

**KAMLOOPS COMMUNITY AGENCIES**  
**Programs of Support for Children, Adolescents, and Families – October 2021**

**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>
<b>Baby's Head Start</b>	To support prenatal women to have a healthy pregnancy and baby. Weekly lunch groups, prenatal class, Drop in breastfeeding support, Infant Massage, Mother Goose, 1:1 support, free vitamins for Mom and baby.	Any age prenatally (must be prenatal)	<b>Interior Community Services</b>	236-597-0778 Kim	Anyone can refer
<b>Baby Steps</b>	Group for moms who have a baby under 1 year. Prevention of pre/post-partum depression. Peer and professional support. Each group includes mini "Mother Goose." Guest speakers.	Prenatal or baby under 1 year	<b>Interior Community Services</b>	250.554.3134 (Deedee)	Not currently running
<b>Early Connections</b>	Attachment parenting, emotion regulation, grief and loss, and anxiety support for families with children 0 – 6 years.	Children aged 0-6 years.	<b>Interior Community Services</b>	250.554.3134 (Shari)	Services are provided in the home, online, at the office, or in the community once per week.
<b>Families First</b>	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.	<b>Birth to age 3</b> (Families must start prenatally or when baby is under 6 months of age)	<b>Interior Community Services</b>	250.554.3134 (Lisa Lavoie)	Outreach program (home visits) anyone can refer
<b>Healthy Beginnings</b>	A parent and tot weekly drop in group for 2 hours	Birth to age 6	<b>Interior Community Services</b>	250.554.3134 (Lisa Lavoie)	Currently available in Kamloops, Barriere, Ashcroft

<b>Pre-Natal In A Day</b>	A one day class covering end of pregnancy, labor and delivery, and having a new baby at home.  NOTE: With COVID this has moved to a recorded online class. Contact Deedee for the log in information.	Prenatal, at least 27 weeks	<b>Interior Community Services</b>	250.554.3134 (Deedee)	Facilitated by PHN with training in Pre/Post-natal. Currently running as a pre-recorded online session.
<b>Post Partum Connections</b>	Weekly drop-in group led by trained community professionals. Aimed towards mild-moderate post partum depression and/or anxiety, or any woman who may be at risk or need more support. Education and peer support	Pre or post natal	<b>Interior Community Services</b>	250.554.3134 (Deedee)	Anyone can refer
<b>Friday Family Nights</b>	Grab and Go dinners. To-go dinners for families with children 19 and under.	Families	<b>Boys and Girls Club</b>	250.554.5437 Ext 206	Sign up via Facebook Fills up fast!
<b>Early Years Programming, Mt. Paul Food Center</b>	Drop-In Group for families on Fridays from 11:30-12:30. Programs will run for 6 week rotations (ie. "Munch Time," Active Gym Time, Seasonal Themes like planting, cooking, harvesting).	Families with children 0-6	<b>Interior Community Services</b>	250.554.3134 (Deedee)	Currently on hold Due to COVID
<b>R.E.S.T. Regulation of Emotions Sensations and Thinking</b>	A group for parents ready to try out tools to help their children be calmer and more focused, and to help them manage everyday emotions and activity level. Offered via Zoom	Parents/Care givers of preschoolers and primary students	<b>CTFRC and CYMH</b>	<b>Register online through the flyer, or call CTFRC at 250-371-4100 to request a link.</b>	Free at this time for residents of the Thompson Health Region
<b>Strengthening Families - First Nations Ed.</b>	Suspended due to COVID, future groups and dates TBD	Parents/Care givers and preschool age children	<b>Secwepemc Child &amp; Family Services</b>	250.314.9669	

