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2019 Print Edition

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Healthy Beginnings

A Resource Guide

for Yukon families with young children

TABLE OF CONTENTS

PREGNANCY - 3

- Prenatal Classes - 3
- Accommodation - 4
- Prenatal Exercise - 7

HEALTH and CARE PROVIDERS - 8

- Hospital and Maternity Ward – 8
- Maternity Clinics - 9
- Family Medicine Clinics - 10
- Community Health Centres - 11
- Health Services - 12
- Midwives - 16
- Doulas - 16
- Government Services - 16

NUTRITION - 20

- Breast Feeding - 18
- Food Banks - 19
- Meals - 19

SAFETY - 23

- Child Car Seat Safety - 20
- Infant/Child First Aid / CPR - 20
- Violence - 21

GROUPS FOR LEARNING OR CONNECTING WITH OTHERS - 24

SPECIAL SUPPORTS - 30

- Health Supports (including Sexual Health) – 33
- Dis-Ability Services - 33
- Separation and Divorce – 34

ADDICTIONS - 38

PREGNANCY

Smart Starters

Baby's Best Chance: Parents' Handbook of Pregnancy and Baby Care

☑ A reference guide to help new parents from pregnancy, through birth, and in the parenting of a baby up to six months of age.

💻 <https://www.healthyfamiliesbc.ca/about-us/additional-resources>

Toddlers First Steps: A Best Chance Guide to Parenting Your 6-to-36 Month-Old Child

☑ A reference guide that provides parents and caregivers of children between the ages of six months and three years of age with the most up-to-date parenting tips and child health and wellness information.

💻 <https://www.healthyfamiliesbc.ca/about-us/additional-resources>

Pathways to Wellness

☑ a made-in-Yukon website provides up-to-date information on healthy child development and practical tips for parents and other caregivers on how to raise healthy, happy children who are curious and keen to learn.

💻 www.yukonwellness.ca

Prenatal Classes

Whitehorse Health Centre

☑ prenatal classes to expecting parents covers stages of labour, comfort measures for labour and medical measures in labour

📍 9010 Quartz Road

💻 <http://www.hss.gov.yk.ca/healthcentrewlse.php>

☎ (867) 667-8864

Holistic Prenatal Education

☑ Kathleen Cranfield, Registered Midwife with College of Midwives of British Columbia. Offering group prenatal classes and one on one consultation. A six week or weekend course to help parents to prepare for pregnancy, childbirth and the arrival of their newborn. Evidence-based information to assist you in making the best decisions for you and your baby.

📍 by appointment

✉ holisticprenataleducation@gmail.com

☎ (867) 335-4229

Midwives

Community Midwives Association Yukon

☑ Community Midwives Association of Yukon is working towards regulated and funded Midwifery in the Yukon.

✉ midwiferyyukon@gmail.com

💻 yukonmidwifery.ca

☎ (867) 335-4229

Doulas

☑ For current information about Doula's in the Yukon check the following:

✉ boreal.birthworks@gmail.com

💻 <https://www.facebook.com/yukondoulagroup/>

Accommodation

Some places to stay in Whitehorse that offer rooms with kitchenettes although there are more Air B'n'B's (unlicensed at this time) and Bed and Breakfasts (licensed).

Victoria Faulkner Women's Centre

☑ provides a free short term stay suite for women traveling to Whitehorse from Yukon rural communities for pregnancy related medical appointments or to have their babies.

📍 503 Hanson Street, Whitehorse

✉ vfwc@northwestel.net

💻 <http://victoriafaulknerwomenscentre.blogspot.com/>

☎ (867) 667-2693

Airport Chalet

☑ Kitchenette available

📍 91634 Alaska Highway, Whitehorse

✉ email unavailable

💻 <http://www.airportchalet.com/>

☎ (867) 668-2166 or 1-866-668-2166

Best Western Gold Rush Inn

☑ Kitchenette available

📍 411 Main Street, Whitehorse

💻 <http://book.bestwestern.com/bestwestern/CA/YT/Whitehorse>

☎ (867) 668-4500 or 1-800-661-0539

Coast High Country Inn

☑ Kitchenette available

📍 4051-4th Avenue, Whitehorse

💻 <http://www.highcountryinn.yk.ca/>

☎ (867) 667-4471

Edgewater Hotel

☒ Kitchenette available

📍 101 Main Street, Whitehorse

💻 <http://www.edgewaterhotelwhitehorse.com/>

☎ (867) 667-2572 or 1-877-484-3334

Historical Guest House B&B

☒ Kitchenette available

📍 5128 5th Avenue, Whitehorse

💻 www.yukongold.com

☎ (867) 668-3907

Town & Mountain Hotel (T&M)

☒ Kitchenette available

📍 401 Main Street, Whitehorse

💻 <http://townmountain.com/>

☎ (867) 668-7644 or 1-800- 661-0522

Westmark Whitehorse

☒ Kitchenette available

📍 201 Wood Street, Whitehorse

💻 <http://www.westmarkhotels.com/destinations/whitehorse-hotel/>

☎ (867) 393-9700 or 1-800-544-0970

Yukon Inn

☒ Kitchenette available

📍 4220 4th Avenue, Whitehorse

💻 www.yukoninn.com

☎ (867) 667-2527

Exercise

Breath of Life (Yoga)

