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| **Early Years Outreach Program: Nuu-Chah-Nuth Tribal Council** • For First Nations individuals  • Support for pregnant woman and new mothers  • Support to families with children at risk for developmental delays  • Consultations for childcare support and caregivers  • Strength-based parenting skill development | **Public Health Nursing**  • Offers a variety of parenting courses  • Provides pamphlets, brochures, and videos with information regarding parenting and birth  • Provides support for new mothers, including phone calls, in-person meetings, and PPD screenings  • Offers breastfeeding support for new mothers | **Island Health Grow With Me**  • Offers help with growth, feeding, and development of your baby  • Can provide weigh-ins for your newborn  • Communicate with a Public Health Nurse to discuss milestones and any health related questions |
| **Infant Development Program**  • Provided by PAACL • Family centered program for children aged 0-3 who have or are at risk of developmental delays  • Offers support to parents on how to respond and manage children’s needs  • Offers home-based services such as assessments, infant massage, and gross motor screening  • Offers parent-child programs and social events | **Right From the Start**  •Offers support for pregnant woman, new mothers, and their families  • Involves working with a Public Health Nurse  • Offers referrals to community programs specific to your needs | **Facebook Groups**  Vancouver Island Car Seat Technicians: [https://www.facebook.com/ VICarSeatTechs](https://www.facebook.com/VICarSeatTechs)  Mamas for Mamas – Port Alberni:  [https://www.facebook.com/groups/ 346099297293465](https://www.facebook.com/groups/346099297293465)  Port Alberni Mommy Network:  [https://www.facebook.com/groups/ 2208470842625540](https://www.facebook.com/groups/2208470842625540) |

**Community Resources**

**Sources:**  
<https://www.pacificrimchildren.ca/pregnancy-new-parents>

<https://nuuchahnulth.org/services/early-years-outreach-programs>

<https://www.paacl.ca/>

<https://www.islandhealth.ca/our-services/pregnancy-birth-services/right-start>

<https://www.islandhealth.ca/our-services/children-youth-services/public-health-nursing>

<https://www.pafriendshipcenter.com/programs/early-childhood-development/>