

*Revelstoke  
Prenatal  
Services*

DIRECTORY



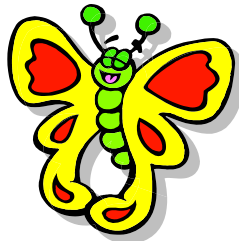


## Table of Contents

Revelstoke Early Childhood Development Committee ..	2
Medical Services .....	3
Information .....	4&5
Okanagan College Prenatal Classes .....	6
Community Connections (Revelstoke) Society.....	7
Public Health .....	8
Okanagan Regional Library .....	9
Child Care Society .....	10
Welcome Wagon .....	12
Children's Information Services .....	12
Speech and Language Clinic.....	13
Baby Steps .....	14
Mother Goose .....	15
PACT .....	16

### Some Handy Phone Numbers:

Community Connections .....	837-2920
Okanagan College (Prenatal Programs) .....	837-4235
Okanagan Regional Library.....	837-5095
Public Health .....	814-2244
Queen Elizabeth Hospital.....	837-2131
Selkirk Medical Clinic .....	837-9321
Revelstoke Child Care Society .....	837-6669
Revelstoke Early Childhood Dev. Committee.....	837-6669



## *Revelstoke Early Childhood Development Committee:*

We are a coalition of service providers, parents, and businesses interested in creating the best environment possible for the children of our community. If you share our vision, please join us! Together we will continue to champion and build the strengths of families and children.



**Our Vision for Revelstoke:  
Revelstoke envisions a caring community that acknowledges, values and supports the shared responsibility of investing in young children so that they may live, learn, play and dream in safe and healthy surroundings.**



For more information call:  
837-6669

## Medical Services

**For emergencies call 911 for  
Fire, Police, and ambulance  
assistance**

**Queen Victoria Hospital  
1200 Newlands Road.  
837-2131**



There are several family  
doctors who practice at the  
**Selkirk Medical Group**  
101 West 1st Street.  
**837-9321**





## Information Sources:

### Books:

- ***Baby's Best Chance***—a FREE copy of this provincial handbook is available from your doctor or Public Health Nurse or [www.health.gov.bc.ca/library/publications/year/2005/babybestchance.pdf](http://www.health.gov.bc.ca/library/publications/year/2005/babybestchance.pdf)
- ***The Sensible Guide to a Healthy Pregnancy***—see your Public Health Nurse for a FREE copy or go to [www.healthypregnancy.gc.ca](http://www.healthypregnancy.gc.ca) or call 1-800-0-Canada

### Websites to Check:

#### Health:

- BC Ministry of Health: [www.bchealthguide.org/healthfiles/index.stm](http://www.bchealthguide.org/healthfiles/index.stm)
- Canadian Health Network: [www.canadian-health-network.ca](http://www.canadian-health-network.ca)
- Healthy Choices in Pregnancy: [www.hcip-bc.org](http://www.hcip-bc.org)
- A New Life: Online Program for Pregnant Women: [www.anewlife.cipanb.ca](http://www.anewlife.cipanb.ca)

#### Breastfeeding:

- [www.breastfeeding.com](http://www.breastfeeding.com)
- La Leche League: [www.lalecheleague.org](http://www.lalecheleague.org)
- Dr. Jack Newman, world renowned Canadian Breastfeeding Expert: [www.drjacknewman.com](http://www.drjacknewman.com)

#### Parenting:

- Parent's Place: [www.parentsplace.com](http://www.parentsplace.com) for prenatal/parent content.
- Parent Soup: [www.parentsoup.com](http://www.parentsoup.com) ; prenatal/parenting content
- Today's Parent: [www.todayparent.com](http://www.todayparent.com) ; prenatal/parenting content

### Other:


- Birth and breastfeeding videos/DVDs available for lending at the Health Unit.
- ***Postpartum Depression and Anxiety: A Self-help guide for Mothers*** available to borrow at the Health Unit.

### Free Public Access Computers:

- Child Care Society: Room 106-1401 West 1st Street
- Okanagan Regional Library: 605 Campbell Ave

**Recreation:** Please note that some recreational activities such as prenatal yoga are occasionally offered. Please contact Parks and Recreation at 837-9351 or consult the Leisure Guide.

