



**Kamloops
Community Agency
Programs of
Support for
Children,
Adolescents and
Families**

September 2024

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INFANTS & YOUNG CHILDREN Under 6

Programs and services are provided for free unless otherwise noted.

Program Name	Description	Age Group	Community Agency	Contact Information	Additional Information
Family Social	A space for young families to meet other young families, access parenting supports, connect with others, enjoy crafts, activities & conversations, and take a meal to go.	6 years and under	BGC Kamloops	Contact Jaimie 250.554.5437 Ext 206	Friday evenings 4:30 pm – 6:00 pm
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	Email: intmanager@bcss.org Phone: 250-464-5159 Toll Free: 1-888-888-0029 (Bonnie Spence-Vinge)	6 week session and support course.
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	Call CTFRC at 250-371-4100 to request a registration link.	Free at this time for residents of the Thompson Health Region.
FASD / CDBC Caregiver Support Group	This group provides a safe, culturally sensitive, and confidential environment for caregivers to learn information and strategies, share experiences, and connect with others who are also supporting those with FASD or CDBC. All parents (birth, adoptive or foster), guardians, and family members are welcome. Note: March and April are a pilot project to determine which times work best for families. We will continue in May with what has worked for the majority of participants.	0-11	Insight Support Services	250-554-0085	1st and 3rd Wednesday of the month: 9:30 - 10:30 AM OR 7:00 - 8:00 PM

Baby Steps	Group for mom & baby. Prevention of pre/post-partum depression. Peer and professional support. Located in Aberdeen Highlands Community Center. Fridays 10:30-12:30.	Pre-crawling babies	Interior Community Services	250-554-3134 Deedee	Registration required. 4-6 week sessions.
Baby's Head Start	Support prenatal women to have their healthiest pregnancy possible and then resources for the first six-months post partum. Weekly education/lunch groups, parenting groups (Infant Massage, Mother Goose), one to one support, drop-in breastfeeding clinic on Fridays 9-12. Prenatal In A Day class offered according to program need.	Any age prenatally (must be prenatal)	Interior Community Services	778-470-8171 Kim	Anyone can refer
Early Connections	Attachment parenting, emotion regulation, ADHD, grief and loss, and anxiety support for families with children 0 – 6 years. One day Workshops available by request or as needed (Social Emotional Development, Grief and Loss, Anxiety).	Children aged 0-6 years.	Interior Community Services	250-554-3134 Shari	Services are provided in the home, online, office, or in community once/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. Support can continue if needed until child turns 3 years old.	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. Kamloops Group: Friday mornings 10:00-11:30 @396 Tranquille.	Birth to age 6	Interior Community Services	250-554-3134 Lisa Lavoie	In person Anyone can refer Intake needs to be completed prior to attending

Infant Massage	A calm and nurturing small group setting for infants and their parents/caregivers. The parent/caregiver will learn massage techniques which can later be used at home. Massage is beneficial for bonding between parent and child and helps with digestion and colic.	Parents/ Caregivers with infants 0 - 12 months	Interior Community Services	250-554-3134 Deedee	Registration required Call for more information as to next available class 6 week sessions
Parenting Awareness and Individual Development (PAID)	Provides group education and support and outreach services to families experiencing challenges in their role as parents. Sessions are 10 weeks long: 2 group sessions and one 1:1 per week.	Parents/ Caregivers with children 0 – 6	Interior Community Services	250.554.3134 Shari	Ongoing entry Anyone can refer
Pre Natal in a Day	Offered 4X/year on Fridays at Interior Community Services. Topics include: end of pregnancy, labor and delivery, and having a new baby at home. No charge.	Prenatal, at least 27 weeks	Interior Community Services	250-554-3134 Deedee	Please call for dates/times. Contact Deedee to sign up
Postpartum Connections	Support group for women experiencing isolation, sadness, or mild to moderate pre- or post-natal depression and/or anxiety. Peer support with an educational component. Meet in person at the John Todd Center on Thursdays from 1-2 PM. Child-minding available.	Any age	Interior Community Services	250-554-3134 Deedee	In person Anyone can refer Intake needs to be completed prior to attending
Lift the Lip Dental Program	Interior Health Dental Program	Children 12-47 months	Interior Health	250-851-7300	By appointment with Interior Health
Loving Touch Infant Massage Class	Promoting healthy infant-caregiver connection through learning and giving infant massage.	Parent / caregiver and pre-crawling babies	Kamloops Aboriginal Friendship Society	250-376-1296	Registration required. Fridays 10:30-11:30am
Prenatal Session	Prenatal depression and anxiety walk in group.	Pregnant and new mothers	Kamloops Aboriginal Friendship Society	250-376-1296	Runs sessionally. Call for details.

