



Doulas for  
Aboriginal Families  
Grant Program  

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DAFGP

## List of Organizations, Groups and Supports

### **Anxiety BC – For Mothers - Nationwide**

<https://www.anxietybc.com/parents/moms-to-be> (Moms-to-be)

<https://www.anxietybc.com/parents/new-moms> (New Moms)

Resources and information on how to effectively manage anxiety during pregnancy and the postpartum period.

### **ekw’í7tl doula collective – Vancouver BC**

<https://ekwi7tldoulacollective.org/>

We are a network of Vancouver-based Indigenous doulas who work with midwives, doctors and birth workers to provide full-circle mental, emotional, physical, and spiritual support to mothers and families during pregnancy, labour, birth, postpartum care and beyond. We connect Indigenous doulas with Indigenous families for culturally relevant and holistic birth work.

### **Family Tree – Kamloops BC**

<https://www.kfrs.ca/>

Mother's for recovery program you can do workshops, eat healthy meals, clothes donations, soon to have a counsellor.

### **First Nations Health Authority (FNHA) – Healthy Pregnancy and Early Infancy**

<http://www.fnha.ca/what-we-do/maternal-child-and-family-health/healthy-pregnancy-and-early-infancy> -

Program is designed to promote healthy pregnancy and health of infants and young children through prenatal nutrition, maternal child health, home visits, counselling etc.

### **FRAFCA – Fraser Region Aboriginal Friendship Centre Association**

<https://fracfa.org/programs-services/>

We offer culturally-relevant programs and services to suit the various needs of our members including Early Childhood Development, Children, Youth and Families with Extra Support Needs, Youth & Young Adult, Health and Wellness Promotion, Housing and Homelessness Prevention, and Community Cultural Events.

### **Gwa’sala ‘Nakwaxda’xw Nations Health and Family Services – Port Hardy**

<http://www.gwanak.info/for-members/departments/health>

The goal of the Maternal and Child Health (MCH) program is to support pregnant First Nations women and families with infants and young children, who live on reserve, to reach their fullest developmental and lifetime potential

### **Harmony House**

<http://phoenixtransitionsociety.com/index.php/harmony-house>

Harmony House is a safe house whose mission is to provide support to pregnant women and new mothers struggling with mental health and or addictions.

### **HerWay Home – Victoria BC**

<https://www.islandhealth.ca/learn-about-health/pregnancy-birth-babies/herway-home>

HerWay Home provides non-judgmental health care and social supports for pregnant and parenting women who have a history of substance use and may also be affected by mental health issues, violence and trauma.

### **Hulitan – Intensive In-Home Parent Support Program – Victoria BC**

[http://www.hulitan.ca/family\\_development\\_response\\_team.html](http://www.hulitan.ca/family_development_response_team.html)

Provides intensive service to families who are at high risk of removal of their children. The family development response worker works collaboratively with the family to develop goals and activities to assist in reducing risks identified by The Ministry of Child and Family Development

### **Karis Support Society – Kelowna BC**

<https://karis-society.org/>

Karis provides a loving home for women struggling with addictions and mental health challenges.

### **Lii Michif Otipemisiwsak Family & Community Services**

[https://lmofcs.ca/?page\\_id=233](https://lmofcs.ca/?page_id=233)

Métis prevention services prenatal to 19 years old, groups and services the same to what we at SCFS provide but for Métis families rather than Aboriginal Families.

### **Maxxine Wright Community Health Centre - Vancouver BC**

<https://atira.bc.ca/what-we-do/program/maxxine-wright-community-health-centre/>

The Maxxine Wright Community Health Centre supports women who are pregnant or who have very young children at the time of intake who are also impacted by substance use and/ or violence and abuse. Women do not need to have their children in their care to receive support provided there is an ongoing relationship with the child.

### **National Aboriginal Council of Midwives – Nationwide**

<https://indigenoumidwifery.ca/indigenous-midwifery-in-canada/>

Indigenous Midwifery care is a pathway that supports the regeneration of strong Indigenous families by bringing birth closer to home—by restoring the emphasis on birth as normal, rather than approaching it as an illness in need of treatment. An Indigenous midwife is a committed primary health care provider who has the skills to care for pregnant people, babies, and their families throughout pregnancy and postpartum. They are not just about catching babies, but rather they work with nutrition, breastfeeding, providing safety in remote areas and insurance for young families.

