

Resource List

Important: Remember your baby must be registered for the following:

1	Birth Certificates – 1-800-461-2156 or www.serviceontario.ca
2	Health Cards – 1-800-664-8988 or www.health.gov.on.ca
3	Social Insurance Card – 1-800-206-7218 or www.servicecanada.gc.ca NOTE: Must show birth certificate
4	Universal Child Care Benefit – 1-800-959-2221 or www.universalchildcare.ca
5	Canada Child Tax Benefit – 1-800-387-1193 or www.children.gov.on.ca Ontario Child Benefit – 1-866-821-7770 or www.ontariochildbenefit.ca — Based on income

Be a Great Parent
www.beagreatparent.ca

Best Start
www.beststart.org

Canadian Paediatric Society
www.cps.ca

College of Physicians and Surgeons of Ontario
(for assistance in securing a family doctor)
www.cpsso.org

Fatherhood
www.fatherhood.org
www.cfii.ca

Invest in Kids Foundation
www.investinkids.ca

Motherisk
1-416-813-6780
www.motherisk.org

Multiple Births Canada
1-866-228-8824
www.multiplebirthscanada.org

Niagara Health System
Niagara area hospitals-one central number
905-378-4647.
www.niagarahealth.on.ca

**Public Health Agency of Canada -
Healthy Pregnancy**
www.healthycanadians.gc.ca

Saskatchewan Prevention Institute
www.preventioninstitute.sk.ca

**The Society of Obstetricians and
Gynaecologists of Canada**
www.socg.org

Telehealth Ontario
1-866-797-0000
TTY: 1-866-797-0007
www.health.gov.on.ca



Niagara Region Public Health Parent Talk Information Line (PTL)

Speak to a public health nurse about any parenting concern.
905-688-8248 ext. 7555 or 1-888-505-6074 ext. 7555
www.niagararegion.ca

Ontario Early Years Centres
A Place for Parents And Their Children.



Centres de la petite enfance
Un endroit pour les parents et leurs enfants.

Ontario Early Years Centres

offer parenting programs, workshops and interactive play for parents/caregivers and children 0-6 years of age.

Please visit www.ontarioearlyyears.ca or call for hours of operation:

Niagara Falls, ON
2999 Dorchester Road
905-357-2398

Port Colborne, ON
92 Charlotte Street
905 834-9071 or
1-866-933-9633

St. Catharines, ON
25 YMCA Drive
905-938-9392

Welland, ON
12 Young Street
905-734-3563

Classes/Clinics/Groups are available through Niagara Region Public Health

Clinics

- Breastfeeding Clinics
- Child Wellness Drop-in Clinics
- Travel Clinics
- Dental Clinics

Classes

- Preconception Health Education Session
- Prenatal Classes
- Nurture Your Newborn Workshop
- Baby Talk Classes
- Right from the Start Course
- Car Seat Information Session

Support Group

- M.O.M.S – Moms Offering Moms Support

For more information on these services please visit www.niagararegion.ca or call the Parent Talk Information Line.