**How to Use this Infographic**

**Provider:**
- This infographic was designed through a collaboration between adolescent parents and health care providers. It is meant to be used as a quick reference communication tool.
- It can be displayed in your clinic rooms or provided as a handout to adolescent families seeking care.
- Together with your patient, look over the graphics and co-identify priorities for the health care visit.
- Key resources to addresses identified priorities are listed below.

**Patient:**
- This infographic was designed through a collaboration between adolescent parents and health care providers. It is meant to be used as a quick reference communication tool.
- We encourage you to bring up a digital version of this infographic on your device or to bring in a paper version to all health care visits.
- You can use this tool to show your health care provider your priorities for you and your child.
- You can also find links to information and support for different topics below.

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### Complete Care of Young Parents and their Children – Greater Toronto Area Resource Guide

#### YOUTH-FRIENDLY APPROACH

- **Humewood House:**
  - (Including 1900 Sheppard Ave W. – 4 yrs of subsidized housing for mothers <19 years)
  - 40 Humewood Drive  416-651-5657 ext. 240  [www.humewoodhouse.com](http://www.humewoodhouse.com)
- **Jessie’s – The June Callwood Centre for Young Women:**
  - 205 Parliament St.  416-365-1888  [www.jessiescentre.org](http://www.jessiescentre.org)
- **Massey Centre for Women:**
  - 1102 Broadway Ave.  416-425-6348  [www.massey.ca](http://www.massey.ca)
- **Rosalie Hall:**
  - 3020 Lawrence Ave. E.  416-438-6880  [www.rosaliehall.com](http://www.rosaliehall.com)
- **Yonge Street Mission:**
  - Main phone number: 416-929-9614 (local) or 1-800-416-5111 (toll-free)  [www.ysm.ca](http://www.ysm.ca)
- **Trauma Support:** [www.boostforkids.org](http://www.boostforkids.org)
- **Cultural Safety:** [www.aht.ca](http://www.aht.ca) and [www.cvt.org](http://www.cvt.org)

#### MENTAL HEALTH

- Mental Health Services < 18 years: [www.mentalhealthto.ca](http://www.mentalhealthto.ca)
- Women’s College post-pregnancy adjustment support: [www.womenscollegehospital.ca/programs-and-services/mental-health/Mother-Matters](http://www.womenscollegehospital.ca/programs-and-services/mental-health/Mother-Matters)
- Women’s College trauma therapy: [www.womenscollegehospital.ca/programs-and-services/mental-health/trauma-therapy-program](http://www.womenscollegehospital.ca/programs-and-services/mental-health/trauma-therapy-program)

#### PHYSICAL HEALTH

- The Hospital for Sick Children:
  - Young Families Program (mother and child care) [www.sickkids.ca/AdolescentMedicine/Programs/Young Families Program/young-families-program.html](http://www.sickkids.ca/AdolescentMedicine/Programs/Young Families Program/young-families-program.html)
  - St. Michael’s Hospital: [www.stmichaelshospital.com](http://www.stmichaelshospital.com)
- Association of Ontario Midwives: [www.ontariomidwives.ca/find-midwife](http://www.ontariomidwives.ca/find-midwife)
- Resources for fathers: [www.ypnfa.com/dads.html](http://www.ypnfa.com/dads.html)

#### MATERNAL HEALTH

- Bay Centre for Birth Control: [www.womenscollegehospital.ca/programs-and-services/bcbc/](http://www.womenscollegehospital.ca/programs-and-services/bcbc/)
- Information for patients – Sexuality and U: [www.sexandu.ca](http://www.sexandu.ca)

#### INFANT AND CHILD HEALTH

- **Screening and Development:** [www.rourkebabyrecord.ca](http://www.rourkebabyrecord.ca)
- **Health Information and Parenting Resources:** [www.aboutkidshealth.ca](http://www.aboutkidshealth.ca) and [www.caringforkids.cps.ca](http://www.caringforkids.cps.ca)
- **City of Toronto – Children Youth and Parenting:** [www.toronto.ca/community-people/children-parenting](http://www.toronto.ca/community-people/children-parenting)

#### FOUNDATIONAL SOCIAL STABILITY

- Covenant House Toronto – Homeless Youth Agency: [www.covenanthousetoronto.ca](http://www.covenanthousetoronto.ca)
- **Financial Stability:**
  - City of Toronto financial and employment support: [www.toronto.ca/community-people/employment-social-support/](http://www.toronto.ca/community-people/employment-social-support/)
- **Canada Child Benefit:**

- **Housing and Transportation**
  - To access a shelter call 311 or Central Intake at 416-338-4766, 1-877-338-3398 GTA Central Intake 24/7
  - Young Parents No Fixed Address Directory: [www.ypnfa.com/housing.html](http://www.ypnfa.com/housing.html)

- **Education and Employment**

- **Food Security**

- **Childcare**

- **Legal Services**
  - Legal Aid Ontario: 1-800-668-8258