

## Tri-Cities Resource List for Families with Children, Birth – Six

| Agency Name                                       | Contact                           | Website                                                                                                                                                                                                                                                               | Services                                                                                                                                                                                                                               |
|---------------------------------------------------|-----------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Multi-Service Agencies</b>                     |                                   |                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                        |
| Immigrant Services Society of BC                  | 604-684-2561                      | <a href="https://issbc.org/">https://issbc.org/</a>                                                                                                                                                                                                                   | Provides a variety of support services for immigrants and refugees.                                                                                                                                                                    |
| SHARE Family & Community Services                 | 604-540-9161                      | <a href="https://sharesociety.ca/">https://sharesociety.ca/</a>                                                                                                                                                                                                       | Provides community based services to families, including counselling, parenting programs, and parent education.                                                                                                                        |
| Spirit of the Children                            | 604-524-9113                      | <a href="https://sotcs.ca/">https://sotcs.ca/</a>                                                                                                                                                                                                                     | Aboriginal non-profit society which works to empower and strengthen Aboriginal families by providing support and resources.                                                                                                            |
| S.U.C.C.E.S.S.                                    | 604-468-6000                      | <a href="https://successbc.ca/">https://successbc.ca/</a>                                                                                                                                                                                                             | Offers programs and services in the areas of newcomer settlement, English-language training, employment and entrepreneurship, family, youth and seniors programming, health education, community development, housing and senior care. |
| Westcoast Family Centres                          | 604-944-2500                      | <a href="http://westcoastfamily.org/">http://westcoastfamily.org/</a>                                                                                                                                                                                                 | Provides intensive parent support and education programs to families with children aged 0-15. Tri-City Family Navigators specialize in supporting parents and caregivers with children ages 0-6 years.                                 |
| <b>Child Care and Preschool</b>                   |                                   |                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                        |
| Affordable Child Care Benefit                     | 1-888-338-6622                    | <a href="https://www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/childcarebc-programs/child-care-benefit">https://www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/childcarebc-programs/child-care-benefit</a> | A monthly payment to assist eligible British Columbia families with the cost of child care.                                                                                                                                            |
| Child Care Licensing                              | 604-587-3936                      | <a href="https://www.fraserhealth.ca/health-topics-a-to-z/child-care">https://www.fraserhealth.ca/health-topics-a-to-z/child-care</a>                                                                                                                                 | Responsible for the licensing of child care facilities in the Fraser Health region.                                                                                                                                                    |
| YMCA Child Care Resource & Referral               | 604-931-3400                      | <a href="https://www.gv.ymca.ca/ccrr">https://www.gv.ymca.ca/ccrr</a>                                                                                                                                                                                                 | Child care information and referrals; assistance with the Affordable Child Care Benefit; referrals to community services and resources.                                                                                                |
| <b>Crisis and Help Lines</b>                      |                                   |                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                        |
| Canadian Mental Health Association                | 310-6789 (area code not required) | <a href="https://cmha.ca/">https://cmha.ca/</a>                                                                                                                                                                                                                       | 24 hour phone service offering emotional support, information, and resources specific to mental health.                                                                                                                                |
| Centralized Provincial Child Protection Reporting | 1-800-663-9122                    | <a href="https://www2.gov.bc.ca/gov/content/safety/public-safety/protecting-children/reporting-child-abuse">https://www2.gov.bc.ca/gov/content/safety/public-safety/protecting-children/reporting-child-abuse</a>                                                     | 24 hour centralized screening for reporting suspected or imminent abuse of children.                                                                                                                                                   |
| Fraser Health Crisis Line                         | 604-951-8855 or text 9-8-8        | <a href="https://www.options.bc.ca/program/fraser-health-crisis-line">https://www.options.bc.ca/program/fraser-health-crisis-line</a>                                                                                                                                 | Immediate, free and confidential crisis intervention and community resource information to people of all ages.                                                                                                                         |

