

**KAMLOOPS COMMUNITY AGENCIES**  
**2018- 2019 Programs of Support for Children, Adolescents, and Families – October 2018 Version**

**INFANTS & YOUNG CHILDREN Under 6**

<b>Program Name</b>	<b>Description</b>	<b>Age Group</b>	<b>Community Agency</b>	<b>Contact Information</b>	<b>Additional Information</b>
<b>Friday Family Nights</b>	Join other families for a nutritious dinner and fun recreation activities with friends and family	Families	<b>Boys and Girls Club</b>	250.554.5437 Ext 206	<ul style="list-style-type: none"> <li>• Pre-register by Thursdays at 4pm</li> <li>• 5:30-7:30pm</li> <li>• Free</li> <li>• Open registration</li> </ul>
<b>Incredible Years</b>	A parenting program to promote children’s social competence and reduce behaviour problems with an emphasis on parenting skills	Parents/Caregivers of children 4 - 8	<b>Boys and Girls Club</b>	250.554.5437 Ext 206	<ul style="list-style-type: none"> <li>• 5:30-7:00pm</li> <li>• 9 weeks</li> <li>• Childcare and meal provided</li> <li>• Open registration</li> </ul>
<b>R.E.S.T. Regulation of Emotions Sensations and Thinking</b>	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	<b>CTFRC and CYMH</b>	250.371.4100	<ul style="list-style-type: none"> <li>• \$30 total for all 4 sessions (for a maximum of 2 adults in the same family). \$7.50 for individual sessions</li> </ul>

<b>Circle of Security</b>	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	<b>CYMH and/or community agencies (through Kamloops Y John Tod Centre)</b>  <b>CYMH North Shore</b>  <b>ICS</b>  <b>Secwepemc Child &amp; Family Services</b>  <b>Lii Michif Otipemisiwak Family and Community Services</b>  <b>Coming to Chase in 2019</b>	250.376.4771  250.554.5800 (Tanis / Ferne)  250.554.3134  250.314.9669  250.554.9486 (Deanie/Leona)	<ul style="list-style-type: none"> <li>• 8 week program</li> <li>• Community referrals</li> <li>• Registration ongoing</li> </ul>
<b>ADHD Group</b>  <b>January 2019</b>	3 week psychoeducation group to provide information and tools to parents to support the children in their lives diagnosed with ADHD.	Parents/Caregivers of children 5-19	<b>CYMH (through Kamloops Y John Tod Centre)</b>	250.371.3648 (Isabell)	<ul style="list-style-type: none"> <li>• Free</li> <li>• 3 sessions</li> </ul>
<b>Caring Dads</b>	An anti-violence program helping fathers value their children. Designed to support fathers' relationship with their children.	Fathers of children 0-19	<b>Interior Community Services</b>	250.554.3134 250.554.1176	<ul style="list-style-type: none"> <li>• MCFD referral</li> <li>• 17 weeks</li> </ul>
<b>Social Emotional Workshop</b>	Supporting parents in meeting the social and emotional needs of children through attachment.	Parents/Caregivers with children 0 – 6	<b>Interior Community Services</b>	250-554-3134 Early Connections Program	-self / community referral - 1 session
<b>Grief and Loss Workshop</b>	Helping parents and children cope with grief and loss	Parents/Caregivers with children 0 – 6	<b>Interior Community Services</b>	250-554-3134 Early Connections Program	<ul style="list-style-type: none"> <li>• Self / community referral</li> <li>• 1 session</li> </ul>

<b>Anxiety Workshop</b>	Helping parents support young children with anxiety	Parents/Caregivers with children 0 – 6	<b>Interior Community Services</b>	250-554-3134 Early Connections Program	<ul style="list-style-type: none"> <li>• Self / community referral</li> <li>• 1 session</li> </ul>
<b>Parenting Awareness and Individual Development (PAID)</b>	Provides group education and support and outreach services to families experiencing challenges in their role as parents.	Parents/Caregivers with children 0 – 6	<b>Interior Community Services</b>	250.554.3134	<ul style="list-style-type: none"> <li>• 10 week sessions</li> <li>• Tues &amp; Thurs 9am – noon</li> <li>• Self-referrals call intake</li> </ul>
<b>Infant Massage</b>	A calm and nurturing small group setting for infants. 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	<b>Kamloops Aboriginal Friendship Society</b>  <b>Kamloops Infant Development Society</b>  <b>Lii Michif Otipemisiwak Family and Community Services</b>  <b>Secwepemc Child &amp; Family Services</b>  <b>Y-Child Care Resource &amp; Referral Program</b>  <b>Interior Community Services</b>	250.376.1617  250.371.4140  250.554.9486  250.314.9669  250.376.4771  250-554-3134 Families First Program	<ul style="list-style-type: none"> <li>• Free</li> <li>• Registration required</li> <li>• Call for more information as to next available class</li> </ul>
<b>KAFS Community Drumming</b>	Cultural balance and understanding of the FN's tradition and values based drumming	0-19	<b>Kamloops Aboriginal Friendship Society</b>	250.376.1296	<ul style="list-style-type: none"> <li>• Every Tuesday 3:30 – 4:30</li> <li>• Free</li> </ul>
<b>Parent-Child Mother Goose</b>	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, enjoy	Parents/Caregivers with children 0 – 5	<b>Kamloops Aboriginal Friendship Society</b>  <b>Kamloops Early Language and Literacy Initiative</b>	250.376.1617  250.376.4771 (Crystal)	<ul style="list-style-type: none"> <li>• Free</li> <li>• Registration required</li> <li>• 8 week</li> </ul>

