

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 health centre, pregnancy outreach program, or community resource agency.

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:](#)

\$80/month during pregnancy until baby is 1 year 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 a doctor or midwife with your 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, or call **1-866-866-0800**.

Employment Insurance (EI) Sickness Benefits

[EI sickness benefits](#) can provide you with up to 26 weeks of financial assistance if you can't work for medical reasons, for example if you get sick or require bed rest during your pregnancy.



Doulas for Aboriginal Families Grant Program

Provides up to \$1,200 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.

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 are eligible. 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 **1-855-572-4453** or email principedejordan@bc-jordansprinciple@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 **1-800-663-7100**.

Prenatal Vitamins

Some pharmacies/grocery stores may offer free prenatal vitamins. Please inquire locally.

BC Farmer's Market Coupon Program

Coupons for food are provided to lower-income families or pregnant people to use at participating Farmers Markets. Visit [Where it Operates](#) to see where the coupons can be used.

Food Banks BC

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 and ask about any special programs they may offer.

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.

Rental Assistance Program

For families who earn less than \$60,000/year, and have at least one child under 19 years. You can apply and receive funding before giving birth. For more information or to apply, see [Rental Assistance](#) website or call **1-800-257-7756**.

BC 211

A free service that connects people to resources for food, shelter, legal and financial assistance, healthcare and more. See the [BC 211](#) website or call/text **2-1-1**.

Dental Assistance

[Dollars for Dental Treatment](#) lists multiple programs that can provide assistance with dental coverage. Check eligibility for each program and dental office acceptance of coverage prior to appointment.

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. There may be free local resources to help you file your income tax. 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**.

Employment Insurance (EI)

These benefits are only for people who work for employers that pay into Employment Insurance. For more information see [Financial support and leave options](#).

Maternity and Parental Benefits

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. Check to see if you [qualify](#).

Caregiving Benefits

Gives financial assistance while away from work to care for or support your child in instances such as hospitalization.

Special Circumstances

Financial assistance may be available following the loss of a pregnancy or child.

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

Parents who are under the age of 25 may qualify for help to cover the cost of child care, while they finish high school, for up to \$1,500 (per month per child). For more information see [Young Parent Program](#) website or call **1-888-338-6622**.