



Healthy Beginnings

A Resource Guide

For Yukon Families with Young Children

Web version – smaller resolution with limited images. Hard copy may be available – contact us.

Cost: \$5.00 (but coming to you free of charge)

Network for Healthy Early Human Development Yukon

nhehdyukon@gmail.com

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LEGEND

 Location
  Phone
 Email
 Website
 \$\$ Charge for Service
Unless otherwise stated, all addresses are in Whitehorse.

PREGNANCY AND BIRTH

WEBSITE RESOURCES

Food Safety for Pregnant Women: Government of Canada

Website <https://www.canada.ca/en/health-canada/services/food-safety-vulnerable-populations/food-safety-pregnant-women.html>

OMama: Born Ontario and eHealth Ontario

A website of information about pre-pregnancy, all pregnancy stages, labour, birth, and the postpartum period.

Website <https://www.omama.com/en/index.asp>

Pregnancy and Parenting: Health Link BC

Resources to help new parents from pregnancy, through labour and birth, and in the parenting of their children.

Website <https://www.healthlinkbc.ca/pregnancy-parenting>

The Society of Obstetricians and Gynaecologists of Canada

A website of information about pre-conception, pregnancy, labour, birth and the postpartum period.

Website <https://www.pregnancyinfo.ca/resources/>

Your Guide to Healthy Pregnancy: Government of Canada

Provides information and answers questions about healthy pregnancy.

Website <https://www.canada.ca/en/public-health/services/health-promotion/healthy-pregnancy/healthy-pregnancy-guide.html>

Infants and Children Information Guides

Reference guides that provide parents with information on food for your baby, breastfeeding, vaccinations, and illnesses.

Website: <https://www.healthlinkbc.ca/family-and-home>

PRENATAL, BIRTH AND/OR POSTNATAL CARE AND SUPPORT

Beyond Birthing (\$\$)

Beyond Birthing is a specialized physiotherapy clinic which offers in-person pelvic floor physiotherapy care for expecting and postpartum mothers, as well as a coaching program for birth preparation & postpartum recovery.

E-mail info@beyond-birthing.com

Website <https://beyond-birthing.com/>

Family Resource Unit (Yukon Government)

The Family Resource Unit offers free, home visiting support for Yukon families and caregivers through pregnancy and with newborns. Services available in English and French.

 49A Waterfront Place

 867-667-3745 or 1-800-661-0408 ext 3745

E-mail HSS.FamilyResourceReferrals@yukon.ca

Website <https://yukon.ca/en/legal-and-social-supports/childrens-services/find-out-about-family-resource-unit>

Opal Clinic

An inclusive clinic that provides contraception information, miscarriage support, and surgical abortion information to people of all sexual orientations and gender.

 867-393-6635

Website <https://opalyukon.ca/>

Postpartum Support Yukon

Mission is to raise awareness around perinatal mental health and early years parenting; to advocate for improved care and timely access to services; connect families with resources; and offer support to families in perinatal and infant mental health, lactation and infant feeding, infant sleep, and early years parenting.

E-mail shanny@postpartumsupportyukon.com

Website <https://postpartumsupportyukon.com/>

Solstice Maternity

On staff medical doctors provide preconception counselling, prenatal care, labour and delivery support, newborn care, postpartum care and family medicine services.

 209A Lowe St.

 867-471-3100

Website <https://www.solsticematernity.com/>

Yukon Baby Basket Project

This project supports new parents with baby supplies, essential items, educational resources, and safe sleep guidance to help them through early parenthood.

 867-471-0036

E-mail babybasketproject@yukon.ca

Website <https://yukon.ca/en/yukon-baby-basket-project>

Please also see additional supports from programs across the Territory listed in the Nutrition section.

PRENATAL CLASSES

In Person Classes

Boreal Birthworks (\$\$)

Offers private or group classes using a comprehensive, fun and evidence-based curriculum to help you prepare for the birth of your baby, so you feel informed, empowered and confident.

 867-335-7442

E-mail boreal.birthworks@gmail.com

Website <https://www.borealbirthworks.ca/>

Dawson Health Centre

Offers prenatal classes for the pregnant parent and the people supporting them. Classes will cover labour and delivery, comfort measures, breastfeeding, and newborn and postpartum care.

 501 Sixth Ave, Dawson City (2nd floor of hospital)

 867-993-4300

Website <https://www.cityofdawson.ca/m/dawson-helping-tree/dawson-health-centre>

Whitehorse Health Centre

Classes are for the pregnant parent and the people supporting them. Classes will cover labour and delivery, comfort measures, breastfeeding, and newborn and postpartum care.

