

## Adoptive Families Association of BC

Provides province-wide support and advice if you are beginning to think about adoption, if you have decided to adopt, and if you have already had a child or children join your family.

### Program Information

This AFABC website contains a number of resources and information for all stages of adoption. They are dedicated to finding families for children, and provide programs to support the adoption community. Support services include:

- Family support
- Youth support
- Support groups
- Community groups
- Intensive support services
- Family camp subsidies
- PASS Program

### Get in Touch:

**Phone:** 1-877-ADOPT-07

**Website:** <http://www.bcadoption.com>

## 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](http://www.vch.ca/locations-services/result?res_id=1021)



**Cost:** Free

## 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](http://www.vch.ca/locations-services/result?res_id=660)

## 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/>

## 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/>

## 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>

## Richmond Colts Program

An education and daycare program for young parents up to age 26, which allows them to complete their high school education.

### Program Information

The COLTS program provides the following:

- Childcare facility on Richmond Secondary School grounds
- Parent education and counselling
- Academic courses available on a quarterly basis with continuous intake
- A teacher dedicated to pregnant and parenting youth
- Encouragement and assistance in completing an education program
- Parenting skills
- Life skills
- Strong sense of self, improved self esteem
- Tools for exploring career and work opportunities
- Understanding of post-secondary education options

This is all while your child is in a licensed child care on the school grounds. Daycare is licensed for children up to 36 months.

**Cost:** Free

### Get in Touch:

**Phone:** 604-668-6400 ext. 2250

**Alternate Phone:** 604-723-9742 (Cell)

## Health Care Pregnancy Program

The Health Care Pregnancy Program assists pregnant and newly parenting individuals who use or have used substances, and would like additional support.

### Program Information

Operated by the BC Association of Pregnancy Outreach Programs (BCAPOP) in

### Get in Touch:

**Phone:** 604-240-7169

**Email:** [sita.piers@elizabethfry.com](mailto:sita.piers@elizabethfry.com)

**Website:** <https://www.bcapop.ca/Pilot-Project>

collaboration with the Elizabeth Fry Society of Greater Vancouver, the Health Care Pregnancy Program aims to better support pregnant, postpartum and newly parenting people who use or have used substances in BC and utilizes formal connections between acute care facilities and BCAPOP Program Members.

## Program Priorities

- Inreach into acute care and community settings to support pregnant, postpartum and newly parenting people using substances (up to 7 months postpartum)
- Focused on participants experiencing risks to their health and well-being (e.g., lack of stable housing, food insecurities, lack of prenatal care, experiencing poverty, experiencing gender-based violence, experiencing systematic racism)
- Meeting with the participants throughout the pregnancy, walking alongside her journey and supporting their access to basic needs, supporting transitions in and out of acute care programs, advocating for mother-baby togetherness, etc.