**Programs and Services**

* The St. John’s Status of Women Council/Women’s Centre
	+ Mondays 10am-11am
	+ The Mama Coach - Kayla Shea and Erin Law are in charge of the support group at the center.
	+ The goal is to start community connections and to provide professional support.
	+ They will also do smaller things such as having the baby weighed.
	+ They say that space is limited to allow for social distancing, so sign up as soon as you can.
	+ This is the link to sign up: [**https://themamacoach-kaylashea.janeapp.com/**](https://themamacoach-kaylashea.janeapp.com/)
	+ Kayla Shea also does 15 minute consultations for free.
		- She acknowledges that motherhood can be challenging and sometimes people need to talk.
		- The same link above can be used to book a phone appointment!
* First Light Baby & Me
	+ This program is available for children ages 0-2.
	+ The program promotes child-adult bonding by stimulating fine and gross motor skills, communication, sign language, yoga, massage, nature walks, etc.
	+ This program aims to promote childhood growth and development.
	+ According to the website it takes place on Tuesday mornings @ 11-2 at the First Light Headquarters (716 Water St.) <https://firstlightnl.ca/program/baby-and-me/>
	+ For more information contact Kathy Walsh at kathy@firstlightnl.ca
* Day Break Health Baby Club AND Baby & Me
	+ Before the COVID-19 pandemic there were three separate groups, now 2 have been combined.
	+ One is for newcomers to Canada and is run in partnership with the Association for New Canadians.
	+ One is for youth and one is open to anyone else we have a referral for.
	+ The youth group and the general admission group hav been combined.
	+ These groups involve meeting regularly for a discussion of a topic relevant to the perinatal period, a snack or meal, and a space to answer any questions participants may have.
	+ They also offer a Sobeys gift card to support the pregnant person's nutrition during pregnancy.
	+ The program is ongoing throughout the year and new participants can join whenever there is space and stay until the delivery of their baby.
	+ After the baby is delivered they will remain in contact for support and to transition them to their new parent groups.
	+ Baby and Me is another program they run as well as many playgroups for parents and young children.
	+ They try to accommodate every schedule so if someone would like to get out with their babies, toddlers and preschoolers they can do so easily.
	+ Rhonda collects the referrals and she can be reached @ 726-8373.
	+ Here is a link to the website with an overview of the programs offered at Daybreak Community Programs: <http://daybreakcentre.com/programs/daybreak-community-program/>
* Online Perinatal Support Group
	+ Hosted by Dr. Archana Vidyasankar (psychiatrist), Dr. Shannon Edison (Beacon Centre), and Emma Duke (Social Worker & Dula).
	+ This group is offered online over zoom on Wednesdays @ 3:00.
	+ This group is for people who are pregnant and parenting up to 18 months.
	+ This group aims to connect parents and create a safe space for peer support.
	+ Too register contact onlinepreinatalnl@gmail.com
* Mother Baby Nutrition Supplement Program
	+ <https://www.gov.nl.ca/ipgs/income-support/nutritionsupplement/>
	+ This is a monthly financial benefit for low-income pregnant mothers and families with children under the age of one.
	+ The applicant must be a permanent resident of Newfoundland and Labrador.
	+ It is intended to help with the cost of extra food during pregnancy and infancy.