



Delta Public Health Unit

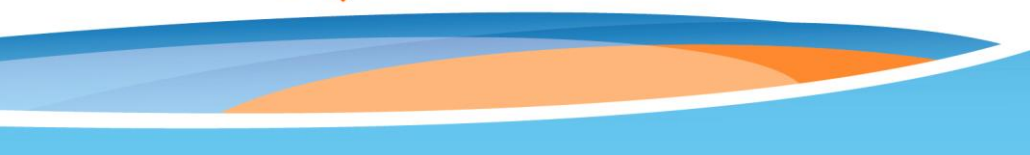
Resources for Parents and Families

North Delta Public Health Unit
11245-84 Avenue, Delta, BC V4C 2L9
604-507-5400

South Delta Public Health Unit
1826 – 4949 Canoe Pass Way, Delta, BC V4M 0B2
604-952-3550
Baby Line: 604-507-5462

 bestbeginnings.fraserhealth.ca

Health Link BC **8-1-1**
Nurse available 24 hours a day, 7 days a week.
Get health information and speak to a registered
nurse, pharmacist, or dietitian.
Available in 130 different languages





Phone Numbers

Please note: telephone numbers subject to change without notice

Emergency Numbers

Ambulance/Fire/Police.....	9-1-1
Poison Control Centre	604-682-5050

Breastfeeding Support

La Leche League.....	604-520-4623
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Public Health Unit

Nurses offer breastfeeding support until babies are 6 weeks of age.

North Delta Health Unit.....	604-507-5462
South Delta Health Unit.....	604-952-3551

Parenting Resources

Audiology/Hearing Services.....	604-507-5448
Boys & Girls Club Community Services.....	604-591-9262
BCAA.....	604-298-2122

Car Seat information:

BCAA: Toll free	1-877-247-5551
ICBC	604-661-2800

Daycare Info. & Registry.....	604-507-5478
Daycare: Child Care Options	604-572-8032
Dental Health	604-507-5400

Request information on dental care services

Doula Services	604-515-5588
Early Years Centre	604-572-8032

Child care options, resource and referral program, and daycare list and information

College of Midwives of BC.....	604-742-2230
Information Children	604-291-3548
Pacific Post-Partum Support Society	604-255-7999
Parents of Multiples	604-583-1169
Reach Child and Youth Development Society.....	604-946-6622
Speech/Language Services.....	604-507-5461

Parent & Child Drop-Ins



For parents with babies and young children

Tsawwassen Library (after Baby Time)..... 604- 943-2271
 1321 – 56 Street, Tsawwassen
 Mondays 11:00^{AM}

Parent Time Drop In (after Baby Time) 604-591-9262
George Mackie Library
 8440 – 112 Street, North Delta
 Every Thursday 11: 00^{AM} to 11:30^{AM}

North Delta Evangelical Church
 Parent Drop-In 604-594-0522
 11300 – 84 Avenue, Delta
 Wednesdays 9:00^{AM} to 11:00^{AM}

North Delta Recreation Centre
 Drop-in 604-952- 3045
 11415 – 84th Avenue, Delta
 Wednesdays 9:00^{AM} to 11:00^{AM}

South Delta Family Resource Centres
 Drop-In 0 to 6 years 604-591-3933
 (Ladner Early Childhood Development HUB)
 #205 – 5000 Bridge Street, Ladner
 Monday to Thursday 9:30^{AM} to 11:30^{AM} and 12:30^{PM} to 2:30^{PM}

South Delta Recreation Centre..... 604-952-3020
 1720 56th Street, Tsawwassen
 Thursday 9:45 am-11:45 am

Parent & Child Programs

Strong Start Centres

www.deltasd.bc.ca/content/programs/strongstart

Through Delta School District

Drop-In (0 to 5 years) Monday to Friday 9:00_{AM} to 12:00_{PM}

Locations

Address

Chalmers Elementary School	11315 – 75 Ave, North Delta
Hellings Elementary School	11655 – 86 Avenue, North Delta
Jarvis Elementary School	7670 – 118 Street, North Delta
McCloskey Elementary School	11531 – 80 Avenue, North Delta
Heath Elementary School	11364 – 72 Ave, North Delta
Gibson Elementary School (1 _{PM} to 4 _{PM} only)	11451 – 90 Avenue, North Delta
Port Guichon Elementary School	4381 – 46 A Street, Ladner

Public Health Nurse

Information on prenatal care, parenting, child development, nutrition, communicable disease, immunizations, and general health. Drop in hours available- call ahead

North Delta Health Unit.....	604-507-5400
South Delta Health Unit.....	604-952-3550

Parks and Recreation

Delta Parks and Recreation.....	604-952-3054
Registration Line.....	604-952-3000
Winskill Aquatic Centre.....	604-952-3005
Ladner Leisure Centre.....	604-946-3310
Sungod Aquatic Centre.....	604-952-3075
<i>(Fitness, Pool & Recreation Services)</i>	

Parenting Information and Programs

Deltassist Family/Community Services

North Delta	604-594-3455
Ladner and Tsawwassen.....	604-946-9526

Nobody's Perfect

Free educational/support program for qualifying parents with children up to 5 years

Nobody's Perfect Parenting

Parenting and support program for parents of children birth to age 5 years

Parents Support Services Society of B.C.....

