

COMMUNITY HEALTH PROGRAM

PRENATAL & POSTPARTUM SUPPORT

WHAT WE DO

- Prenatal Support & Education
- Prenatal Classes (one on one or group)
 - » Understanding Pregnancy
 - » Understanding Labor
 - » Understanding Comfort Techniques
 - » Understanding Medical Procedures
 - » Understanding Cesarean Birth
 - » Understanding Newborns
 - » Understanding Postpartum
- Aboriginal Doula Grant Support
- Support with Accessing Vitamin D & Prenatal Vitamins
- Lactation Consulting
- Newborn Baby Home Visits/Assessments
- Nutritional Support
- Infant & Child Growth & Development
- Wellness Baby Visits
- Good Food Box
- Immunizations
- Support with Car seats throughout the stages
- Postpartum Support



COMMUNITY HEALTH PROGRAM

HOW TO CONTACT US?

250-542-5094

OKIB Health Centre

Community Health Nursing

Melanie Marchand, RN, BSN

C: 250-309-7364E: okibrn@okanagan.org

Chelan Mckenzie, LPN

C: 250-241-1377E: Lpn2@okanagan.org



k^wu alá k^wukəkniya?

"WE ARE HERE TO LISTEN"

OKIB Health Team is Committed to Caring for Your Personal Information

Members accessing programs and services provided by the Health & Wellness team, can be assured that protecting your privacy is a priority, and all of your records and our interactions are kept strictly confidential.



Okanagan Indian Band

OKIB Health & Wellness Team, 76 Head of the Lake
Road, Vernon, BC V1H 2A4
T 250.542.5094 F 250.542.5001