



# The Village

## Parent Resource Registry



November 2009, Volume 36

To submit your program or receive **The Village** contact Parent Support Services Prince George

Call (250) 561-0607 or email [princegeorgeparent@shawbiz.ca](mailto:princegeorgeparent@shawbiz.ca)

For the most current volume, see [www.parentsupportbc.ca](http://www.parentsupportbc.ca)

**The Village is a registry of programs, resources and services for parents in the community.**

**Distributed monthly, The Village is**

- ✓ **A valuable resource for parents in the community**
- ✓ **An indispensable referral tool for service providers who work with parents**
- ✓ **A cooperative network to increase access to and knowledge of parenting services**

**Our goal is to gather, compile and share information linking parents and service providers. We value your feedback on how this resource can assist you in the best possible way!**

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\*This registry is provided as a convenience to the public. The inclusion of a service should not be taken as an individual endorsement.

### Workshops

#### **Girl Power! \*New Listing\***

Prince George Judo Club

For girls aged 8-18 to experience the benefits of healthy physical activity. This program includes 7 hours of Judo instruction as well as discussions with positive female rolemodels on 'developing a sense of belonging' and making healthy food choices.

\$20 (When participants show up for at least 8 sessions they will receive \$10 back from registration fee)

Mon from 6-7pm Starting Nov 9th (No classes Dec 21, 28, and Jan 4) Prince George Judo Club, 1363 4th Ave

Contact 250-960-5347

[www.pacificsport.com](http://www.pacificsport.com)

#### **Lighten Up**

BC Schizophrenia Society

A 10 month series of education support sessions for family members with a relative living with any mental illness or addiction. Lighten the burden of caregiving by coming to one or more of the sessions to learn the facts and share the feelings.

No Cost

First and Third Thurs of every month from 6:30-9pm Sept 10 2009- June 17, 2010 1117 6th Avenue

Contact Kim Dixon at 250-562-8015

[kimdixon@bcsspg.org](mailto:kimdixon@bcsspg.org)

[www.bcsspg.org](http://www.bcsspg.org)

#### **Neighbourhood Mobilization Project**

Children First Initiative

Organize a neighbourhood project! Meet other people in your neighbourhood! Improve your neighbourhood for kids aged 0-6! Would you like to be a Neighbourhood Champion?

For more information,

Contact Kathy at 250-565-2596

#### **Roots of Empathy**

Roots of Empathy is a program for children in kindergarten to grade 8. The program helps children to learn about a baby's needs and how babies develop through visits from parents and babies to the classroom. Babies must be 2-4 months in October to attend.

Free

Visits are 30-45 minutes monthly from October-June. School placements will be arranged early to mid September. Please express interest as soon as possible. Various schools throughout SD57

Contact Diane Gabrielson 250-564-5941

[dgabrielson@pgnfc.com](mailto:dgabrielson@pgnfc.com)

[www.rootsofempathy.org](http://www.rootsofempathy.org)

## Active Living

### ActNow BC

Provincial Government

Part of the provincial government's efforts to help British Columbians live healthier lives through nutrition, physical activity, eliminating tobacco use and ensuring healthy pregnancies.

No cost.

Take the ActNow BC Healthy Living Pledge online for a chance to win some great prizes

Contact

[www.ActNowBC.ca](http://www.ActNowBC.ca)

### Leisure Access Program

City of Prince George

The Leisure Access Program is designed to make recreation opportunities with the City of Prince George Community Services Department financially accessible for all residents. Eligible participants will receive complimentary swim/skate passes.

Contact Community Services at 250-561-7640

[ls\\_admin@city.pg.bc.ca](mailto:ls_admin@city.pg.bc.ca)

[www.city.pg.bc.ca](http://www.city.pg.bc.ca)

### Parent and Tot Time

Family YMCA of Prince George

Free play time in the gym with other parents and children and lots of toys. Call to find out about more programs.

No cost for members, \$2.25 for non-members (\$3 when new equipment arrives).

Tue, Thu and Fri. YMCA Gym, Mon & Wed Highland Gym (155 McDermid Dr.)

Contact at 250-562-9341 xt 238

[www.pgymca.bc.ca](http://www.pgymca.bc.ca)

### Prince George KidSport

City of Prince George

Part of a provincial and national network providing financial assistance to children and youth who need it to participate in sport programs. Grants of up to \$100 per child per year for sport registration fees are offered.

Application forms available at the Community Services Dept. at City Hall, 1100 Patricia Blvd.

