

This resource list includes information about resources, services and organizations that may help support pregnant people and those looking for childcare services. While the Mental Health Team is committed to regularly updating this resource list, there is no guarantee that it is free from errors and/or that services listed may have changed since the latest update. If you need additional support, contact your primary care provider at Taddle Creek Family Health Team or call 416-260-1315 ext. 0 to book a Single Session Clinic appointment with a Social Worker. We are here for you.

PRENATAL CARE:

Prenatal care is the care that you receive from a health care provider during your pregnancy. You can choose a family doctor/nurse practitioner (NP), midwife, or obstetrician to care for you during your pregnancy. To learn more about the roles of each provider visit: <https://www.toronto.ca/community-people/children-parenting/pregnancy-and-parenting/pregnancy/during-pregnancy/prenatal-health-care/choosing-a-prenatal-health-care-provider/>

Association of Ontario Midwives | Ontario midwives are funded to provide prenatal care to all residents of Ontario regardless of whether or not they have OHIP. However, uninsured clients may have to pay for some services out of pocket. To find a midwife near you visit this website: <https://www.ontariomidwives.ca/find-midwife>

National Council of Indigenous Midwives | Indigenous midwifery honors Indigenous peoples, Indigenous languages, oral cultures and traditions. Indigenous midwives care for pregnant people, babies and their families throughout pregnancy and postpartum. To find an Indigenous midwife visit: <https://indigenoumidwifery.ca/indigenous-midwifery-in-canada/>

Planned Parenthood Toronto | This organization provides youth (ages 13-29) with prenatal services up to 28-weeks of pregnancy. Care is transferred to/shared with an obstetrician or midwife after 28 weeks. To get in touch with them, visit their website: <https://ppt.on.ca/>

Finding a doctor or NP | To find a doctor or nurse practitioner in Ontario visit this website: <https://www.ontario.ca/page/find-family-doctor-or-nurse-practitioner> If you are already connected to a family doctor or NP, speak to them about their ability to provide prenatal care to you. You can also check out websites for specific hospitals to learn more about their pregnancy care options.

Association of Ontario Doulas | Doulas are non-medical trained professionals who provide guidance and physical, informational and emotional support during pregnancy, childbirth and postpartum. To find a doula in Ontario visit this website: <https://ontariodoulas.org/about-us/>

POSTPARTUM CARE:

Postpartum care refers to the time period after baby is born. You may benefit from support after childbirth to manage your recovery, for lactation support, to manage your mental health, or to support baby's development. Below are some resources and supports. Reach out to your prenatal care team or family doctor for more specific supports & services.

General Information | For general information about caring for yourself and for baby after giving birth visit: <https://www.canada.ca/en/public-health/services/child-infant-health/postpartum-health-guide.html>

La Leche League Canada | A registered Canadian charity providing evidence-based, peer-to-peer, & free breastfeeding support for expectant parents and new families. Support is available in-person, by phone, online and through group meetings. For more information, visit: <https://www.lllc.ca/>

Postpartum Mental Health | New parents can experience a range of mood changes during pregnancy and after baby is born. There are a variety of community mental health services offered across the city of Toronto. To find a service, speak to your primary care provider and/or visit: <https://www.toronto.ca/community-people/children-parenting/pregnancy-and-parenting/postpartum-depression-and-anxiety/postpartum-depression-services-in-toronto/>

CHILD CARE CENTRES:

Licensed Child Care | If you are hoping to put your child in centre-based care it can be helpful to put their name on several waitlists. Waitlists in Ontario are long – so the sooner you can put your child’s name on the list for a daycare centre, the better. You can put your name on a list as soon as you know you are expecting a child. To find a licensed child care or before & after school program near you in the city of Toronto, visit this website: <https://www.toronto.ca/community-people/children-parenting/children-programs-activities/licensed-child-care/child-care-locator/#location=&lat=43.705112&lng=-79.410553&zoom=12>

Licensed Home Child Care | Licensed home child care agencies are obligated to adhere to government regulations which promote the child’s health, safety and wellbeing. They are licensed by the Ministry of Education. Home child care agencies receive oversight from the province, are visited monthly by agency staff, are required to undergo criminal reference checks, and are required to have first aid and CPR training. To find a licensed home child care provider in Toronto, visit this website: <https://www.toronto.ca/community-people/children-parenting/children-programs-activities/licensed-child-care/home-child-care-agencies/>

Indigenous Early Learning & Child Care | Indigenous child care centres provide culturally relevant programs for Indigenous children. To find an Indigenous child care centre in Toronto, visit this website: <https://www.toronto.ca/community-people/children-parenting/children-programs-activities/licensed-child-care/indigenous-programs/>

CHILD CARE SUBSIDIES:

Child Care Fee Subsidy | This subsidy helps eligible families reduce the cost of licensed child care programs. You must apply for this subsidy. You can apply online, via phone (416-338-8888), or through your OW/ODSP caseworker. For eligibility requirements and to apply online, visit this website: <https://www.toronto.ca/community-people/employment-social-support/child-family-support/child-care-support/paying-your-fees-to-the-child-care-program/?accordion=who-can-apply>

Canada-Wide Early Learning & Child Care (CWELCC) | Certain licensed child care providers in Ontario are enrolled in the CWELCC system. Enrollment in this system helps to lower child care fees for parents of children who are under 6 years of age. The 2024 CWELCC fee for eligible children is a 52.75% reduction of the fee (to a minimum of \$12 per day). You do not need to apply in order to receive this reduction. For more information, visit this website: <https://www.ontario.ca/page/canada-ontario-early-years-and-child-care-agreement>

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It is possible to be eligible for both the child care fee subsidy and the CWELCC reduction. To see which licensed child care centres in Toronto accept the child care fee subsidy/are enrolled in the CWELCC system, visit this site: <https://www.toronto.ca/data/children/dmc/a2z/a2za.html>

ADDITIONAL CHILD CARE RESOURCES & PROGRAMS:

Register a birth | When a child is born in Ontario their birth needs to be registered within 30 days with the Government of Ontario. Registration can be done online or by mail for free. In one application (called the 5-in-1 newborn bundle) you can: register your child's birth, apply for a birth certificate, apply for a [Social Insurance Number](#) (SIN), apply for [Canada child benefits](#) (including the Ontario-specific child benefits), and request an Education Savings Referral. For more information and to register your child's birth visit this website: <https://www.ontario.ca/page/register-birth-new-baby#section-1>

EarlyON Child & Family Centres | These centres offer free, high-quality programs for families and children from birth to 6 years old. You can learn and play with your child, meet other families and get advice from early childhood professionals. EarlyON centres are also great resources for additional community-based supports and programs for families and their children. To find an EarlyON location near you, visit this website: <https://www.ontario.ca/page/find-earlyon-child-and-family-centre>

Registered Education Savings Plan | This is a long-term savings plan to help people contribute and save for a child's education after high school, including trade programs, CEGEPs, colleges, universities and apprenticeship programs. With an RESP you can apply for additional government benefits such as the Canada Learning Bond (CLB), a lifetime maximum of \$2000.00, and Canada Education Savings Grant (CESG), a lifetime maximum of \$7200.00. For additional information contact your local financial institution or visit this website: <https://www.canada.ca/en/services/benefits/education/education-savings/plan.html>