Postnatal Session	Postnatal individual sessions to go over breastfeeding supports etc.	Pregnant and new mothers	Kamloops Aboriginal Friendship Society	250-376-1296	Call for appointment.
Moms, Pops, and Tots	For moms, dads, caregivers and children to join and engage in play. This group encourages and promotes healthy child development and family connection through social interaction.	Parents / Caregivers and children 0 - 6	Kamloops Aboriginal Friendship Society	250-376-1296	Ongoing registration. Thursdays 10am-12pm *Meets at McDonald Park weather permitting
Under the Eagle's Wing	For moms and dads with young children to join for cultural drumming, singing and learning, lunch, games and information on parenting, healthy lifestyle, and self-care.	Parents/ Caregivers with children 0 - 6	Kamloops Aboriginal Friendship Society	250-376-1296	Ongoing registration. Mondays 10am-12pm *Meets at McDonald Park weather permitting
Comfort Play & Teach Program	A parent-participation program guided by Early Childhood Educators who lead parents and children through songs, story-time and art activities that build on what the child can do. Sharing this experience with a child gives them <i>Comfort</i> and a feeling of security. <i>Playing</i> helps the child discover their world. Being a role model <i>Teaches</i> the child to think, solve problems and get along with others. Provides a fun, safe and relaxing space for professionals and parents to talk about parenting.	Parents/ Caregivers Children 0-3yrs	Kamloops Immigrant Society	778-470-6101 childmind@kcris.ca	Registration is required.
Infant Massage	Enhance infant-parent attachment through infant massage. Relaxes baby and parent, relieves wind, colic and constipation, and promotes better sleep.	Parents / Caregivers and infants	Kamloops Immigrant Society	778-470-6101 childmind@kcris.ca	Runs in sessions

Park Pop-up Program	A parent-participation program guided by Early Childhood Educators. They provide activities for children's large motor and social development. As well, it is an opportunity for parents to be in a safe, group environment to discuss or share experiences about parenting, child development, community resources etc. Meeting at different parks to experience the benefits that each park offers.	Parents and caregivers of children 0 - school age	Kamloops Immigrant Society	778-470-6101 childmind@kcris.ca	2 nd Thursday of each month at 11:30am *Registration is required
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
Beading with Verma	Come and learn basic Métis traditional beadwork. Open to all ages and levels of skill.	All ages and skill levels welcome	Lii Michif Otipemisiwak Family and Community Services	250-554-9486	2:00-4:00pm Every Wednesday
Lii Petit Wapososak Early Years Drop In	Culturally relevant drop-in program for child and parent/caregiver enrichment.	Parents and Caregivers of children 5 and under	Lii Michif Otipemisiwak Family and Community Services	250-554-9486 Amber Letourneau	9:30-11:30am Starting Sept 18 Follow Facebook page 'Lii Petit Wapososak Early Years Drop In' for monthly calendar
Lii Vii Maykiw (Giver of Life) Perinatal / Mom Support	A culturally safe support and education group for pregnant people or mothers.	Pregnant people or mothers	Lii Michif Otipemisiwak Family and Community Services	250-554-9486 Leona Larson leona.larson@gov.bc.ca	12:30-2:30pm Every other Monday (Oct 21, Nov 4, Nov 18 and Dec 2)

Just B 4 Preschool	Just B 4 is a small preschool that is operating out of our Arthur Hatton StrongStart room. It provides a preschool program to the catchment and surrounding area.	3 - 5	SD73	250-376-7217 Arthur Hatton Elementary School	Registration required. Children need to be potty trained and comfortable with leaving their parents. Runs Mon - Fri 12:15 PM - 2:15 PM
Seamless Day - Before and After School Childcare	Seamless Day Kindergarten is a unique program that provides before and after school care for students in Arthur Hatton Elementary. The students are able to stay in the same caring, play-based environment throughout the day. This allows the educator to better meet the needs of the child and expand on their interests.	5 - 7	SD73	250-376-7217 Arthur Hatton Elementary School	Registration required. M-F w/ before school care from 7:30 AM - 8:30 AM and after school care from 2:30 - 5:30 PM. The program will also be run on early dismissal days 11:30 AM - 5:30 PM and on district Pro-D days 7:30 AM - 5:30 PM.
StrongStart BC Early Learning Program	Drop-in program for children and parents guided by trained Early Childhood Educators who offer a variety of activities for families.	Parents/ Caregivers with children 0 - 5	SD73	250-376-2266 Marianne	Contact Marianne for more info. Registration with a facilitator required.
SPARK Strong Prepared and Ready for Kindergarten	S.P.A.R.K. was developed to help children have a smooth transition into Kindergarten and 'to develop family - school relationships that will enhance learning'. The four pre-k sessions are where families will obtain information, share their views and challenges, network with kindergarten teachers, administrators, professionals, and other parents/ caregivers.	Parents of children entering Kindergarten	SD73	250-376-2266 Marianne	Please contact the specific school's principal for information.

