

## Parent Resource Registry

To submit your program or receive *The Village* contact Parent Support Services Prince George

Call (250) 962-0600 or email [parentnorth@shaw.ca](mailto:parentnorth@shaw.ca)

For the most current volume, see [www.parentsupportbc.ca](http://www.parentsupportbc.ca)

*The Village* is a registry of programs, resources and services for parents in the community.

May 2012, Volume 56

Distributed monthly, *The Village* is

- ✓ A valuable resource for parents in the community
- ✓ An indispensable referral tool for service providers who work with parents
- ✓ A cooperative network to increase access to and knowledge of parenting services



Our goal is to gather, compile and share information linking parents and service providers. We value your feedback on how this resource can assist you in the best possible way!

HAPPY MOTHER'S DAY

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### Special Events This Month

#### **Parenting Classes: Parent Support Services and the Prince George Regional Library**

Want to improve your relationship with your children, use discipline effectively and learn appropriate developmental behaviors? Parent Support Services and the Prince George Regional Library are offering free parenting classes for parents of children ages 5-12. Classes start on May 15<sup>th</sup> in the Keith Gordon Room from 4:30-6:30. The class will run for three weeks from 4:30 to 6:30 each Tuesday (15<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</sup>) and **registration is required.**

Facilitated by Jessica Turner

Parent Support Services Program Coordinator  
And co facilitated by Michelle Hourie, Parent Coach & Coordinator, ProParent Support Services

#### **To Register**

Phone or email 250-962-0600 or  
[parentnorth@shaw.ca](mailto:parentnorth@shaw.ca)

**Drop into Two Rivers Gallery each Sunday between 1 and 4 pm and create!****All ages welcome! April Family Sundays are free!**

April 1: Free Family Sunday: Celebrating Diversity - Pysanka Inspirations

April 15: Free Family Sunday: Celebrating Diversity - Silk Road Celebration

April 22: Free Family Sunday: Celebrating Diversity - Paper Koi

April 22: Free Family Sunday: Celebrating Diversity - Guatemalan Worry Dolls

Sponsored by Welcome PG

Two Rivers Gallery

725 Civic Plaza

Call 250-614-7800 for more information

**Preschooler Health Day Circuits**

For 2 to 4 Year Olds

A FREE DROP-IN from 10:00am-1:00pm

Complete an Ages &amp; Stages Parent Questionnaire to find out how your child is developing, including height, weight, vision and dental.

250-565-7331.

September 22, 2012

Columbus Community Centre

7201 Domano Blvd

**Check out Parent Support Services Society Facebook Page:**

Check us out on

<http://www.facebook.com/ParentSupportBC>**Workshops/Training/Volunteer Opportunities****PG Literacy Now - Parents and Children as Partners in Talking, Learning and Reading**

A new program designed to help parents, grandparents and other caregivers, support their children as they learn to read. It is a three hour program, divided into 3 age groups. 0-3, 3-5, and 5-8 years of age. Each parent receives a book suitable for their child's age group and a workbook which we have designed. The facilitator is a former school teacher, who is also an Orton Gillingham tutor. OG therapeutic tutors use a multisensory method of teaching reading that is very successful. I cover the cost of the facilitator and the resources. Groups provide a meeting space and snacks if desired.

Please call me any time to set up the training -  
Helen Domshy Literacy Outreach Coordinator  
(250) 564-4288

**Carrier Sekani Family Services** will be offering Active Parenting 1234 beginning at 835 3<sup>rd</sup> Ave

Everyone is welcome, there will be a 20.00 charge for the public to cover the cost of the workbook. Child minding is not available at this time.

For more information please contact Cathy Mason at CSFS 250 563 1281

**Prince George Child Care Resource and Referral CCRR** offers parenting information and links parents to child care providers in the community. Free consultations, support and referral services are available to parents. Forms and assistance with child care Subsidy available

Responsible Adult Course starts Tuesday, April 17th - cost: \$150

Good Beginnings - Family Childcare course starts Tuesday, April 10th - cost \$250

Contact 250-563-2483 or [ccrr@pgymca.com](mailto:ccrr@pgymca.com)

**Parenting Classes/ Support Circles****Kikino Metis Services Grandparents Raising Grandchildren - Spirit of the Grandmothers.**

Kikino Metis Children & Family Services Society. Grand parenting support group for grandparents who are raising and/or the primary caregivers for their grandchildren. Assistance with negotiating MCFD and Income Assistance bureaucracies, one-on-one support and group support. No cost. Every other Tue 10:30am-12pm

Contact Dawn Murphy at 250-563-1661

[executive.director@kikino.ca](mailto:executive.director@kikino.ca) [www.kikino.ca](http://www.kikino.ca)

**Circle of Life Parent Support Circle** (369 Victoria Street) Kikino Metis Children & Family Services are offering a parenting education program as well as the opportunity to connect with people experiencing similar situations. One-on-one support also offered for any families accessing our support groups. No cost. Mondays 11:30-1:30pm. Contact 250-563-1661 or 250-962-0600 [family.support@kikino.ca](mailto:family.support@kikino.ca) or [executive.director@kikino.ca](mailto:executive.director@kikino.ca)

**Northern Family Health Society Parenting Support Circle**

Parents & Children will meet at Northern Family Health Society

Tuesdays from 10:30 - 12:00pm

Participants will meet other parents and are able to discuss parenting concerns in a supportive setting while their children are taken care of in the child-minding play room. For More Information Please Contact: Joanne Tazelaar CAPC Coordinator

250-561-2689 EXT 33 or Email: [joanne@nfhs-pg.org](mailto:joanne@nfhs-pg.org)

**New support line for grandparents raising grandchildren**

The Grandparents Raising Grandchildren Support Line and email support. Skilled and experienced advocates will staff the phone line and provide email support to help people understand their rights,

obligations and options prior to and after assuming responsibility for raising a family member's child. Staff will also ensure that callers are aware of all benefits, supports and resources available to them – and how to access them. To call the Grandparents Raising Grandchildren Support Line, please dial 604 558-4740 (Lower Mainland) or 1 855 474-9777 (toll free from anywhere in B.C.) Email the Grandparents Raising Grandchildren Support Service at: [GRGline@parentsupportbc.ca](mailto:GRGline@parentsupportbc.ca) The new help line will operate province wide, Monday-Friday, for five hours a day. The hours will vary, however, if a client calls when the line is not open, they will receive a voicemail where they can leave a message for a call back.

#### **Mother's for Recovery Parent Support Circle in Quesnel BC**

Quesnel Tillicum Society Native Friendship Centre  
319 North Fraser Drive, Quesnel, BC  
Every Thursday 10-12pm  
Facilitators: Charlene, Leanna and Adelia  
Phone: (250) 992-8347

#### **Support Groups**

**Men's group at Carrier Sekani Family Services** will be commencing Tuesday January 17<sup>th</sup> at Carrier Sekani's 3<sup>rd</sup> avenue office. The group will be every Tuesday for all men and/or fathers. It will be from 1:30-3:30pm at 835 3<sup>rd</sup> Ave, upstairs. It is free and men can just drop in. We will have snacks and provide life skills, support and activities within the community  
Kaila McAnulty  
Carrier Sekani Family Services  
Group Facilitator  
250-563-1281 ext 204  
835 3<sup>rd</sup> Ave

**Sharing for Strength Support Group - Northern Family Health Society.** Complex Developmental Behavioural Conditions (CDBC) Parent Support Group for parents/caregivers of children, 0-19yrs with FASD and/or similar Neurodevelopmental Conditions. The group runs the first Thursday evening of each month from 6:30-9:30pm. No Cost. Please contact Kelly Bumby at 250.561.2689 ext 28 or [kelly@nfhs-pg.org](mailto:kelly@nfhs-pg.org) for information and to register.

