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INFANTS & YOUNG CHILDREN Under 6

Programs and services are provided for free unless otherwise noted.

Program Name	Description	Age Group	Community Agency	Contact Information	Additional Information
Just B 4 Preschool	Just B 4 is a small preschool that is operating out of our Arthur Hatton StrongStart room. It provides a preschool program to the catchment and surrounding area.	3 - 5 years	SD73	Arthur Hatton Elementary School 250-376-7217	Children need to be potty trained and comfortable with leaving their parents. Runs Mon. - Fri. 12:15 PM - 2:15 PM
FASD / CDBC Caregiver Support Group	This group provides a safe, culturally sensitive, and confidential environment for caregivers to learn information and strategies, share experiences, and connect with others who are also supporting those with FASD or CDBC . All parents (birth, adoptive or foster), guardians, and family members are welcome. Note: March and April are a pilot project to determine which times work best for families. We will continue in May with what has worked for the majority of participants.	0-11	Insight Support Services	Insight: 250-554-0085 Call Janice for Zoom Link access 250-574-3734	1st and 3rd Wednesday of the month: March 02 March 16 April 06 April 20 9:30 - 10:30 AM OR 7:00 - 8:00 PM
Seamless Day - Before and After School Childcare	Seamless Day Kindergarten is a unique program that provides before and after school care for students in Arthur Hatton Elementary. The students are able to stay in the same caring, play-based environment throughout the day. This allows the educator to better meet the needs of the child and expand on their interests.	5 - 7 years	SD73	Arthur Hatton Elementary School 250-376-7217	M-F w/ before school care from 7:30 AM - 8:30 AM and after school care from 2:30 - 5:30 PM. The program will also be run on early dismissal days 11:30 AM - 5:30 PM and on district Pro-D days 7:30 AM - 5:30 PM.

Postpartum Connections	Support group for women experiencing pre- or post-natal depression and/or anxiety. Peer support with an educational component. Meet in person at the CCRR on Thursdays from 1-2 PM. Child-minding available.	Any age	Interior Community Services	250.554.3134 ext. 237 (Deedee)	In person Call to refer Thursdays 1-2 PM Contact Deedee for intake
Baby's Head Start	To support prenatal women to have a healthy pregnancy and baby. Weekly lunch groups, prenatal class, Infant Massage, Mother Goose, 1:1 support, free vitamins for Mom and baby. There will also be a drop-in breastfeeding clinic on Fridays, and Pre-natal in a Day programming offered bi-monthly.	Any age prenatally (must be prenatal)	Interior Community Services	250.554.3134 (Tracy)	Anyone can refer
Baby Steps	Group for moms who have a baby under 1 year. Prevention of pre/post-partum depression. Peer and professional support. Each group includes mini "Mother Goose." Guest speakers.	Prenatal or baby under 1 year	Interior Community Services	250.554.3134 (Deedee)	ON HOLD due to Covid
Early Connections	Attachment parenting, emotion regulation, grief and loss, and anxiety support for families with children 0 – 6 years.	Children aged 0-6 years.	Interior Community Services	250.554.3134 (Shari)	Services are provided in the home, online, at the office, or in the community once per week.
Families First	Provides current information and support to Parents who are expecting a baby or parenting a child under 6 months of age. Information includes community resources, current pre and post-natal information, child development, nutrition, safety, and attachment.	Birth to age 3 (Families must start prenatally or when baby is under 6 months of age)	Interior Community Services	250.554.3134 (Lisa Lavoie)	Outreach program (home visits) anyone can refer
Healthy Beginnings	A parent and tot weekly drop in group for 2 hours	Birth to age 6	Interior Community Services	250.554.3134 (Lisa Lavoie)	Currently available in Kamloops, Barriere, Ashcroft
PreNatal In A Day	5-hour course on Saturdays for expectant parents. Will be in person if possible, otherwise live via ZOOM. Topics include: end of pregnancy, labor and delivery, and having a new baby at home.	Prenatal, at least 27 weeks	Interior Community Services	250.554.3134 ext. 327 (Deedee)	5-hours / 1X week Dates: March 19, 2022 May 7, 2022 July 9, 2022 Contact Deedee to sign up

Friday Family Nights	Grab and Go dinners. To-go dinners for families with children 19 and under.	BGC Kamloops	BGC Kamloops	250.554.5437 Ext 206	Sign up via Facebook Fills up fast!
Early Years Program Mt. Paul Food Center	Drop-In Group for families on Fridays from 11:30-12:30. Programs will run for 6 week rotations (ie. "Munch Time," Active Gym Time, Seasonal Themes like planting, cooking, harvesting).	Families with children 0-6	Interior Community Services	250.554.3134 (Deedee)	Currently on hold Due to COVID
R.E.S.T. Regulation of Emotions Sensations and Thinking	A group for parents ready to try out tools to help their children be calmer and more focused, and to help them manage everyday emotions and activity level.	Parents/Caregivers of preschoolers and primary students	CTFRC and CYMH	Register online through the flyer, or call CTFRC at 250-371-4100 to request a link.	Free at this time for residents of the Thompson Health Region
Strengthening Families - First Nations Ed.	Suspended due to COVID, future groups and dates TBD	Parents/Caregivers and preschool age children	Secwepemc Child & Family Services	250.314.9669	Currently on hold due to COVID
Prenatal support group	Offered via Zoom for individuals or groups No scheduled date, but ongoing availability	Expectant Parents	Secwepemc Child & Family Services	Call our Urban office 250.461.7237	Ongoing via Zoom
Postpartum support group	Suspended due to COVID Future dates and groups TBD	Parents/Caregivers and preschool age children	Secwepemc Child & Family Services	250.314.9669	Currently on hold due to COVID
Circle of Security	A relationship based early intervention program designed to enhance attachment security between parents and children. Various community agencies have groups throughout the year for their clients. Community referrals are made through the YMCA Early Years Centre.	Parents/Caregivers of children 0 – 6	Kamloops Y	250.376.4771 ext. 122 mentalwellness@kamloopsy.ca	4-week program 2 hours each week
Caring Dads	An anti-violence program helping fathers value their children. Designed to support fathers in building safe and healthy relationships with their children.	Fathers of children 0-19	Interior Community Services	250.554.3134 (Trent)	17 weeks MCFD Referral September 2022
Social Emotional Workshop	Supporting parents in meeting the social and emotional needs of children through attachment.	Parents/ Caregivers with children 0 – 6	Interior Community Services	250-554-3134 Early Connections Program	Self / community referral 1 session

