



## **Programs and Services: Reproductive Care & Family Wellness**

Opikinawasowin: Métis Reproductive Justice  
from Hospital to Home.

Environmental Scan: Programs and Services  
for Reproductive Care and Family Wellness



# Programs and Services: Reproductive Care & Family Wellness

## **Opikinawasowin: Métis Reproductive Justice from Hospital to Home.** **Environmental Scan: Programs and Services for Reproductive Care and Family Wellness**

**Purpose:** As part of LFMO's Opikinawasowin: Métis Reproductive Justice from Hospital to Home Initiative, an environmental scan of available programs and services that support Métis women and families in reproductive care and wellness was completed. The search included organizations that support Métis communities at all stages of family wellness, including family preservation and reunification. It aims to identify gaps and opportunities while considering the lived realities and needs of Métis families from an intersectionality perspective.

**Methodology:** A search of programs was completed by Googling key terms related to audience ("Métis", "Indigenous", "FNIM"), location ("Canada", "National", each province), and targeted support area ("Birth", "Reproductive Care", "Pregnancy", "Parenting", "Childhood Care", "Family", "Child Apprehension", "Postpartum", "Prenatal", "Postnatal", "Maternal Health", and more). Additional search terms include "Support," "Group," "Service," and "Program."

The results from this search list are not exhaustive. As such, community consultations were conducted to elucidate additional available programs and services that may not be easily accessible through online searches.

**Findings:** The environmental scan yielded an extensive list of reproductive and family wellness programs and services available for Métis women, gender-diverse individuals, and families. Some programs focused on early family stages, including: Prenatal Support, Birthing Support, Healthy Babies, Parenting Support, and Nutrition. Others focused on later stages: Family Preservation, Family Support, Healthy Children, and Child Welfare. See Tables organized by province or region and life stage.

**Conclusion:** Various programs support each stage of family planning, birthing, and child development across Canada and the Métis Motherland. Analysis revealed that available programs and services address general health and social needs; there is a lack of specialized, culturally relevant programs that address the unique intersection of Métis identity and family systems.

The following tables outline various programs and services that support Métis women and families in reproductive care and wellness. The resource includes organizations that support Métis communities at all stages of family wellness, including family preservation and reunification. The tables below are organized by province or region, and life stage:

**Note:** *This list is not exhaustive and may be missing programs and services. If you are aware of any additional resources, please contact LFMO at [research@metiswomen.org](mailto:research@metiswomen.org)*

**Reproductive Health:** Various programs are available to support overall well-being related to the reproductive system, including family planning and sexual health education.

**Prenatal Support:** Numerous resources and programs are available to support the prenatal health of individuals who are pregnant or expecting to give birth. These resources aim to ensure a healthy pregnancy is achieved.

**Birthing Support:** Some services offer direct hands-on support to facilitate the birthing process. Midwives and doulas provide comprehensive support throughout pregnancy, labour, and birth, focusing on the health and well-being of the birthing person and child.

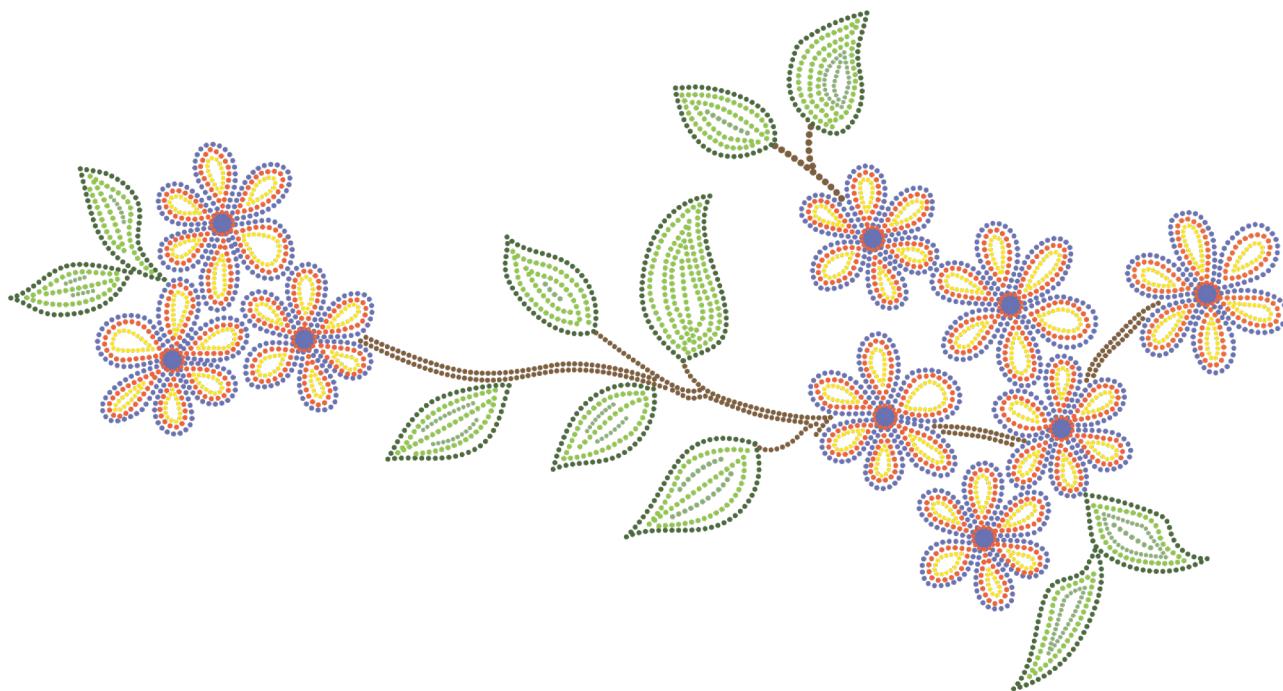
**Parenting Support:** In addition to pregnancy support, various programs offer resources and support for new parents as they navigate parenthood.

