



# FINANCIAL HELP FOR PREGNANCY

Pregnancy and parenting can mean extra costs. Below are some programs in BC that might help. If you need help accessing any of these programs, connect with your local pregnancy outreach program, women's centre, health centre, youth centre, settlement centre, or Indigenous health centre.

## » In Pregnancy



### Pregnancy outreach programs

Supports pregnant people in need. May have: drop-in groups, meals or snacks, grocery store gift cards, vitamins, and access to health professionals.

To find out who can join, find your local program at [The Pregnancy Hub online directory](#).

### Income assistance

Available to people not working/unable to work, or not earning enough to meet basic needs. Must complete an [eligibility assessment](#). Use [My Self Serve](#) to apply. For help with application call 1-866-866-0800.

**Natal Supplement:** \$45/month during pregnancy until baby is 6 months old.

**Prenatal Shelter Supplement:** Maximum of \$195/month. Can combine with Natal Supplement. For pregnant people who are single, are on income or disability assistance, and who do not already have children. You will need a note from doctor or midwife with expected due date. Apply early as benefits are not retroactive.

### Disability assistance

Helps people in financial need with a physical or mental impairment expected to last at least 2 years.

Must be at least 18 years old, designated as a Person with Disabilities by a doctor or nurse practitioner and meet financial eligibility. Can also apply for Natal and Prenatal Shelter Supplement (see above). Use [My Self Serve](#) to apply. For help with application call 1-866-866-0800.

### Doulas for Aboriginal families grant program

Provides up to \$1200 for doula support in pregnancy or after birth.

For pregnant Indigenous people in BC. For more information see [BC Aboriginal Friendship Centre](#) website or call 250-388-5522 ext 267 or e-mail [doulaprogram@bcaafc.com](mailto:doulaprogram@bcaafc.com).

### First Nations Health Authority Benefits Coverage

Pays for medical items and services including prenatal vitamins, mental health, vision and oral health.

People with "Indian status" who live in BC can enroll. For more information see [FNHA Health Benefits](#) website and [Coverage for Pregnancy and Infant care](#) or call Health Benefits at 1-855-550-5454.

### Jordan's Principle

Responds to unmet health, social and educational needs of First Nations children who are under 19 years old in BC. For more information see [Indigenous Services Canada](#) website or call 778-951-0716 or 1-855-572-4453 or email [principedejordancb-bcjordansprinciple@sac-isc.gc.ca](mailto:principedejordancb-bcjordansprinciple@sac-isc.gc.ca).

### Fair Pharmacare plan

Helps pay for medication prescribed by a doctor, dentist, midwife, nurse practitioner or optometrist.

For BC residents with Medical Services Plan (MSP) coverage, who give Pharmacare permission to check their income with the Canada Revenue Agency. [Register online](#) or call Pharmacare at 604-683-7151 or 1-800-663-7100.

## BC Farmer's Market Coupon Program

Coupons are provided to lower-income families or pregnant people to use at participating Farmers Markets. Households can get \$27/week during the summer. This amount may change. Coupons are for food only.

Go to [Where it Operates](#) to see which community partners and Farmers Markets are participating in your area.

## Food Banks BC

Some food banks offer special programs for babies and pregnancy, food delivery programs, and low cost or free grocery stores. Find your local food bank at [Food Banks BC](#) website (this is not a complete list of all food banks). Call your local food bank for registration information.

## Recreation access

Some public recreation centres have programs that reduce the cost for lower-income people wanting to use gyms, pools, and other programs. Ask your local recreation centre for an application.

For example: [Vancouver Leisure Access Program](#) or the [YMCA](#).

## Rental Assistance Program

Helps low-income working families with monthly rent payments.

For people who earn less than \$40,000/year, and have at least one child under 19 years. **You can apply and receive funding before giving birth.** For more information see [Rental Assistance](#) website to see if you qualify and fill in the application form. Call [604-433-2218](#) or [1-800-257-7756](#) for help.

## » After Baby

### Canada child benefit

Gives a monthly payment for families with children under 18 years.

This benefit is based on income, so you must file your income taxes, even if income is \$0.

You can apply when you register the birth of your child.

For more information see [Canada child benefit](#) website or call the Canada Revenue Agency at [1-800-387-1193](#).



### Maternity and parental benefits - Employment insurance (EI)

Gives financial support when away from work due to pregnancy or to care for a newborn. 15 weeks of benefits are available for the mother, followed by 35 weeks for either parent.

Expecting parents must have worked 420 taxable hours in the last 52 weeks (the number of hours needed may change). This benefit is only for people who work for employers that pay into Employment Insurance. Apply when you stop working at [EI maternity and parental benefits](#) website.

### Affordable child care benefit

Gives a monthly payment to help families with the cost of childcare.

For parents who are working, going to school, looking for work or are unable to take care of their child because of a medical condition. Apply online using [My Family Services](#) website. If you have questions call [1-888-338-6622](#).

### The Young Parent Program

Gives up to \$1500/month per child and a space in a licensed childcare program near the parent's high school.

For parents under 25 years, in high school, with a child born before their 20<sup>th</sup> birthday. For more information see [Young Parent Program](#) website or call [1-888-338-6622](#).

For more copies, go online at [vch.eduhealth.ca](#) or email [pheh@vch.ca](mailto:pheh@vch.ca) and quote Catalogue No. **GH.22.F56**  
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