Grief and Loss Workshop	Helping parents and children cope with grief and loss	Parents/ Caregivers with children 0 – 6	Interior Community Services	250-554-3134 Early creati Program	Self / community referral 1 session
Anxiety Workshop	Helping parents support young children with anxiety	Parents/ Caregivers with children 0 – 6	Interior Community Services	250-554-3134 Early Connections Program	Self / community referral 1 session
Parenting Awareness and Individual Development (PAID)	Provides group education and support and outreach services to families experiencing challenges in their role as parents.	Parents/ Caregivers with children 0 – 6	Interior Community Services	250.554.3134 Shari	10 week sessions 1:1 Ongoing entry Anyone can refer April 2022 Spaces currently available
Infant Massage	A calm and nurturing small group setting for infants and their parents/caregivers. The parent/caregiver will learn massage techniques which can later be used at home. Massage is beneficial for bonding between parent and child and helps with digestion and colic.	Parents/ Caregivers with infants 0 - 12 months	Interior Community Services	250-554-3134 (Deedee)	Registration required Call for more information as to next available class 6 week sessions
KAFS Community Drumming	Cultural balance and understanding of the FN's tradition and values based drumming	0-19	Kamloops Aboriginal Friendship Society	250.376.1296 (Bernice)	Every Tuesday 3:30 – 4:30
Parent-Child Mother Goose	A community based group experience for parents, grandparents and their babies and young children to experience the spark of delight and magic that comes from enjoying a favorite rhyme or song together, and to enjoy strengthened bonding and develop a network of friends	Parents/ Caregivers with children 0 – 5	Y-Kamloops Early Language and Literacy Initiative	250.376.4771 (Crystal)	Registration required 8 weeks
Parent and Tot Play Group	SCFS has suspended due to COVID, future dates and groups TBD	Parents/ Caregivers with children 0 - 6	Kamloops Aboriginal Friendship Society Secwepemc Child & Family Services	250.376.1296 250.314.9669	Ongoing and drop-in Open registration
Child Development	Developmental screening for young children, focusing on social emotional, physical, and cognitive	0-5	Secwepemc Child & Family Services	250.461.7237 Urban office	On-going

ASQ Screening	development to help guide further inquiry such as referrals to IHCAN.				
Under the Eagle's Wing	For moms and dads with young children to join for cultural drumming, singing and learning, lunch, games and information on parenting, healthy lifestyle, and self-care.	Parents/ Caregivers with children 0 - 6	Kamloops Aboriginal Friendship Society	250.376.1296	Mondays 10:00am – 12:00pm Open registration
Prenatal Session	Postpartum depression and anxiety walk in group.	Pregnant and new mothers	Kamloops Aboriginal Friendship Society	250.376.1296	Tuesdays 10:00am – 12:00pm
Postnatal Session	Postnatal Individual sessions to go over breastfeeding supports etc.	Pregnant and new mothers	Kamloops Aboriginal Friendship Society	250.376.1296	
Support For Your Child's Sleep Concerns	Support for parents who have difficulty getting their children to go to sleep, stay in their own bed and other sleep concerns.	Parents/ Caregivers with children 0 - 6	John Tod YMCA/Early Years Centre.	Lorna CTFRC 250-371-4100 ext. 203	Drop-in 10:30-12:00 2 nd Tuesday of the month.
Baby Locomotion Time	Connect with other parents and give your child a chance to explore movement in a big, safe space designed for fun!	Parents/ Caregivers with pre-crawlers - new walkers	Kamloops Y John Tod Early Years Centre	250.376.4771	Tuesdays 11:00 am – 12:00 pm Drop in
Baby Time	Learn fun songs, rhymes and stories while you bond with your baby and connect with other parents.	Parents/ Caregivers with newborn to pre-crawling babies	Kamloops Y John Tod Early Years Centre	250.376.4771 John Tod Early Years Centre	Wednesdays 11:45 am to 12:30 pm Drop In
Lift the Lip Dental Program	Interior Health Dental Program	Children 12-47 months		250.851.7300	By appointment with Interior Health
PEACE (Children Who Witness Abuse)	A creative therapy program with the goal of breaking the cycle of family violence for children and youth who have experienced violence.	2 - 19	Kamloops Y	250.319.2406	Counselling Dyad and family sessions Open referral
SAIP Sexual Abuse Intervention Program	A community based program which provides specialized assessment and treatment services to children and youth who have experienced or suspected to have experienced sexualized violence.	3 – 18	Kamloops Sexual Assault Counselling Centre	250.372.0179	Open referral