#### **BC Schizophrenia Society Groups:**

**Prince George Community Family Support Group** Meets the first Thursday of every month from 6:30 – 8pm. Contact Kim Dixon at 250-561-8033 [kimdixon@bcssp.org](mailto:kimdixon@bcssp.org) [www.bcssp.org](http://www.bcssp.org)

**Prince George Hospital Support Group** – Meets the second and fourth Thursday of every month from 6:30 – 8pm at the Hospital. Call Kim for more details

at 250-561-8033 [kimdixon@bcssp.org](mailto:kimdixon@bcssp.org)  
**Prince George Recovery Support Group** – Meets the 2<sup>nd</sup> and 4<sup>th</sup> Thursday of every month from 2:30-4pm Call Kim for more details at 250-561-8033 [kimdixon@bcssp.org](mailto:kimdixon@bcssp.org) [www.bcssp.org](http://www.bcssp.org)

#### **CANGRANDS – Grandparents Raising Grandchildren Support**

Online support and resources that welcomes all grandparents and Kinship families who are raising grandchildren or extended family members. Our aim is to support grandmothers, grandfathers, and Kinship families to maintain or re-establishing family ties. Private online support group.  
<http://www.cangrands.com>

#### **Active Living**

##### **ActNow BC - Provincial Government**

Part of the provincial government's efforts to help British Columbians live healthier lives through nutrition, physical activity, eliminating tobacco use and ensuring healthy pregnancies. No cost. Take the ActNow BC Healthy Living Pledge online for a chance to win some great prizes Contact [www.ActNowBC.ca](http://www.ActNowBC.ca)

##### **Leisure Access Program**

City of Prince George. The Leisure Access Program is designed to make recreation opportunities with the City of Prince George Community Services Department financially accessible for all residents. Eligible participants will receive complimentary swim/skate passes. Contact Community Services at 250-561-7640 [ls\\_admin@city.pg.bc.ca](mailto:ls_admin@city.pg.bc.ca) [www.princegeorge.ca](http://www.princegeorge.ca)

##### **Prince George Kidsport**

City of Prince George Part of a provincial and national network providing financial assistance to children and youth who need it to participate in sport programs. Grants of up to \$100 per child per year for sport registration fees are offered. Application forms available at the Community Services Dept. at City Hall, 1100 Patricia Blvd. Contact Community Services at 250-561-7640 [ls\\_admin@city.pg.bc.ca](mailto:ls_admin@city.pg.bc.ca) [www.princegeorge.ca](http://www.princegeorge.ca)

##### **Child Programs - PGYMCA**

Family YMCA of Prince George  
The YMCA offers various programs for children and families, such as: Preschool All sports, Tots at Play, Rock Climbing, Dodge ball and Floor ball leagues, and Dance it Out! Contact 250-562-9341 or visit [www.pgymca.com](http://www.pgymca.com) for more information.

**Learn to Skate****PGYMCA**

Registration is open now for the YMCA's Winter 2012 Learn to Skate and Just For Fun Hockey programs. All ages and all skill levels welcome! Call 250 562 9341 to register or visit [www.pgymca.com](http://www.pgymca.com)

**Drop-In Programs****Down Syndrome Monthly Get-Together**

Infant Development Program

Everyone welcome to attend.

Fourth Tuesday of every month. 950 Kerry St.

Contact Lisa at 250-564-6408

**Hadih House**

Carney Hill Neighbourhood Centre

Drop-in centre with parenting support & programs, clothing exchange, low cost supply pantry, free laundry, fresh produce boxes, and community kitchen. Nominal fee for some programs and services.

Mon, Wed, Thu & Fri - 12:30 – 4:30 Tuesdays

9:30am-4:30pm, Sat 11am-3pm.

2105 Pine Street.

Contact Dawn Agno at 250-563-7976

[Hadih\\_house\\_coordinator@shaw.ca](mailto:Hadih_house_coordinator@shaw.ca)

**Infant Massage and Toddler Playtime**

Infant Development Program (AiMHi)

Drop in program for children between the age of birth to three years and their family. Parents learn to massage their infant from a certified instructor. All materials supplied. Playtime for toddlers is parent participation.

Tue 6-8pm Year Round 950 Kerry St.

Contact IDP at 250-564-6408 ext 247 or 248

[idp@aimhi.ca](mailto:idp@aimhi.ca) [www.idpofbc.ca](http://www.idpofbc.ca)

**Power Play**

Prince George and District Elizabeth Fry Society

Play is an important part of growing up! Drop-in Monday -Thursday for a play time for families with children ages newborn to 5 years.

No cost.

South Fort George Family Resource Centre gymnasium, 1200 LaSalle Ave.

Contact Facilitator at 250-614-9449

[frc@pgefry.bc.ca](mailto:frc@pgefry.bc.ca)

[www.sfgfrc.com](http://www.sfgfrc.com)

**Family YMCA of Prince George**

Drop-in programs are available for families including Parent and Tot Playtime, Mom & Me Climbing, and Family Playgroup. Many drop-in fitness classes are offered for Mom and Dad as well.

Contact 250-562-9341 or visit [www.pgymca.com](http://www.pgymca.com) for more information.

**Prince George Public Library**

We have programs for parents, caregivers and children. Early literacy activities for children under 5

years include: Babytime, Toddler Time and Family Storytime. Programs for school-aged children, teens and adults are also available.

No cost.

These programs are drop-in, no registration required.

It's a non-judgemental place for anonymous information. Check our website or call for further information. Programs are available at Bob Harkins Branch (Downtown) and Nechako Branch (Hart area). Contact your Public Library at 250-563-9251 [www.lib.pg.bc.ca](http://www.lib.pg.bc.ca)

**Early Learning****ELIZABETH FRY SOCIETY FAMILY****RESOURCE CENTER PRESCHOOL**

**Elizabeth Family Resource Center Preschool is now accepting registrations**

The preschool is located on 1200 La Salle Avenue (Old South Fort George Elementary School building) and offers an ECE licensed, fun, creative, and quality educational environment.

Fees:

1 day/week \$45 2 days/week \$90

3days/week \$135 4 days/week \$180

5days/week \$225

The Preschool Sessions are: (Five Days A Week)

9 am - 11:30 am and 12:30 pm- 3:00 pm Please

contact Joanne at (250) 614-0102 or

[joanne@pgefry.bc.ca](mailto:joanne@pgefry.bc.ca) for all registration inquiries.

**Do you live in the Ospika North neighbourhood?**

Neighbourhood Scholars is the Y's new, innovative literacy program for the 3 - 5 crowd. This daily, FREE early-learning program includes free transportation and a healthy snack. Call Corrine at 250 562 9341 ext. 232 to learn more.

**Ron Brent Elementary StrongStart**

Please join us for some fun activities. All children 0-5 years are welcome to participate in fun play, story, games, music, and snack.

No Cost

Ron Brent Elementary School Contact 250-562-2737

**Itsy Bitsy Yoga****AiMHi Infant Development Program**

IDP presents "Itsy Bitsy Fridays" at AiMHi. BABY Itsy Bitsy Yoga® offers a developmentally-focused yoga class designed to nurture babies. Parents learn dozens of poses to soothe and support their babies' development. TOT Itsy Bitsy Yoga® offers a yoga class that complements a tot's curiosity and exploration of movement.

No cost

BABY Itsy Bitsy Yoga® (Ages: 3 weeks – almost crawling) Fridays 11 – 12 pm

TOT Itsy Bitsy Yoga® (Ages: Crawling – 24 months) Fridays 9:30 - 10:30 am

Location: AiMHi 950 Kerry Street

SIGN UP is required. We will be running 4 week sessions starting the first Friday of each month  
Contact IDP @ 250-564-6408 ex 247, 248, 249, or 274 or by email at [mdp@aimhi.ca](mailto:mdp@aimhi.ca)

**Early Explorers Preschool at The Exploration Place**

Give your child the stimulating environment of a hands-on science centre and museum, located in beautiful Fort George Park. Your child will learn through play and discovery. This program is aimed at increasing kindergarten readiness in your preschooler. Child must be 2.5 years old and potty trained.

Mon/Wed/Fri sessions (8:45am -11:15am OR 12:15pm -2:45pm): \$150/month;

Tue/Thu session (8:45am -11:15am OR 12:15pm-2:45pm): \$120/month.