	strengthened bonding and develop a network of friends		<b>Y-Child Care Resource &amp; Referral Program</b>	250.376.4771	<ul style="list-style-type: none"> <li>• Online registration for most locations at <a href="http://www.eventbrite.ca">www.eventbrite.ca</a></li> </ul>
<b>Parent and Tot Play Group</b>	For parents/caregivers and their kids for crafts, songs, stories, snacks and fun	Parents/Caregivers with children 0 - 6	<b>Kamloops Aboriginal Friendship Society</b>  <b>Secwepemc Child &amp; Family Services</b>	250.376.1617  250.314.9669	<ul style="list-style-type: none"> <li>• Ongoing and drop-in</li> <li>• Open registration</li> </ul>
<b>Under the Eagle's Wing</b>	For moms and dads with young children to join for lunch, games and information	Parents/Caregivers with children 0 - 6	<b>Kamloops Aboriginal Friendship Society</b>	250.376.1617	<ul style="list-style-type: none"> <li>• Meet on Mondays</li> <li>• Open registration</li> </ul>
<b>Baby Locomotion Time</b>	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 to new walkers	<b>Kamloops Y John Tod Early Years Centre</b>	250.376.4771	<ul style="list-style-type: none"> <li>• Free</li> <li>• Drop-in</li> <li>• Mondays 11am to 12pm</li> </ul>
<b>Baby Time</b>	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	<b>Kamloops Y John Tod Early Years Centre</b>	250.376.4771	<ul style="list-style-type: none"> <li>• Free</li> <li>• Drop in</li> <li>• Tuesdays 11:45am to 12:30pm</li> </ul>
<b>Early Speech and Language Groups</b>	Interior Health offers regular speech services/groups		<b>Kamloops Y John Tod Early Years Centre</b>	250.851.7355	<ul style="list-style-type: none"> <li>• For more information and registration call Interior Health</li> </ul>
<b>Lift the Lip Dental Program</b>	Interior Health Dental Program	Children 12-47 months	<b>Kamloops Y John Tod Early Years Centre</b>	250.851.7300	<ul style="list-style-type: none"> <li>• By appointment with Interior Health</li> </ul>
<b>PEACE</b> (formerly known as 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	<b>Kamloops Y</b>	250.376.7800	<ul style="list-style-type: none"> <li>• Counselling</li> <li>• Group support</li> <li>• Dyad and family sessions</li> <li>• Open referral</li> </ul>

<b>SAIP Sexual Abuse Intervention Program</b>	A community based program which provides specialized assessment and treatment services to children who have experiences sexual abuse or are suspected to have been sexually abused or assaulted.	3 – 18	<b>Kamloops Sexual Assault Counselling Centre</b>		<ul style="list-style-type: none"> <li>• Open referral</li> </ul>
<b>CTC Group (Changing the Cycle)</b>	A support group for non-offending parents with children who have witnessed abuse	Parents/Caregivers of 0-19 year olds	<b>Kamloops Y</b>	250.376.7800	<ul style="list-style-type: none"> <li>• Ongoing intake</li> <li>• Weekly 2 hour group</li> </ul>
<b>Interactive Early Learning Centre</b>	An opportunity for children to spend a morning exploring a fun, safe play environment with parent/caregiver. Children will explore different themes and have story time, crafts and special events.	Parents/Caregivers with children 0-5	<b>Kamloops Y Child Care Resource &amp; Referral Program</b>	250.376.4771	<ul style="list-style-type: none"> <li>• Free</li> <li>• Drop-in</li> <li>• Monday, Wednesday &amp; Friday 9am to noon</li> <li>• Tuesdays 9am to 11:30am</li> </ul>
<b>Nobody's Perfect</b>	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	<b>Kamloops Y Child Care Resource &amp; Referral Program</b>	250.376.4771	<ul style="list-style-type: none"> <li>• 4-6 weeks</li> <li>• Free</li> <li>• snack/childcare/ transportation (if required) provided</li> </ul>
<b>Toy Lending and Resource Library</b>	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.		<b>Kamloops Y Child Care Resource &amp; Referral Program</b>	250.376.4771	<ul style="list-style-type: none"> <li>• Free service</li> </ul>
<b>Father's Meeting Place</b>	A culturally safe place where fathers can gather to share their parenting experiences, learn traditional ways to parent their children and also learn	Open to all Aboriginal Fathers	<b>Lii Michif Otipemisiwak Family and Community Services</b>	250.554.9486	<ul style="list-style-type: none"> <li>• Thursdays 6pm to 8pm</li> <li>• No Cost</li> </ul>