## Tri-Cities Resource List for Families with Children, Birth – Six

| Agency Name                                                                                                                      | Contact                                          | Website                                                                                                                                                                                                                                                                                                                                                                                   | Services                                                                                                                                                                                                                         |
|----------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Helpline for Children                                                                                                            | 310-1234 (area code not required) or text 686868 | <a href="https://www2.gov.bc.ca/gov/content/safety/public-safety/protecting-children/reporting-child-abuse">https://www2.gov.bc.ca/gov/content/safety/public-safety/protecting-children/reporting-child-abuse</a>                                                                                                                                                                         | If you are a child or youth and would like to talk to someone call the Helpline for Children at 310-1234 any time day or night. You do not have to give your name.                                                               |
| Kids Help Phone                                                                                                                  | 1-800-668-6868                                   | <a href="https://kidshelpphone.ca/">https://kidshelpphone.ca/</a>                                                                                                                                                                                                                                                                                                                         | Toll-free, confidential and anonymous telephone and online counselling and referral service for young people up to age 20, available 24 hours a day, seven days a week                                                           |
| START Team                                                                                                                       | 1-844-START11 (1-844-782-7811)                   | <a href="https://www.fraserhealth.ca/Service-Directory/Services/mental-health-and-substance-use/mental-health---child-and-youth-services/start-team---short-term-assessment-response-treatment">https://www.fraserhealth.ca/Service-Directory/Services/mental-health-and-substance-use/mental-health---child-and-youth-services/start-team---short-term-assessment-response-treatment</a> | Fraser Health's START program provides assessment and intervention services to children and teens (ages 6-18) experiencing a mental health crisis. Monday-Friday, 9am to 9 pm; Weekends and Holidays: Noon to 9 pm               |
| Suicide Crisis Line                                                                                                              | 1-800-SUICIDE (784-2433)                         | <a href="https://www.crisislines.bc.ca/">https://www.crisislines.bc.ca/</a>                                                                                                                                                                                                                                                                                                               | 24 hour phone service for those who are considering suicide or are concerned about someone who may be.                                                                                                                           |
| VictimLinkBC                                                                                                                     | 1-800-563-0808                                   | <a href="https://www2.gov.bc.ca/gov/content/justice/criminal-justice/victims-of-crime/victimlinkbc">https://www2.gov.bc.ca/gov/content/justice/criminal-justice/victims-of-crime/victimlinkbc</a>                                                                                                                                                                                         | Provides information and referral services to all victims of crime and immediate crisis support to victims of family and sexual violence.                                                                                        |
| <b>Early Intervention: Who to call if you have concerns about your child's development</b>                                       |                                                  |                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                  |
| Spirit of the Children: Infant Development & Aboriginal Supported Child Development                                              | 604-524-9113                                     | <a href="https://sotcs.ca/">https://sotcs.ca/</a>                                                                                                                                                                                                                                                                                                                                         | Serves Aboriginal families with children who are at risk for, or who already have, a developmental delay. Serves families who require extra support in their preschool and child care settings.                                  |
| Autism Community Training                                                                                                        | 604-205-5467<br>1-866-939-5188                   | <a href="https://www.actcommunity.ca/">https://www.actcommunity.ca/</a>                                                                                                                                                                                                                                                                                                                   | Information and referral service that supports individuals with Autism Spectrum Disorder and their families.                                                                                                                     |
| SHARE Family & Community Services: Social Emotional Early Development Services & Early Intervention Therapies (Intake/Referrals) | 604-927-4416                                     | <a href="https://sharesociety.ca/">https://sharesociety.ca/</a>                                                                                                                                                                                                                                                                                                                           | Serves children from birth to age 6 years with social, emotional, and/or behavioural difficulties and their families. Additionally provides speech and language therapy, physical therapy, and occupational therapy.             |
| Kinsight: Infant Development, Supported Child Development & Key Worker and Parent to Parent Support                              | 604-525-9494                                     | <a href="https://kinsight.org/">https://kinsight.org/</a>                                                                                                                                                                                                                                                                                                                                 | Supports children from birth to age 3 who are at risk of, or have, developmental delays. Assists families and provides guidance for children with FASD or similar neuro-developmental needs in preschool or child care settings. |

