

KAMLOOPS COMMUNITY AGENCIES
Programs of Support for Children, Adolescents, and Families – Fall 2020 Version

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
Baby's Head Start	To support prenatal women to have a healthy pregnancy and baby. Weekly lunch groups, prenatal class, Infant Massage, Mother Goose, 1:1 support, free vitamins for Mom and baby.	Any age prenatally (must be prenatal)	Interior Community Services	250.554.3134 (Tracy)	Anyone can refer
Baby Steps	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	Interior Community Services	250.554.3134 (Deedee)	8 week group, Registration is online and limited to 8 families. Re-starting mid-October; locations TBD
Early Connections	Attachment parenting, emotion regulation, grief and loss, and anxiety support for families with children 0 – 6 years.	Children aged 0-6 years.	Interior Community Services	250.554.3134 (Shari)	Services are provided in the home, online, at the office, or in the community once per 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.	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	Birth to age 6	Interior Community Services	250.554.3134 (Lisa Lavoie)	Currently available in Kamloops, Barriere, Ashcroft

PreNatal In A Day	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	Interior Community Services	250.554.3134 (Deedee)	Facilitated by PHN with training in Pre/Post-natal. Currently running as a pre-recorded online session.
Friday Family Nights	Grab and Go dinners. To-go dinners for families with children 19 and under.	Families	Boys and Girls Club	250.554.5437 Ext 206	Sign up via Facebook Fills up fast!
Early Years Programming, Mt. Paul Food Center	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	Interior Community Services	250.554.3134 (Deedee)	Currently on hold Due to COVID
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	Register online through the flyer, or call CTFRC at 250-371-4100 to request a link.	Free at this time for residents of the Thompson Health Region
Strengthening Families - First Nations Ed.	Suspended due to COVID, future groups and dates TBD	Parents/Care givers and preschool age children	Secwepemc Child & Family Services	250.314.9669	
Prenatal support group	Offered via Zoom for individuals or groups No scheduled date, but ongoing availability	Expectant Parents	Secwepemc Child & Family Services	Call our Urban office 250.461.7237	Ongoing via Zoom
Postpartum	Suspended due to COVID	Parents/Care	Secwepemc Child &	250.314.9669	

support group	Future dates and groups TBD	givers and preschool age children	Family Services		
Circle of Security	<p>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.</p> <p>SCFS is offering via Zoom. Call Urban office to learn about future groups</p>	Parents/Care givers of children 0 – 6	<p>CYMH and/or community (through Child Care Resource and Referral at John Tod Centre)</p> <p>CYMH North Shore</p> <p>Interior Community Services</p> <p>Secwepemc Child & Family Services</p> <p>Lii Michif Otipemisiwak Family and Community Services</p> <p>Boys' & Girls' Club</p>	<p>250.376.4771</p> <p>250.554.5800 (Tanis / Ferne)</p> <p>250.554.3134</p> <p>250.461.7237</p> <p>250.554.9486 (Deanie/Leona)</p> <p>250.554.5437 Kerry ext 203 Or Megan ext 208</p>	<p>8 week program Community referrals Registration going</p> <p>Sept 16 start (group full)</p>
Circle of Security Men's Group	A relationship based early intervention program designed to enhance attachment security between parents and children.	Fathers/ Caregivers of children 0 – 6	Interior Community Services	250.554.3134 (Joan) jlukow@interiorcommunityservices.bc.ca	Currently no set dates
ADHD Group	3 week psychoeducation group to provide information and tools to parents to support the children in their lives diagnosed with ADHD.	Parents/ Caregivers of children 5-19	CYMH (through Kamloops Y John Tod Centre)	250.376.4771 (Isabelle)	3 sessions

