

RESOURCES	ENGLISH	OTHER LANGUAGES
 <p>Pregnancy</p> <p>Resources to assist families through the trimesters and assist with preparations to deliver babies.</p> <p>Call #811 24/7 to connect with a registered nurse, pharmacist, exercise professional, and a dietician.</p>	<ul style="list-style-type: none"> • Babies Best Chance • VCH Pregnancy Website • Healthy Families BC- Pregnancy and Birth Info • Smart Mom App-free • Douglas College Prenatal Classes • Virtual Tour of Richmond Birth Centre • Doula Support • Finding a Healthcare Provider 	<ul style="list-style-type: none"> • Babies Best Chance-multiple languages • Virtual Tour of Richmond Birth Centre-Chinese
 <p>Access to Services</p> <p>Assistance with financial support and housing.</p>	<ul style="list-style-type: none"> • Apply for Income Assistance • Housing Assistance • Family Services of Greater Vancouver • Affordable Childcare Benefit 	
 <p>New to Canada</p> <p>Newcomer assistance including: immigration, legal advice, employment and health care provider</p>	<ul style="list-style-type: none"> • Chimo- Newcomer Assistance Services • SUCCESS Support on your Canadian Journey • Mosaic Moving Ahead Program • Refugee Health Services • BC Women's Free Newcomer Clinic • Applying for MSP 	<ul style="list-style-type: none"> • Chimo website- Chinese • SUCCESS-Support on your Canadian Journey-Chinese



Indigenous Resources

Information on Indigenous services, programs and initiatives in the area of maternal, child and family health.

- [Our Sacred Journey- Pregnancy Passport](#)
- [FNHA- Maternal Child and Mental Health](#)
- [Battered Women’s Support Services\(BWSS\)- Indigenous Women](#)
- [Sheway Program](#)
- [Doulas for Indigenous Families](#)
- [Crabtree Corner Program](#)
- [Vancouver Aboriginal Health Services](#)
- [Indigenous Early Childhood Health Funding](#)
- [Lu'ma Medical Centre](#)
- [Aboriginal Mothers Centre](#)
- [Native Court Worker of BC](#)
- [BC Women's Indigenous Patient Liaisons](#)



Breastfeeding

Resources for breastfeeding topics such as how long and often to feed your baby, milk expression, Vitamin D supplements and much more.

Getting education on breastfeeding before birth can increase your chances of breastfeeding successfully.

- [Healthy families BC: Feeding](#)
- [Healthy Families BC: Videos on Breastfeeding](#)
- [Healthlink BC- Breastfeeding](#)
- [Breastfeeding in the First 3 Weeks](#)
- [VCH- Breastfeeding](#)
- [Healthy Families BC Breastfeeding Buddy Tool:](#)
- [BC Women’s Breastfeeding Clinic-support and breastfeeding multiples](#)
- [La Leche League Breastfeeding Support](#)
- [Healthlink BC: 母乳餵養](#)
- [Breastfeeding in the First 3 Weeks-multiple languages](#)

 <p>Mental Health</p> <p>Supporting you and your family’s mental health through phone-calls, support groups, and resources.</p> <p>**Some programs require a Doctors referral</p>	<ul style="list-style-type: none"> • Reproductive Mental Health: Coping with Anxiety • Here to Help- Anxiety BC • Pacific Post Partum Support Society • Family Services of Greater Vancouver • Touchstone Family- Counselling Services • SUCCESS- Counselling Services • Chimo- Counselling Services • Richmond Foundry Clinic (ages 12-24) • VCH Mental Health and Substance Abuse • Postpartum Depression- multiple languages
 <p>Domestic Violence</p> <p>Support is available for protection for you or a family member.</p> <p>**Victim Link BC 1-800-563-0808 (Text or call 24/7)</p> <p>**BWSS Crisis Line 604-687-1867 (Call 24/7)</p>	<ul style="list-style-type: none"> • VCH – Domestic Violence Help • Leaving Domestic Violence: A Safety Planning Checklist • Domestic Violence Resource Card • BC Crisis Centre • Battered Women’s Support Services (BWSS) • Domestic Violence- multiple languages
 <p>Additional Resources</p> <p>Additional support for pregnant women.</p>	<ul style="list-style-type: none"> • Stop Smoking • Nurse Family Partnership for Young Moms (ages 19-24) • Healthiest Babies Possible Program • Sheway Program • Mamas for Mamas Vancouver



Richmond
Specific
Resources

Free resources for you and your family.

**Call 604-233-3150 to speak with a
Richmond Public Health Nurse. (Monday-
Friday)

- [Growing Together Programs](#)
- [Richmond Kids Website](#)
- [Richmond Public Library – Baby Time](#)
- [Colts Young Mom Education and Daycare Program](#)
- [Richmond Food Bank](#)
- [Growing Together- Chinese](#)
- [Richmond Kids Website- Chinese](#)