

## HOW DO YOU FIND US?

### *Fir Square is located at:*

BC Women's Hospital,  
4500 Oak Street,  
Vancouver, B.C.

At Oak and 29th Avenue.

You can be referred by  
a physician, street nurse  
or yourself.

Call 604-875- 2229 and ask  
for the charge nurse.

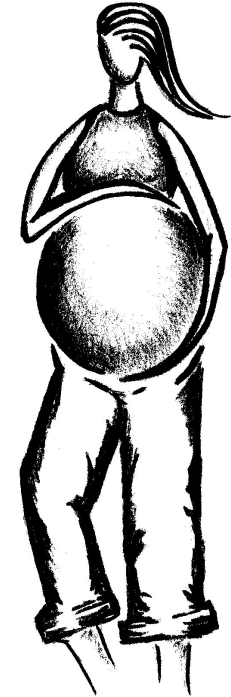
### **For the Clinic:**

4500 Oak Street, Vancouver

You may self refer  
call: 604-875-2160

Lack of a physician, medical  
card or housing is not a barrier  
to attending the clinic.

# Pregnant?



**Struggling with  
substance use?**

**Help is available,  
come to  
FIR SQUARE**

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BC Women's Hospital & Health Centre

BCW#763

4500 Oak Street  
Vancouver, B.C.  
V6H 3N1

Fir square is a safe place for you to come when you are struggling with substance misuse. We can be found in BC Women's hospital.

We offer withdrawal management and/or methadone stabilization during pregnancy and in the post-partum period. We believe in harm reduction.

We understand it isn't easy to stop or cut down your use, so our aim is to help reduce substance use and risky behaviours that can cause harm to you and your baby.

We support you and your baby to safely stay together in hospital and after you leave hospital, and help you to gain confidence with parenting.

We offer alcohol and drug counseling, assessment and support as well as a referral service as needed.

## **We offer:**

- ♦ caring, non judgmental support advocacy
- ♦ assistance with finding housing
- ♦ referrals to community services as needed
- ♦ obstetrical and medical care
- ♦ parenting groups
- ♦ alcohol and drug counseling
- ♦ recreational and music therapy
- ♦ First Nations Advocacy
- ♦ Spiritual Care
- ♦ Access to AA & NA on site.



## **CARE PLANNING**

We believe that you should participate in and guide every aspect of your care and discharge planning.

## **ROOMING IN**

You and your baby stay together in your room on the ward, and you learn to care for your baby if she/he is withdrawing.

## **CLINIC**

We have a weekly outpatient clinic on Thursday afternoons from 1 pm to 4 pm. The doctors at this clinic are able to provide methadone.