**Healthy Development:** Programs and services are available that focus on the healthy physical, emotional and social development of babies from birth.

**Nutrition:** Access to healthy foods is crucial during pregnancy and early childhood, as it is essential for healthy child development. Several programs and services are available to support education and improve access to adequate nutrition.

**Healthy Family Programs:** Numerous programs exist that aim to preserve family systems and maintain relationships, thereby protecting family units from child separation and reunification. Other programs and services aim to support the entire family unit, offering resources to address the diverse needs of families.

**Child Welfare:** Child welfare services are provided by provincial and territorial governments. However, programs and services are designed to support families throughout the process.



## ALBERTA

Program	Organization	Theme/Life Stage	Description	How to Access
Healthy Parents, Healthy Children	Alberta Health Services	Prenatal Support; Parenting Support; Nutrition; Healthy Development	Informational website with resources and education for expectant parents and parents.	Find more information <a href="#">here</a> .
Family Resource Network (FRN)	Alberta Health Services	Healthy Family Program	Provincial Family Resource Networks (FRNs) provide supports and services to help Alberta families become resilient, strong and healthy. Agencies within the FRN program deliver prevention and early intervention services and supports to children and youth aged 0 to 18, as well as their families.	Find more information <a href="#">here</a> .
Parenting Support -Native Network Parent Link Centre	Metis Calgary Family Services	Parenting Support; Nutrition	The Native Network Parent Link Centre targets early child development from birth to age 6 in Alberta. They offer family support services, including nutrition programs, baby essentials, clothing donations, and provisions, to help ensure your children's development is on track.	List of support programs found <a href="#">here</a> .
Programs, Services, & Resources	Métis Settlement FASD Network	Healthy Development	The Métis Settlements FASD Network exists to enhance the capacity of Communities to prevent Fetal Alcohol Spectrum Disorder (FASD) and support those impacted by FASD through coordinated planning, collaboration, education, service delivery and advocacy.	List of support programs found <a href="#">here</a> .
Ready or Not Alberta	Alberta Health Services	Prenatal Support; Nutrition	Ready or Not is an informational website to provide resources on prenatal health to support a healthy pregnancy.	List of resources found <a href="#">here</a> .
Indigenous Prenatal Services Resources	University of Alberta	Prenatal Support	List of Indigenous prenatal services within Alberta.	Resource directory found <a href="#">here</a> .
Fireweed Wellness Lodge	Ihkapskwa Collective	Reproductive Health; Prenatal Support; Birthing Support; Parenting Support	Fireweed Wellness Lodge specializes in youth and outreach clinics to help minimize barriers to accessing care. Offering Indigenous service providers for access to Reproductive health care, midwifery-led prenatal/postnatal care, a Clinical Herbalist, Mental health and primary health care.	Find more information <a href="#">here</a> . Email: info@ihkapskwaplatform.com

Family Supports	Métis Child and Family Services Society	Healthy Family Program; Child Welfare	Métis Child and Family Services Society strives to enhance the quality and effectiveness of social services for Métis children and families in need. To develop and provide programs which will preserve and strengthen the Métis family.	Find more information <a href="#">here</a> .
Family Services	Metis Calgary Family Services	Healthy Family Program; Child Welfare	Metis Calgary Family Services provides responsive, community-based services which are culturally specific.	Find more information <a href="#">here</a> . Phone: 403-240-4642 Email: <a href="mailto:mail@mcfs.ca">mail@mcfs.ca</a>
Métis and Indigenous Children's Services offices	Government of Alberta	Healthy Family Program; Child Welfare	List of Metis and Indigenous Children's Services offices in Alberta.	Find more information <a href="#">here</a> .
Métis Child & Family Services Society (MCFSS)	Government of Alberta	Healthy Family Program; Child Welfare	Métis Child & Family Services Society (MCFSS) Edmonton provides support for Children and Youth who are in the care of Alberta Child and Youth Services.	Find more information <a href="#">here</a> .
Métis Family Resource Program	Otipemisiwak Métis Government	Healthy Family Program	The Métis Family Resource Program can assist Métis families involved with Children and Family Services by providing child-centred cultural support and advocacy, as well as cultural plans.	Find more information <a href="#">here</a> . Phone 780-455-2200 Email <a href="mailto:mfrp@metis.org">mfrp@metis.org</a>
Peer Support and Legal Information	Family Advocacy Support Centre (FASC)	Healthy Family Program	FASC is committed to supporting families and communities that have experienced and continue to experience the harm perpetuated by the child welfare/family policing system and the intergenerational effects of child welfare involvement.	Find more information <a href="#">here</a> .
Programs and Services	Alberta Native Friendship Centres Association (ANFCA)	Healthy Development; Nutrition	Every Friendship Centre offers supportive programs and services that are needed in its community.	Find more information <a href="#">here</a> .