 9010 Quartz Rd

 867-667-8864 or toll free 1-800-661-0408 ext. 8864

Website <https://yukon.ca/en/health-and-wellness/babies-and-childrens-health/attend-prenatal-classes>

Online Classes

Alberta Health Services

Website <https://birthandbabies.com/having-a-baby/>

Douglas College

Website www.douglascollege.ca/programs-courses/continuing-education/prenatal-perinatal-classes-parents/prenatal-newborn-care

International Breastfeeding Centre

Website <https://ibconline.ca/online-prenatal-class/>

Tummy Talks

Website <https://info.tummytalks.ca/bc/>

MIDWIFERY INFORMATION AND SERVICES

Yukon Midwifery Program: Government of Yukon

Provides safe, comprehensive midwifery care to pregnant people and their infants during pregnancy, labour, birth and postpartum (during baby's first 8 weeks).



9010 Quartz Rd



867-393-7120

E-mail midwifery@yukon.ca

Website <https://yukon.ca/en/yukon-midwifery-program>

BIRTH DOULAS

Blissful Body Doula (\$\$)

Accompanies birthing people in labour to help ensure a safe and satisfying birth experience.



867-334-7552

E-mail blissfulbodydoula@outlook.fr

Website <https://www.blissfulbodydoula.com/>

Boreal Birth Works (\$\$)

Birth Doula providing private birth preparation, and breastfeeding preparation and support. Birth tub and birth tool kit rentals available.

 867-335-7442

E-mail boreal.birthworks@gmail.com

Website <https://www.borealbirthworks.ca/events/birth-doula-services>

New Moon Roots (\$\$)

Offering personalized support through birth, postpartum, lactation, and prenatal education to help you feel informed, empowered, and confident every step of the way.

 867-689-6409

Website <https://www.newmoonroots.com>

ACCOMMODATION

Boreal Birthworks (\$\$)

Offers a private suite for Yukon/Northern BC families who are in Whitehorse waiting to have their babies. Custom built with the first-time pregnant family in mind.

 867-335-7442

E-mail boreal.birthworks@gmail.com

Website airbnb.com/h/ytbirthstudio

Neighbourly North (\$\$)

Provides temporary housing in Whitehorse, for Yukoners living in the communities while they wait for the birth of their child.

 146 Titanium Way

 867-333-2514

Email info@neighbourlynorth.com

Website <https://neighbourlynorth.com/>

Rural Pregnant Mom's Suite: Victoria Faulkner Women's Centre

A self-contained suite for Yukoners living in the communities before they give birth. Eligible individuals may stay for up to two weeks.

 503 Hanson St

 867-667-2693 ext. 1

E-mail dropin@vfwomenscentre.com

Website <https://vfwomenscentre.com/program?program=rural-pregnant-moms-suite>

PRENATAL MASSAGE, YOGA, ACUPUNCTURE, OSTEOPATHY, EXERCISE

Canada Games Centre (\$\$)

Variety of classes, programs and events for the entire family.

 200 Hamilton Blvd

 867-668-8360

Website <https://www.whitehorse.ca/living-in-whitehorse/recreation/programs/>

Evergreen Wellness Yukon (\$\$)

Provides prenatal massage services.

 108 Gold Rd

 867-689-1429

Website <https://evergreenwellnessyukon.ca/>

In Balance Massage & Yoga (\$\$)

Offers prenatal massage treatments in a side lying position.

 867-689-5558

Website <https://inbalancemx.ca/>

Twinflower Therapeutics (\$\$)

Provides individualized pregnancy care and labour preparation sessions for birthing parents using prenatal acupuncture.

 208 Alexander St

 778-977-3553

E-mail info@twinflowertherapeutics.ca

Website <https://www.twinflowertherapeutics.ca/>

Unseen Strength – EV Strength and Conditioning (\$\$\$)

Fitness training and programming for postpartum mothers based on in Whitehorse, Yukon.

E-mail evstrengthandconditioning@gmail.com

Website <https://ericavanvlack.com/>

Whitehorse Osteopathy (\$\$)

Whitehorse Osteopathy offers osteopathic treatment for expecting and postpartum mothers as well as infants (0 to 12 months old). Osteopathy is a holistic manual therapy to support the self-healing mechanisms of the body for overall good health and well-being.

