

# *Haida Gwaii Perinatal Care Pathway - Resource Details*

Updated: Jan2025

\*If you notice any errors or omissions, please email us to update: [ccrr@islandswellness.com](mailto:ccrr@islandswellness.com)

Category	Name	Phone	Web
1. Birth Control / Contraception	Northern Health Virtual Clinic	1.844.645.7811	<a href="https://www.northernhealth.ca/services/digital-health/virtual-clinic">https://www.northernhealth.ca/services/digital-health/virtual-clinic</a>
	First Nations Health Authority Doctor of the Day	1.855.344.3800	<a href="https://www.fnha.ca/what-we-do/ehealth/virtual-doctor-of-the-day">https://www.fnha.ca/what-we-do/ehealth/virtual-doctor-of-the-day</a>
	Doctor	North: 250.626.4702 South: 250.559.4900	
	Nurse Practitioner	North: 250.626.4702	
	Nurse at Health Centre	North: 250.626.3911 ext 233 South: 250.559.4610 ext 141	
	Nurse at Hospital Clinic	North: 250.626.4728 (office) North: 250.626.4702 (clerk) South: 250.559.4933	
	Pharmacist * Full service with Pharmasave in North-end; Emergency refills only at Forbes in South-end	North: 1.866.403.7320 South: 250.559.4910	
	Emergency Contraception (Plan B) - available direct from pharmacist without physician consult required *Also available from nurse at hospital clinic or via emergency at hospital after hours, and available via midwife.	Pharmacies: North: 1.866.403.7320 South: 250.559.4910	
	Options for Sexual Health	1.800.SEX.SENSE	<a href="https://www.optionsforsexualhealth.org/facts/birth-control/">https://www.optionsforsexualhealth.org/facts/birth-control/</a>
2. Fertility Support	Doctor	North: 250.626.4700 South: 250.559.4900	

Category	Name	Phone	Web
	Nurse Practitioner	North: 250.626.4700	
	Acupuncture	Bre - 250.886.4076 Saskia - 250.637.1968	
3. Pregnancy Testing & Counselling	Nurse at Health Centre	North: 250.626.3911 ext 233 South: 250.559.4610 ext 129	
	Nurse at Hospital Clinic	North: 250.626.4728 (office) North: 250.626.4725 (clerk) South: 250.559.4933	
	Midwife	North: 250.626.7769 South: 250.637.1115	
	Sexual Health & Rights Online		<a href="http://www.sexualhealthandrights.ca">www.sexualhealthandrights.ca</a>
4. Pregnancy Release / Abortion	Doctor in clinic	North: 250.626.4700 South: 250.559.4900	
	Doctor in ER		
	Midwife	North: 250.626.7769 South: 250.637.1115	
	National Abortion Federation	1.800.772.9100	<a href="http://www.nafcanada.org">www.nafcanada.org</a>
5. Pregnancy Loss	Doctor	North: 250.626.4700 South: 250.559.4900	
	Midwife	North: 250.626.7769 South: 250.637.1115	
	Northern Health Online		<a href="https://www.northernhealth.ca/health-information/pregnancy-and-baby/miscarriage-stillbirth-and-loss-baby">https://www.northernhealth.ca/health-information/pregnancy-and-baby/miscarriage-stillbirth-and-loss-baby</a>