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	Secwepemc Child & Family Services	250-314-9669 Nicole.williams@se cwepemcfamilies.or g	Call to make appointment. Self referrals welcome.
Parent and Tot Play Group	Drop in playgroup for parents and their children. Culturally relevant Secwepemc teachings and songs offered for families.	Parents/ Caregivers with children 0 - 6	Secwepemc Child & Family Services	250-314-9669 Joanne Korpan Joanne.korpan@se cwepemcfamilies.or g	Ongoing drop-in Wednesdays 10:00am-12:00pm
Prenatal support group	Geared towards moms who are pregnant, seeking support, learn about baby and mother development in pregnancy, comfort measures for labour, or find a Doula (Birth Support person).	Expectant Parents	Secwepemc Child & Family Services	250-314-9669 Nicole.williams@se cwepemcfamilies.or g	Call for session information
Postpartum support group	Geared towards Indigenous families or parents to new babies, this free online course is based on the four parts of the medicine wheel and covers breathing, diet and exercise, self-care, and developing supports, among other topics.	Parents/Care givers and infants	Secwepemc Child & Family Services	250-314-9669 Joanne Korpan Joanne.korpan@se cwepemcfamilies.or g	Every other Tuesday. Contact to register.
Women's Social Group	Moms supporting moms. Cultural crafts, networking, workshops, and peer support.	Mothers	Secwepemc Child & Family Services	250-314-9669 Joanne Korpan Joanne.korpan@se cwepemcfamilies.or g	Thursdays 9:00-11:00am Sept 26 – Dec 11
Circle of Security (Abbreviated)	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	YMCA BC - Kamloops	250-376-4771 ext. 122 mentalwellness@b c.ymca.ca	5-week program 2 hours each week. Call for future dates.
Nobody's Perfect Parenting Program	A community-based parenting group to provide support and activities, and discuss child safety, development and behavior. There is a focus on self-care. Child-minding and a meal are provided.	Parents/ caregivers with children aged 0 - 5	YMCA BC - Kamloops Child Care Resource & Referral Program	250-376-4771	Runs in 5 week sessions. Call for future dates.

Toy Lending and Resource Library	The YMCA BC/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.	Parents / caregivers of children	YMCA BC - Kamloops Child Care Resource & Referral Program	250-376-4771	Drop off and Pick up is available. Call centre for more info.
Parent-Child Mother Goose	A community based group experience for caregivers and their babies and young children to experience the power and pleasure of songs, rhymes and stories together	Parents/ Caregivers with children 0 – 5	YMCA BC - Early Language and Literacy Initiative	250-376-4771 Crystal	Registration required. Schedule on Facebook 'Kamloops Parent-Child Mother Goose'
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	YMCA BC – Kamloops John Tod Early Years Centre	250-376-4771	Tuesdays 11:45am – 12:30pm Drop-in
Interactive Drop-in Centre	Interactive Drop-in Centre at the YMCA BC John Tod Centre is open for play for families with children birth to pre-kindergarten. Enjoy free play, a reading corner, arts and crafts, circle time, and access to the gym for lots of movement.	Parents / caregivers with children 0-5	YMCA BC - Kamloops John Tod Early Years Centre	250-376-4771	Drop-in Monday, Tuesday, Wednesday, Friday 900 am-11:30am
Postpartum Connections	Support group for women experiencing isolation, sadness, or mild to moderate pre or post-natal depression and/or anxiety. Child-minding available.	Pregnant and new mothers	YMCA BC – Kamloops John Tod Early Years Centre	250-376-4771 ext. 122 mentalwellness@bc.ymca.ca	Tuesdays 12:00-1:30pm Registration required.
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	YMCA Kamloops - John Tod Early Years Centre	Lorna CTFRC 250-371-4100 ext. 203	Drop-in 11:00-12:00 2 nd Tuesday of the month.
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.	3 - 18	YMCA BC - Kamloops YMCA-YWCA	250-319-2406	Counselling Dyad and family sessions Open referral

