

Pregnancy Resources

There are a variety of free programs and services available to pregnant women and families with young children. These services are voluntary and flexible in providing help and support with your questions and concerns.

If you have any questions regarding this information, please contact Deepika Vashisth (Family Advisor) by emailing ddeepika@mun.ca or calling 709-864-3234.

Taking a leave from the University

Leave of absence: Graduate students may apply for a leave of absence in the case of pregnancy/birth/adoption of a child.

Students are not eligible to receive graduate funding during a leave of absence. Funding is normally reinstated after return from leave.

Important Note: International Students on leave are eligible to stay in Canada for a maximum of 150 days but are not eligible to work on or off campus. If your leave is longer than 150 days then you will need to apply for a visitor status or leave Canada prior to 150 days. If you follow these regulations, then you will be considered in compliance with the immigration regulations. If you are on medical leave, please ensure you have the necessary medical notes for your own record. If you require further clarification, please consult with the Internationalization Office at international@mun.ca

The leave application form can be found [here](#):

Maternity/ Parental

If you have a valid social insurance number, you **MAY** be eligible for maternity and parental benefits.

Do you qualify?

The information below should be used as a guideline by the Government of Canada.

You are encouraged to apply for benefits and Canada Revenue will determine if you're eligible.

You need to demonstrate that:

- you're pregnant or have recently given birth when requesting maternity benefits
- you're a parent caring for your newborn or newly adopted child when requesting parental benefits

- your regular weekly earnings from work have decreased by more than 40% for at least 1 week
- you accumulated enough insured hours of work in the 52 weeks before the start of your claim or since the start of your last claim, whichever is shorter.

Application Process:

Apply as soon as possible after you stop working. Note: If you apply more than 4 weeks after your last day of work, you may lose benefits.

Follow the six simple steps mention on this [link](#) and submit your application for EI Maternity and Parental benefits.

After you apply:

You'll receive your first payment about 28 days after you apply if you're eligible and have provided all required information. If you're not eligible, we'll notify you of the decision made about your application. For more detailed information click [here](#).

How much can you expect to receive EI maternity or parental benefits:

The basic rate for calculating EI maternity benefits is 55% of your average weekly insurable earnings, up to a maximum amount.

The basic rate for calculating EI parental benefits depends on the option you choose:

Standard parental benefits can be paid within a 52 week-period after the week the child is born or placed for the purpose of adoption. The benefits are paid for a maximum of 35 weeks at a weekly benefit rate of 55% of your average weekly insurable earnings, up to a maximum amount.

Extended parental benefits can be paid within a 78-week period after the week the child is born or placed for the purpose of adoption. The benefits are paid for a maximum of 61 weeks at a weekly benefit rate of 33% of your average weekly insurable earnings, up to a maximum amount.

Click [here](#) and answer the questions to get an estimate of your benefits, you might receive.

For more information related to Maternity/ Parental Benefits eligibility, Please visit:

<https://www.canada.ca/en/services/benefits/ei/ei-maternity-parental/eligibility.html>

Health Insurance - MCP, MUNSU, GSU, Guard.me

International students and their dependents attending a full-time post-secondary program in Newfoundland and Labrador MAY be eligible for Medical Care Plan (MCP) coverage.

Insurance for services not covered by MCP (e.g. prescription drugs) may be available for international students and dependents to purchase through Guard.me or GSU

Under MCP, you will be covered for:

- Maternal care
- Doctor's visits
- Surgical, diagnostic and therapeutic procedures
- Pre- and post-operative care
- Radiology services
- Certain in-hospital dental surgeries

For an exhaustive list, please see this [link](#)

Under MUNSU/GSU, you will be covered for:

- Prescription Drugs
- Hearing Care
- Medical Items and Services
- Emergency Transportation (Ambulance)
- Professional Services (Therapists, etc.)
- Accidental Dental
- Vision Care

Note: There is a monetary limit on the expenses you may claim through your MUNSU or GSU plan. For more details, please refer to the Student Union websites.

MUNSU: For undergraduate students, please click [here](#) for more information about health and dental insurance.

GSU: For graduate students, please click [here](#) for more information about health and dental insurance.

Under Foreign Health, you will be covered for:

*Foreign Health Insurance will not cover pre-existing conditions. As a result, Maternal Care will not be covered if you are pregnant before enrolling in Foreign Health Insurance.

- Expenses associated with medical emergencies which take place after coverage begins
- Some non-emergent expenses

Log into <https://www.guard.me/> with your policy number to read the full policy.

