

Pregnancy and Parenting

Richmond's Guide to Helping Services



Dr. James Lu, Medical Health Officer, Richmond

Becoming a parent is one of life's most exciting and challenging experiences. There will be many emotional, physical and family changes. But knowing what to expect can make these changes enjoyable and easier to handle. Visit your pregnancy care provider regularly and use the health information and support to keep you and your baby healthy.

This directory brings together the many resources in Richmond. Together with your own support system of family, friends, and health care professionals, it can provide you with information and guidance. Though many of the programs listed here involve a fee, confidential financial help is available.

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If you have any suggestions for additions or improvements to this directory, please call:

Vancouver Coastal Health, Richmond Public Health
604-233-3150

Every effort has been made to ensure the accuracy of this publication at the time of printing.

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Pregnancy Tests

If you believe you are pregnant, it is important to have a pregnancy test as soon as possible. The earlier you know, the earlier you can think about your options.

It is recommended that you should see a doctor or midwife before 10 – 12 weeks of pregnancy to ensure time sensitive tests are completed. As well, you can take better care of yourself by eating well, keeping active and avoiding alcohol, cigarettes, and drugs. Pregnancy self-test kits are available from the drugstore and are reliable if used correctly. **However, we recommend confidential pregnancy tests which are available from your doctor or at the following centres:**

Richmond Youth Clinic **604-233-3204**

Richmond Public Health Programs
8100 Granville Avenue, Richmond, V6Y 1P5

For youth ages 13-21 years.

Options for Sexual Health **604-731-4252**

3550 East Hastings, Vancouver, V5K 2A7

Call for clinic locations and for more information
www.optionsforsexualhealth.org

Walk-In Medical Clinics

For a list of walk-in clinics in Richmond, look up “*Clinics*” in the yellow pages or call Richmond Public Health Programs at **604-233-3150**. Walk-in clinics can provide good service for short-term problems. It is very important that you choose a family doctor to follow you throughout your pregnancy.

Finding a Doctor/Midwife

If you do not have a family doctor, there are several organizations that can provide you with a list of names of doctors/midwives accepting patients in the Richmond Area.

Richmond Public Health Programs **604-233-3150**
8100 Granville Avenue, Richmond, V6Y 3T6

The Richmond Hospital..... **604-278-9711**
Information Desk
7000 Westminster Highway, Richmond, V6X 1A2

College of Physicians and Surgeons of BC ... **604-733-7758**
#400 - 858 Beaty Street, Vancouver, V6B 1C1

Once you have found a doctor with whom you are comfortable, it is important to make regular visits, during and after the pregnancy.

Richmond Hospital
Noakes Maternity Clinic: **604-233-3222**
7000 Westminster Highway, Richmond, V6X 1A2

This clinic is for pregnant women who plan to give birth at Richmond Hospital. Referral from a family doctor is preferred but women can contact the clinic directly for care. The group of family doctors at the Noakes Clinic restrict the care provided at the clinic to women who are pregnant, until six to eight weeks after the end of their pregnancy, after which the woman is discharged from the clinic and returned to the care of their family doctor. It is recommended that all women seek pregnancy care from someone who provides labour and delivery care soon after the pregnancy is confirmed.

College of Midwives of BC **604-742-2230**
#207 - 1682 West 7th Avenue, Vancouver, V6J 4S6
www.bcmidwives.com

Midwifery services are available to women of British Columbia. Midwives are independent practitioners with their own regulatory body. A full list of Registered Midwives in BC is available online.

- Home birth option
- Services covered by MSP up to 6 weeks post partum

Bridge Community Health Clinic **604-709-6540**
2450 Ontario Street, Vancouver, V5T 4T7

Free primary health care services for refugees and new immigrants. Prenatal services are provided. Interpreters are available.

Prenatal Support Line **1-855-550-2229**
www.vch.ca/pregnancy

Our Public Health Nurses are able to help you be healthy and safe during your pregnancy, learn about feeding and caring for your baby, find community services that are right for you.

Making Choices

Now that you know you are pregnant, you may need to think about what you want to do. Any or all of the following organizations can help you to examine your options and choose the best one for yourself and the baby.

Richmond Youth Clinic **604-233-3204**

Richmond Public Health Programs

8100 Granville Avenue, Richmond, V6Y 1P5

Provides confidential health education, counselling and clinic services on pregnancy, family planning, and nutrition. For youth ages 13-21 years.

Ministry for Children & Family Development **604-660-1044**

Family Service Office - Richmond Region Youth Office

#150 - 5840 Cedarbridge Way, Richmond, V6X 2A7

Youth Social Worker provides counselling on pregnancy options for youth Age 13-19)

Elizabeth Bagshaw Women's Clinic **604-736-7878**

#200 - 1177 West Broadway, Vancouver, V6H 1G3

www.elizabethbagshawclinic.ca

Provides reproductive and abortion services up to the 16th week of pregnancy with full counselling. Appointments by telephone only. No drop-ins. Also free decision making pregnancy counselling available.

Everywoman's Health Centre **604-322-6692**

#210 - 2525 Commercial Drive, Vancouver, V5N 4C1

www.everywomanshealthcentre.ca

Provides reproduction and abortion services with full counselling.

Vancouver Pregnancy Care **604-731-1122**

#101 - 5701 Granville Street, Vancouver, V6M 4J7

Provides confidential counselling and support regarding problem pregnancies and alternatives to abortion. Call for appointment.

Options for Sexual Health **604-731-4252**

3550 East Hastings, Vancouver, V5K 2A7

www.optionsforsexualhealth.org

Provides information how to prevent unplanned pregnancy and promote optimal reproductive health. Provides education and counselling on pregnancy options and clinic services at different locations. Call for locations/details.

Sex Sense Line **604-731-7803**

1-800-SEX-SENSE

BC Women's Hospital & Health Centre **604-875-2424**

4500 Oak Street, Vancouver, V6H 3N1

**Comprehensive Abortion and 604-875-2022
Reproductive Education (CARE)**

Provide services for women who are experiencing an unintended pregnancy, with decision-making counselling, pre and post-abortion counselling, appropriate health screening, and abortions for women who are between the 7th week and 15th week plus 6 days of pregnancy. Appointment is by phone only.

**Pregnancy Option Service 604-875-3163
1-888-875-3163**

Provides telephone service to clients in decision-making, counselling support, and referrals for women experiencing an unexpected pregnancy.

Licensed Adoption Agencies

**Family Services Adoption Agency 604-736-7613
604-731-4951
1-866-582-3678**

1616 West 7th Avenue, Vancouver, V6J 1S5
Counselling and support to birth mothers and fathers who wish help in planning for a pregnancy or a child recently born to them. All possible options are reviewed and referrals made.

