

Strategies and Tips for Supporting a Pregnant Little Sister:

- Remember your role is to be a supportive friend
 - Share some resources (see following pages) with her if she is not connected to other supports;
 - Do not push your Little to discuss her pregnancy and the things you think she should be doing for a healthy pregnancy – this will cause her to pull away;
 - Offer to go to the clinic/doctor with her but let her know that if she has someone to go with, that is fine too.
- Remain non-judgmental and neutral.
- Remember, your Little Sister likely has several adults in her life telling her what to do, you do not want to be yet another person telling her what to do.
- Knowing that you are there for her whether she wants to talk, shop for baby clothes or just hang out and not discuss the pregnancy will be a great support for your Little.
- Get support from your counsellor.
- Visit an Options for Sexual Health clinic
 - <http://www.optionsforsexualhealth.org/>

Websites

Facts of Life Line

www.factsoflifeline.com

Ph: 604-731-7803

The Facts of Life Line is a confidential phone line staffed by registered nurses and trained volunteers. They are available to answer your questions about birth control, STDs & HIV, pregnancy options, sexual and/or gender identity or anything to do with sexuality or reproductive health. This resource can also connect individuals to clinics and support in the Lower Mainland.

Options for Sexual Health

www.optionsforsexualhealth.org

This website provides information about sexual health including pregnancy. Some areas of the website are under construction. There are also links to clinics and professionals in the area as well as links to other websites of relevance.

Planet Ahead

www.planetahead.ca

This is a youth friendly website that provides information about sexuality in an interactive manner. This site also provides information about clinics in the area and what to expect when visiting a youth clinic.

KidsHealth

www.kidshealth.org → teens → sexual health

This site provides information about what to expect during pregnancy (i.e. how your body will change, what will happen to your mood) as well as information about how to have a healthy pregnancy. This website is great for information about teen health in general. There is also information for children and parents on a variety of health topics.

Youth Clinics in the Lower Mainland

All clinics are confidential and free

Location	Name of Clinic	Address	Hours of Operation
Vancouver	BOULEVARD YOUTH CLINIC	2110 West 43rd Ave. #604-261-6366	Tuesday 2:30pm - 5:30pm Friday 1:30pm – 3:30pm
Vancouver	BUTE STREET CLINIC	Gay & Lesbian Centre: 1170 Bute Street 604-660-7949	Monday-Friday 11:00am - 6:30pm
Vancouver	BROADWAY YOUTH RESOURCE CENTRE	691 East Broadway 604-709-5720	Monday & Thursday 2:30pm - 5:00pm
Vancouver	COMMERCIAL DRIVE YOUTH CLINIC	200-1651 Commercial Dr. 604-253-3575	Monday 2:30pm – 4:30pm Tuesday & Thursday 2:30pm - 5:30pm

Vancouver	ENGLISH BAY YOUTH HEALTH CENTRE	1655 Barclay Street 604-736-9844	Tuesday 2:30pm – 5:00pm
Vancouver	EVERGREEN COMMUNITY HEALTH CENTRE	3425 Crowley Drive 604-707-3616	Tuesday 3:30pm - 6:00pm Friday 2:00pm - 4:30pm
Vancouver	KNIGHT STREET YOUTH CLINIC	6405 Knight Street 604-301-2227 (Clinic hrs only)	Monday 2:00pm - 4:30pm Thursday 5:30pm - 8:00pm
Vancouver	MID-MAIN YOUTH CLINIC	3998 Main Street 604-709-6400	Wednesday 2:30pm - 5:00pm
Vancouver	PINE COMMUNITY HEALTH CLINIC	1985 West 4th Avenue 604-736-2391	Mon., Tu., Th., & Fr. 9:00am - 12:00pm & 2:00pm - 5:00pm Wed. 9:00am - 12:00pm & 2:30pm – 7:30pm (call to confirm) 3rd Wed. of each month 4:30 pm - 7:30 pm Sat. 1:00pm - 4:00pm (for youth under 25 only)
Vancouver	THREE BRIDGES COMMUNITY HEALTH CENTRE	1292 Hornby Street 604-736-9844	Monday-Friday 8:30am - 8:00pm Saturday 10:00am - 5:00pm
Richmond	RICHMOND HEALTH DEPARTMENT	8100 Granville Ave. 604-233-3204 (for appointments)	Wednesday: Drop-in & By appointment Friday: By appointment only
Richmond	CITY CENTRE YOUTH CLINIC	8160 Cook Road, Richmond 604-233-3204 (for appointments)	Monday: Drop-in & By appointment
Richmond	CAMBIE CONNECTIONS CLINIC	East Richmond Community Hall 12360 Cambie Road 604-233-3204 (for appointments)	Tuesday Drop-In & By appointment
North Shore	CENTRAL COMMUNITY HEALTH CENTRE	6th Floor, 132 West Esplanade 604-983-6700	Monday 4:00pm – 6:00pm
North Shore	LYNN VALLEY YOUTH CLINIC	Lynn Valley Recreation Centre 3590 Mountain Hwy, N Vancouver 604-983-6700	Thursday 2:30 pm – 5:00 pm
North Shore	PARKGATE COMMUNITY HEALTH CENTRE	3625 Banff Court, 2 nd Fl., N Vancouver 604-731-4252	Wednesday 6:00pm – 9:00pm *Drop-in from 6-7 ; Appointments from 7-9
North Shore	WEST COMMUNITY HEALTH CENTRE	990 22nd Street, West Vancouver 604-983-6700	Tuesday 2:30pm – 4:30pm
Burnaby	BURNABY YOUTH CLINIC	25 - 250 Willingdon Ave.	Monday/Tuesday/Thursday 2:00 pm – 5:00 pm

		604-293-1764	
New Westminister	NEW WESTMINSTER YOUTH CLINIC	38 Begbie Street 604-329-1875 Services to age 21 and under	Tuesday 2:30 pm – 6:00 pm Thursday 4:00 pm – 8:00 pm
Surrey	SURREY MEMORIAL YOUTH CLINIC	13750-96 Street (@ King George Hwy), Surrey 604-585-5999	Monday 1:00 pm – 8:00 pm Tuesday 12:00pm – 6:00pm Wednesday 10:30am – 5:00pm Thursday 1:00pm – 8:00pm Friday 12:00pm – 5:00pm *Appointments preferred but drop-ins welcome*
Port Moody	PORT MOODY YOUTH CLINIC	200-205 Newport Dr. 604-614-7688	Wednesday 4:30pm – 8:00pm Services to age 21 and under

Post-pregnancy Support

Youth Pregnancy and Parenting Program (YPPP)

Vancouver Coastal Health
 Evergreen Community Health Centre
 3425 Crowley Drive, Vancouver, V5R 6G3
 Ph: 604-707-3639
 Thursdays from 3:30 – 6:30pm

YPPP serves Vancouver youth up to 22 years of age. The program offers a variety of youth friendly services. Youth can access doctors, nurses, counselling, parenting instruction/support and support around other pregnancy/parenting related topics. Self or agency referrals.