*Resources recommended by Public Health Nurse*





## *Additional Information Services:*

### **Information and Support:**

- ◆ **Mother Risk:** Motherisk offers pregnant, planning and breastfeeding women answers to questions about morning sickness and the risk or safety of medications, herbs, diseases, chemical exposures and more. 1-877-327-4636 or [www.motherisk.org](http://www.motherisk.org)
- ◆ **HIV and Pregnancy Information:** 1-877-246-5840

**24-Hour Crisis Line: 837-6601**

**BC Nurses' Line (24 hour): 1-866-215-4700** Puts you in touch with a Registered Nurse any time of the day or night. Translation services are available in 130 languages.

**Counseling Services with Community Connections: 837-2020**

**Enquiry BC:** Free long distance calls to any B.C. government program, service or person please dial **1-800-663-7867**

**Dial-A-Dietician:** Free nutritional information: 1-800-667-3439 or [www.dialadietician.org](http://www.dialadietician.org). A registered dietician will answer your nutrition questions on pregnancy and infant nutrition;  
Dieticians of Canada: [www.dieticians.ca](http://www.dieticians.ca)

**Ministry of Children and Family Development: 837-7612**

**Parent Helpline 1(888) 603-9100** (available 24 hours a day/7 days a week) Anonymous, confidential support from professionally trained counselors to address any parenting questions and concerns.

**Post Partum Depression:** Call a public health nurse at 814-2244 or [www.bcwomens.ca](http://www.bcwomens.ca) ([www.bcwomens.ca/Services/HealthServices/ReproductiveMentalHealth/default.htm](http://www.bcwomens.ca/Services/HealthServices/ReproductiveMentalHealth/default.htm))

**Revelstoke Women's Shelter: 837-1111**

**Victim Assistance Program: 837-9260**

**Welcome Wagon:** Call Marina at **837-3190**

**Children Services Directory:** Call Tracy at **837-6669**



Okanagan College (Revelstoke)  
1401 West 1st Street  
Revelstoke, BC, V0E 2S0  
Phone: (250) 837-4235  
Website: <http://www.okanagan.bc.ca/site15.aspx>

## ***Prenatal Classes***

### ***Prenatal Complete Series***

This information series includes 4 sessions, plus a hospital tour. Topics covered include labour and delivery, interventions and complications, postpartum for mother and baby, breastfeeding and newborn care.

Please note: All courses take place at Queen Victoria Hospital.

Financial assistance is available if needed - please enquire with the receptionist at Okanagan College.

For more information on Okanagan College courses and services please call:  
**837-4235**

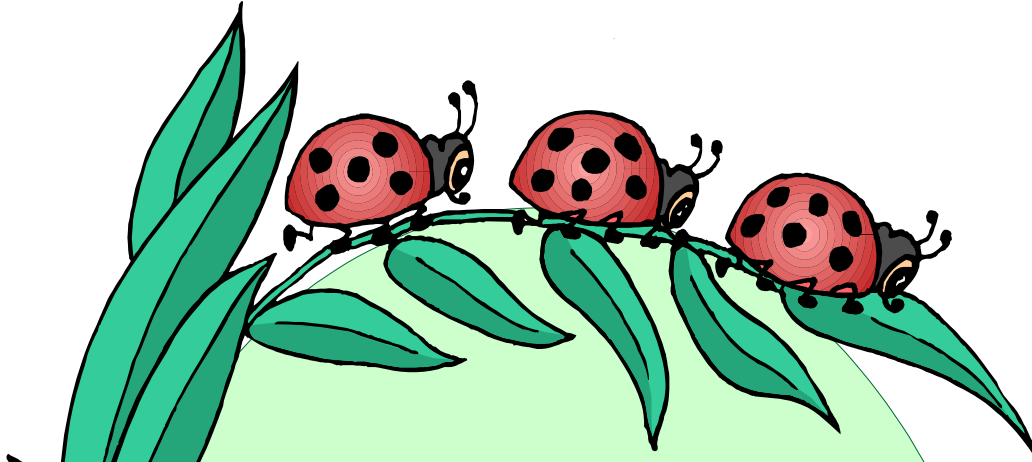


The Community Connections **Baby Bundles Program** provides items specifically for pregnant moms including prenatal vitamins, nutritious food and newborn necessities. Call Patti at 837-2920, ext. 28



After your little one arrives, should you have any concerns about your child's development, please call Amanda MacIntosh, Community Connections Infant Development Program at 837-2920.

