email: info@rootedinhealth.ca

Phone: 705-792-6717

Website: www.rootedinhealth.ca

Instagram: [@rooted_naturopathic_clinic](https://www.instagram.com/@rooted_naturopathic_clinic)

[@drwhitneyyoung](https://www.instagram.com/@drwhitneyyoung)

Candice Thomas - Evergreen Wellness Studio

Evergreen is Barrie's destination for wellness services and classes that will improve both your mental and physical health.

We give you the opportunity to discover the benefits of slowing down and making space. The opportunity to feel better. Pre/post natal massage, meditation and movement classes, mindset coaching services in Barrie, ON.

Email: cmatclinic@outlook.com

Phone: 705-761-4222

www.evergreenmassagetherapy.ca

Instagram: [@evergreen_rmt](https://www.instagram.com/@evergreen_rmt)



Womens' & Family Health Clinics

Impact Health

At impact healthcare our vision for the Women's Health Division is to provide complete physical, mental, emotional and nutritional support in the perinatal period all under one roof using a team approach. As moms, we know firsthand the challenges that can come from birth and that healing from a major physiological and emotional event while adjusting to new family demands is no easy task. Collectively we wanted to create a space offering all of the services that we all wanted/needed while pregnant, postpartum, and beyond.

Women's Health Services at Impact Healthcare:

- Registered massage therapy
Pre/post natal massage
- Chiropractic care
- Counselling/Psychotherapy
- Nutritional Counselling
- Naturopathic Medicine

Contact information:

Clinic Phone: 705-725-9777

Clinic Email: info@impacthc.ca

<https://www.impacthc.ca/>

Crescent Health Collective

Crescent Health Collective is Barrie and Simcoe County's perinatal and paediatric holistic health clinic. Our team takes a whole-body approach to healthcare, looking at the body, mind and soul, finding ways to decrease pain, improve function and enhance quality of life. Our mission at Crescent Health Collective is to support our community through the changing phases of life, and help families build healthy foundations during this journey.

Email: hello@crescenthealth.ca

Phone: 249-880-7771

Website: www.crescenthealth.ca

Instagram: [@crescenthealthcollective](https://www.instagram.com/crescenthealthcollective)



Child and Infant Resources

Jessica White Sleep Solutions

I help take away the overwhelm and frustration that accompany family sleep challenges and provide manageable solutions to get everyone's sleep back on track. I provide 1:1 consultations, programs and seminars for families with infants in the first year, toddlers, school aged children and parents struggling to sleep after their children are sleeping through the night.

<http://www.jesswhitesleepsolutions.com>
jess@jesswhitesleepsolutions.com
705.717.4765

Lyndsey Stevenato Children's Therapy Services

Primarily providing postpartum therapy services for infant, toddlers and children in areas of physical, emotional, and mental health; multidisciplinary private paediatric clinic.

Offering Occupational Therapy, Physiotherapy, Speech Therapy, Social Work, Physiotherapy, & Psychology.
We address feeding issues from newborn up!
Physio and OT deal with developmental delays from birth to 18 years.
Promotion of developmental milestones- feeding, motor, speech, behaviour, emotional

childrenstherapy.ca
info@childrenstherapy.ca
1-866-792-5272

Other Community Resources you need to know

<p>Serenity Birth Studio</p>	<p>Programs, services and products to support pregnancy, birth & parenting</p>	<p>www.serenitybirthstudio.com info@serenitybirthstudio.com 705-725-0990</p>
<p>Jaime Charlebois Advanced Practice Nurse and Psychotherapist</p>	<p>As the Regional Perinatal Mental Health Coordinator, I provide system navigation, health care provider consultation, education/training and limited amounts of psychotherapy based on my capacity.</p>	<p>jpcharlebois@osmh.on.ca 705-325-2201 ext 3544</p>
<p>EarlyON Child and Family Centres</p>	<p>EarlyON Child and Family Centres offer free, drop-in programs for children up to six years old and their parents/caregivers. EarlyON centres are places to engage and connect with others in the community and feel a sense of belonging.</p>	<p>www.simcoecommunityservices.ca</p>
<p>Healthy Baby Healthy Children</p>	<p>Home visiting services for families to provide:</p> <ul style="list-style-type: none"> Information, education and resources Early identification and support for healthy child growth and development Support for positive parenting and parent-child relationships Recommendations and referrals to community resources 	<p>Health Connection Monday through Friday, 8:30 a.m. to 4:30 p.m. www.simcoemuskokahealth.org/HealthUnit/About/Contact/ContactHealthConnection</p>

Other Community Resources you need to know

<p>Bridget's Bunnies</p>	<p>Local couple Mat and Theresa Morrison founded both Bridget's Bunnies and Bridget's Run in honour of their daughter Bridget who was born still. Bridget's Bunnies is an initiative providing comfort kits to families following the loss of a pregnancy or infant. The kits include comfort items, memory makers and resources of support to provide gentle direction and compassion to parents who are experiencing loss.</p>	<p>www.bridgetsbunnies.ca/</p>
<p>Prenatal and Well Baby Clinic</p>	<p>Provides prenatal and well baby care for women and children (up to the age of 6 years) without a family doctor in the Barrie area. Breastfeeding services are provided by a Lactation Consultant (RN) within the PNWB program. ALL WOMEN IN THE BARRIE AREA ARE ELIGIBLE FOR BREASTFEEDING SERVICES WITHIN OUR PROGRAM.</p>	<p>705 721-0370 x4 https://barriefht.ca/prenatal-and-well-baby/</p> <p>370 Bayview Drive, 3rd Floor Barrie, ON L4N 7L3</p>