- ☑ offers regular prenatal and postnatal yoga classes
 - 📍 #150 2237 2nd Avenue, Waterfront Station
 - ✉ thebreathoflifestudio@gmail.com
 - 💻 <http://www.breathoflifestudio.com>
 - ☎ (867) 336-3569

Active Living Guide – City of Whitehorse

- ☑ features programs, events and services for the entire family
 - 💻 www.whitehorse.ca/alg
 - ✉ cgccsrgroup@whitehorse.ca
 - ☎ (867) 667-4FUN (4386)

HEALTH and CARE PROVIDERS

CPNP – Canadian Prenatal Nutrition Programs

☑ through a community development approach, Canadian Prenatal Nutrition Programs aim to reduce the incidence of unhealthy birth weights, improve the health of both infant and mother and encourage breastfeeding.

📍 Carcross CPNP Program

☎ (867) 821-4251 Ext. 8263

📍 Dawson City CPNP Program

☎ (867) 993-5149

📍 Skookum Jim Friendship Centre - Whitehorse

☎ (867) 633-7682

📍 Teen Parent Centre - Whitehorse

☎ (867) 667-3421

📍 Teslin Prenatal Program

☎ (867) 390-2532 Ext 371

📍 Les EssentiElles: Mamans, Papas et Bébés en Santé - Whitehorse

☎ (867) 668-2663 poste 820

📍 Victoria Faulkner Women's Centre - Whitehorse

☎ (867) 667-2693


📍 Watson Lake Creative Playgroup


☎ (867) 536-7205

Hospitals and Maternity Ward


💻 <https://yukonhospitals.ca/>

Whitehorse General Hospital - Maternity Ward


 (867) 393-8700


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

Whitehorse General Hospital - Main Phone


 (867) 393-8700

Dawson City Community Hospital

 (867) 993-4444

 <https://yukonhospitals.ca/dawson-city-hospital/programs-and-services/emergency-services>

Watson Lake Community Hospital

 (867) 536-4444


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


Maternity Clinics

Crocus Maternity Clinic

☒ located in the Klondyke Medical Clinic


 302 Ogilvie Street, Whitehorse

 www.crocusmaternity.ca

 (867) 668-3911

Family Practice Unit – Dr. Avery

 102-402 Hanson Street, Whitehorse

 (867) 667-6421

SAGE Maternity

☑ located at the Whitehorse Medical Services

📍 406 Lambert Street, Whitehorse

☎ (867) 393-6600

💻 <https://www.sagematernity.com/>

Family Medicine Clinics

Family Practice Unit

📍 102-402 Hanson Street, Whitehorse

☎ (867) 667-6421

Horwoods Mall Medical Clinic

📍 104-100 Main Street, Whitehorse

☎ (867) 633-2847

Klondyke Medical Clinic

📍 302 Ogilvie Street, Whitehorse

☎ (867) 668-4046

💻 <http://www.klondykemedical.ca/>

Pine Medical Clinic

📍 5110-5th Avenue, Whitehorse

☎ (867) 668-4353


River Valley Medical Clinic

📍 106 Lambert Street, Whitehorse

☎ (867) 667-6491

Whitehorse Medical Services Ltd.

 406 Lambert Street, Whitehorse

 (867) 393-6646


 <https://www.wmsl.net/>

Community Health Centres


☒ The community nurse practitioner is On Call 24 hours for EMERGENCIES or VERY SERIOUS ILLNESS only. If it is not an emergency, wait until the health centre is open.

 http://www.ykhealthguide.org/community/community_centres/


☒ Beaver Creek Health Centre

 (867) 862-4444


☒ Carmacks Health Centre

 (867) 863-4444


☒ Carcross Health Centre

 (867) 821-4444


☒ 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

☑ Whitehorse Health Centre

☎ (867) 667-8864

Mental Wellness Hubs

☑ provide access to a wide range of health and social services including mental wellness support for individuals who have experienced trauma, individual counselling, outreach services, community support and pre- and post-care related to substance use.

☞ Watson Lake - includes Teslin, Carcross and Tagish

☞ Carmacks - includes Pelly Crossing, Ross River and Faro

☞ Dawson City - includes Old Crow and Mayo

☞ Haines Junction - includes serves Beaver Creek and Burwash Landing

☎ Toll Free 1-866-456-3838

Health Services

811- Yukon Health Line

☑ is a free, confidential 24-hour service available to anyone in the Yukon.

💻 <http://www.hss.gov.yk.ca/811.php>

☎ 811

Baby's Day Out – Whitehorse Health Centre

☑ Wednesday afternoon drop-in from 1-3pm to have your baby measured, get your questions, answered, and enjoy a variety of guest speakers

📍 9010 Quartz Road

☎ (867) 667-8864

Child Development Centre

☑ provides early supports and therapeutic services to children from birth to school entry. Therapists work in partnership with families to provide information and activities that fit each family.

