



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

September 2025

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## **INFANTS & YOUNG CHILDREN Under 6**

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

<b>Program Name</b>	<b>Description</b>	<b>Age Group</b>	<b>Community Agency</b>	<b>Contact Information</b>	<b>Additional Information</b>
Circle of Security Parenting Program	A relationship based early intervention program designed to enhance attachment security between parents and children.	Parents or caregivers of children.	BGC Kamloops	250-554-5437	To waitlist or register for a future session, please call. Currently accepting for future sessions.
Family Social	A space for young families to meet other young families, access parenting supports, connect with others, enjoy crafts, activities & conversations.	Families with children 0 – 20 months old	BGC Kamloops	Contact Jaimie 250-554-5437 Ext 206	Facebook page, BGC Kamloops, is utilized for calendar updates.
First Steps	First Steps is an educational program for young mothers that provides academic upgrading, parenting and life skills classes, and career and education planning. Specialized childcare is provided in a safe and supportive environment.	Women between ages 14 – 24 who are in a parenting role with a child 0 – 5 years.	BGC Kamloops in partnership with SD73 and Interior Community Services	250-376-9199	Registration required. Please call to register or to added to waitlist if full.
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: thompsonnicola@bccs.org Phone: 250-571-6955 Toll Free: 1-888-888-0029 (Kathleen Larose)	6 week session and support course. Dates TBA

<p>Active Parenting</p>	<p>This workshop provides information on communication techniques, cooperation strategies, styles of parenting, non-violent discipline and the power of encouragement.</p>	<p>Parents/Care givers of children ages 3-12</p>	<p>Children's Therapy and Family Resource Centre</p>	<p>250-371-4100</p>	<p>Dates TBA</p>
<p>Early Intervention Program</p>	<p>The Early Intervention Program is for children from birth to school entry. It provides physiotherapy, speech and language therapy, occupational therapy and family support services to children with identified needs and their families. This program can also assist with the Kindergarten transition process.</p>	<p>Parents/Care givers of children ages 0-5 (before school entry)</p>	<p>Children's Therapy and Family Resource Centre</p>	<p>250-371-4100 <a href="http://www.kamloopschildrenstherapy.org">www.kamloopschildrenstherapy.org</a> info@kamloopschildrenstherapy.org</p>	<p>Anyone can refer Call, visit website or email for referral form.</p>
<p>Family Support Consultant</p>	<p>The Family Support Consultant (FSC) provides support for parents/caregivers, information and resources such as child development, positive behaviour management, specialized programs, advocacy helping families access resources within their community, such as parenting resources and service coordination.</p>	<p>Parents/Care givers of children</p>	<p>Children's Therapy and Family Resource Centre</p>	<p>250-371-4100 <a href="http://www.kamloopschildrenstherapy.org">www.kamloopschildrenstherapy.org</a> info@kamloopschildrenstherapy.org</p>	<p>Anyone can refer Call, visit website or email for referral form.</p>
<p>Paths to Peaceful Mealtimes</p>	<p>A 4 module course that covers the basics of feeding a child who is not yet comfortable exploring different foods. Offered online for you to watch and complete at home at your own pace.</p>	<p>Parents/Care givers of preschoolers and primary students</p>	<p>Children's Therapy and Family Resource Centre</p>	<p>Call CTFRC at 250-371-4100 to request a registration link.</p>	<p>Self paced online 4 module video course</p>
<p>R.E.S.T. Regulation of Emotions Sensations and Thinking</p>	<p>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. Online group hosted through Zoom.</p>	<p>Parents/Care givers of preschoolers and primary students</p>	<p>Children's Therapy and Family Resource Centre and CYMH</p>	<p>Call CTFRC at 250-371-4100 to request a registration link.</p>	<p>Free at this time for residents of the Thompson Health Region.  Tuesdays Sept 9-Sept 30 6:00-7:30pm  Thursdays Nov 6-30 10:00-11:30am</p>

