**PARENTING AND FAMILY RESOURCES AND SUPPORTS**

**BC Association of Aboriginal Friendship Centres (BCAAFC)** often have programs for parents, children, and pregnant women.

250-388-5522  
www.bcaafc.com

**BC Council for Families** is a source of dependable, current information and advice including parenting programs, online information, and online discussion groups for parents.

www.bccf.ca

**First Nations Parents Club** helps support parents with educational success.

1-877-422-36-72  
www.fnsa.ca/parentsclub

**Healthy Families BC – Parenting** is an online resource for all British Columbians with information about pregnancy and parenting.

www.healthyfamiliesbc.ca/parenting

**Metis Family Services** provides services for parents.

www.metisfamilyservices.ca/programs-services

**The National Collaborating Centre for Aboriginal Health (NCCAH)** is a source of reliable, current information of First Nations, Inuit, and Metis child, youth, and family health.

www.nccah.ca

**EARLY CHILDHOOD DEVELOPMENT**

**Aboriginal Infant Development Program** works together with families to support the growth and development of young children.

1-866-338-4881  
www.aidp.bc.ca

**Aboriginal Supported Child Development** is a program for children with developmental delays or disabilities and their families.

1-866-338-4881  
www.ascdp.bc.ca

**The Aboriginal Head Start Association of British Columbia (AHSABC)** provides programs that support early childhood development, school readiness, and family health and wellness for children from birth to six years old.

www.ahsabc.net
Canadian Physical Activity Guide for the Early Years give some guidelines for physical activity for children.

www.csepguidelines.ca/early-years-0-4/

Community Action Program for Children promotes the healthy development of young children (0-6) who are living in conditions of risk.

www.capc-pace.phac-aspc.gc.ca/en


www.healthlinkbc.ca/health-topics/ta7012

INFANT HEALTH

HealthLink BC Safe Sleeping for Babies.

www.healthlinkbc.ca/healthlinkbc-files/safe-sleeping-babies

Healthy Baby Healthy Brain is a parent website about early brain development.

www.healthybabyhealthybrain.ca

La Leche League Canada encourages, promotes and provides mother-to-mother breastfeeding support and educational opportunities.

www.lllc.ca

PRENATAL AND MATERNAL HEALTH

Canada Prenatal Nutrition Program provides support to improve the health and well-being of pregnant women, new mothers and babies facing challenging life circumstances.

www.cpnp-pcnp.phac-aspc.gc.ca/en

The BC Association of Pregnancy Outreach Programs (BCAPOP)

604-314-8797

www.bcapop.ca/POP-Programs