

## Breastfeeding Support

### Campbell River Breastfeeding Clinic

The Campbell River Breastfeeding Clinic offers a safe place to meet other parents to share stories and ideas around breastfeeding and baby care. Nurses are available by appointment to help with any questions or difficulties with breastfeeding experienced.

When: Tuesdays and Fridays 1pm-3pm

Where: Public Health Unit, 200-1100 Island Highway (Tyeer Plaza)

Call or text: 250-287-6502

<https://www.crfamilynetwork.ca/breastfeeding-clinic>



Retrieved from  
<https://www.verywellfamily.com/breastfeeding-basics-431679>

### Nuu-Chah-Nulth Community Health Nursing

Based out of Port Alberni, this group offers support to indigenous women and families within the community. They offer a wide range of services surrounding pregnancy and prenatal care including home visits, breastfeeding support, and information regarding immunizations and flu shots.

For more information call: 250-724-5757

<https://nuuchahnulth.org/services/community-health-nursing>

## Support Groups

Parenthood can feel like a roller coaster.

Accessing resources can connect parents with one another and can provide useful information to help parents thrive. (Barimani, Vikstrom, 2015).

Below are local resources to help:



Image retrieved from istockphoto.com

### Pacific Post Partum Support Society

Based out of Vancouver, they provide support groups online via zoom. They believe in empowering women by teaching self-care skills and encourage health life choices.

Toll-free 1-855-255-7999 <https://postpartum.org/>

### Campbell River Family services

They offer a pregnancy outreach postnatal program. They offer one to one and group support. They offer snacks and a opportunity to network with other parents.

Call 250-287-2421

<https://crfamilyservices.ca/early-years-services/#pregnancy>

### Pacific Rim Children and Families

Port Alberni offers a Island Health Grow with me program. Speak to a public health nurse about growth, feeding, child developmental milestones, and any health questions.

When: Tuesdays @ 1pm to 2pm

Where: 3500 Argyle Street, Port Alberni @ E.J. Dunn Elementary School

<https://www.pacificrimchildren.ca/pregnancy-new-parents>

## Community Resources for Student Postpartum Parents



Image retrieved from istockphoto.com

*Find supports to help you thrive as a student and as a new parent.*

## Why are Support Services Important to New Parents?

The transition into parenthood brings many physical, emotional and relationship changes. That being said, there are many resources and community supports available to new parents, and parents in general. It is important to be aware of these resources so you have a better sense of support and lessen the stressors associated with being a new parent.



Retrieved from:  
<https://www.nzherald.co.nz/lifestyle/just-because-you-think-your-children-are-extraordinary-doesnt-mean-they-are/5UTLHXZYEHXI4D4FIKRGJ6YV4A/>

### Postpartum Blues

Postpartum blues or “baby blues” is very common for new mothers to experience. Hormonal changes after giving birth and the demands of a new baby can contribute to these feelings of low mood. It is important to reach out to family, friends, or support groups during this period of significant life changes. If these feelings persist for more than 3 weeks, it is important to have a conversation with your doctor (National Institute of Mental Health, n.d).

## Daycare Support Services

### Forest Circle

Located on the Campbell River NIC campus/Timberline Secondary. Daycare services are available to children age 0-5 years. Student rates may apply

Phone: 250-923-4440 ext. 0  
<https://forestcircle.ca/>

### Stepping Stones Childcare

Located on the Port Alberni, Stepping Stones Childcare is a daycare that provides care and supports each child's individual needs. This daycare option is available for children from 30 months to 5 years old.

Phone: 250-723-5012  
<https://www.avchildcare.ca/contacts>

## Supports for Young Parents

### Cari's Day Care

Located in Campbell River at Carihi Secondary. This daycare offers services to young parents of children up to the age of 36 months. Cari's Day Care is a component of the Campbell River Young parents Program

Phone: 250-286-1193  
<https://forestcircle.ca/facilities/caris>

## Food Services

As a parent going to school that task of having a job, going to school, and being a parent can be challenging to juggle, then adding on getting food on top of that it can be challenging. Lucky for us we have these resources to give us access to good food in our communities.

### Food Bank

At 1393 Marwalk Crescent, Campbell River, BC, the food bank is open the first three Wednesday's of each month for distributing groceries.

Phone Number: **250-286-3226**

Email: **[campbellriverfoodbank@gmail.com](mailto:campbellriverfoodbank@gmail.com)**

### Food Bank

At 1491 McPhee Ave, Courtenay, BC, the food bank has hampers that people can pick up from Monday-Friday 930-noon. Their motto is Neighbours Helping Neighbours and that is exactly what they do.

Phone Number: **250-338-0615**

Email: **[comoxvfb@shaw.ca](mailto:comoxvfb@shaw.ca)**

### Community Food Bank

In Port Alberni you can call 250-723-6913 to create an appointment at 4835 Argyle Street where you can go and pick up food.

Phone Number: 250-723-6913

# References

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