Nobody's Perfect	A group to provide support and activities to discuss child safety, development and behavior. There is a focus on self-care. Parents help develop group goals	Parents/ caregivers of 0 - 5	Kamloops Y Child Care Resource & Referral Program	250.376.4771	Being offered via Zoom and in person
Toy Lending and Resource Library	The YMCA-YWCA/CCRR-Early Years Centre Lending Library is a free resource for parents, and child care providers. There is a wide variety of materials to help parents and educators plan their play and learning times, bring new ideas to their environment and help children learn and grow in fun, creative ways.		Kamloops Y Child Care Resource & Referral Program	250.376.4771	Drop off and Pick up is available. Call centre for more info.
Pre and Postnatal Care Support Program	Aboriginal Infant Development Consultant provide supports to assist expectant and new parents. Offered via Zoom	Expectant and new parents	Lii Michif Otipemisiwak Family and Community Services	250.554.9486	Currently offered to LMO clients
MOMS Group Mothers Offering Mothers Support	A self-care group for Indigenous and non-Indigenous mothers. Along with teaching about self-care, mothers are supported to better understand the connection between taking care of oneself and the impact that has on one's relationship with their child and child's development. With the involvement of local Elders, this group promotes the development of natural support networks. Refreshments are provided.	Open to all Mothers	Lii Michif Otipemisiwak Family and Community Services	250.554.9486	Tuesdays 6pm to 8pm
Drop In Play Centre	Interactive Drop In Centre at the YMCA-YWCA John Tod Centre is open for play for families with children birth to pre-kindergarten	Parent/Caregiver 0-5	Kamloops Y- John Tod	250.376.4771	Drop In Monday, Tuesday, Wednesday, Friday 900 am- 11:30am
Flower Beadwork Circle	Come and learn basic Métis traditional flower beadwork. Open to all ages and levels of skill.	Open to all ages and skill levels	Lii Michif Otipemisiwak Family and Community Services	250.554.9486	Not running at this time due to Covid-19
Lii Wapososak Breakfast Program for Parents and Children	A parent/child attachment based group. Join us for a light breakfast, followed by a variety of workshops facilitated by our Early Childhood Development Support Workers, a Michif Elder and various guest speakers. Workshops incorporate both contemporary and traditional Metis teachings, songs, language, and	Parents/ Caregivers and children 0-4	Lii Michif Otipemisiwak Family and Community Services	250.554.9486	Call for more information

	resources to support positive physical, mental, emotional, and spiritual development in children.				
Kookum pi Mooshoom	Local Michif Elders share the Michif language through traditional Metis stories and songs. Children enjoy bannock and jam along with a light meal with the Elders. The children are also given copies of the shared books to take home. Children are immersed in Michif language and gain valuable cultural teachings from the intergenerational interactions.	Ages 5-9	Lii Michif Otipemisiwak Family and Community Services	250.554.9486	Not running at this time due to COVID-19
Indigenous Fathers' & Children's Group	A weekly meeting place for Indigenous and non-Indigenous fathers and their children to promote healthy child/father attachment and honour the important role fathers play in their children's lives. Facilitated by a "Caring Dads" trained-facilitator, sessions topics range from child development, to respectful relationships, to sessions dedicated to a sharing circle where fathers learn from and support each other. This group promotes the development of natural support networks and many strong friendships have resulted from participation in this group.	Open to all Fathers and their children 0 - 18	Lii Michif Otipemisiwak Family and Community Services	250.554.9486	Wednesdays 5:00-7:00 pm
StrongStart BC Early Learning Program	Drop-in program for children and parents guided by trained Early Childhood Educators who offer a variety of activities for families.	Parents/ Caregivers with children 0-5	SD73	250.376.2266 (Marianne)	Contact Marianne for more info. Registration with a facilitator required.
SPARK Strong Prepared and Ready for Kindergarten	S.P.A.R.K. was developed to help children have a smooth transition into Kindergarten and 'to develop family – school relationships that will enhance learning'. The four pre-k sessions are where families will obtain information, share their views and challenges, network with kindergarten teachers, administrators, professionals, and other parents/ caregivers.	Parents of children entering kindergarten	SD73	250.376.2266 (Marianne)	Please contact the specific school's principal for information
Strengthening Families Together	This multi-week education and support course provides the knowledge, support and tools necessary for families (and friends) living with a loved one experiencing mental illness	Adult support	BC Schizophrenia Society	250.571.6955 (Rosanne) 250.299.7695 (Rob)	10 week education and support course (date TBA)
Strengthening Families	This multi-week education and support course provides the knowledge, support and tools necessary for first	Adult support	BC Schizophrenia Society	250-571-6955 (Rosanne)	10 week education and support course

Together First Nations Program	nations families (and friends) living with a loved one experiencing mental illness. The course has been modified to provide a culturally safe space for families to share and learn.			250.299.7695 (Rob)	(date TBA)
Comfort Play & Teach Program	A parent-participation program guided by Early Childhood Educators who lead parents and children through songs, story-time and art activities that build on what the child can do. Sharing this experience with a child gives them <i>Comfort</i> and a feeling of security. <i>Playing</i> helps the child discover their world. Being a role model <i>Teaches</i> the child to think, solve problems and get along with others. Provides a fun, safe and relaxing space for professionals and parents to talk about parenting.	Parents/ Caregivers Children 0-3yrs	Kamloops Immigrant Services	250-682-8198 Ask to speak with a Settlement Counsellor for program details or email clara@kcris.ca	1x/week for 4 weeks (Spring start date TBA) *Registration is required
Park Pop-up Program	A parent-participation program guided by Early Childhood Educators. They provide activities for children's large motor and social development. As well, it is an opportunity for parents to be in a safe, group environment to discuss or share experiences about parenting, child development, community resources etc. Meeting at different parks to experience the benefits that each park offers.	Parents and caregivers of children 0 - school age	Kamloops Immigrant Services	250-682-8198 Ask to speak with a Settlement Counsellor for program details or email clara@kcris.ca	All year Every 2 nd Thursday of each month at 11:30am *Registration is required
Community Food Centre Children's Programming	Kids Meal Kits: Once a month 100 free meal kits are offered to families. Meal kits have a healthy recipe and all the ingredients to make the recipe at least once. Registration is required and kits are picked up at a predetermined time.		Mount Paul Community Food Centre	236.421.1011	Scheduled once a month. Call for more information.

CHILDREN Ages 6 – 12

Programs and services are provided for free unless otherwise noted.