Category	Name	Phone	Web
6. Prenatal Care & Education	Midwife* (see below this table)	North: 250.626.7769 South: 250.637.1115	
	First Nations Health Authority Online		<a href="https://www.fnha.ca/what-we-do/maternal-child-and-family-health/maternal-and-child-health">https://www.fnha.ca/what-we-do/maternal-child-and-family-health/maternal-and-child-health</a>
	Northern Health Online		<a href="https://www.northernhealth.ca/health-information/pregnancy-and-baby/prenatal-care">https://www.northernhealth.ca/health-information/pregnancy-and-baby/prenatal-care</a>
	Online Prenatal Classes		<a href="https://www.northernhealth.ca/health-information/pregnancy-and-baby/prenatal-classes-and-education">https://www.northernhealth.ca/health-information/pregnancy-and-baby/prenatal-classes-and-education</a>
	First Nations Health Authority's "Growing Up Healthy"	Paper copies available with nurses at health centre and in hospital clinic	<a href="https://www.fnha.ca/Documents/growingup.pdf">https://www.fnha.ca/Documents/growingup.pdf</a>
	Baby's Best Chance	Paper copies available with nurses at health centre and in hospital clinic	<a href="https://www.healthlinkbc.ca/pregnancy-parenting/babys-best-chance">https://www.healthlinkbc.ca/pregnancy-parenting/babys-best-chance</a>
7. Community Group Support	North-end Tawlang ga Tlaayds		<a href="https://www.facebook.com/tawlang_gatlaayds.1/">https://www.facebook.com/tawlang_gatlaayds.1/</a>
	South-end Baby Steps		<a href="mailto:crrfamilyresource@islandswellness.com">crrfamilyresource@islandswellness.com</a>
8. On-Island Birthing	Midwifery care	North: 250.626.7769 South: 250.637.1115	
	Birth doula	*ask midwife for doulas currently accepting clients	Indigenous families: <a href="https://bcaafc.com/dafgp/">https://bcaafc.com/dafgp/</a>
	Child Care Resource & Referral Centre (assistance with	North: 778.260.0446 South: 250.559.4711	<a href="mailto:crrfamilyresource@islandswellness.com">crrfamilyresource@islandswellness.com</a>

Category	Name	Phone	Web
	accessing doulas and birthing supports)		
9. Off-Island Birthing	Doctor care		<a href="https://www.cpsbc.ca/public/registant-directory">https://www.cpsbc.ca/public/registant-directory</a>
	Midwifery care	<a href="https://www.bcmidwives.com/">https://www.bcmidwives.com/</a>	
	Birth doula		Indigenous families: <a href="https://bcaafc.com/dafgp/">https://bcaafc.com/dafgp/</a>
	Child Care Resource & Referral Centre (assistance with accessing doulas and birthing supports)	North: 778.260.0446 South: 250.559.4711	North: <a href="mailto:crroutreach@islandswellness.com">crroutreach@islandswellness.com</a> South: <a href="mailto:crrfamilyresource@islandswellness.com">crrfamilyresource@islandswellness.com</a>
10. Postpartum Support	Midwife	North: 250.626.7769 South: 250.637.1115	
	Postpartum doula	*ask midwife for doulas currently accepting clients	
	Nurse at Health Centre	North: 250.626.3911 ext 233 South: 250.559.4610 ext 129	
	Nurse at Hospital Clinic	North: 250.626.4728 (office) North: 250.626.4725 (clerk) South: 250.559.4933	
	Northern Health Online		<a href="https://www.northernhealth.ca/health-information/pregnancy-and-baby/postpartum-baby-care">https://www.northernhealth.ca/health-information/pregnancy-and-baby/postpartum-baby-care</a>
11. Infant Feeding	Lactation Consultant - Emma Lore	250.626.7688	<a href="https://www.honeysucklesupport.com/">https://www.honeysucklesupport.com/</a>
	Midwife	North: 250.626.7769	

