



Pregnancy

Strategies and Tips for Supporting a Pregnant Little Sister



Big Sisters
of BC Lower Mainland

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 caseworker
- Visit an Options for Sexual Health clinic

<http://www.optionsforsexualhealth.org/>



Websites

Sex Sense

<https://www.optionsforsexualhealth.org/sex-sense>

Ph: 604-731-7803

Sex Sense 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

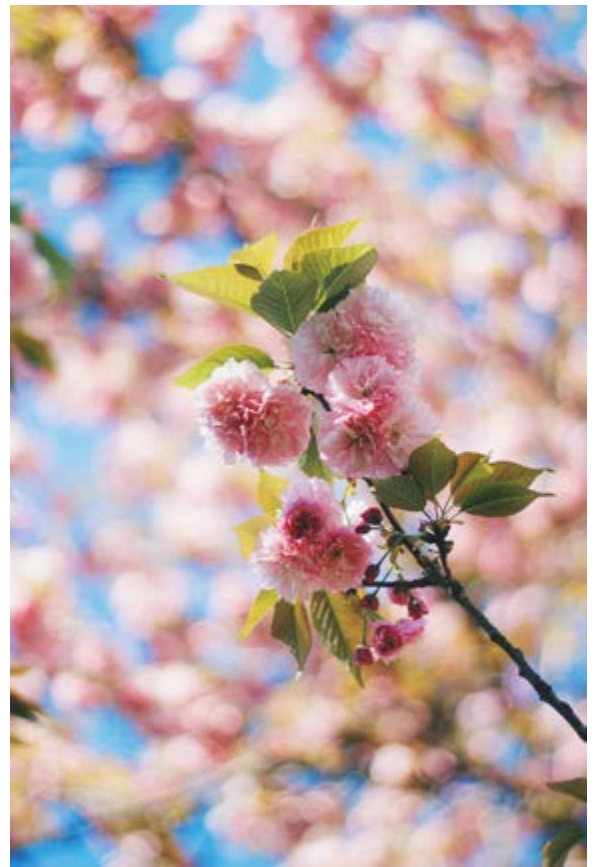
<http://youthinbc.com/2008/06/12/planet-ahead/>

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/en/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

Vancouver

BOULEVARD YOUTH CLINIC

2110 West 43rd Ave.
604-261-6366
Tuesday 2:30pm - 5:30pm
Friday 1:30pm – 3:30pm

BUTE STREET CLINIC Gay & Lesbian Centre

1170 Bute Street
604-707-2790
Monday-Friday 11:00am - 6:30pm

BROADWAY YOUTH RESOURCE CENTRE

691 East Broadway
604-709-5720
Monday & Thursday 2:30pm - 5:00pm

KNIGHT STREET YOUTH CLINIC

6405 Knight Street
604-301-2227
(Clinic hrs only)
Monday 2:00pm - 4:30pm
Thursday 5:30pm - 8:00pm

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*)

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

CITY CENTRE YOUTH CLINIC

8160 Cook Road, Richmond
604-233-3204 (for appointments)
Monday: Drop-in & by appointment

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

LYNN VALLEY YOUTH CLINIC

Lynn Valley Recreation Centre
3590 Mountain Hwy, N Vancouver
604-983-6700
Thursday 2:30 pm – 5:00 pm

PARKGATE COMMUNITY HEALTH CENTRE

3625 Banff Court, 2nd
Fl., N Vancouver
604-731-4252
Wednesday 6:00pm –9:00pm
*Drop-in from 6-7; Appointments from 7-9

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.

604-293-1764

Monday/Tuesday/Thursday 2:00 pm – 5:00 pm

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

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.



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