Contact Nicole at 250-562-1612 ext 225;

[earlyexplorers@theexplorationplace.com](mailto:earlyexplorers@theexplorationplace.com)

Register online at: [www.theexplorationplace.com](http://www.theexplorationplace.com)

**Neighbourhood Scholars**

This new innovative literacy program will build kindergarten readiness in pre-school children who live in the Ospika North neighbourhood.

Transportation will be provided to and from the children's home to the Highland Family Development Centre.

There is no charge to participate. Call 250 562 9309 ext 202 to register.

**Daycare and Preschool**

Family YMCA of Prince George

Infant & toddler care, group care and Tiny Y

Preschool programs offer experiences that encourage your child's social, physical, mental and emotional growth.

Visit [www.pgymca.com](http://www.pgymca.com)

Contact 250 562 9341 ext. 232 to register

**Before and After School Care**

Family YMCA of Prince George. Our values-based programs provide parents with the care their children need early in the morning before class or between the end of the school day and the end of their workday. Children and youth enjoy a wide variety of activities including arts and crafts, science, fitness, reading, community involvement and much more.

Ages 5-12 Transportation services available.

Visit [www.pgymca.com](http://www.pgymca.com) or Contact 250 562 9341 ext. 232 to register

**Integrated Preschool and Daycare Programs**

Child Development Centre

Provides important skills for all children between ages 2.5 to 5 years of age to increase their ability to learn and aid them in their future transition to school.

Focused on developing social, emotional, fine motor, gross motor, speech & language skills.

Contact the Child Development Centre for monthly costs

Mon through Fri Child Development Centre - 1687 Strathcona Ave

Contact Sharon Beetlestone at 250-563-7168

[ece@cdcp.org](mailto:ece@cdcp.org) [www.cdcp.org](http://www.cdcp.org)

**Prince George and District Skill Building Library AiMHi**

The Skill Building Library is open to anyone who can use items from our collection. Skills targeted include; fine motor, social, discrimination, but mostly they are just fun to play with. Parenting resources also available.

No cost.

Tue 10am-12pm, Wed 10am-12pm and 1-3pm, Fri 1-3pm. 950 Kerry St.

Contact Gillian Taylor at 250-964-8479

**Ready, Set, Learn!**

School District #57

A school-readiness initiative for 3 year olds and their caregiver. A 10-week group experience offered at your local elementary school for 1 hr/week. Activities include book sharing, craft, and snack. No cost.

Variety of dates and times throughout the city.

Contact Jessica Short at 250-561-6800 xt 341

**StrongStart, Peden Hill Elementary**

School District #57

Peden Hill StrongStart is closing on Wednesday, June 29th, 2011 for the summer. It will reopen September 12, 2011 with a new schedule and a new teacher.

The new time is 8:45a.m.-11:45a.m.

Monday to Friday - THERE WILL BE NO AFTERNOON PROGRAM AT THIS SCHOOL.

**Aboriginal Choice School Strong Start Program**

Free drop in preschool program for families with children 0-5 years old.

Lots of fun learning, games, activities, snack and more!

Monday to Friday 8:45am to 11:45am

2579 Victoria Street.

Contact Kristen 250-562-7201 (ext.112)

[kmcburnie@sd57.bc.ca](mailto:kmcburnie@sd57.bc.ca)

**Tutoring and Training Centre**

Learning Difficulties Centre of BC

Provides one-to-one multisensory tutoring to children and adults affected by learning difficulties. Training in Multisensory Math and the Orton-Gillingham Approach to Language development, and parent support workshops are offered throughout the year.

Cost varies.

Mon-Thu, 10am-6pm. 785 Patricia Blvd.

Contact Lynne Robinson manager -

[manager@theldc.com](mailto:manager@theldc.com) at 250-564-8011

[www.theldc.com](http://www.theldc.com)

**Aboriginal Infant Development Outreach Program**

Prince George Native Friendship Centre  
Home visiting for children birth to 3 years old and their families, as well as expecting parents. Offer networks with community resources, activity ideas, toy lending, child development information. Infant Massage and developmental assessments as needed. No cost. Ongoing and based on family schedule. 138 George St. Contact Lisa Vienneau at 250-564-5941 [aidpoutreach@pgnfc.com](mailto:aidpoutreach@pgnfc.com)

**Expectant Parents****Northern Family Health Society - Canada Prenatal Nutritional Program (CPNP) / Community Action Program for Children (CAPC)**

We offer various Pre-Natal and Post-Natal support/programs for expecting mothers, fathers and parents with children 0-6. Other Services include free Baby and Maternity Clothing and other Prenatal and Post Natal Supplies, Free Groceries for mom and baby, Community Prenatal Kitchen/ Cooking with a Nutritionist, Fathers Parent Support Group, Parenting Groups, Prenatal Vitamins, Mother's for Recovery Group, Bus Tickets, Specialty Workshops, and Computer Access for parents. Daily parent drop-ins are Monday to Friday from 1-4pm. Check out our monthly event calendar on our website at [www.nfhs-pg.org](http://www.nfhs-pg.org). Come and see us in person at 2666 Queensway Street or give us a call at 250-561-2689.

**Prince George Prenatal Classes**

Offers a full range of classes from trained prenatal instructors as well as a physiotherapist, registered dietician and father mentor. Early prenatal classes - Nutrition, physiotherapy, and Dad's class. Prenatal Classes - late pregnancy, labour/birth, postnatal, newborns, breastfeeding, hospital tour  
1) Prenatal in a day (9am to 3pm) plus one breastfeeding class on a Tues/Wed evening  
2) Tuesday or Wednesday evenings (7-9pm) for six weeks. Fee \$100.00 includes all classes and hospital tour (financial assistance is available)  
Phone: 250-565-2910 to register or email: [pgprenatalclasses@northernhealth.ca](mailto:pgprenatalclasses@northernhealth.ca)

**Prenatal Registry Program**

Public Health Nursing - Children and Families Team  
Contact program if you are pregnant or thinking of becoming pregnant. The public health nurse will provide information, referrals, and support to help you have a healthy pregnancy. Home visiting services may be available No Cost 8:30-4:30 Mon-Fri . 2nd Floor, Northern Interior Health Unit, 1444 Edmonton St. Contact the Children and Families Team at 250-565-7478

**All Options Pregnancy Counselling**

Northern Health - Children and Families, School and Youth, and Communicable Disease and Adult Teams  
Emergency Contraceptive Pill, Pregnancy testing and referrals where needed.

No cost.

Mon-Fri, 1-4pm Health Unit, 2nd floor.

Contact Children and Families Team at 250-649-7199

**Chemical Dependency at Risk Program**

Central Interior Native Health

We help those women who identify themselves as Aboriginal and who are pregnant and want medical/social support.

No cost.

Drop-in from 9am-4pm. 1110-4th Ave.

Contact Marie at 250-564-4422

**Babies New Beginnings Pregnancy Outreach Program****Prince George & District Elizabeth Fry Society**

Providing pre and postnatal support, educational and social groups from pregnancy to babies up to six months of age. Free prenatal vitamins, food vouchers, child minding and snacks for groups, clothing.

Open Monday to Friday 9:00 am to 4:30 pm.

Drop-in times 12:00 to 4:00

South Fort George Family Resource Centre

1200 La Salle Avenue. 250-614-2229 (baby)

**New Parents****Buddy Up for Breastfeeding - New Breastfeeding Moms Wanted**

Parent Support Services, Children First Prince George and Northern Health

If you are a new mom and you want to continue breastfeeding your baby but you need some support, we can match you up with a community mentor.

Trained breastfeeding buddies will support you over the phone. Call today for a referral.

Contact Jessica Turner at (250) 962-0600

[parentnorth@shaw.ca](mailto:parentnorth@shaw.ca)

**Breastfeeding Support Drop-In**

Northern Health - Children and Families Team

Public Health Nurse on site. Breastfeeding advice and support. Weigh and measure your baby's growth.

No cost.