Contact Community Services at 250-561-7640

[ls\\_admin@city.pg.bc.ca](mailto:ls_admin@city.pg.bc.ca)

[www.city.pg.bc.ca](http://www.city.pg.bc.ca)

## Drop-In Programs

### Beech Crescent Community House

Beech Kids Club is an after school program for children ages 6-12 years of age. 2:30-5pm, help with homework, games, crafts and a snack provided. Also: faxing, copying, printing, daily PG Citizen, laundry, and a variety of legal assistance.

No cost. Nominal fee for laundry soap.

Drop-in time 1-5pm. 325 Beech Cresc.

Contact Janice at 250-563-1090

[beech141@hotmail.com](mailto:beech141@hotmail.com)

### Down Syndrome Monthly Get-Together

Infant Development Program

Everyone welcome to attend.

Fourth Monday of every month. 950 Kerry St.

Contact Lisa at 250-564-6408

### Hadih House

Carney Hill Neighbourhood Centre

Drop-in centre with parenting support & programs, clothing exchange, low cost supply pantry, free laundry, fresh produce boxes, and community kitchen.

No cost.

Mon, Tue, Thu 9:30am-4:30pm, Wed 12-4:30pm, Fri 12:30-4:30pm, Sat 11am-3pm. 2105 Pine Street.

Contact Greta Hogan at 250-563-7976

[porterhousepg@yahoo.ca](mailto:porterhousepg@yahoo.ca)

### Power Play

Prince George and District Elizabeth Fry Society

Play is an important part of growing up! Drop-in for a play time for families with children ages newborn to 5 years.

No cost.

South Fort George Family Resource Centre gymnasium, 1200 LaSalle Ave.

Contact Facilitator at 250-614-9449

[frc@pgefry.bc.ca](mailto:frc@pgefry.bc.ca)

[www.sfgfrc.com](http://www.sfgfrc.com)

## Early Learning

### Ron Brent Elementary StrongStart

Please join us for some fun activities. All children 0-5 years are welcome to participate in fun play, story, games, music, and snack.

No Cost

Mon 11:30-2:30pm and Tue-Fri 8:30-1130am Ron Brent

Elementary School

Contact

### Latino Kids' Corner Program

Latino-Canadian Association of Northern BC

Come and join us for a get-together in Spanish for kids 2-6 years old. Lets have fun with our kids doing crafts, story time, games, songs, and dancing all in Spanish.

Free for members

Fri 10-12pm Christ Our Saviour Church Basement in the Hart

Contact Benita LeMorvan at 250-962-5054

[kids@latinpg.com](mailto:kids@latinpg.com)

[www.latinpg.com](http://www.latinpg.com)

### Baby Signing Classes *\*New Listing\**

Baby Signing Prince George

Come and bring your baby to learn how to sign through songs, storytime, and play. Share your baby's world as she tells you what she is thinking. Meet other parents, interact with your baby and learn about language development.

Registration opens Sep 1/09

\$85 for 7 weeks

Mon Mornings, 11-11:45am starting Jan 18, 2010

Contact Beth Hillhouse at 250-962-0316

[pgbabysign@gmail.com](mailto:pgbabysign@gmail.com)

[www.babysigning.ca](http://www.babysigning.ca)

### **Canfor Early Explorers Preschool Program**

The Exploration Place

Give your children the stimulating environment of a hands-on science museum where they can learn through play and discovery. This program is aimed at increasing school readiness in your preschooler, with the added benefit of stunning outdoor spaces.

Mon/Wed/Fri session \$150/month/child; Tue/Thu session \$120/month/child. Child must be 3 years old and potty trained.

Mon/Wed/Fri session 8:45-11:15am OR 12:15-2:45pm; Tue/Thu session 8:45-11:15am OR 12:15-2:45pm.

Contact Cristina and Nicole at 250-562-1612 xt 225  
earlyexplorers@theexplorationplace.com  
www.theexplorationplace.com/ceep.shtml

### **Prince George and District Skill Building Library AiMHi**

The Skill Building Library is open to anyone who can use items from our collection. Skills targetted include; fine motor, social, discrimination, but mostly they are just fun to play with. Parenting resources also available.

No cost.

Tue 10am-12pm, Wed 10am-12pm and 1-3pm, Fri 1-3pm. 950 Kerry St.

Contact Gillian Taylor at 250-964-8479

### **Prince George Public Library**

We have programs for parents, caregivers and children.

Early literacy activities for children under 5 years include: Babytime, Toddler Time and Family Storytime. Programs for school-aged children, teens and adults are also available. No cost.

These programs are drop-in, no registration required. It's a non-judgemental place for anonymous information. Check our website or call for further information. Programs are available at Bob Harkins Branch (Downtown) and Nechako Branch (Hart area).