	about Aboriginal Culture from a Metis father and Elder.				
<b>MOMS Group Mothers Offering Mothers Support</b>	This is a support group for Moms to come together in a culturally safe environment to network with other mothers and to participate in discussions and/or activities to empower mothers	Open to all Aboriginal Mothers	<b>Lii Michif Otipemisiwak Family and Community Services</b>	250.554.9486	<ul style="list-style-type: none"> <li>• Tuesdays 6pm to 8pm</li> <li>• Childcare provided</li> <li>• Elders</li> <li>• No cost</li> </ul>
<b>Flower Beadwork Circle</b>	Come and learn basic Métis traditional flower beadwork. Open to all ages and levels of skill.	Open to all ages and skill levels	<b>Lii Michif Otipemisiwak Family and Community Services</b>	250.554.9486	<ul style="list-style-type: none"> <li>• Wednesdays 2:30pm to 4:30pm</li> </ul>
<b>BiiBii Sensory</b>	Aboriginal Infant Development workers provide monthly culturally infused sensory play activities that give babies an opportunity to explore their senses	0 – 12 months	<b>Lii Michif Otipemisiwak Family and Community Services</b>	250.554.9486	<ul style="list-style-type: none"> <li>• Last Monday of the month</li> <li>• 10:30am to noon</li> </ul>
<b>Hot Breakfast and Playtime for Parents and Children</b>	Join us for a parent/child Attachment based group that includes a hot meal and Cultural activities with a Metis Elder.	Parents/Caregivers and children 0-5	<b>Lii Michif Otipemisiwak Family and Community Services</b>	250.554.9486	<ul style="list-style-type: none"> <li>• Currently Thursdays from 9am to 11am</li> <li>• No Cost</li> <li>• Call for more information</li> </ul>
<b>StrongStart BC Early Learning Program</b>	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	<b>SD73</b> AE Perry Arthur Hatton Beattie Marion Schilling - Barriere Haldane Raft River	250.374.2266 (Marianne)	<ul style="list-style-type: none"> <li>• Contact school for hours</li> <li>• Registration required</li> <li>• Drop-in</li> <li>• Free</li> </ul>
<b>SPARK Strong Prepared and Ready for Kindergarten</b>	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		<b>SD73</b> AE Perry Arthur Hatton Arthur Stevenson	250.374.2266 (Marianne)	<ul style="list-style-type: none"> <li>• Free</li> <li>• Please contact the specific</li> </ul>

	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.		Beattie David Thompson Juniper Marion Schiling McGowan Parkcrest Summit Westmount - Barriere Haldane Logan Lake Raft River		school's principal for information
<b>Gifted Givers Program</b>  <b>Group is on-going</b>	We serve Indigenous families who have past, present, or impending MCFD/SCFS involvement, or who are at risk of child protection involvement. Our goal is to support healthy family dynamics, healing, and increase parents'/caregivers ability to care for their children. We provide advocacy, court support, needs & goals assessments, relationship development, outreach, referrals, and group work. Keeping families together and connected to their culture is priority.	Parents/ Caregivers	<b>White Buffalo</b>	250.554.1176 (Darlene / Dionne)	<ul style="list-style-type: none"> <li>• Free</li> <li>• Drop-ins welcome</li> <li>• Self-referrals welcome</li> <li>• Intake &amp; Needs and Goals Assessment required</li> </ul>
<b>Strengthening Families Together</b>  <b>January 2019</b>	This multi week education and support course provides the knowledge, support and tools necessary for families to manage mental illnesses together.	Adult support	<b>BC Schizophrenia Association</b>	250.374.5939 (Lisa) 250.299.7695 (Rob)	<ul style="list-style-type: none"> <li>• Free</li> <li>• 10 week education and support course</li> </ul>

### CHILDREN Ages 6-12

Program Name	Description	Age Group	Community Agency	Contact Information	Additional Information
<b>Circle of Friends Thursdays</b>	Safe place for children to talk with other and navigate through the pain of loss (including separation and divorce)	6 -12	<b>Boys and Girls Club</b>	250.554.5437 Ext 206	<ul style="list-style-type: none"> <li>• 5pm to 6pm</li> <li>• 9 weeks</li> <li>• Open registration</li> <li>• Ongoing waitlist</li> <li>• \$10 commitment fee (waived if hardship)</li> </ul>
<b>Connect Parent Pre-teen</b>  <b>Waitlist ongoing</b>	Ideal group for parents and caregivers experiencing challenges and conflict with their pre-teen with a focus on attachment and parental emotion regulation and constructive responses	Parents/Caregivers of 8-12	<b>Boys and Girls Club</b>	250.554.5437 Ext 206	<ul style="list-style-type: none"> <li>• 9 week program</li> <li>• 5:30pm to 7pm</li> <li>• Meal and child care provided</li> <li>• Open registration</li> </ul>
<b>Friday Family Nights</b>	Join other families for a nutritious dinner and fun recreation activities with friends and family	Families	<b>Boys and Girls Club</b>	250.554.5437 Ext 206	<ul style="list-style-type: none"> <li>• Pre-register by Thursdays at 4pm</li> <li>• 5:30pm to 7:30pm</li> <li>• No cost</li> <li>• Open registration</li> </ul>
<b>Incredible Years</b>  <b>Ongoing waitlist</b>	Parenting program to promote children's social competence and reduce behaviour problems with an emphasis on attachment based parenting skills	Parents/Caregivers of 4-8 year olds	<b>Boys and Girls Club</b>	250.554.5437 Ext 206	<ul style="list-style-type: none"> <li>• 5:30pm to 7pm</li> <li>• 10 weeks</li> <li>• Childcare available on request</li> </ul>

