

Kootenay Birth and Postpartum Resources

Community supports for families in the Kootenays — pregnancy through postpartum

Birth Registration

You must register your baby's birth before applying for a birth certificate. This can be done online at <https://ebr.vs.gov.bc.ca/>. Your birthing facility will provide a card with the necessary information. Please complete registration within the first year of your baby's birth; after that, you must contact Vital Statistics directly.

- When you register your baby's birth, you can also apply for your baby's SIN at the same time. SIN cards are no longer mailed — you'll simply receive the number.
- Birth certificates can be applied for at any registry agent or online (at the same link) once Vital Statistics has received the Notice of Birth.

BC Public Health

- Health Link BC (8-1-1) – Telephone access to a registered nurse for non-emergency concerns.
- Healthy from the Start – Information and support through pregnancy.
www.interiorhealth.ca/services/healthy-from-the-start
- Baby's Best Chance – Comprehensive online pregnancy and parenting resource.
www.healthlinkbc.ca/pregnancy-parenting/babys-best-chance
- Métis Early Years Program – Email: metisearlyyears@mnbc.ca

Midwifery & Maternity Clinics

- Aspen Maternity (Trail) – www.aspenmaternity.ca
- Apple Tree Maternity (Nelson) – www.appletreematernity.com
- East Kootenay Midwives (Cranbrook/Kimberley) – www.eastkootenaymidwives.com
- Kootenay Born Midwifery (Nelson) – www.kootenaybornmidwifery.com

- Mountain Midwives (Trail) – www.mountainmidwives.ca
 - Interior Health Maternity Services – www.interiorhealth.ca/services/maternity-services
 - Find a Midwife in BC – www.bcmidwives.com/find-a-midwife.html
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Birth & Postpartum Doula Care

- Nurtured Postpartum by Sarah Wallace (West Kootenays) – 778.965.2229 | www.nurturedpostpartum.ca
- Nelson Doula Collective (Nelson) – www.nelsondoulacollective.ca
- Kootenay Doula Group (West Kootenays) – www.kootenaydoulagroup.com
- DAFGP (Doulas for Aboriginal Families Grant Program) – Funding and support for Indigenous families to access birth and postpartum doulas. www.bcaafc.com/dafgp

Note: Many of these doulas may also support culturally safe care, lactation, and postpartum wellness programs.

Lactation & Feeding Support

- Castlegar and District Community Health Centre – 250 365-7711
 - Nelson Health Centre – 250 505-7200
 - Kiro Wellness Centre (Trail) – 250 364-6200
 - Fern & Fawn Lactation (Trail) – www.instagram.com/fernandfawnlactation
 - Over the Rainbow Family Services (Cranbrook) – overtherainbowfamilyservices.shutterfly.com
 - Breastfeeding Mamas! (Cranbrook/Kimberley) – www.facebook.com/breastfeedingmamas
 - Apple Tree Maternity (Nelson) – www.appletreematernity.com
 - La Leche League Canada – www.lllc.ca
 - Jack Newman Clinic (online) – www.drjacknewman.com
 - KellyMom (evidence-based breastfeeding info) – www.kellymom.com
 - Solid Starts (introducing solids safely) – www.solidstarts.com
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Postpartum Depression & Mental Health Support

- Canadian Mental Health Association Distress Line – 211
 - Pacific Postpartum Support Society – www.postpartum.org
 - Mood Disorders Association of BC – 1-855-282-7979
 - Here to Help (self-guided workbook) – www.heretohelp.bc.ca/workbook/coping-with-depression-in-pregnancy-and-following-birth
 - Kelty Mental Health Resource Centre – www.keltymentalhealth.ca
 - Foundry BC (support for parents under 25) – foundrybc.ca/virtual
 - Crisis Centre BC – 1-800-784-2433 | Text 45645
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Pregnancy & Infant Loss Support

- Nurtured Postpartum by Sarah Wallace – Pregnancy & Infant Loss Support
www.nurturedpostpartum.ca/pregnancy-and-infant-loss-support/
 - The Butterfly Run (Kootenays & BC-wide) – www.butterflyrun.ca
 - Empty Cradle BC – www.emptycradlebc.com
 - Return to Zero: HOPE (virtual peer support for bereaved parents) – www.rtzhope.org
 - Pomegranate Center for Healing (BC-based) – www.pomegranatecenter.ca
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Parent & Infant Programs

- Strong Start BC – www2.gov.bc.ca/gov/content/education-training/early-learning/support/programs/strongstart-bc
 - Beautiful Beginnings (Castlegar) – kootenayfamilyplace.org/family-programs
 - Building Beautiful Babies (FAIR, Trail) – 250 364-1255
 - Bellies 2 Babies (Nelson) – 250 352-6678 ext. 1 | cathys@kootenaykids.ca
 - Bellies 2 Babies (Cranbrook) – ccscranbrook01.wpengine.com/bellies-to-babies
 - Kootenay Kids Family Place (Nelson) – kootenaykids.ca/programs/family-place
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Childcare & Family Services