**Sunrise Adoption Centre 604-984-2488
1-888-984-2488**

#102 - 171 West Esplanade, North Vancouver, V7M 3J9
After hours support is available for callers who will receive instructions at that time.
www.sunriseadoption.com

A licensed adoption agency that serves birth parents and adoptive parents with information services and support including confidential pregnancy counselling, assistance in locating supportive services, peer counselling, birth mothers support group and adoption planning services. Services to birth parents are free. Fees are charged for services to adoptive parents.

Ministry of Children & Family Development... 604-775-0049
Provide information on adoption services and alternatives for children with special needs. Richmond adoptions are processed at the Vancouver office.

Prenatal Classes

Douglas College **604-527-5472**
www.douglascollege.ca/ce/perinatal

Register for Prenatal classes through Douglas College Continuing Education Registration Office.

Preparing for childbirth is a time when you want to learn more about childbirth, your options and choices. Classes are informative, and give you the opportunity to meet and share experiences with other parents.

Topics include: Late pregnancy, overview of normal labour and birth, stages of labour, immediate postpartum, variations of labour; medical interventions, breastfeeding and postpartum adjustments. There is also a reunion class for parents to get together and share their experiences.

Qualified instructors bring their healthy birth practices to classes.

Prenatal Class options:

Prenatal Class Series & Reunion Class or

Prenatal-In-A-Day

Please visit the website for location addresses, dates, times and course fees.

If course fees are a problem for you please mention this at the time of registration.
Subsidies may be available for Richmond residents.

Richmond Hospital

Birth Centre Tour: **604-244-5133**

5-part video tour to help families prepare for their visit to the Birth Centre at Richmond Hospital

YouTube channel: VCHhealthcare

<https://www.youtube.com/watch?v=Pg8c588AMPw>

Or visit VCH Internet site Your Health Labor and Birth
https://www.vch.ca/your_health/health_topics/maternity/labour-and-birth

S.U.C.C.E.S.S - Richmond Office **604-279-7180**

(United Chinese Community Enrichment Services Society)
Richmond Caring Place

#220 - 7000 Minoru Boulevard, Richmond, V6Y 3Z5

Prenatal classes in Cantonese and Mandarin

Finding a Doula (Postpartum and Birth) **604-515-5588**
1-877-365-5588
www.bcdoulas.org

General Information

Baby's Best Chance

Parents' Handbook of Pregnancy and Baby Care

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

This popular resource book offers essential information on more than 70 topics. It gives you the answers you will need during your pregnancy and the early days at home with your newborn. The book is free and is available from:

- MC Cue's Pharmacy** **604-278-9601**
 Island Medical Building
 #100 - 8120 Cook Road, Richmond, V6Y 1T9
- Minoru Pharmacy** **604-270-2320**
- Shoppers Drug Mart** **604-278-9105**
 Cambie Plaza, No. 5 Road & Cambie
 11800 Cambie Road, Richmond, V6X 1L5
- Aberdeen Centre Pharmasave** **604-273-8020**
 1020-4151 Hazelbridge Way, Richmond, V6X 4J7
- Ackroyd Pharmasave** **604-207-9972**
 160-8100 Ackroyd Road, Richmond, V6X 3K2
- Richmond Public Health** **604-233-3150**
 8100 Granville Avenue, Richmond, V6Y 3T6

Richmond Public Library

Low Income Directory:

www.yourlibrary.ca/findall/community/lird.cfm

Pregnancy, birth, and parenting information are available in the form of books, magazines, videos and web pages. The library has computers available with internet access for public use. Free programs are available for all ages including Baby Times and Toddler Times.

- Brighthouse Branch** **604-231-6413**
 #100 - 7700 Minoru Gate, Richmond, V6Y 1R9
- Steveston Branch** **604-274-2012**
 4111 Moncton Street, Richmond, V7E 3A8
- Ironwood Plaza Branch** **604-231-6468**
 #8200 - 11688 Steveston Highway, Richmond, V7A 1N6
- Cambie Branch** **604-273-2223**
 #150 - 11590 Cambie Road, Richmond, V6X 3Z5

BC Health Guide Handbook

www.bchealthguide.ca

A book supplied by the BC government with information about many health concerns. Books are available in many languages. See your pharmacist for a free copy.

- HealthlinkBC** **811**
www.healthlinkbc.ca **604-215-8110**
- Provides 24 hours a day non-emergency information and advice. Translation services are available in over 130 languages.

Maternity And Medical Benefits

Maternity & Parental Benefits **604-273-6431**

Service Canada - Employment Insurance **1-800-206-7218**

#3350 - 5611 Cooney Road, Richmond, V6X 3J6

www.servicecanada.gc.ca

Generally, to be eligible to receive maternity (up to 15 weeks), parental (up to 35 weeks), and/or sickness (up to 15 weeks) benefits, you must have worked and paid Employment Insurance premiums for a minimum of 600 hours within the last

52 weeks or since your last E.I. Claim. If you qualify for benefits, you will receive 55 percent of the average of the last 26 weeks of your weekly insurable earnings. Application must be made through the website.

Medical Services Plan (MSP) of BC

Automated Service:..... **604-683-7151**

www.healthservices.gov.bc.ca/msp

MSP is an insurance plan that pays for medically required services of doctors and midwives. Maternity care by a specialist (when referred by your family doctor) is also covered. A baby is covered from the date of birth if the application form is received within 60 days after birth.

Assistance with the payment of premiums is available through two premium assistance programs – regular assistance administered by MSP and temporary

assistance administered by the Ministry of Finance.

Eligibility for regular assistance is based on net income for the preceding year, less deductions for age, family size and disability.

Maternity And Medical Benefits

Fair Pharmacare..... **604-683-7151**

www.healthservices.gov.bc.ca/pharme/ **1-800-663-7100**

This program subsidizes eligible prescription drugs and medical supplies to BC families. Fair Pharmacare is based on a person's net income. The program started May 1, 2003 and residents are NOT automatically enrolled. To register, call or register on line. When registering, be sure to have your Care Card and tax information from the past 2 years.

Pregnancy Support

The Nurse-Family

Partnership Program (NFP) 1-855-550-2229

NFP also called the BC Healthy Connections Research Project is one component of Healthy Start, an initiative of the Healthy Families BC prevention strategy.

NFP is an intensive nurse home visitation program. It works to improve the health, wellbeing and self sufficiency of young (less than 25 years old), low-income, pregnant women who will be first-time mothers, and their children.

The program includes regular home visits by public health nurses from the prenatal period through until the child's second birthday.

Enrolment in the NFP program is voluntary, and needs to occur early in pregnancy. Participating women must receive their first visit before week 28th of pregnancy.

The program goals are to: improve pregnancy, improve child health and development by helping parents provide sensitive and competent care giving, and improve parental life-course by helping parents develop a vision for their future, plan subsequent pregnancies, and continue their education and employment.

Call for more information on participating.

