

Maternity Care Initiatives, Resource and Education in NH and BC

Doulas for Aboriginal Families Grant Program [Doulas for Aboriginal Families](#)

- Provides financial support to Indigenous families for doula services

Perinatal Services BC (PSBC): [Perinatal Services BC](#)

- Provides leadership, support, and coordination for the strategic planning of perinatal services in British Columbia and is the central source in the province for evidence-based perinatal information.
- [Indigenous Resources \(perinatalservicesbc.ca\)](#) - resources developed with and for Indigenous Peoples and health professionals to support culturally safe care that improves health outcomes and honours Indigenous perspectives and traditions.

Rural Coordination Centre of BC: [RCCbc | Rural Coordination Centre of BC](#)

- Provides maternity support programs to support rural maternity care and teams

First Nations Health Authority (FNHA): [Maternal, Child & Family Health](#)

- Information on FNHA services, programs and initiatives in the area of maternal, child and family health.

Perinatal Substance Use: [Perinatal Substance Use \(BC Women's Hospital\)](#)

- Health professional resources, education and training supported through the Provincial Substance Use Project – to support women/individuals and families

Reproductive Mental Health: [Reproductive Mental Health | Supporting BC women's mental health before, during and after pregnancy](#)

- Expert and specialized information, services and resources for women/individuals, partners, families and also to the professionals that work with them so that mental health challenges and disorders can be recognized and early treatment can be offered.



Breastfeeding: [Breastfeeding | Northern Health](#)

- Information and resources for parents, families and community partners; Contact: NHBreastfeeding@northernhealth.ca

Northern Health: webpages for support/info

- [Pregnancy and baby | Northern Health](#)
- [SmartMom Prenatal Program | Northern Health](#)
- [Indigenous Health | Northern Health \(indigenoushealthnh.ca\)](#)

[National Collaborating Centre for Indigenous Health \(NCCIH\)](#)

- [Family Connections](#) presents information for parents and caregivers on bonding, forming secure attachments with children, and connecting with extended family and community.
- Podcast: [Voices from the Field](#) - Birthing experiences of First Nations women from northern and remote communities.
- [Strong women, strong nations: Aboriginal maternal health in British Columbia](#) - This fact sheet provides background information on why maternal health is important to Aboriginal communities, it reviews what is known about Aboriginal maternal health and maternity experiences in BC, and lastly it describes two promising practices in Aboriginal maternity care – Aboriginal doula training and Aboriginal midwifery.
- [Healthy choices in pregnancy fact sheet](#) – This fact sheet includes information on nutrition, tobacco cessation, and physical activity, all with a focus on maternal health. In addition to individual choices a pregnant mother can make, the fact sheet points to the importance of having a supportive and caring network of family, friends, and health care professionals.
- [Growing up Healthy](#) – resource booklet about healthy children for First Nations and Metis parents.
- [Family is the Focus](#) – summary of proceedings from the final national gathering titled “Family is the Focus” (NCCAH, 2015).

[Aboriginal Health Improvement Committees – Terrace/Kitimat](#)

- Cultural practices around birth - <https://www.youtube.com/watch?v=Gd3OjuKjKVk&t=6s>