

## CHILDREN Ages 6-12 - Fall 2020 Version

**Programs and services are provided for free unless otherwise noted.**

Program Name	Description	Age Group	Community Agency	Contact Information	Additional Information
<b>Circle of Friends Tuesdays</b>	Safe place for children to talk with other and navigate through the pain of loss (including separation and divorce) In person resuming in October	6 -12	<b>Boys and Girls Club</b>	250.554.5437 Abby Ext. 212	5pm to 6pm 9 weeks Open registration Ongoing waitlist \$10 commitment fee (waived if hardship)
<b>Connect Parent Pre-teen</b>  <b>Waitlist ongoing</b>	Ideal group for parents and caregivers experiencing challenges and conflict with their pre-teen with a focus on attachment, parental emotion regulation and constructive responses	Parents/ Caregivers of 8-12	<b>Boys and Girls Club</b>	250.554.5437 Kerry Ext. 203	9 week program 5:30pm to 7pm Offered via Zoom starting in October. Dates to be determined
<b>Friday Family Nights</b>	Grab and Go dinners. To-go dinners for families with children 19 and under.	Families	<b>Boys and Girls Club</b>	250.554.5437 Ext. 206	Sign up via Facebook Fills up fast!
<b>My Youth Club</b>	A casual and supportive after school setting for older children to spend time with peers, have a snack, and engage in recreational and social activities	11-18	<b>Boys and Girls Club</b>	250.554.5437	Monday to Friday 3pm to 6pm
<b>Mindful Monkeys</b>	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	<b>Kamloops YMCA- YWCA John Tod Centre</b>	250-319-6648 250-376-4771 ext. 122  mentalwellness@kamloopsy.ca	Once a week for 8 weeks 2 hours
<b>GLOW</b>	GLOW (Girls' Life of Wellness) is a program that helps	8-14	<b>Kamloops YMCA-</b>	250-319-6648	Once a week for 10

	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.	Two groups – older (age 12-14) and younger (8-12)	<b>YWCA John Tod Centre</b>	250-376-4771 ext. 122 mentalwellness@kamloopsy.ca	weeks 2 hours
<b>R.E.S.T. Regulation of Emotions Sensations and Thinking</b>	A group for parents ready to try out tools to help their children be calmer and more focused, and to help them manage everyday emotions and activity level.	Parents/Caregivers of preschoolers and primary students	<b>CTFRC and CYMH</b>	<b>Register online through the flyer, or call CTFRC at 250-371-4100 to request a link.</b>	Free at this time for residents of the Thompson Health Region
<b>ADHD Group</b>	3 week psychoeducation group to provide information and tools to parents to support the children in our lives diagnosed with ADHD.	Parents/caregivers of children 5-19	<b>CYMH South Shore (through Kamloops Y John Tod Centre)</b>	250.376.4771 (Isabelle)	3 sessions
<b>ADHD Group</b>	4 week educational group for parents with children presenting with ADHD tendencies	Parents/caregivers of children 5 - 19	<b>CYMH North Shore</b>	250.554.5800 (Crystal)	4 session
<b>Caring Dads</b>	An anti-violence program helping fathers value their children. Designed to support fathers in building safe and healthy relationship with their children.	Fathers of children 0-19	<b>Interior Community Services</b>	250.554.3134 Trent	17 weeks MCFD referral Program starting end of October 2020
<b>Mind Over Madder</b>	Managing conflict and understanding anger. A group designed to support participants to learn skills to manage conflict	8-12 (accompanied by a parent/guardian)	<b>Interior Community Services</b>	250.554.3134 (Trent)	9 weeks Pre-registration required 2 hours/week Currently no dates set
<b>Kamloops Shapedown BC</b>	Kamloops Shapedown BC is family based group program that helps children and teens, and their families, achieve a healthier lifestyle. Working with a team of Registered Dietician, Fitness Instructor, Registered Social Worker, and	6-17	<b>Interior Health Located at Kamloops Y John Tod Centre</b>	250.851.7301	Ask your family Doctor, Pediatrician or Nurse Practitioner to send us a referral or

	Pediatrician, families are helped to make positive changes in eating habits, activity level, parenting skills and self-esteem.				contact us for more information
<b>Community Food Centre</b> Children's Programming	Kids Meal Kits: Once a month 100 free meal kits are offered to families. Meal kits have a healthy recipe and all the ingredients to make the recipe at least once. Registration is required and kits are picked up at a predetermined time.		<b>Mount Paul Community Food Centre</b>	236.421.1011	Scheduled once a month. Call for more information.
<b>After School Program</b>	With Indigenous Perspectives – The Seven Grandfather Teachings. Snacks, storytelling, drumming, singing, crafts and cultural learnings included. Covid-19 and Food Safety protocols in place. <b>Limited to 8 students.</b>	6-12	<b>Kamloops Aboriginal Friendship Society</b>	250.376.1296 Miranda or Sheilagh	Wednesdays 3:00-4:15pm Pre-registration required. Begins Sept 9 – Oct 11
<b>Children's Drum Group</b>	An interactive gathering for children and their parents who wish to learn traditional drumming and singing	6-12	<b>Kamloops Aboriginal Friendship Society</b>	250.376.1296 (Bernice)	Ongoing Open registration 3pm to 4:30pm
<b>KAFS Community Drumming</b>	Cultural balance and understanding of the FN's tradition and values based drumming	0-19	<b>Kamloops Aboriginal Friendship Society</b>	250.376.1296 (Bernice)	Every Tuesday 3:30pm to 4:30pm
<b>Child Care Resource &amp; Referral Services</b>	CCRR provides up-to-date resources on child care options and childcare referrals to families looking for childcare. We also provide information and assistance with completing Affordable Child Care Benefit applications and a range of support with developmental screening as well as resources to support healthy child development.		<b>Kamloops Y John Tod Centre Child Care Resource &amp; Referral/Early Years Centre</b>	250.376.4771 <a href="http://www.kamloopsy.org/ccrreycfeaturepage">www.kamloopsy.org/ccrreycfeaturepage</a>	
<b>PEACE (Children Who Witness Abuse)</b>	A creative therapy program with the goal of breaking the cycle of family violence, for children and youth who have experienced violence.	5 - 19	<b>Kamloops Y</b>	250.376.7800 250.852.2018	Counselling Therapeutic Groups Dyad and family sessions Open referral Camp Starfish
<b>SAIP Sexual Abuse Intervention Program</b>	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	<b>Kamloops Sexual Assault Counselling Centre</b>	250.372.0179	Open referral