FASD / CDBC Caregiver Support Group	This drop in virtual 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.	Caregivers of children ages 0-19	Insight Support Services	For Zoom link access, contact Janice 250-574-3734	Drop in, virtual group Wednesdays 7:00-8:00pm
Baby's Head Start	Support prenatal women to have their healthiest pregnancy possible and then resources for the first six-months post partum. The program provides one-on-one support, Weekly Learning Lunch (education session with a free lunch), access to free prenatal vitamins, prenatal class, breastfeeding education and support, Infant Massage classes, Parent/Child Mother Goose group.	Any age prenatally (must be prenatal)	Interior Community Services	778-470-8171 Kim	Wednesdays: Weekly Drop In Group with free lunch 11:45am-1:00pm Fridays: Breastfeeding Drop In 9:00am-12:00pm
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).	Parents and caregivers of children 0 - 6	Interior Community Services	250-554-3134 Shari	Services are provided in the home, online, office, or in community once/week.
Early Years Family Navigation	The Family Navigator connects families and children with ICS services and other available community resources. The Navigator connects with parents to assess and determine needs.	Families with children ages 0 - 6	Interior Community Services	250-554-3134	Call to set an appt to meet with a Navigator
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. Activities include playing, song and story time, crafts, healthy snack and guest speakers. Kamloops Group: Friday mornings 10:00-11:30 @ 396 Tranquille.	Birth to age 6	Interior Community Services	250-554-3134 Lisa Lavoie	Open referral. Intake needs to be completed prior to attending.
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 – 8	Interior Community Services	250-554-3134 Shari	Ongoing entry. Anyone can refer.
Lift the Lip Dental Program	Interior Health oral health and dental program.	Children 0 - 4	Interior Health	250-851-7337	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	Runs sessionally. Call for details.
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 10:00am-12:00pm
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 10:00am-12:00pm

Early Years Bridging Program	The Early Years Bridging Program provides a safe, supportive space for families with young children to play, learn, and connect. Children enjoy preschool-style activities like free play, circle time, outdoor play, and music, while parents take part in workshops on health, parenting, and family routines. The program also offers home visits, monthly sessions, transportation support, and referrals through Settlement Counsellors to help families build confidence, strengthen parenting skills, and learn English in a Canadian context.	Parents/ Caregivers of Children Preschool Aged	Kamloops Immigrant Society	778-470-6101 childmind@kcris.ca	Requires a referral from a Kamloops Immigrant Society Settlement Counsellor. Sessions offered monthly.
HIPPY Program	Home Instruction for Parents of Preschool Youngers (HIPPY) is a free program that works with families in their home to support newcomers with information that reduces language/cultural barriers, informs participants of other services in the community, and provides educational resources, a support network and expert guidance.	Parents/ Caregivers of Children Preschool Aged	Kamloops Immigrant Society	778-470-6101 Angie Naslud	1 hour per week for 30 weeks. Contact for more information.
Immigrant Parents as Literacy Supporters (iPALS)	iPALS is a fun and supportive program for immigrant families with young children. Parents learn easy ways to help their kids with reading, writing, numbers, and everyday learning while also building their own skills and confidence. Through 9 interactive sessions, families connect, share, and grow together. Interpreters available if needed.	Parents/ Caregivers of Children 0 - 5	Kamloops Immigrant Society	778-470-6101	9 sessions. Contact for more information.
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

<p>Lii Petit Wapososak Early Years Drop In</p>	<p>Culturally relevant drop-in program for child and parent/caregiver enrichment. 703 Tranquille Rd.</p>	<p>Parents and Caregivers of children 5 and under</p>	<p>Lii Michif Otipemisiwak Family and Community Services</p>	<p>250-819-7754 Eryn</p>	<p>Tues, Wed &amp; Thursdays Starting Oct 7 9:30-11:0am</p> <p>Follow Facebook page 'Lii Petit Wapososak Early Years Drop In' for monthly calendar</p>
<p>Preschool – SD73 and community partners</p>	<p>SD73 and their community partners are committed to provide high-quality, accessible and affordable early childhood education opportunities. *This program has a cost.*</p>	<p>3 - 5</p>	<p>SD73 and community partners</p>	<p>Arthur Hatton Elementary Beattie Elementary Barriere Elementary Haldane Elementary Marion Schilling Elementary Raft River Elementary</p>	<p>Registration required. For more information and to join the waitlist, please visit <a href="https://www.sd73.bc.ca/en/schools-programs/early-learning-and-child-care.aspx">https://www.sd73.bc.ca/en/schools-programs/early-learning-and-child-care.aspx</a></p>
<p>Before and After School Childcare</p>	<p>Before and After School Childcare (BASC) is a unique program that provides before and after school care for specific elementary schools. The students can 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. *This program has a cost.*</p>	<p>5 - 12</p>	<p>SD73</p>	<p>AE Perry Elementary Arthur Hatton Elementary Marion Schilling Elementary Parkcrest Elementary</p>	<p>Registration required. For more information and to join the waitlist, please visit <a href="https://www.sd73.bc.ca/en/schools-programs/early-learning-and-child-care.aspx">https://www.sd73.bc.ca/en/schools-programs/early-learning-and-child-care.aspx</a></p>

