

KAMLOOPS COMMUNITY AGENCIES
Programs of Support for Children, Adolescents, and Families – March 2020 Version

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
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.	Any age prenatally (must be prenatal)	Interior Community Services	250.554.3134 (Tracy)	Anyone can refer
Baby Steps	Drop In Group for parents who are expecting or 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)	Weekly group, available in Sahali, Aberdeen, and Valleyview.
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 home, 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)	Available in Kamloops, Barriere, Chase, Merritt, Ashcroft

PreNatal In A Day	A one day class covering end of pregnancy, labor and delivery, and having a new baby at home.	Prenatal, at least 27 weeks	Interior Community Services	250.554.3134 (Deedee)	Program runs every 2 months. Facilitated by PHN with training in Pre/Post-natal. Locations vary depending on group size.
Friday Family Nights	Join other families for a nutritious dinner and fun recreation activities with friends and family	Families	Boys and Girls Club	250.554.5437 Ext 206	Pre-register by Thursdays at 4pm 5:30-7:30pm Open registration
Early Years Programming, 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)	Rotating Curriculum, no cost. Healthy snacks provided.
Incredible Years	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	Boys and Girls Club	250.554.5437 Ext 206	5:30-7pm 9 weeks Childcare and meal provided Open registration
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/Care givers of preschoolers and primary students	CTFRC and CYMH Register through Child Care Resource and Referral at John Tod Centre.	250.376.4771	\$30 total for all 4 sessions (for a maximum of 2 adults in the same family) May 5, 12, 19, 26 12:15-2:15
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/Care givers of children 0 – 6	CYMH and/or community (through Child Care Resource and Referral at John Tod Centre) CYMH North Shore	250.376.4771 250.554.5800 (Tanis / Ferne) 250.554.3134	8 week program Community referrals Registration going

			Interior Community Services Secwepemc Child & Family Services Lii Michif Otipemisiwak Family and Community Services	250.314.9669 250.554.9486 (Deanie/Leona)	
Circle of Security Men's Group	A relationship based early intervention program designed to enhance attachment security between parents and children.	Fathers/ Caregivers of children 0 – 6	Interior Community Services	250.554.3134 (Joan) jlukow@interiorcommunityservices.bc.ca	Tuesdays May 12 – June 30 6:00pm – 8:00pm
ADHD Group	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	CYMH (through Kamloops Y John Tod Centre)	250.376.4771 (Isabelle)	3 sessions
ADHD Group	4 week educational group for parents with children presenting with ADHD tendencies.	Parents/ caregivers of children 5 - 19	CYMH North Shore	250.554.5800 (Crystal)	
Caring Dads	An anti-violence program helping fathers value their children. Designed to support fathers' relationship with their children.	Fathers of children 0-19	Interior Community Services	250.554.3134 (Trent)	17 weeks MCFD Referral
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 Connections Program	Self / community referral 1 session
Anxiety Workshop	Helping parents support young children with anxiety	Parents/	Interior Community Services	250-554-3134	Self / community referral

		Caregivers with children 0 – 6		Early Connections Program	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	10 week sessions Tues & Thurs 9am – noon Self-referrals
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	Kamloops Infant Development Society Lii Michif Otipemisiwak Family and Community Services Secwepemc Child & Family Services Y-Child Care Resource & Referral Program/Early Years Centre Interior Community Services	250.371.4140 250.554.9486 250.314.9669 250.376.4771 250-554-3134 Families First Prog.	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 Online registration for most locations at www.eventbrite.ca

