



SOUTH

CARE • COLLABORATION • COMMUNITY

WELCOME
TO SOUTH!
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ABOUT US IN
OUR NEWS-
LETTER!



WELCOME TO SOUTH

Who We Are

South is an inclusive health care umbrella offering patient-centered care for all stages of life. We are comprised of South Hill Family Health, the South Community Birth Program, and our charity, the South Foundation. We take pride in knowing that both our clinics and the Foundation strive to provide a positive health care experience, whether in pregnancy and birth, or general primary care family practice, by putting patients' at the centre of their care and decision-making process.

Our South team brings together our diverse training and backgrounds to provide compassionate, evidence-based, family-centered care.

We aim to create a friendly, positive, inclusive and non-judgmental atmosphere at our clinics.

What We Do

By focusing on patient empowerment and education, we are bringing health care back to the community. Our South Hill Family Health (SHFH) clinic offers comprehensive primary care to patients and their families, while our South Community Birth Program (SCBP) provides comprehensive family-centered care during pregnancy, birth, and the postpartum period. Finally, The South Foundation is a charity affiliated with both the SCBP and SHFH. Through the Foundation, we can support patients and families in need with items such as bus tickets, taxi vouchers, Superstore coupons, contraception, basic household goods, and newborn baby items. The Foundation also partially funds our doula program, which is responsible for providing SCBP families with outstanding care during their transition into parenthood. In the future, the Foundation hopes to expand and offer more assistance and outreach services to patients and families requiring more support.

*We are located at: 202- 1193 Kingsway (east of Fraser Street).
SCBP: 604-324-2201 // SHFH: 604-428-8878*

THE SOUTH COMMUNITY BIRTH PROGRAM



Who We Are

At the South Community Birth Program (www.scbp.ca) you'll find a team of midwives, family physicians, a nurse practitioner, nurses, lactation consultants and doulas working together to provide care in a culturally appropriate and family-centered manner during pregnancy, birth, and the postpartum period. SCBP was the first multidisciplinary program of its kind in Canada.

The goal of SCBP is to bring pregnancy and birth back to a community-based, peer-supported, primary care experience.

We are proud to be a teaching site for UBC family medicine and obstetrics and gynecology residents, midwifery students and nurse practitioner students. Occasionally, you will see a kind and competent learner during your visit and we thank you in advance for contributing to their learning experience.

What We Offer

SCBP is unique because it offers inter-professional and collaborative maternity care. Midwives, family physicians and nurses work as a team to provide pregnant people and their families with comprehensive prenatal and postpartum care. The midwives, family physicians and doulas provide comprehensive care during the labour and birth. At 6 weeks postpartum, your care is transferred back to the family doctor, or to the doctors at SHFH if the new family does not have a family doctor.

Connecting Pregnancy // One of the most innovative aspects of our care is the Connecting Pregnancy (CP) group program.

Clients have their initial intake into SCBP care with private visits at our clinic to go over their medical history and partake in a routine physical exam. This usually takes place over 2-3 visits with a doctor or midwife.

The CP program changes routine prenatal care by bringing

pregnancy out of exam rooms and into a supportive environment.

After this, you will be invited to join 10 other pregnant clients and their partners, all with expected due dates in the same month. The groups form around 19-21 weeks of pregnancy and meet for 2 hours at a time during pregnancy and after the baby arrives. Each group meets once a month for the first 4-months, and then every two weeks until the babies are born.

The group sessions include a medical check-up with the midwife or physician leader, followed by education and preparation for new parenthood. Groups are co-facilitated by one of our nurses and/or the SCBP doula coordinator. One-on-one clinic visits are added on when needed, to address additional concerns.

The education process occurs through an interactive group discussion format and includes; exercise/relaxation, nutrition, pregnancy issues, labour and birth comfort measures, childbirth preparation, newborn care and breast-feeding,

postpartum issues, communication and self-esteem, and general parenting and relationship issues.

As the families give birth, they attend the subsequent sessions with their newborns to share their birth stories and receive care for their new babies. Reunions of the CP group are held when everyone has given birth. Our families say that the birth stories and meeting the new babies is the most rewarding and fun part of group care. In fact, many of our groups have been known to continue their own annual reunions long after they have left our care.

The Cost // The cost of the Connecting Pregnancy Group Care is \$250. This includes healthy snacks served at each session. We offer a very flexible payment schedule, but if you cannot afford to contribute, talk to us.

SOUTH COMMUNITY BIRTH —PROGRAM CONTINUED—

The Doula Program

What is a Doula? // Doulas are trained childbirth attendants who provide their client with continuous physical and emotional comfort and support throughout childbirth. Doulas do not provide any medical care.

Doula (pronounced "doola") is a Greek word meaning "caregiver."

