

## TEENS Ages 12 – 19 - Fall 2020 Version

**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>Kamloops Youth Housing First Wrapforce</b>	Wrapforce is a team of people who help youth get the support and housing they need in the Kamloops area. A Wrapforce team member helps youth identify their goals and creates a support team to help each youth get the needed services. A support team may include people who assist in finding a stable home and job, and/or support with drug or alcohol addictions, health, school, aboriginal culture, and more	17 - 24	<b>A Way Home Kamloops</b>	250.320.7837 Katherine McParland	
<b>1st Step Mobile Treatment Program</b>	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	<b>Axis Family Resources</b>	250.851.2947 Ext 231	Monday to Thursday 9am to 3pm Breakfast and lunch provided Certificate of Completion
<b>Family Education and Support Program</b>	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 member.	Parents/Care givers or families	<b>Axis Family Resources</b>	250.851.2947 Ext 231	Program is offered upon request
<b>Youth Drop In</b>	An after school program that offers pick up at TREC, Brock Middle, and NorKam. Youth have access to food, hygiene products, clothing, and a safe space to hang out with peers and youth workers. Daily activities.	11-18	<b>Boys and Girls Club</b>	For more info. Call Abby @ 250-851-6179 ext 212	Monday to Friday 3pm to 6pm See monthly activity calendar on our website

<b>Friday Nights Alive</b>	Drug, alcohol, and harassment free space for youth to come spend their Friday nights with peers and youth workers. We offer a hot dinner, video games, our gym is open, and holiday activities as well. We offer safe rides home on the North shore and offer drop off on the south shore at Lansdowne exchanged, Sa-Hali Mall and Aberdeen Mall.	13-18	<b>Boys and Girls Club</b>	For more info. Call Abby @ 250-851-6179 ext 212	Fridays 8:30pm to midnight
<b>Raise the Grade</b>	Offered bi-weekly (see website for monthly calendar of activities, dates and times) Raise the Grade focuses on academic support, mentoring, life after high school, and various STEM themed workshops with prizes and technology. During drip in, homework support is always offered when needed.	11-18	<b>Boys and Girls Club</b>	Contact Jon @ 778-220-7346	Drop in with prior registration
<b>Life Skills &amp; Wellness Group</b>	This group is youth led. We cover various topics such as: cooking, emotional literacy, team building, job readiness, and life after high school.	11-18	<b>Boys and Girls Club</b>	Contact Jon @ 778-220-7346	Offered bi-weekly 5-6pm (See monthly calendar for dates)
<b>Life Skills &amp; Wellness 1:1 Support</b>	Life Skills and wellness one to one support. This program is available to help youth in need. Areas of support include but are not limited to: help learning how to navigate systems, advocacy work, basic life skills, housing support, applying to a post-secondary institution, non-clinical wellness support, etc...	11-24	<b>Boys and Girls Club</b>	Contact Jaimie @ 250-851-6179	Monday – Friday Flexible hours
<b>Lead Up</b>	This program is an employment readiness and volunteer program. The youth safely go into community and volunteer as well as focus on workshops for employment readiness and support with finding employment.		<b>Boys and Girls Club</b>	Contact Jon @ 778-220-7346 for more information	Offered bi-weekly See website and monthly calendar for dates and times
<b>Boys and Girls Group</b>	An opportunity for youth to connect with each other and focus on gender specific topics with a mentor facilitating the group.		<b>Boys and Girls Club</b>	Contact Jon @ 778-220-7346 for Boys Group And Jaimie @ 250-851-6179 for Girls Group	The last Thursday and Friday of each month
<b>First Steps</b>	An education program for young mothers that provides an	Moms	<b>Interior</b>	250.376.9119	Anyone can refer

	opportunity to complete their grade 12 diploma. We also provide parenting support, career planning, and build upon life skills. Child care centre on site.	15-24 years	<b>Community Services, SD 73, Boys' &amp; Girls' Club</b>	(Tonia or Jen)	
<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.	0-19	<b>Interior Community Services</b>	250.554.3134 (Trent)	17weeks MCFD referral
<b>Mind Over Madder Teens</b>	This group is designed to support participants to understand anger and learn skills to manage conflict. The approach of the program is based in Cognitive Behavioural Therapy and utilizes a variety of additional therapeutic models.	13-19	<b>Interior Community Services</b>	250.554.3134 (Trent)	9 weeks Currently no session scheduled
<b>Community Food Centre</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 Dawn	Scheduled once a month. Call for more information.
<b>Kamloops Shapedown BC</b>	Kamloops Shapedown BC is family based group program that helps children and teens, and their families, achieve a healthier lifestyle. Working with a team of Registered Dietician, Fitness Instructor, Registered Social Worker, and Pediatrician, families are helped to make positive changes in eating habits, activity level, parenting skills and self-esteem.	6-17	<b>Interior Health</b>  <b>Located at Kamloops Y John Tod Centre</b>	250.851.7301	Ask your family Doctor, Pediatrician or Nurse Practitioner to send us a referral or contact us for more information
<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)	Tuesdays 3:30pm to 4:30pm
<b>KAFS Cultural Crafts</b>	Aboriginal Workshops that will teach: moccasin making, regalia making, beading, making a drum demonstration, rattles, smudging & drumming and other cultural bases activities.	Open to teens and adults	<b>Kamloops Aboriginal Friendship Society</b>	250.376.1296	Call for information on specific workshops Registration is required. Programs offered during Spring Break and through the summer
<b>Youth Group</b>	Come hang out; enjoy fun activities such as crafts, games, movie nights and Special Event outings. Snacks, tea, and coffee provided.	13-18	<b>Kamloops Aboriginal Friendship Society</b>	250.376.1296 (Lauralee)	Wednesdays 3:30pm – 5:30pm Due to Covid Youth Group will be at MacDonald Park.