					<ul style="list-style-type: none"> <li>• Open registration</li> </ul>
<b>My Youth Club</b>	A casual and supportive after school setting for older children to spend time with peers, have a snack, and engage in recreational and social activities	11-18	<b>Boys and Girls Club</b>	250.554.5437	<ul style="list-style-type: none"> <li>• Monday to Friday</li> <li>• 3pm to 6pm</li> <li>• No charge</li> </ul>
<b>ADHD Group</b> <b>January 2019</b>	3 week psychoeducation group to provide information and tools to parents to support the children in our lives diagnosed with ADHD.	Parents/caregivers of children 5-19	<b>CYMH (through Kamloops Y John Tod Centre)</b>	250.371.3648 (Isabell)	<ul style="list-style-type: none"> <li>• Free</li> <li>• 3 sessions</li> </ul>
<b>Social Skills Group</b>	This group supports children who are struggling with social skills. Self-regulation, understanding and managing emotions, and tools for friendship building and social awareness are a focus.	8-12	<b>CYMH North Shore SD73</b>	250.554.5800 (Patricia/Melinda)	<ul style="list-style-type: none"> <li>• 8 sessions</li> <li>• Open to North Shore residents</li> </ul>
<b>Caring Dads</b>	An anti-violence program helping fathers value their children. Designed to support fathers' relationship with their children.	Fathers of children 0-19	<b>Interior Community Services</b>	250.554.3134	<ul style="list-style-type: none"> <li>• 17 weeks</li> <li>• MCFD referral</li> </ul>
<b>Mind Over Madder</b>	Managing conflict and understanding anger. A group designed to support participants to learn skills to manage conflict	8-12 (accompanied by a parent/guardian)	<b>Interior Community Services</b>	250.554.3134	<ul style="list-style-type: none"> <li>• 9 weeks</li> <li>• Pre-registration required</li> <li>• 2 hours/week</li> </ul>
<b>Snack Attack</b>	This series cooking program is designed to promote healthy eating habits by providing hands-on experience cooking and tasting nutritious foods Programming would be offered for five consecutive weeks with 2 hour workshops each week. These class sizes will be limited to 8 children.	6-8	<b>Mount Paul Community Food Centre</b>	236.421.1011	<ul style="list-style-type: none"> <li>• Free</li> <li>• Scheduled throughout the year</li> </ul>
<b>Mini Chefs</b>	One time cooking adventures where children can come to the centre and	6-8	<b>Mount Paul Community Food Centre</b>	236.421.1011	<ul style="list-style-type: none"> <li>• Free</li> </ul>

	experience a longer workshop for the morning or afternoon. The Chefs program would focus on the following concepts: food security focus, food sustainability and self-sufficiency and confidence. Workshops run 2-3 hours with a class size of 8 children.				<ul style="list-style-type: none"> <li>• Scheduled throughout the year</li> </ul>
<b>Cook It, Try It, Like It</b>	This program was designed to promote healthy eating habits by providing hands-on experience cooking and tasting nutritious foods. During each lesson children will be creating simple, healthy recipes that they can take home to share with their families. Children will have the opportunity to learn multiple concepts such as: food handling, basic food safety, nutrition, where food comes from. Five consecutive sessions will be offered and each workshop will be two hours of programming.	9-13	<b>Mount Paul Community Food Centre</b>	236.421.1011	<ul style="list-style-type: none"> <li>• Free</li> <li>• Scheduled throughout the year</li> </ul>
<b>Mighty Chefs</b>	One time cooking adventures where children can come to the centre and experience a longer workshop for the morning or afternoon. The Chefs program would focus on the following concepts: food security focus, food sustainability and self-sufficiency and confidence. Workshops run 2-3 hours with a class size of 10 children.	9-13	<b>Mount Paul Community Food Centre</b>	236.421.1011	<ul style="list-style-type: none"> <li>• Free</li> <li>• Scheduled throughout the year</li> </ul>
<b>Kamloops Shapedown BC</b>	Kamloops Shapedown BC is family based group program that helps children and teens, and their families, achieve a healthier lifestyle with a team of Registered Dietician, Fitness	6-17	<b>Interior Health Located at Kamloops Y John Tod Centre</b>	250.851.7301	<ul style="list-style-type: none"> <li>• Ask your family Doctor, Pediatrician or Nurse Practitioner to</li> </ul>

