



# FRASER VALLEY

## PERINATAL RESOURCES



A resource guide for perinatal women in the Fraser Valley



**My name is Justine Russo and I am a Registered Clinical Counsellor, Mom of 2 and owner of Wild Heart Counselling. I have lived in the Fraser Valley my entire life and love calling it home.**

When I got pregnant for the first time over 15 years ago, I remember feeling overwhelmed with how much there was to learn.

From choosing care providers to finding support for my changing body, and where to take prenatal classes, I didn't know where to start.

In a time that was already overwhelming, I had to advocate for myself and many aspects of care got neglected.

After both of my children's births I suffered postpartum anxiety and depression. Having to search for my own support was a barrier and it took awhile to get the help I needed.

The support I did receive from my own counsellor, inspired me to pursue counselling as a career. I knew immediately I wanted to support perinatal mental health and my passion only grows the more I work with women in this area. My final Masters research focused on how we can improve the care and support of postpartum women and one of the ideas was providing a guide of practitioners, resources and businesses for women to remove the barrier of women having to search themselves.

So here it is. A dynamic and growing guide that hopefully makes this time in your life a little less overwhelming.





**Is the guide missing a valuable resource?**

**The hope is to have this guide continue to evolve and grow to include as many resources as possible. From businesses, to practitioners, podcasts, books, and more.**

**Please send any valuable additions for the guide to:  
[justine@wildheartcounselling.com](mailto:justine@wildheartcounselling.com)**

# BC Wide Resources

## **Bounce Back B.C.**

A free skill-building program designed to help adults and youth 13+ manage low mood, mild to moderate depression, anxiety, stress or worry. Delivered online or over the phone with a coach, you will get access to tools that will support you on your path to mental wellness.

<https://bouncebackbc.ca/>

## **Wild Heart Counselling**

Registered Clinical Counsellor Justine Russo, specializes in working with perinatal women and offers sessions in-person at Fraser Birth Collaborative in Abbotsford or virtual services across BC. She also offers a variety of support and educational groups for pre-natal and postpartum parents both in-person and online.

<https://wildheartcounselling.com/>

## **Pacific Postpartum Support Society**

Supporting anyone who is experiencing isolation, distress, or a PMAD in the perinatal period or is supporting someone who is.

“We offer free telephone and online group support to any new or expecting parent, including partners, non-gestational parents, adoptive/foster parents. Our mission is to end the isolation and distress experienced by many parents and families with the profound life change that accompanies the birth or adoption of a child.”

Toll free support line: 855-255-7999 or text: 604-255-7999.

Also offering support groups.

<https://postpartum.org/>

## **Perinatal Services B.C.**

A one stop portal for perinatal and newborn health information resources, education and alerts in BC. Run by the Provincial Health Authority.

<https://www.psbchealthhub.ca/>

### **When You & Me Become Three**

Online course for couples expecting a baby.

“Research shows that relationship satisfaction declines significantly in the majority of couples during the first 3 years following the birth of a baby. This online, self-paced course teaches couples the essential skills for remaining healthfully connected to one another during this stage, and offers the best environment for babies to learn healthy attachment modelling from their caregivers. “

<https://www.my.thrive-life.ca/youandmebecomethree>

\*Email [support@thrive-life.ca](mailto:support@thrive-life.ca) for any questions. This program was created by Karen Peters, a Registered Clinical Counsellor in Langley, BC. It is evidence-based and grounded in research by the Gottman Institute, Emily Nagoski, and others.

### **BC Womens Breastfeeding Clinic**

Offering virtual or over the phone breastfeeding support throughout BC.

Services are available to everyone and are free.

Speak to a lactation consultant about breastfeeding your baby at:

(604) 875-2282

### **Garuda Centre**

Offering online group counselling for men and women in a variety of topics.

Costs are varying.

<https://garudacentre.com/>

### **Stó:lō Nation Health Services - Community Health Programs**

Offer programs on a variety of topics and needs.

