



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

Hope for Wellness Helpline
Indigenous, 24/7
Call 1-855-242-3310
hopeforwellness.ca

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

Catherine Mellinger, EXAT*
catherinemellinger.com
Service in French

Fancy Therapy*
fancytherapy.ca

Kasi Shan, MSW RSW
kasishantherapy.com
Open Path Collective Member

Nicole Graff-Rowe MSW, RSW
transformationcounselling.com

Rebecca Johnston, MSW RSW*
fireflycounselling.com

Athena Ferraro, MSW, RSW, PMH-C*
athenaferraro.com

Clare Pentelow, MSW RSW*
kitchenertherapy.ca

Firouzeh Sharifi, RP*
firouzeh.sharifi.opc@protonmail.com
Services in Farsi, French

Lisa Aldworth, MSW RSW
lisaaldworthcounselling.com

Rachel Brnjas, MSW RSW*
tapestrycc.com

Rooted Thistle Counselling*
rootedthistlecounselling.com

Cambridge

Bina Moore, MSW, RSW
embracecounsellingservices.com

Nicole Mitten, RSW*
owlwellness.ca

Jessica Barnes, MSW, RSW
jessicabarnes.ca/

Relationship Matters Therapy*
relationshipmatterstherapy.com

Virtual Practices

Better Bria
betterbria.ca

Whole Family Psychotherapy*
wholefamilypsychotherapy.com

Elle Therapy
elletherapy.ca/

The Well Parent Centre
wellparentscentre.com

Pay What You Can Therapy

Perinatal Wellbeing Ontario
perinatalwellbeing.ca/individual-pwyc