					Youth Groups are subject to change as weather permits.
<b>My Youth Club</b>	A casual and supportive after school setting for older children to spend time with peers, have a snack, and engage in recreational and social activities	11-18	<b>Boys and Girls Club</b>	250.554.5437	Monday to Friday 3pm to 6pm
<b>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. Counselling offered via zoom, FaceTime	13 - 19	<b>Kamloops Y</b>	250.376.7800 250.852.2018	Counselling Art Therapy <b>No groups offered at this time.</b>
<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>Safe Spaces</b>	Safe Spaces is a service for youth who identify as gay, lesbian, bisexual, transgender, two spirit, queer 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	<b>Interior Community Services</b>	250.371.3086	Group meets once a week A coordinator is available for one to one appointments as required and attends all group functions.
<b>Youth Mindfulness Program</b>	Participants learn coping skills and connect with other youth in the community, and program includes mindfulness techniques, educational workshops, and mental health-related topics. Youth get a free YMCA gym membership for the duration of the program to encourage physical activity as a stress management tool.	18-30	<b>Kamloops Y John Tod Centre</b>  <b>TRU</b>	<a href="tel:250-319-6648">250-319-6648</a> <a href="mailto:mentalwellness@kamloopsy.ca">mentalwellness@kamloopsy.ca</a>	One evening a week for 7 weeks 2.5 hours/session
<b>Teen Mindfulness</b>	Participants learn coping skills and connect with other youth in the community, and program includes mindfulness techniques, educational workshops, and mental health-related topics. Youth get a free YMCA gym membership for the duration of the program to encourage physical activity as a stress management tool.	13 - 17	<b>Kamloops Y John Tod Centre location</b>	<a href="tel:250-319-6648">250-319-6648</a> <a href="mailto:mentalwellness@kamloopsy.ca">mentalwellness@kamloopsy.ca</a>	Once a week for 7 weeks 1.5 hours/session

<b>Teen Mind Medicine Group</b>	<p>Offered via Zoom.</p> <p>The Teen Mind Medicine Group aims to support teens who experience stress, worry, overwhelm, and/or anxiety. It's normal and natural to experience these kinds of things in life and sometimes there are specific things that trigger these feelings—such as school, friends, and family—and other times we feel these uncomfortable feelings and we aren't sure why.</p>	13-18	<b>Secwepemc Child &amp; Family Services in partnership with Kamloops Y</b>	Contact Jessica Gordon 250.318.1949 or <a href="mailto:Jessica.gordon@secwepemcfamilies.org">Jessica.gordon@secwepemcfamilies.org</a> to register.	Begins October 29 <sup>th</sup> (7 weeks) 5:30 - 7:30pm
<b>Metis Mimwayr Teen Mind Medicine</b>	<p>Offered via Zoom. The Teen Mind Medicine Group aims to support teens who experience stress, worry, overwhelm, and/or anxiety. It's normal and natural to experience these kinds of things in life and sometimes there are specific things that trigger these feelings—such as school, friends, and family—and other times we feel these uncomfortable feelings and we aren't sure why.</p>	13-18	<b>Lii Michif Otipemisiwak Family and Community Services</b>	Contact Danielle Malcolm at 250-554-9486 To register	Begins October 6 <sup>th</sup> (7 weeks) 3:30 – 5:00 pm
<b>Mind Fit</b>	<p>Participants learn coping skills and connect with other youth in the community, and program includes mindfulness techniques, educational workshops, and mental health-related topics.</p> <p>This program includes one hour of wellness and one hour of physical activity.</p>	13 - 18	<b>Kamloops Y John Tod Centre</b>  <b>In Clearwater with busing available from Barriere</b>	<a href="tel:250-319-6648">250-319-6648</a> <a href="mailto:mentalwellness@kamloopsy.ca">mentalwellness@kamloopsy.ca</a>	Once a week for 8 weeks 2 hours
<b>GLOW</b>	<p>GLOW (Girls' Life of Wellness) is a program that helps support young women and non-binary youth ages 8-14 in all five Dimensions of Wellness: physical, social, emotional, spiritual and environmental. During the program, youth meet in groups to have healthy skill building discussions and participate in wellness activities.</p>	8-14 Two groups – older (age 12-14) and younger (8-12)	<b>Kamloops YMCA-YWCA John Tod Centre</b>	250-319-6648 250-376-4771 ext. 122 Jenna.nickle@kamloopsy.ca	Once a week for 10 weeks 2 hours
<b>Bounce Back for Youth</b>	<p>Youth can learn skills through telephone coaching and self-help workbooks to help combat feelings of mild/moderate anxiety and depression</p>	15 and older	<b>Canadian Mental Health Association</b>	250.275.8062  <a href="http://www.bouncebackbc.ca">www.bouncebackbc.ca</a>	Doctor or school counsellor referral required 4 to 6 telephone sessions

