

## Post-natal Resources

### Child Care Resource & Referral

Offers quality child care referrals, resources, and support.

**Abbotsford** 604.850.7934

**Mission** 604.826.6194

### Early Years Centres

Connects parents, caregivers and service providers with tools and resources to support families of young children, such as StrongStart, referrals and development screening.

**Abbotsford** 778.880.8554

**Mission** 604.826.6194

### Abbotsford Community Services - Family Centre

604.859.7681, local 266

### Mission Community Services - Early Years

604.826.6194

Multiple family supports and programs.

### Fraser Valley Child Development Centre

604.852.2686

Services for children 0-18 years with developmental delays and/or disabilities.

### New Beginnings

604.850.7303

Offers parents the opportunity to complete grade 12. Provides a full range of courses and child care for children ages 6 weeks to 3 years. Access to counsellors, nurse practitioners, outreach worker, and foodbank.

### Pacific Postpartum Support Society

604.255.7999

A service that offers telephone support, weekly women support groups and support for partners.

### Public Health Unit

Provides screening, assessment, referrals, immunizations, breast milk bank, breastfeeding supports, and mental health resource supports.

**Abbotsford** 604.864.3400

**Mission** 604.814.5500

## Other Resources

### BC211

Dial 211 for free information about community, social and government services. Confidential, multilingual and available 24/7.

### BC811

Dial 811 for free health services navigation and get connected with a registered nurse, registered dietitian, exercise professional, or pharmacist.

### Fraser Health Crisis Line

604.951.8855 | 1.877.820.7444

Immediate, free and confidential support, crisis intervention and community resource information for people of all ages available 24/7.

### Food Banks - Abbotsford

Abbotsford Community Services, General, 604.859.5749

Basics for Babies, 604.859.5749

High Protein, 604.859.5749

Farm to Foodbank, 604.859.5749

### Food Banks - Mission

Mission Food Centre, 604.814.3333

St. Joseph's, 604.425.0392 ext. 4

Grace Station, 604.319.5754

### Muslim Food Bank

1.866.824.2525

### Fraser Health Mental Health Centres

**Abbotsford** 604.870.7800

**Mission** 604.814.5600

### Pregnancy Loss

Perinatal Loss Support Group, Abbotsford Hospice

604.852.2456

Pregnancy Loss Support Group, BC Women's Hospital

604.875.3788

### SARA Transition Houses

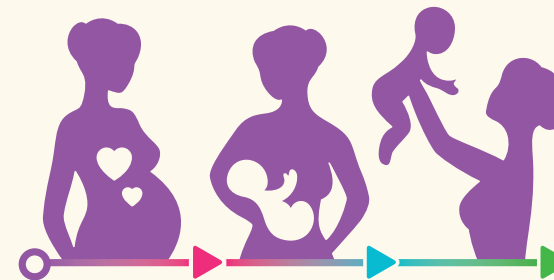
604.852.6008 (Abbotsford) or 604.826.7800 (Mission)

Offers women and children in Abbotsford and Mission with immediate safety, transition housing, counselling support, and connections to services.

For a comprehensive list of maternity care services and resources in Abbotsford and Mission, visit:


[Divisionsbc.ca/abbotsford](http://Divisionsbc.ca/abbotsford) or, [mission.fetchbc.ca](http://mission.fetchbc.ca)


# Maternity Care Resources and Services in Abbotsford and Mission



FROM CONCEPTION TO DELIVERY

This brochure provides information about:

 The different types of maternity care providers.

 Local resources to support your pregnancy.

 **Abbotsford**  
Division of Family Practice  
A GPSC Initiative

 **Mission**  
Division of Family Practice  
A GPSC Initiative

**SharedCare**  
Partners for Patients

The information in this brochure was compiled by the Abbotsford and Mission Divisions of Family Practice Maternity Pathway Project Steering Committee, funded by Shared Care.

## Pre-natal Resources

### Baby's Best Chance Pregnancy Outreach Program

604.820.8455, local 603

Provides vulnerable females, including those with high risk pregnancies, with pre-natal classes, bi-weekly lunches, pre-natal vitamins, dietary & health information and supports.