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
Kids in Control	An online group workshop and discussion for children who have a family member with mental illness. Our programs provide age-appropriate material and discussions to help provide a safe environment for the students to ask questions, talk about their feelings, and connect with others who may be going through similar experiences. As our programs are held virtually, this invitation extends across the province.	8-12	BC Schizophrenia Society	250-464-5159 www.bcss.org/bcssyouth	8-week program with once a week, 1.5-hour sessions Intake is ongoing. Referrals to our programs can come from parents, school personnel, doctors, community agencies, social workers, counsellors, family caregivers and other clinicians
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	Email: intmanager@bcss.org Phone: 250-464-5159 Toll Free: 1-888-888-0029 (Bonnie Spence-Vinge)	6 session education and support course Date TBA
Circle of Friends	Safe place for children to talk with others and navigate through the pain of loss (including separation and divorce)	6 -12	BGC Kamloops	Contact Jaimie 250-554-5437 Ext. 206 fsupport@bgckamloops.com	One evening a week for 8 weeks Open registration & ongoing waitlist

Connect Parent	Ideal group for parents and caregivers experiencing challenges and conflict with their teen with a focus on attachment, parental emotion regulation and constructive responses	Parents / caregivers of children 8-18	BGC Kamloops	Contact Jaimie 250-554-5437 Ext. 206 fsupport@bgckamloops.com	9-week program 5:30 pm – 7:00 pm Open registration & ongoing waitlist Dinner provided
Family Social	A space for young families to meet other young families, access parenting supports, connect with others, enjoy crafts, activities & conversations, and take a meal to go.	6-years of age and under	BGC Kamloops	Contact Jaimie 250-554-5437 Ext. 206 fsupport@bgckamloops.com	Friday evenings 4:30 pm – 6:00 pm
School's Out	This after-school program in partnership with Kamloops Immigrant Services will introduce new to Canada children to community and other children while providing various programming activities. The focus will be to connect vulnerable children to the community and nature through a variety of recreation-based learning opportunities.	6 - 12	BGC Kamloops in partnership with Kamloops Immigrant Services	Contact Megan 250-554-5437 Ext. 208	Tuesdays and Thursdays 3:00 – 5:15pm
R.E.S.T. (Regulation of Emotions Sensations and Thinking)	A group for parents ready to try out tools to help their children be calm and more focused, and to help them manage everyday emotions and activity level.	Parents / caregivers of pre-schoolers and primary students	CTFRC and CYMH	Call CTFRC at 250-371-4100 to request a registration link.	Free at this time for residents of the Thompson Health Region.
Mind Over Madder	Managing conflict and understanding anger. A group designed to support participants to learn skills to manage conflict. Child is accompanied by a parent/guardian.	8 - 12	Interior Community Services	250-554-3134	9 weeks Pre-registration required 2 hours/week
Mind Over Madder (ADULT Group)	Managing conflict and understanding anger. A group designed to support participants to learn skills to manage conflict.	18 +	Interior Community Services	250-554-3134	9 weeks Pre-registration required 2 hours/week

Kamloops Shapedown BC	Kamloops Shapedown BC is a family-based group program that helps children and teens, and their families, achieve a healthier lifestyle. Working with a team of Registered Dietician, Fitness Instructor, Registered Social Worker, and Pediatrician, families are helped to make positive changes in eating habits, activity level, parenting skills and self-esteem.	6 - 17	Interior Health Located at Kamloops Y John Tod Centre	250-851-7301	Ask your family Doctor, Pediatrician or Nurse Practitioner to send a referral or contact us for more information.
After School Bear's Den	Positive and creative group for ages 6 – 11 years. This group provides educational, cultural and recreational activities. Small snack is provided. Bus ticket is available by request. Weather permitting field trips.	6 - 11	Kamloops Aboriginal Friendship Society	250-376-1296 childandyouth@kafs.ca	Registration required. Tuesdays 2:00 – 3:00pm
Children & Family Grief Group	Children are invited to use play and art therapy as a healthy way to express their feelings of grief and loss. Parents/caregivers will have the opportunity to learn ways to help support a grieving child.	Parents / caregivers of children 6 - 12	Kamloops Hospice Association	250-372-1336 Dallas	8 week closed group - Registration required Next Session Wednesdays, October 2, 2024
MET Program (Mentoring, Empowerment, and Tutoring Program)	The Mentoring, Empowerment, and Tutoring (MET) program at Kamloops Immigrant Services, provides newcomer children and youth across School District 73 with academic and mentoring support to build confidence and other essential life skills as they transition into a new community.	School age children (5 – 18)	Kamloops Immigrant Services	778-470-6101	The MET program offers both 1:1 and group tutoring sessions.
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
Beading With Verma	Come and learn basic Métis traditional flower beadwork. Open to all ages and levels of skill.	All ages and skill levels welcome	Lii Michif Otipemisiwak Family and Community Services	250-554-9486	Every Wednesday 2:00 – 4:00pm

