



FOR PERINATAL MENTAL HEALTH

Waterloo Region Perinatal Mental Health Community Resources



Scan for Updated List

Crisis Resources

Talk Suicide Canada
Call/Text 9-8-8
988.ca/

Ontario Health Mental Health
1-866-531-2600
ontario.ca/page/mental-health-services

Trans Lifeline
Call 1-877-330-6366
translifeline.org

Canadian Mental Health Association
ontario.cmha.ca/documents/are-you-in-crisis

Local Crisis Resources

Here 24/7
1-844-437-3247
here247.ca

Women's Crisis Centre
519-742-5894
wcswr.org

Hospitals

Rachel Van Dyk, MSW
Clinical Social Worker,
Grand River Hospital
rachel.vandyk@grhosp.on.ca

Dr. Ryan Van Lieshout -
St. Joseph's Hospital (Hamilton) Women's Health
Concerns Clinic
905-522-1155 x35123
vanlierj@mcmaster.ca

Referral required

Pregnancy Support

Shore Centre
519-743-9360
info@shorecentre.ca
shorecentre.ca

Free

EarlyOn Planning for Parenthood
earlyyearsinfo.ca/preparing-for-parenthood

Free

Monica Place
519-743-0291
caminowellbeing.ca

Fees if able to afford

The Pregnancy Centre
519-886-4001
info@pregnancycentre.ca
pregnancycentre.ca

Free

Support Groups

Together: For Perinatal Mental Health
Peer Support, Therapy based Groups
togetherwaterloo.ca/support-group

Free

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

Free

Stork Secrets
https://www.shorecentre.ca/storksecrets/

Free

Perinatal Wellbeing Ontario
Support Groups, Peer Mentors
https://www.perinatalwellbeing.ca

Free

Transitioning to Parenthood
https://earlyyearsinfo.ca/find-a-program-
service/program-descriptions/

Free

Perinatal Mental Health Therapists

Kitchener - Waterloo

Andrea Wiebe, MSW RSW
226-978-2690
revelationcounselling@gmail.com
revelationcounselling.com
Sliding Scale

Athena Ferraro, MSW, RSW, PMH-C
226-647-6000
athena@blisscounselling.ca
athenaferraro.com
Sliding Scale

Catherine Mellinger, EXAT
519-404-2860
mellangearts@yahoo.com
catherinemellinger.com
Sliding Scale
Service in English, French

Clare Pentelow, MSW RSW
519-358-7181
kitchenertherapy@gmail.com
kitchenertherapy.ca
Sliding Scale

Kasi Shan, MSW RSW
226-241-0440
kasi_shan@outlook.com
kasishantherapy.com
Open Path Collective Member

Lisa Aldworth, MSW RSW
519-342-3551
lisaaldworthcounselling@gmail.com
lisaaldworthcounselling.com

Rachel Brnjas, MSW RSW
226-606-9016
rachel@tapestrycc.com
tapestrycc.com
Sliding Scale

Rebecca Johnston, MSW RSW
519-503-4143
rjohnston@fireflycounselling.com
fireflycounselling.com
Sliding Scale

Cambridge

Bina Moore, MSW, RSW
519-212-2462
embracecounsellingservices@gmail.com
embracecounsellingservices.com

Jessica Barnes, MSW, RSW
jessicabarnes.ca/

Nicole Mitten, RSW
519-580-9968
nicole@owlwellness.ca
owlwellness.ca
Sliding Scale

Virtual Practices

Better Bria
416-646-2742
hello@betterbria.com
betterbria.ca

Elle Therapy
info@elletherapy.ca
elletherapy.ca/
Some OHIP

Fancy Therapy
226-808-7291
info@fancytherapy.ca
fancytherapy.ca
Sliding Scale

Rooted Thistle Counselling
226-400-8910
rootedthistlecounselling@gmail.com
rootedthistlecounselling.com
Sliding Scale

The Well Parent Centre
info@wellparentscentre.com
wellparentscentre.com

Whole Family Psychotherapy
519-997-2426
hello@wholefamilypsychotherapy.com
wholefamilypsychotherapy.com
Sliding Scale

Pay What You Can Therapy

Together Waterloo
togetherwaterloo.ca/support-group/pwyctherapy

Perinatal Wellbeing Ontario
perinatalwellbeing.ca/individual-pwyc