

Talk to someone you trust who has experience checking information about cost, care, and status before making any decisions

I DON'T WANT
TO WORRY
MY FAMILY.



Ask what this
visit is for
Ask what
happens next
when you
ask for an
interpretation
if you need one

I DON'T HAVE TO DO EVERYTHING AT ONCE.

Start with what matters most today. You can say yes, no, or, I need more time.” Keep your records and bring them to your visits

THE WAY
I GIVE BIRTH
WILL CHANGE
WHAT I PAY.

**I TRIED CALLING,
BUT I'M NOT SURE
WHAT TO SAY
OR WHO WILL ANSWER.**

Call or walk in
to midwifery
clinics or
community
health centres
Say: "I think
I'm pregnant
and need care."
If no one
answers or you
are turned
away, try
another place

1 START

I JUST FOUND OUT
I'M PREGNANT,
I DON'T KNOW
WHAT TO DO.

Go to a midwifery clinic, sexual health clinic, or community health centre. You can choose to continue the pregnancy or end it.

**THE BABY
IS HERE,
BUT I STILL NEED
SUPPORT.**

WHAT DO I DO IF MY NEWBORN IS REFUSED OHIP?

7 DENIED

Get the reason in writing and keep every paper they gave you. Bring proof of your Ontario address and try again.

Get help from your midwife or a legal aid clinic if you get stuck.

ROUTES TO CARE

MIDWIFERY

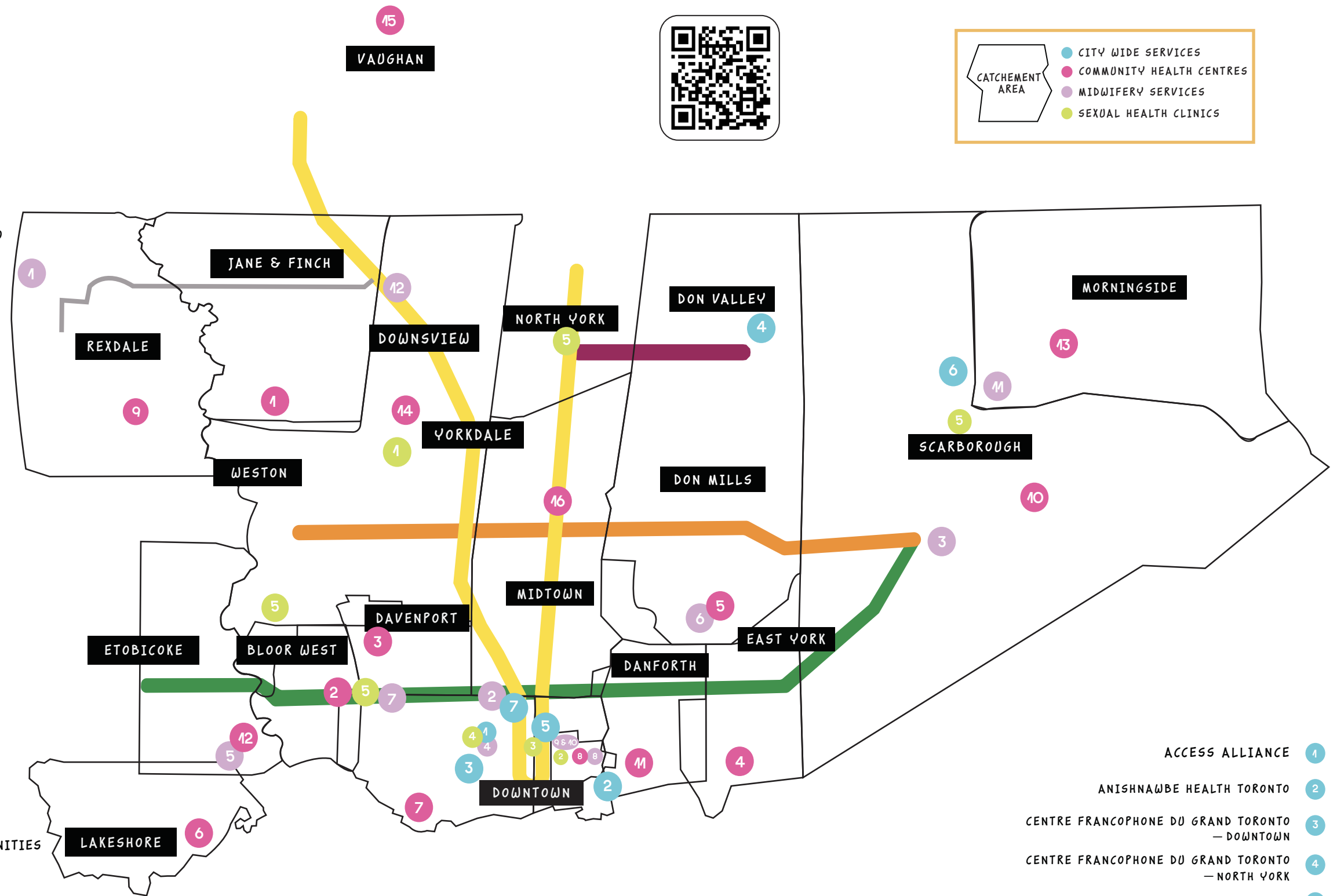
SEXUAL HEALTH

COMMUNITY HEALTH CENTRES

- 1 BREATHE MIDWIVES
- 2 COMMUNITY MIDWIVES TORONTO
- 3 DIVERSITY MIDWIVES
- 4 KENSINGTON MIDWIVES
- 5 MIDWIFE ALLIANCE
- 6 THE MIDWIVES' CLINIC OF EAST YORK
- 7 MIDWIVES COLLECTIVE OF TORONTO
- 8 RIVERDALE COMMUNITY MIDWIVES
- 9 SEVENTH GENERATION MIDWIVES TORONTO
- 10 TORONTO BIRTH CENTRE
- 11 TRILLIUM MIDWIVES
- 12 WEST END MIDWIVES

- 1 BIRTH CONTROL & SEXUAL HEALTH CENTRE
- 2 HASSLE FREE CLINIC
- 3 HQ TORONTO
- 4 IWHC (IMMIGRANT WOMEN'S HEALTH CENTRE)
- 5 TORONTO PUBLIC HEALTH SEXUAL HEALTH CLINICS

- 1 BLACK CREEK CHC
- 2 COMMUNICARE HEALTH
- 3 DAVENPORT-PERTH NEIGHBOURHOOD & CHC
- 4 EAST END CHC
- 5 FLEMINGDON HEALTH CENTRE
- 6 LAMP CHC
- 7 PARKDALE QUEEN WEST CHC
- 8 REGENT PARK CHC
- 9 REXDALE CHC
- 10 SCARBOROUGH CENTRE FOR HEALTHY COMMUNITIES
- 11 SOUTH RIVERDALE CHC
- 12 STONEGATE CHC
- 13 TAIBU CHC
- 14 UNISON HEALTH & COMMUNITY SERVICES
- 15 VAUGHAN CHC
- 16 VIBRANT HEALTH ALLIANCE



- 1 ACCESS ALLIANCE
- 2 ANISHNAWBE HEALTH TORONTO
- 3 CENTRE FRANCOPHONE DU GRAND TORONTO — DOWNTOWN
- 4 CENTRE FRANCOPHONE DU GRAND TORONTO — NORTH YORK
- 5 WOMEN'S HEALTH IN WOMEN'S HANDS CHC
- 6 THE CANADIAN CENTRE FOR REFUGEE & IMMIGRANT HEALTH CARE
- 7 PLANNED PARENTHOOD TORONTO

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CITY WIDE SERVICES