<https://www.stolonation.bc.ca/programs>

### **Making Mama Well**

Offering general postpartum information, groups, courses and webinars, a podcast and a variety of other resources.

<https://www.makingmamawell.ca/>

### **Power to Push Campaign**

A campaign run by BC Women's with the goal of empowering women to learn as much as they can and push for the best birth possible.

<https://www.powertopush.ca/>

### **Doula Services Association of BC**

A non-profit organization promoting perinatal doula support for families in BC.

Find a Doula - <https://www.bcdoulas.org/>

### **Childbearing Society**

Online and in person (vancouver) prenatal classes.

To register: [registration@childbearing.org](mailto:registration@childbearing.org)

<https://www.childbearing.org/>

### **Here to Help**

Mental Health and Substance use information.

<https://www.heretohelp.bc.ca/infosheet/substance-use-and-pregnancy>

### **Robyn Kozak Counselling**

Offering support for parents, and through pregnancy and postpartum challenges. She is a registered clinical counsellor offering sessions virtually across BC and in person in Vancouver.

<https://www.robynockozakcounselling.ca/>

### **LGBTQIA2S+ Pregnancy and Birth Resources**

A variety of resources for LGBTQIAS+ parents including books, videos, podcasts, statements, feeding options, facebook groups and more.

<https://www.bcmidwives.com/Resources.html>

## **Baby's Best Chance**

Parents handbook of pregnancy and baby care provided free by Health Link BC. Offered in a variety of languages free of charge.

<https://www.healthlinkbc.ca/pregnancy-parenting/babys-best-chance>

## **Atira Women's Resource Society**

Atira Women's Resource Society is a not-for-profit organization committed to the work of ending violence against women. Offering a wide range of programs accessible to anyone who identifies and lives full time as a woman and who experiences gendered violence and misogyny, including trans, two spirit and intersex women and or those who identify with a femme of centre non-binary gender.

<https://atira.bc.ca/>

# **Fraser Valley**

## **Care for Women**

Free postpartum care for mothers, by mothers in the Fraser Valley. Each woman who qualifies for the program is eligible to receive: Friendship and home support (each mother is paired with a supportive mentor), meals, a 3 hour professional cleaning service, transportation to and from medical appointments (if needed) and community resources.

Currently serving: Abbotsford, Mission, Chilliwack and Langley.

\*Applicants must still be pregnant at the time of application.

<https://careforwomen.ca/>

778-808-2752

## **Fraser Valley Child Development Centre**

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

<https://www.fvcdc.org/>

## **Pathways Seamless Perinatal Health Care Program**

Run at various locations in Fraser Health. Provides support and care to vulnerable pregnant women. Women must be referred by their health care practitioner. The program has no cost.

<https://chilliwack-fraserhealthrural.test-pathwaysbc.ca/programs/2671>

## **Sara for Women**

“We are a feminist non-profit society providing safe refuge and community-based resources for women in the Fraser Valley. We promote and support women’s efforts to achieve domestic, political, and social equality.”

Services are free and include housing and shelter, outreach programs and counselling and support.

<https://www.saraforwomen.ca/>

## **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 24/7.

## **Mama Bear Holistic Care**

An experienced Labour and Delivery RN offering prenatal courses, breastfeeding and postpartum support and sleep support. Serves the lower mainland.

<https://mamabearholisticcare.com/>

## **Cradled Creations - Birth Photography**

Jaydene is both a doula and birth photographer serving the Fraser Valley.

<http://www.cradledcreations.com/>



### **The Mama Coach**

Nursing services offering support in feeding, sleeping, potty training, family medical care and pregnancy and postpartum needs. Nurses available throughout the lower mainland.

<https://themamacoach.com/>

### **Sage Mental Health and Maternal Wellness**

Offering maternal mental health counselling in person in the Fraser Valley (Abbotsford, Mission, Chilliwack and Langley) or virtually across BC.