Whether it is a hand to hold, someone to lean on, or words of comfort during labour, doulas have been helping during childbirth for centuries. The SCBP has incorporated this age-old tradition into its services by offering pregnant families the assistance of a doula during labour. All of the doulas at SCBP are DONA trained.

www.DONA.org

We firmly believe everyone deserves to have the support of a doula during labour and birth. We have seen – up close and personal – the value of a doula and the amazing support she offers to the family during their transition to parenthood. All SCBP clients have access to doula support. We all view the doulas as an integral part of our team at the SCBP.

Our Team // The SCBP doulas come from a variety of different backgrounds, including nursing and healthcare professions in their home countries. Some are also full-time mothers, school teachers, professional translators, massage therapists, home care providers, yoga instructors, and registered



acupuncturists, to name a few. Some of our doulas have attended more than 800 births and have been with us since we opened in 2004.

We currently have 35 doulas speaking 17 languages, in addition to English. The client can be matched with a doula who speaks their first language.

How it Works // You meet your doula once in pregnancy, usually around 36 weeks, and she is present throughout your labour and birth. You will also meet with her once after your birth. Your doula may come to you when your labour is getting active and will help you to decide on the best time to go to the hospital. She is in constant contact with the midwife or doctor on-call, who will admit you to the hospital when your labour is active or when you feel ready.

The Research // Evidence suggests that doula support can have enormous benefits for the parent, newborn, and family. The initial studies confirmed doula support reduces the overall cesarean rate and shortens the length of labour. Pregnant parents randomized to receive doula support also report higher self-esteem and stronger feelings of attachment to their newborn six weeks after birth than parents who did not receive doula support.

The Cost // The cost of care from our DONA trained doulas is extremely affordable, thanks

to the support of BC Women's Hospital. While the grant we receive partially covers the cost of our doula program, we ask our families to contribute \$300-500 based on a sliding scale of income to cover the services provided by the doula during the prenatal, birth, and postpartum experience. We offer a very flexible payment schedule, but if you cannot afford to contribute, talk to us. We believe every labouring family deserves doula support.

New Beginnings Clinic // SCBP doulas also support patients attending BC Women's Hospital "New Beginnings Clinic". This clinic is where pregnant people waiting for their BC health insurance card can receive care, free of charge. These are often new immigrants or refugees, far from home with no support networks in place. After they have their babies, many of these families come to SHFH for continued health care.



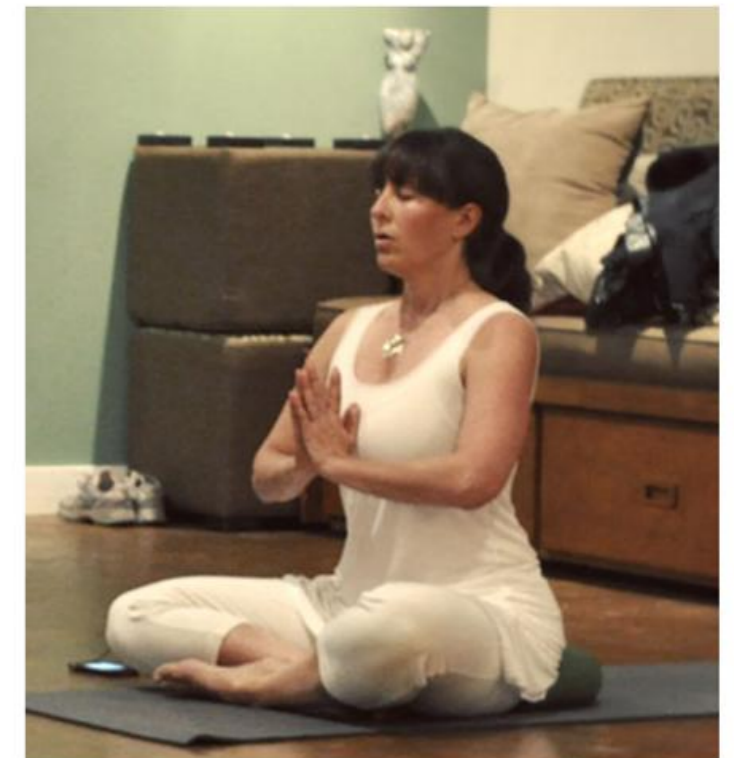


SCBP CONTINUED

*Postpartum Group Drop-In –
Wednesdays from 12 to 2pm //* Our South nurses are breastfeeding specialists and are very involved in your care after your baby is born. Their focus is on helping you establish breastfeeding and adjust to your exciting - and sometimes overwhelming - life of becoming a new parent. They also run a postpartum drop-in group every Wednesday afternoon from 12 to 2pm. No sign-up is needed - just come on down if you feel like it or if the topic moves you! A different topic is scheduled each week with guest speakers - the nurses are famous for helping the topics go with the flow of questions. Both parents are welcome to attend with their bambino. Go to our website to see the list of speakers (scbp.ca/workshops). To help us pay a small honorarium to our guest speakers a minimum \$5 donation is suggested.