Healthiest Babies Possible 604-675-3982

For different languages:

- Spanish ext. 1**
- Hindi/Punjabi/Urdu ext. 2**
- Cantonese/Mandarin ext. 3**
- Dari/Farsi ext. 4**
- Somali ext. 5**

Prenatal outreach program offers free and confidential services for pregnant women in Richmond. The program offers expectant moms and their families nutrition and prenatal lifestyle counselling, opportunities to meet other expectant mothers, prenatal vitamins, breastfeeding information, food coupons, labour and delivery information, education re smoking, alcohol or drug concerns and community referrals. Includes support for pregnant/parenting youth.

Doula Services Association 604-515-5588
1-877-365-5588
www.bcdoulas.org

A Doula is trained to give physical and emotional and informational support to pregnant women. The service generally includes two prenatal visits, labour support, and one visit after the birth. Postpartum doulas are also available.

Variable fee for service.

Volunteer birth doulas may be available for low income families.

Richmond Public Health

Dental Services: **604-233-3197**

www.bcdental.org/Find_a_Dentist/ReducedCostClinics.aspx

Oral health is very important during and after pregnancy. Women can call the public health dental hygienist for information on prevention of tooth decay and gum disease during pregnancy, and how to stop the spread of decay to their baby after pregnancy. Information about low cost dental services can be found on the BC Dental Association website.

Richmond Hospital

Outpatients Nutrition Services:..... **604-278-9711**

7000 Westminster Highway, Richmond, V6X 1A2

Pregnant women with Gestational Diabetes can be referred by their physician to the RHS Diabetes Education Centre (English, Cantonese or Mandarin and other languages available with an interpreter).

For other nutrition concerns, women can contact Dial-A-Dietitian (811 service) for brief nutrition consultation by phone. For more in-depth nutrition counselling, please contact the Garratt Wellness Centre Outpatient Nutrition Counselling program at 604-204-2007. Self-referrals to the outpatient program are accepted.

BC Women's Hospital

Nutrition Services: **604-875-2330**

Provides nutrition counselling for women 6 months pre-pregnancy to 1 year postpartum. Accepts self referrals. Call to make appointments or for phone counselling.

Smoking, Alcohol & Drugs

Mothers and their partners need to make healthy choices before, during and after pregnancy. Using alcohol, tobacco and illegal drugs puts mothers and babies at risk. Do not drink alcohol. Do not smoke and avoid second hand smoke. Do not use illegal drugs or share needles. Drugs and medications of any kind (over-the counter remedies, prescription drugs, herbal teas/remedies, and vitamins) should be taken only with your doctor's or midwife's knowledge or advice. Pregnancy is the perfect time to make healthier choices. If you need help quitting or just need more information, talk with your doctor, midwife, and public health nurse or connect with one of these agencies:

Richmond Addiction Services **604-270-9220**

www.richmondaddictions.ca
info@richmondaddictions.ca

Offers counselling services for youth and their families (under the age of 25). Supports individuals and families who are affected by their own or someone else's substance use, problem gambling, or other behavioral addictions. Utilizes a holistic approach to enhancing health and wellness and emphasizes collaboration with the client's directions for change.

Transitions (Vancouver Coastal Health) **604-244-5488**

600-8100 Granville Avenue, Richmond, V6Y 3T6
 Outpatient assessment, treatment and advocacy/referral services for adults experiencing substance misuse and/or mood and anxiety disorders (or concurrent psychiatric and substance use disorders).

Ann Vogel/Methadone Clinic **604-233-5699**

Addiction services for people with substance misuse and addiction issues, including methadone maintenance. These services include treatment referrals, advocacy, counselling, support groups, harm reduction education and needle exchange.

Quitting Smoking

Tobacco Reduction Services: **604-233-3112**

BC Lung Association..... **604-731-5864**

2675 Oak Street, Vancouver, V6H 2K2
www.bclung.ca

Free quit smoking information. Smoking cessation coordinator available to speak to.

BC Smoking Cessation Program **811**

Free nicotine patch or gum for 12 weeks per calendar year for eligible BC residents. (There may be coverage for stop smoking medications through Fair PharmaCare.)

Please check with doctor before using any of these products.

Smoking Cessation Clinic **604-875-4800 (option 2)**

Vancouver General Hospital - Gordon and Leslie
Diamond Health Care Centre

Offers one-on-one education, monitoring and counseling support by a doctor or nurse.

Quit line **604-233-3152**

www.gosmokefree.ca

Quitnow.ca **1-877-455-2233**

Help for smoking cessation. 24 hours, 7 days a week.

Family Violence & Crisis

Physical or verbal abuse from a husband or partner is a problem that some women face during pregnancy. This is sometimes caused by increased strain on the relationship or feelings of jealousy and resentment towards the baby during and after pregnancy. If you feel threatened, get help. Remember, physical violence is against the law. You and your baby are at risk. If you have been physically hurt, it is important to get medical help from a doctor or Hospital Emergency as soon as possible. For further help contact:

Police **604-278-1212**

Emergency **911**

Chimo

Richmond Crisis line:..... **604-279-7070**

120 - 7000 Minoru Boulevard, Richmond, V6Y 3Z5

Chimo Richmond Office

Business: **604-279-7077**

#140 - 7000 Minoru Boulevard, Richmond, V6Y 3Z5

Free legal clinic, eating disorders clinic, advocacy program for help with referrals and forms completion. Provides crisis lines for suicide intervention services; a transition house, multicultural outreach programs for ex-transition house residents, and counselling for women who have experienced violence and for children who have witnessed violence. No fees for service.

Nova Transition House

Crisis line: **604-270-4911**

Business: **604-270-4900**

A transition house for abused women and their children. Provides a safe shelter, emotional support, information, advocacy, and education about violence against women and children. Free of charge. Also provides telephone crisis counselling and information for abused women who are not residents of Nova House. Services are available in a variety of languages.

S.U.C.C.E.S.S.

Mandarin Crisis line: **604-270-8222**

Cantonese Crisis line: **604-270-8233**

Provides telephone counselling for people in emotional or personal distress. Crisis line counsellors and trained volunteers to provide support, understanding and help in dealing with problems.

Women's Stopping the Violence Program..... 604-279-7077

120 - 7000 Minoru Boulevard, Richmond, V6Y 1Y3

Provides assessment, consultation, follow-up, individual and group support counselling services for women who have experienced violence from a husband or partner. Services are available in English, Spanish, Italian, Portuguese and French. Call for more information.

WAVAW (Women against Violence against Women)

24 hour line: **1-877-392-7583**

Crisis line: **604-255-6344**

Business: **604-255-6228**

Delamont, RPO. Box 29084, Vancouver, V6J 5C2

Works towards ending violence in the lives of women and children. Operates a 24 hour crisis line for women and offers individual counselling, support groups and education. Can accompany women and assist them in dealing with medical, police and legal matters.

Vancouver Rape Relief Women's Shelter

24 hour line: **604-872-8212**

www.rapereliefshelter.bc.ca

Offers a 24-hour crisis line and transition house for women and children. Provides emotional support, information, education and advocacy.