ADHD Group	4 week educational group for parents with children presenting with ADHD tendencies.	Parents/ caregivers of children 5 - 19	CYMH North Shore	250.554.5800 (Crystal)	
Caring Dads	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	Interior Community Services	250.554.3134 (Trent)	17 weeks MCFD Referral Group starting end of October
Social Emotional Workshop	Supporting parents in meeting the social and emotional needs of children through attachment.	Parents/ Caregivers with children 0 – 6	Interior Community Services	250-554-3134 Early Connections Program	Self / community referral 1 session
Grief and Loss Workshop	Helping parents and children cope with grief and loss	Parents/ Caregivers with children 0 – 6	Interior Community Services	250-554-3134 Early Connections Program	Self / community referral 1 session
Anxiety Workshop	Helping parents support young children with anxiety	Parents/ Caregivers with children 0 – 6	Interior Community Services	250-554-3134 Early Connections Program	Self / community referral 1 session
Parenting Awareness and Individual Development (PAID)	Provides group education and support and outreach services to families experiencing challenges in their role as parents.	Parents/ Caregivers with children 0 – 6	Interior Community Services	250.554.3134 Shari	10 week sessions Currently running 1:1 Ongoing entry Anyone can refer
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. LMO is offering via Zoom for individuals or groups – No scheduled date but ongoing availability	Parents/ Caregivers with infants 0 - 12 months	Kamloops Infant Development Society Lii Michif Otipemisiwak Family and Community Services	250.371.4140 250.554.9486	Registration required Call for more information as to next available class 6 week sessions

	SCFS is offering via Zoom for individuals or groups – No scheduled date but ongoing availability.		Secwepemc Child & Family Services Y-Child Care Resource & Referral Program/Early Years Centre Interior Community Services	250.461.7237 Urban office 250.376.4771 250-554-3134 Families First Prog.	Families First and EY Navigator Call for dates
KAFS Community Drumming	Cultural balance and understanding of the FN's tradition and values based drumming	0-19	Kamloops Aboriginal Friendship Society	250.376.1296 (Bernice)	Every Tuesday 3:30 – 4:30
Parent-Child Mother Goose	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	Y-Kamloops Early Language and Literacy Initiative	250.376.4771 (Crystal)	Registration required 8 weeks Online registration for most locations at www.eventbrite.ca
Parent and Tot Play Group	SCFS has suspended due to COVID, future dates and groups TBD	Parents/ Caregivers with children 0 - 6	Kamloops Aboriginal Friendship Society Secwepemc Child & Family Services	250.376.1296 250.314.9669	Ongoing and drop-in Open registration
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	250.461.7237 Urban office	On-going
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	Mondays 10:00am – 12:00pm Open registration
Prenatal Session	Postpartum depression and anxiety walk in group.	Pregnant and new mothers	Kamloops Aboriginal Friendship Society	250.376.1296	Tuesdays 10:00am – 12:00pm

Postnatal Session	Postnatal Individual sessions to go over breastfeeding supports etc.	Pregnant and new mothers	Kamloops Aboriginal Friendship Society	250.376.1296	
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	John Tod YMCA/Early Years Centre.	Lorna CTFRC 250-371-4100 #203	Drop-in 10:30-12:00 2 nd Monday of the month.
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	Kamloops Y John Tod Early Years Centre	250.376.4771	Mondays 10:30 – 11:30 am Registration is required.
Baby Time/Mother Goose Sneak Peak	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	Kamloops Y John Tod Early Years Centre	250.376.4771	Wednesdays 11:45 am to 12:30 pm Via Zoom Registration is required.
MOM TIME	An opportunity to connect with other moms (prenatal/postpartum) and share in a safe and supportive environment with facilitators trained by Pacific Post- Partum Support Society.	Pre/post-natal	Kamloops Y John Tod Early Years Centre	250.371.4140 (Kamloops Infant Dev.) Call to register	2 nd and 4 th Monday of month (excluding holidays)
Lift the Lip Dental Program	Interior Health Dental Program	Children 12-47 months	Kamloops Y John Tod Early Years Centre	250.851.7300	By appointment with Interior Health
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.	2 - 19	Kamloops Y	250.376.7800 250.852.2018	Counselling Group support Dyad and family sessions Open referral
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
Interactive Early Learning	An opportunity for children to spend a morning exploring a fun safe play environment with	Parents/ Caregivers	Kamloops Y Child Care Resource &	250.376.4771	Tuesday, Wednesday & Thursday