Little Bears	A group for Metis children to engage in cultural activities in a safe and supportive environment.	6 - 7	Lii Michif Otipemisiwak Family and Community Services	250-819-4297 Emily Hart	Call to register Tuesdays Starting Oct 8 2:45 – 4:45pm
Rip Roaring Ravens	A group for Metis children to engage in cultural activities in a safe and supportive environment.	8 - 12	Lii Michif Otipemisiwak Family and Community Services	250-299-4972 Danielle Portras	Call to register Fridays Starting Oct 11 2:45 – 4:45pm
Environmental Voyagers Day Camp	<p>Environmental Voyagers day camp is offered yearly during SD73 spring break and is designed for ages 6-18.</p> <p>During this fun and inclusive 1-3 day camp, participants learn about the natural habitat and wildlife Kamloops has to offer.</p> <p>This program requires a People In Motion membership (\$10 annually) in addition to a camp fee.</p> <p>This program is also offered in Summer (end of Aug) as a 3 day camp for ages 12 – 18 years old. Watch for Aug 2025 dates to be announced.</p>	6 - 18	People In Motion	250-376-7878 Ext 2 programs@peopleinmotion.org	<p>Registration required.</p> <p>Watch for 2025 dates to be announced.</p> <p>www.peopleinmotion.org</p>
B.R.A.V.E (Building Resilience, Authenticity, Values & Empathy)	8 week group focused on wellness (physical activity and mental, social and emotional learning) for boys and non-binary youth.	8 - 12	YMCA BC – Kamloops John Tod Centre	250-37-4771 ext. 122 mentalwellness@bc.ymca.ca	8 week group Thursdays 5:30-7:30pm Oct 24 – Dec 12
Child Care Resource & Referral Services	CCRR provides up-to-date resources on child care options and child care referrals to families looking for childcare. We also provide information and assistance with completing Affordable Child Care Benefit applications and a range of support with developmental screening as well as resources to support healthy child development.	Parents / caregivers looking for childcare or developmental screening	YMCA BC - Kamloops John Tod Centre Child Care Resource & Referral	250-376-4771 www.kamloopsy.org/ccrreycfeaturepage	Call for more information

GLOW (Girls' Life of Wellness)	Supporting young women and non-binary youth in all five dimensions of wellness (physical, emotional, social, spiritual and environmental). Skill building discussions and wellness activities.	8 - 12	YMCA BC – Kamloops John Tod Centre	250-37-4771 ext. 122 mentalwellness@bc.ymca.ca	Wednesdays 4:00 – 6:00pm. Registration required.
Growing Mindfully (formerly known as Mindful Monkeys)	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	YMCA BC – Kamloops John Tod Centre	250-37-4771 ext. 122 mentalwellness@bc.ymca.ca	Once a week for 8 weeks Info Session: Oct 19 10:00am – 12:00pm Saturdays Oct 26 – Dec 21 10:00am – 12:00pm
Growing Mindfully Parent Program	For parents whose children have completed Growing Mindfully. Parents and guardians learn the same mental wellness skills their children learned in the kid's group, as well as more in-depth knowledge about mental health, brain functioning, services in the community, and advocating for their child.	Adult	YMCA BC – Kamloops Online	250-37-4771 ext. 122 mentalwellness@bc.ymca.ca	Wednesdays 6:00-8:00pm Online Oct 30 – Dec 18
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.	3 - 18	YMCA BC - Kamloops YMCA- YWCA	250-319-2406	Counselling Dyad and family sessions Open referral Camp Starfish
Toy Lending and Resource Library	The library is a valuable resource for parents, child care and education workers, child development support workers, therapists, teachers, informal caregivers and recreational programmers. There is a wide variety of items to choose 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.	Parents / caregivers of children	YMCA - Kamloops John Tod Centre Child Care Resource & Referral	250-376-4771	Drop off and Pick up is available. Call centre for more info.

