

## WEBSITES

### MEDLINEPLUS

[www.nlm.nih.gov/medlineplus/pregnancy.html](http://www.nlm.nih.gov/medlineplus/pregnancy.html)

### MOTHERISK

[www.motherisk.org](http://www.motherisk.org)

### SOCIETY OF OBSTETRICIANS & GYNECOLOGISTS OF CANADA

[sogc.org/health/pregnancy\\_e.asp](http://sogc.org/health/pregnancy_e.asp)

### HEALTH CANADA

<http://www.hc-sc.gc.ca/hl-vs/preg-gros/index-eng.php>

## NEED MORE INFO?

PHONE: (519) 743-7502

EMAIL: [askus@kpl.org](mailto:askus@kpl.org)

WEBSITE: [www.kpl.org/ref/healthlink.html](http://www.kpl.org/ref/healthlink.html)

IN PERSON: at any KPL location

## COMMUNITY CONTACTS

### Grand River Hospital - Pre-Birth Services

Phone: (519)-749-4300, ext. 2792

<http://www.grhosp.on.ca/Prebirthservice>

### Region of Waterloo Public Health - Prenatal Services

Phone: (519) 883-2245

<http://chd.region.waterloo.on.ca/en/childfamilyhealth/prenatalservices.asp>

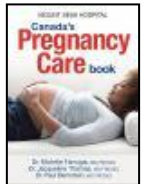
## BOOKS

### Canada's pregnancy care book

Michele Farrugia

2009

[618.2 Farru](#)

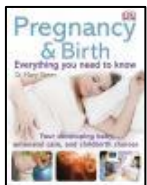


### Pregnancy and birth: Everything you need to know

Mary Steen

2011

[618.2 Steen](#)



### Your healthy pregnancy: A practical guide to enjoying your pregnancy

Miriam Stoppard

2011

[618.2 Stopp](#)



### The mother of all pregnancy books: An all-Canadian guide to conception, birth, and everything in between

Ann Douglas

2011

[618.2 Dougl 2011](#)



### Your pregnancy for the father-to-be

Glade Curtis

2009

[618.24 Curti 2009](#)



### The mommy docs' ultimate guide to pregnancy and birth

Yvonne Bohn

2011

[618.2 Bohn](#)