<b>Prenatal support group</b>	Offered via Zoom for individuals or groups No scheduled date, but ongoing availability	Expectant Parents	<b>Secwepemc Child &amp; Family Services</b>	Call our Urban office 250.461.7237	Ongoing via Zoom
<b>Postpartum support group</b>	Suspended due to COVID Future dates and groups TBD	Parents/Care givers and preschool age children	<b>Secwepemc Child &amp; Family Services</b>	250.314.9669	
<b>Circle of Security</b>	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.  <b>SCFS</b> is offering via Zoom. Call Urban office to learn about future groups	Parents/Care givers of children 0 – 6	<b>CYMH and/or community (through Child Care Resource and Referral at John Tod Centre)</b>  <b>CYMH North Shore</b>  <b>Interior Community Services</b>  <b>Secwepemc Child &amp; Family Services</b>  <b>Lii Michif Otipemisiwak Family and Community Services</b>  <b>Boys' &amp; Girls' Club</b>  <b>Children's Therapy Resource Centre</b>	250.376.4771  250.554.5800 (Tanis / Ferne)  250.554.3134  250.461.7237  250.554.9486 (Deanie/Leona)  250.554.5437 Kerry ext 203 Or Megan ext 208  Lorna 250-250.371.4100	8 week program Community referrals Registration going          Sept 16 start (group full)
<b>Circle of Security Men's Group</b>	A relationship based early intervention program designed to enhance attachment security between parents and children.	Fathers/ Caregivers of children 0 – 6	<b>Interior Community Services</b>	250.554.3134 (Joan)	Currently no set dates

<b>ADHD Group</b>	3 week psychoeducation group to provide information and tools to parents to support the children in their lives with symptoms of ADHD.	Parents/ Caregivers of children 5-19	<b>CYMH (through Kamloops Y John Tod Centre)</b>	250.376.4771	3 sessions
<b>ADHD Group</b>	4 week educational group for parents with children presenting with ADHD tendencies.	Parents/ caregivers of children 5 - 19	<b>CYMH North Shore</b>	250.554.5800 (Crystal)	
<b>Caring Dads</b>	An anti-violence program helping fathers value their children. Designed to support fathers in building safe and healthy relationship with their children.	Fathers of children 0-19	<b>Interior Community Services</b>	250.554.3134 (Trent)	17 weeks MCFD Referral Group starting end of October
<b>Social Emotional Workshop</b>	Supporting parents in meeting the social and emotional needs of children through attachment.	Parents/ Caregivers with children 0 – 6	<b>Interior Community Services</b>	250-554-3134 Early Connections Program	Self / community referral <b>1 session</b>
<b>Grief and Loss Workshop</b>	Helping parents and children cope with grief and loss	Parents/ Caregivers with children 0 – 6	<b>Interior Community Services</b>	250-554-3134 Early Connections Program	Self / community referral <b>1 session</b>
<b>Anxiety Workshop</b>	Helping parents support young children with anxiety	Parents/ Caregivers with children 0 – 6	<b>Interior Community Services</b>	250-554-3134 Early Connections Program	Self / community referral <b>1 session</b>
<b>Parenting Awareness and Individual Development (PAID)</b>	Provides group education and support and outreach services to families experiencing challenges in their role as parents.	Parents/ Caregivers with children 0 – 6	<b>Interior Community Services</b>	250.554.3134 Shari	<b>10 week sessions</b> Anyone can refer
<b>Infant Massage</b>	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	<b>Kamloops Infant Development Society</b>	250.371.4140 250.554.9486	Registration required Call for more information as to next available class <b>6 week sessions</b>

