

Resource List For Clients

Abused Women Shelters & Support Groups

- Battered Women's Support Services - <http://www.bwss.org/>

Birth Doulas

- Doula Services Association of BC - <http://www.bcdoulas.org/>
- Doulas of North America - <http://www.dona.org/mothers/index.php>

Breastfeeding Pump & Equipment Suppliers

- Breastfeeding Clinic (rental & sales) - <http://www.breastfeedingclinic.com/rental.php>

Breastfeeding Support Groups, Clinics, Classes

- La Leche League Canada - <http://www.lllc.ca/lllc-surreynorth-delta>

Child Abuse Protective Agencies

- Child Protection Services - http://www.mcf.gov.bc.ca/child_protection/index.htm

Childbirth Educators

- Douglas College Prenatal Class - http://www.douglas.bc.ca/programs/continuing-education/programs-courses/perinatal/p_labour.html
- Heart & Hands - www.hhperinatal.com

Childcare Options

- Canada Child Care Directory - <http://www.canadachildcaredirectory.com/>
- Westcoast Resource Centre - <http://www.wstcoast.org/>

Children's Hospitals

- BC Children's Hospital - <http://www.bcchildrens.ca/default.htm>

Chiropractors, Massage Therapists

- Origin Health (Chiropractor) – <http://www.originhealth.ca>
- Elements of Balance (Massage) – <http://www.elementofbalance.ca>
- Lifestyle Chiropractic – <http://www.lifestylehealthcentre.com/>

Community Services and Programs

- YMCA – <http://www.vanymca.org/centres/tonglouie/>

Cultural/Multicultural Resources

- DIVERSEcity – <http://www.dcrs.ca/>

Family Doctors

- College of Physicians & Surgeons of BC - https://www.cpsbc.ca/physician_search

Health Food Stores

- Choices – <http://www.choicesmarkets.com>
- Pure Pharmacy – <http://www.purepharmacy.com>

Hospitals/Minor Emergency Services

- Surrey Memorial Hospital - http://www.fraserhealth.ca/find_us/locations/our_locations?site_id=1792

Infant Massage Classes

- Fit 4 Two - <http://www.fit4two.ca/classes/infant-massage>

La Leche League

- La Leche League Canada - <http://www.lllc.ca/>

Maternity/Nursing Clothes

- Thyme Maternity - <http://www.thymematernity.com/>
- Pink Blush Maternity - <http://www.pinkblushmaternity.com/>

Midwives

- Midwives Association of BC - <http://www.bcmidwives.com/node/1>

Multiple Birth Groups/Associations

- Multiple Births Canada - <http://www.multiplebirthscanada.org/>

Naturopathic/Homeopathic Services

- Village Health Clinic - <http://www.villagehealthclinic.ca/index.php>

Obstetricians

- Canada's Local Directory - <http://surrey-bc.cofars.ca/gynecologists/>

Online Resources

- Safe Kids Canada - <http://www.parachutecanada.org/safekidscanada>
- Happy Kids - <http://www.happy-kids.com>

Parent's Anonymous/Support Groups

- Parent Support Services Society of BC - http://www.parentsupportbc.ca/lower_mainland

Parenting Classes

- Healthiest Baby Possible - <http://www.options.bc.ca/families-children/healthiest-babies-possible>

Perinatal Loss Support Groups/Bereaved Families Support Groups

- Angel Whispers – <http://www.angelwhispers.ca/angelwhispers/wp-content/uploads/2012/01/Perinatal-Loss-Support-Groups-Resources1.pdf>

Postpartum Exercise Classes/Mother and Baby Exercise Classes/Yoga Classes

- Yoga Vancouver - http://www.yogavancouver.ca/studio_classes_post_natal_mom_baby.html
- Mama Yoga - <http://mamayoga.ca/page10.html>

Postpartum Depression Resources and Support Groups

- Here to Help - <http://www.heretohelp.bc.ca/factsheet/postpartum-depression>
- Pacific Post Partum Support Society - <http://www.postpartum.org/>

Postpartum Doulas

- Mother Me - <http://www.motherme.ca/>

Single Parenting Groups

- YWCA - http://www.ywcavan.org/content/Single_Mothers_Support_Services/187

Support Groups for Parents of Children with Special Needs

- Our Kids - <http://www.our-kids.org/>
- ComeUnity - <http://www.comeunity.com/disability/speclists.html>
- Canadian Down Syndrome Society - <http://www.cdss.ca/services.html>

Teen Parent Support Groups/Educational Services

- Options - <http://www.options.bc.ca/families-children/quick-response-program/support-for-parents-of-young-children>
- White Rock Hospice Society - <http://www.whiterockhospice.org/grief-support>

VBAC/CA Support Groups

- VBAC - <http://www.vbac.com/about-vbac-com/>