



For more Information

Contact Us

Office		(705)746-5807
Susan Siwik	(text available)	(705)346-1308
Lindsey Adams	(text available)	(705)746-1613

In Person

74 James Street 2nd Floor (above the post office)
Parry Sound, ON P2A 2X2



Indigenous Services
Canada

Services aux
Autochtones Canada



Indigenous Services
Canada

Services aux
Autochtones Canada

Parry Sound Health Centre First Nation Inuit Health Branch

Reproductive Health Services



Supporting the sacred journey:
From preconception to parenting

Care Across the Continuum

Preconception Services

To get ready for pregnancy, it is important for families to prepare mentally, emotionally, physically and spiritually. Gaining knowledge and understanding about each aspect of the developing person can help families make healthier choices. We can provide information about what you can do to prepare for getting pregnant.

Prenatal Services

During pregnancy, it is important for families to adopt healthy lifestyle changes to support healthy development. We can provide 1-on-1 and group prenatal education to expecting families.

- ❖ Learn how nutrition and activity affect baby's health
- ❖ Have someone to check in to see how you are managing with your pregnancy and preparations for your family to grow
- ❖ Learn what to expect after baby arrives
- ❖ Learn how to care for baby and meet his/her developmental needs
- ❖ Learn about the process of giving birth and what to expect during and after the birth of your child
- ❖ Learn how to get breastfeeding off to a good start
- ❖ Learn how to prepare your home to make it safe for a new baby

Postpartum Services

The postpartum period is an exciting time but there is still much work to do. Have a nurse come to you to provide breastfeeding support, weight checks, and to check in on how you are adapting to your role as parents.

- ❖ In home baby weights
- ❖ Blood pressure and blood sugar checks for mom
- ❖ Breastfeeding support services and referrals
- ❖ Screen for postpartum mood disorders
- ❖ Child development screens
- ❖ Get answers to your childhood immunization questions
- ❖ Information on safe sleep
- ❖ Information on making home safe for a crawling and climbing toddler.
- ❖ Learn how to support healthy attachment

Parenting Services

The first six years are crucial for healthy child development. Learn what to expect from your growing child and how you, as parents, can best support your child's development. Get information on how to deal with challenging behaviours. Have your child's development assessed at regular intervals, allowing for early detection and intervention to make sure you child reaches their potential.