

# VANDERHOOF RESOURCES FOR PARENTS

## PRENATAL CARE POSTNATAL CARE

### OMINECA MEDICAL CLINIC: 250-567-2201

- Prenatal care
- Physician appointments

### VANDERHOOF HEALTH UNIT: 250-567-6900

Call for information on:

- Prenatal classes
- Prenatal and postpartum resources
- Primary Care Nurse
  - Home visit postpartum
- Mental Health
- Dietitian
- Diabetic nurse
- Social worker
- Rehab services

### ST JOHN HOSPITAL: 250-567-6211

- Vanderhoof and area birthing centre.

More information about pregnancy and baby care visit:

- [healthyfamiliesbc.ca](http://healthyfamiliesbc.ca)
- [healthlinkbc.ca](http://healthlinkbc.ca) for a copy of Babies Best Chance

## PRENATAL SUPPORT (Family, Friends, Professionals)

### MATERNAL CHILD HEALTH: CARRIER SEKANI FAMILY SERVICES 250-567-2900

Serving Indigenous families

- Free prenatal vitamins
- Community kitchens
- Food security
- Assistance with housing
- Home visits
- Prenatal education

### CANADIAN PRENATAL NUTRITION PROGRAM: CARRIER SEKANI FAMILY SERVICES 250-567-2900

Serving families of all ethnicity

- Free prenatal vitamins
- Prenatal education
- Breastfeeding education
- Client driven program
- Home or office visits

### EARLY YEARS RESOURCE CENTRE: CONNEXUS 250-567-9205

Serving Families 0-6yrs

- Free prenatal vitamins
- Community kitchen
- Prenatal education
- Breastfeed education

[vanderhoofdoulas.com](http://vanderhoofdoulas.com)  
Local and area birth doulas

## POSTNATAL SUPPORT

### MATERNAL CHILD HEALTH: CARRIER SEKANI FAMILY SERVICES 250-567-2900

- Indigenous families 0-7YR
- Home visits
- Breastfeeding support
- Breast pumps
- Baby welcome bag

### CANADIAN PRENATAL NUTRITION PROGRAM: CARRIER SEKANI FAMILY SERVICES 250-567-2900

Serving families & babies 0-7 months

- Breastfeeding support
- Breast pumps
- Home or office visits
- Postpartum support
- Baby welcome bag

### EARLY YEARS RESOURCE CENTRE: CONNEXUS 250-567-9205

Serving families 0-6 years

- Breastfeeding support & supplies
- Parenting groups
- Home visits

## PROGRAMS & CHILDCARE

### EARLY YEARS RESOURCE CENTRE: CONNEXUS 250-567-9205

- Parent education groups
- Parent & child play groups
- Community kitchen
- Resources and referrals
- Home visits

### VANDERHOOF PUBLIC LIBRARY: 250-567-4060

- Rhyme Time 0 & up
- Story Time 2 years & up
- Imagination Station 3 years & up

### CARRIER SEKANI FAMILY SERVICES: 250-567-2900 Indigenous Head Start Hohudul'eh Bayoh: 250-567-5675

- Indigenous Day Care 0-5 years

### YMCA: 250-567-4524

- Child care 0-5 years
- Preschool 3-5years
- Holiday care
- Pro D and After School Care

### Aquatic Centre: 250-567-3957

- Recreational programs 3-5 years

### STRONG START: W.L. Mcleod: 250-567-2267

- Parents & children 0-5
- Play & craft centers & gym time

## SPECIALIZED SUPPORT

### NORTHWEST CHILD DEVELOPMENT CENTRE: 250-567-2911

Self referral for children 0-5

- Early Intervention Program
- Physio Therapist
- Occupational Therapist
- Speech Language Pathologist

### THOMAS ROBINSON CONSULTING LTD: 250-570-9419

Self referral for children 0-6

- Supported Child Development
- Behavior Consultation
- Autism Support Services  
Including support workers
- Resources and Education

### CARRIER SEKANI FAMILY SERVICES: 250-567-2900

Self referral for children 0-6

- Aboriginal Supported Development
- Best Beginnings Outreach Program
  - Physio Therapist
  - Occupational Therapist
  - Speech & Language Pathologist

### CONNEXUS: 250-567-9205

For Children 0-6

- Infant Development Program
- Children with Special Needs
- Children's Mental Health
- Grief & Loss

## VANDERHOOF

Located in the heart of British Columbia, Vanderhoof is a small town with many resources to offer families. There are many great programs and support as you navigate this journey called parenthood. So if you are newly parenting or new to town, welcome.

## VANDERHOOF DOULAS.COM

Birth doula’s love birth and see it as a time of transition. Offering prenatal, informational, and continual labour support are a few key ways in which doula’s serve their clients. This can help the transition from pregnancy to parenthood be the best experience possible.

## OMINECA SAFE HOME SOCIETY

Offering a 24-hour transition house for women and their children who feel unsafe in their home due to violence, threat of violence and or abuse.

If you or someone you love is feeling unsafe please call:  
1-250-567-9959 Office  
1-250-567-9512 **24-hour help line**  
*All Calls are Confidential*

## RESOURCES

OMINECA MEDICAL CLINIC: 3348 Hospital Road  
1-250-567-2201

VANDERHOOF HEALTH UNIT: 3299 Hospital Road  
1-250-567-6900

ST JOHN HOSPITAL: 3255 Hospital Road  
1-250-567-2211 (General inquires)  
1-250-567-6211 (Nurses Station)

CARRIER SEKANI FAMILY SERVICES: 240 West Stewart St.  
1-250-567-2900

CONNEXUS: 157 West Victoria St  
1-250-567-9205

VANDERHOOF PUBLIC LIBRARY: 230 Stewart St East:  
1-250-567-4060

YMCA: 186 Columbia St West  
1-250-567-4524  
Aquatic Centre:  
250-567-3957

NORTHWEST CHILD DEVELOPMENT CENTRE: 1393 Highway 16 East  
1-250-567-2911

THOMAS ROBINSON CONSULTING LTD:  
1-250-570-9419

OMENICA SAFE HOME: 2501 Church Ave  
1-250-567-9959

STRONG START:  
W.L. Mcleod: 187 East Victoria Street  
1-250-567-2267

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PRENATAL- 6 Years