### Best Beginnings – Fraser Health

<http://bestbeginnings.fraserhealth.ca/default.aspx>

Public health services for pregnant women, new moms, babies and children. Receive a pre-natal package which includes information about healthy food choices, child-birth classes, free pre-natal breastfeeding classes and feeding and caring for a new baby. Registering early (around 14 weeks pregnant) is encouraged.

### Diabetes and Pregnancy Clinic –

### Abbotsford Regional Hospital

604.851.4700, local 646348

Serves those with type I or type II diabetes, those who have gestational diabetes, and those at risk of developing diabetes during pregnancy.

### Family Centre – Abbotsford Community Services

604.859.7681, local 266

- Best for Babies (promotes a healthy diet, lifestyle, and connection to other parents, and provides pre-natal vitamins).
- Perinatal Depression Support.

### Public Health Unit

**Abbotsford** 604.864.3400

**Mission** 604.814.5500

Information on child health, growth, and development. Provides screening, assessment, referrals, immunizations, pregnancy loss and depression and anxiety resource support.

### Nausea and Vomiting in Pregnancy Clinic –

### Abbotsford Regional Hospital

604.851.4700, local 642242

## Labour and Delivery

**Note: The Mission Hospital does not do deliveries.**

### Go to the Abbotsford Regional Hospital

32900 Marshall Road, Abbotsford, 604.851.4817

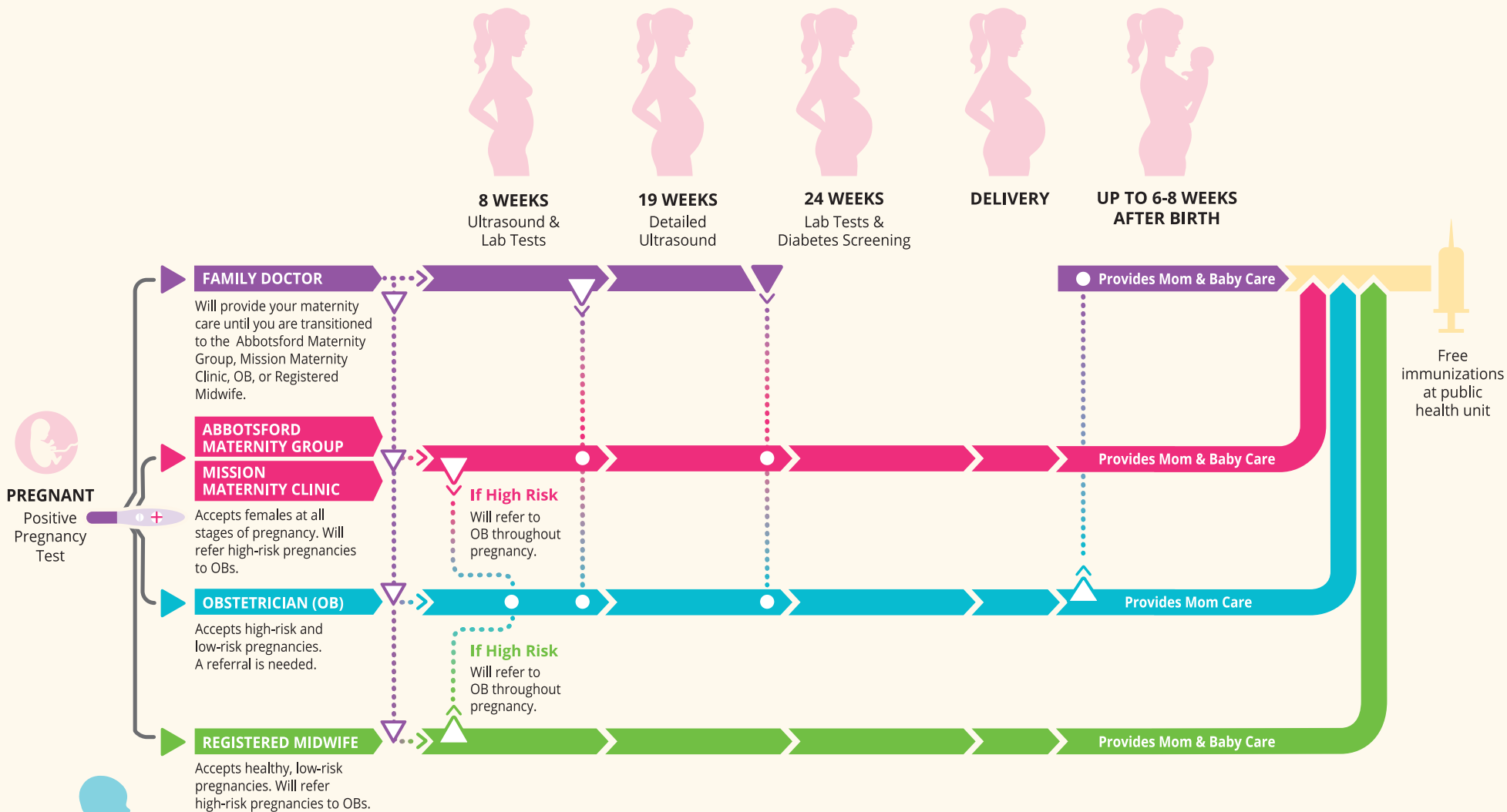
You will have a single room with a private bathroom. You can pre-register online through **Best Beginnings** (see above).