<https://sagementalhealth.ca/>

### **Crystal and Co Perinatal Services**

Authentic, empowering and compassionate birth and postpartum doula services and childbirth education. Serving Abbotsford, Agassiz, Hope and Chilliwack.

<https://www.ccpsbirth.com/>

### **Little Winks Sleep**

Anna and her team developed their custom approach of Foundations. This is where Little Winks is profoundly different, working with the Stoplight Approach to partner with teaching sleep. This unique approach has decreased crying by over 50%, decreased postpartum mental health struggles with sleep, and allowed a more gentle, smooth transition to independent sleep.

\*Offering a free 15 minute call.

<https://littlewinkssleep.com/>

### **West Coast Sleep Consulting**

A team of registered social workers and counsellors who specialize in maternal mental health and pediatric sleep. Full coverage under extended health benefits for those who have RCC and RSW coverage.

<https://www.westcoastsleepconsulting.com/>

# Abbotsford

## **Hope for Women Pregnancy Centre**

Baby Boutique Program - provides essentials for children from low resource families 0-2 years old. Must be a resident of Abbotsford and Mission. Apply in person at Abbotsford Hope for Women Pregnancy Services Centre.

Questions/Contact: [julie@hopeforwomen.ca](mailto:julie@hopeforwomen.ca)

*Various Courses* - Variety of free courses on basics of pregnancy, labour and delivery, breastfeeding and postpartum.

## **Abbotsford Maternity Group**

Family Physicians who coordinate pregnancy needs, birth and postpartum. Abbotsford - #2-32904 Ventura Ave. 604-859-1211

## **Fraser Birth Collaborative**

Collaborative maternity care from a team of physicians, midwives, nurses, lactation consultants, doulas, counsellors and more for pregnancy, birth and postpartum needs. Care is provided by getting to know your care providers prenatally through individual care and supporting you as the primary decision maker for your care. Additionally, they provide a thorough mental health assessment and support, walking alongside you in labour and birth.

Subsequent home postpartum care is available for all patients in our catchment area (Langley, Abbotsford, Mission Chilliwack), ensuring breastfeeding support, visits and follow-up from highly trained (funded) lactation consultants and midwives. Our team also offers pelvic floor physiotherapy, and counselling to support other aspects of your health.

#320-34077 Gladys Ave. Abbotsford. 236-260-5800

<https://fraserbirth.ca/>

## **Abbotsford Midwifery and Wellness**

Care to low risk pregnancies, labour and delivery and 6 weeks postpartum. Also offering chiropractic, acupuncture and naturopath services.

#206-2001 McCallum Rd. Abbotsford. 604-859-4430

<https://www.abbotsfordmidwiferyandwellness.com/>

### **West Coast Health Collective**

A team of 5 midwives providing care to low risk pregnancies, labor, delivery and 6 weeks postpartum. Serving Abbotsford, Mission and Aldergrove.

#103-33119 South Fraser Way, Abbotsford. 604-746-2258

### **Thrive Midwifery**

For all types of births: un-medicated, vaginal/VBAC or cesarean.

33715 Essendene Ave. Abbotsford. 604-799-7573

<https://thrivemidwifery.com/>

### **Pregnancy Outreach Program**

Offering prenatal classes, lunches, vitamins, group and one-on-one support.

#203-2825 Clearbrook Rd. Abbotsford. 604-820-8455

### **Beyond the Bump**

Postpartum program that provides cooking, cleaning and community.

#2-32700 George Ferguson Rd. Abbotsford. 604-853-0303

<https://www.beyondthebumpeducation.ca/>

### **FVRL Baby Time**

Develop speech and language skills with bouncing, singing, rhyming and stories.

33355 Bevan Ave. Abbotsford. 604-853-1753

### **Mental Wellness Parenting Group**

Free 8-week group for parents struggling mentally coping with parenting.

2420 Montrose Ave. Abbotsford. 604-859-7681 ext. 304

<https://archway.ca/program/mental-wellness-parenting/>

### **Family Education**

Support and education to promote personal growth, and strengthen families.