## Tri-Cities Resource List for Families with Children, Birth – Six

| Agency Name                                                                                | Contact        | Website                                                                                                                                                                                                                                                                                                         | Services                                                                                                                                                                                                                                                                                                                                                                                     |
|--------------------------------------------------------------------------------------------|----------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Family Support and Counselling</b>                                                      |                |                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                              |
| Act 2 Child & Family Services                                                              | 604-937-7776   | <a href="https://www.act2.ca/">https://www.act2.ca/</a>                                                                                                                                                                                                                                                         | Provides parent education, family counselling, sexual abuse counselling, and shelter for survivors of domestic violence.                                                                                                                                                                                                                                                                     |
| Anxiety BC                                                                                 | 604-620-0744   | <a href="https://www.anxietycanada.com/">https://www.anxietycanada.com/</a>                                                                                                                                                                                                                                     | Resources and information for those living with anxiety.                                                                                                                                                                                                                                                                                                                                     |
| Big Brothers of Greater Vancouver                                                          | 604-876-2447   | <a href="https://www.bigbrothersvancouver.com/">https://www.bigbrothersvancouver.com/</a>                                                                                                                                                                                                                       | Caseworkers match mentors with a Little Brother who has similar interests.                                                                                                                                                                                                                                                                                                                   |
| Big Sisters of BC Lower Mainland                                                           | 604-873-4525   | <a href="https://www.bigsisters.bc.ca/">https://www.bigsisters.bc.ca/</a>                                                                                                                                                                                                                                       | Caseworkers match mentors with a Little Sister who has similar interests.                                                                                                                                                                                                                                                                                                                    |
| Child & Youth Mental Health                                                                |                | <a href="https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/mental-health-intake-clinics">https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/mental-health-intake-clinics</a> | Provides children, youth and families with intake clinics to receive mental health services and supports.                                                                                                                                                                                                                                                                                    |
| Family Law in BC                                                                           | 604-408-2172   | <a href="https://family.legallaid.bc.ca/">https://family.legallaid.bc.ca/</a>                                                                                                                                                                                                                                   | Provides information about family law in BC.                                                                                                                                                                                                                                                                                                                                                 |
| Family Smart                                                                               | 1-855-887-8004 | <a href="https://familysmart.ca/">https://familysmart.ca/</a>                                                                                                                                                                                                                                                   | Peer support, education, system navigation and resources for families with children and youth living with mental health challenges.                                                                                                                                                                                                                                                          |
| Information Children                                                                       | 778-782-3548   | <a href="https://www.informationchildren.com/">https://www.informationchildren.com/</a>                                                                                                                                                                                                                         | Provides information, support and referrals to parents on matters related to the care and well-being of their children.                                                                                                                                                                                                                                                                      |
| Kelty Mental Health Resource Centre                                                        | 604-875-2084   | <a href="https://keltymentalhealth.ca/">https://keltymentalhealth.ca/</a>                                                                                                                                                                                                                                       | Free resources related to mental health challenges and disorders.                                                                                                                                                                                                                                                                                                                            |
| Learning Disabilities Association                                                          | 1-613-238-5721 | <a href="https://www.ldac-acta.ca/">https://www.ldac-acta.ca/</a>                                                                                                                                                                                                                                               | Information and resources to ensure full participation of children, youth and adults with learning disabilities.                                                                                                                                                                                                                                                                             |
| Ministry of Children and Family Development - Find Services for Children, Teens & Families | 1-800-663-7867 | <a href="https://www2.gov.bc.ca/gov/content/family-social-supports/data-monitoring-quality-assurance/find-services-for-children-teens-families">https://www2.gov.bc.ca/gov/content/family-social-supports/data-monitoring-quality-assurance/find-services-for-children-teens-families</a>                       | A wide range of services for children, teens, and families is available across the province. Use this search tool to find information about services near you. The Ministry of Children and Family Development (MCFD) offers child protection and family support services, including counseling, supervised access, and additional support in collaboration with various community agencies. |
| Parent Support Services Society & Grandparents Raising Grandchildren                       | 1-877-345-9777 | <a href="https://www.parentsupportbc.ca/">https://www.parentsupportbc.ca/</a>                                                                                                                                                                                                                                   | Promotes health of families by providing support, education, advocacy, research and resources to those in a parenting role. Assists grandparents and other relatives raising a family member's child with information and resources.                                                                                                                                                         |