E-mail whitehorseosteopathy@gmail.com

Website <https://www.whitehorseosteopathy.ca>

HEALTH AND HEALTH CARE PROVIDERS

HOSPITALS AND/OR MATERNITY WARD

Whitehorse General Hospital – Maternity Ward (2nd Floor)

 867-393-8777 or 867-393-8725

Website <https://yukonhospitals.ca/en/whitehorse-general-hospital/programs-and-services/maternity>

Whitehorse General Hospital – Main Phone

 867-393-8700

Website <https://yukonhospitals.ca/en/whitehorse-general-hospital/programs-and-services>

Dawson City Community Hospital

 867-993-4444

Website <https://yukonhospitals.ca/en/dawson-city-community-hospital/programs-and-services>

Watson Lake Community Hospital

 867-536-4444

Website <https://yukonhospitals.ca/en/watson-lake-community-hospital/programs-and-services>

MATERNITY CLINICS

Solstice Maternity

On staff medical doctors provide preconception counselling, prenatal care, labour and delivery support, newborn care, postpartum care and family medicine services.

 209A Lowe St

 867-471-3100

Website <https://www.solsticematernity.com/>

MEDICAL CLINICS

In Whitehorse:

Centre de Santé Constellation Health Centre

 9010 Quartz Rd
 867-393-7119
E-mail constellation@yukon.ca
Website <https://yukon.ca/en/constellation-health-centre>

Equinox Health

 209A Lowe St
 867-471-3100
Website <https://www.equinox-health.com/>

Family Practice Unit

 102-402 Hanson St
 867-667-6421

Klondyke Medical Clinic

 302 Ogilvie St
 867-668-4046
Website <https://www.klondykemedical.ca/>

Pine Medical Centre

 5110-5th Ave
 867-668-4353

River Valley Medical Clinic

 106 Lambert St
 867-667-6491

Whitehorse Walk-In Clinic

 108 Jarvis St
 867-471-0035

Yukon Sexual Health Clinic

 602 Ogilvie St
 867-393-6635

In Communities:

Dawson City Medical Clinic

 501 Sixth Ave
 867-993-5744

Watson Lake - Parhelion Medical Clinic

 8 Street North
 867-536-2565

HEALTH CENTRES

Natsékhi Kù Health Centre (Kwanlin Dün First Nation)

 53 McClimon Cres
 867-668-7289

Whitehorse Health Centre

Provide maternal-child health support, school health, home visiting, health education and promotion and immunization.

 9010 Quartz Rd
 867-667-8864

Website <https://yukon.ca/en/places/whitehorse-health-centre-9010-quartz-road>

In communities:

Beaver Creek Health Centre

 867-862-4444

Carcross Health Centre

 867-821-4444

Dawson Health Centre

 867-993-4300

Carmacks Health Centre

 867-863-4444

Destruction Bay Health Centre

 867-841-4444

Faro Health Centre

 867-994-4444

Haines Junction Health Centre

 867-634-4444

Mayo Health Centre

 867-996-4444

Old Crow Health Centre

 867-966-4444

Pelly Crossing Health Centre

 867-537-4444

Ross River Health Centre

 867-969-4444

Teslin Health Centre

 867-390-4444

Watson Lake Health Centre

 867-536-5255

HEALTH SERVICES

811 - Yukon Health Line

Free, confidential 24-hour service available to anyone in the Yukon.

 811 or if using satellite phone – (604) 215-4700

Website <https://yukon.ca/en/health-and-wellness/care-services/access-24-hour-health-advice-811>

Child Development Centre (CDC)

Offers free services to children from birth to kindergarten. Parents and caregivers can be referred or sign-up for services themselves. The CDC can help answer questions parents and caregivers have about their child's development and provide therapeutic support to children in areas such as movement, speech/communication, social-emotional, behaviour, sleeping, eating, toileting, and sensitivities (to sound or touch). The CDC employs physiotherapists, occupational therapists, speech-language therapists, developmental therapists and psychologists. The CDC also offers a Follow-Along program for children up to age 4. Parents/caregivers learn about their child's

development and milestones, learn fun ideas for activities to try at home and ask questions. Therapists support all Yukon children and travel to all Yukon communities (including Atlin, BC).

 206 Hanson St (main office), as well as offices in Dawson City and Watson Lake

 47 McIntyre Dr (Dusk'a Head Start Family Learning Centre in Kwanlin Dün)

 867-456-8182

E-mail info@cdcyukon.ca

Website <https://cdcyukon.ca/>

First Nations Health Programs

Provides advocacy, guidance and support during hospital visits and stays to individuals who self-identify as being First Nations, Métis or Inuit.

 5 Hospital Rd

 867-393-8780

Website <https://yukonhospitals.ca/en/whitehorse-general-hospital/first-nations-health-programs/wgh-first-nations-patient-support>

Whitehorse Travel Health Clinic (\$\$)

Provides clients with comprehensive customized travel health recommendations, travel vaccines, and prescription medications that are essential for travel.