## BRITISH COLUMBIA

Program	Organization	Theme/Life Stage	Description	How to Access
StrongStartBC	Government of British Columbia	Healthy Development	StrongStart BC programs provide learning environments that support early development in language, physical, cognitive, social, and emotional areas.	Find more information <a href="#">here</a> . Map of centres found <a href="#">here</a> .
Métis Child Care Benefit Program	Métis Nation of British Columbia	Parenting Support; Healthy Development	The Métis Child Care Benefit (MCCB) is a monthly benefit to support parents with their Licensed or Registered License-Not-Required childcare and Licensed Preschool fees.	Find more information <a href="#">here</a> . Email: <a href="mailto:metisearlyyears@mnbca.ca">metisearlyyears@mnbca.ca</a>
Myoopimaatishihk (Wellbeing) Program	Métis Nation of British Columbia	Parenting Support; Healthy Development	Through the Myoopimaatishihk (Wellbeing) Program, families can apply for financial support to help cover the costs of a wide range of services, programs, and products, including but not limited to respite care, speech therapy, assessments, specialized equipment, and mental health supports.	Find more information <a href="#">here</a> . Email: <a href="mailto:metisearlyyears@mnbca.ca">metisearlyyears@mnbca.ca</a>
Métis Family Connections -Early Years (Birth to Eight Years)	Métis Nation of British Columbia	Parenting Support; Healthy Development	Métis Family Connections – Early Years helps families access programs and services available in their region.	Find more information <a href="#">here</a> . Enrollment form found <a href="#">here</a> .
The Tree Program	Kamloops Family Resources Society	Prenatal Support; Birthing Support; Parenting Support	Families can find healthy food, peer-based social support, connections to professional services, clothing, baby equipment, health and parenting workshops, and other special events and activities at the drop-in program.	More information can be found <a href="#">here</a> . Phone: 250-377-6890 Email: <a href="mailto:admin@kfrs.ca">admin@kfrs.ca</a>
Doulas & Midwives	ekw'i7tl doula collective	Prenatal Support; Birthing Support; Parenting Support	Indigenous doulas who work with midwives, doctors and birth workers to provide full-circle mental, emotional, physical, and spiritual support to mothers and families during pregnancy, labour, birth, postpartum care and beyond.	Find more information <a href="#">here</a> . Email: <a href="mailto:ekwi7tdoulacollective@gmail.com">ekwi7tdoulacollective@gmail.com</a>
Harmony House	Phoenix Transition Society	Prenatal Support; Birthing Support; Parenting Support; Healthy Development	Harmony House is a safe house to support pregnant women and new mothers struggling with mental health and or addictions.	Find more information <a href="#">here</a> . Phone: 236-423-3335

Support Services	Pacific Post Partum Society	Parenting Support	The Pacific Postpartum Society offers a variety of free and low-cost support services for new parents who are struggling after welcoming a new child into their family.	Find more information <a href="#">here</a> .  Call or text for support: 604-255-7999
Métis School Break Supplement	Métis Nation of British Columbia	Healthy Development	The Métis Summer Break Supplement is a benefit to help Métis families with the cost of school break programs. This supplement will support families with the costs of school break programs.	Find more information <a href="#">here</a> . Email: metiseducation@mncbc.ca.
Programs and Services	Métis Family Services	Healthy Family Program; Child Welfare	Métis Family Services offers programs and services to provide community and cultural support, including a guardianship program, a rapid response team, child and family group therapy, and a cultural activities program.	Find more information <a href="#">here</a> . Email: reception@metisfamilyservices.ca
Programs and Services	Niw̱kōwin Métis Family Services Society	Healthy Family Program; Healthy Development	The Niw̱kōwin Métis Family Services Society (NMFSS) offers comprehensive services that foster the physical, mental, cultural, emotional, and spiritual well-being of Métis children and families in the Prince George area.	Find more information <a href="#">here</a> .
Programs and Services	Métis Community Services Society of BC	Healthy Family Program; Healthy Development	MCSBC provides integrated, holistic, family-centred, wraparound services to all those who need assistance, with special emphasis on Indigenous populations, specifically Metis populations.	Find more information <a href="#">here</a> .
Programming	Lii Michif Otipemisiwak Family and Community Services	Healthy Family Program; Healthy Development	Lii Michif Otipemisiwak Family and Community Services' vision is that all Métis children, youth and families live with love, honour, dignity and respect, knowing they belong to a strong, proud People with a unique heritage and cultural identity.	Find more information <a href="#">here</a> .
Early Years Services	Island Metis Family & Community Services Society	Healthy Family Program; Healthy Development	Island Metis Family & Community Services Society programs facilitate the development of new skills through mentorship, practice & repetition.	Find more information <a href="#">here</a> .