Contact your Public Library at 250-563-9251  
www.lib.pg.bc.ca

### **Ready, Set, Learn!**

School District #57

A school-readiness initiative for 3 year olds and their caregiver. A 10-week group experience offered at your local elementary school for 1 hr/week. Activities include book sharing, craft, and snack.

No cost.

Variety of dates and times throughout the city.

Contact Jessica Short at 250-561-6800 xt 341

### **Speech Language Pathology & Specialized Preschool Groups Changed to Integrated Preschool and Daycare Programs**

Child Development Centre

Provides important skills for all children between ages 2.5 to 5 years of age to increase their ability to learn and aid them in their future transition to school. Focused on developing social, emotional, fine motor, gross motor, speech & language skills.

Contact the Child Development Centre for monthly costs Mon through Fri Child Development Centre - 1687

Strathcona Ave

Contact Sharon Beetlestone at 250-563-7168

ece@cdcp.org

www.cdcp.org

### **Speech Language Pathology and Specialized Preschool Groups**

Child Development Centre

Providing important skills for children with delays - increasing their ability to learn, and aiding them in their future academic success. Focusing on - language development, speech sound awareness, vision, eye-hand coordination and fine motor skills.

\$50 per month.

Ongoing - call for info. 1687 Strathcona Ave.

Contact Sharon Beetlestone at 250-563-7168 xt 229

ece@cdcp.org

### **Speech Language Pathology, Occupational Therapy, Physiotherapy**

Child Development Centre

Assessment, diagnosis and treatment for children with special needs. Focus on communication development, gross and fine motor skills, independent daily functioning, and ability to participate in regular and adapted community activities.

Special clinics.

No cost other than a small registration fee. Family library available.

Ongoing. 1687 Strathcona Ave.

Contact Debbie Harmon at 250-563-7168 xt 225

therapy@cdcp.org

www.cdcp.org

### **Speech-Language Clinic**

Northern Health - PG Speech and Language Clinic

Provides assessment and intervention to children with communication delays and disorders. Provides support to families and children from birth to five years in the areas of early language and literacy.

No cost.

Referrals welcome from parents and agencies. Individual dates set. Health Unit, 1444 Edmonton St, 3rd floor.

Contact Lianne Matsuo at 250-565-7370

lianne.matsuo@northernhealth.ca

### **StrongStart, Peden Hill Elementary \*New Listing\***

School District #57

Drop-in parent and child program for families and caregivers of children aged 0-5 to participate in a variety of activities such as art, circle, freeplay, snack, gym and outside time.

No Cost Bus Stop right outside School

Mon, Tue, Thur, Fri, 9am-12pm and Wed 12:30-3:30pm

3500 Westwood Dr, Peden Hill Elementary

Contact Angie Francis at 250-562-5822

afrancis@sd57.bc.ca

### **Tutoring and Training Centre**

Learning Difficulties Centre of BC

Provides one-to-one multisensory tutoring to children and adults affected by learning difficulties. Training in Multisensory Math and the Orton-Gillingham Approach to Language development, and parent support workshops are offered throughout the year.

Cost varies.

Mon-Thu, 9am-5pm. 785 Patricia Blvd.

Contact Donna Jarvis at 250-564-8011

www.theldc.com

### **Aboriginal Infant Development Outreach Program**

Prince George Native Friendship Centre  
Home visiting for children birth to 3 years old and their families, as well as expecting parents. Offer networks with community resources, activity ideas, toy lending, child development information. Infant Massage and developmental assessments as needed.

No cost.

Ongoing and based on family schedule. 138 George St.  
Contact Lisa Vienneau or Tracey Fuller at 250-564-5941

### **Expectant Parents**

#### **All Options Pregnancy Counselling**

Northern Health - Children and Families, School and Youth, and Communicable Disease and Adult Teams  
Emergency Contraceptive Pill, Pregnancy testing and referrals where needed.

No cost.

Mon-Fri, 1-4pm Health Unit, 2nd floor.  
Contact Children and Families Team at 250-649-7199

#### **Chemical Dependency at Risk Program**

Central Interior Native Health  
We help those women who identify themselves as Aboriginal and who are pregnant and want medical/social support.

No cost.

Drop-in from 9am-4pm. 1110-4th Ave.  
Contact Marie at 250-564-4422

#### **Healthiest Babies Possible**

Northern Family Health Society  
Providing free/low cost groceries, prenatal vitamins, educational and social groups, prenatal classes, cooking classes, free baby and maternity clothing.  
No cost. Child minding and snacks provided for groups, bus tickets available, parenting supports from pregnancy until children are 6 years old.