## Tri-Cities Resource List for Families with Children, Birth – Six

| Agency Name                                                  | Contact               | Website                                                                                                                                                                           | Services                                                                                                                                                       |
|--------------------------------------------------------------|-----------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Primary Care Network Short-term Counselling Support Services | 604-540-9161 ext. 206 | <a href="https://sharesociety.ca/primary-care-network-counselling-and-support-services">https://sharesociety.ca/primary-care-network-counselling-and-support-services</a>         | Short-term counselling with mild to moderate mental health concerns or substance use concerns. Referral required from a Doctor or Nurse Practitioner           |
| Salvation Army                                               | 1-800-725-2769        | <a href="https://salvationarmy.ca/">https://salvationarmy.ca/</a>                                                                                                                 | Provides community and family services.                                                                                                                        |
| Tri-Cities Resources for Parents                             | tckm.mcm@gmail.com    | <a href="https://www.tricitieskidsmatter.ca/resources">https://www.tricitieskidsmatter.ca/resources</a>                                                                           | View child development charts, utilize the interactive community resource map and find resources on how you can unplug and connect.                            |
| Tri-City Transitions Society                                 | 604-941-7111          | <a href="https://www.tricitytransitions.com/">https://www.tricitytransitions.com/</a>                                                                                             | Programs for individuals who have experienced abuse, as well as peer counselling, parenting groups, and workshops.                                             |
| United Way BC Helpline Services                              | 211                   | <a href="https://bc.211.ca/">https://bc.211.ca/</a>                                                                                                                               | Looking for a community or government service? Dial 2-1-1, a multilingual phone and texting service, or visit BC 211 online.                                   |
| YWCA Single Mothers' Support                                 | 604-895-5849          | <a href="https://ywcavan.org/">https://ywcavan.org/</a>                                                                                                                           | Offers a range of individual and group services to assist, empower and inform single moms.                                                                     |
| <b>Food &amp; Housing</b>                                    |                       |                                                                                                                                                                                   |                                                                                                                                                                |
| BC Housing                                                   | 604-433-2218          | <a href="https://www.bchousing.org/">https://www.bchousing.org/</a>                                                                                                               | Rental assistance program for working families with children. Visit the website to learn how to apply.                                                         |
| YWCA Housing                                                 | 604-895-5800          | <a href="https://ywcavan.org/programs/housing">https://ywcavan.org/programs/housing</a>                                                                                           | Provides housing for single women and their dependent children.                                                                                                |
| Rent Bank (Tri-Cities)                                       | 604-540-9161          | <a href="https://sharesociety.ca/tri-cities-share-rent-bank">https://sharesociety.ca/tri-cities-share-rent-bank</a>                                                               | Provides support to keep low to moderate-income Tri-Cities individuals and families housed.                                                                    |
| Food Bank (Tri-Cities)                                       | 604-540-9161          | <a href="https://sharesociety.ca/share-food-bank">https://sharesociety.ca/share-food-bank</a>                                                                                     | Provides direct food support to supplement the diets of hundreds of individuals and families each week in the Tri-Cities.                                      |
| Free and Low Cost Food Directory                             |                       | <a href="https://www.fraserhealth.ca/health-topics-a-to-z/free-and-low-cost-food-directory">https://www.fraserhealth.ca/health-topics-a-to-z/free-and-low-cost-food-directory</a> | A list of free and low cost food programs available.                                                                                                           |
| Peoples Pantry                                               | 236-867-7377          | <a href="https://thepeoplespantry.ca/">https://thepeoplespantry.ca/</a>                                                                                                           | Partners with food retailers and food businesses who are facing excess food that typically would end up in the landfill, serves food insecure families.        |
| Quest Food Exchange                                          | 604-602-0186          | <a href="https://www.questoutreach.org/">https://www.questoutreach.org/</a>                                                                                                       | Offers access to affordable and healthy food for those facing barriers through not-for-profit grocery markets. Clients need a referral to access this service. |