Parent and Tot Play Group	For parents/caregivers and their kids for crafts, songs, stories, snacks and fun	Parents/ Caregivers with children 0 - 6	Kamloops Aboriginal Friendship Society Secwepemc Child & Family Services	250.376.1617 (Crystal) 250.314.9669	Ongoing and drop-in Open registration
Child Development ASQ Screening	Developmental screening for young children, focusing on social emotional, physical, and cognitive development to help guide further inquiry such as referrals to IHCAN.	0-5	Kamloops Aboriginal Friendship Society	250.376.1617 (Jenna or Lynn)	Wednesdays 1:00pm – 2:30pm
Under the Eagle's Wing	For moms and dads with young children to join for lunch, games and information	Parents/ Caregivers with children 0 - 6	Kamloops Aboriginal Friendship Society	250.376.1617 (Sheilagh)	Mondays 10:00am – 12:00pm Open registration
Healthy Beginnings Prenatal & Postnatal Session	This group is for expectant Moms and their partners. You will receive information about pregnancy, labour, and delivery, baby care, and postpartum care of Mom. It offers a group hospital tour to help familiarize parents with hospital routines.	Expectant Moms	Kamloops Aboriginal Friendship Society	250.376.1617 (Crystal)	Tuesdays 10:00am – 12:00pm By appointment only
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 #203	Drop-in 10:30-12:00 2 nd Monday 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	Drop-in Mondays 11am to 12pm
Baby Time/Mother Goose Sneak Peak	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	Drop in Tuesdays 11:45am to 12:30pm

MOM TIME	An opportunity to connect with other moms (prenatal/postpartum) and share in a safe and supportive environment with facilitators trained by Pacific Post- Partum Support Society.	Pre/post-natal	Kamloops Y John Tod Early Years Centre	250.371.4140 (Kamloops Infant Dev.) Call to register	2 nd and 4 th Monday of month (excluding holidays)
Lift the Lip Dental Program	Interior Health Dental Program	Children 12-47 months	Kamloops Y John Tod Early Years Centre	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	250.376.7800 250.852.2018	Counselling Group support 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
Interactive Early Learning Centre	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	Kamloops Y Child Care Resource & Referral Program	250.376.4771	Drop-in Monday, Wednesday & Friday 9am to noon Tuesdays 9am to 11:30am
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	4-6 weeks Snack/childcare/ transportation (if required) provided
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	
Pre and Postnatal Care Support Program	Aboriginal Infant Development Consultant provides 1-1 support to assist mothers and fathers prior to and following the birth of their child. Partnerships with Public Health and other community supports are promoted to ensure that families receive the maximum	Expectant and new parents	Lii Michif Otipemisiwak Family and Community Services	250.554.9486	Currently offered to LMO clients

	amount of support to promote the best start to their child's life.				
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) Childcare provided
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	Tuesdays 2:00pm to 4:00pm Drop In
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 resources to support positive physical, mental, emotional, and spiritual development in children.	Parents/ Caregivers and children 0-4	Lii Michif Otipemisiwak Family and Community Services	250.554.9486	Wednesdays 9:30am to 11:30am Call for more information
Kookum 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	Wednesdays 3:00pm – 4:30pm Call to register.
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	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

	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.				
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 AE Perry Arthur Hatton Beattie Marion Schilling - Barriere Haldane Raft River	250.374.2266 (Marianne)	Contact school for hours Registration required Drop-in
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.		SD73 AE Perry Arthur Hatton Arthur Stevenson Beattie David Thompson Juniper Marion Schiling McGowan Parkcrest Summit Westmount - Barriere Haldane Logan Lake Raft River	250.374.2266 (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	250.374.5939 (Lisa) 250.571.6955 (Rosanne) 250.299.7695 (Rob)	10 week education and support course March 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)
Children's Grief Drop-in Group	An open drop-in group for children who have had a loved one die. In this group, children will have the opportunity meet others who are also grieving the death of a loved one and will be able to try a variety of coping activities to express their feelings of grief and loss in healthy ways. *	Children ages 5-17 (must be suitable for a group environment)	Kamloops Hospice Association	250.372.1336 (Dallas)	Registration is required dallas@kamloopshospice.com Wednesdays, 3:00pm – 4:00pm This group will be on hold during the 8-week closed group (April 1st to May 20th) and then again for 8-weeks in the Fall TBD*