📍 1000 Lewes Blvd., Whitehorse

💻 www.cdcyukon.com

☎ (867) 456-8182

Child Development Centre at Kwanlin Dün

☑ a CDC sub-office works in partnership with Dusk'a Head Start Learning Centre

📍 Kwanlin Dün

☎ (867) 633-7820

Congenital Anomalies Surveillance Yukon (CASY)

☑ helps families understand birth defects, provides family support, describes recurrence risk for future pregnancies and monitors Yukon-wide birth defects

📍 by appointment

☎ (867) 667-8563

First Nations Health Programs (FNHP)

☑ promote the provision of quality, culturally-sensitive holistic health care to Aboriginal People

📍 Whitehorse General Hospital

💻 <https://yukonhospitals.ca/whitehorse-general-hospital/programs-and-services/first-nations-health-programs>

☎ (867) 393-8758

Healthy Families

☑ Yukon Government Health and Social Services offers this voluntary program that provides support to families prenatally or at birth and continues until the child is school age

📍 9010 Quartz Road, Whitehorse Health Centre

📍 your community? Contact your local health centre for information

💻 <http://www.hss.gov.yk.ca/healthyfamilies.php>

☎ (867) 667-3745 (Whitehorse)

Hearing Services

☑ provides hearing screenings, hearing aid evaluation, dispensing and repairs, and assistive listening devices to the general public (children and adults). A referral from a doctor or other service provider is needed.

📍 Royal Bank Building, 4th Avenue, Whitehorse

☎ (867) 667-5913

Kwanlin Dün Health Centre

☑ the only First Nation operated Health Centre north of the 60th parallel, is unique in its integration of programming that forms a continuous stream from pre-birth to death.

📍 35 McIntyre Drive, Whitehorse

💻 <http://www.kwanlindun.com/health/section/services/>

✉ reception@kdfn.net

☎ (867) 633-7800

Mental Health Services

☑ a community mental health clinic offering assessment, individual and group therapy, supportive counselling and referral services for a wide range of emotional and behavioural problems and mental illnesses

📍 # 4 Hospital Road, Whitehorse

☎ (867) 667-8346

Canadian Mental Health Association, Yukon Division (CMHA-YT)

☑ is a voluntary association that exists to promote the mental health of Yukoners; provides the Living Life to the Full Program; psychological health and safety education programs; short-term drop-in counselling; youth anti-stigma summits; a family/caregivers support group.

📍 1-1114 Front Street, Whitehorse

✉ ttasane@yukon.cmha.ca

💻 <https://mdsc.ca/finding-help/yukon/>

☎ 867-668-6429

Mothering your Baby... the First Year

☑ this FREE program is offered three times a year for six weeks each. Provides an opportunity to meet with other mothers, enjoy a nutritious snack and discuss the ups and downs of mothering and living and learning with your new baby.

📍 9010 Quartz Road (Whitehorse Health Centre)

✉ FamilyProgs@partnersforchildren.info

☎ (867) 667-8864 or (867) 332-4959

Whitehorse Health Centre

☑ provides public health services, including health education, health counseling, and immunizations to people of all ages

📍 9010 Quartz Road (Whitehorse Health Centre)

💻 <http://www.hss.gov.yk.ca/healthcentrehse.php>

☎ (867) 667-8864

Yukon Children's Dental Program

☑ is for children, newborn to five years of age. It is recommended that your child visit a dental therapist or dentist before their first birthday.

📍 9010 Quartz Road (Whitehorse Health Centre)

☎ (867) 667-8360

Midwives

Community Midwives Association Yukon

☑ Community Midwives Association of Yukon is working towards regulated and funded Midwifery in the Yukon.

📍 9010 Quartz Road (Whitehorse Health Centre)

💻 communitymidwivesofyukon@gmail.com

☎ (867) 667-8360

Doulas

☑ for current information about doulas in the Yukon check:

💻 facebook.com/boreal.birthworks/

Government Services

Child Care Services Unit (CCSU)

☑ Child Care Services licenses and monitors child care centre and family day home programs in the Yukon. CCSU also administers the child care subsidy program which assists families who qualify with the costs of licensed child care and maintains a list of Yukon licensed Child Care Centre's and Family Day Home programs.

📍 9010 Quartz Road, Whitehorse

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

💻 <http://www.hss.gov.yk.ca/childcareunit.php>

🖱 childcare@gov.yk.ca

For licensed child care centres go to

💻 www.hss.gov.yk.ca/pdf/licensedchildcarecentres.pdf

First Nations and Inuit Non-Insured Health Benefits

☑ provides eligible First Nations people and Inuit with a specified range of medically necessary health-related goods and services when they are not covered through private insurance plans or provincial or territorial health and social programs.

