

Audiology

Hearing services for Richmond children up to the age of 19.

Program Information

Services may include:

- Full hearing assessment
- Hearing screening programs for school-age children and newborns
- Hearing aid assessment
- Counselling
- Hearing aid sales
- Fitting & follow-up services
- Client and family education
- Consultation with other service providers
- Community education and awareness

Cost: Free

Get in Touch:

Phone: 604-233-3188

Website:

http://www.vch.ca/locations-and-services/find-health-services/?program_id=476

Baby / Child Health Clinics

Clinics cover immunizations, developmental questions and provide parental resources.

Program Information

Have your child immunized and get information about your child's growth, development, and parenting resources.

Clinics are Monday to Friday, with an evening clinic available on Tuesdays. Call for more information!

Cost: Free

Get in Touch:

Phone: 604-233-3100

Breastfeeding

Support for early breastfeeding from birth to six months and continuing breastfeeding for two years and beyond.

Program Information

Public health nurses will help you with breastfeeding concerns or issues and assessment of your baby's growth.

Services include:

- Telephone and hotline support
- Home visits
- Office visits
- Breastfeeding clinics

Get in Touch:

Phone: 604-233-3150

Website:

http://www.vch.ca/locations-services/result?res_id=1021



Cost: Free

Dental

Helps to prevent early childhood dental disease.

Program Information

The Dental Hygienists focus on prevention and early intervention of Early Childhood Dental Disease. Preventive public health dental services are for children 1-5 years. Services include:

- Risk assessment
- Dental screening
- Oral health information
- Fluoride application
- Referral

All services are provided in clinic by appointment and in outreach settings. They also provide oral health education to various groups in the community upon request.

Cost: Free

Get in Touch:

Phone: 604-233-3150

Website:

http://www.vch.ca/locations-and-services/find-health-services/?program_id=2745

Healthiest Babies Possible

A free prenatal outreach program for women who need extra support during their pregnancy.

Program Information

The HBP staff includes Dietitians, Public Health Nurses and Support Workers fluent in 14 different languages. They help with healthy pregnancy, and with low birth weight in babies during high risk pregnancies.

Their Services Include:

- Nutrition counselling to gain a healthy weight
- Meet other moms at our drop in support groups
- Lifestyle education on tobacco, drugs or alcohol
- Breastfeeding and labor information
- Dental health education
- Food supplement and prenatal vitamins
- Referrals to community resources
- Support and advocacy

Get in Touch:

Phone: 604-233-3150

Website:

http://www.vch.ca/locations-services/result?res_id=660

HealthLink BC - 811

Call 24/7 to receive information from a nurse about your symptoms or if you have any questions. You can also call 811 and ask to speak to a pharmacist, a registered dietitian or a qualified exercise professional.

Get in Touch:

Phone: 8 1 1

Website: <http://www.healthlinkbc.ca>



Program Information

Speak with a nurse about your symptoms, consult with a pharmacist about your medication questions, get nutrition advice from a dietitian, or talk to qualified exercise professional about physical activity. You can also email Physical Activity Services or a HealthLink BC dietitian through the HealthLink BC website.

You can also find the health services and resources you need closest to you. Translation is available in over 130 different languages.

Infant Development Program

Provides support for children birth to 3 years of age who may have or are at risk of a delay in development.

Program Information

This program is for families whose child has a developmental delay, at risk for one, or has a diagnosis which could lead to a developmental delay. Services are available in English, Cantonese and Mandarin.

Program services include:

- Home visits to encourage your child's progress through play-based activities
- Parent/caregiver support in your first language
- Assistance in understanding and responding to your child's needs
- Education in typical and atypical development, and disabilities
- Screening tools such as questionnaires and developmental assessments to determine your child's strengths and needs
- Written reports and records documenting your child's ongoing progress
- Toy and book-lending library
- Connections with other available services and community professionals
- Help including your child in community activities
- Support for families in advocating for their child

Download a copy of their [handbook!](#)

Get in Touch:

Phone: 604-279-7016

Website:

<http://www.rscl.org/infant-development-program/>

La Leche League

Mother to mother breastfeeding support.

Program Information

They encourage, promote and provide mother-to-mother breastfeeding support and educational opportunities as an important contribution to the health of children, families and society.

Get in Touch:

Phone: 1-800-665-4324

Website: <http://www.lllc.ca/>

Nutrition

A program that focuses on food security and healthy eating for children 5 years and under

Program Information

Various programs available, including healthy eating for children 5 years and under. Individuals who have concerns about a child's nutrition and growth may also call the switchboard for Public Health in Richmond at 604-233-3150 and ask to speak to a Public Health Nurse to assist with a nutrition request.

Cost: Free

Get in Touch:

Phone: 604-233-3150

Website:

http://www.vch.ca/locations-services/result?res_id=1364

Prenatal Classes

Prenatal classes taught by professionals, available in English.

Program Information

Douglas College offers two options – a prenatal series, or prenatal in a day. They will go through such things as:

- Pregnancy
- Labour
- Birth
- Postpartum
- Breast Feeding
- Baby Care

Amongst other topics, with plenty of opportunities for questions. Costs for classes vary, and are adjusted if there is a financial need.

Get in Touch:

Phone: 604-527-5472

Website:

<https://www.douglascollege.ca/continuing-education/prenatal-program/prenatal-classes>

Pacific Post-Partum Support Society

A self-help program and support for moms suffering from postpartum depression.

Program Information

The Pacific Post-Partum Society offers a number of ways to receive support such as:

- Telephone and text message support
- Weekly support groups
- Support for partners
- Publications and resource materials
- Partner and couple information sessions

Get in Touch:

Phone: 604-255-7999

Website: <http://postpartum.org/services/>

Richmond Early Childhood Mental Health Program

Serves children 0 to 5 years of age and their families to promote children's mental health and to treat behaviour problems.

Program Information

Examples of behaviour problems include (but are not limited to):

- Feeding
- Sleeping
- Crying
- Aggression
- Anxiety
- Not listening
- Potty training
- Adjustment to adoption

Community partners can help with referrals.

Download the [Richmond Early Childhood Mental Health Program brochure](#).

Get in Touch:

Phone: 604-278-9711 ext. 4055

Website:

http://www.vch.ca/Locations-Services/result?res_id=270

Speech & Language

Speech-language pathologists use a variety of activities to help children learn new speech and language skills.

Program Information

Speech-language pathologists provide assessment and therapy to children who have trouble talking, understanding others, pronouncing speech sounds, having a healthy voice or talking without repeating words and sounds.

Services are available to infants and children until Kindergarten entry. Activities, such as games, books, and toys, are used to assess each child's speech, language, and communication needs, and to help them improve their skills in these areas.

Cost: Free

Get in Touch:

Phone: 604-233-3228

Website:

http://www.vch.ca/locations-services/result?res_id=502