



### **Recommend resources\***

#### Golden Maternity Facebook Page:

A local community guide to resources, videos, classes, updates and more.

<https://www.facebook.com/goldenmaternityservicesgroup/>

#### The Society of Obstetricians and Gynaecologists of Canada (SOGC)

This is a professional website that has excellent resources for the public covering a wide range of pregnancy and postpartum (once baby has arrived) information.

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

#### The Pregnancy HUB

FREE to all pregnant, postpartum and newly parenting people with infants up to 12 months old who are residents of British Columbia. The Pregnancy HUB is a 12-month virtual program that offers participants unlimited access to local pregnancy outreach program and service referrals, a virtual library full of evidence-based information, a monthly newsletter, and access to virtual events on topics related to pregnancy and early parenting.

[www.pregnancyhub.org](http://www.pregnancyhub.org)

#### The Mothers Program

This website has user-friendly information that will take you from pre-pregnancy to caring for the baby and yourself following the baby's birth. Sign up for their free subscription and they will send you emails related to your pregnancy and after the baby's birth.

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

#### Health Families BC

This is a great resource for all aspects of family life but has useful information under the Pregnancy & Parenting tab.

<https://www.healthyfamiliesbc.ca/parenting>



### Interior Health

This website has links to prenatal resources supported by interior health including Healthy from the Start and Smart Mom (free texting service).

<https://www.interiorhealth.ca/YourHealth/HavingABaby/Pages/PrenatalRegistry.aspx>

### Golden Mental Health Services

Interior Health and our partner agencies provide a range of [mental health](#) and [substance use](#) services for all ages. We strive to ensure that our services are welcoming of all peoples, gender identities, cultures, ethnicities and backgrounds. These services include perinatal counseling and self-referral is accepted.

Phone: 250-344-3001 ext. 1

### Métis Nation Columbia River Society

Métis Nation Columbia River Society, chartered community of Métis Nation British Columbia, wishes you the best on your wellness journey. If you have questions regarding citizenship, would like traditional spiritual support, need help navigating services, or would like the support of caring Elders and others, please give us a call 250-290-0154 or email: [metisnationcolumbiariver@gmail.com](mailto:metisnationcolumbiariver@gmail.com)

### Government of Canada

Canada's food guide, easy to follow guide on healthy eating during your pregnancy and beyond.

<https://www.canada.ca/en/health-canada/services/canada-food-guide/resources/prenatal-nutrition.html>

<https://food-guide.canada.ca/en/>

### Health Link BC

Useful information for general health resources within BC,

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

## Global Health

Breastfeeding resource.

<https://globalhealthmedia.org/>

- Recommended videos:
  - Attaching your baby at the breast
  - How to express your first milk

\*We are not accountable for the information within these resources.