Vancouver & Lower Mainland..... 604-436-1025

Multicultural Family Support Services Society

5000 Kingsway Plaza - Phase III

#306 - 4980 Kingsway, Burnaby, V5H 4K7

www.vlmfss.ca

Provides counselling, support, and education services to multicultural women and their families who are facing family violence. Services are in a variety of languages Cantonese, Farsi, Gujarati, Hindi, Mandarin, Punjabi, Spanish, Tagalog and Vietnamese.

Richmond Women's Resource Centre 604-279-7060

Richmond Caring Place

#110 - 7000 Minoru Boulevard, Richmond, V6Y 3Z5

www.richmondwomenscentre.bc.ca

coordinator@richmondwomenscentre.bc.ca

Battered Women's Support Service counselling on Fridays, by appointment only.

Resource and drop-in centre for women. Provides, individual peer support (by appointment only), women's support group, and a French-speaking women's support group. Other services include information and referral, workshops on topics of interest to women, computer training, ESL instruction, income tax preparation for low-income women, special events, a newsletter, and a library.

VictimLINK 1-800-563-0808

www.communityinfo.bc.ca/victimlink.html

A province-wide telephone help line for victims of family and sexual violence and all other crimes. It operates 24 hours a day, seven days a week, and provides service in 130 languages. It will help you find information on the victim services closest to you.

Family Services of Greater Vancouver 604-279-7100

Richmond Caring Place

#250 - 7000 Minoru Boulevard, Richmond, V6Y 3Z5

Provides short term professional counselling in English, Cantonese and Mandarin. The cost is based on your ability to pay. Nobody's Perfect, and cultural adjustment groups are available in different languages. Call for more information.

Richmond Multicultural Community Services .. 604-279-7160

Richmond Caring Place

#210 - 7000 Minoru Boulevard, Richmond, V6Y 3Z5

Serves Richmond's growing ethno-cultural community as a central resource for referrals, information, translation, and interpretation services in a variety of languages. Provides settlement services for new immigrants and refugees. The Language Instruction for Newcomers (LINC) program includes on-site child minding.

SUCCESS - Richmond Office 604-279-7183

(United Chinese Community Enrichment Services Society)

Richmond Caring Place

#220 - 7000 Minoru Boulevard, Richmond, V6Y 3Z5

Call to register for Cantonese or Mandarin prenatal classes and hospital tours. SUCCESS offers settlement services to help Chinese immigrants and refugees to overcome language and cultural barriers. Services include information, interpretation, translation, referrals, family and youth counselling, and group activities for youth, women and seniors.

CHIMO

Chinese Immigrant & Refugee Services:..... 604-279-7077

Information, links to resources and assistance for new immigrants and refugees. Assistance is available in multiple languages.

Richmond Family Place..... 604-278-4336

Arabic:..... 604-329-4527

Gujarati:..... 604-329-3179

Mandarin/Cantonese 604-278-4336 ext. 112

8660 Ash Street, Richmond, V6Y 2S3
www.richmondfamilyplace.ca

The Richmond Early Years Bridging Project is for new and current refugee families living in Richmond with children 0–6 years of age. The service will support families through:

- Providing a safe and supportive environment to play and learn with your children
- Access to resources such as housing, health, food and education
- Introducing families to Canadian culture
- Address health, safety and nutritional needs
- Providing opportunities to meet other families, parenting support and resources

The Birth Centre at Richmond Hospital is the most convenient location for Richmond residents to give birth. If you choose a doctor/midwife who practices in another area in the lower mainland (eg. Vancouver) or if you are referred to an obstetrician in another area (eg. at BC Women’s Hospital), then you may be giving birth at the hospital where your doctor/midwife does most of his/her deliveries.

Pre-registration

This should be done at the hospital where you will give birth by the 20th week of your pregnancy or earlier. Pre-registration forms can be obtained from the information desk at The Richmond Hospital or from your doctor’s or midwife’s office (included in the Pregnancy Information Package).

Richmond Hospital Birth Centre Tours

5-part video tour to help families prepare for their visit to the Birth Centre at Richmond Hospital
YouTube channel: VCHhealthcare
<https://www.youtube.com/watch?v=Pg8e588AMPw>

Or visit VCH Internet site Your Health Labor and Birth
https://www.vch.ca/your_health/health_topics/maternity/labour-and-birth

Going Home

Most women will be discharged home within one or two days following birth if mother and newborn are not experiencing any problems. Mothers and newborns do very well with this shortened discharge time (if they have good care and support from family members and if they are closely followed by health care professionals).

In Richmond, this close follow-up is provided by the family doctor/midwife and the public health nurses from the Healthy Babies & Family Program.

Richmond Public Health

Healthy Babies & Families Program..... **604-233-3150**

All Richmond residents are visited in the Richmond Hospital by a public health liaison nurse prior to discharge from the hospital and then contacted again by a public health nurse within 24–48 hours of discharge. Follow-up care for you and your baby will be arranged. Public health nurses are available to offer support for you and your baby starting in the prenatal period and continuing until your child is 2 years old.

Baby Days Parent Group **604-233-3150**

Bring your baby and share the joys, frustrations, and concerns of being a new parent with other parents, public health nurses, and other resource people. Topics are of interest to parents of babies under 8 months of age.

Available in Mandarin and Cantonese

Child Health Clinics..... **604-233-3100**

Child health clinics are held by the public health nurses at several locations in Richmond. Clinics are available Monday through Thursday and in the evening. The public health nurse will immunize your child, as well as offer counselling about your child's growth and development, nutrition, parenting, safety and community resources.

Breastfeeding Clinic..... **604-233-3150**

Public health nurses offer individual help with baby's position and latch at the breast, assessment of mother's milk supply, baby's growth, and prevention and treatment of common breastfeeding concerns.

Audiology (Hearing) **604-233-3188**

Hearing tests for babies and children from birth to 5 years.

Speech and Language **604-233-3228**

Speech and language services for children up to 5 years old.

Nutrition **604-233-3150**

For advice on the foods that your baby needs, the following workshops are available:

Baby Food Demo (at Garratt Wellness Centre)... **604-204-2007**

Baby Food Demo (through Baby Days) **604-233-3150**

Helping Your Child (age 1-5) Eat Well **604-233-3103**

Also, you can call 811 and ask to speak to a Dietitian. Monday-Friday 9:00 am–5:00 pm. They have a dietitian that specializes in allergies.

Dental **604-233-3197**

www.bcdental.org/Find_a_Dentist/ReducedCostClinics.aspx
Information is available for low cost dental services on the BC Dental Association Website.

Tooth decay can be prevented and reversed if caught early. Children should have their teeth checked around their first birthday. The public health dental clinic provides free services to prevent tooth decay for children 1–5 years who do not have a dentist for regular care. Call for an appointment.