Thu 9:30-11:30am Health Unit, 2nd Floor, 1444

Edmonton St. Contact Children and Families Team at 250-565-7478

**AIDP Outreach Infant Massage**

A wonderful way to bond with your baby, enhance development and meet other parents. For parents with babies 0-9 months. Snack and refreshments provided. Location: 138 George Street

IAIM Infant Massage class. It will begin March 5 and will be from 1 – 2:30pm. It will run 5 Mondays in a row. To register people may call 250-564-5941 or email, [outreach@pgnfc.com](mailto:outreach@pgnfc.com).

**La Leche League**

Providing mother to mother breastfeeding support through both group and telephone. We support breastfeeding no matter what it looks like in your family. No cost.  
2nd Thu of each month 7-8pm, 176 Aitken Cres.  
Contact Tammy at 250-612-0085 kozoris@telus.net

**Lactation Consultant Services**

Northern Health  
Lactation Consultant Services  
We work alongside other members of your healthcare team to offer breastfeeding support.  
We offer assistance to breastfeeding babies and their families while in hospital & by telephone.  
Face to face office visits can be set up. Please call for an appointment.  
Jeanne Hagreen & Eunice Finch, Lactation Consultants  
250-565-2327 are available for 4.5 hours during the day 7 days a week  
Please note: We do not work statutory holidays

**Maternity Home Visiting**

Northern Health - Children and Families Team  
Following the discharge of a new baby, all parents are contacted and offered a home visit with a Public Health Nurse who will do a physical assessment as well as provide education and counselling to parents.  
No cost.  
Mon-Thu mornings and all day Fri and Sat. In-home.  
Contact Children and Families Team at 250-565-7476

**Parent Education**

**Active Parenting Program**

Parent Support Services  
For parents of all ages! 1234 Parents, Active Parenting Now, and Active Parenting Teens assist parents to help their children develop self-esteem, responsibility, and courage. Learn tips for clear communication and respectful discipline.  
No cost. Childcare and transportation may be available for some programs, please ask.  
Daytime and evening classes available. Various locations.  
Contact Jessica Turner at (250) 962-0600  
parentnorth@shaw.ca

**BC Foster Parent Education Program**

Axis Family Resources  
53 hour education program for approved foster parents covering a wide range of topics relevant to working with children in care.  
No Cost  
On-going 185 Quebec st.  
Contact La'Wanda Tazelaar at 250-564-9064 ext 26  
www.axis.bc.ca

**Aboriginal Infant and Family Development Program (AIFDP)**

Pre-registration is required  
Community Kitchens, open to parents with children birth to 6 years.  
No cost. Childcare is available by sign-up to first 4 children. Transportation available for FRC and AIFDP location only.  
Every Wed at 1200 LaSalle, Family Resource Centre 10:30 - 1:00 pre-registration is required.  
2nd and 4th Thursday from 1:30 – 3 pm at Aboriginal Infant and Family Development Program @ 138 George St. Contact Deb Ewen at 250-564-5941  
[dewen@pgnfc.com](mailto:dewen@pgnfc.com)

**AIDP Outreach is offering Infant Massage this spring and summer!**

It is a wonderful way for mom/dad or caregivers to create a loving bond with their baby. Snack and refreshments are provided. It is free to all parents and babies (birth to 9 months) in our community.  
Mondays - June 4th. - 25th. 1:00 - 2:30 p.m.  
138 George St.  
Tuesdays - July 4th. - July 25th. 1:30 - 3:30 p.m.  
Fort George Park under a big shady tree! (17th. Avenue entrance)  
Register by phone 250-564-5941 or e-mail  
[aidpoutreach@pgnfc.com](mailto:aidpoutreach@pgnfc.com)

**Community Nutrition Program**

Northern Health  
Public walk-in nutrition resource library with free handouts for community programs and families on such topics as nutrition for pregnancy and breastfeeding as well as nutrition information for infants, toddlers, and school-age children.  
No cost.  
Mon-Fri, 8:30am-4:30pm Centre for Healthy Living, 1788 Diefenbaker Dr. (next to Carney Hill School)  
[www.northernhealth.ca](http://www.northernhealth.ca)

**Cradle Club: A Workshop series**

A Holistic Approach to the Overall Health & Wellness of Parents.  
Call Northern Family Health Society to for more information & or to Register  
Call Reception @ 250-561-2689 or email us at  
[www.nfhs-pg.org](http://www.nfhs-pg.org)

**AIDP Outreach and Northern Family Health Society Prenatal Kitchen**

Come and meet other expectant families and try out some delicious and healthy recipes that will benefit both you and your baby!  
When: The last Tuesday of the month 10:30-1:30  
Where: 138 George Street  
To register please call (250) 561-2689 or email  
[aidpoutreach@pgnfc.com](mailto:aidpoutreach@pgnfc.com)

**Family Education Outreach Program**

Northern Health

An in-home, family support, parent education outreach program for parents with children 0-16 years. Offers parenting, life, and home management skills.

Outreach workers work closely with the family to achieve outcome oriented family goals.

No cost. Referral required from MCFD

Weekly sessions, for three to nine months. Available in Prince George and surrounding areas.

Contact Cindy Ignas at 250-649-4822

[cindy.ignas@northernhealth.ca](mailto:cindy.ignas@northernhealth.ca)

**Learning Circle Literacy Program**

Prince George Native Friendship Centre

The focus is on Adult Learners (aged 18 and up) who require additional assistance with their education and skill development goals. One-to-One tutor services, pre-prep GED sessions, and Basic computer training. Also available is a lending library.

No cost. and educational workshops available.

Contact 250-564-3568

[literacy@pgnfc.com](mailto:literacy@pgnfc.com)

**Child Care Resource Referral** Check out our toy and equipment lending library! Parent and Organization members welcome. Membership \$30 annually. Call 250 563 2483 to learn more.

**Child Development Centre**

The Centre's Therapy Department provides information to parents of children with special needs and development delays on how best to facilitate their child's development. We have a Family Resource Lending Library, including videos/DVDs, books, etc. No cost.

Ongoing - call for info. 1687 Strathcona Ave.

Contact Debbie Harmon at 250-563-7168 xt 225

[therapy@cdcp.org](mailto:therapy@cdcp.org)

**Parent Participating Toddler Fun**

Carrier Sekani Family Services

Parent participating program that assists parents through fun interaction with their child. We will enjoy play, stories and games.

No cost. All children 4 and under welcome.

Mon 10:00-12:00 CSFS office 835 3rd ave.

Contact Cathy Mason at 250 563-1281

[cmason@csfs.org](mailto:cmason@csfs.org)

**Parenting After Separating**

Contact the Family Justice Centre at 250-565-4222.

**Northern Family Health Society**

Trained facilitator leads classes on effective parenting.

No cost. Childminding available during classes, bus tickets available.

Ongoing - call for info. Located at 2666 Queensway street

Contact 250-561-2689

**Project Parent North**

Northern Health

A parent education program designed to help parents with meeting the physical, emotional, cognitive and social, developmental needs of their family. The program's foundation is relational parenting, focusing on strengthening parent child attachment.

No cost. Transportation, child care for group sessions, lunch and snacks provided.

Families attend 2 days/week, 10am-3pm. 2025

Victoria St.

Contact Cindy Ignas at 250-649-4822

[cindy.ignas@northernhealth.ca](mailto:cindy.ignas@northernhealth.ca)

**Warrior Caregivers Fathers Support Program**

Kikino Metis Children & Family Services Society

This program is based on the holistic teachings of the Medicine Wheel and has been developed based on the self-identified needs of fathers in the north.

No cost. Snacks and beverages provided.

Tue, 3-6pm. 369 victoria

Contact Dawn Murphy at 250-563-1661

[executive.director@kikino.ca](mailto:executive.director@kikino.ca)

[www.kikino.ca](http://www.kikino.ca)

**Learning Disabilities Association of BC**

Runs a tutor referral service designed to help students, of any age, who struggle with reading, spelling or mathematics. To find a qualified tutor in your community contact Liz at 250-963-003 or

[liz.c@ldabc.ca](mailto:liz.c@ldabc.ca)

Tutor training and enrichment workshops are offered throughout the year. For information about issues relating to learning disabilities contact Gloria Olafson at 250-562-8787 or [sdld@bcgroup.net](mailto:sdld@bcgroup.net)

**Parent Services****Grandparents Raising Grandchildren Resource Booklet**

Parent Support Services

Online resource booklet with links and other Grandparents Raising Grandchildren Resources.