Category	Name	Phone	Web
		South: 250.637.1115	
	Postpartum doula	*ask midwife for doulas currently accepting clients	
	Nurse at Health Centre	North: 250.626.3911 ext 233 South: 250.559.4610 ext 129	
	Nurse at Hospital Clinic	North: 250.626.4728 (office) North: 250.626.4725 (clerk) South: 250.559.4933	
	Northern Health Online		<a href="https://www.northernhealth.ca/health-information/pregnancy-and-baby/breastfeeding-and-human-milk">https://www.northernhealth.ca/health-information/pregnancy-and-baby/breastfeeding-and-human-milk</a>
			<a href="https://www.northernhealth.ca/health-topics/nutrition-first-year">https://www.northernhealth.ca/health-topics/nutrition-first-year</a>
12. Parent & Child Health Visits	Nurse at Health Centre	North: 250.626.3911 ext 233 South: 250.559.4610 ext 129	
	Nurse at Hospital Clinic	North: 250.626.4728 (office) North: 250.626.4725 (clerk) South: 250.559.4933	
	Doctor	North: 250.626.4700 South: 250.559.4900	
	Nurse Practitioner	North: 250.626.4700	
13. Parenting Support & Education	North Coast Community Services- Child Development Consultant (CDC)	North: 1.778.884.0740 South: 778.884.4637	North: <a href="mailto:klarocque@nccspr.ca">klarocque@nccspr.ca</a> South: <a href="mailto:smorgan@nccspr.ca">smorgan@nccspr.ca</a>
	CCRR Play Groups		North: <a href="mailto:ccrroutreach@islandswellnesssociety.com">ccrroutreach@islandswellnesssociety.com</a> South:

Category	Name	Phone	Web
			<a href="mailto:crr@islandswellness.com">crr@islandswellness.com</a>
	North-end Parent-Infant Play Group	778.884.0740	North: <a href="mailto:klarocque@nccspr.ca">klarocque@nccspr.ca</a>
	North-end Tawlang ga Tlaayds		<a href="https://www.facebook.com/tawlang.gatlaayds.1/">https://www.facebook.com/tawlang.gatlaayds.1/</a>
	North-end Daaxiigan Sk'adáa Née StrongStart	250.626.3226	<a href="mailto:bkellar@sd50.bc.ca">bkellar@sd50.bc.ca</a>
	South End - Skidegate Language Nest		<a href="https://www.facebook.com/groups/891247088838654/">https://www.facebook.com/groups/891247088838654/</a>
	South End - Skidegate Aboriginal Head Start		<a href="https://www.facebook.com/groups/932236273962709">https://www.facebook.com/groups/932236273962709</a>
	South End - SNES StrongStart		<a href="mailto:jwilson@sd50.bc.ca">jwilson@sd50.bc.ca</a>
	South-end Baby Steps		<a href="mailto:crrfamilyresource@islandswellness.com">crrfamilyresource@islandswellness.com</a>
14. Wellness			
Nutrition	Northern Health dietician	North: 250.626.4725 South: 250.559.4902	
	Northern Health online nutrition resources		<a href="https://www.northernhealth.ca/health-topics/nutrition-and-dietitian-services">https://www.northernhealth.ca/health-topics/nutrition-and-dietitian-services</a>
	8-1-1 dietician	8-1-1	
	CCRR 4th Trimester Nourish Program (formerly Fill-the-freezer)		North: <a href="mailto:crroutreach@islandswellnessociety.com">crroutreach@islandswellnessociety.com</a>
	Food Banks	North: 250.626.7517 South: 250.559.4100	North: <a href="https://forms.office.co">https://forms.office.co</a>

Category	Name	Phone	Web
			<a href="https://www.islandswellness.com/pages/responsepage.aspx?id=XZMf918TfU2RqISdWnAKLnIIOm2HqXZHilsB00eUG1JUMkZPVko5TFVaOVU1NDYyRkY0TIIUNIdVUC4u&amp;route=shorturl">m/pages/responsepage.aspx?id=XZMf918TfU2RqISdWnAKLnIIOm2HqXZHilsB00eUG1JUMkZPVko5TFVaOVU1NDYyRkY0TIIUNIdVUC4u&amp;route=shorturl</a> South: <a href="mailto:foodbank@islandswellness.com">foodbank@islandswellness.com</a>
Physical Wellness	Haida Gwaii Recreation	250.637.1192	<a href="https://hgrec.com/">https://hgrec.com/</a>
	Pelvic floor physiotherapy	Doctor or midwife can do a referral for you!	
	Northern Health pelvic floor physiotherapy guide		<a href="https://www.northernhealth.ca/sites/northernhealth/files/health-information/health-topics/physical-activity/documents/postbirth-pelvic-floor-guide.pdf">https://www.northernhealth.ca/sites/northernhealth/files/health-information/health-topics/physical-activity/documents/postbirth-pelvic-floor-guide.pdf</a>
	Physiotherapy	North: 250.626.4724 South: 250.559.4919	
	Online yoga		doyogawithme.com *use code "freeyoga9" for 9 months of free access
	Northern Health Online Physical Activity Resources		<a href="https://www.northernhealth.ca/health-information/physical-activity/physical-activity-pregnancy-and-postpartum">https://www.northernhealth.ca/health-information/physical-activity/physical-activity-pregnancy-and-postpartum</a>
	Earth Temple		<a href="https://earth-temple.square.site/">https://earth-temple.square.site/</a>
Mental Wellness	Health Centre Mental Health Team	North: 250.626.3911 (ask for Mental Health)	

