



Nation Wide

National Aboriginal Council of Midwives

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.

Website:

<http://ow.ly/QmM850CbG7z>

Reproductive Mental Health

Anyone may experience a mental health challenge or disorder during pregnancy but some people are more at risk than others.

Learn about the kinds of mental health challenges or disorders that people may face and where to find more detailed information.

Website:

<http://ow.ly/mQWU50CbHvo>

Pacific Postpartum Support Society

Pacific Post Partum Support Society has been supporting birth people and their families experiencing postpartum distress, depression and anxiety since 1971.

This established the pattern for our treatment model: birth people supporting birth people. This was a new approach to addressing the issues of postpartum depression and one that has since influenced changes in postpartum support.

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

First Nations and Inuit Hope for Wellness Help Line and On-line Counselling Service

The Hope for Wellness Help Line offers immediate mental health counselling and crisis intervention to all Indigenous people across Canada.

Toll Free: 1-855-242-3310

Website: www.hopeforwellness.ca



Province Wide

First Nations Health Authority (FNHA)

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.

Website: <http://ow.ly/enNV50Cblll>

FNHA First Nations Virtual Doctor of the Day

The Doctor of the Day Program enables members of BC First Nations with limited or no access to their own doctors to make virtual appointments.

Website:

<http://ow.ly/VVDq50AAAop>

Métis Nation BC 24/7 Métis Crisis Line

Toll Free: 1-833-638-4722

Website: <http://covid19.mnbc.ca>

Anxiety BC

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

Website: <http://ow.ly/SuoX50CbluR>

Perinatal Services BC

Website:

<http://www.perinataleservicesbc.ca/>

BC Women's Hospital Families in Recovery (FIR)

Specialized services for women with substance use: FIR is a combined Care Unit that provides care to women using substances and infants exposed to these substances.

A multidisciplinary team will help you and your baby stabilize safely. We provide care and support to you throughout your pregnancy and afterward. We provide support to you in your transition back to your community after giving birth.

Website: <http://ow.ly/omL450CbID9>



Vancouver Island Region

Island Health Aboriginal Liaison Nurses

Website: <http://ow.ly/JH2U50AAyVm>

Wachiay Friendship Centre – Courtney

Aboriginal Parenting Support Program provides an essential preventive support to families identified as being in need of interventions and who are at high risk of removal due to issues impacting the safety and well-being of their children. Sister Mary's Helping Hands program will provide emergency medical assistance including urgent travel needs and car seats.

Website: <http://ow.ly/4TTa50CbOZk>

Hiiye'yu Lelum Society, House of Friendship – Duncan

Healthiest Babies Possible & Early year's program: To help you have a healthy baby through nutritional counselling, prenatal education, referrals to other services and one-to-one support.

Website: <http://ow.ly/yyL050CbP4x>



Vancouver Island Region (cont.)

Peninsula Connection Parenting Groups and Resources

Programs, groups and services for parents.

Website: <http://ow.ly/JAkE50CbPj3>

Public Health Breastfeeding Support

Website: <http://ow.ly/4ciV50CbPGz>

Nesting Doula Collective - Greater Victoria Area

Provide care and support to Indigenous womxn and womxn of colour (including immigrants and refugees) at all stages of their reproductive journey.

Website: <http://ow.ly/zcRw50AAyXn>

Gwa'sala 'Nakwaxda'xw Nations Health and Family Services - Port Hardy

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.

Website:

<http://ow.ly/8Mgu50CbPUW>

Victoria Native Friendship Centre Wellness Clinic

Website: <http://ow.ly/18c650CbPVP>

HerWay Home - Victoria

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.

Website: <http://ow.ly/PFvL50CbPX6>

Hulitan - Victoria

Intensive In-Home Parent Support Program 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.

Website: <http://ow.ly/y9Mf50CbQe4>

Right From the Start - Island Health

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.

Breastfeeding support included!

Website: <http://ow.ly/m7IN50CbQfd>

Single Parent Resource Centre - Victoria

Resources, programs, groups and mentorship for single mothers.

Website:

<http://www.singleparentvictoria.ca>

South Island Child Resource List

Community resources for pregnant mothers and new families.

Website: <http://ow.ly/RV6850CbQfW>

Sunshine Coast Community 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.

Website: <http://ow.ly/ZeE450CbQuT>

Surrounded by Cedar - Victoria

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.

Website: <http://ow.ly/Rrib50CbQxb>

Tillicum Lelum Aboriginal Friendship Centre - Nanaimo

Building Better Babies Pregnancy Outreach Program; Young Aboriginal Mother's transitional Housing.

Website:

<http://ow.ly/KVqA50CbQCK>



Vancouver/Coastal Region

Vancouver Coastal Health Aboriginal Patient Navigator Program

Toll Free: 1-877-875-1131

Website:

<http://ow.ly/RAMk50AAyPq>

Ekw'í7tl doula collective - Vancouver

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.

Website:

<https://ekwi7tldoulacollective.org/>



Vancouver/ Coastal Region (cont.)

Maxxine Wright Community Health Centre – Vancouver

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.

Website: <http://ow.ly/QAaV50CbR2S>

SheWay – Vancouver

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.

Website: <http://ow.ly/Hs5q50CbR5a>

South Community Birth Program – Vancouver

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.

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

Huckleberry Midwives

Midwifery team working towards the prioritization of culturally safe and humble care for Indigenous urban families and Indigenous people who have been evacuated to give birth away from their community.