StrongStart BC Early Learning Program	Drop-in program for children and parents guided by trained Early Childhood Educators who offer a variety of activities for families.	Parents/ Caregivers with children 0 – 5	SD73	AE Perry 250-376-6224  Arthur Hatton 250-376-7217  Marion Schilling 250-372-2027  Beattie Elementary 250-374-0608  Barriere Elementary 250-672-9916  Haldane Elementary 250-679-3269  Raft River Elementary 250-679-2218	Registration with a facilitator required. Please call the school to request a registration form.
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 Ages & Stages 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@secwepemcfamilies.org	Call to make appointment. Self referrals welcome.
Circle of Security Parenting Program	This group is a supportive/ educational parenting course. Giving you an opportunity to meet with other parents of young children; share questions, concerns and ideas about being a parent; learn about child development, safety, health and behaviour; discuss real- life parenting situations; work together with the support of a trained facilitator; discover positive ways of parenting.	Parents/ caregivers of children 0 - 12	Secwepemc Child & Family Services	250-214-4900 Ambre Conklin Ambre.conklin@secwepemcfamilies.org	Registration required. Tuesdays Oct 14 – Dec 2 10:00am – 12:00pm

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
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	Starting Oct 1 Every other Wednesday. 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	Dates: Sept 26, Oct 2, 10, 16, 24, Nov 6, 14, & Dec 11 9:00-11:00am
Circle of Security Parenting Program	A relationship based early intervention program designed to enhance attachment security between parents and children. This program assists parents to better understand and respond to their child's needs and improve confidence in their parenting skills.	Parents/Care givers of children 0 – 18	YMCA BC - Kamloops	250-376-4771 ext. 122 mentalwellness@b c.ymca.ca	Registration required. Wednesdays Oct 15 – Dec 3 6:30-8:30pm
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.  Mondays Sept 8 – Oct 6 3:30-5:30pm  Call for future 2025/26 dates.
Toy Lending and Resource Library	The YMCA BC/Early Years Centre Lending Library is a free resource for parents, and childcare 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 – Kamloops Early Language and Literacy Initiative	250-376-4771	Registration required. Schedule on Facebook 'Kamloops Parent-Child Mother Goose'
Ages & Stages Questionnaire (ASQ)	The ASQ is a developmental and social-emotional assessment tool. They are filled out by parents or caregivers and can be scored by trained facilitators.	Parents / caregivers of children 0-5	YMCA BC – Kamloops John Tod Early Years Centre	250-376-4771	Available at John Tod Centre.
Baby Time	Connect with other parents and learn fun songs, rhymes, and stories while giving your baby a chance to explore language, learning and play.	Parents/ caregivers with newborns to pre-crawlers	YMCA BC – Kamloops John Tod Early Years Centre	250-376-4771	Drop in Wednesdays 11:45am – 12:30pm
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 crawlers - new walkers	YMCA BC – Kamloops John Tod Early Years Centre	250-376-4771	Drop in Tuesdays 11:45am – 12:30pm
Infant Massage	Learn the art of nurturing touch! 5 week class for families and their pre-crawling babies.	Parents / caregivers with pre-crawling babies	YMCA BC - Kamloops John Tod Early Years Centre	250-376-4771	Call to register. Wednesdays Oct 1 – 29 2:00-3:00pm
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 9:00-11:30am