Program Name	Description	Age Group	Community Agency	Contact Information	Additional Information
MET Program (Mentoring, Empowerment, and Tutoring Program)	The Mentoring, Empowerment, and Tutoring (MET) program at Kamloops Immigrant Services, provides newcomer children and youth across School District 73 with academic and mentoring support to build confidence and other essential life skills as they transition into a new community.	School Age Children	Kamloops Immigrant Services	250-682-8198 Ask to speak with a Settlement Counsellor for program details or email clara@kcris.ca	The MET program offers both 1:1 and group tutoring sessions. Students have the option of in-person and virtual classes.
Kids in Control	An online group workshop and discussion for children who have a family member with mental illness. Our programs provide age-appropriate material and discussions to help provide a safe environment for the students to ask questions, talk about their feelings, and connect with others who may be going through similar experiences. As our programs are held virtually, this invitation extends across the province.	8-12	BC Schizophrenia Society	www.bcscs.org/bcsyouth	8-week program with once a week, 1.5-hour sessions Intake is ongoing Referrals to our programs can come from parents, school personnel, doctors, community agencies, social workers, counsellors, family caregivers and other clinicians
Circle of Friends	Safe place for children to talk with others and navigate through the pain of loss (including separation and divorce) In person resuming in October	6 -12	BGC Kamloops	Contact Jaimie at 250.554.5437 EXT. 206 fsupport@bgckamloops.com	One evening a week for 8 weeks Open registration & ongoing waitlist
Connect Parent Pre-teen	Ideal group for parents and caregivers experiencing challenges and conflict with their pre-teen with a focus on attachment, parental emotion regulation and constructive responses	Parents/caregivers of	BGC Kamloops	Contact Jaimie at 554.5437 EXT. 206 fsupport@bgckamloops.com	9-week program 5:30 pm – 7:00 pm Open registration & ongoing

		children 6-12			waitlist Dinner provided
Friday Family Nights	Enjoy a home cooked meal! For families with children under the age of 19	Families	BGC Kamloops	250.554.5437 Ext. 206	Sign up via Facebook Fills up fast!
Mindful Monkeys	Mindful Monkeys is a physical and mental wellness program for youth ages 8-12 that helps support youth to be more active and learn healthy coping strategies.	8-12	Kamloops YMCA- YWCA John Tod Centre	250-376monk-4771 ext. 122 mentalwellness@ka mloopsy.ca	Once a week for 8 weeks 2 hours
GLOW	GLOW (Girls' Life of Wellness) is a program that helps support young women and non-binary youth ages 8-12 in all five Dimensions of Wellness: physical, social, emotional, spiritual and environmental. During the program, youth meet in groups to have healthy skill building discussions and participate in wellness activities.	8-12	Kamloops YMCA- YWCA John Tod Centre	250-376-4771 ext. 122 mentalwellness@ka mloopsy.ca	Once a week for 8 weeks 2 hours
R.E.S.T. Regulation of Emotions Sensations and Thinking	A group for parents ready to try out tools to help their children be calm and more focused, and to help them manage everyday emotions and activity level.	Parents/C aregivers of preschool ers and primary students	CTFRC and CYMH	Call CTFRC at 250-371-4100 to request a registration link.	Free at this time for residents of the Thompson Health Region
Caring Dads	An anti-violence program helping fathers value their children. Designed to support fathers in building safe and healthy relationships with their children.	Fathers of children 0-19	Interior Community Services	250.554.3134 Trent	17 weeks MCFD referral Dates TBD
Mind Over Madder	Managing conflict and understanding anger. A group designed to support participants to learn skills to manage conflict	8-12 accompa nied by a parent/ guardian	Interior Community Services	250.554.3134 (Trent)	9 weeks Pre-registration required 2 hours/week March 2022
Mind over Madder (ADULT group)	Managing conflict and understanding anger. A group designed to support participants to learn skills to manage conflict	Adult	Interior Community Services	250.554.3134	9 weeks Pre-registration required 2 hours/ week March 2022

Kamloops Shapedown BC	Kamloops Shapedown BC is a family based group program that helps children and teens, and their families, achieve a healthier lifestyle. Working with a team of Registered Dietician, Fitness Instructor, Registered Social Worker, and Pediatrician, families are helped to make positive changes in eating habits, activity level, parenting skills and self-esteem.	6-17	Interior Health Located at Kamloops Y John Tod Centre	250.851.7301	Ask your family Doctor, Pediatrician or Nurse Practitioner to send us a referral or contact us for more information
Community Food Centre Children's Programming	Kids Meal Kits: Once a month 100 free meal kits are offered to families. Meal kits have a healthy recipe and all the ingredients to make the recipe at least once. Registration is required and kits are picked up at a predetermined time.		Mount Paul Community Food Centre	236.421.1011	Scheduled once a month. Call for more information.
Children's Drum Group	An interactive gathering for children and their parents who wish to learn traditional drumming and singing	6-12	Kamloops Aboriginal Friendship Society	250.376.1296 (Bernice)	Ongoing Open registration 3pm to 4:30pm
KAFS Community Drumming	Cultural balance and understanding of the FN's tradition and values based drumming	0-19	Kamloops Aboriginal Friendship Society	250.376.1296 (Bernice)	Every Tuesday 3:30pm to 4:30pm
Child Care Resource & Referral Services	CCRR provides up-to-date resources on child care options and child care referrals to families looking for childcare. We also provide information and assistance with completing Affordable Child Care Benefit applications and a range of support with developmental screening as well as resources to support healthy child development.		Kamloops Y John Tod Centre Child Care Resource & Referral/Early Years Centre	250.376.4771 www.kamloopsy.org/ccrreycfeaturepage	
PEACE (Children Who Witness Abuse)	A creative therapy program with the goal of breaking the cycle of family violence, for children and youth who have experienced violence.	2 - 19	Kamloops Y	250.319.2406	Counselling Dyad and family sessions Open referral Camp Starfish
SAIP Sexual Abuse Intervention Program	A community based program which provides specialized assessment and treatment services to children and youth who have experienced or suspected to have experienced sexualized violence. Counseling services and groups offered via Zoom at this time	3 - 18	Kamloops Sexual Assault Counselling Centre	250.372.0179	Open referral
Toy Lending and Resource Library	The library is a valuable resource for parents, child care and education workers, child development support workers, therapists, teachers, informal caregivers and recreational programmers. There is a wide variety of items to choose		Kamloops Y John Tod Centre Child Care Resource & Referral Program	250.376.4771	Contact for more info