Category	Name	Phone	Web
		South: 778.361.0204	
	Northern Health Mental Health Team	North: 250.626.4725 (clerk) South: 250.559.4933	
	Islands Wellness Society	250.893.7045	<a href="https://islandswellnesssociety.com/programs/womens-counselling/">https://islandswellnesssociety.com/programs/womens-counselling/</a>
	Haida Child and Family Services - Mental Health Team	250.280.7896	<a href="https://haidachild.ca/services/mental-health">https://haidachild.ca/services/mental-health</a>
	Haida Gwaii Society for Community Peace	250.626.7977	
	FNHA Mental Health Benefits *Indigenous people can access free counselling as long as their counsellor is registered with FNHA		<a href="https://www.fnha.ca/benefits/mental-health">https://www.fnha.ca/benefits/mental-health</a>
	Northern Health Online		<a href="https://www.northernhealth.ca/health-information/pregnancy-and-baby/perinatal-mental-health">https://www.northernhealth.ca/health-information/pregnancy-and-baby/perinatal-mental-health</a>
	Pacific Postpartum Society		<a href="https://postpartum.org/">https://postpartum.org/</a>
	The Perinatal Collective - support for perinatal struggles		<a href="https://perinatalcollective.com/">https://perinatalcollective.com/</a>
Financial & Support Resources	TAP (Travel Assistance Program)		<a href="https://www2.gov.bc.ca/gov/content/health/accessing-health-care/tap-bc/travel-assistance-program-tap-bc">https://www2.gov.bc.ca/gov/content/health/accessing-health-care/tap-bc/travel-assistance-program-tap-bc</a>
	Hope Air	1.800.661.2668	<a href="https://hopeair.ca/">https://hopeair.ca/</a>
	Gwaii Trust Travel Assistance		<a href="https://gwaitrust.com/grants/">https://gwaitrust.com/grants/</a>
	First Nations Health Authority Benefits *available if birthing person or their child is Indigenous		<a href="https://www.fnha.ca/benefits">https://www.fnha.ca/benefits</a>

Category	Name	Phone	Web
	Jordan's Principle	North: 250.626.9648 South: 250.626.9622	<a href="https://haidachild.ca/services/jordan-s-principle">https://haidachild.ca/services/jordan-s-principle</a>
	BC Rental Assistance Program		<a href="https://www.bchousing.org/housing-assistance/rental-assistance-programs/RAP">https://www.bchousing.org/housing-assistance/rental-assistance-programs/RAP</a>
	Northern Health Social Workers	North: 250.626.4718 South: 250.559.4933	
	Haida Child and Family Services	North: 250.626.5257 South: 250.559.8400	<a href="https://haidachild.ca/">https://haidachild.ca/</a>
Online Perinatal Resources	Pregnancy Hub		<a href="https://www.pregnancyhub.org/Resource-HUB">https://www.pregnancyhub.org/Resource-HUB</a>

\* *What does a midwife do?*

Midwives offer primary maternity care to pregnant people and their newborns.

Their practice includes:

- Complete prenatal, birth and postpartum care
- Care through pregnancy release (loss, miscarriage, termination, abortion)
- Supporting families throughout birth, regardless of the type of birth (natural, medicated, vaginal, surgical)
- Infant feeding support and early parenting care
- Family planning (contraception)