

SUPPORT FOR PREGNANCY & EARLY PARENTHOOD



COMPILED BY
PSYCHOTHERAPY IN
THE CITY

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EVERY
PARENTING
JOURNEY IS
UNIQUE

At Psychotherapy in the City, we recognize that pregnancy and early parenthood can affect every aspect of life, including emotional wellbeing, relationships and family dynamics. This guide brings together trusted local programs, services and community resources for expectant parents, new parents and their families.

While welcoming a baby can be a joyful experience, it can also bring significant change, uncertainty and new challenges. Whether you are looking for information, emotional support, parenting guidance, peer connection or crisis resources, we hope this guide provides a helpful starting point.



CITY OF TORONTO

Offers prenatal education, parenting programs and family support services. Resources are available for pregnancy, postpartum wellbeing and early parenting.

- Bump to Baby Online Prenatal Program
- Healthy Babies Healthy Children
- Young Parent Prenatal Program



WOMEN'S COLLEGE HOSPITAL

Provides specialized mental health support during pregnancy and after birth. Services help individuals experiencing postpartum anxiety, depression and related concerns.

- Postpartum Matters



UNITY HEALTH

A supportive group for new parents navigating the emotional challenges of the postpartum period. Participants can connect with others and access professional guidance.

- Postpartum Support Group



VHA HOME HEALTH CARE

Provides parenting support and family-focused services in the home and community. Programs help parents build confidence and strengthen family wellbeing.

- Parenting Support



POSTPARTUM SUPPORT INTERNATIONAL

Offers information, peer support and resources for perinatal mental health. Helps connect families with support services locally and internationally.



JESSIE'S: MULTI SERVICE RESOURCES FOR PREGNANT AND PARENTING INDIVIDUALS

Supports pregnant and parenting youth through education, health and social services. Programs focus on helping young families thrive.



SCARBOROUGH HEALTH NETWORK

Provides prenatal classes, breastfeeding support and education for growing families. Programs help parents prepare for birth and early parenthood.

- Breastfeeding classes & Prenatal classes



UNIVERSITY OF TORONTO

Offers health information and community resources in multiple languages. Designed to improve access to reliable support for diverse communities.

- Multilingual Patient and Community resources



YORK REGION

A multi-week CBT-based program supporting mental wellbeing during pregnancy and early parenthood. Participants learn practical coping and resilience skills.



STRIDES TORONTO

Offers a wide range of family, parenting and mental health services. Programs support children, youth and caregivers at different stages of life.

CRISIS SUPPORT

Immediate support is available for anyone experiencing emotional distress or a mental health crisis. Contact 9-8-8, Toronto Distress Centres or the Gerstein Centre for help.

- Suicide Crisis Helpline: Call or text 9-8-8
- Toronto Distress Centres: 416 408-4357 or 408-HELP
- Gerstein Centre: 416 929-5200