	<p>LMO is offering via Zoom for individuals or groups – No scheduled date but ongoing availability</p> <p>SCFS is offering via Zoom for individuals or groups – No scheduled date but ongoing availability.</p>		<p><b>Lii Michif Otipemisiwak Family and Community Services</b></p> <p><b>Secwepemc Child &amp; Family Services</b></p> <p><b>Y-Child Care Resource &amp; Referral Program/Early Years Centre</b></p> <p><b>Interior Community Services</b></p>	<p>250.461.7237 Urban office</p> <p>250.376.4771</p> <p>250-554-3134 Families First Prog.</p>	<p>Families First and EY Navigator Call for dates</p>
<b>KAFS Community Drumming</b>	Cultural balance and understanding of the FN's tradition and values based drumming	0-19	<b>Kamloops Aboriginal Friendship Society</b>	250.376.1296 (Bernice)	Every Tuesday 3:30 – 4:30
<b>Parent-Child Mother Goose</b>	A community based group experience for parents, grandparents and their babies and young children to experience the spark of delight and magic that comes from enjoying a favorite rhyme or song together, and to enjoy strengthened bonding and develop a network of friends	Parents/ Caregivers with children 0 – 5	<b>Y-Kamloops Early Language and Literacy Initiative</b>	250.376.4771 (Crystal)	Registration required <b>8 weeks</b> Online registration for most locations at <a href="http://www.eventbrite.ca">www.eventbrite.ca</a>
<b>Parent and Tot Play Group</b>	SCFS has suspended due to COVID, future dates and groups TBD	Parents/ Caregivers with children 0 - 6	<b>Kamloops Aboriginal Friendship Society</b>  <b>Secwepemc Child &amp; Family Services</b>	250.376.1296  250.314.9669	Ongoing and drop-in Open registration
<b>Child Development ASQ Screening</b>	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	<b>Secwepemc Child &amp; Family Services</b>	250.461.7237 Urban office	On-going
<b>Under the Eagle's Wing</b>	For moms and dads with young children to join for cultural drumming, singing and learning, lunch, games	Parents/ Caregivers with children	<b>Kamloops Aboriginal Friendship Society</b>	250.376.1296	Mondays 10:00am – 12:00pm Open registration

	and information on parenting, healthy lifestyle, and self-care.	0 - 6			
<b>Prenatal Session</b>	Postpartum depression and anxiety walk in group.	Pregnant and new mothers	<b>Kamloops Aboriginal Friendship Society</b>	250.376.1296	Tuesdays 10:00am – 12:00pm
<b>Postnatal Session</b>	Postnatal Individual sessions to go over breastfeeding supports etc.	Pregnant and new mothers	<b>Kamloops Aboriginal Friendship Society</b>	250.376.1296	
<b>Support For Your Child's Sleep Concerns</b>	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	<b>John Tod YMCA/Early Years Centre.</b>	Lorna CTFRC 250-371-4100 #203	On hold due to COVID
<b>Baby Locomotion Time</b>	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	<b>Kamloops Y John Tod Early Years Centre</b>	250.376.4771	Call for more information. Registration Required
<b>Mother Goose Sneak Peak</b>	Learn fun songs, rhymes and stories while you bond with your baby and connect with other parents.	Parents/ Caregivers with newborn to pre-crawling babies	<b>Kamloops Y John Tod Early Years Centre</b>	250.376.4771	Call for more information Registration Required
<b>Lift the Lip Dental Program</b>	Interior Health Dental Program	Children 12-47 months	<b>Kamloops Y John Tod Early Years Centre</b>	250.851.7300	By appointment with Interior Health
<b>PEACE</b> (Children Who Witness Abuse)	A creative therapy program with the goal of breaking the cycle of family violence for children and youth who have experienced violence.	2 - 19	<b>Kamloops Y</b>	250.376.7800 250.852.2018	Counselling Group support Dyad and family sessions Open referral
<b>SAIP Sexual Abuse Intervention Program</b>	A community based program which provides specialized assessment and treatment services to children and youth who have experienced or suspected to have experienced sexualized violence.	3 – 18	<b>Kamloops Sexual Assault Counselling Centre</b>	250.372.0179	Open referral