	from that will support children’s social, emotional, physical, language & cognitive development. Resources include a variety of parenting topics, child development texts and curriculum planning.				
Indigenous Fathers’ & Children’s Group	A weekly meeting place for Indigenous and non-Indigenous fathers and their children to promote healthy child/father attachment and honour the important role fathers play in their children’s lives. Facilitated by a “Caring Dads” trained-facilitator, sessions range from topics such as child development, to respectful relationships, to sessions dedicated to a sharing circle where fathers learn from and support each other. This group promotes the development of natural support networks and many strong friendships have resulted from participation in this group.	Open to all Fathers and their children ages 0 - 18	Lii Michif Otipemisiwak Family and Community Services	250.554.9486	Wednesdays 5:00pm – 7:00pm Limited spaces Call to register
Healing Hands	Michif cultural activities offered throughout the year.	Ages 6-12	Lii Michif Otipemisiwak Family and Community Services	250.554.9486	Not running at this time due to COVID-19
Connections Group	Connecting Michiff culture and values to mindfulness	Ages 6-12	Lii Michif Otipemisiwak Family and Community Services	250.554.9486	Call for more information
Kookoom pi Mooshoom	Local Michiff Elders share the Michif language through traditional Metis stories and songs. Children enjoy bannock and jam along with a light meal with the Elders. The children are also given copies of the shared books to take home. Children are immersed in Michif language and gain valuable cultural teachings from the intergenerational interactions.	Ages 5-9	Lii Michif Otipemisiwak Family and Community Services	250.554.9486	Not running at this time due to COVID-19
MOMS Group Mothers Offering Mothers Support	A self-care group for Indigenous and non-Indigenous mothers. Along with teaching about self-care, mothers are supported to better understand the connection between taking care of oneself and the impact that has on one’s relationship with their child and child’s	Open to all Indigenous Mothers	Lii Michif Otipemisiwak Family and Community Services	250.554.9486	Tuesdays 6pm to 8pm Limited spaces available Elders

Lii Pchi Fii Girls' Group	Weekly group to support and strengthen the development of positive self-image, and promote social skills. Guided by a member of our Early Childhood Development Team and a local Michif Elder, children participate in weekly interactive activities, often on the land, that support their growth and contribute to instilling a sense of belonging to their cultural community and Metis identity.	Girls ages 6-10	Lii Michif Otipemisiwak Family and Community Services	To register call 250.554.9486	Not running at this time due to COVID-19
Pchi Gaarsoon Boys' Group	Weekly group to support and strengthen the development of positive self-image, and promote social skills. Guided by a member of our Early Childhood Development Team and a local Michif Elder, children participate in weekly interactive activities, often on the land, that support their growth and contribute to instilling a sense of belonging to their cultural community and Metis identity.	Boys ages 6-10	Lii Michif Otipemisiwak Family and Community Services	To register call 250.554.9486	Not running at this time due to COVID-19
Metis Connections Program	An eight week program to support social and emotional development through games, cultural activities, and storytelling.	6-12	Lii Michif Otipemisiwak Family and Community Services	To register call 250.554.9486	Call for more information
Michif Children's Jigging Class	Children are welcome to come be a part of a fun and exciting experience learning to jig. You just need to bring your enthusiasm and willingness to learn.	6 - 11	Lii Michif Otipemisiwak Family and Community Services	250.554.9486	Not running at this time due to COVID-19
Flower Beadwork Circle	Come and learn basic Métis traditional flower beadwork. Open to all ages and levels of skill.	Open to all ages and skill levels	Lii Michif Otipemisiwak Family and Community Services	250.554.9486	Not running at this time due to COVID-19
Tii Zaanfaan Sibling Group	Our sibling group is a fun and safe space to explore the different ways families come to be. Play games and create art consistent with Metis family values, all while having fun with siblings. This six week group is meant to help siblings strengthen this special relationship.		Lii Michif Otipemisiwak Family and Community Services	250.554.9486	Call for more information
Taming the Worry Dragons	A program created through BC Children's Hospital to address anxiety issues through education and by learning various anxiety reduction "tools." Offered this year in an online, parent version to provide parents with tools and information to then teach and support their children.	Parents with children in Gr 3-6	School District 73	250.376.2266 (Jocelyn or Jenna)	6 week program Winter 2022 Call for more info

Strengthening Families Together	This multi-week education and support course provides the knowledge, support and tools necessary for families (and friends) living with a loved one experiencing mental illness.	Adult support	BC Schizophrenia Society	250.571.6955 (Rosanne) 250.299.7695 (Rob)	10 week education and support course Date TBA
Strengthening Families Together First Nations program	This multi-week education and support course provides the knowledge, support and tools necessary for first nations families (and friends) living with a loved one experiencing mental illness. The course has been modified to provide a culturally safe space for families to share and learn.	Adult support	BC Schizophrenia Society	250-571-6955 (Rosanne) 250.299.7695 (Rob) 250-314-9669	10 week education and support course (date TBA)
Children and Family grief group	Children are invited to use play and art therapy as a healthy way to express their feelings of grief and loss. Parents/caregivers will have the opportunity to learn ways to help support a grieving child.	Children ages 6-12	Kamloops hospice Association	250-372-1336 (Dallas)	8 week closed group - Registration required
School's Out	This after-school program in partnership with Kamloops Immigrant services will introduce new to Canada children to community and other children while providing various programming activities. The focus will be to connect vulnerable children to the community and nature through a variety of recreation-based learning opportunities.	6 – 12	BGC Kamloops	Contact Megan at 250.554.5437 EXT. 208	Tuesday and Thursday 3 – 5:15 pm

TEENS Ages 12 – 19

Programs and services are provided for free unless otherwise noted.