	Instructor, Registered Social Worker and Pediatrician helping to make positive changes in eating habits, activity level, parenting skills and self-esteem.				send us a referral or contact us for more information
<b>Children's Drum Group</b>	An interactive gathering for children and their parents who wish to learn traditional drumming and singing	6-12	<b>Kamloops Aboriginal Friendship Society</b>	250.376.1617	<ul style="list-style-type: none"> <li>• Ongoing</li> <li>• Open registration</li> <li>• 3pm to 4:30pm</li> </ul>
<b>KAFS Community Drumming</b>	Cultural balance and understanding of the FN's tradition and values based drumming	0-19	<b>Kamloops Aboriginal Friendship Society</b>	250.376.1296	<ul style="list-style-type: none"> <li>• Every Tuesday 3:30pm to 4:30pm</li> <li>• Free</li> </ul>
<b>Parenting Program</b>	In a positive, safe and non-judgmental environment parents/caregivers learn about empathetic listening, communication skills, discipline, and sibling rivalry	6-12	<b>Kamloops Aboriginal Friendship Society</b>	250.376.1617 (Jenna or Corinna)	<ul style="list-style-type: none"> <li>• Free</li> <li>• 7 week program</li> <li>• Tuesdays</li> <li>• 9:30am to noon</li> <li>• Open registration</li> </ul>
<b>Child Care Resource &amp; Referral Services</b>	CCRR provides up-to-date resources on child care options and childcare referrals to families looking for childcare. We also provide information and assistance with completing Child Care Subsidy applications. We also offer a range of support with developmental screening as well as resources to support healthy child development.		<b>Kamloops Y John Tod Centre Child Care Resource &amp; Referral/Early Years Centre</b>	250.376.4771 <a href="http://www.kamloopsy.org/ccrreycfeaturepage">www.kamloopsy.org/ccrreycfeaturepage</a>	
<b>PEACE</b> (formerly known as 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.	5 - 19	<b>Kamloops Y</b>	250.376.7800	<ul style="list-style-type: none"> <li>• Counselling</li> <li>• Dyad and family sessions</li> <li>• Open referral</li> <li>• Camp Starfish</li> </ul>
<b>CTC Group (Changing the Cycle)</b>	A support group for non-offending parents with children who have witnessed abuse	Parents/Caregivers of 0-19	<b>Kamloops Y</b>	250.376.7800	<ul style="list-style-type: none"> <li>• Ongoing intake</li> <li>• Weekly 2 hour group</li> </ul>

<b>SAIP Sexual Abuse Intervention Program</b>	A community based program which provides specialized assessment and treatment services to children who have experiences sexual abuse or are suspected to have been sexually abused or assaulted.	3 - 18	<b>Kamloops Sexual Assault Counselling Centre</b>		<ul style="list-style-type: none"> <li>• Open referral</li> </ul>
<b>Toy Lending and Resource Library</b>	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 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.		<b>Kamloops Y John Tod Centre Child Care Resource &amp; Referral Program</b>	250.376.4771 (Sarah)	<ul style="list-style-type: none"> <li>• Free</li> </ul>
<b>Father's Meeting Place</b>	A culturally safe place where fathers can gather to share their parenting experiences, learn traditional ways to parent their children and also learn about Aboriginal Culture from a Metis father and Elder.	Open to all Aboriginal Fathers	<b>Lii Michif Otipemisiwak Family and Community Services</b>	250.554.9486	<ul style="list-style-type: none"> <li>• Thursdays 7pm to 9pm</li> <li>• No Cost</li> </ul>
<b>MOMS Group Mothers Offering Mothers Support</b>	This is a support group for Moms to come together in a culturally safe environment to network with other mothers and to participate in discussions and/or activities to empower mothers	Open to all Aboriginal Mothers	<b>Lii Michif Otipemisiwak Family and Community Services</b>	250.554.9486	<ul style="list-style-type: none"> <li>• Tuesdays 6pm to 8pm</li> <li>• Childcare provided</li> <li>• Elders</li> <li>• No cost</li> </ul>
<b>Learning Café</b>	One to one tutoring with a qualified academic tutor for children and youth to support them with their schoolwork. This is primarily targeted for children in care.	School Age	<b>Lii Michif Otipemisiwak Family and Community Services</b>	250.554.9486	<ul style="list-style-type: none"> <li>• Please call to arrange times to meet with our tutor</li> <li>• No Cost</li> </ul>

<b>Michif Children's Jigging Class</b>	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	<b>Lii Michif Otipemisiwak Family and Community Services</b>	250.554.9486	<ul style="list-style-type: none"> <li>• Tuesdays 3:30pm to 4:15pm</li> <li>• No Cost</li> <li>• Call for more information</li> </ul>
<b>Michif Language Circle</b>	Come learn the Michif language with us in this fun interactive environment.	For all ages from beginners to proficient speakers.	<b>Lii Michif Otipemisiwak Family and Community Services</b>	250.554.9486	<ul style="list-style-type: none"> <li>• Mondays 3pm to 4pm</li> <li>• No cost</li> <li>• Call for more information</li> </ul>
<b>Gifted Givers Program</b>	We serve Metis and Aboriginal families who have past or present MCFD involvement or who are at risk of having MCFD involvement. Our goal is to support healthy family dynamics, encourage healing, and increase the ability for families to care for their children. We accept referrals from the community as well as self-referrals. Our program offers one-on-one support in the community and in our office, family healing/counseling in the homes of clients, and weekly groups in office. These weekly groups will focus on reconnecting individuals to their cultural heritage, increasing parenting skills and confidence, awareness and skills to manage any family violence concerns, co-parenting, boundaries, self-care etc.	Parents/ caregivers	<b>White Buffalo</b>	250.554.1176 (Darlene / Dionne)	<ul style="list-style-type: none"> <li>• Free</li> <li>• Open program with drop-ins welcome</li> <li>• Intake assessment required</li> <li>• 9am to 11:30am</li> <li>• Certificate of completion</li> </ul>
<b>Strengthening Families Together</b>  <b>January 2019</b>	This multi week education and support course provides the knowledge, support and tools necessary for families to manage mental illnesses together.	Adult support	<b>BC Schizophrenia Association</b>	250.374.5939 (Lisa) 250.299.7695 (Rob)	<ul style="list-style-type: none"> <li>• Free</li> <li>• 10 week education and support course</li> </ul>