Taming the Worry Dragons	A program created through BC Children's Hospital to address anxiety issues through education and by learning various anxiety reduction "tools."	Parents of children in Gr 4-6	SD73	250-376-2266	6 week program Winter 2024 Call for more info
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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	admin@awayhomekamloops.com	Check website or email for more information
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 members.	Parents, caregivers or families	Axis Family Resources	250-851-2947 Ext. 231	Program is offered upon request.
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	Email: intmanager@bcss.org Phone: 250-464-5159 Toll Free: 1-888-888-0029 (Bonnie Spence-Vinge)	6 session education and support course.
Teens in Control	An online group workshop and discussion for youth ages 13-18 who have a family member with mental illness. The group helps youth better understand and cope with mental illness in their family. Please note that this is <i>not</i> counselling or a therapy group. The group runs as a 2-day, 2-hour workshop held over a 1-week period. We have new programs offered each month.	13-18	BC Schizophrenia Society	kindsincontrol@bcss.org	Intake is ongoing. Referrals to our programs can come from parents, school personnel, doctors, community agencies, social workers, counsellors, family caregivers and other clinicians; youth ages 14+ can self-refer.
Connect Parent	An attachment-focused program for caregivers of youth ages 12-18. This 9 week program looks at the behaviours demonstrated by our children as indications of needs not being met as opposed to problem behaviour. The intention of the program is to shift our thinking from behaviour modification to meeting the needs of our kids in order to diminish the behaviours we are seeing.	Parents or caregivers of youth ages 12-18	BGC Kamloops	250-554-5437 Ext 206 Jaimie Peebles	9 week group Wednesdays 5:30-7:00pm Dinner provided at 5:15pm

Creating Connections	This group offers youth a safe space to talk about topics such as mental health and addiction, harm reduction, healthy relationships, and coping strategies. This program is facilitated by trained Social Work Facilitators.	12 - 24	BGC Kamloops	250-554-5437	Registration required. 6-week program, 1 session a week.
Necessity Nook	The Youth Necessity Nook is a free service youth can access once a week to receive non-perishable food items, personal hygiene products, and household cleaning supplies.	11 - 24	BGC Kamloops	250-554-5437	Accessible Monday - Friday
Youth Drop In	An after-school program that offers pick-up from Brock, TREC, and Norkam. Youth have access to food, hygiene products, clothing, and a safe space to hang out with peers and youth workers. Daily activities. See monthly activity calendar on our website	11-24	BGC Kamloops	250-554-5437	11-24 year olds Monday to Thursday 12:00 – 3:00pm 11-18 year olds Monday to Thursday 3:00 – 6:00pm 13-18 year olds Friday Nights 4:00 - 10:00pm
Friday Nights Alive	Drug, alcohol, and harassment free space for youth to come spend their Friday nights with peers and youth workers. We offer a hot dinner, video games, our gym is open, and holiday activities as well. We offer safe rides home on the North shore and offer drop off on the south shore at Lansdowne exchange, Sa-Hali Mall and Aberdeen Mall.	13-18	BGC Kamloops	Contact 250.851.6179	Fridays 4:00 – 10:00
RBC Raise the Grade	This program is designed to provide skills, mentors, and support to students through academic support and career discovery. Through hands-on learning, focus on personal interests and goals, and supportive relationships with mentors and volunteers, youth are given the skills and tools they need to be successful in school, work and life. Youth can access a safe and quiet space to do homework during drop-in hours.	11-18	BGC Kamloops	Contact 250.852.0469	Bi-weekly See calendar for monthly activities, dates, and times

Life Skills & Wellness Group	A youth lead program that focuses on valuable life skills such as healthy cooking and eating, mental health and wellness, team building, employment skills, and preparation for life after high school.	11-24	BGC Kamloops	Contact 250-851-6179	Offered bi-weekly (See monthly calendar for dates and times)
Youth Leadership Council	This group encourages the development of leaderships, cooperation, teamwork, employment, planning and organizational skills.	11 – 24	BGC Kamloops	Contact 250.852.0469	See calendar for monthly activities, dates, and times
1-1 Outreach Worker	Supporting youth through advocacy work, supporting in educational and employment goals, obtaining and maintaining housing, support with addictions and mental health through appropriate referrals.	11 - 24	BGC Kamloops	Contact Jaimie at 778-220-7346	Monday – Friday Flexible hours
Lead Up	Lead up provides opportunity for youth to engage in employment, service, and volunteer initiatives that will address community needs and help them develop life and employment skills, self-confidence, and leadership abilities.	13 – 18	BGC Kamloops	Contact 250-851-6179	Offered bi-weekly See website and monthly calendar for dates and times
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.	13 - 18	Canadian Mental Health Association	250-275-8062 www.bouncebackkbc.ca	Doctor or school counsellor referral required. 4 to 6 telephone sessions
The Raven Program – Youth Counselling and Family Support	The Raven Program offers a number of services to youth and their families, including: <ul style="list-style-type: none"> • On-site counselling at community schools and agencies • Parental support (information, education, consultation) • Counselling for young people living with addiction in their families • Community focused prevention/information presentations Outreach services – meeting clients in the community who might otherwise be unable to access our services	12 – 25	Day One Society	250-374-4634 or 1-877-318-1177	Call for more information or to set up an appointment. Referrals from community agencies, schools, and family members welcome.

