

Community Supports – Preconception & Healthy Pregnancy

Smoking/Alcohol/ Substance Abuse

[Drug and Alcohol Helpline](#)

1-800-565-8603

[Lanark, Leeds & Grenville Addictions and Mental Health](#)

Home Office: 613-342-0884
Toll Free: 1-866-499-8445

[Motherisk](#)

1-877-327-4636

[Centre for Addiction and Mental Health \(CAMH\)](#)

1-800-463-6273 OR 416-595-6111

[Alcoholics Anonymous](#)

1-855-267-2696
613-284-2696 (Lanark)

[Narcotics Anonymous](#)

1-888-811-3887

[LG&L District Health Unit](#)

1-800-660-5853

- ▶ [Smoking](#)
- ▶ [Alcohol & Drugs](#)

Nutrition

[Lanark Social Services/Ontario Works](#)

613-267-4200 or 1-888-952-6275

[United Counties of Leeds & Grenville](#)

613-342-3840 or 1-800-770-2170

[Eat Right Ontario](#)

1-877-510-5102

[LG&L District Health Unit](#)

Dietitian: 1-800-660-5853

[Good Food for Healthy Babies/Connections](#)

613-257-2779 or 1-888-284-2204 (Lanark)
613-345-5685 or 1-800-660-5853 (L&G)

[Country Roads CHC](#)

1-888-998-9927 or 613-272-3302

[Merrickville District CHC](#)

613-269-3400

[North Lanark CHC](#)

[Healthy Young Families](#)
1-866-762-0496 or 613-259-2182

[Smiths Falls District CHC](#)

613-283-1952

[Local Food Banks](#) - Food Access Programs

Mental Health, Psychosocial, Stress, Abuse, Relationships

[Mental Health Help Line](#)

1-866-531-2600

[Mental Health Crisis Line](#)

613-345-4600 or 1-866-281-2911

[Canadian Mental Health Association \(CMHA\) Leeds-Grenville](#)

613-345-0950 or 1-866-499-8445

[Royal Ottawa Mental Health Centre](#)

613-722-6521 or 1-800-987-6424
Brockville: 613-345-1461 or
1-800-433-7371

[Lanark County Mental Health](#)

Smiths Falls: 613-283-2170
Carleton Place: 613-257-5915

[Leeds Grenville Mental Health](#)

613-342-6214 or 1-866-499-8445
Front Avenue Resource Centre
613-342-2262

Family Counselling

Leeds & Grenville 613-498-2300

[The Legal Clinic](#)

1-800-597-4529

[Interval House Brockville](#)

613-342-8815 or 1-800-267-4409

[Lanark Interval House](#)

613-257-5960 or 1-800-267-7946

[Interval House Kingston](#)

613-546-1777 or 1-800-267-9445

[Susan Shirley Program](#)

Residential maternity home &
parent training
1-800-267-9445 Crisis Line: 613-546-1777

[Naomi's Family Resource Center, Winchester](#)

613-774-2838 or 1-800-267-0395

Medical/Genetics/Chronic Health Issues

[Health Care Connect](#) – to obtain a family doctor or nurse practitioner.
1-800-445-1822 or on-line

[Community & Primary Health Care \(CPHC\) Mobile Unit](#)

613-803-1710

[Health Unit Immunization Clinics](#)

1-800-660-5853

Travel Clinics

Medical Care Clinic: 613-523-7440

[KFL&A Health Unit](#): 613-549-2335

Fertility Clinics

[Ottawa Fertility Clinic](#): 613-686-3378

[KGH](#): 1-800-567-5722

Genetic Counselling/Cancer Centres:

- ▶ [Children's Hospital of Eastern ON](#)
613-737-7600
- ▶ [Cancer Centre of Southeastern ON](#)
1-800-567-5722
- ▶ Irving Greenberg Family Cancer Centre (cancer centre only)
613-737-7700, ext 25258

[Rideau Valley Diabetes Services:](#)

613-284-2558 or 1-877-321-4500

Leeds Grenville: 613-498-1555

Tertiary Care Hospitals

- ▶ [Kingston General](#) 1-800-567-5722
- ▶ [Ottawa Civic, General & Riverside Campuses:](#) 613-722-7000

Education/Family Support

[Prenatal Classes](#)

[LG&L District Health Unit](#)

1-800-660-5853

[Breastfeeding Clinics](#)

[LG&L District Health Unit](#)

1-800-660-5853

[Healthy Babies Healthy Children](#)

[LG&L District Health Unit](#)

1-800-660-5853

Dental

[LG&L District Health Unit](#)

Oral Health Program

1-800-660-5853