**TEENS Ages 12 - 19**

<b>Program Name</b>	<b>Description</b>	<b>Age Group</b>	<b>Community Agency</b>	<b>Contact Information</b>	<b>Additional Information</b>
<b>Kamloops Youth Housing First Wrapforce</b>	Wrapforce is a team of people who help youth get the support and housing they need in the Kamloops area. A Wrapforce team member help youth identify their goals and create 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, or support with drug or alcohol addictions, health, school, Aboriginal culture, and more	17 - 24	<b>A Way Home Kamloops</b>	250.320.7837 Katherine McParland	<ul style="list-style-type: none"> <li>• Free</li> </ul>
<b>1st Step Mobile Treatment Program</b>	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 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	<b>Axis Family Resources</b>	250.851.2947 Ext 231	<ul style="list-style-type: none"> <li>• Free</li> <li>• Monday to Thursday</li> <li>• 9am to 3pm</li> <li>• Breakfast and lunch provided</li> <li>• Certificate of Completion</li> </ul>
<b>Family Education and Support Program</b>	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	Parents/Caregivers or families	<b>Axis Family Resources</b>	250.851.2947 Ext 231	<ul style="list-style-type: none"> <li>• Free</li> <li>• Program is offered upon request</li> </ul>

	addiction and concurrent disorders while also providing skills and strategies in supporting themselves and their family member.				
<b>Connect Parent Teen</b> <b>Ongoing waitlist</b>	Ideal group for parents and caregivers experiencing challenges and conflict with their teen with a focus on attachment and parental emotion regulation and constructive responses	Parents/Caregivers of 12-18 year olds	<b>Boys and Girls Club</b>	250.554.5437 Ext 206	<ul style="list-style-type: none"> <li>• 9 week program</li> <li>• Open registration</li> <li>• 5:30pm to 7pm</li> <li>• Dinner provided</li> </ul>
<b>My Youth Club</b>	A casual and supportive after school setting for older children to spend time with peers, have a snack, and engage in recreational and social activities	13-18	<b>Boys and Girls Club</b>	250.554.5437 (Sophie)	<ul style="list-style-type: none"> <li>• Monday to Friday</li> <li>• 3pm to 6pm</li> <li>• No charge</li> </ul>
<b>Nights Alive</b>	A safe place to meet and enjoy the company of other teens with food and activities – hassle/drug and alcohol free	13-18	<b>Boys and Girls Club</b>	250.554.5437 (Sophie)	<ul style="list-style-type: none"> <li>• Fridays</li> <li>• 8:30pm to midnight</li> <li>• North Shore drop off available with 11pm departure</li> </ul>
<b>Raising the Grade</b>	A multi-faceted education program aimed at increasing academic skills, high school graduation rates and access to post-secondary education for at-risk youth		<b>Boys and Girls Club</b>	250.554.5437	<ul style="list-style-type: none"> <li>• Free</li> <li>• Drop in with prior registration</li> </ul>
<b>ADHD Group</b> <b>January 2019</b>	3 week psychoeducation group to provide information and tools to parents to support the children in our lives diagnosed with ADHD.	Parents/Caregivers of teens to age 19	<b>CYMH (through Kamloops Y John Tod Centre)</b>	250.371.3648 (Isabell)	<ul style="list-style-type: none"> <li>• Free</li> <li>• 3 sessions</li> </ul>
<b>Caring Dads</b>	An anti-violence program helping fathers value their children. Designed to support fathers' relationship with their children.	0-19	<b>Interior Community Services</b>	250.554.3134 For more information	<ul style="list-style-type: none"> <li>• 17 weeks</li> <li>• MCFD referral</li> </ul>
<b>Mind Over Madder Teens</b>	This group is designed to support participants to understand anger and learn skills to manage conflict. The	13-19	<b>Interior Community Services</b>	250.554.3134	<ul style="list-style-type: none"> <li>• 9 weeks</li> </ul>

	approach of the program is based in Cognitive Behavioural Therapy and utilizes a variety of additional therapeutic models.				
<b>Cook It, Try It, Like It</b>	This program was designed to promote healthy eating habits by providing hands-on experience cooking and tasting nutritious foods. During each lesson children will be creating simple, healthy recipes that they can take home to share with their families. Children will have the opportunity to learn multiple concepts such as: food handling, basic food safety, nutrition, where food comes from. Five consecutive sessions will be offered and each workshop will be two hours of programming.	9-13	<b>Mount Paul Community Food Centre</b>	236-421-1011	<ul style="list-style-type: none"> <li>• Free</li> <li>• Scheduled throughout the year</li> </ul>
<b>Mighty Chefs</b>	One time cooking adventures where children can come to the centre and experience a longer workshop for the morning or afternoon. The Chefs program would focus on the following concepts: food security focus, food sustainability and self-sufficiency and confidence. Workshops run 2-3 hours with a class size of 10 children.	9-13	<b>Mount Paul Community Food Centre</b>	236-421-1011	<ul style="list-style-type: none"> <li>• Free</li> <li>• Scheduled throughout the year</li> </ul>
<b>Kamloops Shapedown BC</b>	Kamloops Shapedown BC is family based group program that helps children and teens, and their families, achieve a healthier lifestyle with a team of Registered Dietician, Fitness Instructor, Registered Social Worker and Pediatrician helping to make positive changes in eating habits,	6-17	<b>Interior Health Located at Kamloops Y John Tod Centre</b>	250.851.7301	<ul style="list-style-type: none"> <li>• Ask your family Doctor, Pediatrician or Nurse Practitioner to send us a referral or contact us for more information</li> </ul>