<b>Interactive Early Learning Centre</b>	An opportunity for children to spend a morning exploring a fun safe play environment with parent/caregiver.	Parents/ Caregivers with children 0-pre-kindergarten	<b>Kamloops Y Child Care Resource &amp; Referral Program</b>	250.376.4771	Monday, Tuesday, Wednesday and Friday 9-11:30
<b>Nobody's Perfect</b>	A group to provide support and activities to discuss child safety, development and behavior. There is a focus on self-care. Parents help develop group goals	Parents/ caregivers of 0 - 5	<b>Kamloops Y Child Care Resource &amp; Referral Program</b>	250.376.4771	Contact Centre for dates
<b>Toy Lending and Resource Library</b>	The YMCA-YWCA/CCRR-Early Years Centre Lending Library is a free resource for parents, and child care providers. There is a wide variety of materials to help parents and educators plan their play and learning times, bring new ideas to their environment and help children learn and grow in fun, creative ways.		<b>Kamloops Y Child Care Resource &amp; Referral Program</b>	250.376.4771	In person, Drop off and Pick up is available. Call centre for more info.
<b>Pre and Postnatal Care Support Program</b>	Aboriginal Infant Development Consultant provide supports to assist expectant and new parents. Offered via Zoom	Expectant and new parents	<b>Lii Michif Otipemisiwak Family and Community Services</b>	250.554.9486	Currently offered to LMO clients
<b>MOMS Group Mothers Offering Mothers Support</b>	A self-care group for Indigenous and non-Indigenous mothers. Along with teaching about self-care, mothers are supported to better understand the connection between taking care of oneself and the impact that has on one's relationship with their child and child's development. With the involvement of local Elders, this group promotes the development of natural support networks. Refreshments are provided.	Open to all Mothers	<b>Lii Michif Otipemisiwak Family and Community Services</b>	250.554.9486	Tuesdays 6pm to 8pm
<b>Flower Beadwork Circle</b>	Come and learn basic Métis traditional flower beadwork. Open to all ages and levels of skill.	Open to all ages and skill levels	<b>Lii Michif Otipemisiwak Family and Community Services</b>	250.554.9486	Not running at this time due to Covid-19
<b>Lii Wapososak Breakfast Program for Parents and Children</b>	A parent/child attachment based group. Join us for a light breakfast, followed by a variety of workshops facilitated by our Early Childhood Development Support Workers, a Michif Elder and various guest speakers. Workshops incorporate both contemporary and traditional Metis teachings, songs, language, and	Parents/ Caregivers and children 0-4	<b>Lii Michif Otipemisiwak Family and Community Services</b>	250.554.9486	Call for more information

	resources to support positive physical, mental, emotional, and spiritual development in children.				
<b>Kookum pi Mooshoom</b>	Local Michif Elders share the Michif language through traditional Metis stories and songs. Children enjoy bannock and jam along with a light meal with the Elders. The children are also given copies of the shared books to take home. Children are immersed in Michif language and gain valuable cultural teachings from the intergenerational interactions.	Ages 5-9	<b>Lii Michif Otipemisiwak Family and Community Services</b>	250.554.9486	Not running at this time due to COVID-19
<b>Indigenous Fathers' &amp; Children's Group</b>	A weekly meeting place for Indigenous and non-Indigenous fathers and their children to promote healthy child/father attachment and honour the important role fathers play in their children's lives. Facilitated by a "Caring Dads" trained-facilitator, sessions topics range from child development, to respectful relationships, to sessions dedicated to a sharing circle where fathers learn from and support each other. This group promotes the development of natural support networks and many strong friendships have resulted from participation in this group.	Open to all Fathers and their children 0 - 18	<b>Lii Michif Otipemisiwak Family and Community Services</b>	250.554.9486	Wednesdays 5:00-7:00 pm
<b>Worry Bugs</b>	A locally developed four week program that focuses on co-regulation, building emotional vocabulary, confidence building, and tools for both parents/guardians and children. Online- parent version offered this fall.	Parents/guardians with children in K – Gr 2	<b>SD 73 Interior Community Services</b>	778.694.5542 (Melanie )	4 Week program Fall Session Wednesdays February 7:00 – 8:00 pm Via Zoom
<b>StrongStart BC Early Learning Program</b>	Free program for children and parents guided by trained Early Childhood Educators who offer a variety of activities for families. Pre registration required	Parents/ Caregivers with children 0-5	<b>SD73</b> AE Perry Arthur Hatton Beattie Marion Schilling - Barriere	250.374.2266 <b>(Marianne)</b>	Contact school for hours. Registration with facilitator required.