💻 www.healthcanada.gc.ca/nihb

☎ 1-866-225-0709

Yukon Health Care Card

☑ for Health Care Insurance registration. In rural communities, application forms are available at all Territorial Agents

📍 204 Lambert Street, Whitehorse (4th floor)

💻 http://www.hss.gov.yk.ca/health_card.php

☎ (867) 667-5209 or 1-800-661-0408 ext. 5209

Medical Travel

☑ medical treatment program, which is available to help eligible persons with the cost of medically necessary transportation.

💻 www.hss.gov.yk.ca/medicaltravel.php


☎ (867) 667-5203

NUTRITION

Breastfeeding


Breastfeeding Support in French & English- Throughout Yukon

- ☑ For English information follow this link:

 <http://www.hss.gov.yk.ca/pdf/breastfeedingbrochure.pdf>

Soutien à l'allaitement - À travers le Yukon

- ☑ Pour l'information en français suivez ce lien:


 http://www.hss.gov.yk.ca/fr/pdf/breastfeedingbrochure_fr.pdf

La Leche League - mailing list & group meets

- ☑ Phone for Whitehorse Group Meetings – held the 1st Sunday of each month to provide breastfeeding information and offer mother-to-mother support for pregnant and breastfeeding mothers; email to be added to the group mailing list


 kari.joly@me.com

 www.lllc.ca

 (867) 334-5052

La Leche League – in person breast feeding support

- ☑ Email for breast feeding support; email for contact


 laingheidi@gmail.com

 www.lllc.ca

Breastfeeding Support – Whitehorse Health Centre

- ☑ a team of lactation consultants are available to provide you with breastfeeding support

 9010 Quartz Road (Whitehorse Health Centre)

 (867) 667-8864

Food Banks

Dawson City Food Bank

☎ (867) 993-5507

Food Bank Society of Whitehorse

📍 306 Alexander Street, Whitehorse

💻 www.whitehorsefoodbank.ca

✉ office@whitehorsefoodbank.ca

☎ (867) 393-2265

Meals

Sally and Sisters

☑ Free hot lunch meals for women and children on Mondays and Fridays from 12:00 noon to 1:00 pm at the Food Bank Society of Whitehorse

📍 306 Alexander Street, Whitehorse

💻 www.whitehorsefoodbank.ca

✉ office@whitehorsefoodbank.ca

☎ (867) 393-2265

Community Kitchen – Victoria Faulkner Women’s Centre

☑ come have lunch with other women on Wednesdays from 11:30 to 1:00pm

📍 503 Hanson Street, Whitehorse

💻 <http://victoriafaulknerwomenscentre.blogspot.com/>

✉ vfwc@northwestel.net

☎ (867) 667-2693

Whitehorse Emergency Shelter

📍 405 Alexander Street, Whitehorse

SAFETY

Child Car Seat Safety

Car Seat Safety program

- ☑ provides support and services to public for their child car seat safety needs

📍 Motor Vehicles Building (Beside Boston Pizza), Whitehorse

💻 www.hpw.gov.yk.ca

📧 carseat@gov.yk.ca

☎ (867) 667-5832 or 1- 800-661-0408 ext. 5832

Infant/Child First Aid / CPR

Red Cross First Aid

- ☑ Yukon College Continuing Education

📍 500 College Dr., Whitehorse

💻 <http://www.yukoncollege.yk.ca/ce>

☎ (867) 668-5200 or 1-800-661-0504

St. Johns Ambulance

📍 128 Copper Road, Whitehorse

☎ (867) 668-5001

Violence

Child Protection – Family Support Program

- ☑ becomes involved with families where there are child protection concerns

📍 4114 - 4th Avenue (Royal Bank Building), Whitehorse

💻 http://www.hss.gov.yk.ca/family_children.php

☎ (867) 667-3002 or 1-800-661-0408 ext. 3002

Child and Adolescent Therapeutic Services (CATS)

- ☑ provides confidential counselling services to children, youth, and their families who have experienced child maltreatment

📍 100-211 Hawkins Street, Whitehorse

💻 <http://www.hss.gov.yk.ca/cats.php>

✉ catsintake@gov.yk.ca

☎ (867) 667-8227

Dawson City Women's Shelter (24 hours)

☎ (867) 993-5086

Dawson City Men's Shelter

- ☑ safe and supportive housing and services for men who are homeless or at risk of being homeless

☎ (867) 993-7100 Ext. 225

Family Law Information Centre (FLIC)

- ☑ The FLIC is a public service provided by the Yukon Department of Justice to assist self-represented people understand family law procedures and to help them resolve their family law matters faster.

This centre does not provide legal advice or represent you in court. You are responsible for your own case. The FLIC is staffed by neutral people who provide legal information and educational materials as a public service.

Examples of information include filing for divorce and child support guidelines as well as referral information about other matters including adoption, adult guardianship, family violence, Maintenance Enforcement Program (MEP), and family law court procedures.

