

Community Supports – Preconception & Healthy Pregnancy

Smoking/Alcohol/ Substance Abuse

[Mental Health & Addiction Treatment Services | Connex Ontario](#)

1-866-531-2600

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

Home Office: 613-342-2262

Toll Free: 1-866-499-8445

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

1-800-463-2338 or 416-535-8501

[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

[Unlockfood.ca](#)

811 and ask to speak to a Dietitian

[LG&L District Health Unit](#)

Dietitian: 1-800-660-5853

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

613-257-2779 ext. 3100 /1-888-284-2204 ext. 3100 ask for Leigh

[Country Roads CHC](#)

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

[Merrickville District CHC](#) 613-269-3400

[Smiths Falls District CHC](#) 613-283-1952

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

Mental Health, Psychosocial, Stress, Abuse, Relationships

[Mental Health & Addiction Treatment Services | Connex Ontario](#)

1-866-531-2600

[Mental Health Crisis Line](#)

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

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

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

[The Legal Clinic](#)

1-888-777-8916

[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

[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. 811

[Health Unit Immunization Clinics](#)

1-800-660-5853

Travel Clinics

Medical Care Clinic: 613-523-7440

[Kingston Travel Clinics](#)

Fertility Clinics

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

[KHSC](#): 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 Health Science Centre](#)
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