Centre – Move and Play	parent/caregiver. Children will explore different themes and have story time, crafts and special events.	with children 0-5	Referral Program		9:30 – 10:30am Registration required
Nobody's Perfect	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	Kamloops Y Child Care Resource & Referral Program	250.376.4771	Being offered via Zoom only 4-6 weeks Nov 18 – Dec 16 Jan 6 – Feb 3, 2021 Apr 7 – May 5, 2021
Toy Lending and Resource Library	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.		Kamloops Y Child Care Resource & Referral Program	250.376.4771	Drop off and Pick up is available. Call centre for more info.
Pre and Postnatal Care Support Program	Aboriginal Infant Development Consultant provide supports to assist expectant and new parents. Offered via Zoom	Expectant and new parents	Lii Michif Otipemisiwak Family and Community Services	250.554.9486	Currently offered to LMO clients
MOMS Group Mothers Offering Mothers Support	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	Lii Michif Otipemisiwak Family and Community Services	250.554.9486	Tuesdays 6pm to 8pm
Flower Beadwork Circle	Come and learn basic Métis traditional flower 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	Not running at this time due to Covid-19
Lii Waposak Breakfast Program for Parents and Children	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	Parents/ Caregivers and children 0-4	Lii Michif Otipemisiwak Family and Community Services	250.554.9486	Call for more information

	traditional Metis teachings, songs, language, and resources to support positive physical, mental, emotional, and spiritual development in children.				
Kookum pi Mooshoom	Local Michiff Elders share the Michif language through traditional Metis stories and songs. Children enjoy bannock and jam along with a light meal with the Elders. The children are also given copies of the shared books to take home. Children are immersed in Michif language and gain valuable cultural teachings from the intergenerational interactions.	Ages 5-9	Lii Michif Otipemisiwak Family and Community Services	250.554.9486	Not running at this time due to COVID-19
Indigenous Fathers' & Children's Group	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	Lii Michif Otipemisiwak Family and Community Services	250.554.9486	Wednesdays 5:00-7:00 pm
Worry Bugs	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	SD 73 Interior Community Services	250.319.2323 (Jody)	4 Week program Wednesdays Nov 18, 25, Dec 2 & 9 7:00 – 8:00 pm Via Zoom
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 Arthur Hatton Beattie Marion Schilling - Barriere Haldane Raft River	250.374.2266 (Marianne)	Contact school for hours. Registration with facilitator required.
SPARK	S.P.A.R.K. was developed to help children have a		SD73	250.374.2266	Please contact the

<p>Strong Prepared and Ready for Kindergarten</p>	<p>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.</p>		<p>AE Perry Arthur Hatton Arthur Stevenson Beattie David Thompson Juniper Marion Schiling McGowan Parkcrest Summit Westmount - Barriere Haldane Logan Lake Raft River</p>	<p>(Marianne)</p>	<p>specific school’s principal for information</p>
<p>Strengthening Families Together</p>	<p>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</p>	<p>Adult support</p>	<p>BC Schizophrenia Society</p>	<p>250.571.6955 (Rosanne) 250.299.7695 (Rob)</p>	<p>10 week education and support course October 2020 (date TBA)</p>
<p>Strengthening Families Together First Nations Program</p>	<p>This multi-week education and support course provides the knowledge, support and tools necessary for first nations families (and friends) living with a loved one experiencing mental illness. The course has been modified to provide a culturally safe space for families to share and learn.</p>	<p>Adult support</p>	<p>BC Schizophrenia Society</p>	<p>250-571-6955 (Rosanne) 250.299.7695 (Rob)</p>	<p>10 week education and support course (date TBA)</p>
<p>Comfort Play & Teach Program</p>	<p>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</p>	<p>Parents/ Caregivers Children 0-3yrs</p>	<p>Kamloops Immigrant Services</p>	<p>778-470-6101 Ask to speak with a Settlement Counsellor for program details or email kis@immigrant</p>	<p>Fall & Spring 1x/week for 4 weeks (Fall start date TBA) *Registration is required</p>

	professionals and parents to talk about parenting. Nutritional snacks are offered. Each family takes home a new book			services.ca	
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/ Caregivers Children 0 – School Age	Kamloops Immigrant Services	778-470-6101 Ask to speak with a Settlement Counsellor for program details or email kis@immigrantservices.ca	All year Every 2nd Thursday of each month at 11:30am *Registration is required
Community Food Centre Children's Programming	Kids Meal Kits: Once a month 100 free meal kits are offered to families. Meal kits have a healthy recipe and all the ingredients to make the recipe at least once. Registration is required and kits are picked up at a predetermined time.		Mount Paul Community Food Centre	236.421.1011	Scheduled once a month. Call for more information.