📍 2134-2nd Avenue (Law Centre), Whitehorse

💻 www.justice.gov.yk.ca/general/flic

✉️ FLIC@gov.yk.ca

☎️ (867) 456-6721 or toll free: 1-800-661-0408 Ext. 6721

Kaushee's Place –Women's Transition Home

☑️ accept and assist women and children fleeing violence

📍 4114 - 4th Avenue (Royal Bank Building), Whitehorse

✉️ edkaushees@whtvcable.com

☎️ (867) 668-5733 or collect 0-(867)-5733

VictimLink-BC

☑️ provides information and referral services to all victims of crime and immediate crisis support to victims of family and sexual violence

💻 www.victimlinkbc.ca

☎️ 1-800-563-0808

Victims Services

☑️ support for victims of violence and abuse to help navigate the government and legal systems. *It doesn't matter if the crime has been reported, a charge has been laid, or the accused has been convicted. We provide services to all people affected by a crime.*

💻 <http://www.justice.gov.yk.ca/prog/cor/vs/>

☎️ Whitehorse: (867) 667-8500 or 1-800-661-0408 ext. 8500

☎️ Dawson City: (867) 993-5831

☎️ Watson Lake: (867) 536-2541

Watson Lake – Help and Hope for Families

☑ serves the community, women and their children, who are living with the impact of violence by providing TRANSITION HOME/SHELTER services

💻 www.helpandhopeforfamilies.ca

✉ info@helpandhopeforfamilies.ca

☎ (867) 536-7202

Women’s Advocate – Victoria Faulkner Women’s Centre

☑ provides assistance to women who interact with government organizations, access information needed to make informed choices, and to receive the benefits to which they are entitled

📍 503 Hanson Street, Whitehorse

💻 <http://victoriafaulknerwomenscentre.blogspot.com/>

✉ womensadvocate@northwestel.net

☎ (867) 667-2693

Yukon Legal Aid Services Society (Legal Aid)

☑ if you need a lawyer but cannot afford to pay, we may be able to help by providing a lawyer at no cost or at a very low cost to you

📍 203 – 2131 2nd Avenue, Whitehorse

💻 www.legalaid.yk.ca

✉ administration@legalaid.yk.ca

☎ (867) 667-5210 or 1-800-661-0408

GROUPS FOR LEARNING OR CONNECTING WITH OTHERS

Check: <http://www.hss.gov.yk.ca/eventscalendar/>

Active Living Guide – City of Whitehorse

- ☑ features programs, events and services for the entire family

💻 www.whitehorse.ca/alg

✉ cgccsrgroup@whitehorse.ca

☎ (867) 667-4FUN (4386)

Child Care and Early Learning Diploma Program

- ☑ a certificate and diploma program at Yukon College

📍 500 College Drive, Whitehorse

💻 www.yukoncollege.yk.ca

✉ hehs@yukoncollege.yk.ca

☎ (867) 668-8793 or 1-800-661-0504

Dusk’a Head Start Learning Centre

- ☑ Aboriginal Head Start Program for children and families to help enhance child development and school readiness for First Nation, Inuit and Métis children. Learning Together Program hosted here (see Learning Together).

📍 47 McIntyre Drive (Kwanlin Dün), Whitehorse

☎ (867) 393-3775

For the Sake of the Children workshops

- ☑ Learn about family law; resolve legal issues; explore ways to relate to the other parent; learn the effects of separation or divorce on adults and children

(*Note: this workshop is mandatory for parents who are parties to a divorce petition or any proceeding where a claim for custody, access or child support pursuant to Yukon Supreme Court Practice Direction Family-2.)

(**See the *Separating & Divorce* section for more on this topic)

📍 2134-2nd Avenue (Law Centre), Whitehorse

💻 www.justice.gov.yk.ca/general/flic

✉️ FLIC@gov.yk.ca

☎️ (867) 456-6721 or toll free: 1-800-661-0408 Ext. 6721

Handle with Care Program

☑️ Handle with Care (HWC) is a Canadian, evidence-based program for parents, caregivers, and educators of young children. It promotes positive mental health and well-being using hands-on interactive activities and discussion.

📍 call for current locations

💻 <https://www.handlewithcareyukon.ca/>

✉️ pfc@yukoncollege.yk.ca

☎️ (867) 332-5990

Learning Together program

☑️ The *Learning Together* program provides school-based early learning to pre-school aged children with their families and caregivers. Children interact in a high-quality learning environment and adults learn new ways to support learning.

📍 Schools include Selkirk, Hidden Valley, Duska Family Learning Centre, Pelly Crossing and Watson Lake

💻 <http://www.education.gov.yk.ca/learning-together.html>

✉️ curriculum@gov.yk.ca

☎️ (867) 393-6339 or toll free: 1-800-661-0408 Ext. 5607


Moms and Kids Program - Victoria Faulkner Women's Centre

☑️ a summer recreational program for isolated and low-income moms and kids up to age 8

📍 503 Hanson Street, Whitehorse

💻 <http://victoriafaulknerwomenscentre.blogspot.com/>

✉️ vfwc@northwestel.net

 (867) 667-2693

Nobody's Perfect Parenting Program


☑ a FREE parent education and support program for parents of children birth to five years old. Child care, snacks or a meal are provided.

