


OONACARES.COM

Supporting your growing family's
journey through health and wellness.

Oona



At Oona, we offer personalized healthcare, workshops for parents and parents-to-be, drop-in groups, fitness and yoga classes, lactation and breastfeeding support, doula services, and more.

But most importantly, we are a caring network.

Oona connects people and parents so we can share and learn, in an inclusive space that's welcoming to all.

Fertility

Get educated and launch your journey into motherhood.

Prenatal

Feel better during pregnancy and prepare for your birthing experience.

Postpartum

Find community and feel your best after having a baby.

Pediatric

Help your babies and kids thrive and feel their best—through all ages.

Whole Family Care

Oona offers holistic care for the whole family—moms, babies, parents and kids. All are welcome.



Our patients and their families seek care for many different reasons. Here are some of the more common ones:

Adults:

1. Hip pain, Low back pain, and Sciatica
 2. Neck pain and Headaches
 3. Rib pain
 4. Incontinence
 5. Painful sex
 6. Breastfeeding support
 7. Morning sickness, Nausea
 8. Nutritional Advice
 9. Lack of energy
 10. Anxiety/Depression
 11. Preparation for an easier birth and better postpartum recovery
- ...and more



Babies and children:

1. Milestone assessments
 2. Developmental assessments
 3. Breastfeeding/Feeding issues
 4. Flat Head assessment
 5. Sensory regulation issues
 6. Sleep support
 7. School readiness
- ...and more



We're here to help you **feel better.** Our team of experts will take **exceptional care** of you.



We are **experts**
in helping you
feel your best!

Whether you've been parenting for a long time or you're preparing for your first child, our team of experts will work with you to ensure that your body is strong, flexible, and pain-free in an environment that understands the complexities of parenthood.

We're here for you. Choose where you are on your journey to find out more about which services can best support you.

Fertility Care

- Acupuncture
- Naturopathic Medicine
- Nutritional Counselling
- Mental Health Support
- Registered Massage Therapy

Prenatal Care

- Acupuncture
- Chiropractic Care
- Massage Therapy
- Mental Health Support
- Naturopathic Medicine
- Nutritional Counselling
- Occupational Therapy
- Osteopathic Care
- Pelvic Floor Physiotherapy

Postpartum Care

- Acupuncture
- Chiropractic Care
- Lactation and Breastfeeding Support
- Massage Therapy
- Mental Health Support
- Naturopathic Medicine
- Nutritional Counselling

- Occupational Therapy
- Osteopathy
- Pelvic Floor Physiotherapy
- Mental Health Counselling

Pediatric Care

- Pediatric Chiropractic Care
- Infant and Pediatric Massage
- Pediatric Mental Health Support
- Pediatric Naturopathic Medicine
- Pediatric Nutritional Support
- Pediatric Occupational Therapy
- Pediatric Osteopathy
- Pediatric Physiotherapy
- Sleep Support

Whole Family Care

- Acupuncture
- Chiropractic Care
- Massage Therapy
- Mental Health Support
- Naturopathic Medicine
- Nutritional Counselling
- Occupational Therapy
- Osteopathic Care
- Orthopedic Physiotherapy



Childbirth Education Classes

Plan to start a childbirth education class sometime between weeks 28–32 in your pregnancy. Because our classes fill up early, it's best to register as early as possible. Our classes provide practical information on how to approach labour and delivery, techniques for pain control, tips for your partner to use to help you during labour, and information on postpartum recovery and how to care for baby. Taught by seasoned experts, they're well worth the investment of time and money.



Prenatal & Postpartum Workshops & Classes

We offer an ever-growing assortment of useful classes for each moment of your parenting journey.

Classes include:

- Prenatal Yoga and Fitness
- Parent and Baby Yoga and Fitness
- Childbirth Educational Classes
- Infant CPR & Family Safety
- Infant Sleep Classes
- Starting Solids
- Pelvic Health Basics for Birth
- Breastfeeding 101
- Newborn Care 101
- ...and more



Every **person**, and every **pregnancy is different.**
Oona is **not one-size-fits-all.** Start your journey with Oona.



At Oona, we offer an ever-growing assortment of **essential services** for **every part** of your parenting journey.



Doula Services

We have a full team of experienced prenatal and postpartum doulas. Whether it's for providing complete birth support, or to help with the transition to motherhood in the immediate postpartum, they're here for you. Join us at one of our free doula info night sessions to get more information or just call or email us.



Lactation Support

We offer personalized prenatal breastfeeding instruction by experienced Internationally Board-Certified Lactation Consultants. We recommend a consultation between weeks 36-40 in preparation for your baby's arrival. After your baby is born, we are your safe place to come to with any breastfeeding issues.

Our IBCLC Lactation Consultants offer in-office, virtual, in-home, and in-hospital appointments.

Book your appointment with an IBCLC the moment you start having any challenges with feeding.



Child Minding

Childminding may be available during appointments—call us to book ahead of time. We care for babies from infants right up to school-aged kids.

We offer direct insurance billing!

We work with your insurance company, when possible, to have them pay us directly.

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Visit our website, oonacares.com to learn more about our offerings, and / or book an appointment.



An inclusive space to share & learn



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