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 and Interior Community Services	Mikaela <a href="mailto:mbainpatrick@interiorcommunityservices.bc.ca">mbainpatrick@interiorcommunityservices.bc.ca</a> 250-554-3134 Ext 327	Wednesdays 12:00-1:30pm Registration required.
PEACE (Children Who Witness Abuse)	For individual and group support for children, ages 4 – 19, who have witnessed violence, mother survivors of violence, and non-offending parents and caregivers. We offer a safe and supportive place to walk alongside those we serve on their healing journey through creative therapy offerings.	4 - 19	YMCA BC - Kamloops YMCA-YWCA	250-319-2406	Counselling Dyad and family sessions Open referral Please contact for more information
Prenatal Wellness	Free support group for expecting parents. Participants will learn coping strategies such as mediation, mindfulness and self-compassion tools to use during labour and the first years with your new bundle of joy. The group will include time to connect, ask questions, meet other expecting parents, and have a provided snack.	Expecting parents	YMCA BC – Kamloops YMCA-YWCA	250-376-4771 ext 122 mentalwellness@bc.ymca.ca	Please contact to be added to the interest list.

## 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 / Tweens 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	Kids in Control 8 – 12  Tweens in Control	BC Schizophrenia Society	Email: thompsonnicola@bcss.org Phone: 250-571-6955 Toll Free: 1-888-888-0029 (Kathleen Larose)	8-week program with once a week, 1.5-hour sessions  Intake is ongoing.

	others who may be going through similar experiences. As our programs are held virtually, this invitation extends across the province.	11 - 12		<a href="http://www.bcscs.org/bcscsyouth">www.bcscs.org/bcscsyouth</a>	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: <a href="mailto:thompsonnicola@bcscs.org">thompsonnicola@bcscs.org</a> Phone: 250-571-6955 Toll Free: 1-888-888-0029 (Kathleen Larose)	6 session education and support course Dates TBA
Circle of Friends	Safe place for children to talk with others and navigate through the pain of loss (including separation and divorce). Please note there is a \$10 charge for this program.	8 - 12	BGC Kamloops	Joanna Craig and Neevesha Panjawani 250-554-5437	Registration required. 8 week support group. Starts Thurs, Oct 9 5:00-6:30pm. Snack is provided.
Power Start	Friendly and caring staff pick up children from their homes and transport them to the BGC where they are fed a nutritious breakfast and receive help with preparing them for the school day, as well as transportation to their school.	5 - 12 at specific schools supported by BGC.	BGC Kamloops	Kamloops North Shore area Elementary Schools	Please obtain a referral from your child's school principal
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. All activities support children in learning and encourages active living while celebrating the uniqueness of all their cultures.	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)	A group for parents ready to try out tools to help their children be calm and more focused, and to	Parents / caregivers of pre-	CTFRC and CYMH	Call CTFRC at	Free at this time for residents of the

Sensations and Thinking)	help them manage everyday emotions and activity level.	schoolers and primary students		250-371-4100 to request a registration link.	Thompson Health Region.
FASD / CDBC Caregiver Support Group	This drop in virtual 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.	Parents / caregivers of children 0 - 19	Insight Support Services	For Zoom link access, contact Janice 250-574-3734	Drop in, virtual group Wednesdays 7:00-8:00pm
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
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. Please contact for further details.
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 dallas@kamloops hospice.com	8 week closed group - Registration required Next Session: Thursdays, October 9, 2025

MET Program (Mentoring, Empowerment, and Tutoring) Program	The Mentoring, Empowerment, and Tutoring (MET) program 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.
Settlement Workers in Schools (SWIS)	The Settlement Worker in Schools program provides orientation to newcomer parents/students and assists with providing information, referrals to community and school resources, hosts group activities, workshops and camps for school-aged children to enhance their experiences as they transition into the Canadian school system.	School age children (5 – 18)	Kamloops Immigrant Services	778-470-6101	Self referral. Call for more information.
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
Lii Pchi Aen Noor – Little Bears on the Land	A group for Metis children to engage in cultural activities in a safe and supportive environment.	6 - 8	Lii Michif Otipemisiwak Family and Community Services	250-320-5804 Sara	Call to register Tuesdays Starting Oct 7 3:00 – 4:45pm
Shoohkaychiwun Koorboo - Rip Roaring Ravens	A group for Metis children to engage in cultural activities in a safe and supportive environment.	9 - 11	Lii Michif Otipemisiwak Family and Community Services	250-299-4972 Donnelle	Call to register Thursdays Starting Oct 16 3:00 – 4:30pm
Tapitow Nakaatchihtow – Infinity Skills	A group for Metis youth to engage in cultural activities in a safe and supportive environment.	11 - 13	Lii Michif Otipemisiwak Family and Community Services	250-319-2169 Gratiana	Call to register Mon and Thursdays 3:00-5:00pm
Walking with Worry Coyotes	Walking with Worry Coyotes (Aen Chi Loups) is an 8 week program that helps kids and families understand their worries and learn helping coping strategies through the use of cultural stories, games, art, mindfulness and connection.	7 - 12	Lii Michif Otipemisiwak Family and Community Services	250-320-5776 Tia	8 week program Starting October 2025 Please contact for more information