2420 Montrose Ave. Abbotsford. 604-859-7681 ext. 304

<https://archway.ca/program/family-education/>

### **Mommy and Me Drop-In**

Weekly drop community group for moms and babies 1-12 months.  
1661 McCallum Rd. Abbotsford. 604-852-1001

### **Abby Early Years**

A curated list of Abbotsford early years community resources.  
33355 Bevan Ave. Abbotsford. 778-880-8554

### **Wild Heart Counselling**

Registered Clinical Counsellor Justine Russo, specializes in working with perinatal women and offers sessions in-person at Fraser Birth Collaborative in Abbotsford or virtual services across BC. She also offers a variety of support and educational groups for pre-natal and postpartum parents both in-person and online.

<https://wildheartcounselling.com/>

### **Living Well Chiropractic**

An upper cervical chiropractic practice that works to balance the spine and nervous system.

2010 Abbotsford Way, Abbotsford.

(604) 853-9898

<https://www.livingwellabbotsford.com/>

### **New Beginnings - Archway Community Services**

Offers parents the opportunity to complete Grade 12. Offering a wide range of courses, and child care options. Includes access to counsellors, nurse practitioners, outreach workers and foodbank.

<https://archway.ca/program/new-beginnings-young-parent-program/>

### **Pregnancy and Infant Loss Support Group**

Abbotsford Hospice Society.

[info@abbotsfordhospice.org](mailto:info@abbotsfordhospice.org)

604-852-2456



### **Women's Resource Society of the Fraser Valley Transition Houses**

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

604-852-6008 or 604-826-7800

### **Sage Mental Health and Maternal Wellness**

Offering maternal mental health counselling in person in the Fraser Valley (Abbotsford, Mission, Chilliwack and Langley) or virtually across BC.

<https://sagementalhealth.ca/>

### **Crystal and Co Perinatal Services**

Authentic, empowering and compassionate birth and postpartum doula services and childbirth education. Serving Abbotsford, Agassiz, Hope and Chilliwack.

<https://www.ccpsbirth.com/>

### **Pacific Life Chiropractic**

A team of chiropractors and Registered Massage Therapists working to provide complete care to your family. Dr. Carlyne is one of a handful of Canadian chiropractors to have successfully completed the International Chiropractic Pediatric Associations Doctorate in advanced prenatal and pediatric care.

<https://pacificlifechiro.com/>

## **Pacific North Wellness**

Wellness clinic in Abbotsford offering Physiotherapy, Pelvic Floor physiotherapy, Breastfeeding consult and Dancing for Birth classes.

“Our physiotherapists help with pelvic girdle, low back, and symphysis pubis discomfort that commonly occurs during pregnancy. Our pelvic floor physiotherapists can assist in preparing you for labour and delivery and any postpartum issues that may occur such as urinary incontinence, C-section recovery, abdominal/core rehab, and helping people return to activity. Our Dancing for Birth classes are hosted by a licensed dancing for birth instructor and are a wonderful way to stay active during pregnancy, as well as coming together as a community. Breastfeeding services help parents feel comfortable feeding their babies.”

[www.pacificnorthwellness.ca](http://www.pacificnorthwellness.ca)

#106-1900 North Parallel Rd. Abbotsford. 604-746-4070

## **Best for Babies - Archway Community Services (Abbotsford)**

“Best for Babies is a free Pregnancy Outreach Program funded by the Public Health Agency of Canada that offers culturally sensitive prenatal support to help improve the health of pregnant parents, new parents, their partners and their babies. We strive to promote and create partnerships within our community to strengthen community capacity and increase access to services for expectant parents and their families.”

Offer following services to women and their partners during pregnancy and up to 6 months postpartum: Group support, Information on pregnancy, labour and delivery, breastfeeding, parenting, and nutrition, Education and support on infant care and child development, Breastfeeding support, Weekly professional visits from community partners to enhance group services, Prenatal vitamins, Food vouchers, Resources and referrals to other programs and services for families and Distribution of donated infant essentials.