			Haldane Raft River		
<b>SPARK Strong Prepared and Ready for Kindergarten</b>	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'. These pre-k sessions are currently being offered via zoom, video, or small group. Outside instructions in the Spring. Families will obtain information, share their views and challenges, network with kindergarten teachers, administrators, professionals, and other parents/ caregivers.		<b>All SD 73 Elementary Schools</b>	250.374.2266 (Marianne)	Please contact the specific school's principal for information
<b>Comfort Play &amp; Teach Program</b>	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.  <b>Nutritional snacks are offered. Each family takes home a new book</b>	Parents/ Caregivers Children 0-3yrs	<b>Kamloops Immigrant Services</b>	778-470-6101 Ask to speak with a Settlement Counsellor for program details or email <a href="mailto:kis@immigrant-services.ca">kis@immigrant-services.ca</a>	<b>Fall &amp; Spring</b> 1x/week for 4 weeks <b>(Fall start date TBA)</b>  <b>*Registration is required</b>
<b>Park Pop-up Program</b>	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.  <b>Meeting at different parks to experience the benefits that each park offers.</b>	Parents/ Caregivers Children 0 – School Age	<b>Kamloops Immigrant Services</b>	778-470-6101 Ask to speak with a Settlement Counsellor for program details or email <a href="mailto:kis@immigrantservices.ca">kis@immigrantservices.ca</a>	<b>All year</b> <b>Every 2<sup>nd</sup> Thursday</b> of each month at <b>11:30am</b>  <b>*Registration is required</b>

<b>Community Food Centre</b>  <b>Children's Programming</b>	Kids Meal Kits: Once a month 100 free meal kits are offered to families. Meal kits have a healthy recipe and all the ingredients to make the recipe at least once. Registration is required and kits are picked up at a predetermined time.		<b>Mount Paul Community Food Centre</b>	236.421.1011 Tammy	Scheduled once a month. Call for more information. Registration Online thru ICS Webpage
<b>Early Literacy Kits</b>	These kits include a collection of ten books for ages 0-5 plus learning items like a felt story, puzzle, and/or puppet. They are designed for parents and caregivers to use when introducing and exploring topics with their children. Topics range from learning concepts (alphabet, colours, dinosaurs, farm animals) to social-emotional concepts (worry & anxiety, grief & death, gender & identity, friendship & bullying)	0-5	<b>Thompson-Nicola Regional Library</b>	To request a kit: 250-554-1124 or visit tnrl.ca	A free library card is required. Kits can be borrowed for 6 weeks.
<b>Physical Literacy Kits</b>	Designed in partnership with Play Kamloops to teach children to naturally move their bodies through play. The activities in the kit help them develop important "basic movement" skills. By encouraging children to be physically literate, they learn to love to move. This will help them stay active their entire lives!	0-6 (but can be extended to age 10)	<b>Thompson-Nicola Regional Library</b>	To request a kit: 250-554-1124 or visit tnrl.ca	A free library card is required. Kits can be borrowed for 6 weeks.
<b>Tiny Tunes</b>	Sing and play with songs and rhymes. Learn how to support babies or toddlers as they develop language skills. For parents and caregivers.	0-2	<b>Thompson-Nicola Regional Library</b>	Check tnrl.ca for current program offerings	Usually offered as a weekly in person drop-in. Currently programs are sessional and in-person or virtual depending on restrictions. Check tnrl.ca for registration requirements.
<b>Storytime</b>	Learn literacy skills through stories, songs, finger plays, and rhymes. For children and their caregivers.	3-5	<b>Thompson-Nicola Regional Library</b>	Check tnrl.ca for current program offerings	Usually offered as a weekly in person drop-in. Currently programs are sessional and in-

					person or virtual depending on restrictions. Check <a href="http://tnrl.ca">tnrl.ca</a> for registration requirements.
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