Open Mon 9am-4:30pm & Fri 1-4:30pm. Drop-in times  
Mon-Thu 12-4pm & Fri 1-4pm. 2666 Queensway.  
Contact Tricia or Angel at 250-561-2689  
angel@nfhs-pg.org, tricia@nfhs-pr.org  
www.nfhs-pg.org

#### **Jane Hedges & Judy DeFreitas, Registered Midwives**

Northern Midwifery Care  
Registered Midwives provide pregnancy, labor and postnatal care for six weeks following delivery. Women have the choice of delivering either in hospital or at home.  
There is no charge to receive Midwifery care for BC residents.

Contact Jane Hedges at 250-960-9444  
cahedges@telus.net  
www.princegeorgemidwife.com

#### **Prenatal Registry**

Northern Health - Children First Initiative  
A supportive referral program for pregnant women to discuss questions/concerns, visit with a nurse at booked appointments, phone visits or creative outreach. Arrange prenatal education and hospital tours.  
No cost.

8:30am-4:30pm, Mon-Thu. PGRH Maternity Unit. 1475  
Edmonton St.  
Contact Karen at 250-565-2910  
[Karen.Warner@northernhealth.ca](mailto:Karen.Warner@northernhealth.ca)

### **Family Fun**

#### **Family Sundays**

Two Rivers Gallery  
Art making activities for the whole family. A new art project each week.

Regular admission applies. Free for members.

New extended hours! Drop by every Sunday between 1 & 4pm. Civic Plaza.

Contact 250-614-7800  
art@tworiversartgallery.com  
[www.tworiversartgallery.com](http://www.tworiversartgallery.com)

### **Financial Aid**

(Please contact a service provider for assistance with applications)

#### **Canada Child Tax Benefit**

Canadian Government  
The Canada Child Tax Benefit is a tax-free monthly payment made to eligible families to help them with the cost of raising children under 18. May include the National Child Benefit Supplement, BC Family Bonus, and Universal Child Care Benefit.

Contact Canada Revenue Agency at 1-800-387-1193  
[www.cra-arc.bc.ca/benefits/](http://www.cra-arc.bc.ca/benefits/)

#### **Child Care Subsidy - BC**

Ministry of Child and Family Development  
Monthly payment that helps families with low incomes to cover the costs of childcare.  
Contact Enquiry BC at 1-888-338-6622  
[www.mcf.gov.bc.ca/childcare/](http://www.mcf.gov.bc.ca/childcare/)

#### **Child Disability Benefit**

Canadian Government  
The Child Disability Benefit is a tax-free benefit for families who care for a child under age 18 with a severe and prolonged impairment in mental or physical functions.  
Contact Canada Revenue Agency at 1-800-387-1193  
[www.cra-arc.bc.ca/benefits/](http://www.cra-arc.bc.ca/benefits/)

#### **Children First Initiative**

Raises awareness and improves outcomes for children and families. Builds an early childhood development support system with the collaboration of parents and professionals. Grants are available for projects that will improve the lives of children 0-6yrs.

No cost.

Ongoing  
Contact Louise Zenk at 250-565-7331  
LouiseZenk@northernhealth.ca  
www.childrenfirstpg.com

#### **Income Assistance**

Ministry of Employment and Income Assistance  
Program provides financial assistance to eligible people with low incomes.  
Contact Income Assistance at 1-866-866-0800  
[www.eia.gov.bc.ca/publicat/bcea/applying.htm](http://www.eia.gov.bc.ca/publicat/bcea/applying.htm)

#### **Pharmacare Program**

Government of BC  
Provides information about the status of individual claims being processed and how to apply for reimbursement.  
Contact Health Services at 1-800-554-0250

## Grief and Loss

### Rainbows

St. Mary's School

For elementary school children who are going through a painful transition from death, divorce, separation, abandonment or neglect. Prism is available for parents of children attending this program. Spectrum is available for High school students.

Registration begins in the first week of the school term (Sep and Jan). Please call to register. 1088 Gillett St.

Contact Ursula Morris at 250-563-5584 or 250-562-3477  
pandumorris@shaw.ca or rainbowspg@shawcable.com  
www.rainbowspg.com

### Rainbows/Spectrum/Kaleidoscope

Prince George Hospice Society

Grief and Loss program for children, adolescents, teens, and young adults ages 5-21 years. The participant's grief can be from death, divorce, separation, abandonment, and neglect. No cost.

Registration is underway for Fall 2009. The Rainbows session starts on Tue, Sep 15th. The Spectrum and Kaleidoscope groups will be held on Mon evenings, starting Sept 14. Forest Expo House, 1506 Ferry Ave. (the white two-storey house next to Hospice House).

Contact Catherine Gladwin at 250-563-2551  
cgladwin@hospiceprincegeorge.ca  
www.hospiceprincegeorge.ca

### Rainbows/Spectrum/Kaleidoscope \*New Listing\*

Prince George Hospice Society

Grief and Loss program for children, adolescents, teens and young adults ages 5-21 years. The participant's grief can be from death, divorce, separation, abandonment, and neglect. Registration is underway for the Winter/Spring session.