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 those who identify as a boy.	8 - 12	YMCA BC – Kamloops John Tod Centre	250-37-4771 ext. 122 mentalwellness@bc.ymca.ca	8 week group. Please contact to be added to the interest list.
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 <a href="http://www.kamloopsy.org/ccrreycfeaturepage">www.kamloopsy.org/ccrreycfeaturepage</a>	Call for more information
GLOW (Girls' Life of Wellness)	Supporting young women and those who identify as a female 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	8 week group. Please contact to be added to the interest list.
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: Sat, Oct 4 10:00am  Saturdays, Oct 18 – Dec 6 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	Please contact to be added to the interest list.

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	778-694-7620	6 week program. Offered in schools. Call for more info.

## 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	A Way Home Kamloops offers housing and supports for youth experiencing homelessness. Anyone under 27 can do a housing intake on Wednesdays between 2:00-4:00pm at 560 Tranquille Rd to get on the wait-list.	16-27	A Way Home Kamloops	<a href="mailto:admin@awayhomekamloops.com">admin@awayhomekamloops.com</a> 250-318-3054	Housing intake Wednesdays 2:00-4:00pm
Youth Hub Drop In	A weekly Youth Services Hub where any youth experiencing homelessness can connect with service providers at 560 Tranquille Road.	Any youth under 27 experiencing homelessness	A Way Home Kamloops	<a href="mailto:admin@awayhomekamloops.com">admin@awayhomekamloops.com</a> 250-828-0446	Drop In Wednesdays 1:00-4:00pm

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: thompsonnicola@bcss.org Phone: 250-571-6955 Toll Free: 1-888-888-0029 (Kathleen Larose)	6 session education and support course.
Teens in Control	A two day online group workshop and discussion for youth ages 13-18 who have a loved one with mental illness. The group helps youth better understand and cope with mental illness in their family, bust stigma, provide ways to deal with anxiety and stress, develop healthy coping strategies, and encourage self care and boundary setting. The group runs as a 2-day, 1.5-hour workshop held over a 2-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 Program	A strength and evidence based 10 week group for parents and caregivers of youth ages 13+ who struggle with behaviour challenges and/or mental health issues. Parents are taught helpful parenting approaches they can apply across a range of situations and relational contexts. Learn to strength parent-teen relationships in a relaxed, supportive setting. Learn more: <a href="http://www.connectparentgroup.org">www.connectparentgroup.org</a>	Parents or caregivers of youth ages 13+	BGC Kamloops	Joanna Craig or Neevesha Panjawani 250-554-5437	Registration required.  10 week group Wednesdays Starting Sept 24. Dinner provided.
First Steps	First Steps is an educational program for young mothers that provides academic upgrading, parenting and life skills classes, and career and education planning. Specialized childcare is provided in a safe and supportive environment.	Women between ages 14 – 24 who are in a parenting role with a child 0 – 5 years.	BGC Kamloops in partnership with SD73 and Interior Community Services	250-376-9199	Registration required. Please call to register or to added to waitlist if full.
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	Monday – Thursday 12:00pm – 6:00pm Friday 9:00am-6:00pm
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