Program Name	Description	Age Group	Community Agency	Contact Information	Additional Information
Kamloops Youth Housing First Wrapforce	Wrapforce is a team of people who help youth get the support and housing they need in the Kamloops area. A Wrapforce team member helps youth identify their goals and creates a support team to help each youth get the needed services. A support team may include people who assist in finding a stable home and job, and/or support with drug or alcohol addictions, health, school, aboriginal culture, and more	17 - 24	A Way Home Kamloops	admin@awayhomekamloops.com	Check website or email for more information
Teens in Control	An online group workshop and discussion for youth ages 13-18 who have a family member with mental illness. The group helps youth better understand and cope with mental illness in their family. Please note that this is <i>not</i> counselling or a therapy group. The group runs as a 2-day, 2-hour workshop held over a 1-week period. We have new programs offered each month.	13-18	BC Schizophrenia Society	kindsincontrol@bcss.org	Intake is ongoing. Referrals to our programs can come from parents, school personnel, doctors, community agencies, social workers, counsellors, family caregivers and other clinicians; youth ages 14+ can self-refer.
1st Step Mobile Treatment Program	A harm reduction model addiction and life skills program, open to youth ages 13-24, who may benefit in gaining knowledge and education about substance misuse, substance addictions, coping mechanisms and life skills. Please Note: Youth who are not using substances at this time, but feel they may lack life skills and be at risk in using substances in the future, are also welcome. In the past youth have received Planning 10 credits for attending due to the variety of life skills they are learning in the program. This is dependent on the school and is at the principal's discretion.	13 - 24	Axis Family Resources	250.851.2947 Ext 231	Monday to Thursday 9am to 3pm Breakfast and lunch provided Certificate of Completion
FASD / CDBC Caregiver	This group provides a safe, culturally sensitive, and confidential environment for caregivers to learn information and strategies, share experiences, and connect with others who are also supporting those with FASD or CDBC . All	12 - 19	Insight Support Services	Insight: 250-554-0085	Wednesdays 2nd and 4th of the month: March 09

Support Group	parents (birth, adoptive or foster), guardians, and family members are welcome. Note: March and April are a pilot project to determine which times work best for families. We will continue in May with what has worked for the majority of participants.			Call Janice for Zoom Link access 250-574-3734	April 13 April 27 9:30 AM - 10:30 AM OR 7:00 PM - 8:00 PM
Family Education and Support Program	Ideal group for families affected by and/or struggling with a family member's substance misuse and/or concurrent disorders. Providing knowledge and education about addiction and concurrent disorders while also providing skills and strategies in supporting themselves and their family members.	Parents/Care givers or families	Axis Family Resources	250.851.2947 Ext 231	Program is offered upon request
Youth Drop In	An after-school program that offers pick-up from Brock Middle, TREC, and Norkam. Youth have access to food, hygiene products, clothing, and a safe space to hang out with peers and youth workers. Daily activities.	11-18	BGC Kamloops	Contact Joanna at 250.851.6179	Monday to Friday 3pm to 6pm See monthly activity calendar on our website
Friday Nights Alive	Drug, alcohol, and harassment free space for youth to come spend their Friday nights with peers and youth workers. We offer a hot dinner, video games, our gym is open, and holiday activities as well. We offer safe rides home on the North shore and offer drop off on the south shore at Lansdowne exchange, Sa-Hali Mall and Aberdeen Mall.	13-18	BGC Kamloops	Contact Joanna at 250.851.6179	Fridays 8:30pm to midnight
RBC Raise the Grade	This program is designed to provide skills, mentors, and support to students through academic support and career discovery. Through hands-on learning, focus on personal interests and goals, and supportive relationships with mentors and volunteers, youth are given the skills and tools they need to be successful in school, work and life. Youth can access a safe and quiet space to do homework during drop-in hours.	11-18	BGC Kamloops	Contact Dez at 250.852.0469	Bi-weekly See calendar for monthly activities, dates, and times
Life Skills & Wellness Group	A youth lead program that focuses on valuable life skills such as healthy cooking and eating, mental health and wellness, team building, employment skills, and preparation for life after high school.	11-24	BGC Kamloops	Contact Dez at 250-851-6179	Offered bi-weekly (See monthly calendar for dates and times)
Youth Leadership Council	This group encourages the development of leaderships, cooperation, teamwork, employment, planning and organizational skills.	11 – 24	BGC Kamloops	Contact Dez at 250.852.0469	See calendar for monthly activities, dates, and times
1-1 Outreach Worker	Supporting youth through advocacy work, supporting in educational and employment goals, obtaining and	11-24	BGC Kamloops	Contact Jaimie at 778-220-7346	Monday – Friday Flexible hours

	maintaining housing, support with addictions and mental health through appropriate referrals.				
Lead Up	Lead up provides opportunity for youth to engage in employment, service, and volunteer initiatives that will address community needs and help them develop life and employment skills, self-confidence, and leadership abilities.	13 – 18	BGC Kamloops	Contact Dez at 250-851-6179	Offered bi-weekly See website and monthly calendar for dates and times
First Steps	An education program for young mothers that provides an opportunity to complete their grade 12 diploma. We also provide parenting support, career planning, and build upon life skills. Child care centre on site.	Moms 15-24 years	Interior Community Services, SD 73, Boys' & Girls' Club	250.376.9119 (Tonia or Jen)	Anyone can refer
Caring Dads	An anti-violence program helping fathers value their children. Designed to support fathers in building safe and healthy relationships with their children.	0-19	Interior Community Services	250.554.3134 (Trent)	17weeks MCFD referral
Mind Over Madder Teens	This group is designed to support participants to understand anger and learn skills to manage conflict. The approach of the program is based in Cognitive Behavioural Therapy and utilizes a variety of additional therapeutic models.	13-19	Interior Community Services	250.554.3134 (Trent)	9 weeks Currently no session scheduled
Community Food Centre	Kids Meal Kits: Once a month 100 free meal kits are offered to families. Meal kits have a healthy recipe and all the ingredients to make the recipe at least once. Registration is required and kits are picked up at a predetermined time.		Mount Paul Community Food Centre	236.421.1011 Dawn	Scheduled once a month. Call for more information.
Kamloops Shapedown BC	Kamloops Shapedown BC is a family based group program that helps children and teens, and their families, achieve a healthier lifestyle. Working with a team of Registered Dietician, Fitness Instructor, Registered Social Worker, and Pediatrician, families are helped to make positive changes in eating habits, activity level, parenting skills and self-esteem.	6-17	Interior Health Located at Kamloops Y John Tod Centre	250.851.7301	Ask your family Doctor, Pediatrician or Nurse Practitioner to send us a referral or contact us for more information
KAFS Community Drumming	Cultural balance and understanding of the FN's tradition and values based drumming	0-19	Kamloops Aboriginal Friendship Society	250.376.1296 (Bernice)	Tuesdays 3:30pm to 4:30pm
KAFS Cultural Crafts	Aboriginal Workshops that will teach: moccasin making, regalia making, beading, making a drum demonstration, rattles, smudging & drumming and other cultural bases activities.	Open to teens and adults	Kamloops Aboriginal Friendship Society	250.376.1296	Call for information on specific workshops Registration is required. Programs offered during Spring Break and through the summer