No Cost

Tues Jan 12th, 2010 Forest Expo House, 1506 Ferry Ave. (the white two-storey house next to Hospice House).

Contact Catherine at 250-563-2551  
cgladwin@hospiceprincegeorge.ca  
[www.hospiceprincegeorge.ca](http://www.hospiceprincegeorge.ca)

## Health

### Audiology (Hearing) Clinic

Northern Interior Health Unit

Hearing evaluation, fitting of amplification devices and sale of hearing aids and accessories for infants and children up to 18 years.

Referral from doctor required. 1475 Edmonton St.

Contact the Hearing Department at 250-565-7371

### Building Blocks

Aboriginal Infant and Family Development Program (AIFDP)

Community Kitchens, open to parents with children birth to 6 years.

No cost. Childcare is available by sign-up to first 4 children.

Transportation available for FRC location only.

1st and 3rd Wed at 325 Beech Cresc. Community House.

2nd and 4th Wed at 1200 LaSalle, Family Resource Centre.

Contact Deb Ewen at 250-564-5941

dewen@pgnfc.com

### Child Health Clinic

Northern Health - Children and Families Team

Providing immunizations to children starting at 8 weeks of age. Provide information on nutrition, safety, dental health, postpartum depression, etc. and referrals as needed.

No cost.

Mon, Tue, Thu, 1-4:30pm in the Auditorium at the Health Unit, 1444 Edmonton St. and at the Family Resource Centre clinic room, 1200 LaSalle Ave. Wed 8:40am-12pm in the Auditorium of the Health Unit.

Contact Children and Families Team at 250-565-7478

### Northern Health Connections

Northern Health

A travel service program for patients needing to travel for out-of-town medical appointments in northern BC and between northern BC and Vancouver.

Nominal fee based on distance.

Contact Northern Health Connections at 1-888-647-4997

[www.northernhealth.ca](http://www.northernhealth.ca)

### Nursing Support Services

A provincial program of RN's assisting parents and caregivers of children with persistent and challenging health needs. We provide education to Teaching Aides in schools, provide services in-home, work with families for consultation and assessment to

No cost.

access health care supplies and equipment, and provide consultation and referral information for families as well as access to nursing. Health Unit, 1444 Edmonton St., 2nd floor. Contact Kim or Carolyn at 250-612-4519 or 250-565-7391

### On-call and Drop-in Health Services

Northern Health - Children and Families Team

Access to public health nurse for a wide range of topics concerning child and family health and wellness.

No cost.

On call Mon-Fri 9am-12pm, Drop-in Mon-Fri 9am-12pm.

Drop-in is located at the Family Resource Centre, 1200 LaSalle Ave.

Contact the Information Line at 250-565-7478

### School and Youth Team

Northern Interior Health Unit

School age immunizations, Kindergarten, Grades 6 and 9.

Provide school-age child health information.

Mon-Fri, 8:30am-4:30pm. 1444 Edmonton St.

Contact School and Youth Team at 250-565-7477

## Help Lines

### Children and Family Information Line

Northern Health - Children and Families Team

Public health nurse available to address concerns regarding children's health, childcare, and parenting.

Mon-Fri, 9am-12pm.

Contact the Information Line at 250-565-7478

### **Crisis Line**

Crisis Prevention, Intervention and Information Centre for Northern BC  
No cost, confidential, anonymous peer support and referrals. Handles TTY (hearing impaired) calls. Access to the language line for those requiring an interpreter.  
24 hours/day 7 days/week. 1600-3rd Ave., 5th floor  
Contact the Crisis Line at 250-563-1214 or 1-888-562-1214  
pgcrisiscentre@telus.net  
www.northernbccrisissuicide.ca

### **Canadian Grandparents Rights Association**

Promotes, supports, and assists grandparents and their families in maintaining or re-establishing family stability. Guides people in the initial process of obtaining custody of, and access to, their grandchildren.  
Contact Donna at 250-617-2622 or 250-962-9250

### **Foster Parent Support Line**

Contact the Foster Parent Support Line at 1-888-495-4440

### **Helpline for Children**

24 hour toll free phone line for children needing help. Takes reports of child abuse and neglect from any concerned party. Contact the Helpline at 250-310-1234  
www.gov.bc.ca/mcf