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, Brock, and South Shore.	13-21	BGC Kamloops	250-851-6179	Fridays 4:00 – 10:00
Weekday Drop In	Weekday Drop In program for youth offering a variety of opportunities and activities led by a qualified adult. Youth have access to our gymnasium and equipment, a kitchen, pool, ping pong, foosball tables, board games, puzzles, video games, TV, art supplies and more. Home cooked meals are provided daily.	11 - 24	BGC Kamloops	250-851-6179	September to June: Ages 11 – 24 Monday to Friday 12:00 – 3:00pm  Ages 11-18 Monday to Thursday 3:00pm – 6:00pm
Youth Life Skills & Wellness Drop In	A free 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	250-851-6179	Offered bi-weekly (See 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 <a href="http://www.bouncebackbc.ca">www.bouncebackbc.ca</a>	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"> <li>• On-site counselling at schools and community agencies</li> <li>• Parental support (information, education, consultation)</li> <li>• Counselling for young people living with addiction in their families</li> <li>• Community focused prevention/information presentations</li> </ul> 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 drop in virtual 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.	Parents / caregivers of children and youth 0 - 19	Insight Support Services	For Zoom link access, contact Janice 250-574-3734	Drop in, virtual group Wednesdays 7:00-8:00pm
Kamloops Youth Shelter	Provides short-term temporary housing for youth who are at risk of homelessness, experiencing homelessness, and/or family conflict or crisis. Open 24 hours a day, 365 days a year.	13 – 18 in need of safe, temporary housing	Interior Community Services	adm@intercommunityservices.bc.ca	Email for more information
Mobile Crisis Outreach Response for Youth	Provides immediate crisis response and case management, harm reduction materials, mental health first aid, safe transportation to shelters or services, connections to youth-focused resources, housing and care, and advocacy and safe planning.	13 - 24	Interior Community Services	adm@interiorcommunityservices.bc.ca	Email for more details.
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+)
Youth ReConnect	Provide support to youth who may be in crisis, creating and working on goals, assist youth to connect to family and/or community-based resources or other natural support, support and provide a positive successful transition to adult self-sufficiency, provide info on problem solving and communication skills, including parent-teen conflict.	13 - 23	Interior Community Services	adm@interiorcommunityservices.bc.ca	Youth are referred via: self referral, community based, family referral, MCFD or Probations/RCMP.
Tending the Roots	This group is for parents, caregivers, or the main supports of a youth who is using substances. We have found that this group is beneficial for caregivers who have a youth using substance, but whom the youth do not wish to change their current	Parents / Caregivers of youth 14 – 24 using substances	Interior Health Mental Health & Substance Use	778-694-1835 Jen Howes Substance Use Team Lead	Registration required. 8 weeks October 2025 235 Lansdowne St

	use. Youth do NOT require registration with IHA or MHSU, and parents/caregivers may come and register on their own. This is a process group, with content delivery, but also connection and support for caregivers facing similar situations and feeling isolation.				
Youth Day Treatment Group	For youth facing substance use challenges. Access a youth day treatment program that seeks to strengthen wellness through education, practice, fun activities and connecting with others.	14 - 20	Interior Health Mental Health & Substance Use	250-377-6500 Virginia.klammer-valenzuela@interiorhealth.ca	Oct 21 – Dec 5 Tuesdays & Thursdays 1:30-3:30pm 235 Lansdowne St
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
CRCL	CRCL is a mobile, community-led service that provides mental health support to people 13 years and older who are experiencing a mental health crisis. If you or someone you care about is experiencing a mental health crisis that could benefit from in-person support, CRCL will send a team of trained crisis responders to reduce distress, provide safety and support, help with referrals to other services and offer post-crisis follow up.	13+	Kamloops Aboriginal Friendship Society and CMHA BC	778-470-2725	Call or text the number for more information. Mon – Fri 12:00-8:00pm
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. Please contact for further details.
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 dallas@kamloopshospice.com	Runs once per month in a different location that encourages active