Richmond Hospital

Child Health Centre:..... **604-233-3222**

General Pediatrics Clinic
7000 Westminster Highway, Richmond, V6X 1A2

Provides consultation and treatment by pediatricians for children of all ages with acute and chronic medical problems, as well as follow-up care for infants discharged from Richmond Hospital Neonatal Intensive Care Unit. Physician referral is required.

Post Partum Exercise Education Class **604-204-2007**

Garratt Wellness Centre
7504 Chelsea Place, Richmond, V7C 3S9

Post Partum Fitness Class run by a physiotherapist for mothers with new babies up to 8 weeks old. Learn about: fitness after your pregnancy, pelvic back, and core muscle strengthening, lifting and moving safely, and tummy muscle separation assessment. No referral needed. Call to register:

Richmond Family Place:..... **604-278-4336**

8660 Ash Street, Richmond, V6Y 2S3
www.richmondfamilyplace.ca

Make the Connection Program: For parents and babies up to 1 year old. The parent-child relationship is at the heart of healthy child development. It affects secure attachment, brain and language development, social-emotional development and general success at school. Come join us in this FREE 9 week program to learn how you are helping your infant on a daily basis and how you can enhance that process.

Breastfeeding

Breastfeeding is the best way of feeding your baby. Refer to Baby's Best chance Parent Handbook which can be found online:

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

For information on feeding your baby and for advice about beginning breastfeeding, talk with your doctor/ midwife, public health nurse, lactation consultant, or call one of the services listed below.

Richmond Public Health Programs

Richmond Breastfeeding Clinic:..... **604-233-3150**
8100 Granville Avenue, Richmond, V6Y 3T6

Public health nurses offer individual help with baby's position and latch at the breast, assessment of mother's milk supply, baby's growth, and prevention and treatment of common breastfeeding concerns.

La Leche League Canada

Greater Vancouver Help Line: **604-520-4623**

Find meeting details and leader contacts for the Richmond/South Delta group at: www.lllc.ca

Provides breastfeeding information and support by telephone and at monthly meetings. Volunteer leaders are breastfeeding mothers who are trained to provide up-to-date breastfeeding information, encouragement, and support. Pregnant women are encouraged to attend meetings before baby's arrival.

Vancouver Breastfeeding Centre **604-738-1912**
#340 - 943 West Broadway, Vancouver, V5Z 4E1
www.breastfeedingclinic.com

Provides technical and medical help for women having difficulties with breastfeeding by staff and physicians who are lactation consultants. Referral needed.

BC Women's Hospital

Milk Bank donor information: **604-875-2282**

Recipient information: **604-875-2424**

Information to donate or receive breast milk:... **Ext. 7634**

Lactation consultant Service:..... **604-875-2282**

Breastfeeding Clinics:..... **604-875-3135**

Monday to Friday: 8:00 am-4:00 pm

Monday & Thursday: by appointment.

Clients are seen by a lactation consultant.

4500 Oak Street, Vancouver, V6H 3N1

Breast Pump Purchase & Rental

Should you need to use a pump there are a variety of manual and electric ones available. For more information about pumps call the public health nurse.

Richmond Public Health Programs	604-233-3150
McCue Drugs	604-278-9601
Regency Medical Supplies	604-273-5544
London Drugs	
No. 3 Road	604-278-4521
Ironwood Plaza	604-448-5468
Shoppers Drug Mart	
Blundell Centre.....	604-274-3023
Seafair Centre	604-277-2611
Garden City Centre	604-276-0067
Cambie Plaza	604-278-9105
Save-on-Foods	
Ironwood Plaza	604-448-1203
Nova Centre	604-273-3939
PriceSmart	
Ackroyd Road.....	604-278-8408
Children's & Women's Hospital	604-875-3020
(purchase/rental)	
Mother's Choice Products	604-275-9221
(Ameda-Egnell)	

Fitness/Leisure

Pregnancy is a physical challenge, and like any other physical challenge, it will be faced more comfortably with a strong and healthy body and mind. Talk to your doctor if you're thinking about starting something new.

Richmond Leisure Information Line	604-276-4383
Community Centres	
www.richmond.ca	
Cambie Community Centre	604-233-8399
12800 Cambie Road, Richmond, V6V 0A9	
South Arm Recreation Centre	604-718-8060
8880 Williams Road, Richmond, V7A 1G6	
Steveston Community Centre	604-718-8080
4111 Moncton Street, Richmond, V7E 3A8	
Thompson Community Centre	604-718-8422
5151 Granville Avenue, Richmond, V7C 1E6	
West Richmond Community Centre	604-718-8400
9180 No. 1 Road, Richmond, V7E 6L5	
Sea Island Community Centre	604-718-8000
7140 Miller Road, Richmond, V7B 1L4	
Lang Centre (City Centre)	604-233-8910
#140 - 8279 Saba Road, Richmond, V6Y 4B6	
Hamilton Community Centre	604-718-8055
5140 Smith Drive, Richmond, V6V 2W5	

Aquatic Centre & Pools

www.richmond.ca

Minoru Aquatic Centre

Swim Info: **604-718-8020**

7560 Minoru Gate, Richmond, V6Y 1R9
Year round operation

South Arm Pool

Swim Info: **604-718-8035**

10100 South Arm Place, Richmond, V7A 2E1
Seasonal operation only

Steveston Pool

Swim Info: **604-718-8030**

4151 Moncton Street, Richmond, V7E 3A8
Seasonal operation only

Water Mania **604-448-5353**

14300 Entertainment Boulevard, Richmond, V6W 1K3
Year round operation

Fee Subsidy Program is available to help low income families to participate fully in Parks, Recreation and Cultural activities. For information, please contact Diversity Services at 604-276-4107.

Safety

In Canada, auto accidents kill more than 70 children under the age of 5 every year. By correctly using an approved car seat (even on the very first ride home from the hospital) you decrease the chance that this will happen to your child.

BC Automobile Association (BCAA)

Vehicle Inspection

ICBC Child Passenger Safety Line:..... **1-877-247-5551**

Infant & Child Restraint Clinic

www.childseatinfo.ca

Free safety inspections of infant and child car seats. Inspectors will check items such as the use of tether straps and anchorage. Each inspection takes 20 minutes. Call to find out about the next clinic that will be in your community.

Richmond Fire Rescue **604-278-5131**

Car seat check. By appointment only.

T.J'S. Kiddies Korner..... **604-324-2888**

Weekly rentals only

88 Southwest Marine Drive SW, Vancouver, V5X 2R1

Canadian Red Cross Safety **604-709-6600**

3400 Lake City Way, Burnaby, V5A 4Y2 **1-800-565-8000**

www.redcross.ca

Offers a variety of first aid and safety courses including “Child safe”, “Emergency Child Care First Aid and CPR”, and “Standard Child Care First Aid and CPR”. Contact the Red Cross for details about courses in the lower mainland.

