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| **Prenatal/Infant/Toddler Health Resources**  **for Comox Valley Parents**  Compiled by VIHA’s Comox Valley Public Health Nurses |

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| Must Know” **** Free **prenatal classes are available** for pregnant women, and their partners &/or support persons.  As you know you are pregnant, call the VIHA Public Health Nursing office to register for classes. Classes held weekday evenings.  Phone 331-8562 (Mon-Fri, 8:30-4:30).  **Starting October 1, 2012** the Vancouver Island Health Authority’s ***Right from the Start*** program will provide public health services to pregnant women, new mothers, babies, children up to the age of two. You can register by going on our website at [www.viha.ca](http://www.viha.ca) and electronically completing a registration form .  **** **BC HealthGuide OnLine**   * Medically approved up-to-date health information. * [www.bchealthguide.org](http://www.bchealthguide.org)   **** **HealthLinkBC (8-1-1)**   * Registered Nurses answering questions 24 hours every day. * Translation services available. Ph:1-866-215-4700   ** BC HealthFiles**   * Fact sheets on many health and safety issues. * [www.bchealthguide.org/healthfiles](http://www.bchealthguide.org/healthfiles) |
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| “Your pregnancy resource books” Babys Best Chance  * Parents’ handbook of Pregnancy and Baby Care. * Available at Public Health Nursing – 961 England Ave. or on-line at [www.BestChance.gov.bc.ca](http://www.BestChance.gov.bc.ca)   **Pregnancy Passport**  Your own health record for pregnancy, birth and early newborn period.  Will help you understand what to expect with your pregnancy care and help you think about how to care for yourself and your baby.  Keep your own record of check-ups and tests |

| Name of Resource | Description & Website | Location | Contact Person/Phone/Email | Time | Fee |
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| **BC HealthGuide Handbook** | Information about many health topics.  * Free at your Public Health Unit | 961 England Ave.  Courtenay | 250-331-8520 |  | Free |
| **BC HealthGuide OnLine** | * Medically approved up-to-date health information. * [www.bchealthguide.org](http://www.bchealthguide.org) |  |  | 24 hours  every day | Free |
| HealthLinkBC | * For everyone. * Confidential health information and advice. * Translation services available in over 130 languages. |  | Ph. 8-1-1  Ph. 7-1-1-for hearing-impaired assistance | Registered Nurses  24-hours,  Pharmacists  5 p.m.-9 a.m. daily  Dieticians | Free |
| CFB: 19 Wing Fitness & Community Centre: Baby Steps | * For military and non-military parents with babies birth-1 year. * Share experiences, learn about parenting topics. * <http://www.comoxmfrc.com> (click “Child & Youth”) | 1345 Military Row  Lazo | Ph: Claudia: 250-339-8032 | Thurs  mornings | $20 for 5 weeks |
| Child Development Association | * For children age birth-5 years needing extra support. * Physiotherapy * Occupational therapy * Speech therapy * Supported child development * Infant development * Lending library. * <http://www.cvcda.ca/> | 237 3rd St.  Courtenay | Ph: 250-338-4288 | Mon-Fri  8:30-4:30 | Free |
| Baby Talk | * For expecting parents & parents with babies birth-6 months * Drop-in group. * Guest speakers, information, support, resource library. | Lewis Centre, Courtenay Recreation  489 Old Island Hwy  250-338-5371 | Ph: Chris Chapple  339-0194  [chrischapple@shaw.ca](mailto:chrischapple@shaw.ca) | Tuesday  10:00-11:30 am | Free |
| Comox Valley Family Services: Healthy Babies Prenatal Nutrition Program | * For pregnant women & moms with babies 0-6 months old * Groups and one-on-one support * Counseling, information, prenatal vitamins, $10 food coupon & sharing shelves * Lunch & transportation provided. | 1415 Cliffe Ave.  Courtenay  Office:  1507C McPhee Ave. Courtenay | Ph:250- 871-7577 or  250-871-7575 | Tuesdays  Groups:  10am-12pm for 1st-time parents  11:30am-1:30pm  for all others | Free |
| Immigrant Welcome Centre of Comox Valley | * For immigrant parents of babies and children * Help for immigrant families with settlement, adaptation, and connections to local resources. * Guest speakers; information ;interpreter & translation services; resource library * <http://www.immigrantwelcome.ca> * Facebook: Immigrant Welcome Centre of the Comox Valley | UnitC-1001  Lewis Ave.  Courtenay | Ph: Ai Guo Zhang  250-338-6359  Aiguo.zhang@immigrantwelcome.ca | Life Skill Group  Thursday  1:00-3:00pm  New Comer Tea Time  Wednesday  9:30-11:00am | Free |
| **Comox Valley Father Involvement Network** | * For anyone interested in promoting fathers. * Planning “Kids & Dads Activity Days” |  | Justin Ethier  [cvahsnetworking@shawcale.com](mailto:cvahsnetworking@shawcale.com)  250-334-2477 | meets quarterly at Aboriginal Head Start |  |
| **Comox Valley Pregnancy Care Centre** | * For pregnant women * Education, referrals, pregnancy testing. * Maternity and baby wear. * Post Abortion Counselling | 785 6th St.  Courtenay | Ph: 250-334-0058  [cvpregcare@shaw.ca](mailto:cvpregcare@shaw.ca)  [www.cvpregcare.ca](http://www.cvpregcare.ca) | Phone for details |  |
