



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, 24/7  
988.ca/

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

## Local Crisis Resources

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

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

## Hospitals

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

Aryn Buchanan, MSW, RSW  
Social Worker, Women and  
Children's Unit  
Cambridge Memorial  
Hospital  
abuchanan@cmh.org

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

**Referral required**

## Free Pregnancy Support

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

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

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

## Free Support Groups

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

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

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

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

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

## Perinatal Mental Health Therapists

\* sliding scale

### Kitchener - Waterloo

[Andrea Wiebe, MSW RSW\\*](#)  
[revelationcounselling.com](http://revelationcounselling.com)

[Catherine Mellinger, EXAT\\*](#)  
[catherinemellinger.com](http://catherinemellinger.com)  
Service in French

[Firouzeh Sharifi, RP\\*](#)  
[firouzeh.sharifi.opc@protonmail.com](mailto:firouzeh.sharifi.opc@protonmail.com)  
Services in Farsi, French

[Lisa Aldworth, MSW RSW](#)  
[lisaaldworthcounselling.com](http://lisaaldworthcounselling.com)

[Rebecca Johnston, MSW RSW\\*](#)  
[fireflycounselling.com](http://fireflycounselling.com)

[Athena Ferraro, MSW, RSW, PMH-C\\*](#)  
[athenaferraro.com](http://athenaferraro.com)

[Clare Pentelow, MSW RSW\\*](#)  
[kitchenertherapy.ca](http://kitchenertherapy.ca)

[Kasi Shan, MSW RSW](#)  
[kasishantherapy.com](http://kasishantherapy.com)  
Open Path Collective Member

[Rachel Brnjas, MSW RSW\\*](#)  
[tapestrycc.com](http://tapestrycc.com)

[Rooted Thistle Counselling\\*](#)  
[rootedthistlecounselling.com](http://rootedthistlecounselling.com)

### Cambridge

[Bina Moore, MSW, RSW](#)  
[embracecounsellingservices.com](http://embracecounsellingservices.com)

[Nicole Mitten, RSW\\*](#)  
[owlwellness.ca](http://owlwellness.ca)

[Jessica Barnes, MSW, RSW](#)  
[jessicabarnes.ca/](http://jessicabarnes.ca/)

[Relationship Matters Therapy\\*](#)  
[relationshipmatterstherapy.com](http://relationshipmatterstherapy.com)

### Virtual Practices

[Better Bria](#)  
[betterbria.ca](http://betterbria.ca)

[Fancy Therapy\\*](#)  
[fancytherapy.ca](http://fancytherapy.ca)

[Whole Family Psychotherapy\\*](#)  
[wholefamilypsychotherapy.com](http://wholefamilypsychotherapy.com)

[Elle Therapy](#)  
[elletherapy.ca/](http://elletherapy.ca/)

[The Well Parent Centre](#)  
[wellparentscentre.com](http://wellparentscentre.com)

### Pay What You Can Therapy

[Perinatal Wellbeing Ontario](#)  
[perinatalwellbeing.ca/individual-pwyc](http://perinatalwellbeing.ca/individual-pwyc)