No cost.

Contact

[www.parentsupportbc.ca/GRG\\_2nd\\_Mar16\\_07.pdf](http://www.parentsupportbc.ca/GRG_2nd_Mar16_07.pdf)

**Prince George Child Care Resource and Referral**

CCRR offers parenting information and links parents to child care providers in the community. Free consultations, support and referral services are available to parents. Forms and assistance with child care Subsidy available

Contact 250-563-2483 or [ccrr@pgymca.com](mailto:ccrr@pgymca.com)

**Child Care Resource Referral** Check out our toy and equipment lending library! Parent and Organization members welcome. Membership \$30 annually. Call 250 563 2483 to learn more.



**Infant Development Program Home Visits**

Home visiting program for families who have children between birth - 3 years, and who may be looking for extra support. Consultants have knowledge and experience in all areas of development including speech, motor, social, behavioral and cognitive.

No cost. Open referral, parents may call directly or be referred. Appointments are set at a time agreed upon by families and the consultant. All visits done in the family's home. Contact Judie or Shelley at 250-564-6408 xt 247 or 248

[ldp@aimhi.ca](mailto:ldp@aimhi.ca) [www.idpofbc.ca](http://www.idpofbc.ca) and [www.aimhi.ca](http://www.aimhi.ca)

**Mediate BC is now offering distance family**

**mediation** “aimed at helping British Columbians undergoing separation or divorce who find it difficult to talk to each other in person because of distance or conflict between them”. Mediators use email, teleconferencing etc. and there is a sliding scale based on income. Family Justice Counsellors are available to assist eligible families with parenting issues at no charge. More information is on their website [www.mediatebc.com](http://www.mediatebc.com) under “Family Mediation Services”. Pamphlets available by emailing [Mediation.Advisor@mediatebc.com](mailto:Mediation.Advisor@mediatebc.com).

**Intersect Youth & Family Services Society**

Provides voluntary counselling for children and youth under 19 years. Offers assessment and referrals, individual, family and group therapy. Priority given to children and youth facing mental health disorders or those at risk of harming self or others.

No cost.

8:30am-4:30pm, Mon-Fri. 1294-3rd Ave.

Contact Debbi Flann at 250-562-6639

[www.intersect.bc.ca](http://www.intersect.bc.ca)

**Kids' Guide to Separation and Divorce**

Government of B.C.

A website to help parents and professionals explain divorce and separation to kids. No cost. Contact [www.familieschange.ca](http://www.familieschange.ca)

**Supported Child Development Program****Child Development Centre**

Provides consultation and support services for children birth to 12 years, in preschools, daycares and after school care programs. Assists children with developmental delays, disability or challenges to be successful within a group setting. Screening and assessments available.

No cost.

Ongoing - call for info. 1687 Strathcona Ave.

Contact Christy Kubert at 250-563-7168 ext 215

[christyk@cdcp.org](mailto:christyk@cdcp.org) [www.cdcp.org/scdp.shtml](http://www.cdcp.org/scdp.shtml)

**Parent Support****Structured for Success Program**

is a family support program for families affected by suspected or confirmed FASD. Referral required from MCFD to access the program.

Please contact or Joan Brett, Program Manager

204-1200 La Salle Avenue

Prince George, BC V2L 4J8

Phone: 250-614-6312.

Or [joan.brett@northernhealth.ca](mailto:joan.brett@northernhealth.ca)

**CDIBC Community Support Key Worker Program**

Complex Developmental Behavioural Conditions (CDIBC) Key Worker Program-Northern Family Health Society. Providing education, information, and support to parents or caregivers of children 0-19yrs with FASD or similar Neurodevelopmental Conditions. Services include Assessment & Youth support and Parent Support. No Cost.

Contact CDIBC Worker at 250-561-2689

**Postpartum Depression Support Group**

This support group provides emotional and social support for women who are experiencing postpartum depression. We offer education about postpartum depression and a chance to learn from others' experiences while fostering a sense of belonging and hope. Please call the Children & Families Team of Public Health Nursing for more information and to register: 250-565-7478

**momcafé Prince George**

momcafé Prince George is an organization for professional moms that provides personal and professional networking opportunities through a combination of live events and web-based resources. We bring positive and inspiring role models to speak to moms and provide a supportive and encouraging environment in which moms seeking information, inspiration and balance in life can come together to share ideas and resources. Events every 6 to 8 weeks. Please contact Amanda at 250-640-6650 or email [amanda@momcafenetwork.com](mailto:amanda@momcafenetwork.com).

Website: [www.momcafenetwork.com](http://www.momcafenetwork.com)

**KMS Life Coaching Ltd.** is committed to the inner transformation of all clients from ordinary to downright extraordinary. Certified Professional Life Coach, Katy Suik offers a wide range of programs and services to help individuals live their highest potential. One-on-one coaching, group coaching, workshops, seminars and public speaking packages are available. Contact Katy at 250-596-7868, [info@katysuik.com](mailto:info@katysuik.com) or visit [www.katysuik.com](http://www.katysuik.com) for more information.

**Prince George Mommies and Babies Facebook Group**

A group for moms and dads with infants and small children looking to meet up, hang out or chat with others for play dates, walks, moral support,...anything really! Designed to help parents make friends with other parents in town.

No cost. Everyone is always welcome! If you are already a member of Facebook, search for the group. If you need help signing up, contact Katie.

Various outing locations, dates and times.

Contact Katie Naphtali

katie@naph.ca

www.facebook.com

**Wazdidadih Aboriginal Infant & Family Development Program** Prince George Native Friendship Centre Early childhood learning (0-6), parent workshops and opportunities for healthy parent/child interaction. Child assessments and referrals provided. No cost. Childcare and transportation provided. Mon-Fri, 8:30am-4pm. 138 George St. Contact Diane Gabrielson at 250-564-5941 aifdpadmin@pgnfc.com

**Aboriginal Supported Child Development Prince George Native Friendship Centre**

This program provides support services for children to be included in childcare, or after school settings. A family centered program that assists children to be successful, regardless of developmental delay, disability or challenges within a group setting. Child screening & assessments available. No cost. For more information please contact: Yvette Hepburn at 250-564-3568 ext. 234

**Community Action Program for Children (CAPC)**

Offers Active Parenting Classes, Special Delivery Workshops, and a Parent Support Circle.

Child minding on site

For More Information Call

Joanne at the Northern Family Health Society.

(250-561-2689) or

Email [joanne@nfhs-pg.org](mailto:joanne@nfhs-pg.org)

**Settlement Workers in Schools**

School District No 57; SWIS (Settlement Workers in Schools) Program is a free, school based, outreach program to assist all newcomer students in attending K – 12 public school system. SWIS workers supply systematic outreach for settlement needs, orientation and information on schools, community and government services to both students and their families to adjust and integrate into community, home, and schools. Referrals welcome from school, parents and agencies. Our office is located at, John McInnis Service Centre, 3400 Westwood Drive, PG, BC V2N1S1. For more information please contact two district settlement workers: Arvinder Billing [abilling@sd57.bc.ca](mailto:abilling@sd57.bc.ca) Ph:(250) 561-9235 Ext 2234 and

XiaoXue Liu [xliu@sd57.bc.ca](mailto:xliu@sd57.bc.ca) Ph:(250) 561-9235 Ext:2235

**Future leaders**

Carrier Sekani Family Services

Carrier Language and culture program for preschool children and parents

Come and enjoy playtime, storytelling, drumming and more.

Wednesday mornings 10:00-12:00 at Carrier Sekani Family Services

835 3rd ave - No cost

Contact Cathy Mason @ 250 563 1281

[cmason@csfs.org](mailto:cmason@csfs.org)

**Children's Residence****AiMHi**

Respite for families that have children with developmental disabilities.