33780 Laurel Street, Abbotsford. 604-859-7681 Ext. 288

<https://archway.ca/program/best-for-babies/>

[bestforbabies@archway.ca](mailto:bestforbabies@archway.ca)

778-808-2752

# Chilliwack

## **Crystal and Co Perinatal Services**

Authentic, empowering and compassionate birth and postpartum doula services and childbirth education. Serving Abbotsford, Agassiz, Hope and Chilliwack.

<https://www.ccpsbirth.com/>

## **Better Beginnings - Chilliwack Community Services**

Program offering weekly education sessions, alongside tangible support. Once registered women can participate in the program until their baby is 6 months old. They have a facebook group for participants to receive social support as well as access to food vouchers, diapers, clothes, furniture and more.

Intake is continuous. To register email [hergottl@comserv.bc.ca](mailto:hergottl@comserv.bc.ca)

45938 Wellington Ave, Chilliwack BC V2P2C7

604-792-4267

## **Pregnant in Chilliwack**

Resource website for perinatal women run by Chilliwack Obstetrical Group. Provides information for each step of pregnancy, delivery and postpartum.

<https://pregnantinchilliwack.ca/>

## **Chilliwack Hospice Society - Pregnancy and Infant Loss Support**

One-to-one support and resources for parents whose baby or infant has died from miscarriage, stillbirth or within the first year of life.

<https://www.chilliwackhospice.org/programs-and-services/pregnancy-and-infant-loss-support-group/>

## **La Leche League - Chilliwack**

Offering virtual and in person meetings the third Wednesday of every month.

<https://www.lllc.ca/chilliwack>

### **Chilliwack Midwifery Group**

A team of 5 midwives providing care to low risk pregnancies, labor, delivery and 6 weeks postpartum.

45779 Luckakuck Way, Chilliwack

604-846-8088

<https://www.chilliwackmidwifery.com/>

### **Chilliwack Pregnancy Care Centre - Cherish Women's Resource Centre**

Offers free pregnancy testing, peer counselling, information on all pregnancy options, and ongoing practical support in a caring and respectful environment.

#4-45762 Patten Ave, Chilliwack

604-795-3043

<https://www.cherishwomen.ca/>

### **Kauri Chiropractic**

Dr. Aaron has *extensive* training in Chiropractic Care for pregnancy and infancy through the International Chiropractic Pediatric Association. Dr. Aaron is certified in Webster Technique, which is a gentle and effective Chiropractic assessment and treatment protocol.

#101-45750 Knight Rd., Chilliwack

604-426-2077

<https://kaurichiropractic.com/pregnancy/>

### **Fraser River Centre of Early Childhood Development and Family Services**

Offers early learning and care services for children and family in the community.

*Vision Statement* - To see each child reaching his/her own full potential by receiving quality care and education every day. We highly believe that 'Every day is a quality day.'

46048 Gore Ave, Chilliwack AND

45360 Hodgins Ave, Chilliwack

604-832-6284

<https://fraserrivercec.ca/early-learning-programs/infant-program/>



## **Meadow Rose Society**

Providing essentials for children 3 and under, living in Chilliwack and Hope, whose families are in financial crisis.

#2-45789 Spadina Ave, Chilliwack

(604) 392-1133

<https://meadowrosesociety.com/>

## **Chilliwack Community Services**

Offering a variety of support programs, including drop-ins, to residents of Chilliwack. Programs cover pregnancy, early years, immigration support, youth and family services, counselling, housing, food security and advocacy services.

45938 Wellington Ave, Chilliwack

604-792-4267

<https://www.comserv.bc.ca/>

# **Langley**

## **When You & Me Become Three**

Online course for couples expecting a baby.