### **Medical Crisis Line**

Northern B.C. Friends of Children Society  
Assists parents with children from birth to 19 years who are experiencing a medical crisis. Offers counselling, resource referral and financial grants for: travel, therapy, medical equipment and prescriptions. Referral area from Williams Lake to Yukon.  
No cost.  
9am-4pm, Mon-Fri. 221-1600 3rd Ave.  
Contact Riley Wilcox at 250-564-2217 or toll free 1-866-564-2217  
[friendsofchildren@telus.net](mailto:friendsofchildren@telus.net)

## **New Parents**

### **Baby Time**

Northern Health - Children and Families Team  
Drop-in program for parents and their babies. Weigh and measure your baby's growth, speak to a public health nurse. Power Play at same time offering free drop-in playtime for families with children ages newborn to 5 years.  
No cost.  
Wed 10-11:30am at the Family Resource Centre gym, 1200 LaSalle Ave.  
Contact Children and Families Team at 250-565-7369

### **Buddy Up for Breastfeeding. Coming Soon! \*New Listing\***

Parent Support Services, Children First Prince George and Northern Health  
Are you interested in being a volunteer to support and encourage new breastfeeding mothers by telephone? Have you breastfed for about 6 months and enjoyed it and would enjoy volunteer training and networking sessions with other women?  
Contact Ingrid Edenshaw at 250-561-0607  
[parentnorth@shaw.ca](mailto:parentnorth@shaw.ca)

### **Drop-In Breastfeeding Support Group**

Northern Health - Children and Families Team  
Lactation Consultant and Public Health Nurse on site. Breastfeeding advice and support. Weigh and measure your baby's growth.  
No cost.  
Thu 9:30-11:30am Health Unit, 2nd Floor, 1444 Edmonton St.  
Contact Children and Families Team at 250-565-7478

### **Families Count Program**

Northern Health-Public Health Nursing  
A family support program delivered by a Public Health Nurse and a family visitor. Intake available to parents in 3rd trimester of pregnancy to 3 months of age. Program continues until child is 5 years.  
No cost.  
Initial weekly visits. Home-based visiting program.  
Contact Diana Ribeiro or Charlene Laferdy at 250-565-7351 or 250-649-7214  
[diana.ribeiro@northernhealth.ca](mailto:diana.ribeiro@northernhealth.ca) or  
[charlene.laferdy@northernhealth.ca](mailto:charlene.laferdy@northernhealth.ca)

### **Infant Development Program**

Home visiting services for a baby or toddler (birth to 3 years) who has developmental delays or is at risk for delays. Consultants help the family encourage progress in all areas (motor skills, speech, social, cognitive) and provide support for parents.  
No cost. Open referral, parents may call directly. Appointments are set at a time agreed upon by the parents and the ID Consultant. All visits done in the family's home.  
Contact Judie or Shelley at 250-564-6408 xt 247 or 248  
[idp@aimhi.ca](mailto:idp@aimhi.ca)  
[www.idpofbc.ca](http://www.idpofbc.ca) and [www.aimhi.ca](http://www.aimhi.ca)

### **Infant Massage**

AIDP Outreach Program  
Infant massage for babies 6 months and under. No transportation or childminding available  
Free  
Sept 22-Oct 27 2009. 1-2:30 pm  
Contact Tracey and Lisa at 250-564-5941  
[tfuller@pgnfc.com](mailto:tfuller@pgnfc.com) or [lvienneau@pgnfc.com](mailto:lvienneau@pgnfc.com)

### **Infant Massage and Toddler Playtime**

Infant Development Program  
Drop-in program for moms and dads and their children, ages birth to 3 years. No registration required. Snacks provided.  
No cost.  
Tue, 6-8pm, year round. 950 Kerry St.  
Contact the IDP at 250-564-6408 xt 247 or 248  
[idp@aimhi.ca](mailto:idp@aimhi.ca)  
[www.idpofbc.ca](http://www.idpofbc.ca)

### **La Leche League**

Providing mother to mother breastfeeding support through both group and telephone. We support breast-feeding no matter what it looks like in your family.  
No cost.  
2nd Thu of each month 7-8:30pm, 4th Wed of each month, 10-11:30am, 176 Aitken Cres. Northern Interior Health Unit, 1444 Edmonton St.  
Contact Tammy at 250-612-0085  
[kozoris@telus.net](mailto:kozoris@telus.net)

### Lactation Consultant Services

Northern Health  
In-hospital support for breastfeeding infants and children, their mothers and families. One-on-one teaching; prevention, recognition and coping with problems that may occur while breastfeeding.  
No cost.  
Available at Baby Time, Thu, 9:30-11:30am. 1444 Edmonton St.  
Contact Jeanne Hagreen and Eunice Finch at 250-565-2327  
Jeanne.Hagreen@northernhealth.ca or  
Eunice.Finch@northernhealth.ca  
www.northernhealth.ca (search "breastfeeding")