Meet the South Team – 5:30 to 6:30pm, once a month // At South, you will get to know your Connecting Pregnancy group facilitator very well, as the majority of your prenatal care will be done by the doctor or midwife facilitating your group. This continuity with one provider is very good for your care, ensuring that it is comprehensive and that your individual needs are met. Your history and plans for the birth of your baby are communicated to all of the doctors and midwives who may be on-call to attend you during labour and the birth. While all the care providers share the same philosophy of care and discuss care plans on a daily basis, we want you to feel comfortable with our entire team. We hold "Meet the Team" events once a month, where you have the opportunity to meet many of the care providers. We have a panel comprised of the South team - please ask us questions - we promise to answer anything you ask!

You will receive an email inviting you to attend prior to your due date or you may go to our website (www.scbp.ca/workshops) where the dates are posted.



THE SOUTH FOUNDATION

Who We Are

Formerly known as Families at the Centre, the South Foundation is a federal registered charity associated with the South Community Birth Program and South Hill Family Health.

Many of the families in care at SCBP and SHFH are new immigrants facing challenging circumstances and struggling to settle in to their new lives in Vancouver, while some are single parents with limited resources. We are acutely aware of the lack of support for vulnerable individuals and families in our community. The South Foundation was inspired as a means to facilitate tangible community support.

We are inspired to care for our patients in a holistic manner: caring for not only their health care needs but also their mental, emotional and day-to-day living health as well.

What We Do

A few of the things that the South Foundation provides:

- Food cards for fresh food that can't be received at the local food bank
- Coordinating and purchasing basic items such as strollers, cribs, etc.
- Bus tickets to attend clinic and hospital visits
- A taxi voucher to get to the hospital while in labour or for emergency care

- Subsidized funding for clinical counseling services
- Support for contraceptive costs, especially long acting contraceptives such as IUD's
- Subsidized funding for Connecting Pregnancy families who need assistance
- Subsidized funding for our doula program to enable us to provide doula support to all our pregnant clients.

Foundation Goals // South Community Birth Program and South Hill Family Health are partnering to provide support to our patients. We recognize the many areas where further support is needed to achieve optimal health. We are working hard to extend our community work to encompass the health care needs of every individual who walks through our doors.

Shop at The Nest: we have a retail store in our home on Kingsway. You can purchase useful products – especially for new families with wee babies! A portion of the proceeds from the sale of our products will go to support The South Foundation.

When You Donate // You can feel good knowing that your entire donation will be used to provide the necessary support to families in our community. Your generosity will go towards changing the lives of the mothers, babies, and the diverse patients in our care who need it the most. Every dollar counts!

Any donation over \$20 to our registered charity will receive a tax-deductible receipt.

You can also sign up to become a monthly or annual donor! Just email office@scbp.ca to set this up.

For more information about how to calculate your charitable tax donation credit visit the CRA website at www.cra-arc.gc.ca/chrts-gvng/dnrs/svngs/clmng1b2-eng.html

How to Donate

Donations to help support the program can be made online through Canada Helps at the following website: www.canadahelps.org/dn/6871 or by mail at the South Foundation mailing address:

The South Foundation
202- 1193 Kingsway Vancouver
Vancouver, BC
V5V 3C9

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HERE TO
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CONTACT INFO FOR ALL OUR SERVICES

South Community Birth Program

General //
scbp.ca
Office: 604-324-2201
Fax: 604-324-2205
General email: office@scbp.ca

South Hill Family Health

General //
southhillhealth.com
Office: 604-428-8878
Fax: 604-428-8871
General email: south.families@gmail.com

Schedule an appointment //

Urgent/same-day appointments:
south.families@gmail.com
New Patient: shf.new.patient@gmail.com

Options for Sexual Health Clinic //
to book an appointment
Call: 604-731-4252

Catherine White Holman Wellness Centre

General //
www.cwhwc.com
General Email: contactus@cwhwc.com

Request an Appointment //
With a doctor, nurse, occupational therapist or nutritionist: doctor@cwhwc.com
With a counsellor: intake@cwhwc.com
With a lawyer: lawyer@cwhwc.com
Or by phone: 604-442-4352

To Donate //
<http://www.cwhwc.com/volunteer/>

The South Foundation

To Donate //
To become a monthly or annual donar email:
office@scbp.ca
To donate online:
<https://www.canadahelps.org/dn/6871> or by mail at the South Foundation mailing address:
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