 507 Hawkins St

 867-333-6566

E-mail admin@whitehorsetravelclinic.com

Website <https://whitehorsetravelclinic.ca/>

NUTRITION

Canada Prenatal Nutrition Programs (CPNP)

Help improve the health of pregnant families, new parents, and their babies. Programs offer a variety of services (programs may differ) including nutritional support, breastfeeding support, grocery vouchers, drop-in meals and programming, on the land experiences, equipment lending library, etc. Participants receive free nutrition support from a registered dietitian at Sunrise Nutrition and Wellness.

In Communities:

Carcross

Carcross/Tagish First Nation CPNP Program

 867-821-4251 Ext. 8263

Dawson City

Healthy Families Healthy Babies

 867- 993-5149

E-mail cpnpdawson@northwestel.net

Website www.dawsonhealthyfamilies.ca

Teslin

Teslin Pre-natal Program

 867-390-2532 Ext. 371

Watson Lake

Watson Lake Family Centre

 867-536-2125

E-mail wlcnpn.cape@gmail.com

In Whitehorse:

Bébé en Santé, Avenir en santé

Les Essentielles

 2-3089 3rd Ave

 867-668-2636

E-mail pcnp@lesessentielles.ca

Website <https://lesessentielles.ca/bebe-en-sante-avenir-en-sante/>

Healthy Babies, Healthy Futures

Victoria Faulkner Women's Centre

 503 Hanson St

 867-667-4134

E-mail cpnp@vfwomenscentre.com

Website <https://vfwomenscentre.com/program?program=healthy-babies-healthy-futures>

Healthy Moms, Healthy Babies

Skookum Jim Friendship Centre

 3159-3rd Ave

 867-633-7680 ext. 1006

E-mail prenatal@skookumjim.com

Website <https://skookumjim.com/programs/prenatal-nutrition/>

Tágà Māy Early Learning & Parenting Support

 1001B Lewes Blvd

 867-667-TEEN (8336)

E-mail cpnp@tpcchildcare.net

OTHER PRENATAL SUPPORT/NUTRITION PROGRAMS

CYFN Bibia Nàtsāt (Strong Babies Program)

Supports Yukon First Nations and Indigenous prenatal and infant families up to 3 years of age to reclaim their birthing journey through revitalizing traditional knowledge, teachings and ceremony.

 205 Black St

 867-393-9200 ext. 9273

E-mail birth.worker@cyfn.net

Healthy Babies, Healthy Generations (Kwanlin Dūn First Nation)

In the Natsékhi Kū Health Centre this program provides support to parents through a drop-in program, breastfeeding support, nutrition support, a family kitchen, and postpartum care.

 53 McClimon Cres

 867-668-7289

Website <https://www.kwanlindun.com/health/healthy-babies-healthy-generations/>

NUTRITION SERVICES

Sunrise Nutrition and Wellness (\$\$)

Offers individual nutrition counselling (registered dietitian) support for parents navigating picky eating, allergies, etc. and meal prep and planning support for families; Diabetes support (Dietitian/Certified Diabetes Educator) and bilingual mental health counselling (Clinical) in French and English (free for those eligible through NIHB). Also offer workshops. Sliding fee scale.

 867-689-8670

E-mail hello@sunrisenutrition.ca

Website <https://www.sunrisenutrition.ca/>

BREASTFEEDING

Boreal Birth Works (\$\$)

Offers "Lactation Education" to inform and self-assure new mothers about breastfeeding.

 867-335-7442

E-mail boreal.birthworks@gmail.com

Website <https://www.borealbirthworks.ca/>

Dawson Health Centre

Offers support for breastfeeding concerns at the clinic, home visits and by phone, during regular house.

 501 Sixth Ave, Dawson City (2nd floor of hospital)

 867-993-4300

La Leche League - website resource

Offers quick information on their website for a variety of frequently asked questions including mother and parent health issues, breast feeding, and human milk. They also have support groups throughout Canada.

Website <https://www.lllc.ca/information-parents>

Postpartum Support Yukon (\$\$)

Offers infant feeding support and bottle-feeding consultations.

E-mail shanny@postpartumsupportyukon.com

Website <https://postpartumsupportyukon.com/>

Whitehorse Health Centre

Offers drop-in support for breastfeeding concerns at the clinic during regular hours.

 9010 Quartz Rd

 867-667-8864 or 800-661-0408 ext. 8864

Website <https://yukon.ca/en/health-and-wellness/babies-and-childrens-health/attend-breastfeeding-support-group>

Yukon Midwifery Program

Offers a public program with drop-in and private appointments where a midwife and nurse will answer feeding questions. Check website for schedule.

 867-393-7120

E-mail midwifery@yukon.ca

Website <https://yukon.ca/en/yukon-midwifery-program#learn-about-infant-feeding-and-get-support-with-infant-feeding-challenges>

For additional breastfeeding support providers please refer to the nutrition programs on the previous two pages.