For more information on the full range of services provided for families, please see the Revelstoke Children Services Directory.



## **Revelstoke Public Health Unit**

**1200 Newlands (Queen Victoria Hospital)  
Phone: 814-2244**

### **Public Health Nurse services include:**

- ◆ Prenatal information
- ◆ Supports for new mothers
- ◆ Immunization information
- ◆ Providing health information (Including development, communicable diseases, safety and accident prevention)
- ◆ Referral and resources for nutrition, parenting, child development, healthy lifestyles.



## REVELSTOKE BRANCH

### OPEN HOURS:

Tuesday: 12-8 p.m.  
Wednesday 12-7 p.m.  
Thursday 10-4 p.m.  
Friday: 10-5 p.m.  
Saturday: 10-5 p.m.

605 Campbell Avenue  
837-5095  
[www.orl.bc.ca](http://www.orl.bc.ca)



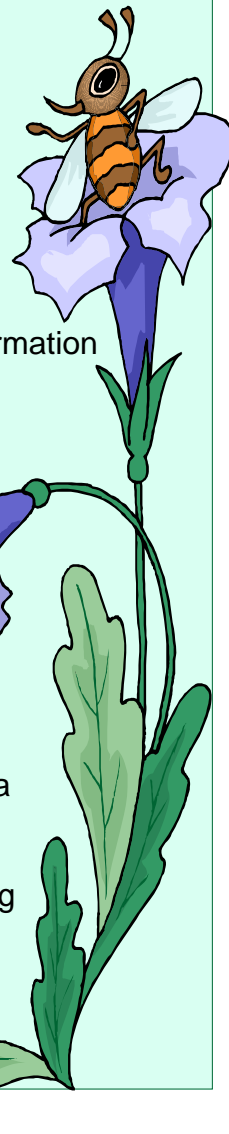
### ***Prenatal Information:***

- ◆ Pregnancy books
- ◆ Baby Name Books
- ◆ Music on CD
- ◆ Prenatal Exercise and Information on DVDs
- ◆ Books on tape

### ***After Baby Arrives:***

- ◆ Parenting Books
- ◆ Parenting Magazines
- ◆ Baby Board Books
- ◆ Picture Books
- ◆ Families are welcome!
- ◆ Come on in to get your library card.
- ◆ *Tiny Tickle*: a free with 30 minutes of nursery rhymes, tickle games, songs and stories in a relaxed and supportive setting—for very young (non walking) babies and those who love them. Call for information and upcoming dates.

*There is something for  
everyone at the Library!*





The Child Care Society is a non-profit organization that works to provide parents with information about quality child care choices and early childhood development and supports child care providers through training, education and resources.



## Revelstoke Child Care Society

Room 106, 1401 West 1st St.

Phone: 837-6669

Email: [revccrr@rctvonline.net](mailto:revccrr@rctvonline.net)

Website:

[www.childcarechoices.ca](http://www.childcarechoices.ca)

### Before Baby Arrives:

- ◆ Borrow pregnancy information books
- ◆ Come on in and learn about community programs and services for families.
- Music CDs to enjoy with your growing child

### After Baby Arrives:

- ◆ Parenting Books
- ◆ Baby board books and children's picture books
- ◆ A full range of early childhood development resources.
- ◆ Borrow developmentally appropriate toys
- ◆ Borrow infant and toddler equipment (including baby swings, playpens, and Exersaucers.)
- Child Care information and referrals.



**ccrr**  
Child Care Resource & Referral

Your community's  
*best* source of child  
care information  
and resources.



# **When Baby has Arrived!**

**The next few pages will give you some ideas on where to find information and an introduction to some programs for families with babies.**

## **Welcome Wagon**

The Most Famous Basket in the World! Founded in 1930, Welcome Wagon is a Canadian-owned, FREE greeting service for families experiencing lifestyle change.



Welcome Wagon brings gifts and valuable information from local businesses and civic organizations to help you and your baby. All this is free for you.

For more information about Welcome Wagon or to request a visit, go to [www.welcomewagon.ca](http://www.welcomewagon.ca) In Revelstoke, call Marina Ozero at 837-3190.

