

We are concerned that pregnant women or mothers may not seek help because they feel they might be scrutinized and labelled as a 'bad parent'.

We want to help. We do not, and will not judge. We want only to provide support.

Counselling is available throughout Bolton, Caledon, Orangeville and Dufferin County. Counsellors will meet you at a location that is most convenient, safe, and comfortable for you.

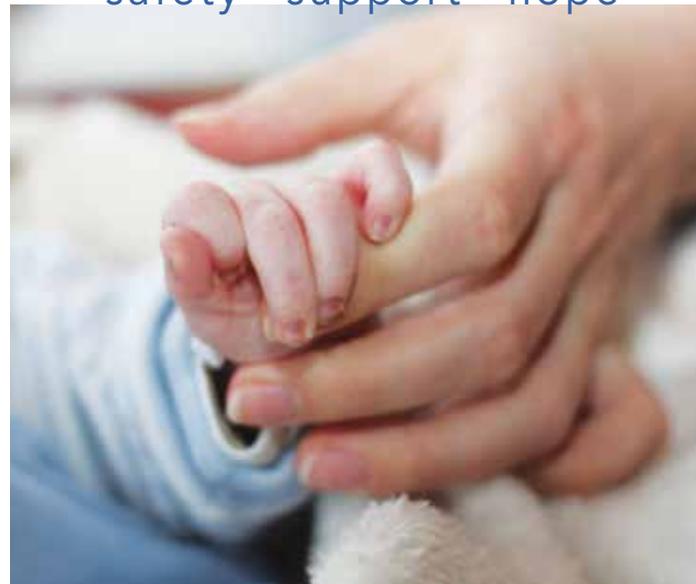
Collaborative services are provided between different community organizations (i.e., nurse practitioners, Ontario Telemedicine Network (OTN), etc.) to help you reach your goals.

For compassionate, non-judgemental counselling and support, please call.

**We want to help.**

*Family Transition Place seeks to be a leader and community partner through the provision of education and prevention initiatives.*

safety • support • hope



Are you pregnant or a mother concerned with your substance use?

We can help.

Mothers Changing Paths

24 hour crisis/info line

519.941.4357 • 905.584.4357

1.800.265.9178 • tty 519.942.1651

[familytransitionplace.ca](http://familytransitionplace.ca)



20 Bredin Parkway  
Orangeville, ON L9W 4Z9



## What is Mothers Changing Paths?

Offered by Family Transition Place, **Mothers Changing Paths** is a program designed to compassionately help women whose lives have been affected by ongoing use of substances. Primarily for women who are pregnant or who have children, the program seeks to help women lessen the consequences of substance use – through counselling, education and a harm reduction approach.

**Counselling** in the program is client-centred and non-judgemental.

Approximately 22% of Canadian women of child-bearing age (15 - 44) reported the past-year use of a prescription drug during 2011. The past-year prevalence of use of pain relievers among this population was 16.8%.<sup>1</sup>



## What is Harm Reduction?

Practices that aim to reduce the harms associated with the use of substances in people unable or unwilling to stop. Being “clean” or abstinent is not required for support. We will work with you where you are at and support you in achieving your own personal goals in regards to your substance use. Counsellors work from a women-centered and trauma-informed lens to provide service coordination, advocacy, assessment, counselling, case management, assistance with child welfare issues and parenting support.

You can receive support related to any of the following:

Alcohol	Heroin
Amphetamines	Ketamine
Benzodiazepines	Methadone/ Suboxone
Cannabis	Methamphetamines
Cocaine/Crack	Opioids/Opiates (Percocet, Oxycontin, Tylenol 1, 2, 3, 4, Morphine, Dilaudid, Fentanyl, etc.)
Ecstasy	Stimulants
GHB	Tobacco
Hallucinogens	

Substance use dependence is a complex health condition that can require long-term treatment and care. Its treatment is important to reduce health and social consequences, and to improve the well-being and functioning of the person affected.

<sup>1</sup>First Do No Harm: Responding to Canada's Prescription Drug Crisis, Canadian Centre on Substance Abuse, 2013