- Child Care Resource & Referral (CCRR)
 - Trail & Castlegar – www.trailfair.ca/family-services
 - West Kootenay – www.kootenaykids.ca/programs/child-care-resource-and-referral
 - Cranbrook – www.ccscranbrook.ca/ccrr-program
 - Kootenay Family Place (Castlegar) – www.kootenayfamilyplace.org
 - Family Action Network (Trail) – www.familyactionnetwork.ca
 - Family Dynamix (Golden) – familydynamix.ca
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Massage, Bodywork & Holistic Care

- Trail Integral Therapeutics – www.trailintegraltherapeutics.ca
 - Kootenay–Columbia Therapeutics (Trail) – www.kootenaycolumbiatherapeutics.com
 - Dr. Lisa Kramer-Hunt Acupuncture (Trail) – www.apeacefulpractice.com
 - Vital Balance Massage (Rossland) – vitalbalancemt.janeapp.com
 - Madhu Collective (Rossland) – www.madhucollective.ca
 - The Nest RMT (Nelson) – www.thenestrmt.com
 - Zoe Purvis, RMT (Castlegar) – zoeপুরvisrmt.janeapp.com
 - Vitality Nelson Health Centre – vitalitynelson.com
 - Kootenay Chiropractic & Sports Therapy (Nelson) – kootenaychiropractic.ca
 - Whole Health Physiotherapy (Trail) – wholehealthpt.ca
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Fitness & Wellness

- Mandala Mamas (Nelson) – www.instagram.com/mandala.mamas
 - Madhu Collective (Rossland) – www.madhucollective.ca
 - Mountain Life Hot Yoga (Cranbrook) – www.mountainlifehotyoga.ca
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Practical & Home Help

- Meal Train – www.mealtrain.com
 - Kootenay Farm to Folk (Nelson) – www.kootenayfarmtofolk.com
 - Kootenay Co-op (Nelson) – www.kootenay.coop
 - Chef's Plate – www.chefsplate.com
 - Hello Fresh – www.hellofresh.ca
 - Disposable Diapers – Amazon, Hello Bello, Well.ca
 - Cloth Diapers:
 - Play it Again Kids (Nelson) – www.playitagainkids.ca
 - Bumble Tree (Cranbrook) – www.bumbletree.ca
 - Lagoon Baby – www.lagoonbaby.com
 - Calgary Cloth Diaper Depot – www.calgaryclothdiaperdepot.com
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Community & Connection

- Mamas for Mamas - West Kootenays – <https://www.facebook.com/groups/1546995728711137>
 - Mamas for Mamas - East Kootenays – <https://www.facebook.com/groups/eastkootenays>
 - BC Association of Pregnancy Outreach Programs (BCAPOPOP) – www.bcapop.ca
 - Postpartum Support International – BC Chapter – www.postpartum.net
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Family-Friendly Outings & Recreation

- Kootenay Kids Playgroups (Nelson area) – www.kootenaykids.ca
 - Trail Aquatic & Leisure Centre – www.trail.ca
 - Rossland Recreation Department – www.rossland.ca
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Books & Online Resources

- Dr. Sears
 - *The Baby Book*
 - *The Baby Sleep Book*
 - www.AskDrSears.com
 - *Sweet Sleep* – La Leche League
 - *The First Forty Days* – Heng Ou
 - *The Fourth Trimester* – Kimberly Ann Johnson
 - *The Baby Feeding Book* – Vanessa Christie
 - *The Womanly Art of Breastfeeding* – La Leche League
 - *Breastfeeding Made Simple* – Kathleen A. Kendall
 - *Guide to Breastfeeding* – Dr. Jack Newman
 - *The Whole-Brain Child* – Daniel J. Siegel
 - *Impossible Parenting* – Olivia Scobie
 - *Healing after Birth: Navigating Your Emotions After a Difficult Childbirth* – Jennifer Summerfeldt
 - Mental health & postpartum: oliviascobie.com
 - Feeding baby: kellymom.com
 - Prenatal & postnatal fitness: jessiemundell.com
 - Birth trauma resources: Teela Tomassetti – www.instagram.com/theteaonbirthtrauma
 - Birth videos & photography (graphic): Flor Cruz – www.instagram.com/badassmotherbirther
 - Canadian Obstetrical and Reproductive Violent Experience & Trauma Reporting tool: <https://sites.google.com/view/corvettracker/home>
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