Programs and Services	Surrounded by Cedar Child and Family Services	Healthy Family Program; Healthy Development	Surrounded by Cedar Child and Family Services supports the empowerment of the urban Indigenous community to continue the reclamation of traditional systems of caring for and protecting children, so no child or youth will be placed into care.	Find more information <a href="#">here</a> .
Programs and Services	BC Association of Aboriginal Friendship Centres	Birthing Support; Healthy Development; Healthy Family Program	Every Friendship Centre offers supportive programs and services that are needed in its community.	Find more information <a href="#">here</a> .

## MANITOBA

Program	Organization	Theme/Life Stage	Description	How to Access
Manitoba Prenatal Benefit	Government of Manitoba	Prenatal Support; Nutrition	A six-month income supplement to help obtain healthy foods during pregnancy and a referral to a Healthy Baby Community Support program.	Find more information <a href="#">here</a> . Application found <a href="#">here</a> .
Healthy Baby Community Support Programs	Government of Manitoba	Prenatal Support; Parenting Support; Nutrition; Healthy Development	An in-person program to support expecting parents or parents providing information about pregnancy, growth and development, and breastfeeding support.	Find more information <a href="#">here</a> . Phone: 204-945-1301 Toll-free: 1-888-848-0140 (outside Winnipeg).
Healthy Start	Government of Manitoba and Public Health Agency of Canada	Prenatal Support; Parenting Support; Nutrition; Healthy Development	Healthy Start offers free drop-in groups in 10 Winnipeg neighbourhoods, providing participants with practical support and guidance.	Find more information <a href="#">here</a> . Phone: 204-949-5350 E-mail: hsmm@hsmm.ca
Families First	Government of Manitoba	Parenting Support; Nutrition; Healthy Development	Families First offers home visiting supports to families with children, from pregnancy to school entry. There is no cost.	Find more information <a href="#">here</a> .
Métis Child and Family Services Authority	Manitoba Métis Federation	Child Welfare; Healthy Family Program	The Métis Child and Family Services Authority is a nonprofit organization responsible for administering and providing child and family services through the agencies under its jurisdiction, including Métis Child and Family Community Services and Michif Child and Family Services.	Find more information <a href="#">here</a> . Email: info@metisauthority.com Phone: 204-949-0220

Programs and Services	Manitoba Association of Friendship Centres	Family Support and Preservation; Healthy Development; Nutrition	Every Friendship Centre offers supportive programs and services that are needed in its community.	Find more information <a href="#">here</a> .
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## ONTARIO & QUEBEC

Program	Organization	Theme/Life Stage	Description	How to Access
Pregnancy and Infant Loss (PAIL) Network: Indigenous Circle of Support	Sunnybrook Hospital	Parenting Support	An online support group for Indigenous families who have experienced a pregnancy or infant loss.	Submit <a href="#">Request for Support Form</a> .
Canada Pre-Natal Nutrition Program	Métis Nation of Ontario	Nutrition	This program supports families by sharing knowledge and providing nutritional resources to increase the number of infants born with healthy weights.	To access services or for more information, contact MNO Navigators at 1-800-263-4889 Ext. 7 <a href="mailto:contactus@metisnation.org">contactus@metisnation.org</a>
Community Support Services Program	Métis Nation of Ontario	Healthy Family Program	The program provides information, advocacy, and practical support, allowing individuals to remain in their homes for as long as possible. It also helps to ease the weight of care provided by informal caregivers, such as extended family.	To access services or for more information, contact MNO Navigators at 1-800-263-4889 Ext. 7 <a href="mailto:contactus@metisnation.org">contactus@metisnation.org</a>
Métis Healthy Babies Healthy Children Program	Métis Nation of Ontario	Healthy Development; Healthy Family Programs	This program supports parents and caregivers grounded in Métis culture. Supports prenatal and postnatal wellbeing through home visits and no-cost programs.	To access services or for more information, contact MNO Navigators at 1-800-263-4889 Ext. 7 <a href="mailto:contactus@metisnation.org">contactus@metisnation.org</a>
Healthy Babies Healthy Children program	Government of Ontario	Healthy Development	Healthy Babies Healthy Children is a free and voluntary program that can help families learn about having a healthy pregnancy and birth.	More information can be found <a href="#">here</a> .
EarlyON Child and Family Centre	Government of Ontario	Healthy Development	EarlyON Child and Family Centres offer free, high-quality programs for families and children from birth to 6 years old.	Map of EarlyON Centres found <a href="#">here</a> .