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
Circle of Friends Tuesdays	Safe place for children to talk with other and navigate through the pain of loss (including separation and divorce)	6 -12	Boys and Girls Club	250.554.5437 Ext 206	5pm to 6pm 9 weeks Open registration Ongoing waitlist \$10 commitment fee (waived if hardship)
Connect Parent Pre-teen Waitlist ongoing	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 8-12	Boys and Girls Club	250.554.5437 Ext 206	9 week program 5:30pm to 7pm Meal and child care provided Open registration
Friday Family Nights	Join other families for a nutritious dinner and fun recreation activities with friends and family	Families	Boys and Girls Club	250.554.5437 Ext 206	Pre-register by Thursdays at 4pm 5:30pm to 7:30pm Open registration
Incredible Years Ongoing waitlist	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	Boys and Girls Club	250.554.5437 Ext 206	5:30pm to 7pm 10 weeks Childcare available on request Open registration
My Youth Club	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	Boys and Girls Club	250.554.5437	Monday to Friday 3pm to 6pm

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 Lii Michif Otipemisiwak Family and Community Services	250-319-6648 250-376-4771 ext. 122 250.554.9486	Once a week for 8 weeks 2 hours Tuesdays 3:00pm – 4:30pm Spring and Fall
GLOW	GLOW (Girls' Life of Wellness) is a program that helps support young women and non-binary youth ages 8-14 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.	8-14 Two groups – older (age 12-14) and younger (8-12)	Kamloops YMCA-YWCA John Tod Centre	250-319-6648 250-376-4771 ext. 122 Jenna.nickle@kamloop psy.ca	Once a week for 10 weeks 2 hours
ADHD Group	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	CYMH South Shore (through Kamloops Y John Tod Centre)	250.376.4771 (Isabelle)	3 sessions
ADHD Group	4 week educational group for parents with children presenting with ADHD tendencies	Parents/ caregivers of children 5 - 19	CYMH North Shore	250.554.5800 (Crystal)	4 session
Caring Dads	An anti-violence program helping fathers value their children. Designed to support fathers' relationship with their children.	Fathers of children 0-19	Interior Community Services	250.554.3134	17 weeks MCFD referral
Mind Over Madder	Managing conflict and understanding anger. A group designed to support participants to learn skills to manage conflict	8-12 (accompanied by a parent/ guardian)	Interior Community Services	250.554.3134 (Trent)	9 weeks Pre-registration required 2 hours/week
Kamloops Shapedown BC	Kamloops Shapedown BC is 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	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

	are helped to make positive changes in eating habits, activity level, parenting skills and self-esteem.				
Community Food Centre Children's Programming	The CFC offers both one time and series cooking programs. Children and youth participate in programs designed to promote healthy eating habits by providing hands-on experience cooking and tasting nutritious foods Programs could include: Mini Chefs, Cook It Try It, Like It, Field Trip Days and Summer Camps	Ages Categories are typically broken into 6-8 9-13	Mount Paul Community Food Centre	236.421.1011	Scheduled throughout the year 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	250.376.1617 (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 childcare 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/crreycfeaturepage	
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.	5 - 19	Kamloops Y	250.376.7800 250.852.2018	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.	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		Kamloops Y John Tod Centre	250.376.4771	

	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.		Child Care Resource & Referral Program		
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
Healing Hands	Michiff cultural activities offered throughout the year.	Ages 6-12	Lii Michif Otipemisiwak Family and Community Services	250.554.9486	Tuesdays 3:30pm – 4:30pm Registration required
Connections Group	Connecting Michiff culture and values to mindfulness	Ages 6-12	Lii Michif Otipemisiwak Family and Community Services	250.554.9486	Tuesdays 3:00pm – 4:30pm 8 sessions Registration required
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	Ages 5-9	Lii Michif Otipemisiwak Family and Community Services	250.554.9486	Wednesdays 3:00pm – 4:30pm Call to register

	cultural teachings from the intergenerational interactions.				
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 Childcare provided 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	Tuesdays 3:00pm – 4:30pm Spring and Fall
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	Mondays 3:00pm – 4:30pm Winter and Summer
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	Tuesdays 3:00pm – 4:30pm
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	Tuesdays 3:30pm to 4:15pm Call for more information

