

Welcome to the Birthing House

How to reach us

To re-schedule an appointment

736-2323

Please call the Birthing House at 514-736-2323, and speak with our secretary. The Birthing House office is open from 9am to 5pm, Monday to Friday.

For any question concerning your pregnancy

736-2323

Your midwife will answer your call, if she is in on that day. If not, you will be able to talk with any of our other working midwives present at the Birthing House. In the evening and during week-ends, please leave us a message. We will call you back the following day, or on the Monday if you call during the week-end.

For any questions concerning the development of your pregnancy

736-2323

Please ask to speak with your midwife or leave her a message with our secretary, specifying if you need a return call on the same day. If your Midwife is not at the Birthing House on that day, you may reach her through her pager.

For any emergency situation

pager

Please do not hesitate to call your midwife's pager number. If you do not get an answer after two attempts, 10 minutes apart, please call the Birthing House during the day if it's a week day (office hours). If your call is not answered, please call any midwife on your list and she will assist you promptly. **Touch-tone telephones, please press your number slowly in.**

Notes on appointment schedules

Midwives are available 24 hours around the clock, and give labouring women priority. This does mean that we may occasionally have to change your appointment hour on short notice. Please be understanding and remind yourself that it will be done to someone else when the time comes for your labour! If you need to change your appointment, we would appreciate knowing as soon as possible. Thank you!

Midwives' availability

Your Midwife works within a small group of 2 or 3 colleagues. You will be meeting with them during your pregnancy. During her weekends and weekdays off (one weekend out of two), your Midwife will be replaced by her team partner to assist you. We will be providing you with a calendar specifying who is on call and when, along with their pager numbers.

Prenatal classes

Around your 6th or 7th month of pregnancy, you will be invited to attend a series of 2 or 3 group meetings for our clients expecting their first child. These meetings are specifically oriented on preparing you to give birth at the Birthing House. Families who already have one child or more will also have an evening meeting to prepare the arrival of a sibling. There is also an information session about informed choices in the last trimester of your pregnancy. Topics concerning last screening, end of pregnancy, and medication for the newborn are discussed. It is important that you are signed up for these courses **around 25 – 26 weeks** of your pregnancy. Please ask **the secretary to get you enrolled and to give you the dates**.

Library

The Birthing House offers you the opportunity to borrow books from our small library. It is situated in the living room which serves different purposes as well: waiting room, classroom and playroom. You may borrow a maximum of 2 documents at a time (books or videos or DVD's), for a one month period or until your next appointment with your Midwife. You must register them at the office with our secretary or in the « Library Binder » which is situated at the reception desk.

Parking and entrances

Our parking spaces at the back of the Birthing House are reserved for our staff and for women in labour. You can arrive from Côte-des-Neiges Street, between the church and the Birthing House or by Plumondon Street, on the south side of the Birthing House. For your regular prenatal or postnatal visits and prenatal classes, we invite you to use the neighbourhood streets to park your car. Please ring the front doorbell between 9h and 5h from Monday to Friday. During lunch hour (12:00 to 1:00) we request that you please knock at the kitchen door, situated at the top of the ramp, which faces Plumondon street, on the south side of the Birthing House.