FOOD BANKS

Dawson Food Bank

Offers short term relief for those who need food in Dawson City.

 Dawson Community Chapel, 1254 Fifth Ave.

 867-993-5507 or 867-993-4122

E-mail dawsonfoodbnk@hotmail.com

Website <https://dawsonfoodbank.net/>

Food Bank Society of the Yukon

Offers "hampers" with seven days worth of food in it, once a month, to individuals and families. Many rural communities also receive hampers for distribution. Bring along your own bags.

 306b Alexander St

 867-393-2265

E-mail office@yukonfoodbank.ca

Website <http://www.yukonfoodbank.ca/>

MEALS

Mary House

Provides lunches on certain days of the week.

 504 Cook St
 867-667-7146

Sally & Sisters (Yukon Aboriginal Women's Council)

Offers lunch on certain days of the week for women and children.

 407 Black St
 867-667-6162
E-mail info@yawc.ca
Website <https://yawc.ca/>

Victoria Faulkner Women's Centre

Provides hot and healthy lunches and dinners for women and children on certain days of the week.

 503 Hanson St
 867-667-2693
E-mail info@vfwomenscentre.com
Website <https://vfwomenscentre.com/>

Whitehorse Emergency Shelter

Provides meals every day of the week on a first come first serve basis.

 405 Alexander St
 867-455-2820
E-mail wes@connective.ca
Website <https://connective.ca/services/whitehorse-emergency-shelter/>

SAFETY

CHILD CAR SEAT SAFETY

Caring for Kids - Canadian Paediatric Society

Offers online resources and descriptions of how to install a car seat.

Website https://caringforkids.cps.ca/handouts/safety-and-injury-prevention/car_seat_safety

Government of Yukon

Certified technicians are available to teach parents/caregivers how to install a child's car seat correctly. This is a free service. Learn about installation, safety, recalls, aftermarket products, air travel and purchasing.

 867-667-5832 or 800-661-0408 ext. 5832

E-mail road.safety@gov.yk.ca

Website <https://yukon.ca/en/child-car-seat-help>

INFANT/CHILD FIRST AID/CPR

Aurora Safety Training (\$\$)

Offers Standard First Aid / CPR, and Level C CPR AED certification and re-certification, primarily in Whitehorse.

 867-333-0394

E-mail aurorasafetytraining@gmail.com

Website <https://auroratraining.ca>

St. John's Ambulance (\$\$)

Offers online awareness training (not certification) for CPR and First Aid.

 1-800-989-3787

E-mail info@sja.ca

Website <https://sja.ca/en/first-aid-training/find-your-course>

Yukon University (\$\$)

Offers standard First Aid / CPR-C training in a face-to-face format over the course of two days.

 500 University Dr

 867-668-8710 ext 2

E-mail registrations@yukonu.ca

Website <https://www.yukonu.ca/programs/courses/fa-003>

VIOLENCE AND ABUSE

Child Protection Unit (Yukon Government)

Offers investigation of suspected child abuse, prevention services, and counselling services.

 4th Floor, Royal Bank Building 4114-4th Ave

 867-667-3002

Website <https://yukon.ca/en/places/child-protection-unit>

CYFN Family Preservation Wellness Centre

Provides safe and secure temporary housing for women and children fleeing abuse. Meals and access to supportive culturally-relevant programming is provided, along with support in accessing permanent housing.

 10 Eldorado Dr

 867-393-9200 ext. 9277

E-mail juanita.wyatt@cyfn.net

Website <https://cyfn.ca/services-2/wellnesscentre/>

Dawson City Victim Services

Offers information and support to navigate the justice system. Use of services is voluntary and confidential for all victims of crime.

 867-993-5831 or 867- 335-6389 or 1-800-661-0408 ext. 8500

Website <https://www.cityofdawson.ca/m/dawson-helping-tree/victim-services>

Dawson Women's Shelter

Provides a 24-hour support line, emergency shelter, education and events, drop-in, third party reporting and the Healthy Families, Healthy Babies program.

 867-993-5086

Email hello@dawsonwomensshelter.com

Website <https://www.dawsonwomensshelter.com/services>

Website <https://www.cityofdawson.ca/m/dawson-helping-tree/victim-services>

Jëje Zho – Men's Shelter and Transitional Home

Provides three emergency shelter beds including meals, showers, laundry, phone use, outreach appointments, harm reduction supply pick up; and 6 transitional housing units.

 1217 Second Ave, Dawson City

 867-993-7100 ext. 225

Website <https://www.cityofdawson.ca/m/dawson-helping-tree/men-s-shelter>

Little Warriors

Offers online resources and phone numbers for helplines related to child abuse and social services for Whitehorse and surrounding communities.