“Research shows that relationship satisfaction declines significantly in the majority of couples during the first 3 years following the birth of a baby. This online, self-paced course teaches couples the essential skills for remaining healthfully connected to one another during this stage, and offers the best environment for babies to learn healthy attachment modelling from their caregivers. “

<https://www.my.thrive-life.ca/youandmebecomethree>

\*Email [support@thrive-life.ca](mailto:support@thrive-life.ca) for any questions. This program was created by Karen Peters, a Registered Clinical Counsellor in Langley, BC. It is evidence-based and grounded in research by the Gottman Institute, Emily Nagoski, and others.

## **Sleepy Miracles Consulting**

Offering a variety of sleep support and resources for children up to 5 years old, based out of Langley BC.

<https://www.sleepymiracles.com/>

## **Langley Physiotherapy and Massage**

Pelvic Floor Physiotherapy.

“We believe pelvic floor physiotherapy is absolutely necessary for every woman 6-8 weeks post-partum. It is the best way to cure and prevent many debilitating conditions such as incontinence, prolapse, and pain syndromes. We believe it's time women stopped suffering in silence. Pelvic Floor Physiotherapy can treat: Pregnancy related pain & dysfunction, incontinence, overactive bladder/Interstitial Cystitis, pelvic & vaginal pain syndromes, pelvic organ prolapse, painful tailbone/Coxxydnia, Diastasis Rectus Abdominus, pelvic girdle pain, low back pain and more! Book today to get your life back!”

[www.langleyphysiotherapy.com](http://www.langleyphysiotherapy.com)

#420-6325 204th Street, Langley. 604-530-6511

## **Best Babies of the Langley's**

Best Babies offers individualized support during pregnancy and up to three months after baby's birth. The support is specific to the needs of each woman, by providing information about health and lifestyle, assistance during this transitional time, home visits and access to community resources.

Most programs are free or have a small fee. Group sessions are available for free lunch drop-ins.

To register call: (778) 808-1478

<https://www.encompass-supports.com/best-babies-of-the-langleys.html>

## **Hope for Women Pregnancy Centre in Langley**

Baby Boutique Program - provides essentials for children from low resource families 0-2 years old. Apply in person at Langley Hope for Women Pregnancy Services Centre. Questions/Contact: [lisa.b@hopeforwomen.ca](mailto:lisa.b@hopeforwomen.ca) - 604-427-3939

Various Courses - Variety of free courses on basics of pregnancy, labour and delivery, breastfeeding and postpartum.

Beyond the Bump - Postpartum program that provides cooking, cleaning and community.

## **Bump Physio and Co.**

An inclusive clinic offering support for a wide variety of concerns including mental health, clinical rehabilitation, mastitis and breast health, pelvic floor health, prenatal and postpartum health, overall fitness and more.

Two locations:

Langley - [8912 202nd St, Unit 120, Langley, BC V1M 4A7](#)

Port Moody - [88 Kyle St, Port Moody, BC V3H 0J2](#)

<https://www.bumpphysioco.ca/>

## **Crossroads Collective**

A collective of practitioners serving families in the Langley area. Services include counselling, sleep consulting, child play/art therapy, fitness coaching, reiki, yoga, and speech therapy.

<https://crossroadscollective.ca/>

# Surrey/Delta/White Rock

## **Pacific Post Partum**

Online Resource - Text and in-person support groups for women post-partum.  
In person offered in Surrey.

604-255-7999

## **Pacific Post Partum**

Online Resource - Text and in-person support groups for women post-partum.  
In person offered in Surrey.

604-255-7999

## **SouthRock Perinatal Wellness Collective**

A collective of professionals serving those who are wishing to be parents, waiting to be parents or new to parenting. Offering health care, mental health care, support groups, classes and more.

South Surrey, 778-609-8860

<https://www.southrockperinatal.com/>

## **Peace Arch Maternity Clinic**

A team of local family doctors offering patient centered maternity care to women and their families. Based out of Peace Arch Hospital.

<https://www.peacearchmaternityclinic.ca/>

## **Me, We and Baby: A Therapeutic Art Parenting Program - Surrey**

A 6-week parent-baby therapeutic art program for families with children aged 1 and under.