No cost. MCFD- CYSN funded. For children aged 0 up to and including 18 years of age. Child must be referred by MCFD. 24hrs, 7 days/week 386 Greenplace.

Contact Nadia Cote at 250-563-2260

[nadia.cote@aimhi.ca](mailto:nadia.cote@aimhi.ca)

**Mothers for Recovery Support Group**

The Mothers for Recovery Support Group offers a safe and confidential place for moms to come together and share the struggles and achievements of finding and maintaining recovery from drugs and or alcohol. The group is facilitated by two mothers in recovery and a Nurse Clinician and an Addictions Counsellor. It offers mothers support, encouragement and awareness in their personal journey of recovery. No need to register, Drop in, all mothers welcome. Location: 2666 Queensway Street; Contact 250-561-2689 for more info.

**Carrier Sekani Family Services**

Family Support/Adult & Child and

Youth Life Skills/Family Wellness/Cultural Support

available ongoing at CSFS, please call

250-563-1281 to book an intake appointment.

**Family Support****AiMHi**

Assists families with finding community resources, developing child care plans, increasing parenting skills, developing self-care skills.

No cost for eligible participants. Call Ministry for Children and Families 250-565-6904 for eligibility criteria.

As needed. 950 Kerry St.

Contact Debby Hall at 250-564-6408

[debby.hall@aimhi.ca](mailto:debby.hall@aimhi.ca)

[www.aimhi.ca](http://www.aimhi.ca)

**Foster Parent Support Program**

Axis Family Resources

Assists Foster Parents to successfully maintain children in their care and increase stability of placements. We support Foster Parents by providing 24hr crisis and emotional support, mentors, Foster Parent coffee socials, etc. [www.axis.bc.ca](http://www.axis.bc.ca)  
185 Quebec St.

Contact La'Wanda Tazelaar at 250-564-9064 ext. 26

**Parents Together at Intersect**

Parents Together is a supportive and educational community group for parents of teens. If your teenagers choices and behaviours are stressing you out, frustrating you or worrying you .... Come check out this group and realize you are not alone. Every Monday night for two hours. Facilitator: Judi  
1294-3rd Ave. Contact Intersect at 250-562-6639

**Prince George Family Services Society**

Provision of short-term, in-home family preservation services to families whose children may be at risk of being removed. Family reunification and crisis intervention.

No cost. Referral from Ministry of Children and Family Development required.

Contact Loren Tudor at 250-564-3515  
[pgfamily@telus.net](mailto:pgfamily@telus.net)

**Prince George Family Support Group**

BC Schizophrenia Society

Peer support group for parents, partners, adult children and siblings of individuals living with schizophrenia, bipolar, depression, anxiety, and addiction.

No Cost. Individual support is also available.

Contact Kim Dixon at 250-561-8033

[kimdixon@bcsspg.org](mailto:kimdixon@bcsspg.org) [www.bcsspg.org](http://www.bcsspg.org)

**Rural Family Support Online Forum**

BC Schizophrenia Society

Do you live in rural BC and support a family member or friend coping with mental illness? Do you find it hard to get to an in-person support group? This private discussion area is available to you 24/7. Go to <http://www.support.bcsg.org/> to sign up.

No cost.

24 hours/day, 7 days/week. Online

Contact Kim Dixon at 250-561-8033 or 1-888-561-8055 [kimdixon@bcsspg.org](mailto:kimdixon@bcsspg.org) [www.bcsspg.org](http://www.bcsspg.org)

**Structured For Success**

Northern Health Works with parents affected by FASD by providing support and education to families and the community. We also offer groups for cooking club, 12 step group, and family celebration.

No cost. Referral required by MCFD, Northern Health Mental Health, or Northern Health - Alcohol and Drug. Mon-Fri 8:30am-4pm. #204-1200 LaSalle Ave. Contact Cindy Ignas, [cindy.ignas@northernhealth.ca](mailto:cindy.ignas@northernhealth.ca), 250-649-4822.

**Writers Group - Family Support Program**

Carrier Sekani Family Services

Would you welcome the opportunity to share your writing with other writers? We meet regularly to learn about the healing powers of writing, to improve our writing techniques and to share our work and inspiration. All writers are welcome to join us!

No cost. Presently no childcare available.

Every 2nd Mon, 10am-12pm. 2105 Pine St.

[www.csfs.org/pages/services/family/life-skills.html](http://www.csfs.org/pages/services/family/life-skills.html)

**Family Fun****Family Sundays at Two Rivers Gallery**

Every Sunday drop in between 1 and 4pm for a new project each week

Two Rivers Gallery members enjoy free Family Sundays

[www.tworiversgallery.ca](http://www.tworiversgallery.ca) 250-614-7800

**Two Rivers Gallery Art Classes for 2 year olds and up!**

Something for everyone. Check out the lineup at [www.tworiversgallery.ca](http://www.tworiversgallery.ca)

**REC Room**

Family YMCA of Prince George

Bring your family to the REC Room anytime to engage in active play together. The REC Room is staffed Mon-Fri 2:30pm-7:30pm, Sat 10:00am-7:00pm and Sun 12:00pm-5:00pm. Free for members, non-members pay drop-in fee.

Contact 250-562-9341 or visit [www.pgymca.com](http://www.pgymca.com) for more information.

**Financial Aid and Legal Aid**

(Please contact a service provider for assistance with applications)

**Native Court worker & Counselling Association of BC**

Tim Summer, Christina Draegen, Lori Henry, and Connie Morrisey are members of an Aboriginal Agency called The Native Courtworker and Counselling Association of B.C. Their offices are located inside of the Prince George Court House in Room 1045 as well as on the third floor of the Scotia Bank Building in Room 304. They provide information, support, and advocacy for Aboriginals, spouses of Aboriginals, and family members who are accused of a crime, going through Family Court Matters, and who need general support for housing, treatment etc. We alleviate the stress of speaking to Justice Officials and Court Staff, while supporting and encouraging our people. They can be contacted toll free at 1-877-811-1190 Ext. 321 for Lori Henry – Youth and Family Advocate, Ext. 322 for Tim Summer – Native Courtworker, Ext. 323 for Christina Draegen – Aboriginal Women's Resource Worker, and Ext. 325 for Connie Morrisey – Native Courtworker.

**Prince George Métis Housing Society**

Is under new management and is working with the community to identify affordable housing needs, and is accepting new applications for affordable housing. Even if you have applied in the past, please ensure your application for an affordable home is up to date with your present contact numbers. Remember, we can't let you know if a house becomes available if we can't contact you. Please contact the office at 250-564 9794 or email us at [pgmhs@pgmhs.com](mailto:pgmhs@pgmhs.com) to find out if you are eligible for subsidized housing and to ask for an application, we can fax it to you, we can email it to you, or you can come into our office and have Donna or Toni help you to fill it out.

Our office is located at 1224 Houston Lane, Prince George, BC, V2L 5G2 (Along the Fraser River off Queensway, just before the hill that takes you under the bridge going south. Call us if you get lost and we will help you find us. Keep an eye out for our new web page coming out soon and for workshops on home maintenance and tenant-landlord relations and your rights. "Help us Help You"

**Canada Child Tax Benefit**

Canadian Government

The Canada Child Tax Benefit is a tax-free monthly payment made to eligible families to help them with the cost of raising children under 18. May include the National Child Benefit Supplement, BC Family Bonus, and Universal Child Care Benefit.

Contact Canada Revenue Agency at 1-800-387-1193  
[www.cra-arc.bc.ca/benefits/](http://www.cra-arc.bc.ca/benefits/)

**Child Care Subsidy - BC**

Ministry of Child and Family Development

Monthly payment that helps families with low incomes to cover the costs of childcare.

Contact Enquiry BC at 1-888-338-6622  
[www.mcf.gov.bc.ca/childcare/](http://www.mcf.gov.bc.ca/childcare/)

**Child Disability Benefit**

Canadian Government

The Child Disability Benefit is a tax-free benefit for families who care for a child under age 18 with a severe and prolonged impairment in mental or physical functions.