### **Pacific Postpartum Support Society - Nationwide**

<http://postpartum.org/>

Pacific Post Partum Support Society has been supporting mothers and their families experiencing postpartum distress, depression and anxiety since 1971. This established the pattern for our treatment model: mothers supporting mothers. This was a new approach to addressing the issues of postpartum depression and one that has since influenced changes in postpartum support.

### **Peninsula Connection Parenting Groups and Resources – Vancouver Island**

<http://www.peninsulaconnectionsforkids.ca/resources/classes.php>

Programs, groups and services for parents

### **Phoenix Transition Society – Prince George, BC**

<http://phoenixtransitionsociety.com/>

We at the Phoenix Transition House, work to support women and children during their healing journey. We do this in a caring, safe and respectful atmosphere that facilitates personal discovery of mind, body and spirit.

## **Public Health Breastfeeding Support – Vancouver Island**

[www.viha.ca/children/baby\\_and\\_you/resources/community\\_resources](http://www.viha.ca/children/baby_and_you/resources/community_resources)

## **Reproductive Mental Health - Nationwide**

<https://www.reproductivementalhealth.ca/>

Any woman may experience a mental health challenge or disorder during pregnancy but some women are more at risk than others. Learn about the kinds of mental health challenges or disorders that women may face and where to find more detailed information.

## **Right From the Start – Vancouver Island**

<https://www.islandhealth.ca/our-services/pregnancy-birth-services/right-start>

Right from the Start offers support for pregnant women and new moms, their babies, children and families. Created by women, for women, we recognize that you are the expert of your life. This program offers services that will contribute positively to your pregnancy and new mom experience.

## **Saanich Neighbourhood Place**

<http://saanichneighbourhoodplace.com/programs/parent-education/>

Best Babies is an ongoing weekly program funded through the Vancouver Island Health Authority and offers support to pregnant women and their newborns up to 6 weeks of age. Women attend weekly group sessions that cover topics including prenatal education, health, nutrition and infant care.

## **Seabird Island – Maternal Child Health – Agassiz, B.C.**

<http://www.seabirdisland.ca/index.php/service/maternal-child-health/>

Maternal Child Health program supports First Nation families from pregnancy to child birth and beyond, helping families through the many joys and challenges of having a baby. The Kwiyo:s, or “respected aunty” provides support with education, parenting skills, life skills and early childhood development. As well, each Kwiyo:s is Birth Doula and Postpartum Doula trained and can physically and emotionally support pregnant women through the process of giving birth, and in their new roles as mothers.

## **Secwepemc Child and Family Services – Kamloops BC**

<https://secwepemcfamilies.org/>

Prenatal drop in to holistic prevention Aboriginal Services birth to 19 years old.

## **SheWay – Vancouver BC**

<http://www.vnhs.net/programs/sheway>

Sheway provides comprehensive health and social services to women who are either pregnant or parenting children less than 18 months old and who are experiencing current or previous issues with substance use. The program consists of prenatal, postnatal and infant health care, education and counseling for nutrition, child development, addictions, HIV and Hepatitis C, housing and parenting. Sheway also assists in fulfilling basic needs, such as providing daily nutritious lunches, food coupons, food bags, nutritional supplements, formula, and clothing.

## **Single Parent Resource Centre – Victoria BC**

<http://www.singleparentvictoria.ca/> - [info@1-up.ca](mailto:info@1-up.ca)

Resources, programs, groups and mentorship for single mothers

## **South Community Birth Program – Vancouver BC**

<https://www.scbp.ca/>

The SCBP is the first program in Canada in which midwives and family doctors work collaboratively and fully share the care of women and their families. You will be cared for and supported by the SCBP team of family doctors, midwives, nurses and doulas. We work hard to provide you with a seamless transition from one on-call care provider to the next.

### **South Island Child Resource List – Vancouver Island (south)**

<https://southislandchild.ca/resources/>

Community resources for pregnant mothers and new families

### **Sunshine Coast Community Services – Sunshine Coast BC**

<http://www.sccss.ca/programs/child-development-youth-services>

Child Development and Youth Services programs are family-centered, inclusive and promote active participation in supporting pregnant women, new moms, parents, caregivers, children and youth. We also provide programs in prevention, intervention and support for youth and children with a developmental delay or diagnosed disability. Services to youth include life skills development, outreach and one to one support with a focus on community inclusion and client-centred practice.

### **Surrounded by Cedar – Victoria, BC**

<https://www.surroundedbycedar.com/>

Provides child and family services strongly rooted in Indigenous cultural values and world views while ensuring urban Indigenous children and youth grow up connected to family, community and culture. The SCCFS Counselling Program offers group counselling services for children, youth and families impacted by complex trauma.