

OUR STRENGTHS

1

Fresh Start Maternity Supports connects each woman with the appropriate supports necessary for her to obtain a healthy life style for her and her child.

2

An Individual Client Support Worker assists each woman in developing a personal support plan which focuses on her and her child's specific needs and goals.

3

We provide the necessary tools to be able to succeed in life and parenting.



For more information on our services, to make a donation, or to become a volunteer, contact:

FRESH START MATERNITY SUPPORTS

118 Centre St
St. Thomas ON N5R 2Z9

ADMINISTRATIVE OFFICE

Phone: 519-637-7775
Fax: 1-866-245-1774
Email: director@fsms.ca

RESIDENCE OFFICE

Phone: 519-637-0845
Email: admin@fsms.ca

Apply online at fsms.ca



FRESH START
MATERNITY SUPPORTS
operated by Rehoboth Girls' Home of Refuge and Support



SERVICES & SUPPORTS

"Providing hope and a future"

visit us on the web at

fsms.ca

CHARITABLE BUSINESS NUMBER

10788 4074 RR 0001

DONATE at canadahelps.org

ABOUT FRESH START

Fresh Start Maternity Supports, provides a safe environment and support to pregnant and parenting women facing challenges related to parenting and life skills. Women recovering from addictions, mild mental health challenges, abuse and homelessness may also benefit from the support, structure and security that Fresh Start has to offer.

Fresh Start Maternity Supports, operated by Rehoboth Girls Home of Refuge and Support, has been operating in Elgin County since 1988. We are a Christian, non profit organization funded through community support. We serve all women regardless of age, race, ethnicity, personal faith and socio-economical status.



SERVICES

Pregnant and parenting women from across the province may access the following services:

GROUP HOME

- Family style living
- Houses 5 women & infants up to age 1
- 24 hour support and supervision
- Individual case managers
- Length of stay is up to 1 year

SUPPORT HOUSING

- 3 individual 1 & 2 bedroom apartments
- Secure entrance and video surveillance
- 24 hour support
- May accommodate women with children over age 1
- Transitional housing between group home and community
- Length of stay is up to 1 year

PREGNANCY SUPPORT CENTRE

- Free maternity and baby items
- Provide information and resources on pregnancy, parenting and community services

TRANSITIONAL COMMUNITY SUPPORT

- Ongoing support to women who transition into the local community

SUPPORTS

At Fresh Start, we offer access to:

- Obstetrician, pediatrician, public health nurse, pre-natal nurse, family doctor and labour coach
- Parenting and life skills instruction
- Addiction / relapse support services
- Mental health services
- Educational programs and tutoring
- Court and legal support
- Support services for women who have experienced abuse or assault
- Community housing applications
- Life and relationship coaching
- Transportation to local appointments
- Assistance in obtaining financial support
- Information on adoption
- Recreational and volunteer opportunities
- Christian guidance and pastoral support
- Clothing and personal care items
- Counseling



“Providing hope and a future”