Website: <http://ow.ly/I34n50AAyTA>



Fraser Region

Fraser Health Aboriginal Health Liaisons Phone

Toll Free: 1-866-766-6960

Fraser Region Aboriginal Friendship Centre Association (FRAFCA)

Birth Keeper Program providing doula care. Also, 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.

Website: <http://ow.ly/J3HX50CbRpc>

Sto:lo Services Agency – Family Empowerment Team

The Family Empowerment Team is a collaboration of the Parent Child Assistance Program, Growing Great Kids Parenting Program, Traditional Parenting, Indigenous Doulas and advocacy services.

Website: <http://ow.ly/MnTo50AAz3r>

Kla-how-eya Healing Place

Provides culturally safe and holistic primary health care services for urban Aboriginal clients without regular primary care providers, or for those who use walk-in clinics or emergency departments for primary care needs.

Website: <http://ow.ly/vFov50CbRvl>

Fraser Health Breastfeeding Support

Support to help new moms and babies with breastfeeding.

Website: <http://ow.ly/Vr1150CbRtF>

Seabird Island – Maternal Child Health – Agassiz

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.

Website: <http://ow.ly/cvf850CbRx1>



Interior Region

Interior Health Aboriginal Patient Navigators

Website: <http://ow.ly/13ou50AAz5t>

Ki-Low-Na Friendship Society

Tupa's Lodge- Transitional housing program for mothers and infants & children at-risk of involvement with the Ministry of Children and Family Development. The goal of Tupa's Lodge is to provide a safe, culturally-sensitive, and supportive living arrangement for mother and baby, in order to nurture early bonding, and prevent children from entering care. Currently, we are offering Trauma Counselling services through this program.

Website: <http://ow.ly/8mFp50CbRGo>

Karis Support Society – Kelowna

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

Website: <http://karis-society.org/>



Interior Region (cont.)

North Okanagan Friendship Centre Society – Vernon

Pregnancy Outreach Program- Support on: How to have a healthy baby; Breastfeeding; Baby Development; Alcohol and drug use; Eating right.

Website: <http://ow.ly/1Yjt50CbRPL>

Kamloops Aboriginal Friendship Society – Kamloops

KAFS runs a Healthy Beginnings program, facilitates a Postpartum Depression and Anxiety Zoom program, Mother Goose program, and offers doula services.

Website: <https://kafs.ca/>

Family Tree – Kamloops

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

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

Conayt Friendship Society – Merritt

Prenatal/Postnatal Classes; Prenatal Hospital Tours; Prenatal Vitamins and Vitamin D drops; Nutrition Counselling; Breastfeeding Support; Home Visits; Swim/Bus Passes/ Gift Cards; Infant Massage.

Website:

<http://conayt.com/programs/#>

Lii Michif Otipemisiwsak Family & Community Services – Kamloops

Prevention services prenatal to 19 years old, groups and services for Métis families rather than Aboriginal Families.

Website: <http://lmofcs.ca/>

COINS – West Kootenay

The Circle of Indigenous Nations Society provides cultural support and counseling services.

Website:

<http://www.coinations.net/>

Secwepemc Child and Family Services – Kamloops

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

Website:

<http://secwepemcfamilies.org/>



Northern Region

Northern Health Aboriginal Patient Liaison Program

Website: <http://ow.ly/kIFG50AAz8g>

Prince George Native Friendship Centre Society – Aboriginal Infant Development Program

Provision of parenting skills to pregnant and new moms. Building Blocks Program-Parenting skills and family capacity building through activities such as community kitchens, infant massage, etc.

Website: <http://ow.ly/nAqY50CbSC2>

Harmony House – Prince George

A safe house whose mission is to provide support to pregnant women and new mothers struggling with mental health and or addictions. Aboriginal elders mentorship; Reconnecting to cultural values; Strengthening maternal bonds; Promoting strength with confidence; Women will transition to independence and provide a safe and caring home for themselves and their children.

Website:

<http://harmonyhousebc.com/>

Phoenix Transition Society – Prince George

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.

Website:

<http://ow.ly/3O8f50CbSEB>

Cariboo Friendship Society – Williams Lake

The Pregnancy Outreach Program, under the direction of a nurse, provides lifestyle counselling to prenatal women in areas of nutrition, breast feeding, budgeting and substance abuse. Food supplements are provided for low income clients. A free luncheon with guest speaker (car safety, infant massage, mother and sewing group) is offered on a weekly drop-in basis.

Website: <http://ow.ly/l2Gm50CbSHo>

Dze L K'ant Friendship Centre – Smithers

Pregnancy Outreach Program provides drop-in programming, pre/post-natal education, home visit support, and one-on-one support. The program provides practical necessities such as prenatal vitamins, vitamin D, diapers, and connects them with a variety of resources. Houston POP is also proud to provide a toy and equipment lending library, a wide variety of information and skill building workshops, as well as healthy meals to help with food security and family well-being.

Website:

<http://ow.ly/N41450CbSKK>

Quesnel Tillicum Society/ Native Friendship Centre

Services include: Cultural Programmer; Fetal Alcohol & Drug Effects Worker; Mom's Recovery Group; Drug and Alcohol Counselor; Family Support worker.

Website: <http://ow.ly/blT350CbSNi>

Kermode Friendship Society – Terrace

The Aboriginal Infant Development Program-offers in house workshops, one on one sessions, community education, a weekly Toddlers Group, and home visiting. This program is offered to assist children between the ages of 0-3 in the Terrace area.

Website: <http://ow.ly/lp6m50CbSP7>