



Public Health Resources for Parents

Chilliwack



Chilliwack Health Unit
45470 Menholm Road
Chilliwack, BC V2P 1M2
Tel: 604-702-4900 Fax: 604-702-4901



Best Beginnings Program

604-702-4903

Provides public health services to pregnant women, new mothers, babies, children to 2 years of age, and their families. More information is also available online from Fraser Health (search 'best beginnings').

After going home from the hospital with your newborn baby, a public health nurse will phone you within 24 to 48 hours to offer nursing support. If a Public Health Nurse has not contacted you within 48 hours, call for follow-up care. Available 8:30 to 4:30 pm, 7 days/week.

Prenatal Classes

1-866-930-5472

Douglas College offers prenatal classes in many communities including Chilliwack. More information is available at douglascollege.ca under 'Continuing Education' then 'Prenatal' or 'Perinatal'.

Young Parent Prenatal Classes

604-702-4900

Offered at the Health Unit throughout the year to moms under 22 years of age. Classes are free and include a nutritious snack and refreshments. To register, call the Health Unit.

Prenatal Breastfeeding Classes

604-702-4900

Offers expectant parents an opportunity to learn about breastfeeding basics and techniques. Taught by trained public health nurses.

To register for this free two-hour class, call the Health Unit.

Breastfeeding Support

604-702-4903

Breastfeeding support is available 7 days a week, 8:30 am to 4:30 pm. Please call the Best Beginnings Program to speak to or book an appointment with a Public Health Nurse.

Breast Milk Bank

1-604-875-2282

Chilliwack Health Unit is a depot for the Provincial Milk Bank. We are always in need of donors. To donate or inquire, call the Health Unit or the Milk Bank. More information is also available online from Fraser Health (search 'donor milk').

Prepare For Pregnancy

Taking time to plan and prepare to get pregnant will increase your chances of having a healthy baby and ease the transition to parenthood. Learn more online from Fraser Health under 'Health Info', 'Pregnancy and Baby', then 'Prepare for Baby'.

Duty Nurse

604-702-4916

A public health nurse is available to discuss general health questions and provide information on prenatal and postnatal care, infant feeding, child development, vaccinations, school health, and control of communicable diseases.

Hours: Monday to Friday, 9:00 am to 4:00 pm

HealthLinkBC

8-1-1 or 7-1-1(TTY)

Call from anywhere in BC any time of the day or night. You can speak with a registered nurse on more than 5,000 health topics or symptoms, ask a pharmacist about medications, and speak to a dietitian about nutrition and healthy eating. Available in 130 languages. For an interpreter, say your language in English. Wait until an interpreter comes on the phone.

Child Immunization Clinics

604-702-4900

Infant vaccines start at two months of age. Call the Health Unit early to make an appointment for immunizations for your child.

Information on vaccines online: www.immunizebc.ca or healthlinkbc.ca

BC Early Hearing Program

604-702-4944

Provides newborn hearing screening for babies born in BC. Hearing screening is done in hospital before baby and mother go home or done at the Health Unit by appointment.

Car Seat Information

1-877-247-5551

BCAA/ICBC Technical and Consumer Information for buying and fitting car seats. More information is also available online from Fraser Health (search 'safety' or 'car seat').

Dental Program

604-702-4900

Programs and services help families access dental resources and services for eligible children. A free fluoride varnish program is available for children ages 0 – 2 who are **at risk** for tooth decay and face barriers in accessing dental care.



Speech Drop-In Clinic**604-702-4944**

Drop in clinic for parents who have concerns about their toddler or preschool aged child's speech development. Held the last Wednesday of each month (except December) - 9:00 am to 11:30 am.

Before attending, please call for details.

Sexually Transmitted Infection Clinic**604-702-4900**

Offers free STI testing, treatment, and sexual health counseling. Scheduled clinics are available by appointment.

Options for Sexual Health (optionsforsexualhealth.org) **604-997-7526**

Clinic provides sexual and reproductive health services for all genders, all orientations, and all ages.

Drop-in clinic hours: Tuesdays 4:45 to 6:45 pm, Chilliwack Health Unit
Enter through the side entrance off the parking lot.

Chilliwack Community Services (comserv.bc.ca)**604-792-4267**

Staff and volunteers work side by side to deliver programs that include a wide range of family support, early childhood development, youth, employment, and other community services.

Better Beginnings – Young Parents**604-701-4978**

Offers education and support focusing on prenatal nutrition, healthy lifestyle, and responsive infant care to pregnant youth. Support from pregnancy through to six months after birth.

Parenting

Parenting support is available by calling the Health Unit or available online from Fraser Health (search 'parenting').

InfoChilliwack.ca and childand youth.com also offer up-to-date information on health and social services and programs available to residents of Chilliwack.

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