Ga'nigqhi:yo Indigenous Child Care and Family Centre	The Healing of the Seven Generations	Healthy Development	Ga'nigqhi:yo Indigenous Child Care and Family Centre is a safe and nurturing space where children can explore, learn, and grow in connection with their community, the land, and the teachings of Indigenous culture.	More information can be found <a href="#">here</a> .
Primary Care Clinic	Southwest Ontario Aboriginal Health Access Centre (SOAHAC)	Prenatal Support; Birthing Support; Parenting Support; Reproductive Health	The Southwest Ontario Aboriginal Health Access Centre's (SOAHAC) purpose is to improve access to and the quality of health services for First Nations, Inuit, and Métis peoples in the spirit of partnership, mutual respect, and sharing.	More information can be found <a href="#">here</a> .
Midwife Services	Onkwehonwe Midwives Collective (OMC)	Prenatal Support; Birthing Support	OMC offers culturally safe and culturally specific midwifery care to Akwesasró:non and other Onkwehón:we nations.	More information can be found <a href="#">here</a> .
Counselling Services	Perinatal Wellbeing Ontario	Prenatal Support; Birthing Support; Parenting Support; Reproductive Health	Perinatal Wellbeing Ontario provides therapy services to people living with a Perinatal mood and/or anxiety disorder.	More information can be found <a href="#">here</a> . Email: info@perinatalwellbeing.ca
Indigenous Sexual and Reproductive Health	Call Auntie Clinic	Prenatal Support; Birthing Support; Parenting Support; Reproductive Health	The Call Auntie Clinic facilitates low-barrier, wraparound care, with a strong commitment to culturally safe sexual and reproductive health justice.	More information can be found <a href="#">here</a> . Phone: 437-703-8703 Email: callauntieclinic@sgmt.ca
Indigenous Full Spectrum Doula Collective	Aunties on the Road	Prenatal Support; Birthing Support; Parenting Support; Reproductive Health	Aunties on the Road Indigenous Full Spectrum Doula Care provides First Nations, Inuit and Métis youth between the ages of 12 and 30 with free reproductive and sexual health counselling and supports.	More information can be found <a href="#">here</a> . Phone: 613-741-5590 ext. 102 Email: auntiesontheroad@minlodge.com
Métis Family Wellbeing Program	Métis Nation of Ontario	Healthy Development; Healthy Family Program	The Métis Family Wellbeing Program aims to prevent and disrupt the cycle of violence in Métis families through supportive, preventative, and educational activities for children and youth ages 0 – 18 and their families.	Find more information <a href="#">here</a> .

Targeted Services for First Nations, Métis and Inuit	Legal Aid Ontario	Healthy Family Program	Legal Aid Ontario provided a list of services available to First Nations, Métis, and Inuit communities, including parents involved with child protection agencies.	List of resources found <a href="#">here</a> .
Indigenous children and youth programs	Government of Ontario	Healthy Development; Nutrition; Healthy Family Program	Get information about services and programs for First Nations, Inuit and Métis children and youth in Ontario.	Find more information <a href="#">here</a> .
Resources and Supports for Ontario Families	Ontario Association of Children's Aid Societies	Healthy Development; Healthy Family Program; Child Welfare	List of help lines, mental health programs, resources for teens, youth, and families. There are also resources for First Nations, Métis and Inuit.	List of resources found <a href="#">here</a> .
Dnaagdawenmag Binnoojiiyag Child and Family Services	Simcoe Muskoka Family Connexions	Healthy Family Program; Child Welfare	Programs and services are developed in response to the needs of children, youth, and families in our community.	Find more information <a href="#">here</a> .
Migisi Bizindan - Eagle's Nest	Crow Shield Lodge	Healthy Development	The Eagle's Nest aims to empower Indigenous youth to soar with confidence, cultural pride, and a deep connection to their community and the natural world.	Find more information <a href="#">here</a> . E-mail: <a href="mailto:crowshieldlodge@gmail.com">crowshieldlodge@gmail.com</a>
Preservation Services	Northwestern Ontario Métis Child and Family Services	Parenting Support; Healthy Family Program	Preservation Services are a set of intensive supports and interventions designed to help families maintain safe and stable environments for children while preventing the need for out-of-home placements.	Find more information <a href="#">here</a> .
Family Programs and Youth Programs	miskanawah	Parenting Support; Healthy Family Program; Healthy Development	Miskanawah is a multi-service organization offering programs and services in the areas of family support, youth services, clinical and cultural mental health support, crisis support, housing support, and cultural and ceremonial support.	Find more information <a href="#">here</a> .
Programs and Services	Ontario Federation of Indigenous Friendship Centres	Healthy Development; Nutrition	Every Friendship Centre offers supportive programs and services that are needed in their community, while also providing a place of acceptance and well-being for Indigenous peoples.	Find more information <a href="#">here</a> .
Infant and newborn nutrition	Government of Quebec	Birthing Support; Parenting Support; Nutrition	Resource page for nutrition and breastfeeding support for Quebec residents	Complete list of resources found <a href="#">here</a> .