## Tri-Cities Resource List for Families with Children, Birth – Six

| Agency Name                              | Contact                                            | Website                                                                                                                                                                                                                                                                                                                   | Services                                                                                                                                                                                                                 |
|------------------------------------------|----------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Health Services &amp; Supports</b>    |                                                    |                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                          |
| BC Healthy Kids Program                  | 1-866-866-0800                                     | <a href="https://www2.gov.bc.ca/gov/content/government/s/policies-for-government/bcea-policy-and-procedure-manual/health-supplements-and-programs/healthy-kids">https://www2.gov.bc.ca/gov/content/government/s/policies-for-government/bcea-policy-and-procedure-manual/health-supplements-and-programs/healthy-kids</a> | Children of low-income families can get help with basic dental care and prescription eyewear costs through the Healthy Kids Program.                                                                                     |
| Eagle Ridge Hospital                     | 604-461-2022                                       | <a href="https://www.fraserhealth.ca/Service-Directory/Locations/Port-Moody/eagle-ridge-hospital">https://www.fraserhealth.ca/Service-Directory/Locations/Port-Moody/eagle-ridge-hospital</a>                                                                                                                             | Emergency Department. Community hospital serving the residents of Coquitlam, Port Coquitlam, Port Moody, Anmore and Belcarra.                                                                                            |
| Find a Doctor BC                         |                                                    | <a href="https://www.findadoctorbc.ca/">https://www.findadoctorbc.ca/</a>                                                                                                                                                                                                                                                 | Search online for family doctors who are accepting new patients in BC                                                                                                                                                    |
| Find an Interpreter                      | 604-736-7012                                       | <a href="https://www.fraserhealth.ca/health-topics-a-to-z/EDI/Language-services">https://www.fraserhealth.ca/health-topics-a-to-z/EDI/Language-services</a>                                                                                                                                                               | Connect with an interpreter to help facilitate language communication between families and health services.                                                                                                              |
| Fraser Health Virtual Health             | 1-800-314-0999                                     | <a href="https://www.fraserhealth.ca/patients-and-visitors/fraser-health-virtual-care">https://www.fraserhealth.ca/patients-and-visitors/fraser-health-virtual-care</a>                                                                                                                                                   | Talk to a nurse about health care concerns directly via phone or video, 10 am to 10 pm, seven days a week                                                                                                                |
| Fraser Northwest Health Connect Registry | Call 811                                           | <a href="https://www.healthlinkbc.ca/primary-care/community/fraser-northwest-primary-care-network">https://www.healthlinkbc.ca/primary-care/community/fraser-northwest-primary-care-network</a>                                                                                                                           | Registry to join the waitlist for a family doctor or nurse practitioner                                                                                                                                                  |
| Healthlink BC                            | 811 (or 711 for deaf & hearing impaired)           | <a href="https://www.healthlinkbc.ca/contact-us">https://www.healthlinkbc.ca/contact-us</a>                                                                                                                                                                                                                               | Speak to a health services navigator to find health information or be connected with a registered nurse, dietitian or pharmacist.                                                                                        |
| Pathways Medical Care Directory          |                                                    | <a href="https://fraser-northwest.pathwaysbc.ca/">https://fraser-northwest.pathwaysbc.ca/</a>                                                                                                                                                                                                                             | Online community services directory for health resources in the Tri-Cities                                                                                                                                               |
| Tri-Cities Public Health                 | 604-949-7200                                       | <a href="https://www.fraserhealth.ca/Service-Directory/Locations/Port-Moody/tri-cities-public-health-unit">https://www.fraserhealth.ca/Service-Directory/Locations/Port-Moody/tri-cities-public-health-unit</a>                                                                                                           | Immunizations. Speech and language services. Dental information and referrals. Child Development and wellness information.                                                                                               |
| Urgent and Primary Care Centre           | 604-469-3123                                       | <a href="https://www.fraserhealth.ca/Service-Directory/Service-At-Location/F/9/urgent-and-primary-care-centre---port-moody">https://www.fraserhealth.ca/Service-Directory/Service-At-Location/F/9/urgent-and-primary-care-centre---port-moody</a>                                                                         | Access to same-day, urgent, non-emergency health care. For patients who require medical attention within 12 to 24 hours.                                                                                                 |
| Walk-in Medical Clinic Search            |                                                    | <a href="https://www.healthlinkbc.ca/health-services/search-services-your-area">https://www.healthlinkbc.ca/health-services/search-services-your-area</a>                                                                                                                                                                 | Non-emergency health care services on a walk-in basis. Use <a href="https://medimap.ca/">https://medimap.ca/</a> to see current wait times for Walk-in Clinics                                                           |
| <b>Libraries</b>                         |                                                    |                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                          |
| Coquitlam Public Library                 | City Centre: 604-554-7323<br>Poirier: 604-937-4141 | <a href="https://www.coqlibrary.ca/">https://www.coqlibrary.ca/</a>                                                                                                                                                                                                                                                       | Check out your local library and see what services and programs are available to you. Drop-in story times are available for babies, toddlers, and preschoolers. Visit their websites or call for scheduling information. |