Website <https://littlewarriors.ca/about/information-resources/regional-resources/yukon-resources/#:~:text=To%20report%20concerns%20for%20the,%2D800%2D563%2D0808>

Yukon Women's Transition Home

Transition home for women experiencing violence. Provides emergency shelter, second stage apartments, third party reporting, and web chat.

 867-668-5733

E-mail ea@ywths.ca

Website <https://www.womenstransitionhome.ca>

CAREGIVER SUPPORTS/GROUPS FOR LEARNING, CONNECTING WITH OTHERS

A Good Night Co. (\$\$)

Infant and Toddler Sleep Specialist, offering 1:1 sleep consultations and guides to help your whole family get more sleep.

E-mail hello@agoodnightco.com

Website <https://www.agoodnightco.com/>

Canada Games Centre (\$\$)

The Canada Game Centre offers a variety of programs both registered and drop-in. They also have open recreation activities including the swimming pool, ice rink, basketball court, and field.

 200 Hamilton Blvd

 867-668-8360

Website <https://www.whitehorse.ca/living-in-whitehorse/recreation/programs/#1655923975822-21bb8dcf-4ff1>

Dusk'a Head Start Family Learning Centre

Offers a program with services for families that attend the centre, including health and nutrition, field trips, cultural teachings, and events for families.

 47 McIntyre Dr

 867-393-3775

E-mail reception@kdfn.net

Website <https://www.kwanlindun.com/duska-head-start-family-learning-centre/programming/>

Early Learning and Child Care (ELCC) – Department of Education – Yukon Government

Provides Universal Child Care (UCC) funding to all licensed facilities to reduce the costs of child care.

Website <https://yukon.ca/en/education-and-schools/early-childhood-learning-and-programs/learn-about-universal-child-care>

Administers the Child Care Subsidy program to assist families who qualify with the monthly costs not covered by Universal Child Care (UCC) funding.

Website <https://yukon.ca/en/education-and-schools/early-childhood-learning-and-programs/apply-child-care-subsidy>

 1000 Lewes Blvd

 867-667-3492 or 1-800-661-0408 ext. 3492

E-mail earlylearning@yukon.ca

Early Learning Diploma Program (Yukon University) (\$\$)

Offers students part-time and full-time options for students to learn to support children and families in the early years of development and growth.



500 University Dr



867-456-6989

Website <https://www.yukonu.ca/programs/early-learning-and-child-care>

Early Years Program (Yukon First Nation Education Directorate)

Supports new parents and recognizing them as their children's first teachers. We provide support to families of Indigenous children from 0-5 years old. We offer home visits as well as visits on the land, Visitors organize group activities, daytime and some evening programming at our Early years space. Available in Whitehorse, Carcross, Haines Junction, Atlin, Teslin, Pelly Crossing, Watson Lake, Ross River, Mayo, and Old Crow.



#101-420 Range Rd



867-667-6962 ext. 123

E-mail earlyyears@yfned.ca

Website <https://www.yfned.ca/earlyyears>

Family Law Information Centre

Offers online resources as well as consultations regarding family law issues.



2134 Second Ave



867-456-6721

E-mail flic@yukon.ca

Website <https://yukon.ca/en/family-law-information-centre>

Family Literacy Centre (Yukon Literacy Coalition)

A large, welcoming family-friendly space filled with books, crafts, toys, puzzles, music, and more. Open 7 days per week, the FLC offers free, everyone-welcome, all ages drop-in style programs that provide families with fun opportunities to learn together through play.



1191 Front St. #103



867-668-8698



yukonliteracy@yukonliteracy.com

Website <https://yukonliteracy.com/our-programs/family-literacy/>

Family Resource Unit (Yukon Government)

The Family Resource Unit helps families grow stronger and assists caregivers in fostering their child's healthy development. This program is available to all caregivers with children of any age, from prenatal through to 19 years old. Free home visiting support is provided with parenting guidance tailored to meet individual family's needs. A worker will share activities and crafts that promote child development and positive parent-child connections, connect caregivers with community resources and supports; and help caregiver's set and realize family goals. Parenting events and parenting groups are also offered. Services available in English and French. Office also in Watson Lake, and services available in most Yukon communities.

 49A Waterfront Place

 867-667-3745 or 1-800-661-0408 ext 3745

E-mail HSS.FamilyResourceReferrals@yukon.ca

Website <https://yukon.ca/en/legal-and-social-supports/childrens-services/find-out-about-family-resource-unit>

LDAY Centre for Learning (\$\$)

Offers supports for children with learning difficulties including consultations, dyslexia screenings, tutoring, parent support, and assessments.