Quebec Network of Perinatal Resource Centres	Réseau des Centres de Ressources Périnatales du Québec (RCRPQ)	Prenatal Support; Birthing Support; Parenting Support	Throughout Quebec, Perinatal Resource Centers (CRPs in the French acronym) are nonprofit organizations that offer perinatal activities and services for parents and future parents.	Complete list of services found <a href="#">here</a> .
Programs and Services	National Association of Friendship Centres	Healthy Development; Nutrition	Every Friendship Centre offers supportive programs and services that are needed in its community.	Find more information <a href="#">here</a> .

## SASKATCHEWAN

Program	Organization	Theme/Life Stage	Description	How to Access
Indigenous Birth Support Worker Program	Maternal Care Centre – Jim Pattison Children's Hospital	Birthing Support	The Indigenous Birth Support Worker helps pregnant mothers feel safe and well-informed, ensuring the memory of the birth experience is positive and protected.	Find more information <a href="#">here</a> . Referral to the program is needed. Phone: 1-306-514-7978 Email: BirthSupportJPCH@saskhealthauthority.ca
Early Years Family Resource Centres	Government of Saskatchewan	Healthy Development	Early Years Family Resource Centres provide a single location where families with young children can access reliable information, programs and services to support their children's development and family wellness.	Complete list of locations found <a href="#">here</a> .
Early Childhood Intervention Program	Government of Saskatchewan	Parenting Support; Healthy Development	The Early Childhood Intervention Program (ECIP) provides home-based specialized services and support to families with children experiencing developmental delay or disability, or who are at risk of experiencing developmental delays.	Complete list of locations found <a href="#">here</a> .
KidsFirst Targeted	Government of Saskatchewan	Parenting Support; Healthy Development	KidsFirst is a voluntary program that enhances parenting knowledge, provides support and builds on family strengths.	Complete list of locations found <a href="#">here</a> .

Mobile Early Learning	Government of Saskatchewan	Parenting Support; Healthy Development	Mobile Early Learning offers group opportunities, events, and tools to families in smaller urban and rural communities across the province, where early learning opportunities may be limited.	Complete list of locations found <a href="#">here</a> .
Child and Family Services ( <i>In Progress</i> )	Métis Nation–Saskatchewan (MN–S)	Child Welfare	The Métis Nation–Saskatchewan (MN–S) is leading the development of a Métis-distinct child and family services delivery system to ensure the well-being of children and families.	Find more information <a href="#">here</a> .
Programs and Services	Aboriginal Friendship Centres of Saskatchewan	Healthy Development	Every Friendship Centre offers supportive programs and services that are needed in its community.	Find more information <a href="#">here</a> .

## EAST COAST

Program	Organization	Theme/Life Stage	Description	How to Access
Healthy Families, Healthy Babies	Horizon New Brunswick	Prenatal Support; Nutrition; Healthy Development	Prenatal and postnatal home visits, coupons for milk and vitamins, and a healthy toddler assessment.	Find more information <a href="#">here</a> .
Prenatal Benefit Program	Government of New Brunswick	Prenatal Support; Nutrition	This program offers financial assistance to expectant mothers to help offset the increased food costs associated with pregnancy.	Find more information <a href="#">here</a> . Email: <a href="mailto:sd-ds@gnb.ca">sd-ds@gnb.ca</a>
B.A.B.I.E.S. program (Before Birth and Beyond: Information, Education and Support)	Government of Newfoundland	Prenatal Support; Parenting Support; Healthy Development	Community Health Nurses offer the B.A.B.I.E.S. program (Before Birth and Beyond: Information, Education and Support). The main goal of this program is to promote healthy pregnancy, birth and early parenting.	Find more information <a href="#">here</a> . Connect with a Community Health Nursing Office. Complete list found <a href="#">here</a> .
Prenatal-Early Childhood Nutrition Supplement (PECNS)	Government of Newfoundland	Prenatal Support; Nutrition	This is a monthly financial benefit for low-income pregnant individuals and families with children under the age of five. It is intended to help with the cost of extra food during pregnancy and early childhood.	Find more information <a href="#">here</a> . Contact the Coordinator at 1-800-508-4788 to apply or complete the <a href="#">online application</a> .