Youth Group	Come hang out; enjoy fun activities such as crafts, games, movie nights and Special Event outings. Snacks, tea, and coffee provided.	13-18	Kamloops Aboriginal Friendship Society	250.376.1296 (Lauralee)	Wednesdays 3:30pm – 5:30pm Due to Covid Youth Group will be at MacDonald Park. Youth Groups are subject to change as weather permits.
PEACE (Children Who Witness Abuse)	A creative therapy program with the goal of breaking the cycle of family violence, for children and youth who have experienced violence. Counselling offered via zoom, FaceTime, and in person.	13 - 19	Kamloops Y	250.319.2406	Counselling Art Therapy
SAIP Sexual Abuse Intervention Program	A community based program which provides specialized assessment and treatment services to children and youth who have experienced or suspected to have experienced sexualized violence.	3 - 18	Kamloops Sexual Assault Counselling Centre	250.372.0179	Open referral
Safe Spaces	Safe Spaces is a service for youth who identify as gay, lesbian, bisexual, transgender, two spirit, queer or questioning and their allies. A youth-driven, drop in in a space that offers a resource library, sketch pads & other art supplies, a Wii, DVDs, board games and several comfortable couches!	12 - 26	Interior Community Services	250.371.3086	Group meets once a week A coordinator is available for one to one appointments as required and attends all group functions.
Youth Mindfulness Program	Participants learn coping skills and connect with other youth in the community, and the program includes mindfulness techniques, educational workshops, and mental health-related topics. Youth get a free YMCA gym membership for the duration of the program to encourage physical activity as a stress management tool.	18-30	Kamloops Y John Tod Centre TRU	250-376-4771 ext. 122 mentalwellness@kamloopsy.ca	One evening a week for 7 weeks 2.5 hours/session Thursday, November 3 – December 15 from 6:30 – 9:00 pm
Teen Mindfulness	Participants learn coping skills and connect with other youth in the community. The program includes mindfulness techniques, educational workshops, and mental health-related topics. Youth get a free YMCA gym membership for the duration of the program to encourage physical activity as a stress management tool.	13 - 17	Kamloops Y John Tod Centre location	250-376-4771 ext. 122 mentalwellness@kamloopsy.ca	Once a week for 7 weeks 1.5 hours/session Session Dates: Thursday, November 3

					– December 15 from 4 – 5:30 pm
Teen Mind Medicine Group	Offered via Zoom. The Teen Mind Medicine Group aims to support teens who experience stress, worry, overwhelm, and/or anxiety. It's normal and natural to experience these kinds of things in life and sometimes there are specific things that trigger these feelings—such as school, friends, and family—and other times we feel these uncomfortable feelings and we aren't sure why.	13-18	Secwepemc Child & Family Services in partnership with Kamloops Y	Contact Jessica Gordon 250.318.1949 or Jessica.gordon@secwepemcfamilies.org to register.	Contact for more information
Metis Teen Mind Medicine	Offered via Zoom. The Teen Mind Medicine Group aims to support teens who experience stress, worry, overwhelm, and/or anxiety. It's normal and natural to experience these kinds of things in life and sometimes there are specific things that trigger these feelings—such as school, friends, and family—and other times we feel these uncomfortable feelings and we aren't sure why.	13-18	Lii Michif Otipemisiwak Family and Community Services	Contact Danielle Malcolm at 250-554-9486 To register	Contact for more information
Mind Fit	Participants learn coping skills and connect with other youth in the community. The program includes mindfulness techniques, educational workshops, and mental health-related topics. This program includes one hour of wellness and one hour of physical activity.	13 - 18	Kamloops Y John Tod Centre In Clearwater with busing available from Barriere	250-319-6648 mentalwellness@kamloops.ca oopsy.ca	Once a week for 8 weeks 2 hours
GLOW	GLOW (Girls' Life of Wellness) is a program that helps support young women and non-binary youth ages 8-12 in all five Dimensions of Wellness: physical, social, emotional, spiritual and environmental. During the program, youth meet in groups to have healthy skill building discussions and participate in wellness activities.	8-12	Kamloops YMCA- YWCA John Tod Centre	250-376-4771 ext. 122 mentalwellness@kamloopsy.ca	Once a week for 10 weeks 2 hours
Bounce Back for Youth	Youth can learn skills through telephone coaching and self-help workbooks to help combat feelings of mild/moderate anxiety and depression	15 and older	Canadian Mental Health Association	250.275.8062 www.bouncebackbc.ca	Doctor or school counsellor referral required 4 to 6 telephone sessions