### Make The Connection: Birth - 1 \*New Listing\*

Infant Development Program (AiMHi)  
An interactive 8 week program for parents and babies ages birth - 12 months. Through three key areas of love, learning and language parents and babies play and learn together, sing songs, and enjoy their loving relationship.  
No Cost  
Jan 28 - Mar 18, 2010. Thur 10-11:30am 950 Kerry St.  
Contact Shelley Anderson at 250-564-6408 ext. 248  
idp@aimhi.ca

### Maternity Home Visiting

Northern Health - Children and Families Team  
Following the discharge of a new baby, all parents are contacted and offered a home visit with a Public Health Nurse who will do a physical assessment as well as provide education and counselling to parents.  
No cost.  
Mon-Thu mornings and all day Fri and Sat. In-home.  
Contact Children and Families Team at 250-565-7476

## Parent Education

### Active Parenting Program

Parent Support Services  
For parents of all ages! 1234 Parents, Active Parenting Now, and Active Parenting Teens assist parents to help their children develop self-esteem, responsibility, and courage. Learn tips for clear communication and respectful discipline. No cost. Childcare and transportation may be available for some programs, please ask.  
Daytime and evening classes available. Various locations.  
Contact Ingrid Edenshaw at 250-561-0607  
parentnorth@shaw.ca  
www.parentsupportbc.ca

### BC Foster Parent Education Program

Axis Family Resources  
53 hour education program for approved foster parents covering a wide range of topics relevant to working with children in care. Education Module 12: Substance Abuse - Presented by Andrew Burton  
No Cost  
Oct 13, 6-9pm 185 Quebec st.  
Contact Carmen Jose at 250-564-9064 ext 23  
carmen.jose@axis.bc.ca  
www.axis.bc.ca

### Building Blocks

Aboriginal Infant and Family Development Program  
Mom and Tot Time - open to parents with children birth to 6 years. Parent led. Topics include Potty Time, Nobody's Perfect, 1234 Parents, Ready Set Learn, crafting, lifeskills training, etc.  
No cost.  
Fridays for two hours. 325 Beech Cres.  
Contact Deb Ewen 250-564-5941  
dewen@pgnfc.com

### Community Nutrition Program

Northern Health  
Public walk-in nutrition resource library with free handouts for community programs and families on such topics as nutrition for pregnancy and breastfeeding as well as nutrition information for infants, toddlers, and school-age children.  
No cost.  
Mon-Fri, 8:30am-4:30pm Centre for Healthy Living, 1788 Diefenbaker Dr. (next to Carney Hill School)  
Contact Lindsay Logan at 250-565-7384  
Lindsay.Logan@northernhealth.ca  
www.northernhealth.ca

### Family Education Outreach Program

Northern Health  
An in-home, family support, parent education outreach program for parents with children 0-16 years. Offers parenting, life, and home management skills. Outreach workers work closely with the family to achieve outcome oriented family goals.  
No cost.  
Weekly sessions, for three to nine months. Available in Prince George and surrounding areas.  
Contact Cindy Ignas at 250-562-9805  
cindy.ignas@northernhealth.ca

### Learning Circle Literacy Program

Prince George Native Friendship Centre  
Focus is on adult learners (age 18 and up) and their learning and skill development goals. We provide one-to-one tutoring services, pre-prep GED sessions and basic computer training. Assistance with completing applications and forms, a lending library,  
No cost. and educational workshops available.  
Contact August Horning or Maria Orcheron at 250-564-3568 xt 228/238  
literacy@pgnfc.com

### Parent Education

Child Development Centre  
The Centre's Therapy Department provides information to parents of children with special needs and development delays on how best to facilitate their child's development. We have a Family Resource Lending Library, including videos/DVDs, books, etc.  
No cost.  
Ongoing - call for info. 1687 Strathcona Ave.  
Contact Lynnelle Sutherland at 250-563-7168 xt 210  
lynnelles@cdcp.org

### Parent Education

Child Development Centre  
The Centre's Therapy Department provides information to parents of children with special needs and developmental delays on how to best facilitate a child's development. Resources include books, videos, and dvds available to loan to families.  
No Cost.  
Ongoing, call for information 1687 Strathcona Avenue  
Contact Debbie Harmon at 250-563-7168 ext 225  
therapy@cdcpg.org  
www.cdcpg.org

### Parent Participating Toddler Fun

Carrier Sekani Family Services  
Parent participating program that assists parents through fun interaction with their child. We will enjoy play, stories and games.  
No cost. All children 4 and under welcome.  
Mon 11am-2pm. Carrier Sekani Family Services board room.  
Contact Cathy Mason or Terry Barnes at 250 562-3591  
cmason@csfs.org or terry@csfs.org