					engagement. Call for more details.
MET Program (Mentoring, Empowerment and Tutoring) Program	The Mentoring, Empowerment, and Tutoring (MET) program 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 aged children / youth 5 - 18	Kamloops Immigrant Society	778-470-6101	The MET program offers both 1:1 and group tutoring sessions.
Settlement Workers in Schools (SWIS)	The Settlement Worker in Schools program provides orientation to newcomer parents/students and assists with providing information, referrals to community and school resources, hosts group activities, workshops and camps for school-aged children to enhance their experiences as they transition into the Canadian school system.	School aged children / youth 5 - 18	Kamloops Immigrant Society	778-470-6101	Self referral. Call for more information.
Youth for Youth	Youth for Youth organizes various events and opportunities, such as local guest speakers, movie nights, book club, outdoor activities and mentoring.	14 - 29	Kamloops Immigrant Society	778-470-6101	Call or email <a href="mailto:kis@immigrantservices.ca">kis@immigrantservices.ca</a> to get connected.
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.
Buffalo Youth Group	A drop-in group for Metis youth to come build cultural connection in a fun and safe setting.	14 +	Lii Michif Otipemisiwak Family and Community Services	250-819-7754 Eryn	Drop-in Starting Oct 8 Wednesdays 3:00-5:00pm
Drumming Circle with Silas	Come learn to drum! No experience needed. Beginners welcome. You can borrow one of our drums if you do not have your own.	16 - 27	Lii Michif Otipemisiwak Family and Community Services	250-318-5813	Starting Sept 8 Mondays 4:00-5:00pm
Metis Jigging	Learn jigging and build cultural connection in a fun and safe setting.	12 +	Lii Michif Otipemisiwak Family and	250-554-9486 Lisa Andrykew	Registration required Starting Thursday Oct 2

			Community Services		5:00-6:00pm
Community Food Centre – Kids Meal Kits	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.
Food Access Programs	The Mount Paul Community Food Centre is proud to offer a variety of food access programs based at 140 Laburnum St. Community Meals is a no-cost, dine in meal. Sharing Table is available when there are extra donations of fresh produce.	All ages welcome	Mount Paul Community Food Centre	cfc@interiorcommunityservices.bc.ca	Community Meals Mon and Thurs 12:00-1:00pm
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	cfc@interiorcommunityservices.bc.ca	Wednesdays Please email to register.
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 Teen	Y Mind Teen is a 7-week program that supports teens <b>ages 13 to 17</b> 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 - 18	YMCA BC - Kamloops John Tod Centre	250-376-4771 ext. 122 mentalwellness@bc.ymca.ca	Info Session #1 Thurs, Oct 16 6:00pm Info Session #2 Thurs, Oct 23 6:00pm Program Dates: Thursdays, Nov 6 – Dec 18 6:00-7:30pm
Y Mind Teen with Canucks Autism Network	This Y Mind Teen program is run in collaboration with the Canucks Autism Network. It is a 7-week program that support teens <b>ages 13 to 18 on the Autism spectrum</b> and are experiencing symptoms of anxiety to learn and practice healthy coping	13 – 18 who are on the Autism spectrum	YMCA BC – Kamloops John Tod Centre	250-376-4771 ext. 122 mentalwellness@bc.ymca.ca	Info Session #1 Mon, Oct 6 4:00pm Info Session #2 Mon, Oct 20 4:00pm

	strategies to better manage stress and anxiety. This program will be run in-person at the John Tod Y.				Program Dates: Mondays, Nov 3 – Dec 15 4:00-6:00pm
Y Mind Youth	Y Mind Youth is a free 7-week psychoeducational and support group for young adults <b>ages 18-30</b> 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 John Tod Centre	250-376-4771 ext. 122 mentalwellness @bc.ymca.ca	Info Session #1 Tues, Oct 14 5:30pm  Info Session #2 Tues, Oct 21 5:30pm  Program Dates: Tuesdays, Oct 28 – Dec 16 5:30-8:00pm

### 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	Kamloops Brain Injury Association  250-372-1799

	and memorable for the students. This fun and interactive presentation helps students take safety seriously.	
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: <a href="mailto:intmanager@bcss.org">intmanager@bcss.org</a> Phone: 250-464-5159 Toll Free: 1-888-888-0029 (Bonnie Spence-Vinge)
PEACE VIP Violence is Preventable	This program links BC Schools with PEACE Programs (Prevention, Education, Advocacy, Counselling and Empowerment). VIP offers free educational violence prevention presentations and is offered in age ranges to meet the needs of students K – 12. VIP addresses topics in the BC curriculum strives to empower students to develop an understanding of healthy relationships.	YMCA BC (Kamloops YMCA-YWCA)250-319-2406 250-852-2018 <a href="mailto:Shanna.fehr@bc.ymca.ca">Shanna.fehr@bc.ymca.ca</a>