

Prenatal Program

- **Prenatal Line: 1-855-550-2229**
Public health nurse support during your pregnancy.
www.vch.ca/public-health/pregnancy-parenting
- **Healthiest Babies Possible Program: 604-675-3982**
Prenatal support and nutrition advice.
- **Youth Pregnancy & Parenting Program: 604-675-3983**
Free program for women up to 24 years of age living in Vancouver and Richmond who need extra support during their pregnancy.



Family Resources

Parenting

- **Vancouver Coastal Health**
www.parenting.vch.ca
- **Healthy Families BC**
www.healthyfamiliesbc.ca
- **HealthLinkBC**
www.healthlinkbc.ca
- **SFU Information Children**
Free parenting support
www.informationchildren.com

Baby and Me Drop-in Groups 604-321-6151

Vancouver Community facilitates Baby and Me Parenting Drop-in Groups, for Vancouver residents, to provide new parents with the chance to connect with and get support from other parents and health care professionals to discuss infant growth and development, nutrition, safety and adjustment to parenthood. The Baby and Me Parenting Drop-in Groups are free and open to all parents and caregivers with children from birth until eight months of age. No registration is required. We run all year round.
http://www.vch.ca/locations-services/result?res_id=441

Breastfeeding Resources

- **BC Women's Hospital Lactation Consultant: 604-875-3135**
(by appointment)
- **Vancouver Breastfeeding Centre**
(appointments require nurse or physician referral)
- **La Leche League: 604-520-4623**
Peer support network for breastfeeding women.
www.lllc.ca

Public Health Nursing Services

Support for prenatal women and families with newborn babies that includes breastfeeding, infant feeding, health education, child health and immunization clinics, and links to community resources.

Public Health Nurse On-Call 604-321-6151

Available for walk-ins or telephone support Monday to Friday from 3:00 to 4:30 pm to provide information on infant feeding, growth and development, child health, immunization, parenting, communicable disease, and other health concerns.

Immunization Clinics

604-321-6151 (by appointment only)

Routine immunizations for infants, children and adults. Health information, counselling, and growth and development assessment for infants and children.



Immunize BC:

www.immunizebc.ca

Services for Infants, Children, & Families



South Community Health Centre

6405 Knight Street
Vancouver, BC V5P 2V9
Tel: 604-321-6151

Immunization Clinics: 604-321-6151
Nurse On-Call: 604-321-6151

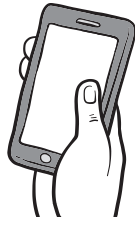
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Additional Resources

- **West Coast Family Information and Referral: 604-709-5661**

Information about finding child care.

<http://www.wstcoast.org>



- **Pacific Postpartum Support Society: 604-255-7999**

Support for postpartum distress, depression and anxiety.

www.postpartum.org

- **Victim Link BC: 1-800-563-0808**

Victim service workers offer information and referral services to all victims of crime and immediate crisis support to victims of family and sexual violence. Service is available in more than 100 languages.

- **Speech and Language Services: 604-321-6151**

Speech and Language Pathologists provide assessment and speech language therapy for children ages 0–5 years who live in Vancouver. Anyone can make a referral and there is no fee for service.



- **Hearing Services: 604-659-1100**

If you are concerned about your child's hearing, please contact hearing services. Children are eligible for free hearing assessments from age 0–19 years.



- **Dental Services: 604-675-3981**

Children should start to see a dentist by 12 months of age. BC Healthy Kids Dental Program 1-866-866-0800



- **Vision Services:**

BC Medical Services Plan (MSP) covers annual optometrist exams for children aged 0–19. Some optometry offices may charge an additional fee. Talk to your family doctor or go to the Canadian Association of Optometrists website www.opto.ca to find an optometrist.



Dietician Services

- **Health Link BC 8-1-1**

A registered dietician is available from Mon-Fri, 9:00–5:00pm. Translation services available.

www.healthlinkbc.ca/healthyeating/emaildietitian.html

- **Greater Vancouver Food Bank**

Contact the main food bank office at 604-876-3601 to verify locations and hours of operation. www.foodbank.bc.ca

- **Food Asset Map**

Food assets are places where people can grow, prepare, share, buy, receive or learn about food.

<http://www.vch.ca/public-health/nutrition/food-asset-map>

Local Community Resources

- **Marpole Oakridge Family Place**

604-263-1405 8188 Lord St.

<https://mofp.org/>

- **Marpole Neighbourhood House**

8585 Hudson St.

www.marpolenh.org/about/program-areas/

- **South Vancouver Family Place**

604-325-5213 7710 Nanaimo St.

Drop-in play for families with young children and infants (0-6 year).

<http://www.southvancouverfamilyplace.org/drop-in-family-resource-programs/>

- **South Vancouver Neighbourhood House**

604-324-6212 6470 Victoria Dr.

Programs for families with young children and infants.

<http://www.southvan.org>

Community Centres

- **Champlain Community Centre**
604-718-6575 3350 Maquinna Dr.

- **Sunset Community Centre**
604-718-6505 6810 Main St.

- **Killarney Community Centre**
604-718-8201 6260 Killarney St.

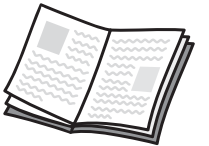
- **Marpole-Oakridge Community Centre**
604-257-8180 990 West 59th Ave.

- **YMCA**
604-324-9622 282 West 49th Ave.

Libraries

Story times for toddlers and preschoolers.

Call your local branch for days and times.



- **Champlain Heights Branch**
604-665-3955 7110 Kerr Steer

- **Fraserview Branch**
604-665-3957 1950 Argyle Dr.

- **Marpole Branch**
604-665-3978 8386 Granville St.

- **Oakridge Branch**
604-665-3980 #191 650 W 41st Ave.

- **South Hill Branch**
604-665-3965 6076 Fraser St.