## Tri-Cities Resource List for Families with Children, Birth – Six

| Agency Name                                      | Contact             | Website                                                                                                                                                                                 | Services                                                                                                                                                                                                         |
|--------------------------------------------------|---------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Terry Fox Library (Port Coquitlam)               | 604-927-7999        | <a href="https://www.fvrl.bc.ca/locations/terry-fox-library">https://www.fvrl.bc.ca/locations/terry-fox-library</a>                                                                     |                                                                                                                                                                                                                  |
| Port Moody Public Library                        | 604-469-4575        | <a href="https://www.portmoodylibrary.ca/en/index.aspx">https://www.portmoodylibrary.ca/en/index.aspx</a>                                                                               |                                                                                                                                                                                                                  |
| <b>Maternity / Postpartum</b>                    |                     |                                                                                                                                                                                         |                                                                                                                                                                                                                  |
| Best Beginnings Program                          |                     | <a href="https://bestbeginnings.fraserhealth.ca/default.aspx">https://bestbeginnings.fraserhealth.ca/default.aspx</a>                                                                   | Registration form to get connected to public health services to pregnant individuals, new parents, babies and children up to age 2                                                                               |
| Fraser Northwest Maternity Hub                   |                     | <a href="https://www.maternityhub.ca/">https://www.maternityhub.ca/</a>                                                                                                                 | Online resources for maternity and newborn care in the Tri-Cities                                                                                                                                                |
| Healthy Babies Program                           | 604-944-2500        | <a href="https://westcoastfamily.org/services/healthy-babies/">https://westcoastfamily.org/services/healthy-babies/</a>                                                                 | A weekly program for pregnant women and women with babies up to 6 months, focused on improving infant and maternal health and well-being through collective cooking and parent education and support.            |
| La Leche League Canada                           | 604-520-4623        | <a href="https://www.lllc.ca/">https://www.lllc.ca/</a>                                                                                                                                 | Breast feeding, nutrition, weaning, and family life support. Check website for meeting details.                                                                                                                  |
| Pacific Post Partum Support Society              | 604-255-7999        | <a href="https://postpartum.org/">https://postpartum.org/</a>                                                                                                                           | Offers telephone support and support groups for women suffering from depression after giving birth/adopting a child.                                                                                             |
| Pregnancy and Baby Health Guide                  | 604-520-4420        | <a href="https://www.fraserhealth.ca/health-topics-a-to-z/pregnancy-and-baby">https://www.fraserhealth.ca/health-topics-a-to-z/pregnancy-and-baby</a>                                   | Information for your pregnancy and parenting journey.                                                                                                                                                            |
| Prenatal and Perinatal Classes                   | 604-527-5472        | <a href="https://www.douglascollege.ca/continuing-education/prenatal-program/prenatal-classes">https://www.douglascollege.ca/continuing-education/prenatal-program/prenatal-classes</a> | Offers in-person and online prenatal and perinatal classes.                                                                                                                                                      |
| <b>Recreation</b>                                |                     |                                                                                                                                                                                         |                                                                                                                                                                                                                  |
| Coquitlam Parks, Recreation and Culture Services | 604-927-4FUN (4386) | <a href="https://www.coquitlam.ca/">https://www.coquitlam.ca/</a>                                                                                                                       | Park, Recreation and Culture programs have so much to offer families! There are drop-in programs, gyms, pools, skating rinks and much more! Visit their website and see what's available to you and your family. |
| Port Moody Parks and Recreation                  | 604-469-4556        | <a href="https://www.portmoody.ca/en/index.aspx">https://www.portmoody.ca/en/index.aspx</a>                                                                                             |                                                                                                                                                                                                                  |
| Port Coquitlam Recreation Department             | 604-927-PLAY (7529) | <a href="https://www.portcoquitlam.ca/">https://www.portcoquitlam.ca/</a>                                                                                                               |                                                                                                                                                                                                                  |
| Family Drop-In and Resource Programs             | 604-931-3400        | <a href="https://www.gv.ymca.ca/drop-programs">https://www.gv.ymca.ca/drop-programs</a>                                                                                                 | Visit the link or scan the QR code to view YMCA CCRR's Family Drop-In and Resource Programs sheets, updated quarterly.                                                                                           |

