

City of Toronto – Toronto Public Health

Toronto Public Health Non-Urgent Services:

Toronto Public Health offers the following **free** services for women who are experiencing postpartum depression and anxiety, having difficulty adjusting after having a baby and who have a baby less than 1 year of age.

These services provide:

- Short-term individual counselling, referrals, and education
- Weekly group support
- Childcare and snacks
- TTC tokens for those in need
- Interpreters that speak your language

<https://www1.toronto.ca/wps/portal/contentonly?vnextoid=019379d85af02410VgnVCM10000071d60f89RCRD>

Toronto Public Health - Healthy Babies Healthy Children:

Healthy Babies Healthy Children (HBHC) is a **free** home-visiting program that supports you and your family with:

- Having a healthy pregnancy
- Developing a positive relationship with your child
- Promoting your child's growth and development
- Connecting you to resources and programs within your community

The HBHC program is free, **voluntary** and you **do not** need an OHIP card in order to receive service.

<https://www1.toronto.ca/wps/portal/contentonly?vnextoid=7049823c0ae32410VgnVCM10000071d60f89RCRD>

Toronto Public Health - Welcome to Parenting Online Program

The program is for you and your partner or support person who are expecting a baby and living in Toronto. Welcome to Parenting is a **free** online prenatal program that provides expectant parents with the knowledge, skills, and confidence to have a baby and prepare for parenthood.

Topics include:

- having a healthy pregnancy
- healthy eating during pregnancy

- basic labour and birth
- breastfeeding
- becoming a parent

<https://www1.toronto.ca/wps/portal/contentonly?vgnextoid=625c9f2abf832410VgnVCM10000071d60f89RCRD>