Contact Canada Revenue Agency at 1-800-387-1193  
[www.cra-arc.bc.ca/benefits/](http://www.cra-arc.bc.ca/benefits/)

**Northern Interior Children First Initiative**

Raises awareness and improves outcomes for children and families. Builds an early childhood development support system with the collaboration of parents and professionals. Grants are available for projects that will improve the lives of children.

No cost.

1200 LaSalle Avenue

Prince George, BC V2L 4J8

Fax: 250-614-0322

Contact Adriana Louis at 250-565-7331

[Adriana.Louis@northernhealth.ca](mailto:Adriana.Louis@northernhealth.ca)

[www.childrenfirstni.com](http://www.childrenfirstni.com)

**Income Assistance**

Ministry of Employment and Income Assistance  
Program provides financial assistance to eligible people with low incomes.

Contact Income Assistance at 1-866-866-0800

[www.eia.gov.bc.ca/publicat/bcea/applying.htm](http://www.eia.gov.bc.ca/publicat/bcea/applying.htm)

**Pharmacare Program**

Government of BC

Provides information about the status of individual claims being processed and how to apply for reimbursement.

Contact Health Services at 1-800-554-0250

**YMCA Assisted Memberships**

Family YMCA of Prince George

Assisted memberships are available to those who would benefit from joining but are unable (not unwilling) to pay full fees.

Visit the Member Services desk at the Main YMCA Facility (2020 Massey Dr.) or call 250-562-9341.

**Grief and Loss****Rainbows Spectrum**

Prince George Hospice Society Grief and Loss program for children, adolescents, and teens aged 5-15 years. The participants grief can be from death, divorce, separation, abandonment and neglect.

Registration for the Fall program has already started.

No cost, and the Fall session will start on the second Tuesday in September at the Forest Expo House, 1506

Ferry Ave. (the white two story house next to Hospice House. Call Catherine for information.

250-563-2551 or

[cgladwin@hospiceprincegeorge.ca](mailto:cgladwin@hospiceprincegeorge.ca)

**Sunbeams**

Child Development Centre--Grief and Loss program for children ages 3-5 years. This 13 week program is for preschool aged children going through the trauma of separation, death, divorce, abandonment or neglect.

Contact Tanya Klassen at 250-563-7168 ext. 210

[tanyak@cdcp.org](mailto:tanyak@cdcp.org)

**Health****Speech-Language Clinic**

Northern Health - PG Speech and Language Clinic

Provides assessment and intervention to children with communication delays and disorders. Provides support to families and children from birth to five years in the areas of early language and literacy.

No cost.

Referrals welcome from parents and agencies.

Individual dates set. Health Unit, 1444 Edmonton St,

1st floor. Contact the Speech & Language Clinic at

250-565-7370

**Early Intervention Therapy Services**

Child Development Centre

Providing paediatric therapy for children with special needs and developmental delays including physiotherapy, occupational therapy, and speech language pathology.

No cost.

Ongoing - call for info. 1687 Strathcona Ave.

Contact Debbie Harmon at 250-563-7168 xt 225  
therapy@cdcp.org

**Community Care Licensing**

The purpose of the Community Care Licensing program is to make sure that licensed facilities are healthy and safe environments for adults, youth and children in care. We represent the public and families who rely on care providers to look after their loved ones. Daycares or residential care facilities that provide care and supervision to three or more children, who aren't related to the caregiver, need a community care facility license. If you or someone you know is providing a type of care that may require a license, please feel free to contact us. Northern Health Licensing Officers are pleased to assist with the application process. More information can be found on our website at

<http://www.northernhealth.ca/YourHealth/CommunityCareLicensing.aspx>

**Audiology (Hearing) Clinic**

Northern Interior Health Unit

Hearing evaluation, fitting of amplification devices and sale of hearing aids and accessories for infants and children up to 18 years.

Referral from doctor required. 1475 Edmonton St.  
Contact the Hearing Department at 250-565-7371

**Healthy Kids Program - Dental and Vision****Assistance**

- The Healthy Kids Program helps low-income families with costs associated with basic dental care and prescription glasses for their children.
- Dependent children under 19 years of age, in families approved for premium assistance by the Medical Services Plan (MSP) through the Ministry of Health Services, are automatically registered with the Healthy Kids Program.

Coverage under the Healthy Kids Program

- Dental- Children are eligible for \$1400 of basic dental services every two years. This coverage includes services such as exams, x-rays, fillings, cleanings and extractions. Dentists can advise families of other services that may be covered.
- Optical - Children are eligible for prescription eyeglasses (lenses and basic frames) once in a twelve-month period. Children's eye examinations are covered by MSP. Inquire at Ministry of Social Development:

[http://www.eia.gov.bc.ca/factsheets/2005/healthy\\_kids.htm](http://www.eia.gov.bc.ca/factsheets/2005/healthy_kids.htm)

**Speech Language Pathology, Occupational Therapy, Physiotherapy**

Child Development Centre

Assessment, diagnosis and treatment for children with special needs. Focus on communication development, gross and fine motor skills, independent daily functioning, and ability to participate in regular and adapted community activities. Special clinics.

No cost

Family library available.

Ongoing. 1687 Strathcona Ave.

Contact Debbie Harmon at 250-563-7168 xt 225  
therapy@cdcp.org  
[www.cdcp.org](http://www.cdcp.org)

**Child Health Clinic**

Northern Health - Children and Families Team

Providing immunizations to children starting at 8 weeks of age. Provide information on nutrition, safety, dental health, postpartum depression, etc. and referrals as needed.

No cost.

Auditorium at the Health Unit, 1444 Edmonton St.

Mon and Thurs, 1:00pm - 3:30pm OR

Tues and Wed, 8:45am - 11:15am

Family Resource Centre Clinic Room, 1200 LaSalle Ave.

Mon, Tues, Thurs 1:00pm - 3:30pm

To book an appointment please call 250-565-7381

**Northern Health Connections**

Northern Health

A travel service program for patients needing to travel for out-of-town medical appointments in northern BC and between northern BC and Vancouver.

Nominal fee based on distance.

Contact Northern Health Connections at 1-888-647-4997

[www.northernhealth.ca](http://www.northernhealth.ca)

**Nursing Support Services**

A provincial program of RN's assisting parents and caregivers of children with persistent and challenging health needs. We provide education to Teaching Aides in schools, provide services in-home, work with families for consultation and assessment to

No cost.

access health care supplies and equipment, and provide consultation and referral information for families as well as access to nursing. Health Unit, 1444 Edmonton St., 2nd floor.

Contact Kim or Carolyn at 250-612-4519 or 250-565-7391

**Northern BC Children & Families Hearing Society**

reaches out to children and families with hearing challenges from all communities of Northern British Columbia. We offer networking, socialization, and educational events throughout the year. These include educational workshops, sports workshops, ASL lessons for children and social events such as our Christmas party and spring barbeque. Our biggest

event is our annual Adventure Camp at Ness Lake in September. Every month our Play Learn Share Grow social group meets at a different venue where both children and parents can socialize and have fun. All children and families with deaf or hard of hearing members are welcome to our events! We have a great resources library of DVD's, children's books and baby signing books located at the PG Child Development Centre. Each month we email an informative newsletter full of resources and we have a Facebook page. To sign up for our newsletter or learn more about our events and library, please email [pgdeaf@telus.net](mailto:pgdeaf@telus.net) or phone 250-563-2425.

**On-call and Drop-in Health Services**

Northern Health - Children and Families Team.  
Access to public health nurse via phone or drop-in for a wide range of topics concerning child and family health and wellness.  
Mon - Fri, 9am-12pm.  
1444 Edmonton St.  
250-565-7478.