Healthy Baby Clubs	Government of Newfoundland	Prenatal Support; Parenting Support; Nutrition	The Healthy Baby Club is a prenatal nutrition and education support program offered through community-based family resource centers.	Find more information <a href="#">here</a> .
Breastfeeding Support	Baby Friend	Parenting Support	Several support networks are available for medical or non-medical advice. This includes resources, support groups, lactation consultants, public health nurses, LactMed, and additional resources.	Find more information <a href="#">here</a> .
Public Health Parenting Supports	Nova Scotia Health	Prenatal Support; Parenting Support; Nutrition	Public Health's support for families begins during pregnancy and then extends into the first few years of a child's life, up to age five. Three core services include Healthy Beginnings, Enhanced Home Visiting and Nurse-Family Partnership.	Complete list of supports found <a href="#">here</a> .
Public Health Nursing	Government of Prince Edward Island	Prenatal Support; Birthing Support; Parenting Support; Healthy Development; Nutrition	Public Health Nursing delivers programs that promote, protect, and preserve the health of individuals, families and communities.	Complete list of supports found <a href="#">here</a> .
Community Nutrition Program	Government of Prince Edward Island	Nutrition: Healthy Development	The Community Nutrition Program offers nutrition guidance to pregnant individuals and provides feeding, nutritional support, and advice for new parents after their baby is born.	Find more information <a href="#">here</a> . Phone: 1-877-887-0320 Email: <a href="mailto:publichealthnutrition@gov.pe.ca">publichealthnutrition@gov.pe.ca</a>

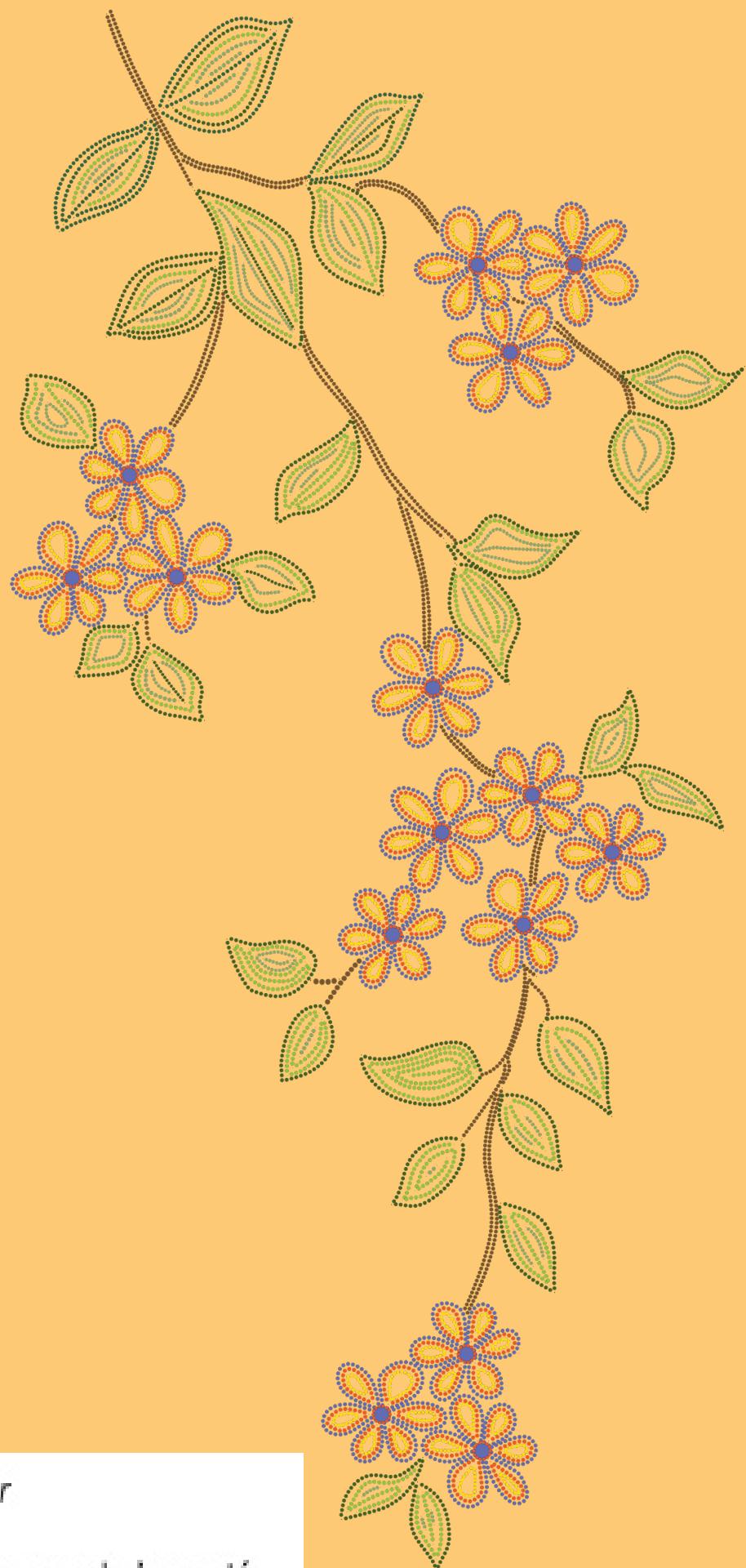
## TERRITORIES

Program	Organization	Theme/Life Stage	Description	How to Access
Healthy Family Program	Government of Northwest Territories	Parenting Support; Healthy Family Programs	The Health Family Program (HFP) supports early childhood development by providing fun and free information and activities for families.	Find more information <a href="#">here</a> . Contact your local Healthy Family Program to set up an appointment.
Breastfeeding Support Groups	Government of Northwest Territories	Parenting Support; Nutrition	Mom-to-mom support for breastfeeding and other parenting challenges, including support group meetings, a toll-free support line, a Facebook group, a lending library, and other resources.	Complete list of supports found <a href="#">here</a> . Phone: 867-767-9064 Ext. 49244 Email: <a href="mailto:healthpromotion@gov.nt.ca">healthpromotion@gov.nt.ca</a>

