



HASTINGS PRINCE EDWARD  
**Public Health**

There are a number of resources in Hastings and Prince Edward counties that can help you have the healthiest pregnancy possible.

### Hastings Prince Edward Public Health

Contact any of the programs below by calling 613-966-5500 or toll-free at 1-800-267-2803  
TTY: Dial 711  
Monday to Friday from 8:30 am to 4:30 pm

#### Reproductive Health Infoline

extension 675  
Provides information and resources on preconception health, healthy pregnancy, and preparation for parenting.

#### Child Health CARELine

extension 223  
Provides information and resources on a variety of topics to parents of young children, as well as referrals to programs.

#### Healthy Life Line

extension 610  
Provides information and resources on healthy eating and physical activity.

#### Tobacco Talk Line

extension 600  
Provides information and support to anyone interested in becoming smoke-free.

#### Healthy Babies, Healthy Children

extension 269  
Provides information about infant feeding, baby care, and community resources to expectant parents, and families with children up to age six.

[www.hpepublichealth.ca](http://www.hpepublichealth.ca)



[Raising Healthy Kids](#)

## Resources in Hastings and Prince Edward Counties

### Transportation Safety

**Government of Canada**  
[Child Car Seat Safety](#) website

**Ministry of Transportation**  
[Choose The Right Car Seat](#) website

### Nutrition

**Telehealth Ontario**  
1-866-797-0000  
[Telehealth Ontario](#) website

**Eatright Ontario**  
1-877-510-510-2  
[EatRight Ontario](#) website

### Healthy Pregnancy & Mental Health

**Society of Obstetricians & Gynaecologists**  
[pregnancy.sogc.org](http://pregnancy.sogc.org)

**The Mother's Program**  
[www.themothersprogram.ca](http://www.themothersprogram.ca)

**Motherisk**  
Motherisk Helpline 1-877-439-2744  
Alcohol & Substance 1-877-327-4636  
Motherisk Nausea and Vomiting of Pregnancy Helpline 1-800-436-8477  
[Motherisk](#) website

**Open Line Open Mind**  
613-310-OPEN (6736)  
[Open Line Open Mind](#) website

**Crisis Intervention Centre**  
1-888-757-7766

## Parenting & Support

### Ministry of Education

[Child and Family Programs](#) website

### Family Space – Quinte

613-966-9427 or [Family Space](#) website

### Ontario Early Years Centre – Quinte West

613-394-1780 or [YMCA Northumberland](#) website

### Trenton Military Family Resource Centre (Francophone)

613-965-3575 or [MFRC](#) website

### North Hastings Children’s Services

613-332-0179 or [NHCS](#) website

### The HUB Child & Family Centre – Prince Edward County

613-476-8142 or [The HUB](#) website

### Ministry of Children and Youth Services

[Early Childhood](#) webpage

### Dad Central

[Dad Central](#) website

## Breastfeeding Support

### Child Health CARELine

613-966-5500 or toll-free at 1-800-267-2803, extension 223

Receive telephone advice, information, and resources about breastfeeding and other topics concerning young children from a public health nurse.

### Breastfeeding Consultations

Appointments can be made by calling the

### Child Health CARELine.

Receive support with breastfeeding challenges such as latching, positioning, and maintaining a good milk supply through one-to-one consultation at the Public Health office.

## Baby Feeding Drop-Ins

Brief one-to-one support and information for parents who have any baby feeding questions.

No appointment necessary.

- Public Health - Main Office  
179 North Park Street, Belleville  
Mondays 1:30 pm to 3:30 pm
- North Hastings Early Years  
Child and Family Centre  
20 Hastings Heritage Way, Bancroft  
2nd and 4th Tuesday of the month 12:30 pm to 2 pm.
- Public Health - Quinte West Branch Office  
499 Dundas Street West, Trenton  
Thursdays 1:30 pm to 3:30 pm

## Bilingual Online Ontario Breastfeeding Services

[Ontario Breastfeeds](#) website

## Telehealth Ontario 24/7 Breastfeeding Support

1-866-797-0000



If you did not find the resources you were looking for, please call Hastings Prince Edward Public Health at 613-966-5500 to speak with public health staff.