Self-help groups for parenting children 0-12 years (in various languages)

The Children's Foundation

PPP, COPE & Right from the Start Programs

Storytime, Babytime, Mother Goose

George Mackie Library

8440 – 112 Street, Delta

North Delta Family Resource Centre

(Inside New Hope Church) (ext 118 or 583)

11838 88th Avenue, Delta

Ladner Pioneer Library

4683 – 51 Street, Delta

South Delta Family Resource Centre

#205-5000 Bridge Street, Ladner

Tsawwassen Library

1321A – 56 Street, Delta

Child and Adult Immunization Clinics

Call for an appointment

Children: publicly funded childhood vaccines.

Adults: Many basic vaccines available at no cost.

For more info check online at www.immunizebc.ca

Travel Immunizations

London Drugs (Ladner)

5237 – 48th Avenue Trenant Park Mall

604-946-5642

Pharmasave (Ladner)

132 – 4857 Elliot Street

604-946-7685

Wescana Pharmacy (Delta)

#103 – 6935 120 Street

604-591-7453

Online Resources

Breastfeeding

Best Beginnings:	www.fraserhealth.ca/health-info/pregnancy-and-babies/
La Leche League Canada:	www.lllc.ca
The Bump:	www.thebump.com
Kelly Mom:	kellymom.com
Breastfeeding Basics:	www.breastfeedingbasics.com

Children's Health

Fraser Health:	www.fraserhealth.ca
School Health-Fraser Health:	fraserhealth.ca/schoolhealth
Caring for Kids:	www.caringforkids.cps.ca
HealthLinkBC:	www.healthlinkbc.ca
Health Canada:	www.hc-sc.gc.ca

Family Nutrition

HealthLinkBC:	www.healthlinkbc.ca
Dietitians of Canada:	www.dietitians.ca

Find a Doctor

College of Physicians and Surgeons of BC:	www.cpsbc.ca
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Immunization

Immunize BC:	www.immunizebc.ca
Immunizations and vaccines:	healthycanadians.gc.ca
Caring for Kids:	www.caringforkids.cps.ca
Institute for Vaccine Safety:	www.vaccinesafety.edu

Keeping Children Safe

Healthy Families BC:	www.healthyfamiliesbc.ca
ICBC:	www.icbc.com
Parachute Canada:	www.parachutecanada.org

Parenting

Baby's Best Chance:	www.healthyfamiliesbc.ca
Information Children:	www.informationchildren.com
BC Council for Families:	www.bccf.ca
Delta Kids (0-12):	www.deltakids.ca

This information is provided as a public service. While we believe these sites to be credible sources of information, we did not take part in their development, with the exception of www.fraserhealth.ca.

We are not responsible for the content or information contained on these sites.

Crisis & Other Support Services

Alcohol and Drug Program	1-800-663-1441
Battered Women's Support Services.....	604-687-1867
Crisis Line (Chimo)	604-951-8855
Toll Free	1-877-820-7444
Delta Home Support Services	604-946-9556
Seniors Services Office	604-946-9526
Kids Help Line	1-800-668-6868
Mental Health North Delta	604-592-3700
Mental Health South Delta.....	604-948-7010
Victim Services	1-800-563-0808
Women's Place	604-536-9611
Options/ Birth Control Clinic	604-731-4252
Sexually Transmitted Infection Clinic	604-587-7900
Ladner Food Bank.....	604-946-1967
<i>At Ladner Christian Fellowship Church, Wednesday mornings</i>	
North Delta/Surrey Food Bank	604-581-5443

Legal and Ministry Services

BC Council for Families	604-678-8884
Immigration Services Society	604-684-2561
Legal Services Society	604-585-6595
Ministry for Children & Families Development.....	604-501-3237
Ministry of Human Resources	604-501-3257

Other Resources

CPR & First Aid	
St. John's Ambulance	604-321-2651
Delta Continuing Education	604-940-5550
Delta Volunteer Police	604-951-8343
Environmental Health	604-572-2600
Medical Services Plan	
Claim Inquires.....	604-296-4677
Premium Registration Inquires	604-683-7151
Surrey Continuing Education.....	604-584-5424

www.fraserhealth.ca

This information does not replace the advice given to you by your healthcare provider.

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To order: patienteduc.fraserhealth.ca