Flower Beadwork Circle	Come and learn basic Métis traditional flower beadwork. Open to all ages and levels of skill.	Open to all ages and skill levels	Lii Michif Otipemisiwak Family and Community Services	250.554.9486	Not currently running due to COVID-19
Indigenous Fathers' & Children's Group	A weekly meeting place for Indigenous and non-Indigenous fathers and their children to promote healthy child/father attachment and honour the important role fathers play in their children's lives. Facilitated by a "Caring Dads" trained-facilitator, sessions include topics such as child development, respectful relationships, to sessions dedicated to a sharing circle where fathers learn from and support each other. This group promotes the development of natural support networks and many strong friendships have resulted from participation in this group.	Open to all Fathers and their children ages 0 - 18	Lii Michif Otipemisiwak Family and Community Services	250.554.9486	Wednesdays 5:00pm – 7:00pm Limited spaces, please call to register
Indigenous Youth Programming Drop In Center	Urban Indigenous Youth Drop-In Centre is open for drop-in on Wednesday, Thursday and Friday Nights from 4:00pm- - 8:30pm. Includes a light dinner! Youth must follow Covid rules. Activities will vary. Call for more information 250-554-9486 **New space is located at #4 – 685 Tranquille Road	Ages 16 - 26	Lii Michif Otipemisiwak Family and Community Services	250.554.9486	Wednesday, Thursdays, and Fridays 4:00pm – 8:30pm LMO Youth Centre
Michif Cultural Workshops	Métis workshop, offering fun and interactive cultural activities, such as beading, jigging, moccasin making and many other Métis specific activities.	Open to children and families of all ages	Lii Michif Otipemisiwak Family and Community Services	250.554.9486	Call for information on specific workshops
Michif Mentor Program	One-to-one support to some of our more vulnerable Métis children, youth and families, provided by Métis community members and Métis Elders.	Children, youth, parents of all ages	Lii Michif Otipemisiwak Family and Com. Services	250.554.9486	Ongoing Self-Referral 7 days a week
Tii Zaanfaan Sibling Group	Our sibling group is a fun and safe space to explore the different ways families come to be. Play games and create art consistent with Metis family values, all while having fun with siblings. This six week group is meant to help siblings strengthen this special relationship.		Lii Michif Otipemisiwak Family and Community Services	250.554.9486	Call for more information
Strengthening Families Together	This multi-week education and support course provides the knowledge, support and tools necessary for families (and friends) living with a loved one experiencing mental illness.	Adult support	BC Schizophrenia Society	250.571.6955 (Rosanne) 250.299.7695 (Rob)	10 week education and support course October 2020 (date TBA)

Strengthening Families Together First Nations program	This multi-week education and support course provides the knowledge, support and tools necessary for first nations families (and friends) living with a loved one experiencing mental illness. The course has been modified to provide a culturally safe space for families to share and learn.	Adult support	BC Schizophrenia Society	250-571-6955 (Rosanne) 250.299.7695 (Rob)	10 week education and support course (date TBA)
Youth Grief Group	This group focuses on a variety of coping activities to help youth navigate their journey with grief, such as: movement, crafting, connecting with others, grounding exercises, psychoeducational support on how to manage overwhelming feelings, painting, scrapbooking, sewing, progressive muscle relaxation and mindfulness activities	Youth aged 13-18	Kamloops Hospice Association	250-372-1336 (Dallas)	8 week group - open group - Registration required
Osprey Program	Female specific Full time Attendance Program (FTAP) in partnership with the Elizabeth Fry Society who provide 'care-home' beds in the Kamloops community. The program operates Monday through Friday 9:00 am to 4:00 pm, available to adjudicated youth who are struggling with substance use. This care home model is based on safety, supervision, respect, and support for youth attending the program. The Osprey program uses a holistic approach where all realms of wellness are taken into consideration.	Female youth	Phoenix Centre	250-374-4899 kim.govett@phoenixcentre.org	referrals and intake process through MCFD, Indigenous Child and Family Service agencies, and substance use counsellors
Extended Programming	During the school year we offer a special drop-in program for older youth to access supports and resources, a hot meal, and a safe space to hang out. *SPECIFIC PROGRAMS AVAILABLE – PLEASE CONTACT FOR MORE INFORMATION*	15 – 24	BGC Kamloops	Contact Joanna at 250.851.6179	Monday and Wednesday evenings 6 – 8 pm
Necessity Nook	The Youth Necessity Nook is a free service youth can access once a week to receive non-perishable food items, personal hygiene products, and household cleaning supplies.	11 – 24	BGC Kamloops	Contact Joanna at 250.851.6179	Accessible Monday to Friday
Creating Connections	This group offers youth a safe space to talk about topics such as mental health and addiction, harm reduction, healthy relationships, and coping strategies. This program is facilitated by trained Social Work Facilitators.	13 – 24	BGC Kamloops	BGC Contact Jaimie at 778.220.7346 OR fsupport@bgckamloops.com	6-week program 1 session a week

Raven Program	<p>The Raven Program offers a number of services to youth and their families, including:</p> <ul style="list-style-type: none"> • Individual counselling at the Phoenix Centre • On-site counselling at community schools and agencies • Parental support (information, education, consultation) • Counselling for young people living with addiction in their families • Community focused prevention/information presentations • Outreach services – meeting clients in the community who might otherwise be unable to access our services 	<p>Youth up to the age of 25</p> <p>Families/parents of youth</p>	Phoenix Centre	<p>(250) 374-4634</p> <p>ksad@phoenixcentre.org</p>	
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School Presentation Offerings

Partnership Education Presentation Program	The Partnership Education Program uses storytelling to shed light on the reality and scope of severe and persistent mental illness. A panel of three guest speakers — usually a person with a mental illness, a family member and a mental health professional— share their insights and personal journeys with mental illness. In educating communities this way, Partnership Education Presentations foster understanding and reduce stigma. Suitable for high school students, especially senior psychology classes etc.	BC Schizophrenia Society 250.374.5939 (Lisa) 250-571-6955 (Rosanne)
Bush Party Awareness Workshops	Utilizing the harm reduction model, this high school workshop explores the dynamics of using drugs and alcohol in a party setting and offers youth strategies on staying safe if they are choosing these activities. The workshop is one hour in duration and suitable for high school students	Axis Family Resources 250.851.2947
PEACE VIP Violence is Preventable	This program links BC Schools with PEACE Programs (Prevention, Education, Advocacy, Counselling and Empowerment). VIP offers free educational violence prevention presentations and is offered in age ranges to meet the needs of students K – 12. VIP addresses topics in the BC curriculum strives to empower students to develop an understanding of healthy relationships.	Kamloops Y 250-319-2406 250-852-2018 wendy.gruneberg@kamloo psy.ca