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	Tuesdays 2:00pm to 4:00pm Drop In
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	6 weekly sessions Offered twice a year Summer and Winter Call 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	250.374.5939 (Lisa) 250.571.6955 (Rosanne) 250.299.7695 (Rob)	10 week education and support course March 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) 250-314-9669	10 week education and support course (date TBA)
Willow Tree Children's Grief Group	An 8-week closed group for children who have had a loved one die. In this group, children will have the opportunity meet others who are also grieving the death of a loved one and will be able to try a variety of coping activities to express their feelings of grief and loss in healthy ways.	Children ages 6-17 (must be suitable for a group environment)	Kamloops Hospice Association	250.372.1336 (Dallas)	Registration is required dallas@kamloopshospice.com Group starts April 1st , 2020. Group times are 3:00pm – 4:30pm.
Children's Grief Drop-in Group	An open drop-in group for children who have had a loved one die. In this group, children will have the opportunity meet others who are also grieving the	Children ages 5-17	Kamloops Hospice Association	250.372.1336 (Dallas)	Registration is required dallas@kamloopshospice.com Wednesdays,

	death of a loved one and will be able to try a variety of coping activities to express their feelings of grief and loss in healthy ways. *	(must be suitable for a group environment)			3:00pm – 4:00pm This group will be on hold during the 8-week closed group (April 1st to May 20th) and then again for 8-weeks in the Fall TBD*
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School Presentation Offerings

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 lexa.smerdal@kamloopsy.ca
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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	250.320.7837 Katherine McParland	
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
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 member.	Parents/Care givers or families	Axis Family Resources	250.851.2947 Ext 231	Program is offered upon request
Connect Parent Teen	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/Care givers of 12-18 year olds	Boys and Girls Club	250.554.5437 Ext 206	9 week program Open registration 5:30pm to 7pm Dinner provided

Ongoing waitlist					
My Youth Club	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	Boys and Girls Club	250.554.5437 (Sophie)	Monday to Friday 3pm to 6pm
Nights Alive	A safe place to meet and enjoy the company of other teens with food and activities – hassle, drug and alcohol free	13-18	Boys and Girls Club	250.554.5437 (Sophie)	Fridays 8:30pm to midnight North Shore drop off available with 11pm departure
Raising the Grade	A multi-faceted education program aimed at increasing academic skills, high school graduation rates and access to post-secondary education for at-risk youth		Boys and Girls Club	250.554.5437	Drop in with prior registration
ADHD Group	3 week psychoeducation group to provide information and tools to parents to support the children in our lives diagnosed with ADHD.	Parents/Care givers of teens to age 19	CYMH (through Kamloops Y John Tod Centre)	250.371.3648 (Isabelle)	3 sessions
ADHD Group	4 week educational group for parents with children presenting with ADHD tendencies	Parents/care givers of children 5 - 19	CYMH North Shore	250.554.5800 (Crystal)	4 session
Caring Dads	An anti-violence program helping fathers value their children. Designed to support fathers' relationship 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
Community Food Centre Children's Programming	The CFC offers both one time and series cooking programs. Children and youth participate in programs designed to promote healthy eating habits by providing hands-on experience cooking and tasting nutritious foods Programs could include: Mini Chefs, Cook It Try It, Like It, Field Trip Days and Summer Camps	Ages Categories are typically broken into 6-8 9-13	Mount Paul Community Food Centre	236.421.1011	Scheduled throughout the year Call for more information.