	activity level, parenting skills and self-esteem.				
<b>KAFS Community Drumming</b>	Cultural balance and understanding of the FN's tradition and values based drumming	0-19	<b>Kamloops Aboriginal Friendship Society</b>	250.376.1296	<ul style="list-style-type: none"> <li>• Every Tuesday 3:30pm to 4:30pm</li> <li>• Free</li> </ul>
<b>KAFS Cultural Crafts</b>	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	<b>Kamloops Aboriginal Friendship Society</b>	250.376.1296	<ul style="list-style-type: none"> <li>• Free</li> <li>• Call for information on specific workshops</li> </ul>
<b>Lessons in POW WOW Dance</b>	Woman's Fancy Shawl	12-17	<b>Kamloops Aboriginal Friendship Society</b>	250.376.1617	<ul style="list-style-type: none"> <li>• Free</li> <li>• 7 week program</li> <li>• Wednesdays 5:00pm</li> </ul>
<b>Youth Movie Night</b>		13-18	<b>Kamloops Aboriginal Friendship Society</b>	250.376.1617 OR 250.376.1296	<ul style="list-style-type: none"> <li>• Thursdays</li> <li>• 5:30pm to 7:30pm</li> <li>• Free</li> <li>• Snacks and beverages provided</li> </ul>
<b>My Youth Club</b>	A casual and supportive after school setting for older children to spend time with peers, have a snack, and engage in recreational and social activities	11-18	<b>Boys and Girls Club</b>	250.554.5437	<ul style="list-style-type: none"> <li>• Monday to Friday</li> <li>• 3pm to 6pm</li> <li>• No charge</li> </ul>
<b>PEACE</b> (formerly known as 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.	13 - 19	<b>Kamloops Y</b>	250.376.7800	<ul style="list-style-type: none"> <li>• Teen support</li> <li>• Drop-In Studio</li> <li>• Art Therapy</li> </ul>
<b>SAIP Sexual Abuse Intervention Program</b>	A community based program which provides specialized assessment and treatment services to teens who have experiences sexual abuse or are suspected to have been sexually abused or assaulted.	3 - 18	<b>Kamloops Sexual Assault Counselling Centre</b>		<ul style="list-style-type: none"> <li>• Open referral</li> </ul>

<b>CTC Group (Changing the Cycle)</b>	A support group for non-offending parents with children who have witnessed abuse	Parents/Caregivers of 0-19 year olds	<b>Kamloops Y</b>	250.376.7800	<ul style="list-style-type: none"> <li>• Ongoing intake</li> <li>• Weekly 2 hour group</li> </ul>
<b>Safe Spaces</b>	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 group meets once a week in a space that offers a resource library, sketch pads & other art supplies, a wii, dvd's, board games and several comfortable couches! A coordinator is available for one to one appointments as required and attends all group functions.	12 - 26	<b>ICS</b>	250.371.3086	
<b>Youth Mindfulness Program</b>	Participants learn coping skills and connect with other youth in the community, and 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	<b>Kamloops Y John Tod Centre</b>  <b>TRU</b>  <b>Clearwater with busing available from Barriere</b>	250-319-6648 <a href="mailto:mentalwellness@kamloopsy.ca">mentalwellness@kamloopsy.ca</a>	<ul style="list-style-type: none"> <li>• Free</li> <li>• One evening a week</li> </ul>
<b>Teen Girls Group</b>	A social skills group for girls presenting with internalizing challenges in social interactions and mood regulation.	12 - 14	<b>CYMH North Shore and SD73</b>	250.554.5800 (Ferme)	<ul style="list-style-type: none"> <li>• 8 sessions</li> <li>• Open to North Shore residents</li> </ul>
<b>Teen Mindfulness</b>	Participants learn coping skills and connect with other youth in the community, and 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	<b>Kamloops Y Downtown location</b>	250-319-6648 <a href="mailto:mentalwellness@kamloopsy.ca">mentalwellness@kamloopsy.ca</a>	<ul style="list-style-type: none"> <li>• Free</li> <li>• Once a week for 6 weeks</li> <li>• 1.5 hours</li> </ul>