**School and Youth Team**

Northern Interior Health Unit  
School age immunizations, Kindergarten, Grades 6 and 9. Provide school-age child health information.  
Mon-Fri, 8:30am-4:30pm. 1444 Edmonton St.  
Contact School and Youth Team at 250-565-7477

**Help Lines****Children and Family Information Line**

Northern Health - Children and Families Team  
Public health nurse available to address concerns regarding children's health, childcare, and parenting.  
Mon-Fri, 9am-12pm.  
Contact the Information Line at 250-565-7478

**Crisis Line**

Crisis Prevention, Intervention and Information Centre for Northern BC  
No cost, confidential, anonymous peer support and referrals.  
Handles TTY (hearing impaired) calls. Access to the language line for those requiring an interpreter.  
24 hours/day 7 days/week. 1600-3rd Ave., 5th floor  
Contact the Crisis Line at 250-563-1214 or 1-888-562-1214  
[pgcrisiscentre@telus.net](mailto:pgcrisiscentre@telus.net)  
[www.northernbccrisisuiicide.ca](http://www.northernbccrisisuiicide.ca)

**Canadian Grandparents Rights Association**

Promotes, supports, and assists grandparents and their families in maintaining or re-establishing family stability. Guides people in the initial process of obtaining custody of, and access to, their grandchildren.  
Contact Donna at 250-617-2622 or 250-962-9250

**Foster Parent Support Line**

Contact the Foster Parent Support Line at 1-877-392-1003 ext. 205 and ask to be directed to the Foster Parent Program on call worker

**Helpline for Children**

24 hour toll free phone line for children needing help. Takes reports of child abuse and neglect from any concerned party.  
Contact the Helpline at 250-310-1234  
[www.gov.bc.ca/mcf](http://www.gov.bc.ca/mcf)

**Medical Crisis Line**

Northern B.C. Friends of Children Society  
Assists parents with children from birth to 19 years who are experiencing a medical crisis. Offers counselling, resource referral and financial grants for: travel, therapy, medical equipment and prescriptions. Referral area from Williams Lake to Yukon.  
No cost.  
9am-4pm, Mon-Fri. 221-1600 3rd Ave.  
Contact Riley Wilcox at 250-564-2217 or toll free 1-866-564-2217 [friendsofchildren@telus.net](mailto:friendsofchildren@telus.net)

**Responding To Abuse and Counselling****Aboriginal Victim Services Program**

Native Healing Centre  
We provide emotional support and empowerment using an Aboriginal approach. Assistance with the Criminal Justice System, Crime Victim Assistance programs, and with completing Victim Impact Statements. We also provide court orientation and support liason and a free law clinic: **Neighbourhood Law Clinic** Every Tuesday 12:00pm - 1:30pm  
No cost.  
A culturally based network for all victims of crime. Prince George Native Friendship Centre, 1600-3rd Ave., 3rd floor. 250-564-4324  
Contact NHC Coordinator or victim services worker

**Native Healing Centre Adult Addictions**

**Counselling Services**  
Monday to Friday 8:30am - 4:30pm  
A culturally based counselling service for adults dealing with addictions. Prince George Native Friendship Centre, 1600-3rd Ave., 3rd floor. 250-564-4324.

**Native Healing Centre Adult Counselling Services**

Monday to Friday 8:30am - 4:30pm  
A culturally based counselling service for adults dealing with abuse, residential school abuse, emotional problems, grief and loss, relationship problems and more. Prince George Native Friendship Centre, 1600-3rd Ave., 3rd floor. 250-564-4324.

**Native Healing Centre Child/Youth Counselling Services**

Monday to Friday 8:30am - 4:30pm

A culturally based counselling service for children and teens dealing with abuse, emotional problems, grief and loss, relationship problems and more. Prince George Native Friendship Centre, 250-564-4324.

**Children Who Witness Abuse Counselling Program**

Elizabeth Fry Society

A psycho-educational counselling program providing individual or group counselling to children ages 3-18. Self-referrals welcome.

No cost. 1575 5th Ave.

Contact Anna or Melony at 250-563-1113

**Children Who Witness Abuse Counselling Program**

Phoenix Transition Society

A counselling program for children that provides one on one, sibling or group counselling in a childlike environment. sandracwwa@shaw.ca

No cost. Ages 3-18 years.

Mon-Fri, 1-5 pm. 1780 11th St.

Contact Sandra Morton at 250-563-7315

**Circle of Truth (COT)**

Surpassing Our Survival (SOS Society) Sexual Violence Prevention and Counselling Services

A program that provides men an opportunity to work through and begin healing from the traumatic effects of sexual violence. Provides support for significant family members.

No cost.

As required - 8:30am-4:30 pm #102-1112 6th Ave.

Contact 250-564-8302

**Kids Konnection**

Surpassing Our Survival (SOS Society) Sexual Violence Prevention and Counselling Services  
Counselling, support and education for children and caregivers after disclosure of child sexual abuse.

No cost.

Contact Clarie at 250-564-8302 [cj\\_kids@telus.net](mailto:cj_kids@telus.net)

**Stop The Violence**

Surpassing Our Survival (SOS Society) Sexual Violence Prevention and Counselling Services  
Counselling and support services for women who have experienced violence in all its forms, specializing in sexual violence. No cost. Contact Lynnell Halikowski at 250-564-8302 [lynnellh@telus.net](mailto:lynnellh@telus.net)

**Victim Services**

Elizabeth Fry Society of Prince George

Long term counselling for women who have experienced violence in a relationship. Offer advocacy, information on the criminal justice system, support groups and counselling.

No cost 1575 5th Ave. Contact 250-563-1113

**Teen Resources****Prince George OPT Youth Clinic**

Northern Health- School and Youth Team

Female physician provides information, counselling, and medical services for youth and young adults to age 25. Primarily birth control and STI testing.

No cost. Cost for birth control.

Thu, 3:30-5:30pm. Northern Interior Health Unit. 1444 Edmonton St.

Contact 250-565-7381 for appointments.

**Carrier Sekani Family Services**

Family Support/Adult & Child and

Youth Life Skills/Family Wellness/Cultural Support available ongoing at CSFS, please call

250-563-1281 to book an intake appointment.

**Native Healing Centre Youth Addictions Counselling Services**

Monday to Friday 8:30am - 4:30pm

A culturally based counselling service for youth and young adults dealing with addictions. Prince George Native Friendship Centre, 1600-3rd Ave., 3rd floor. 250-564-4324.

Contact Leanne Laverdure [llaverdure@pgnfc.com](mailto:llaverdure@pgnfc.com)

**Teen Guide to Parental Separation and Divorce.**

Government of B.C.

A website which supports teens who are going through parents' separation or divorce.

Online.

Contact

[www.familieschange.ca](http://www.familieschange.ca)

**Youth Support Line**

Crisis Prevention, Intervention and Information Centre for Northern BC.

Confidential anonymous peer support for youth.

24 hours/day; 7 days/week.

Contact 250-564-8336 or 1-888-564-8336

**Youth Leadership Corps (YLC)**

Family YMCA of Prince George

For 11-17 year olds. The YLC allows youth to meet others, build new skills, earn volunteer hours and more. Meetings are Thursdays 7:30pm-9:00pm. Call 250-562-9341 to register.

[www.pgymca.com](http://www.pgymca.com)

**Drop-in Gymnasium**

Family YMCA of Prince George

The gym is open at the Family YMCA for youth aged 13-18 Mon, Tues and Fri 3:00pm-5:00pm. Free for members, drop-in fees apply for non-members. Call 250-562-9341 for more information.

[www.pgymca.com](http://www.pgymca.com)

**YAP Services**

Youth Around Prince (Family YMCA)

This is a resource centre located at 1160 7<sup>th</sup> Avenue that offers daily services at no charge to at-risk youth. The centre is home to many agencies including Future Cents, CASEY and Street Spirits.

Contact 250-565-6298 or visit

[www.youtharoundprince.com](http://www.youtharoundprince.com)

**mindcheck.ca**

**A Provincial Resource for those suffering with mental illness or addiction**

For those of you with tweens and teens, this website may be of interest. “**mindcheck.ca**” is a youth and young adult-focused interactive website where visitors can check out how they’re feeling and get connected to support early and quickly. Support includes education, self-help tools, website links, and assistance in connecting to local professional resources.”

It is a good resource for family members who want to learn more about supporting a child with early signs of mental illness or substance misuse.

*\*This registry is provided as a convenience to the public. The inclusion of a service should not be taken as an individual endorsement.*

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