

BOUNDARY FAMILY SERVICES SOCIETY

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Our program, **Baby's Best Chance**, is a free prenatal and postnatal program serving all women in the Boundary area from Christina Lake to Big White and Bridesville. We are a federally funded (Public Health Agency of Canada) CPNP program (Canada Prenatal Nutrition Program) that has been part of the community for over 25 years. We have a variety of ways to support women and families and would invite you to freely make referrals to our program. Our program is not only for teen or high-risk mothers; we welcome all pregnant people throughout the Boundary region to join our program. Women from all lifestyles and socioeconomic backgrounds have come to us for support, information, and as a place to gather with other pregnant people and new families.

Our Baby's Best Chance program can provide:

- Information, resources and support through pregnancy
- Connection following delivery for emotional support, breastfeeding/chestfeeding support and parenting information for the first year
- Free Prenatal Supplements
- Free Vitamin D for baby during breastfeeding
- \$10 Weekly grocery gift cards through pregnancy and the early months postpartum
- Vouchers to the Farmer's Market Nutrition Program through the summer and into the fall
- Access to our library of DVD & books on pregnancy, birth and parenting
- Referrals and connection to additional supports and programming in the Boundary

Individual support One to one support is currently offered by phone or virtual appointment with hopes of returning to in-person meetings soon.

Group Support Since the beginning of the pandemic we have been offering weekly virtual groups. As we move forward with the restart plan, our program hopes to return to in-person groups by late fall. Traditionally our face-to-face weekly program includes a weekly Thursday drop-in group.

Typical topics of group discussions may include:

- coping with pregnancy symptoms and discomforts
- preparation for labor and delivery and sharing birth stories
- infant feeding, breastfeeding/chestfeeding support and information
- coping with changes in your family such as introducing a sibling
- strategies and support for life with a baby
- infant care including safe sleep
- stages of infant/child development
- parenting styles and strategies
- first aid, car seat safety and injury prevention
- nutrition and lifestyle during pregnancy, postpartum and for the family

Throughout the year we offer additional groups and programming including:

MotherWise Groups for mothers looking to connect with other women for extra support for perinatal depression, anxiety, stress and burnout

Cooking Clubs for those looking to learn meal preparation skills, learn more about food security, and share recipes



Prenatal Classes are offered as needed by a Lamaze certified instructor

Nobody's Perfect parenting classes are offered in Grand Forks, Christina Lake and in the West Boundary in the fall and winter each year

Federal evaluation studies have shown that CPNP programs have a positive impact on maternal and infant health. Specifically, those who had early, and a high number of, contacts showed:

- Improved use of vitamin/mineral supplements
- Reduction/cessation of alcohol consumption
- Increased initiation and duration of breastfeeding
- Reduced preterm births and low birth weight outcomes

We continue encounter women and families who state that they wish they had known about our service earlier. Our goal is that all women will find out about our program during their pregnancy rather than postpartum but, of course, we welcome postnatal referrals as well.

We would love to connect with all pregnant families as well as those families who have a new baby in their home. Families can call us to learn more information about how we can support them on their parenting journey, or they can find out more about us at www.boundaryfamily.org or on Facebook at Boundary Family Services.

Please let us know if it would be useful to provide your office with posters, referral forms or handouts. For more information you can reach us at

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