<b>Mind Fit</b>	Participants learn coping skills and connect with other youth in the community, and 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	<b>Kamloops Y John Tod Centre</b>  <b>In Clearwater with busing available from Barriere</b>	250-319-6648 <a href="mailto:mentalwellness@kamloopsy.ca">mentalwellness@kamloopsy.ca</a>	<ul style="list-style-type: none"> <li>• Free</li> <li>• Once a week for 8 weeks</li> <li>• 2 hours</li> </ul>
<b>Bounce Back for Youth</b>	Youth can learn skills through telephone coaching and self-help workbooks to help combat feelings of mild/moderate anxiety and depression	15 and older	<b>Canadian Mental Health Association</b>	250.275.8062 <a href="http://www.bouncebackbc.ca">www.bouncebackbc.ca</a>	<ul style="list-style-type: none"> <li>• Free</li> <li>• Doctor referral required</li> <li>• 4 to 6 telephone sessions</li> </ul>
<b>Flower Beadwork Circle</b>	Come and learn basic Métis traditional flower beadwork. Open to all ages and levels of skill.	Open to all ages and skill levels	<b>Lii Michif Otipemisiwak Family and Community Services</b>	250.554.9486	<ul style="list-style-type: none"> <li>• Wednesdays 2:30pm to 4:30pm</li> </ul>
<b>Michif Cultural Workshops</b>	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	<b>Lii Michif Otipemisiwak Family and Community Services</b>	250.554.9486	<ul style="list-style-type: none"> <li>• No charge</li> <li>• Call for information on specific workshops</li> </ul>
<b>Michif Teen Jigging Troupe</b>	New dancers are always welcome, however a commitment is required.	12 and up	<b>Lii Michif Otipemisiwak Family and Community Services</b>	250.554.9486	<ul style="list-style-type: none"> <li>• Sundays 4:30pm to 5:30 pm</li> <li>• Ongoing</li> <li>• No Cost</li> </ul>
<b>Michif Mentor Program</b>	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	<b>Lii Michif Otipemisiwak Family and Community Services</b>	250.554.9486	<ul style="list-style-type: none"> <li>• Ongoing</li> <li>• Self-Referral</li> <li>• No Cost to families</li> <li>• 7 days a week</li> </ul>
<b>Generation Now Empowerment Program</b>	A youth program designed to support and enable youth to overcome their challenges and become independent,	15 - 24	<b>White Buffalo</b>	250.554.1176	<ul style="list-style-type: none"> <li>• Free</li> </ul>

	integrated, and contributing members of their communities. Youth will work one on one with our Youth Worker to discuss a plan and support needed to achieve customized individual goals. Our resources and youth worker allow for support around the following areas - interpersonal skills, finding employment, support in finding/maintaining housing, education, health and wellness, financial literacy			<a href="mailto:youthcoordinator@whitebuffalosociety.net">youthcoordinator@whitebuffalosociety.net</a>	<ul style="list-style-type: none"> <li>• Intake required for participation</li> </ul>
<p><b>Gifted Givers Program</b></p> <p><b>Group is on-going</b></p>	We serve Metis and Aboriginal families who have past or present MCFD involvement or who are at risk of having MCFD involvement. Our goal is to support healthy family dynamics, encourage healing, and increase the ability for families to care for their children. We accept referrals from the community as well as self-referrals. Our program offers one-on-one support in the community and in our office, family healing/counseling in the homes of clients, and weekly groups in office. These weekly groups will focus on reconnecting individuals to their cultural heritage, increasing parenting skills and confidence, awareness and skills to manage any family violence concerns, co-parenting, boundaries, self-care etc.	Parents/ caregivers	<b>White Buffalo</b>	250.554.1176 Kelsey Grimm	<ul style="list-style-type: none"> <li>• Free</li> <li>• Open program with drop-ins welcome</li> <li>• Intake assessment required</li> <li>• Wednesdays</li> <li>• 9am to 11:30am</li> <li>• Certificate of completion</li> </ul>
<p><b>Strengthening Families Together</b></p> <p><b>January 2019</b></p>	This multi week education and support course provides the knowledge, support and tools necessary for families to manage mental illnesses together.	Adult support	<b>BC Schizophrenia Association</b>	250.374.5939 (Lisa) 250.299.7695 (Rob)	<ul style="list-style-type: none"> <li>• Free</li> <li>• 10 week education and support course</li> </ul>

### School Presentation Offerings

<b>Partnership Education Presentation Program</b>	<p>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.</p> <p>Suitable for high school students, especially senior psychology classes etc.</p>	<p>BC Schizophrenia Society</p> <p>250.374.5939</p>
<b>Bush Party Awareness Workshops</b>	<p>Utilizing the harm reduction model, this high school workshop explores the dynamics of using drugs and alcohol in a party setting and offer youth strategies on staying safe if they are choosing these activities.</p> <p>The workshop is one hour in duration and suitable for high school students</p>	<p>Axis Family Resources</p> <p>250.851.2947</p>
<b>VIP Violence is Preventable</b>	<p>This program links BC Schools with PEACE Programs (Prevention, Education, Advocacy, Counselling and Empowerment). VIP offers free educational prevention presentations and is designed and divided by age ranges to meet the needs of students K – 12 and addresses topics linked to BC curriculum to empower students to develop an understanding of healthy living and relationships.</p> <p>Presentations are available for staffs or classrooms.</p>	<p>Kamloops Y</p> <p><a href="mailto:lexa.smerdal@kamloopsy.ca">lexa.smerdal@kamloopsy.ca</a></p>