



FOR PERINATAL MENTAL HEALTH

## Waterloo Region Perinatal Mental Health Community Resources

No preference given in order  
For the most up to date version,  
visit <https://togetherwaterloo.ca/local-resources/>

### Crisis Resources

\*\* If in an emergency, call  
911 or visit closest  
emergency department\*\*

Crisis Services Canada  
1-833-456-4566  
<https://www.crisisservicescanada.ca/en/>  
Connect via text at 45645, 4PM-12AM  
ET, with a Crisis Responder

Distress and Crisis Ontario  
<https://www.dcontario.org/>

Ontario Health Mental Health  
1-866-531-2600  
<https://www.ontario.ca/page/mental-health-services>

Canadian Mental Health Association  
<https://ontario.cmha.ca/documents/are-you-in-crisis/>

### Local Crisis Resources

Here 24/7  
1-844-437-3247  
<https://here247.ca/>

Women's Crisis Centre  
519-742-5894  
<https://wcsvr.org/>

Carizon Postnatal Mental Health  
Consultations  
519-743-6333  
[wellnessoutreach@carizon.ca](mailto:wellnessoutreach@carizon.ca)

### Local PSI Coordinators

Lisette Weber  
226-243-8787  
[psi@sette.ca](mailto:psi@sette.ca)

### Hospitals

Rachel Van Dyk  
Grand River Hospital  
[rachel.vandyk@grhosp.on.ca](mailto:rachel.vandyk@grhosp.on.ca)

Dr. Ryan LieShout -  
St. Joseph's Hospital (Hamilton) Women's  
Health Concerns Clinic  
905-522-1155 x35123  
[vanlierj@mcmaster.ca](mailto:vanlierj@mcmaster.ca)  
**Referral required**

### Pregnancy Support

Shore Centre  
519-743-9360  
[info@shorecentre.ca](mailto:info@shorecentre.ca)  
<https://www.shorecentre.ca/>  
**Free**

Monica Place  
519-743-0291  
<http://www.monicaplace.ca/>  
**Fees if able to afford**

The Pregnancy Centre  
519-886-4001  
[info@pregnancycentre.ca](mailto:info@pregnancycentre.ca)  
<https://pregnancycentre.ca/>  
**Free**

EarlyOn Planning for Parenthood  
<https://earlyyearsinfo.ca/preparing-for-parenthood/>  
**Free**

## Support Groups

Stork Secrets  
<https://www.ourplacekw.ca/virtual-stork-secrets>  
**Free**

Transitioning to Parenthood  
<https://earlyyearsinfo.ca/find-a-program-service/program-descriptions/>  
**Free**

PSI Online Support Meetings  
<https://www.postpartum.net/get-help/psi-online-support-meetings/>  
**Free**

## Therapists with Perinatal Mental Health Training or Speciality

Andrea Wiebe, MSW RSW  
226-978-2690  
[andreawiebecounselling@gmail.com](mailto:andreawiebecounselling@gmail.com)  
**Sliding Scale**

Athena Ferraro, MSW, RSW, PMH-C  
519-497-8847  
[athena@blisscounselling.ca](mailto:athena@blisscounselling.ca)  
[www.athenaferraro.com](http://www.athenaferraro.com)  
**Sliding Scale**

Catherine Mellinger, EXAT  
519-404-2860  
[mellangearts@yahoo.com](mailto:mellangearts@yahoo.com)  
[catherinemellinger.com](http://catherinemellinger.com)  
**Sliding Scale**  
Service in English, French

Clare Pentelow, MSW RSW  
519-358-7181  
[kitchenertherapy@gmail.com](mailto:kitchenertherapy@gmail.com)  
[www.kitchenertherapy.ca](http://www.kitchenertherapy.ca)  
**Sliding Scale**

Kasi Shan, MSW RSW  
226-241-0440  
[kasi\\_shan@outlook.com](mailto:kasi_shan@outlook.com)  
[www.kasishantherapy.com](http://www.kasishantherapy.com)  
**Open Path Collective Member**

Lisa Aldworth, MSW RSW  
519-342-3551  
[lisaaldworthcounselling@gmail.com](mailto:lisaaldworthcounselling@gmail.com)  
[www.lisaaldworthcounselling.com](http://www.lisaaldworthcounselling.com)

Nicole Mitten, RSW  
519-580-9968  
[nicole@owlwellness.ca](mailto:nicole@owlwellness.ca)  
[www.owlwellness.ca](http://www.owlwellness.ca)  
**Sliding Scale**

Rachel Brnjas, MSW RSW  
226-606-9016  
[rachel@tapestrycc.com](mailto:rachel@tapestrycc.com)  
[www.tapestrycc.com/](http://www.tapestrycc.com/)  
**Sliding Scale**

Rebecca Johnston, MSW RSW  
519-503-4143  
[rjohnston@fireflycounselling.com](mailto:rjohnston@fireflycounselling.com)  
[www.fireflycounselling.com](http://www.fireflycounselling.com)  
**Sliding Scale**

Rochelle Kaikai, MSW RSW  
226-400-8910  
[rootedthistlecounselling@gmail.com](mailto:rootedthistlecounselling@gmail.com)  
[www.rootedthistlecounselling.com](http://www.rootedthistlecounselling.com)  
**Sliding Scale**

## Ontario Virtual Psychiatrists with Speciality

Elle Therapy  
[info@elletherapy.ca](mailto:info@elletherapy.ca)  
<https://elletherapy.ca/>  
**Some OHIP**

Dr. Vivian Polak  
[maternalwellnessclinic@gmail.com](mailto:maternalwellnessclinic@gmail.com)  
<https://maternalwellnessclinic.ca/index.html>  
Service in English, French, Spanish, Italian  
**Referral Required**