| Courtenay Recreation Center: Little Cruisers | * For parents and babies age 7 months-14 months. * Support and socialize, guest speakers. * Drop-in. No registration required. | Lewis Center,  489 Old Island Hwy  250-338-5371 | Ph: Chris Chapple:  250-339-0194  [chrischapple@shaw.ca](mailto:chrischapple@shaw.ca) | Wed  10-11:15 am | $1.00 drop-in fee |
| **Vancouver Island Crisis Line** | * For everyone. * 24 hours every day. * Support and referral. * Suicide assessment. * Crisis Intervention Nurse. |  | 1-888-494-3888 |  |  |
| **Dietician Services at HealthLink BC** | * For everyone. * Speak to a registered dietitian. * Translation services available in over 130 languages on request. |  | Ph: 8-1-1  Ph. 7-1-1- for hearing impaired assistance  [www.dialadietitian.org](http://www.dialadietitian.org) |  |  |
| **Facts of Life Line** | * For everyone * Confidential informaiton on sexuality, birth control, relationships, & sexually transmitted infections. |  | Ph: 1-800-739-7367  wontgetweird.com | Mon-Fri  9am-9pm  Sat  10am-2pm | Free |
| **GP Vanier Teddies n Toddlers Program** | * For parents attending secondary school * Parenting support & education |  | Cathy  Ph: 250-338-8445 |  |  |
| **Infant Development Program of BC (IDP)** | * For parents concerned about their child’s development * Self- or professional-referral. | at Comox Valley Child Development  Association  237 3rd Street | Ph: 250-338-4288 | By Appointment | Free |
| La Leche League | * For breastfeeding mothers * Breastfeeding information and support | 961 England Ave.  Courtenay  (at Public Health Nursing Office) | Ph: Dominique:250- 703-0039  Email: [mcgrady@shaw.ca](mailto:mcgrady@shaw.ca)  [www.lalecheleaguecanada.ca](http://www.lalecheleaguecanada.ca)  Gill 250-9416450 email: [maisieingrey@hotmail.com](mailto:maisieingrey@hotmail.com) | 4th Friday of every month | Free |
| **Newborn & Maternity Helpline** | * For new and expecting parents * Connects callers with Public Health Nursing Services |  | Ph: 250-331-8520 | 24-hours | Free |
| **Baby First Aid** | * For new & expecting parents * 1½ hour Basic first aid course with techniques to use on babies up to one year |  | mary@westcoastfirstaid.ca | Pre-register | $5.00/couple |
| **Options for Sexual Health Clinic (“Opt”)** | * For everyone. * Low cost birth control. * Emergency Contraceptive Pill “Plan B”. * Pregnancy testing, * STD/HIV testing. * Hepatitis B vaccine. * Education & counseling. | 961 England Ave.  Courtenay | [www.optionsforsexualhealth.org](http://www.optionsforsexualhealth.org)  1-800-739-7367 | Tues  6pm-8:00  Thur  4pm-6pm |  |
| **Pacific Care Parenting Resources** | * For all parents * Child care resource and referral * Parent support with subsidy applications, child care referrals. | 237 3rd St. Courtenay | Ph: “Pacific Care”  250-338-4288 | By Appointment | Free |
| **Parent Help Line** | For everyone. |  | Ph: 1-888-603-9100 | 24 hours | Free |
| Pastoral Care | For everyone. | St. Joseph’s Hospital | Stephen Hill  Ph: 250-339-1474 | 24 hours | Free |
| Prenatal Classes | * For pregnant women, and their partners &/or support persons. * Call as soon as your know you are pregnant. * Variety of classes available | 961 England Ave. Courtenay | Ph: 250-331-8562  (Mon-Fri, 8:30-4:30)  After hours, leave a message at ph: 898-2232 | Classes held weekday evenings | Free |
| **Private Lactation Consultant Services** | * For breastfeeding mothers. * Consultation. * Equipment available for rent or purchase. |  | Deborah Kozlick:  250-338-4810 | Appointment will be arranged |  |
| **St. Joseph’s Hospital** | Hospital tours for prenatal parents | 2137 Comox Ave.  Comox, B.C. | Ph: 250-339-2242 | Friday at noon Please call to confirm | Free |
| Vanier Secondary: Teddies ‘n’ Toddlers Parenting Program | * For parents attending Vanier Secondary School * Parenting support & education for parents attending secondary school | Vanier Secondary  4830 Headquarters Rd.  Courtenay | Ph: Cathy 250-338-8445  [teddies@island.net](mailto:teddies@island.net) | Throughout school year | Free |
| VIHA: Mental Health & Addiction Services | Assessment and treatment for Adults experiencing Mental health and Addiction issues | 941C England Ave.  Courtenay | Ph:250- 331-8524 | 8:30-4:30  Monday-Friday  Closed 12-1pm | Free |
| VIHA: Hearing Clinic | * Universal newborn hearing screening. and follow-up when needed. | 355-11th St.  Courtenay | Ph: 250- 331-8526 |  | Free |
| **VIHA: Breastfeeding Resource Nurses & Lactation Consultants** | * For breastfeeding mothers. * Breastfeeding resources and support. | Tues  961 England Ave  Courtenay | Ph: 250-331-8520 | 10:00am-12:00pm | Free |
| **VIHA: Public Health Nurses** | * For everyone * Information & support for newborn, breastfeeding, & child health concerns. * Health promotion & disease prevention. | 961 England Ave.  Courtenay | Ph: 250-331-8520 | 8:30-4:30  Monday-Friday  Weekend coverage | Free |
| Women’s Crisis Line |  |  | Ph: 250-338-1227 | 24 Hour | Free |