<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 currently running 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 include topics such as child development, respectful relationships, to sessions dedicated to a sharing circle where fathers learn from and support each other. This group promotes the development of natural support networks and many strong friendships have resulted from participation in this group.	Open to all Fathers and their children ages 0 - 18	<b>Lii Michif Otipemisiwak Family and Community Services</b>	250.554.9486	Wednesdays 5:00pm – 7:00pm  Limited spaces, please call to register
<b>Indigenous Youth Programming Drop In Center</b>	Urban Indigenous Youth Drop-In Centre is open for drop-in on Wednesday, Thursday and Friday Nights from 4:00pm- - 8:30pm. Includes a light dinner! Youth must follow Covid rules. Activities will vary. Call for more information 250-554-9486 <b>**New space is located at #4 – 685 Tranquille Road</b>	Ages 16 - 26	<b>Lii Michif Otipemisiwak Family and Community Services</b>	250.554.9486	Wednesday, Thursdays, and Fridays 4:00pm – 8:30pm LMO Youth Centre
<b>Michif Cultural Workshops</b>	Métis workshop, offering fun and interactive cultural activities, such as beading, jigging, moccasin making and many other Métis specific activities.	Open to children and families of all ages	<b>Lii Michif Otipemisiwak Family and Community Services</b>	250.554.9486	Call for information on specific workshops
<b>Michif Mentor Program</b>	One-to-one support to some of our more vulnerable Métis children, youth and families, provided by Métis community members and Métis Elders.	Children, youth, parents of all ages	<b>Lii Michif Otipemisiwak Family and Com. Services</b>	250.554.9486	Ongoing Self-Referral 7 days a week
<b>Tii Zaanfaan Sibling Group</b>	Our sibling group is a fun and safe space to explore the different ways families come to be. Play games and create art consistent with Metis family values, all while having fun with siblings. This six week group is meant to help siblings strengthen this special relationship.		<b>Lii Michif Otipemisiwak Family and Community Services</b>	250.554.9486	Call for more information
<b>Strengthening Families</b>	This multi-week education and support course provides the knowledge, support and tools necessary for families (and	Adult support	<b>BC Schizophrenia Society</b>	250.571.6955 (Rosanne)	10 week education and support course

<b>Together</b>	friends) living with a loved one experiencing mental illness.			250.299.7695 (Rob)	October 2020 (date TBA)
<b>Strengthening Families Together First Nations program</b>	This multi-week education and support course provides the knowledge, support and tools necessary for first nations families (and friends) living with a loved one experiencing mental illness. The course has been modified to provide a culturally safe space for families to share and learn.	Adult support	<b>BC Schizophrenia Society</b>	250-571-6955 (Rosanne) 250.299.7695 (Rob)	10 week education and support course (date TBA)
<b>Family Support Group</b>			<b>BC Schizophrenia Society</b>  <b>286 Tranquille</b>	250.571.6955 (Rosanne) 250.299.7695 (Rob)	4 <sup>th</sup> Monday of every month from 6:00pm-8:00pm

### School Presentation Offerings

<b>Partnership Education Presentation Program</b>	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  250.374.5939 (Lisa) 250-571-6955(Rosanne)
<b>Bush Party Awareness Workshops</b>	Utilizing the harm reduction model, this high school workshop explores the dynamics of using drugs and alcohol in a party setting and offer 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
<b>PEACE VIP Violence is Preventable</b>	This program links BC Schools with PEACE Programs (Prevention, Education, Advocacy, Counselling and Empowerment). VIP offers free educational violence prevention presentations and is offered in age ranges to meet the needs of students K – 12. VIP addresses topics in the BC curriculum strives to empower students to develop an understanding of healthy relationships. VIP addresses topics in the BC curriculum to develop an understanding of healthy relationships.	Kamloops Y  wendy.gruneberg@kamlooppsy.ca