📁 Check with Partners for Children

 www.partnersforchildren.info

 <https://www.facebook.com/partnersforchildren/>

📧 pfc@yukoncollege.yk.ca

 (867) 668-8794


Partners for Children (PFC) Program

☑ works throughout the Yukon to provide training and reliable information to parents, family, guardians, caregivers and teachers of young children; networks in the early child development community building relationships and bridging gaps.

 www.partnersforchildren.info

 <https://www.facebook.com/partnersforchildren/>

📧 ContactUs@partnersforchildren.info

 (867) 332-5990


Parent-Child Drop In

☑ a time for parents and children to get out and connect with each other in the company of facilitators who are early child development professionals well connected to programs in the community.

 www.partnersforchildren.info

 <https://www.facebook.com/partnersforchildren/>

📧 ContactUs@partnersforchildren.info

 (867) 332-5990

Parent-Child Mother Goose Program


☑ is a group experience for parents and their babies and young children. The program introduces adults and children to the pleasure and power of using rhymes, songs and stories together. Parents gain skills and confidence which can enable them to create positive family patterns during their children's crucial early years.

📍 Check with Partners for Children

💻 www.partnersforchildren.info

💻 <https://www.facebook.com/partnersforchildren/>

✉ ContactUs@partnersforchildren.info


 (867) 332-5990

Parent and Tot Swim

☑ time to play with your baby in the warm pool at the Canada Games Centre.

📍 Canada Games Centre, 200 Hamilton Blvd, Whitehorse

✉ cgccsrgroup@whitehorse.ca


 (867) 667-4FUN (4386)

Pre-School Story Time

☑ for children of 6 months to 6 years of age offered at different times at the Whitehorse Public Library. For Story Time programs in Yukon Community Libraries please contact your local library.

📍 Yukon Public Libraries

💻 www.ypl.gov.yk.ca


 (867) 667-5239 (in Whitehorse)

Teen Parent Centre

☑ for students who require additional support in the regular school system due to pregnancy or child care needs.

📍 1001 Lewes Blvd. (near FH Collins), Whitehorse

💻 www.teenparentcentreyukon.ca

 (867) 667-8336 (TEEN)

Life after Birth

☑ is an opportunity for postpartum support, information and counselling for parents experiencing difficult feelings after the birth or adoption of a baby. Services are free.

📍 Phone for location

💻 www.partnersforchildren.info

✉ ContactUs@partnersforchildren.info

☎ (867) 332-5990

Mothering your Baby...the First Year

☑ this FREE program is offered three times a year for six weeks. Provides an opportunity to meet with other mothers, enjoy a nutritious snack and discuss the ups and downs of mothering and living and learning with your new baby.

📍 9010 Quartz Road, Whitehorse Health Centre

☎ (867) 667-8864 or (867) 668-8794

Selkirk Elementary School Family Night Program

☑ encourages student and family involvement within the SES school community by offering culturally relevant recreational and social activities and services that support the family unit. SES Family Night program sessions are normally 4-6 weeks in length.

📍 5 Selkirk Street, Whitehorse

☎ (867) 667-3688

Traditional Parenting Program

☑ works towards improving the health and quality of life of Aboriginal peoples by teaching parenting skills through the traditional knowledge of Elders. The program also provides people with outreach programming in Yukon communities.

📍 3159-3rd Avenue, Whitehorse (Skookum Jim Friendship Centre)

💻 www.skookumjim.com

📧 sjfctpp@northwestel.net

☎ (867) 633-7692

Yukon Family Literacy Centre

☑ houses a broad range of programs, activities and resources to meet the literacy and essential skills needs of Yukon children, families, youth and adults

📍 200 Hamilton Blvd, Whitehorse (2nd floor of the Canada Games Centre)

💻 <http://www.yukonliteracy.ca>

📧 yukon.literacy.coalition@northwestel.net

☎ (867) 668-8698

SPECIAL SUPPORTS

Health Supports

Better to Know

- ☑ a Yukon Government Health and Social Services health website

 www.bettertoknow.yk.ca

 1-800-739-7367 (1-800-sex-sense)


Blood Ties Four Directions Centre

- ☑ support and education for those dealing with HIV/AIDS and Hepatitis C

 307 Strickland St., Whitehorse

 www.bloodties.ca

 bloodties@klondiker.com

 (867) 633-2437


Congenital Anomalies Surveillance Yukon (CASY)

- ☑ helps families understand birth defects, provides family support, describes recurrence risk for future pregnancies and monitors Yukon-wide birth defects

 by appointment , Whitehorse


 www.hss.gov.yk.ca/casy.php

 casy@gov.yk.ca

 (867) 667-8563

The Crisis Line

- ☑ provides support and information and can lead to emergency housing for women who are experiencing abuse now. Family and friends of abused women as well as professionals can also call for support and information.

 (867) 668-5733

Healthy Families

☑ Yukon Government Health and Social Services offers this voluntary program that provides support to families prenatally or at birth and continues until the child is school age.