FASD / CDBC Caregiver Support Group	This group provides a safe, culturally sensitive, and confidential environment for caregivers to learn information and strategies, share experiences, and connect with others who are also supporting those with FASD or CDBC. All parents (birth, adoptive or foster), guardians, and family members are welcome.	12 - 19	Insight Support Services	250-554-0085	Call for details. Wednesdays - 2nd and 4th of the month
First Steps	An education program for young mothers that provides an opportunity to complete their grade 12 diploma. We also provide parenting support, career planning, and build upon life skills. Child care centre on site.	Moms 15 - 24 years	Interior Community Services, SD 73, BGC	250-376-9119 Tonia	Anyone can refer
Mind Over Madder Teens	This group is designed to support participants to understand anger and learn skills to manage conflict. The approach of the program is based in Cognitive Behavioural Therapy and utilizes a variety of additional therapeutic models.	13 - 19	Interior Community Services	250-554-3134 Trent	9 weeks Currently no session scheduled
Safe Spaces	Safe Spaces is a service for youth who identify as 2SLGBTQIAP+ or questioning and their allies. A youth-driven, drop in in a space that offers a resource library, sketch pads & other art supplies, a Wii, DVDs, board games and several comfortable couches!	12 - 26	Interior Community Services	250-371-3086 Call or text to speak to the Program Coordinator for dates and locations	Drop in or individual appointments available. Two weekly groups (12 – 16 and 16+)
Kamloops Shakedown BC	Kamloops Shakedown BC is a family based group program that helps children and teens, and their families, achieve a healthier lifestyle. Working with a team of Registered Dietician, Fitness Instructor, Registered Social Worker, and Pediatrician, families are helped to make positive changes in eating habits, activity level, parenting skills and self-esteem.	6 - 17	Interior Health Located at Kamloops Y John Tod Centre	250-851-7301	Ask your family Doctor, Pediatrician or Nurse Practitioner to send a referral or contact us for more information
Youth Group	Culturally relevant youth group for teens and young adults to get together, engage and create positive connections.	12 – 18	Kamloops Aboriginal Friendship Society	250-376-1296 youthworker1@kafs.ca	Registration required. Wednesdays 4:00-7:00pm

Youth Connections	This group is for Youth ages 13-17 in Kamloops and the surrounding areas, who have experienced the death of someone significant in their lives. We hope to create a space for youth to get together, have fun, and create connections through activities.	13-17	Kamloops Hospice Association	250-372-1336 Dallas	Runs once per month in a different location that encourages active engagement. Call for more details.
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.
Beading with Verma	Come and learn basic Métis traditional 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	Every Wednesday 2:00 – 4:00pm
Buffalo Youth Group	A drop-in group for Metis youth to come build cultural connection in a fun and safe setting.	12 - 16	Lii Michif Otipemisiwak Family and Community Services	250-299-4970 Danielle Malcom	Drop-in Wednesdays 2:30 – 5:30pm
Michif Mentorship 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 and parents of all ages.	Lii Michif Otipemisiwak Family and Com. Services	250-554-9486	Call for further information.
Community Food Centre	Kids Meal Kits: 100 free meal kits offered to families. Kits have a healthy recipe & the ingredients to make the recipe at least once. Registration required; kits are picked up at a predetermined time.	All ages welcome	Mount Paul Community Food Centre	236-421-1011	Scheduled once a month. Call for more information.
Youth Food Skills	Learn basic cooking skills, make a snack or meal to take home and connect with others! A welcoming space to help foster a positive relationship with food for youth aged 13 – 19 years old.	13 - 19	Mount Paul Community Food Centre	236-421-1011	Wednesdays Registration is required.

Environmental Voyageurs Day Camp	<p>Environmental Voyageurs day camp is offered yearly during SD73 spring break and is designed for ages 6-18.</p> <p>During this fun and inclusive 1-3 day camp, participants learn about the natural habitat and wildlife Kamloops has to offer.</p> <p>This program requires a People In Motion membership (\$10 annually) in addition to a camp fee.</p> <p>This program is also offered in Summer (end of Aug) as a 3 day camp for ages 12 – 18 years old. Watch for Aug 2025 dates to be announced.</p>	6 - 18	People In Motion	250-376-7878 Ext 2 programs@peopleinmotion.org	Registration required. Watch for 2025 dates to be announced. www.peopleinmotion.org
People In Motion Summer Camps	<p>A safe space for children and youth to get involved in the activities in and around the Kamloops area. Some planned events include waterslides, Wells Grey Park, and Hat Creek Ranch. Summer 2025 dates TBA.</p>	6 - 18	People In Motion	250-376-7878 Ext 2 programs@peopleinmotion.org	6 weeks of various programming. Registration required. Watch for 2025 dates to be announced. www.peopleinmotion.org
Youth Social Club	<p>This is a safe space for youth to grow and learn within their community. Some past planned activities have been, Blazers hockey games, Wildlife Park events, movie matinees, water park picnics, hiking and Music in the Park! Additional fee typically between \$10-15 per event.</p>	12 - 18	People In Motion	250-376-7878 Ext 2 programs@peopleinmotion.org	Contact for specific dates and registration. Calendar uploaded monthly. www.peopleinmotion.org
Teen Mind Medicine Group	<p>The Teen Mind Medicine Group aims to support teens who experience stress, worry, overwhelm, and/or anxiety. It's normal and natural to experience these kinds of things in life and sometimes there are specific things that trigger these feelings—such as school, friends, and family—and other times we feel these uncomfortable feelings and we aren't sure why.</p>	13 - 18	Secwepemc Child & Family Services, in partnership with Kamloops Y	250-314-9669 Laura Rhodes	Contact for more information.