St. John Ambulance..... 604-321-2652
1-866-321-2651

6111 Cambie Street, Vancouver, V5Z 3B2
www.sja.ca/bc

Offer programs in both first aid and C.P.R., including “Save That Child” and “Emergency First Aid with Child Care”. The programs teach new parents about infant care, behaviour, safety, first aid and how to deal with illness.

Sudden Infant Death Syndrome (SIDS)
www.sidscanada.org

Prevention of Shaken Baby Syndrome
www.dontshake.ca

Richmond Leisure Services 604-276-4300
www.richmond.ca
Offers First-Aid courses for parents at various Community Centre locations.

Child/Day Care

Richmond Public Health
Community Care Licensing: 604-233-3147

8100 Granville Avenue, Richmond, V6Y 3T6

Issues permits and inspects licensed community care facilities for adults and children child care centres and preschools in Richmond. The list of these licensed facilities can be obtained by calling.

Childcare Search
<http://childcareinfo.gov.bc.ca/childcaresearch/search.aspx>
Website offers an online search for licensed child care providers.

Richmond Child Care Resource 604-279-7020
and Referral Centre
Richmond Caring Place
#190 - 7000 Minoru Boulevard, Richmond, V6Y 3Z5
Provides information about child care centers. Provides workshops for individuals operating family home day cares and assistance to parents with child care subsidy forms.

Childcare Subsidies 1-888-338-6622
www.mcf.gov.bc.ca/childcare
Ministry of Children & Families childcare subsidies are available to people with low income to help pay for the cost of day care or preschool. All subsidies are processed through the Victoria office.

Ministry of Housing & Social Development

Richmond Employment & Income Assistance **1-866-866-0800**
 Richmond District Office
 #100 - 5760 Minoru Boulevard, Richmond, V6X 2A9
www.gov.bc.ca/lasd

All Canadian citizens can apply for Income Assistance in British Columbia. Immigrants may be eligible for Income Assistance under certain circumstances.

Canada Revenue Agency **1-800-387-1193**
www.cra.gc.ca

An application form for the following services is included in the Registration Package given to all new parents at the hospital. The following financial services are available:

Canada Child Tax Benefit (CCTB)

The CCTB is a tax-free monthly payment made to eligible families to help them with the cost of raising children under age 18. The amount of the payment is based on the family's last year income tax return.

Universal Child Care Benefit (UCCB)

The UCCB is designed to help Canadian families as they try to balance work and family life, by supporting their child care choices through direct financial support. The UCCB is for children under the age of 16 years and is paid in installments of \$100 per month per child. There are no financial qualifications to receive this benefit.

Rental

BC Housing Management Commission **604-433-2218**
 #101 - 4555 Kingsway, Burnaby, V5H 4V8
www.bchousing.org

Housing Assistance

Subsidized housing for single parents and families.

Rental Assistance Program

This program provides money to help eligible low income working families with their monthly rent payments. For more information on either of these programs, to download an application form or have one mailed to you, call the BC Housing office or visit their website.

Tenants' Rights Information Line **604-255-0546**

Monday to Thursday: 9:00 am - 5:00 pm
www.tenants.bc.ca

Provides information regarding tenant rights, evictions, repairs, security deposits, rent increases and arbitration hearings.

Residential Tenancy Branch **604-660-1020**

#400 - 5021 Kingsway, Burnaby, V5H 4A5 **1-800-665-8779**
www.rto.gov.bc.ca

Information for conflict resolution between tenants and landlords. Information, fact sheets, forms, guidelines and applications for dispute resolutions are available online.

Co-operative Housing Federation of BC **604-879-5112**

www.chf.bc.ca
 Information about co-op housing and how to apply. Wait for housing is approximately 6 months to 3 years.

Temporary/Emergency

Nova Transition House

Crisis Line:..... **604-270-4911**

Business Line:..... **604-270-4900**

#120 - 7000 Minoru Boulevard, Richmond, V6Y 3Z5

Provides free help for abused women and their children who are at risk of family violence. Safety, food & shelter; and counselling are provided for a maximum one month stay. See page 21 for more information.

Vancouver Rape Relief and Women’s Shelter

24 hour line:..... **604-872-8212**

www.rapereliefshelter.bc.ca

Offers 24-hour crisis line and transition house for women and children who are at risk of family violence, by providing emotional support, information, education, and advocacy.

Postpartum Mood Disorders

In pregnancy or after the birth of your baby you may feel restless, irritable, tearful, discouraged, depressed or helpless. These “feelings” can seem overwhelming for new mothers. For help or advice contact your family doctor, public health nurse or:

Pacific Postpartum Support Society..... **604-255-7999**

104 - 1416 Commercial Drive, Vancouver, V5L 3X9

www.postpartum.org

Offers a self-help program and support to women experiencing postpartum depression or anxiety after childbirth. The program involves telephone counselling and weekly support groups in Richmond and Vancouver. Fees are waived or charged on a sliding scale.

Transitions **604-244-5486**

600- 8100 Granville Avenue, Richmond, V6Y 3T6

Outpatient assessment, treatment and advocacy/ referral services for adults experiencing substance misuse, mood and anxiety disorders. Individual and group counselling is available.

Richmond Mental Health **604-244-5488**

Outpatient Services

7000 Westminster Highway, Richmond, V6X 1A2

Group and Individual Psychotherapy

Community based psychiatric assessment and treatment for adults with mood and/or anxiety disorders and related problems of living. Group therapy programs and psychiatric consultation and treatment services are offered. A doctor’s referral is required.

Reproductive Mental Health Program

Serves women experiencing mental health problems specifically related to reproduction. The types of problems addressed include: mental health difficulties in pregnancy, postpartum depression and/or anxiety, premenstrual syndrome and related menopausal symptoms, infertility and pregnancy loss. Psychiatric consultation and short-term follow-up is offered. A doctor's referral is required.

Richmond Mental Health Emergencies..... 604-244-5562

Call this emergency number or go to the Richmond Hospital Emergency Department

Here to Help

www.heretohelp.bc.ca

HeretoHelp is a project of the BC Partners for Mental Health and Addictions Information. We're working together to help individuals and families better manage mental health and substance use problems. We're here to help.

BC Women's Hospital

Reproductive Mental Health Program 604-875-2025
#214 - 4500 Oak Street, Vancouver, V6H 3N1

Serves women with psychiatric disorders specifically related to their reproductive cycle. A doctor's referral is required.

Meeting Other Parents

Parenting can be very challenging. That's why many people find it helpful to speak with other parents about the joys and worries of parenting. Contact Parks & Leisure Services (604-276-4107), your local community centre for neighbourhood "drop-in", your local faith community (churches, temples, synagogues) for mother's groups, or your public health nurse (604-233-3150) for more information.

