Local Prenatal & Postpartum Supports

Community resources for pregnancy, birth, and early parenthood in Nanaimo and surrounding areas



Pregnancy & Birth

- **Building Better Babies Program**: Tillicum Lelum Aboriginal Friendship Centre: Prenatal classes, doula support, a “moms, dads and babies” group for families with children under 6 months, and a group drop-in program - 250-753-6578 - https://www.tillicumlelum.ca/programs/mothers#building-better
- **Child & Family Wellness Counsellor**: Ronna Greggain - www.deeplyrootedconsulting.ca
- **Crisis Pregnancy Centre**: CrossRoads: Free and confidential pregnancy tests, peer counselling, options support, post-abortion support, pregnancy/infant loss support, and baby resources (clothing, diapers, formula) - 250-716-1633 (24/7 Option Line: 1-800-712-4357)
- **Dad Central** - Resource for soon-to-be dads, courses, and more resources - www.dadcentral.ca
- **Doula Services**: Harbour City Doulas - Personalized support for families having babies, full spectrum doulas, educators, and practitioners supporting your unique birth journey - www.harbourcitydoulas.com
- **Early Years Program**: Ladysmith Resource Centre Association: Designed to support children and parents through education, connection, and community-based resources - 250-245-3079 - https://www.lrca.ca/no-title/

Family & Postpartum Support

- **Child Development Centre**: Infant, family, and child and youth development, early intervention therapy, family resource navigator, drop-in playgroup, school-age therapy, and more. No-cost programs - https://nanaimocdc.com
- **Family and Maternity Care**: Lexitor Medical Clinic - 250-753-6646 - https://lexitormedical.ca
- **Gathered In Motherhood**: In-person support groups for Pre-and postnatal mothers facilitated by a Registered Social Worker: www.gatheredinmotherhood.ca
- **Holistic Postpartum Coach**: Judith Finger: Offering core and pelvic floor recovery, group mom and baby fitness classes in the Cowichan Valley - Contact Judith at re.connect@gmail.com
- **Postpartum International Support**: Helpline - 1-800-944-4773 - Online Support groups and Chat With An Expert: https://postpartum.net
- **Ministry of Children and Family Development**: Call toll-free in B.C. at **1-800-663-9122** if you think a child or youth is being abused or neglected. It is available **24 hours a day**. Indigenous services, special needs services, adoption, foster care, and kinship services - https://www2.gov.bc.ca/gov/content/governments/organizational-structure/ministries-organizations/ministries/children-and-family-development
- **Lactation Consulting, Postpartum Doula, and Infant Craniosacral Therapist**: Amy Olsen: www.amyolsenlactation.com
- **Lavender Perinatal Loss Support Group**: Facilitated by a Registered Clinical Counsellor. This group is inclusive for all stages of loss, miscarriage, stillbirth, and Termination for Medical Reasons. Partners are also welcome. No cost. The group runs on the third Thursday of the month. Contact Noelle Reimer to register:

noellereimercounselling@gmail.com or programs@butterflysupportnetwork.ca

Clinical & Wellness Care

- **Marigold Massage and Wellness**: Registered Massage Therapy - https://www.marigoldmassage.ca/booking-appointments.html
- **Motherhood Counselling**: Sam Leung, Registered Clinical Counsellor - Mental health counselling services in-person and virtually for women in any stage of motherhood (fertility, conception, pregnancy, postpartum, motherhood) - www.samleungcounselling.ca - Email: hello@samleungcounselling.ca
- **Nanaimo Perinatal Nursing Unit** at Nanaimo Regional General Hospital: 250-755-7691, then dial 52021
- **Nanaimo Public Health Unit**: Immunizations, nutrition, harm reduction, pregnancy and early motherhood care, hearing clinics, and speech therapy: 250-755-3342
- **Nutritionist & Coach**: Kasandra Fredrickson - Founder of Her Nourished Comeback - Certified Holistic Nutritionist, Fitness and Life Coach, Postpartum Nutrition and Wellness - Instagram: @hernourishedcomeback
- **Pelvic Health & Wellness Clinic**: Northwood Clinic - Offering a wide range of services: Pelvic Floor Physio, Registered Massage Therapy, Physiotherapy, Naturopathic Medicine, Kinesiology, and more - 250-714-1464https://www.northwoodpelvichealth.com

Community, Movement & Relationships

- **Preloved Clothes, Toys, Books, Gear, Maternity**: Little Bloom Consignment - www.littlebloom.ca
- **Prenatal Yoga**: Modo Yoga Nanaimo - www.modoyoga.com
- **Relationship Counsellor**: Autumn Fowler, and founder of The Nest Counselling - Offering couples retreats, courses, and counselling services - www.autumnfowler.com and www.nestcounselling.ca

- **Midwifery Care**: Nanaimo Registered Midwives - 250-741-1294 - www.nanaimomidwives.ca
- **Midwifery Care**: Sage Community Midwives - 250-754-7636 - www.sagemidwives.ca
- **3 Cedars Wellness**: Interdisciplinary Wellness Centre: Offering a wide range of services: Chiropractor, Pelvic floor Physio, Registered Massage Therapy, Physiotherapy, Naturopathic Medicine, Kinesiology, and more - https://3cedarswellness.com

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