

Are you at risk, feeling lost,
or facing child removal?

RESOURCES FOR FAMILIES IN PRINCE GEORGE

Navigating mental health concerns,
substance use disorder, and MCFD



Mobile devices/phones can be used to scan the QR codes for more information.

Northern Health Aboriginal Patient Liaison

- indigenousealthnh.ca/initiatives/APLs / 778-349-1348
- Offers in-hospital and community support to help Indigenous persons and their families with accessing culturally safe health care services.
- Patient navigators work directly with hospital staff and health care providers to help patients with health care and discharge planning, hospital stay information, completing forms, referrals to community services, and with navigating the health care system.
- Your health care provider or nurse can call the liaison for you, or you can call.



Breastfeeding Support | Northern Health

- northernhealth.ca / 250-565-2327
- Provides breastfeeding support and education to clients in person at UHNBC or by telephone. Clients are seen by self-request. / NHBreastfeeding@northernhealth.ca
- Hours: Monday to Friday 8am to 2pm



Carrier Sekani Family Services

- 250-562-3591
- Prince George Family Support and Children in Care Guardianship Services. 250-563-1281
- Mental Health and Wellness Services in Prince George. 250-564-4079
- Child & Family Services 250-561-7016



Central Interior Native Health Society

- www.cinhs.org / 250-564-4422
- Medical Services, Cultural Services, Social Work Services, Addiction Services



Harmony House

- harmonyhousebc.com / 1-236-423-3335
- Supportive housing for women who are struggling with mental health and/or problematic substance use, are pregnant or new mothers in danger of losing their child to the care of Ministry of Children and Families Development (MCFD).
- Indigenous support staff, morning childminding for appointments, and 24/7 nurse. harmony.house@shaw.ca



Infant Development Program (AimHi)

- <https://aimhi.ca/our-services/infant-development-program> / 250-564-6408
- Support to parents in planning activities that encourage child development
- Home visiting program



Opioid Agonist Therapy | Northern Health

- northernhealth.ca / 250-565-2100
- Provides a prescribed medicine such as methadone or suboxone, in a supervised clinical setting to treat people who have a problematic pattern of opioid use.
- Clients also have access to counselling, naloxone kits, community and treatment referrals, education, and support.
- OAT & Prescribed Safer Supply at the Needle Exchange
 - Mondays & Thursdays, 1:15 to 5:00pm
 - No appointments (first come, first served for individuals who are attached to our program)
 - 277 George Street, Prince George 250-645-3810.



Pregnancy and Baby | Northern Health

- northernhealth.ca/health-information/pregnancy-and-baby
- Primary care staff at Northern Health in Prince George / 250-645-8963
- Whether you're thinking about having a baby, are pregnant or have already had your baby, we want to give you information that will help you make healthy and informed decisions at this special time of your life.
- The primary care staff at Northern Health and their community service partners want to work with you to ensure you have the healthiest pregnancy and baby possible. We can support you and your family during your pregnancy and after you have had your baby



Prince George Elizabeth Fry Society

- www.pgefry.bc.ca / Call 1-866-563-1113 or 250-562-5868 for 24 crisis support or information about the following programs
- **HEALTHY CARE PREGNANCY PROGRAM**
Support pregnant and newly parenting individuals who use or have used substances to navigate through primary care, community care, and acute hospital settings while accessing treatment and recovery services. The program is crucial for women experiencing complex medical, health, and social risks as it connects them with housing services, child welfare, and family services. bnbinreach@pgefry.bc.ca / 778-349-4413
- **BABY'S NEW BEGINNINGS**
Education and support groups, food vouchers, pre and post pregnancy support, clothing, referrals for physician care, counselling, and parenting support
- **COMMUNITY BASED VICTIM SERVICES**
Advocacy, crisis counselling, and support for victims of childhood abuse, criminal harassment, and partner abuse, as well as information on the criminal justice system.



Prince George Native Friendship Center

- http://www.pgafc.com/programs_services.html / 250-564-3568
- The Aboriginal Child & Youth Wellness Program was created for children, youth, and their families; to promote wellness, balance and healing. In terms of the medicine wheel, balance means being strong emotionally, physically, mentally, and spiritually.
- We aim to provide counselling and support which integrates culture, teachings and provides cultural opportunities. We are guided by our Cultural and Spiritual Advisors.
- Other programs include Aboriginal Child Development Program, Victim Services, Day Care Programs, Family Law and Healing Centre for alcohol and drug counselling or crisis support.