Richmond Public Health

Baby Days:..... **604-233-3150**
Bring your baby and share the joys, frustrations, and concerns of being a new parent with other parents, public health nurses, and other resource people.
Available in Cantonese and Mandarin

Thompson Community Centre

5151 Granville Avenue, Richmond, V7C 3K8
No pre-registration necessary

Richmond Public Health

8100 Granville Avenue, Richmond, V6Y 4G1
No pre-registration necessary

Richmond Family Place:..... 604 278-4336
8660 Ash St, Richmond, V6Y 2S3
Plus 10 other locations in Richmond
www.richmondfamilyplace.ca

Play & Learn Drop-In programs provide a welcoming environment for ALL families with children from birth to 12 years of age. Come and meet other parents while accessing play-based learning opportunities, literacy activities, parent education programs and workshops, and information and referrals to other services in the community.

Richmond/Delta Parents of Twins & Triplets

South Arm Community Centre
8880 Williams Road, Richmond, V7A 1G6

Meets first Wednesday/month: 7:00 pm–9:00 pm.
September to June.

A support group for parents of multiples.

**Parenting/Parent Support/
Counselling Services**

Parent Support Services Society of BC..... **604-669-1616**

1-800-665-6880

#204 - 5023 Imperial Street, Burnaby, V5J 1G1

www.parentsupportbc.ca

Province-wide network of self-help support groups for parents. Volunteer-facilitated groups meet weekly to help parents deal with stress, build support systems and work to improve the parent/child relationship which are anonymous and confidential. Support groups available in Richmond.

Family Services of Greater Vancouver **604-279-7100**

#250 - 7000 Minoru Boulevard, Richmond, V6Y 3Z5

Professional counselling is offered to parents. Fees are based on your ability to pay. Parenting groups, workshops and Community Kitchens (Cooking club) are also available.

Support and Counselling

Nobody's Perfect

A free parenting program offered to parents of young children age 0-5 who are feeling isolated and overwhelmed, and who would like to learn more about positive parenting skills. Childcare, books, and snacks are provided, and transportation can be arranged. This program is available in English, Cantonese, Mandarin, Spanish, Somali, Arabic, Farsi, and Punjabi/Hindi. Call for more information.

Richmond Family Place..... **604-278-4336**

8660 Ash Street, Richmond, V6P 3M2
www.richmondfamilyplace.ca

Provides support and networking opportunities for parents of young children 0-6 years old. Support includes. Playroom Drop In, parenting classes (including Nobody's Perfect), parent-child classes (including Mother Goose and Make the Connection, Dad and Child Breakfast), resource library, and parenting support. For information on hours, programs and locations visit our website.

Richmond Hospital Child Health Centre

Richmond Early Childhood

Mental Health Program: **604-278-9711 ext. 4055**

7000 Westminster Highway, Richmond, V6X 1A2

Offers a range of services to families whose children between ages 0-5 are exhibiting behavioral problems. This can be (but is not limited to) feeding, sleeping, crying, aggression, anxiety, not listening, potty training, adjustment to adoption and bonding concerns. Requires doctor's referral and services are covered by your health card.

Support and Counselling

Touchstone Family Association..... **604-279-5599**

Cantonese/Mandarin:..... **604-207-5028**

#120 - 6411 Buswell Street, Richmond, V6Y 2G5

Provides a range of counselling and support services for families and children. Services include therapeutic art and play activities, teaching parenting skills and child development, and working with families and resources available to them.

Community Action Program for Children **604-207-5028**
(CAP-C Program)

www.capc@touchfam.ca

Free programs are offered to Richmond families with children 0-6 years old, including two support groups. Our support groups provide an opportunity for parents to socialize and network, participate in discussions and workshops, which include self-development (physical and emotional), parenting and other topics of interest. Services are offered in Cantonese and Mandarin. Call for more information.

S.U.C.C.E.S.S **604-408-7266**

Provides counselling services for individuals, couples and families. Play therapy for children is also offered. Fees are based on a sliding scale. Services offered in English, Cantonese and Mandarin.

CHIMO

Outreach & Advocacy Services:..... **604-279-7077**

Assistance with connecting to the appropriate community resources, completing necessary forms, helping to make appointments and talking directly with the agencies.

Young Parents

Healthiest Babies Possible **604-675-3982**

Richmond Prenatal/Postnatal Young Parents group.

Meets weekly at the Caring Place. Multiagency support and parenting group. Call for more information.

Richmond Secondary School

Colt's Young Parent Program:..... **604-668-6400**

Teacher:..... **ext.1266**

Family Support Worker:..... **ext. 1351**

7171 Minoru Boulevard, Richmond, V6Y 1Z3

An education program that assist pregnant and/or parenting youth between the ages of 13-26 to complete their high school education. An on-site licensed daycare is available for student use.

Kwantlen Young Parents Program **604-599-2794**

8771 Lansdowne Road, Richmond, V6X 3V8

www.kwantlen.ca

Kwantlen's Young Parents' program offers a transition to post-secondary, assisting young parents who want to resume their high school education, or begin college or university level courses. The Young Parents' program is offered at the Richmond Campus.

Special Needs

Community Living BC **604-664-0101**

www.communitylivingbc.ca

Support services for children with a developmental disability, autism, spectrum disorder, and those eligible for the At Home Program.

Richmond Society for Community Living..... **604-279-7040**

#170 - 7000 Minoru Boulevard, Richmond, V6Y 3Z5

Committed to the provision of community based services for children and adults who have developmental disabilities. Services provided include, but are not limited to, community respite care, after school recreation and residential support.

Richmond Infant Development Program **604-279-7058**

#170 - 7000 Minoru Boulevard, Richmond, V6Y 3Z5

Provides education and support to parents with children, up to 3 years of age, who are at risk for, or who already have a delay in development. Support is provided through home visits, workshops, and opportunities to meet other parents. Referrals may be from your family doctor, public health nurse or you personally.

Carefree..... **604-279-7044**

carefreesociety@shaw.ca

Play group for children with special needs, ages 6 months to 3 years. Referrals required.

The BC Centre for Ability..... **604-451-5511**
2805 Kingsway, Vancouver, V5R 3T6

For children 0 - 5 years old. Occupational
Physiotherapy and Speech Language Therapists.
In-home program as well as daycare, preschool visits.
Professional or self referral.

Richmond Centre for Disability **604-232-2404**
#100 - 5671 No. 3 Road, Richmond, V6X 2A9

Provide specialized information and services pertaining
to disability and accessibility issues. Services include
referrals, disability resources employment assistance,
skills training, recreational groups and specialized
activities for children with disabilities, including a
summer camp, Chinese support and parking permits
for people with disabilities.

Legal Services

Legal Aid..... **604-273-9311**
#300 - 8055 Anderson Road, Richmond, V6Y 1S2
Monday to Thursday: 9:00 am–4:00 pm
Friday: 9:00 am–12:00 pm

Legal information for people with low income.

Lawyer Referral Services **604-687-3221**

#1000 - 845 Cambie Street, Vancouver, V6B 5T3

A fee of \$25.00 for up to the first 30 minutes for a
lawyer to determine if there is a legal issue where a
lawyer can assist.