📍 9010 Quartz Road, Whitehorse Health Centre

📍 your community? Contact your local health centre for information

💻 <http://www.hss.gov.yk.ca/healthyfamilies.php>

☎ (867) 667-3745 (Whitehorse)

Hospice Yukon Society

☑ grief counselling and support.

📍 409 Jarvis Street, Whitehorse

💻 www.hospiceyukon.net

✉ info@hospiceyukon.net

☎ (867) 667-7429

Jackson Lake Healing Camp

☑ mission is to provide a supportive, holistic and compassionate environment based on the integration of traditional and modern knowledge.

Leaders and staff believe strongly in the healing power of culture and the land in order to create balance and self-empowerment. Cultural and ceremonial activities form a central focus in all aspects of programs offered.

Team offers pre-camp and aftercare support to all participants who wish to access these supports.

💻 http://www.kwanlindun.com/health/section/jackson_lake_healing_camp/

☎ (867) 668-7289

Pathways to Wellness

☑ This made-in-Yukon website provides up-to-date information on healthy child development and practical tips for parents and other caregivers on how to raise healthy, happy children who are curious and keen to learn. It covers topics such as brain development, healthy eating,

activity and screen time, safety, and happiness as well as information and encouragement for parents to take care of themselves.

 www.yukonwellness.ca

Pregnets

☑ The Pregnets mission is to improve the health of moms and their babies by offering information, resources and support to pregnant and postpartum women and their health care providers.

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

Yukon Communicable Disease Control (YCDC)

☑ offers Sexually Transmitted Infection testing and treatment as well as emergency birth control. The same services are provided at your community health centre, or you could see us in Whitehorse.

📍 #4 Hospital Road, Whitehorse

 www.hss.govyk.ca/ycdc.php

☎ (867) 667-8323 or Toll Free: 1-800-739-7367


Yukon Health Guide

☑ this online guide provides information on health topics and tools.

 www.ykhealthguide.org

Yukon Health Line

☑ is a free, confidential 24-hour service available to anyone in the Yukon.

 <http://www.hss.gov.yk.ca/811.php>

☎ 811

Yukon Sexual Health Clinic

☑ offers sexual and reproductive health services in the Yukon to all genders and orientations.

📍 406 Lambert Street (Whitehorse Medical Clinic)

 www.facebook.com/YSHCwhitehorse/

☎ (867) 393-6635

Dis-Ability Supports

Autism Yukon

☑ supports families and individuals living with Autism Spectrum Disorder through family support, public awareness, training, advocacy, trials of implements and community resources

📍 108 Copper Road, Whitehorse

💻 www.autismyukon.org

✉ executive@autismyukon.org

☎ (867) 667-6406

Congenital Anomalies Surveillance Yukon (CASY)

☑ helps families understand birth defects, provides family support, describes recurrence risk for future pregnancies and monitors Yukon-wide birth defects

📍 by appointment, Whitehorse

💻 www.hss.gov.yk.ca/casy.php

✉ casy@gov.yk.ca

☎ (867) 667-8563

Child Development Centre (CDC)

☑ provides early supports and therapeutic services to children from birth to school entry. Therapists work in partnership with families to provide assessment and follow-up, home-based programs, therapeutic groups, education and support, resources and Child and Youth Diagnostic and Support team (FASD, Autism, Complex Behaviour). They also provide a Follow Along program for children birth – 3 years where families can learn about their child's development and what to expect next. Services are free of charge.

📍 1000 Lewes Blvd., Whitehorse

💻 www.cdcyukon.com

✉ info@cdcyukon.ca

☎ (867) 456-8182 or 1-866-835-8386

Child Development Centre at Kwanlin Dün

☑ Duska Learning Centre

☎ (867) 633-7820

Family Supports for Children with Disabilities (FSCD)

☑ provides support to Yukon families to care for their child with a disability

📍 49B Waterfront Place, Whitehorse

💻 http://www.hss.gov.yk.ca/disabilities_children.php

☎ (867) 393-7464 or 1-800-661-0408 ext. 7464

Fetal Alcohol Syndrome Society of Yukon (FASSY)

☑ provides outreach services to individuals with an FASD diagnoses in addition to prevention and education workshops, and coordination of adult diagnostic services

📍 120-205 Black Street, Whitehorse

💻 www.fassy.org

✉ fassy.ed@fassy.org

☎ (867) 393-4948

Supported Child Care Program

☑ provides funding to licensed child care programs assisting with additional costs associated with caring for children who need extra supports; allows all children to participate fully

📍 9010 Quartz Road, Whitehorse

💻 www.hss.gov.yk.ca/childcareunit.php

☎ (867) 667-3492 or 1-800-661-0408 Ext. 3492

Separation and Divorce

Family Law Information Centre (FLIC)

☑ The FLIC is a public service provided by the Yukon Department of Justice to assist self-represented people understand family law procedures and to help them resolve their family law matters faster.

This centre does not provide legal advice or represent you in court. You are responsible for your own case. The FLIC is staffed by neutral people who provide legal information and educational materials as a public service.