# Pathway to Maternity Care Providers

in Abbotsford and Mission

The BC Medical Services Plan covers maternity care provided by a physician (Family Doctor or Obstetrician) or a Midwife. For your main maternity care provider in Abbotsford or Mission, you can choose to see a Family Doctor (including the Abbotsford Maternity Group and Mission Maternity Clinic), an Obstetrician, or a Registered Midwife. The image on this page shows when you could see each type of provider and when this may change. The triangles in the image show the pathway to each type of provider. For example, if you have a low-risk, healthy pregnancy, your main maternity care provider may be an **Abbotsford Maternity Group or Mission Maternity Clinic Family Doctor**, an **Obstetrician**, or a **Registered Midwife**. The boxes on the right hand side of the page provide brief descriptions about each type of provider.



## FAMILY DOCTOR

Your regular Family Doctor will provide care for your pregnancy until he/she transitions you to the Abbotsford Maternity Group or Mission Maternity Clinic, an OB, or a Registered Midwife.

**If you do not have a Family Doctor and live in:**  
**Abbotsford**, call the Abbotsford Division Care Connector at 604-746-3302.  
**Mission**, call the Mission Division Attachment Clinic at 604-820-1021.

## ABBOTSFORD MATERNITY GROUP AND MISSION MATERNITY CLINIC

Family Doctors that will manage your pregnancy and your medical concerns for up to 6 weeks after you give birth, at which time you will be transitioned back to the care of your regular Family Doctor. Includes pre-natal classes and breastfeeding supports.

**Abbotsford Maternity Group:** 604.859.1211  
**Mission Maternity Clinic:** 604.820.1021

Note: Delivery and in-hospital care for patients of the Abbotsford Maternity Group and Mission Maternity Clinic will be with the Abbotsford Maternity Group at the Abbotsford Regional Hospital.

## OBSTETRICIAN (OB)

Provides care for high-risk pregnancies (e.g. carrying twins) and low-risk pregnancies. A referral to see an OB is needed. OBs are doctors with special education and training in the medical management of pregnancy, labour, and birth. They are qualified to manage complications. An OB can serve as your main maternity doctor, or may act as a consultant to your Family Doctor or Registered Midwife if you experience complications.

## REGISTERED MIDWIFE

Provides care for healthy, low-risk pregnancies from early pregnancy onwards, and up to six weeks after you have given birth, including breastfeeding support. You don't need a referral. Regulated and registered through a professional college. For a list of Registered Midwives visit: [www.bcmidwives.com/find-a-midwife.html](http://www.bcmidwives.com/find-a-midwife.html). Book early to ensure availability.

## BIRTH AND AFTER BIRTH SUPPORT

Doulas provide non-medical physical and emotional support before, during, and after birth. Please note that doulas do not do deliveries and costs are not covered by the BC Medical Services Plan.