CHIMO

Neighbourhood Law Clinic:..... **604-279-7077**
www.chimocrisis.com

Volunteer lawyers assist those who cannot afford a
lawyer and who have been refused legal aid. Clinics
cover family, immigration, criminal, civil and personal
injury law.

Family Justice Centre **604-660-3511**

BC information: www.ag.gov.bc.ca/family-justice

Federal child support guidelines: www.canada.justice.gc.ca

A free service to help mediate issues such as child
custody, guardianship, child access, child and spousal
support outside of court setting. Also, “Parenting after
Separation” class is offered. Call for an appointment.

Free or Low Cost Goods/Food

Richmond Food Bank **604-271-5609**
<http://www.richmondfoodbank.org>

Free groceries for anyone in need living in Richmond

2 Locations:

Richmond Food Bank Society

5800 Cedarbridge Way #100, Richmond, V6X 2A7
Distribution on Wednesday and Thursday from 11:00 am
–1:00 pm and from 6:00 pm–7:00 pm every Thursday

Peace Mennonite Church Gym

11571 Daniels Road, Richmond, V6X 1M7
Distribution on Tuesday 3:30–5:00 pm

Family Services of Greater Vancouver

Community Kitchens: **604-279-7100**
#250 - 7000 Minoru Boulevard, Richmond, V6Y 3Z5

People living in Richmond are invited to meet new friends, learn to cook, learn new recipes, and save money at the Community Kitchen operating at various locations. There is a small cost. Call to register and to get information on locations.

Free Community Meals

Meal offered to anyone regardless of means, social situation or religious affiliation

Gilmore United Church Community Meal... **604-277-5377**

8060 No. 1 Road, Richmond, V7C 1T9
Thursday (January - November): 5:30 pm

Peace Community Meal **604-278-0111**

11571 Daniels Road, Richmond, V6X 1M7
1st, 3rd, and 5th Tuesday (September - June): 5:30 pm

Richmond Bethel Church **604-274-2811**

10200 No. 5 Road, Richmond, V7A 4E5
office@richmondbethel.ca
Wednesday: 6:00 pm

Richmond Baptist Church **604-277-1939**

6640 Blundell Road, Richmond, V7C 1H8
Saturday: 12:00 pm, when schools are in session
(not in December/July or August).

Salvation Army **604-277-2424**

8280 Gilbert Road, Richmond, V7C 3W7
Thursday: 12:30–1:30 pm

Emergency Food Bank

Monday to Friday 9:00 am–4:00 pm
Closed from 12:30–1:30 pm

St. Alban's Community Meal **604-278-2770**

7260 St. Alban's Road, Richmond, V6Y 2K3
Tuesday (September - June): 5:30 pm

Richmond Shares **604-279-7061**
www.richmondshares.bc.ca

Website with information to acquire or donate household items, clothing, sporting goods, furniture and more

Richmond Low-Income Directory
www.yourlibrary.ca/findall/community/lird.cfm

An online directory for low cost resources found in Richmond. The directory can be found on the Richmond Library website.

Thrift Stores

Richmond Family Place Thrift Shop **604-278-4336**
 8660 Ash Street, Richmond, V6Y 2S3
 Monday to Friday: 10:00 am–3:30 pm
 Saturday: 10:00 am–2:00 pm
 Tuesday (½ price day)

Salvation Army Thrift Store **604-267-4942**
 8384 Granville Street, Vancouver, V6P 4Z7
 Monday to Friday: 9:00 am–6:00 pm
 Saturday: 9:00 am–9:00 pm

SOS Children’s Village Society **604-274-8866**
Treasure Cottage
 3800 Moncton Street, Richmond, V7E 3A6
 Monday to Saturday: 10:00 am–4:00 pm
 Sunday: 11:00 am–3:00 pm

SPCA Thrift Shop **604-276-2477**
 #160 - 5400 Minoru Boulevard, Richmond, V6X 2A9
 Monday to Saturday: 10:00 am–6:00 pm
 Sunday: 11:00 am–5:00 pm

The Richmond Hospital
Auxiliary Thrift Shop:..... **604-271-1551**
 3731 Chatham Street, Richmond, V7E 3A6
 Monday to Saturday: 10:00 am–3:00 pm

Value Village **604-248-2285**
8240 Granville Avenue, Richmond, V6Y 1P3
Monday to Saturday: 9:00 am–9:00 pm
Sunday: 10:00 am–6:00 pm

Richmond Animal Protection **604-244-7529**
Society Thrift Store
8260 Granville Avenue, Richmond, V6Y 1P3
Monday to Saturday: 10:00 am–5:30 pm

Other Resources

Volunteer Richmond Information Services
Richmond Connections: **604-279-7020**

Richmond Caring Place
#190 - 7000 Minoru Boulevard, Richmond, V6Y 3Z5
www.volunteerrichmond.ca

A non-profit society that brings together people and services by providing them with community information and promoting volunteerism. As the community information centre in Richmond, the organization acts as a bridge between the community and the resources available, publishing and making available various directories with the support of community partners, such as the Richmond Community Services Directory, Seniors Directory and Low Income Resource Directory. They provide community brochures, pamphlets, guides, maps as well as government forms at their office and at Richmond Shopping Center. Information on other programs like the Richmond Christmas Fund, Volunteer Centre, and Leadership Now, are available on their website:
www.volunteerrichmond.ca free brochures and Richmond Community Services Directory.

Richmond Public Library

Pregnancy, birth, and parenting information are available in the form of books, magazines, videos and web pages. See page 13 for library locations, phone numbers and website.

Resources Information

Richmond Public Health **604-233-3150**
8100 Granville Avenue, Richmond, V6Y 3T6

Offers a variety of free brochures, pamphlets, and guides on topics, including pregnancy, birth, nutrition, oral health, breastfeeding, prenatal classes, parenting, tobacco reduction and cessation and safety.

This directory was sponsored by:

The Richmond Advisory Council on Perinatal Issues

For general information please call: 604-233-3150

- CHIMO Richmond Crisis Centre Citizen Representative
- Colts Program - Richmond Secondary School
- Douglas College Perinatal Programs
- Family Services of Greater Vancouver (Richmond)
- La Leche League (Richmond/Ladner)
- Ministry of Children & Family Development
- Pacific Postpartum Support Society
- Richmond Addiction Services
- Richmond Physician and Midwives
- Richmond Family Place
- Richmond Infant Development Program Richmond
- Multicultural Community Services
- Richmond Public Library
- S.U.C.C.E.S.S.
- Touchstone Family Association
- Vancouver Coastal Health
 - Richmond Public Health
 - The Richmond Hospital
 - Richmond Healthiest Babies Possible
 - Richmond Community Engagement
 - Richmond Reproductive Mental Health
 - Richmond Early Childhood Mental Health

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email pchem@vch.ca and quote Catalogue No. **GH.22.P74**
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www.vch.ca