Examples of information include filing for divorce and child support guidelines as well as referral information about other matters including adoption, adult guardianship, family violence, Maintenance Enforcement Program (MEP), and family law court procedures.

📍 2134-2nd Avenue (Law Centre), Whitehorse

💻 www.justice.gov.yk.ca/general/flic

✉️ FLIC@gov.yk.ca

☎️ (867) 456-6721 or toll free: 1-800-661-0408 Ext. 6721

For the Sake of the Children workshops

☑️ Learn about family law; resolve legal issues; explore ways to relate to the other parent; learn the effects of separation or divorce on adults and children

(*Note: this workshop is mandatory for parents who are parties to a divorce petition or any proceeding where a claim for custody, access or child support pursuant to Yukon Supreme Court Practice Direction Family-2.)

📍 2134-2nd Avenue (Law Centre), Whitehorse

💻 www.justice.gov.yk.ca/general/flic

✉️ FLIC@gov.yk.ca

☎️ (867) 456-6721 or toll free: 1-800-661-0408 Ext. 6721

Child Support: Know your Rights workshops

☑️ child support: Federal Child Support Guidelines; information to include in a child support order/agreement for it to be enforceable; how to change child support amounts

📍 Family Law Information Centre
at 2134-2nd Avenue (Law Centre), Whitehorse

💻 www.justice.gov.yk.ca/general/flic

✉️ FLIC@gov.yk.ca

☎️ (867) 456-6721 or toll free: 1-800-661-0408 Ext. 6721

Communication Skills after Separation or Divorce workshops

☑️ understand the impact of conflict on children; explore alternative ways to respond to conflict; develop listening, speaking, and non-verbal communication skills

📍 Family Law Information Centre
at 2134-2nd Avenue (Law Centre), Whitehorse

💻 www.justice.gov.yk.ca/general/flic

✉️ FLIC@gov.yk.ca

☎️ (867) 456-6721 or toll free: 1-800-661-0408 Ext. 6721

Yukon Family Mediation Service

☑️ help parents who are separating or divorcing resolve conflict in the best interest of their children

📍 Family Law Information Centre
at 2134-2nd Avenue (Law Centre), Whitehorse

💻 <http://www.yukonflic.ca/mediation.html>

✉️ flic@gov.yk.ca

☎️ (867) 667-5753 or toll free: 1-800-661-0408 Ext. 5753

Managing Conflict after Separation or Divorce workshops

☑️ understand the process of separation; learn how to help children cope with conflict; learn how to renegotiate personal boundaries and develop parenting strategies

📍 Family Law Information Centre
at 2134-2nd Avenue (Law Centre), Whitehorse

💻 www.justice.gov.yk.ca/general/flic

✉️ FLIC@gov.yk.ca

☎️ (867) 456-6721 or toll free: 1-800-661-0408 Ext. 6721

How to Create a Parenting Plan

☑️ learn what a parenting plan is and what it may be used for (such as parenting schedule/time and out-of-court family decision-making); learn about Justice Canada's materials available to create a parenting plan; learn about issues to anticipate when co-parenting (school schedules, medical/dental appointments, parenting time, birthdays/holidays, travel arrangements, etc.)

📍 Family Law Information Centre
at 2134-2nd Avenue (Law Centre), Whitehorse

💻 www.justice.gov.yk.ca/general/flic

🖱️ FLIC@gov.yk.ca

☎️ (867) 456-6721 or toll free: 1-800-661-0408 Ext. 6721

ADDICTIONS

Alcohol and Drug Services

☑ offers prevention, detox and treatment services to individuals, families and groups on issues related to substance abuse

Detoxification Services, Treatment Services, Program Management

☎ (867) 667-5777 or 1-855-667-5777

Prevention Services

☎ (867) 667-5405 or 1-855-667-5777

Alcoholics Anonymous, Alanon, Alateen (AA)

☑ a meeting group of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism

☎ (867) 668-5878 (Yukon Hotline)

Narcotics Anonymous (NA)

☑ offers community support and self-help meetings based on shared experiences in recovery from substance abuse

☎ 1-888-543-2499

Pregnets

☑ mission is to improve the health of moms and their babies by offering information, resources and support to pregnant and postpartum women and their health care providers that support a reduction in smoking

💻 <http://www.pregnets.org/>


QuitPath

☑ offers a number of face-to-face services: nicotine patch, getting started session, quit pack, coaching and more.

📍 2nd floor, 305 Jarvis Street, Whitehorse (Health Promotion Unit)

 www.quitpath.ca

 info@quitpath.ca

 (867) 667-8393 or 1-866-221-8393

About this Resource Guide for Yukon Families with Young Children:

Purpose

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

Healthy Beginnings Resource Guide is not a complete list of all the resources and services available to Yukon residents, but is a starting place.

If you know of other agencies that are not yet included, find errors or updates, would like your agency or service listed, or have suggestions for the *Healthy Beginnings Resource Guide*, please contact

Partners for Children

332-5990 or email ContactUs@partnersforchildren.info

This Resource Guide can also be found in an on-line, printable format:

www.partnersforchildren.info

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