Child Care

There are two different kinds of childcare facilities here in Newfoundland. One is centre based childcare and the other is family childcare.

Child Care Centres: At centre-based care facilities, children are taken care of in a designated childcare centre which is regulated by the Government of Newfoundland and Labrador. **Child Care Centres offer care to children 18 months or older.** Please click [here](#) for child care list of St. John's NL.

Family Child Care: For family childcare, children are brought to a caregiver's home. Family childcare can be either regulated or unregulated. **Family Child Care Centers may offer care to children 18 months old and younger.** Please click [here](#) for Family child care of St. John's NL.

Support and Educational Groups

Sharing Joy - Mom's support group

The Internationalization Office offers an In-person, on-campus [women's support group](#) for students and spouses of our international students. It is a great way to meet other women and build a sense of community.

- Wednesdays from 11:30 am to 1:00 pm.
- Discuss exciting topics, make crafts, and field trips
- Child care can be provided upon request.

This group is facilitated in partnership with Daybreak Child-Parent Centre

Healthy Baby Club

Is a flexible, continuous-entry program that provides support, nurturing and guidance to pregnant mothers. The weekly group meetings provide an opportunity for participants to get together with other pregnant women in a relaxed and friendly environment. Healthy Baby Club is offered in partnership with Eastern Health. You can self-refer to this program if you need some additional support during your pregnancy. Please call our office at 739-8096 for more information!

WHAT IS INCLUDED IN A HEALTHY BABY CLUB

- Free weekly food vouchers (to cover the cost of 7 litres of milk, one dozen eggs and fruit/juice)
- Prenatal education provided by a Public Health Nurse
- Nutrition and cooking sessions
- Lifestyle counselling and support
- Ongoing support from a Healthy Baby Club Assistant
- Transportation and child care (if funding permits)

For Healthy Baby Clubs Locations and more information, please visit [Brighter Futures](#) or Contact HBC Coordinator: Karen Pynn karen@brighter-futures.net

For Healthy Baby Club offered by Daybreak Parent Child Centre, please visit their [website](#) or Adriana: 709-730-4943 acastanokutty@daybreakcentre.com

Resources

General:

The Government of Newfoundland and Labrador has an extensive list of resources for individuals and families who are planning to get pregnant or are already pregnant:

<https://www.gov.nl.ca/education/childcare/healthy-baby-clubs/>

Mental Health Supports:

Here is a specific page relating to mental health supports. <https://hi.easternhealth.ca/healthy-living/mental-health/>

Prenatal:

Sobeys Pharmacy: Baby be Healthy

<https://sobeypharmacy.com/pharmacy-services/baby-be-healthy/>

If you're pregnant or planning a pregnancy

- Free Prenatal vitamins for the duration of your pregnancy
- Free Pharmacist Consultation

Visit your nearest Sobeys Pharmacy and we will be pleased to enroll you in the program!

Before Pregnancy

Eastern Health: <https://hi.easternhealth.ca/life-stages/before-pregnancy/>

During Pregnancy:

Eastern Health: <https://hi.easternhealth.ca/life-stages/pregnancy/>

Postnatal:

Breast Feeding Support: <https://hi.easternhealth.ca/life-stages/infants/>

University Breastfeeding policy:

<https://www.mun.ca/policy/browse-or-search/browse-policies/university-policy/?policy=92>

Eastern Health - Breastfeeding: <https://hi.easternhealth.ca/healthy-living/breastfeeding/>

The Baby-Friendly Council of NL - Supports maternal-newborn care

Website: <https://babyfriendlynl.ca/support/>

Facebook: <https://www.facebook.com/babyfriendlynl>

Breastfeeding Support – NL: A local Facebook group with over 7000 breastfeeding moms/breastfeeding supporters

<https://www.facebook.com/groups/breastfeedingmomsinnl/>

First Droplets:

<https://firstdroplets.com/>

Birth Registration/ Birth Certificate: <https://www.gov.nl.ca/dgsnl/birth/birth-certificate/>

Immunization: <https://www.gov.nl.ca/hcs/publichealth/cdc/immunizations/>

Public Health Nurse: <https://babyfriendlynl.ca/support/public-health-nurse/>

Help Lines:

- Health Line – Dial 811
- Pediatric Advice Line 1-866-722-1126
- Mental Health Crisis Centre 1-888-737-4668
- Newfoundland and Labrador Health Line 1-888-709-2929
- St. John's Prenatal Education Centre To apply for a registration form (Health Science Centre) 1-709-777-7409