

MEDICATION & SURGICAL ABORTION CARE IN MUSKOKA

PATIENT PATHWAY

Effective January 2024

What are my options?

You can speak to your Doctor, Nurse Practitioner, or Midwife. *Self-referral clinics are available in Muskoka and Midland.* Here are some online resources to help: [All Options](#) | [National Abortion Federation Canada](#) | [Action Canada](#) | [Shore Centre](#).

Did you know?

- **Medication abortion care:** Many local Family Doctors and Nurse Practitioners offer abortion medication up to 10 weeks pregnant. You can ask your care provider if they offer this. There are in person services available in Muskoka (see below). There is also a Midwifery-led virtual option in Midland (see below).
- **Surgical abortion care:** If you are less than 13 weeks pregnant, you do not have to travel out of the region (you have options). Refer to the table below or
- You can call the Simcoe Muskoka District Health Unit and speak with a Sexual Health Public Health Nurse: 705-721-7520 or toll free at 1-877-721-7520 press 3.

DECISION: MEDICATION ABORTION LESS THAN 70 DAYS SINCE YOUR LAST PERIOD. YOU HAVE OPTIONS

Your own primary care provider may offer this medication or

HUNTSVILLE

Huntsville Maternity Care Clinic
705-789-2355

North Muskoka NP-Led Clinic

Self-referral available

705-224-6752
info@northmuskokanplc.com

BRACEBRIDGE


Family Doctors on Hiram

Self-referral by:

archdekin@ccfht.ca
705-645-2223 ext. 3

MIDLAND (virtual option)

Georgian Bay Women's Clinic

Self-referral → 
or 705-527-4154

DECISION: SURGICAL ABORTION

Up to 13 weeks pregnant

- Ask your primary care provider for a referral.
- If you do not have a primary care provider, the Muskoka or Midland clinics listed in the left-hand column can assist you with a referral to surgical care.

Past 13 weeks

- Speak to your care provider or visit the Women & Children's Health Network website for a list of Ontario clinics [CLICK HERE](#).



List of Ontario abortion care options

AFTER ABORTION INFORMATION


After-Care Information:

[My Post Care](#)



MENTAL HEALTH MATTERS!

You are not alone, there are resources available. In addition to your care provider, here are a few support options:

[Post-abortion emotional well-being](#) → 

Would talking about it help?



[PAIL Network](#)



[ShoreCentre](#)

Contraception Information:

[My Post Care](#)



[Sex & U](#)