Kamloops Shapedown BC	Kamloops Shapedown BC is 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 Drop In	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 (Jessca)	Tuesdays 3:00pm – 5:00pm
My Youth Club	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	Boys and Girls Club	250.554.5437	Monday to Friday 3pm to 6pm
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.	13 - 19	Kamloops Y	250.376.7800 250.852.2018	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	12 - 26	Interior Community Services	250.371.3086	Group meets once a week A coordinator is available for one to one appointments as required

	supplies, a Wii, DVDs, board games and several comfortable couches!				and attends all group functions.
Youth Mindfulness Program	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	Kamloops Y John Tod Centre TRU Clearwater with busing available from Barriere	250-319-6648 mentalwellness@kamlooppsy.ca	One evening a week
Teen Mindfulness	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	Kamloops Y Downtown location	250-319-6648 mentalwellness@kamlooppsy.ca	Once a week for 6 weeks 1.5 hours
Mind Fit	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	Kamloops Y John Tod Centre In Clearwater with busing available from Barriere	250-319-6648 mentalwellness@kamlooppsy.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 8-14 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.	8-14 Two groups – older (age 12-14) and younger (8- 12)	Kamloops YMCA- YWCA John Tod Centre	250-319-6648 250-376-4771 ext. 122 Jenna.nickle@kamlooppsy.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.bouncebackcbc.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	Tuesdays 2:00pm to 4:00pm Drop In
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
Indigenous Youth Programming Drop In Center		Ages 16 - 27	Lii Michif Otipemisiwak Family and Community Services	250.554.9486	Thursdays 4:30pm – 8:00pm LMO Youth Centre
Drumming Circle		Ages 16-27	Lii Michif Otipemisiwak Family and Com. Services	250.554.9486	Wednesdays 4:30pm – 8:00pm LMO Youth Centre
Youth Dinner & Chill		Ages 16-27	Lii Michif Otipemisiwak Family and Com. Services	250.554.9486	Fridays 4:30pm – 8:00pm 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,	Lii Michif Otipemisiwak	250.554.9486	Ongoing Self-Referral 7 days a week

		parents of all ages	Family and Com. Services		
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	6 weekly sessions Offered twice a year Summer and Winter Call 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	250.374.5939 (Lisa) 250.571.6955 (Rosanne) 250.299.7695 (Rob)	10 week education and support course March 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) 250-314-9669	10 week education and support course (date TBA)
Family Support Group			BC Schizophrenia Society 235 Lansdowne Ave	250.374.5939 (Lisa) 250.571.6955 (Rosanne) 250.299.7695 (Rob)	4 th Monday of every month from 6:00pm-8:00pm
Willow Tree Children's Grief Group	An 8-week closed group for children who have had a loved one die. In this group, children will have the opportunity meet others who are also grieving the death of a loved one and will be able to try a variety of coping activities to express their feelings of grief and loss in healthy ways.	Children ages 6-17 (must be suitable for a group environment)	Kamloops Hospice Association	250.372.1336 (Dallas)	Registration is required dallas@kamloopshospice.com Group starts April 1st , 2020. Group times are 3:00pm – 4:30pm.
Children's Grief Drop-in Group	An open drop-in group for children who have had a loved one die. In this group, children will have the opportunity meet others who are also grieving the death of a loved one and will	Children ages 5-17 (must be suitable for a group environment)	Kamloops Hospice Association	250.372.1336 (Dallas)	Registration is required dallas@kamloopshospice.com Wednesdays, 3:00pm – 4:00pm

	be able to try a variety of coping activities to express their feelings of grief and loss in healthy ways. *				This group will be on hold during the 8-week closed group (April 1st to May 20th) and then again for 8-weeks in the Fall TBD*
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School Presentation Offerings

Partnership Education Presentation Program	<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 (Lisa) 250-571-6955(Rosanne)</p>
Bush Party Awareness Workshops	<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>
PEACE VIP Violence is Preventable	<p>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.</p>	<p>Kamloops Y</p> <p>lexa.smerdal@kamloopsy.ca</p>