

Physician Services:

There are several Revelstoke family doctors who practice obstetrics. Please call to book an appointment:



Selkirk Medical Group
101 West 1st Street
250-837-9321

Mountain View Medical Centre
616 3rd St West
1-778-489-8018

Queen Victoria Hospital

- Lab
- Ultrasound
- Emergency Care

1200 Newlands Road
250-837-2131



For emergencies call 911

For a complete, up to date listing of all community, health and social services in Revelstoke from housing to mental health, education, emergency services and more, visit:

www.revelstokelife.ca

Revelstoke Public Health
1200 Newlands (Queen Victoria Hospital)
Phone: 250-814-2244

Public Health can support you with information:

Pregnancy, childbirth, and new parenthood bring physical and emotional changes. Knowing what to expect can make these changes easier to handle and enjoy.

Contact a Public Health Nurse at 250-814-2244 to learn about important information such as:

- Choosing a health care provider
- What to expect during prenatal visits
- How your unborn baby is developing
- What you should eat during pregnancy
- Keeping active and gaining an appropriate amount of weight
- Information for dads-to-be
- Supports for new mothers
- Breastfeeding support and information
- Immunization information
- Providing health information
- Referral and resources for nutrition, parenting, child development, healthy lifestyles.
- Postpartum depression support and information



Healthy from the Start Program: Call 1-855-868-7710

<https://www.interiorhealth.ca/YourHealth/HavingABaby/Pages/default.aspx>

Sign up early in pregnancy for our prenatal program.

Baby Talk

An information session on a variety of topics (Language development, infant sleep, nutrition and first foods) Call for dates, location and information.

There is tons of great information out there but it is important to find sources you can trust. We have asked Public Health to recommended trusted sites and resources for this directory. Call Public Health to check that you are getting the best information for you and your child.

Prenatal Classes

Revelstoke prenatal classes are offered through Okanagan College. This information series includes 4 sessions. Topics covered include labour and delivery, interventions and complications, postpartum for mother and baby, breastfeeding and newborn care as well as a hospital tour.

Please note: All courses take place at Okanagan College .

Financial assistance is available if needed - please enquire with the receptionist at Okanagan College, 1401 W 1st Street.

For more information on Okanagan College courses and services please call: 250-837-4235



Midwife Services

Midwives in British Columbia offer primary care to healthy pregnant women and their newborn babies from early pregnancy, through labour and birth, and up to six weeks after birth.

To find out more including:

What is a midwife? Do I need a referral? What are my options? Visit: <http://www.bcmidwives.com/>

****There is currently no midwife in Revelstoke (as of July 2016)****



Doula Services

A doula is someone who provides non-medical support to women and their families during labour and childbirth, and also the postpartum period.

<http://www.bcdoulas.org/find-a-doula>

***Speak to your physician for names of local Doulas**