## **Children's Services Directory:**

Pick up your copy of the Revelstoke Children Services Directory to learn about the programs and services available to your family. You can find a copy at the following locations:



- Revelstoke Child Care Society: Room 106, 1401 West 1st Street
- Community Connections (Revelstoke) Society: 314 - 2nd Street East
- Ministry of Children and Family Development: 210 Garden Ave.
- StrongStart Centre: 420 W 2nd Street
- ECD Children's Information Board

## **Children's Information Board at the Community Centre:**

Check the information board across from the reception desk at the Revelstoke Community Centre for information on events, programs and services for children and families. 600 Campbell Ave.



# Interior Health

## Speech-Language Clinic

Open Monday-Thursday  
Room 107, 1401 West 1st Street  
8:30 to 4:30

**Phone: 837-4285**

Email: [Carolyn.duncan@interiorhealth.ca](mailto:Carolyn.duncan@interiorhealth.ca)

**It's never too early to  
talk, read and sing to  
your baby!**

If you have any questions regarding speech, language or hearing difficulties please contact Carolyn Duncan at the number above.



Feel free to ask Carolyn questions when you see her out at the StrongStart Centre, at Mother Goose, or at local children's events such as the annual Teddy Bear Picnic.

The Revelstoke Speech and Language Clinic is dedicated to improving the communication skills of children age 0 to 6 years of age.

## Baby Steps



... is a drop-in program where first time parents and their babies can connect with other parents.

A nutritious snack is served.

**When:** Mondays from 1:30 - 3:00 pm

**Where:** StrongStart Center  
at  
Mountain View Elementary School

Baby Steps is offered through a partnership between Community Connections, School District 19 (Revelstoke) and the Revelstoke Child Care Society. Staff from these organizations are available to answer your questions.



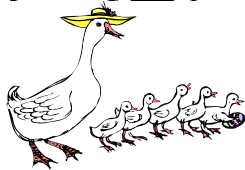
School District 19  
(Revelstoke)



ccrr  
Child Care Resource & Referral

## Revelstoke Mother Goose

**Fun with your little  
one!**



### *What is the Revelstoke Mother Goose Program?*

- A fun and free program for your family
- A chance to share rhymes, songs, stories, and giggles with your infant to three year old!
- A chance to meet other parents!
- ◆ Snacks for everyone!
- ◆ Don't let the name Mother Goose mislead you—Dads and other family members are welcome too!

### *Little Goslings Activity Time:*

Older brothers and sisters (3-5) are invited to attend Little Goslings during Mother Goose. This program is a fun time with rhymes, stories and a craft facilitated by qualified staff.



Call Revelstoke Family Literacy at 837-6669 or drop in to 106-1401 W 1st St. for dates and times of the next session!





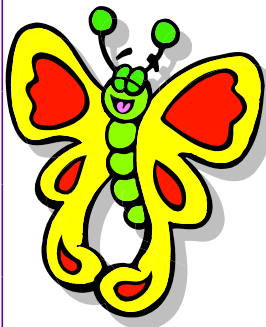
## **Parents & Community Together (PACT)**

A relaxed, and informal drop-in group for any family with preschool aged children (0 -6 years old) . Group leaders facilitate discussions on both parenting and personal issues, provide information on a variety of family oriented topics, demonstrate play and craft activities and make referrals to other services the family may need. Parents determine discussion topics and activities. Funded by CAP-C (Public Health Agency of Canada).

Every Thursday 9:30 – 12:30  
Community Connections 314 2<sup>nd</sup> St. West  
Call Cathy Girling 837-2920 ext. 38



# *Revelstoke Prenatal Services Directory*



## **Revelstoke Early Childhood Development Committee**

#1401-1st Street West , Room 106, Box 2059,  
Revelstoke, BC, V0E 2S0  
Telephone: (250) 837-6669  
Fax: (250) 837-6668  
E-Mail: [tspannier@thehub.literacy.bc.ca](mailto:tspannier@thehub.literacy.bc.ca)

This directory was created by the Revelstoke Early Childhood Development Committee who appreciates support from Success by Six, Revelstoke Credit Union and Children First. For more information please contact us today!



Children First