 128A Copper Rd

 867-668-5167

E-mail office@ldayukon.com

Website <https://www.ldayukon.com/child-youth-services>

Partenariat Communauté en Santé

Working with partners to make a difference in the overall health and well-being among the Yukon Francophone community through community's involvement and people's participation in health management.

 867-668-2663 ext. 800

E-mail pcsyukon@francosante.org

Website <http://www.francosante.org/partenariat-who-we-are.php>

Partners for Children

Offers a variety of programs for parents of children 0 to 6 including the Parent Child Mother Goose Program®, You and Your Baby, Infant Massage, Nobody's Perfect Parenting Program, and Handle with Care.

 108c Copper Rd

 867-332-5990

E-mail contactus@partnersforchildren.info

Website <https://www.partnersforchildren.info/>

Partners for Children Family Place

A place for parents/caregivers of children birth to 6 years of age to come to connect with other parents, explore the resource library, ask questions of staff and other professionals, and participate in group activities. Follow the Partners for Children Facebook or Instagram page for open times and special events.

 108c Copper Rd

 867-332-5990

E-mail contact@partnersforchildren.info

Website <https://www.partnersforchildren.info/>

Traditional Parenting Program (Skookum Jim Friendship Centre)

This program works towards improving the health and quality of life of Aboriginal peoples by teaching parenting skills through the traditional knowledge of Elders. This program provides outreach programming in the rural communities.

 3159-3rd Ave

 867-633-7680

E-mail traditional.parenting@skookumjim.com

Website <https://skookumjim.com/programs/traditional-parenting-program/>

Whitehorse Public Library – Storytime

Offers groups for children to read stories, sing songs, and move.

 1171 Front St

 867-667-5239

E-mail whitehorselibrary@yukon.ca

Website <https://yukonlibraries.ca/events>

Please also see additional supports from programs across the Territory listed in the Nutrition section.

SPECIAL SUPPORTS

WEBSITE RESOURCES

Yukon Government

Provides quick links to resources for prenatal classes, dental support, postpartum support, support with children with unique needs, and health issues.

E-mail <https://yukon.ca/en/health-and-wellness/babies-and-childrens>

HEALTH SUPPORTS

Blood Ties Four Directions Centre

Provides harm reduction, housing, wellness, education & outreach, an outreach van and a supervised consumption site.

 6189 6th Ave

 867-633-2437

E-mail admin@bloodties.ca

Website <https://www.bloodties.ca/>

Canadian Mental Health Association Yukon (CMHA Yukon)

Offers a support group for family members and friends of individuals with serious mental health concerns. Individual counselling and a variety of other services/programs are available.

 415 Baxter St

 867-668-6429

E-mail admin@yukon.cmha.ca

Website <https://yukon.cmha.ca/find-help/>

Hospice Yukon Society

Offer supports related to palliative care and grief including online resources related to children's grief, supporting others, and self-care.

 409 Jarvis St

 867-667-7429

E-mail info@hospiceyukon.net

Website <https://hospiceyukon.net/en/services/feelie-hearts/>

Jordan's Principle – Council of Yukon First Nations (CYFN)

Offers access to public services for First Nations children including social supports, medical help, therapy, food programs, and more.

 1-833-393-9200 ext. 9244

Website <https://cyfn.ca/services-2/jordansprinciple/>

Mobile Therapeutic Unit (Yukon First Nation Education Directorate)

Offers a holistic health service for Indigenous youth aged 0 to 18 including wellness, occupational therapy, speech language pathology, counselling, behavioural consulting, psychomotor therapy, education psychology, and hearing and vision screening.

 #300 204 Black St

 867-667-6962

E-mail mtu@yfned.ca

Website <https://www.yfned.ca/mtu>

Yukon Communicable Disease Control (YCDC)

Offers testing, screening and resources for sexually transmitted and communicable diseases.

 4 Hospital Rd

 867-667-8323 or 1-800-661-0408 ext. 8323

Website <https://yukon.ca/en/places/yukon-communicable-disease-control>

Yukon Health Line

Offers a 24- hour, staffed by registered nurses, phone line for health questions.

 811

Website <https://yukon.ca/en/health-and-wellness/care-services/access-24-hour-health-advice-811>

Yukon Sexual Health Clinic

Offers sexual and reproductive health services in both drop-in and appointment-based formats.