	Counseling services and groups offered via Zoom at this time				
<b>Toy Lending and Resource Library</b>	The library is a valuable resource for parents, child care and education workers, child development support workers, therapists, teachers, informal caregivers and recreational programmers. There is a wide variety of items to choose from that will support children's social, emotional, physical, language & cognitive development. Resources include a variety of parenting topics, child development texts and curriculum planning.		<b>Kamloops Y John Tod Centre Child Care Resource &amp; Referral Program</b>	250.376.4771	
<b>Indigenous Fathers' &amp; Children's Group</b>	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	<b>Lii Michif Otipemisiwak Family and Community Services</b>	250.554.9486	<b>Wednesdays 5:00pm – 7:00pm  Limited spaces call to register</b>
<b>Healing Hands</b>	Michiff cultural activities offered throughout the year.	Ages 6-12	<b>Lii Michif Otipemisiwak Family and Community Services</b>	250.554.9486	Not running at this time due to COVID-19
<b>Connections Group</b>	Connecting Michiff culture and values to mindfulness	Ages 6-12	<b>Lii Michif Otipemisiwak Family and Community Services</b>	250.554.9486	Call for more information
<b>Kookoom pi Mooshoom</b>	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	Ages 5-9	<b>Lii Michif Otipemisiwak Family and Community Services</b>	250.554.9486	Not running at this time due to COVID-19

	interactions.				
<b>MOMS Group Mothers Offering Mothers Support</b>	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	<b>Lii Michif Otipemisiwak Family and Community Services</b>	250.554.9486	Tuesdays 6pm to 8pm Limited spaces available Elders
<b>Lii Pchi Fii Girls' Group</b>	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	<b>Lii Michif Otipemisiwak Family and Community Services</b>	To register call 250.554.9486	Not running at this time due to COVID-19
<b>Pchi Gaarsoon Boys' Group</b>	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	<b>Lii Michif Otipemisiwak Family and Community Services</b>	To register call 250.554.9486	Not running at this time due to COVID-19
<b>Metis Connections Program</b>	An eight week program to support social and emotional development through games, cultural activities, and storytelling.	6-12	<b>Lii Michif Otipemisiwak Family and Community Services</b>	To register call 250.554.9486	Call for more information
<b>Michif Children's Jigging Class</b>	Children are welcome to come be a part of a fun and exciting experience learning to jig. You just need to bring your enthusiasm and willingness to learn.	6 - 11	<b>Lii Michif Otipemisiwak Family and Community Services</b>	250.554.9486	Not running at this time due to COVID-19
<b>Flower Beadwork Circle</b>	Come and learn basic Métis traditional flower beadwork. Open to all ages and levels of skill.	Open to all ages and skill levels	<b>Lii Michif Otipemisiwak Family and Community Services</b>	250.554.9486	Not running at this time due to COVID-19
<b>Tii Zaanfaan Sibling Group</b>	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		<b>Lii Michif Otipemisiwak Family and</b>	250.554.9486	Call for more information

	with siblings. This six week group is meant to help siblings strengthen this special relationship.		<b>Community Services</b>		
<b>Worry Bugs</b>	A locally developed four week program that focuses on co-regulation, building emotional vocabulary, confidence building, and tools for both parents/guardians and children.  Online- parent version offered this fall.	Parents/guardians with children in K – Gr 2	<b>SD 73 Interior Community Services</b>	250.319.2323 (Jody)	4 week program Wednesdays Nov 18, 25, Dec 2 & 9 7:00 – 8:00 pm Via Zoom
<b>Taming Worry Dragons</b>	A program created through BC Children’s Hospital to address anxiety issues through education and by learning various anxiety reduction “tools.” Offered this year in an online, parent version to provide parents with tools and information to then teach and support their children.	Parents with children in Gr 3-6	<b>SD 73</b>	250.319.2323 Jody 250.819.6333 Sierra	6 week program Fall session Mondays Oct 19 – Nov 23 7:00 – 8:30 pm Via Zoom
<b>Strengthening Families Together</b>	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	<b>BC Schizophrenia Society</b>	250.571.6955 (Rosanne) 250.299.7695 (Rob)	10 week education and support course October 2020 (date TBA)
<b>Strengthening Families Together First Nations program</b>	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	<b>BC Schizophrenia Society</b>	250-571-6955 (Rosanne) 250.299.7695 (Rob) 250-314-9669	10 week education and support course (date TBA)

### School Presentation Offerings

<b>PEACE VIP Violence is Preventable</b>	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. VIP addresses topics in the BC curriculum that enhance the understanding of healthy relationships.	Kamloops Y wendy.gruneberg@kamloopsy.ca cheryl.christianson@kamloopsy.ca
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