Birthing Supports	The Northern Birthwork Collective	Prenatal Support; Parenting Support; Reproductive Health	The Northern Birthwork Collective provides cost-supported programming and services for all stages of the reproductive journey, including conception, pregnancy, birth, postpartum, miscarriage, loss, abortion, and parenting.	Find more information <a href="#">here</a> .
Healthy Pregnancy	Government of Nunavut	Prenatal Support; Parenting Support	Regular prenatal checkups, starting early, help a pregnant woman and her baby stay healthy.	Resources can be found <a href="#">here</a> .
New Parents	Government of Nunavut	Parenting Support	Information on sleeping patterns, bed-sharing, and parenting.	Resources can be found <a href="#">here</a> .
Newborn Wellness Program	Government of Nunavut	Parenting Support; Healthy Development	The Newborn Wellness Kit is an educational and health promotion tool. As a program, it seeks to act as an entry point to accessing community health services during pregnancy and after the baby arrives.	Find more information <a href="#">here</a> . Email: <a href="mailto:newbornwellness@gov.nu.ca">newbornwellness@gov.nu.ca</a>
Babies and children's health: Prenatal Class	Government of Yukon	Prenatal Support	The class provides information on support for families: during the prenatal period, during labour, and after the new baby arrives.	Find more information <a href="#">here</a> . Phone: 867-667-8864
Postpartum Support	Government of Yukon	Parenting Support	After birth, a community health nurse will visit you in the hospital to tell you about the community supports and available resources.	Find more information <a href="#">here</a> . Phone: 867-667-8864
Breastfeeding Support	Government of Yukon	Parenting Support	Provides call or drop in during regular clinic hours to speak with a nurse about breastfeeding or feeding concerns.	Find more information <a href="#">here</a> . Phone: 867-667-8865
Inunnguiniq Parenting/ Childrearing Program	Qaujigiartiiit	Parenting Support	The Inunnguiniq program is an evidence-based parenting/ child-rearing program based on Inuit child-rearing philosophy.	Find more information <a href="#">here</a> . Submit a training request form <a href="#">here</a> .
Programs and Services	The Northwest Territories/ Nunavut Council of Friendship Centres	Healthy Development; Nutrition	Every Friendship Centre offers supportive programs and services that are needed in its community.	Find more information <a href="#">here</a> .

## NATIONAL

Program	Organization	Theme/Life Stage	Description	How to Access
Aboriginal Head Start in Urban and Northern Communities (AHSUNC)	Public Health Agency of Canada	Healthy Development	AHSUNC has funded Indigenous community-based organizations to develop and deliver programs that promote the healthy development of Indigenous preschool children.	Regional Operations found <a href="#">here</a> . Email: ahsunc-papacun@phac-aspc.gc.ca.
Nobody's Perfect Parenting Program	Public Health Agency of Canada	Parenting Support	Drop-in community-based parenting program for parents of children from birth to age five. The program is designed to meet the needs of parents who are young, single, socially or geographically isolated, or who have low income or limited formal education.	Connect with a provincial coordinator <a href="#">here</a> . E-mail: PHAC.dca.public.inquiries.ASPC@canada.ca
Healthy Early Years Program	Public Health Agency of Canada	Healthy Development	The Healthy Early Years (HEY) program funds projects that improve the healthy development of children (birth to 6 years) living in official language minority communities (OLMC).	A list of funded programs can be found <a href="#">here</a> .
Indigenous Midwifery Care	National Council of Indigenous Midwives	Prenatal Support; Birthing Support; Parenting Support	The National Council of Indigenous Midwives advocates for the restoration of midwifery education, the provision of midwifery services, and the choice of birthplace for all Indigenous communities.	Find more information <a href="#">here</a> .
Pregnancy Information	The Society of Obstetricians and	Prenatal Support; Nutrition	Provides resources and information on topics to consider during pregnancy, including rural living, nutrition, drinking water, and midwifery.	Find more information <a href="#">here</a> .
Community Birth Work	Reclaiming Indigenous Birth	Prenatal Support; Birthing Support; Parenting Support	List of midwifery agencies across the Motherland.	Find more information <a href="#">here</a> .
Community-based Supports	Canadian Paediatric Society	Parenting Supports	List of community-based supports for parents across the Motherland.	Find more information <a href="#">here</a> .
Programs and Services	National Association of Friendship Centres	Healthy Development	Every Friendship Centre offers supportive programs and services that are needed in its community.	Find more information <a href="#">here</a> .



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