Planned Parenthood Toronto (PPT) is a pro-choice organization. When faced with an unplanned pregnancy, we believe that you have the right to access factual, caring and non-judgmental information and services on all 3 of your options: abortion, adoption and parenting.

Below is some information about continuing with a pregnancy.

Remember, no one should ever pressure you into abortion, adoption or parenting. It’s your choice.

Finding Prenatal Care

Prenatal care is the care that you receive from a clinician during your pregnancy. It is important that you find prenatal care as soon as you find out you’re pregnant.

Under 29 years of age?

PPT’s Health Services provides pregnant youth ages 13-29 with prenatal services up to 28 weeks of pregnancy and then “shared care” with an obstetrician after that. Call 416-961-0113 for more information.

Over 29 years of age?

You need to decide if you would like a doctor or a midwife to be your primary caregiver during your pregnancy.

Doctors

Your first step is to determine if you would like a family doctor who has the ability to provide prenatal care and delivery (obstetrics) or if you would like a doctor who specializes in obstetrics (obstetrician).

For further information or to book an appointment:

For youth ages 13-29 - Planned Parenthood Toronto Health Services
Offers drop-in and scheduled appointments
Call 416-961-0113 or visit www.ppt.on.ca
Contact our Case Co-ordinator at 416-961-0113 x146 for decision making support

For women - Bay Centre for Birth Control
Offers drop-in and scheduled appointments
Call 416-351-3700

Planned Parenthood Toronto is a United Way Member Agency and a Registered Charity, No. 1190-94449-RR0001

Funding for Planned Parenthood Toronto has been provided by the Toronto Central Local Health Integration Network.
If you would like a family doctor who can provide obstetrics, you can go to the College of Physicians and Surgeons of Ontario website at www.cpso.on.ca and use the “Doctor Search” tool to find a doctor in your area. Call to ask if the doctor provides obstetrical care.

If you already have a family doctor, ask if they provide obstetrical care. If not, they may be willing to provide “shared care” which means they share the care of their pregnant patients with an obstetrician. The obstetrician takes over the complete care towards the end of the pregnancy and for the delivery.

If you would like an obstetrician, you need a referral from a family doctor. You cannot book an appointment with an obstetrician directly.

**Midwives**

A midwife is a registered health care professional who provides primary care to people with low-risk pregnancies during their pregnancy, labour and birth. They also provide post-natal care to both birth parent and baby. If you would like a midwife as your primary caregiver, contact one as soon as you find out you’re pregnant. To find a midwife, visit the Association of Ontario Midwives website at www.aom.on.ca. Note that many midwifery agencies have a catchment area (the area of the city you need to live in to receive service from their centre). To locate the CHC in your area, visit www.aohc.org.

Midwives can provide free prenatal and homebirth care to uninsured people with low-risk pregnancies who have a postal code in Ontario. You may have to pay for some costs and supplies and if there are any complications with your pregnancy, you will have to pay for the physicians who see you. See the previous page for how to contact a midwife.

If you prefer to see an obstetrician and are experiencing financial hardship, you may be able to arrange a payment plan through the financial department of the hospital at which you will give birth. See pages 1-2 for instructions on how to contact doctors who can refer you to an obstetrician. An obstetrician can then explain how to contact the relevant hospital to inquire about this.

**Early pregnancy symptoms**

In the first few months of your pregnancy you may experience:

- Frequent urination
- Nausea and vomiting (or morning sickness)
- Tender breasts
- Moodiness
- Fatigue

**Women who are not insured in Canada**

**Under 29 years of age?**

PPT’s Health Services can provide prenatal check-ups and care free of charge up to 28 weeks of pregnancy to people with or without a health card. Call 416-961-0113.

**Over 29 years of age?**

These Community Health Centres (CHCs) in the greater Toronto area provide free prenatal care to people with or without a health card:

- **Immigrant Women’s Health Centre** (newcomer, immigrant and refugee women):
  
  www.immigranthealth.info or 416-323-9986

- **Women’s Health in Women’s Hands** (women of colour/black women):
  
  www.whiwh.com or 416-593-7655

- **Access Alliance Multicultural CHC** (newcomers, immigrants, refugees):
  
  www.accessalliance.ca or 416-324-8677

Your neighbourhood CHC may also offer services for you, although many have limited space and have catchment areas (the area of the city you need to live in to receive service from their centre). To locate the CHC in your area, visit www.aohc.org.

Other Support: Doulas

Doulas are not medical professionals but are people who provide practical and emotional support to a person during childbirth. Doula services are not covered by OHIP but some doulas offer services at reduced cost. Visit www.doulacare.ca.