



## MATERNAL AND CHILD HEALTH

### Richmond Health Services

**Infant and Child Health Services**

**Audiology Program**

**Breastfeeding Clinic**

**Dental Program**

**Nutrition Program**

**Speech and Language Program**

**Healthiest Babies Possible**

**Pacific Post Partum Support Group**

**Prenatal Classes**

**Richmond Early Childhood Mental Health Program**

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### Richmond Health Services

604-233-3150

#### **Infant and Child Health Services**

604-233-3150

Services may include

- Information about growth and development, parenting, immunizations, breastfeeding and nutrition
- Free immunizations
- Home visits
- Baby and health clinics
- Kindergarten vision screening

#### **Audiology Program**

604-233-3188

Services may include:

- Hearing screening or assessment programs for newborn, preschool and school-age children
- Hearing aid fittings
- Client and family education
- Consultation with other service providers
- Community education and awareness

#### **Breastfeeding Clinic**

604-233-3150

Wednesdays from 1:00 – 3:00 at Richmond Health Department, 8100 Granville.  
Call for appointment.

### **Dental Program**

604-233-3216

Provides dental screening and fluoride varnish for children ages 10 months – 5 years who do not have a dentist for regular care. Call for appointment.

### **Nutrition Program**

604-233-3150

Services may include:

- Assess individual or community nutrition needs
- Consult with community members and professionals
- Provide nutrition information and promote healthy eating

### **Speech and Language Program**

604-233-3228

Services may include:

- Initial consultation
- Full speech-language assessment
- Therapy, group or individual
- Parent education
- Preschool/daycare consultation
- Community educations and awareness

### **Healthiest Babies Possible**

604-877-4673

Prenatal outreach program offers free and confidential services for pregnant women in Richmond. The program offers expectant moms and their families nutrition & prenatal lifestyle counseling, opportunities to meet other expectant mothers, prenatal vitamins, breastfeeding information, food coupons, labour & delivery information, education about smoking, alcohol or drug concerns and community referrals. Includes support for pregnant youth.

### **Pacific Post Partum Support Group**

604-255-7999

Offers a self-help program and support to women experiencing postpartum depression or anxiety after childbirth. The program involves telephone counseling and weekly support groups.

### **Prenatal Classes**

*Douglas College*  
604 777-6530

*SUCCESS*  
604-279-7180

*Richmond Health Services*  
604-233-3150

*In Cantonese and Mandarin For singles/young parents*

Prenatal classes are taught by experienced professionals. A hospital tour is included with some classes. Fees for classes vary and are adjusted if there is a financial need. Classes offered in English, Cantonese and Mandarin.

### **Richmond Early Childhood Mental Health Program**

604-278-9711; ext. 4055

Serves children 0 to 5 years of age and their families to promote children's' mental health and to treat behaviour problems. Examples of behaviour problems include (but are not limited to): feeding, sleeping, crying, aggression, anxiety, not listening, potty training, adjustment to adoption, etc. Community referrals accepted.