 602 Ogilvie St.

 867-393-6635

Website <https://www.facebook.com/YSHCwhitehorse>

FOR THOSE WITH UNIQUE NEEDS

Autism Yukon

Offers a variety of programs and services for autistic and neurodivergent individuals and their families. Services include Community Navigation, Project Lifesaver, PEERS Social Skills Program, CARES Caregiver Support Program, CST (Caregiver Skills Training Program), Launch into Life, a Sensory (Snoezelen) Room and a Resource Lending Library. Services available to all Yukoners. Services available in English and French.

 108 Copper Rd

 867-667-6406

E-mail info@autismyukon.org

Website <https://autismyukon.org/>

Child Development Centre (CDC)

Offers a variety of programs and services designed to meet the unique needs of children and families from birth to kindergarten. Parents and caregivers can be referred or sign-up for services themselves. The CDC can help answer questions parents and caregivers have about their child's development and provide therapeutic support to children in areas such as movement, speech/communication, social-emotional, behaviour, sleeping, eating, toileting, and sensitivities (to sound or touch). The CDC employs physiotherapists, occupational therapists, speech-language therapists, developmental therapists and psychologists. We offer diagnostic services for Autism Spectrum Disorder, Fetal Alcohol Disorder and Complex Behaviours. Therapists support all Yukon children and travel to all Yukon communities (including Atlin, BC).

 206 Hanson St (main office), as well as offices in Dawson City and Watson Lake

 47 McIntyre Dr (Dusk'a Head Start Family Learning Centre in Kwanlin Dün)

 867-456-8182

E-mail info@cdcyukon.ca

Website <https://cdcyukon.ca/>

Disability Services (Yukon Government)

A funding program for Yukon residents with a child (under 19 years) with a disability that limits their ability to perform day-to-day activities. They provide funding to families to purchase supports such as respite care. They also contract with therapist, including occupational therapy, physical therapy, speech language pathology and behaviour analysis therapy.

 49B Waterfront Place

 867-393-7464

Website <https://yukon.ca/en/health-and-wellness/babies-and-childrens-health/find-supports-your-child-disability>

Early Learning and Child Care (ELCC) – Department of Education – Yukon Government

Offers Supported Child Care funding to provide supports for children with diverse needs, including funding for staff training, transportation, additional supported childcare educators, and equipment / renovations.

 1000 Lewes Blvd

 867-667-3492 or 1-800-661-0408 ext. 3492

E-mail earlylearning@yukon.ca

Website <https://yukon.ca/en/apply-funding-your-child-care-facility-support-children-special-needs>

Fetal Alcohol Syndrome Society of Yukon (FASSY)

Offers resources for people with FASD including a resource library, caregiver support groups, educational workshops, Yukon university courses, as well as links to national online resources.

 205 Black St

 867-393-4948

E-mail info@fassy.org

Website <https://fassy.org/fasd-resources/>

Inclusion Yukon

Promotes meaningful inclusion for people with intellectual disabilities and their families into all aspects of community life by providing advocacy, public awareness and education, community capacity development, and program support. Services offered include employment support, On the Go Mobility Rental Program, and respite.

 4230 4th Ave Suite 7

 867-667-4606

E-mail <https://www.inclusionyukon.org/contact-us>

Website <https://www.inclusionyukon.org/welcome>

ADDICTIONS

RESOURCES AND REFERRALS

Canada Drug Rehab Addiction Services Directory

Offers a list of emergency numbers, resources, and drug information for those struggling with addiction in the Yukon.

Website <https://www.canadadrugrehab.ca/yukon-territory/>

THAY K'I ANINT'I “Fly Like An Eagle”

An organization that promotes cultural healing journeys specializing in recovery after care.

 412 Cook St.

 1-867-667-4225 (HOPE)

Website <https://thay-ki-aninti.com>

Yukon Detox and Drug Rehab Referral

Offers referrals to private drug rehabilitation services for Yukoners.

 1-888-488-8434

Website <https://drugaddiction.ca/yukon-rehabhelp/>

Yukon Government

Offers resources for those struggling with alcohol and drug addiction, as well as withdrawal support for youth and adults, and counselling services.

 867-456-3838 or 1-866-456-3838

Website <https://yukon.ca/en/get-help-alcohol-and-drug-problems#withdrawal-support-for-youth-and-adults->

About this Resource Guide:

Purpose

This resource guide is intended to highlight Yukon specific family resources to help parents/caregivers, infants and children have Healthy Beginnings!

Healthy Beginnings Resource Guide may not be a complete list of all the resources and services available to residents, but we have done our best to capture as many as we can. We understand that information changes and new services often become available.

If you know of other groups/organizations/agencies that are not included, find errors or updates, or have suggestions for the Guide, please contact us at:

Partners for Children
contactus@partnersforchildren.info

This Resource Guide can also be found in an online viewable and printable format at:

www.partnersforchildren.info

Partners for Children logo artwork by Susan McCallum

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