PEACE (Children Who Witness Abuse)	A creative therapy program with the goal of breaking the cycle of family violence, for children and youth who have experienced violence. Counselling offered via zoom, FaceTime, and in person.	3 - 18	YMCA BC - Kamloops YMCA-YWCA	250.319.2406	Counselling Art Therapy
Y Mind Youth Program	Y Mind Youth is a free 7-week psychoeducational and support group for young adults ages 18-30 who experience anxiety. Participants learn healthy coping skills, connect with other youth in the community, and get support all in a safe and friendly environment. This group will be run in person at John Tod Y.	18-30	YMCA BC - Kamloops at Thompson Rivers University Campus	250-376-4771 ext. 122 mentalwellness @bc.ymca.ca	Program dates: Tuesdays, Oct. 29 – Dec 10 6:00 pm – 8:30 pm Info session 1: Oct. 15 at 6 pm Info session 2: Oct. 22 at 6 pm
Y Mind Teen	Y Mind Teen is a 7-week program that supports teens ages 13 to 17 who are experiencing symptoms of anxiety to learn and practice healthy coping strategies to better manage stress and anxiety. Our groups provide an opportunity for teens to learn within a safe, comfortable, and fun environment, surrounded by other teens experiencing similar thoughts and feelings. This group will be run in-person at the John Tod Y.	13 - 17	YMCA BC - Kamloops John Tod Centre	250-376-4771 ext. 122 mentalwellness @bc.ymca.ca	Thursdays 6:00 – 7:30pm On-going intakes.
GLOW	GLOW (Girls' Life of Wellness) is a program that helps support young women and non-binary youth ages 8-12 in all five Dimensions of Wellness: physical, social, emotional, spiritual and environmental. During the program, youth meet in groups to have healthy skill building discussions and participate in wellness activities.	12-14	YMCA BC - Kamloops John Tod Centre	250-376-4771 ext. 122 mentalwellness @bc.ymca.ca	Once a week for 8 weeks 2 hours

School Presentation Offerings

Bush Party Awareness Workshops	Utilizing the harm reduction model, this high school workshop explores the dynamics of using drugs and alcohol in a party setting and offers youth strategies on staying safe if they are choosing these activities. The workshop is one hour in duration and suitable for high school students	Axis Family Resources 250.851.2947
Concussion Resource Program	A concussion awareness and safety lesson that is free of charge in K-12 schools. Provides information about concussion prevention, recognizing concussion symptoms, as well as healing and return to activity.	Kamloops Brain Injury Association 250-372-1799
Injury Prevention Program	Available free of charge to all elementary school classes in the Kamloops community. Promotes awareness of brain injury and injury prevention through safe practices and correct helmet use. Survivors of brain injury play a key role in this program through their participation and sharing of information about their injury and the resulting impairments. This personal touch always seems to make the reality of brain injury much more meaningful and memorable for the students. This fun and interactive presentation helps students take safety seriously.	Kamloops Brain Injury Association 250-372-1799
Partnership Education Presentation Program	The Partnership Education Program uses storytelling to shed light on the reality and scope of severe and persistent mental illness. A panel of three guest speakers – usually a person with a mental illness, a family member and a mental health professional– share their insights and personal journeys with mental illness. In educating communities this way, Partnership Education Presentations foster understanding and reduce stigma. Suitable for high school students, especially senior psychology classes etc.	BC Schizophrenia Society Email: intmanager@bccs.org Phone: 250-464-5159 Toll Free: 1-888-888-0029 (Bonnie Spence-Vinge)

<p>PEACE VIP Violence is Preventable</p>	<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>YMCA BC (Kamloops YMCA-YWCA)250-319- 2406 250-852-2018 Shanna.fehr@bc.ymca.c a</p>
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