

Support Services

Before and After Baby Arrives

Choices Childbirth Education & Doula Services

(905) 420-0223
www.birthservices.com

Expectations Lamaze Childbirth Education

416-282-3907

Growing Healthy Together Prenatal Program

416-284-8131 ext.4341

Access Midwives of Toronto

416-928-9777

LaLeche League

416-483-3368
www.lllc.ca

Rosalie Hall (young women)

416-438-6880
www.rosaliehall.com

YWCA of Greater Toronto Family Support Centre

416-266-1232
www.ywcatoronto.org

Counselling Services

Aisling Discoveries Child and Family Centre

416-321-5464
www.aislingdiscoveries.on.ca

Catholic Family Services

416-222-0048
www.cfsofto.org

Family Services Association of Toronto

416-595-9618
www.fsatoronto.com

Scarborough Women's Centre

416-439-7111
www.scarboroughwomenscentre.ca

Legal Services

Court Support and Counselling Services

416-789-9793

Legal Aid Scarborough

416-750-7172
www.legalaid.on.ca

Legal Line

416-929-8400
www.legaline.ca

Scarborough Community Legal Services

416-438-7182

Victim Support Line

416-314-2447
www.victimsupportline.org

Emergency Services

Police, Fire Ambulance
911

Assaulted Women's Helpline

416-863-0511
www.awhl.org

Domestic Violence and Sexual Assault Care Centre

416-495-2555
www.sacc.to

Parent Help Line

1-888-603-9100
www.parenthelpline.ca

Toronto Distress Centre

416-408-4357
www.torontodistresscentre.com



SERVICES

FOR

PREGNANT

WOMEN

Emergency Housing

Dr Roz's Healing Place
416-264-4357
drrozshealingplace.com

Julliette's Place
416-724-1316
www.julliettesplace.org

YWCA Women's Shelter
416-693-7342
www.ywcatoronto.org

Emergency Food

Food Link Hotline
416-392-6655
www.211.ca

Emergency Clothing

Salvation Army
416-285-0080
www.salvationarmy.ca

Health Services

TeleHealth Ontario (24hrs)
1-866-797-0000
www.health.gov.on.ca

Rough Valley Health System-Centenary Site
416-284-8131
www.excellentcare.com

Scarborough Hospital
• General Division
416-438-2911
www.tsh.to

• Grace Division
416-495-2400
www.torontograce.org

West Hill Community Centre
416-284-6439
www.westhill-cs.on.ca

Motherisk Information Line
416-813-6780
www.motherrisk.org

Other Services

Dental Treatment Clinic
416-338-7442
www.toronto.ca

Employment for Women (LEAP Program)
416-269-0090
www.ywcatoronto.org

Information Scarborough
416-321-6912

Ontario Works/Client Services
416-392-2956
www.toronto.ca

Scarborough Housing Help Centre
416-285-8070
www.shhc.ca

Car Seat Safety (Public Health)
416-338-7600
www.toronto.ca/health

Infant Therapeutic Nursery Program
416-392-5229

Community Information Toronto Helpline 211
www.211.ca

Because pregnancy can be a difficult time for couples and many women are abused for the first time during their pregnancy, we feel that it is important to ask yourself the following questions.

- Have you been hit, punched, or otherwise hurt by someone before or since your pregnancy?
- Does your partner put you down or yell at you?
- Do you feel safe in your current relationship?

If these questions are a concern for you please feel free to call Scarborough Women's Centre at (416) 439-7111

Updated Aug 08

SERVICES

FOR

PREGNANT

WOMEN