\$60 for the full 6 weeks at the South Surrey Rec. Centre.

<https://fraser-northwest.pathwaysbc.ca/programs/4522>



### **Maxxine Wright Community Health Centre - Surrey**

Supporting women who are pregnant, or have young kids, that are impacted by substance abuse and/or violence/abuse. Currently offering a wide range of resources and support.

<https://atira.bc.ca/what-we-do/program/maxxine-wright-community-health-centre/>

### **Young Parent Outreach - DeltaAssist (Delta)**

Program counsellors provide help to young parents to meet personal goals while encouraging healthy pregnancy and the development of their children. In addition to personal support, the program also helps young parents acquire the infant supplies needed to care for a baby and connect them to other community resources that will prove helpful during the pregnancy and in raising their child.

<https://deltassist.com/counselling/young-parent-outreach>

### **Surrey Prenatal Clinic**

A clinic of doctors offering prenatal clinic in Surrey. Patients may be referred by a family doctor or walk-in-clinic.

<https://surreyprenatal.com/>

### **Semiahmoo Bay Midwives**

A group of midwives serving the Surrey and White Rock communities. Delivering at both Peace Arch and Surrey Memorial Hospitals.

<https://semiahmoomidwives.com/>

### **Healthiest Babies Possible - Surrey, Delta and White Rock**

A free, confidential program for new and expectant mothers who are experiencing health or lifestyle challenges. Clients must be residents of Surrey, Delta and White Rock and either be pregnant or have a child 6 months of younger.

<https://www.options.bc.ca/program/healthiest-babies-possible>

### **Mama Midwifery**

A team of midwives in Surrey offering hospital, home or water births, and breastfeeding and early parent support.

<https://mamamidwifery.com/home/>

# **Mission/Maple Ridge/Tri-Cities**

### **Fraser NorthWest Maternity Hub**

Resources for maternity and newborn care in New West and Tri-Cities.

Resources include: list of maternity care providers in the area, maternity clinics, infant and pregnancy vaccine information, virtual classes, community resources, newborn care, breastfeeding resources, exercise, movement and physical therapy, culturally safe resources, maternity checkpoints, mental health support, parents community and FAQ's.

Run by the Fraser NorthWest Division of Family Practice

<https://www.maternityhub.ca/>

### **Ridge Meadows Maternity Clinic**

Team of family physicians offering maternity and postpartum care.

<http://ridgemeadowsmaternity.ca/>

### **Coastal Calm Therapy**

Support for new, soon to be and bereaved parents by a registered clinical counsellor in Coquitlam.

<https://www.coastalcalm.ca/pregnancy-postpartum>

[hello@coastalcalm.ca](mailto:hello@coastalcalm.ca)

### **Ridge Meadows Obstetrics and Gynaecology**

A team of OBGYN's offering full maternity and obstetric care.

<https://ridgemeadowsobgyn.ca/>

### **Maple Ridge Pregnancy Lending Library**

A free library for women interested in borrowing free pregnancy books and resources. Updated and cared for by local doulas.

<https://ridgemeadowsdoulaservices.com/pregnancy-lending-library-maple-ridge/>

### **Transitions Midwifery**

A group of 4 midwives serving families in Maple Ridge, Port Coquitlam and Pitt Meadows.

<https://www.transitionsmidwifery.com/>

### **Mission Midwifery**

Local Mission midwifery clinic.

<https://missionmidwifery.com/>

### **Women Care Pregnancy Centre - Maple Ridge**

WomanCare is a Christian based organization that is a resource centre which provides accurate information and ongoing compassionate care to those impacted by an unexpected pregnancy. All services are confidential and offered regardless of race, colour, religion, creed, national origin, age, ability, gender identity, sexual orientation, lifestyle or circumstances.

<https://womancarepc.ca/>

### **Simply Nourish Lactation**

Katy is a perinatal registered nurse offering at home prenatal visits and lactation consultant services.

<https://www.simplynourish.ca/>

# Vancouver Area

## **AcuBalance Wellness Centre**

Acupuncture and laser for fertility, PCOS, IVF, Endometriosis, pain management and naturopathic medicine.

#208-888 W8th Ave. Vancouver BC.

<https://acubalance.ca/our-clinic/>

## **Olive Fertility Centre**

A team of doctors, nurses and medical staff offering complete patient-centered care for your fertility journey.

Lower mainland offices are in Surrey and Vancouver

<https://www.olivefertility.com/>

## **AcuMamas Wellness**

Acupuncture Clinic specializing in fertility, pregnancy and postpartum treatments.

301 W2nd Ave, Vancouver BC.

<https://acumamas.com/>

## **Childbearing Society**

Online and in person (vancouver) prenatal classes.

To register: [registration@childbearing.org](mailto:registration@childbearing.org)

<https://www.childbearing.org/>

## **Mother Me**

Postpartum Doula to help with newborn care, breastfeeding, care of other children, meal prep, housework and sleep. Covered under most extended benefits plans under “at home nursing care”.

Located in Burnaby.

<https://motherme.ca/home/support>

[info@motherme.ca](mailto:info@motherme.ca)



# Book Recommendations

*1, 2, 3 Magic: Effective discipline for children 2-12*, Thomas W. Phelan

*The Baby Book: Everything You Need to Know About Your Baby From Birth to Age Two*, William Sears M.D. and Martha Sears R.N.

*The Birth of a Mother: How the Motherhood Experience Changes You Forever*, Daniel N. Stern, Nadia Bruschiweiler-Stern, and Alison Freeland

*CMA Complete book of Mother and Baby Care*, Lewis Younger

*Children The Challenge*, Rudolf Dreikurs

*Dr. Jack Newman's Guide to Breastfeeding*, Jack Newman and Teresa Pitman

*Dr. Spock's The First Two Years: The Emotional and Physical Needs of Children from Birth to Age 2*, Benjamin, M.D. Spock and Martine T. Stein

*Your Baby and Child: from Birth to Age Five (Revised Edition)*, Penelope Leach

*The Happiest Baby on the Block: the New Way to Calm Crying and Help Your Newborn Baby Sleep Longer*, Harvey MP Karp

*Healthy Sleep Habits, Happy Child*, Marc Weissbluth, MD

*Hidden Feelings of Motherhood: Coping with stress, depression and burnout*, Kathleen Kendall-Tackett

*Mother of All Baby Books*, Ann Douglas

*The No-Cry Sleep Solution : Gentle Ways to Help Your Baby Sleep Through the Night*, Elizabeth Pantley

*Secrets of the Baby Whisperer: How to Calm, Connect, and Communicate With Your Baby, Tracy Hogg and Melinda Blau*

*What to Expect the First Year, Arlene Eisenberg, Sandee Hathaway, and Heidi Murkoff*

*Year after childbirth: Surviving and enjoying the first year of motherhood, Sheila Kitzinger*

# Podcasts

*Good Inside with Dr. Becky - Clinical Psychologist and mom of three gives parenting tips for all ages.*

*We are Family - by the people behind Parents Magazine.*

*The PedsDocTalk Podcast - Run by a board certified paediatrician, she is a mom to a toddler and helps sift through misinformation and answers questions from parents.*

*That New Mom Life - 13 episode podcast that discusses postpartum, sharing the parenting load and more.*

*The Mom Hour - with over 400 episodes, it's hosted by two moms who have 8 kids between them. They discuss every parenting topic imaginable.*

*Pregnancy Confidential - Answers questions on pregnancy and real talk about pregnancy challenges you may be too embarrassed to ask about.*

*Motherhood Sessions - A renowned reproductive psychologist lets you listen in on real counselling sessions with mothers covering topics all parents face.*

*Oh Crap Parenting - covering every challenge that comes with parenting toddlers.*