### Parenting After Separating

Shazz Consultants and Enterprises, Inc.  
This program is aimed at anybody who is interested and/or involved in relationships with people who are separating/divorcing. Provides information on legal issues, the impact of separation on families and focuses on the best interests of children.  
No cost.  
Three sessions offered per month, call for time and location.  
Contact Larry Leischner at 250-562-9254  
lleischner@shaw.ca

### Parenting Classes

Northern Family Health Society  
Trained facilitator leads classes on effective parenting  
No cost. Childminding available during classes, bus tickets available.  
Ongoing - call for info. Located at 1152 3rd Ave.  
Contact Tricia at 250-561-2689  
tricia@nfhs-pg.org  
www.nfhs-pg.org

### Project Parent North

Northern Health  
A parent education program designed to help parents with meeting the physical, emotional, cognitive and social, developmental needs of their family. The program's foundation is relational parenting, focusing on strengthening parent child attachment.  
No cost. Transportation, child care for group sessions, lunch and snacks provided.  
Families attend 2 days/week, 10am-3pm. 2025 Victoria St.  
Contact Cindy Ignas at 250-562-9805  
cindy.ignas@northernhealth.ca

### Sign Language Classes

PG Hard of Hearing/Deaf Children's Society  
Beginners Prep 1-4, July 6-31, Mon-Fri, 9am-3:30pm.  
\$150/wk early bird rate (\$180/wk after Jun 6th)  
United Way Boardroom, 5th Floor, Native Friendship Centre.  
Contact Susan Warren at 250-964-9411  
swarren@shaw.ca

### Warrior Caregivers Fathers Support Program

Kikino Metis Children & Family Services Society  
This program is based on the holistic teachings of the Medicine Wheel and has been developed based on the self-identified needs of fathers in the north.  
No cost. Snacks and beverages provided.  
Tue, 3-6pm. 1560 3rd Ave.  
Contact Sheila Bellavance at 250-563-1661  
executive.director@kikino.ca  
www.kikino.ca

### Wazdidadilh Aboriginal Infant & Family Development Program

Prince George Native Friendship Centre  
Early childhood learning (0-6), parent workshops and opportunities for healthy parent/child interaction. Child assessments and referrals provided.  
No cost. Childcare and transportation provided.  
Mon-Fri, 8:30am-4pm. 138 George St.  
Contact Diane Gabrielson at 250-564-5941  
aifdpadmin@pgnfc.com

### Aboriginal Supported Child Development Program

Prince George Native Friendship Centre  
This program is intended to support children who require extra support to be included in a childcare or after-school care setting. A family centered program, based in the community and reflective and responsive to community diversity.  
Families participate on a voluntary basis.  
8am-4pm. 1600 3rd Avenue, Room 301  
Contact Yvette Hepburn at 250-564-3568 xt 234/239  
[www.pgnfc.com](http://www.pgnfc.com)

## Parent Services

### Boys Group

Carrier Sekani Family Services  
A peer group empowering boys ages 9-12 to expand their knowledge in self discovery, healthy choices, and self discipline.  
No cost.  
Thu, 3-4:30pm. Hadih House.  
Contact Cathy Mason at 250-562-3591  
cmason@csfs.org  
www.csfs.org

### Community Programs & Services Directory

Children First & Parent Support Services  
Online directory of community programs and services for families with children up to age six. Visit the directory to add a program or service.  
No cost.  
Contact Julia McLachlan at 250-649-7519  
julia.mclachlan@northernhealth.ca  
www.childrenfirstpg.com

### Girls Group

Carrier Sekani Family Services  
A peer group empowering girls ages 9-12 to expand their knowledge in self discovery, healthy choices, and self discipline.  
No cost.  
Tue, 3-4:30pm. Hadih House.  
Contact Cathy Mason at 250-562-3591  
cmason@csfs.org  
www.csfs.org

### **Grandparents Raising Grandchildren Resource Booklet**

Parent Support Services  
Online resource booklet with links and other Grandparents Raising Grandchildren Resources.  
No cost.  
Contact  
[www.parentsupportbc.ca/GRG\\_2nd\\_Mar16\\_07.pdf](http://www.parentsupportbc.ca/GRG_2nd_Mar16_07.pdf)

### **Infant Massage**

AIFDP  
For babies 0-12 months. Open to all parents and babies in the Prince George area.  
No cost.  
Tue, 1-2:30pm. 138 George St. (AIFDP building)  
Contact Lisa or Tracey at 250-564-5941

### **Intersect Youth & Family Services Society**

Provides voluntary counselling for children and youth under 19 years. Offers assessment and referrals, individual, family and group therapy. Priority given to children and youth facing mental health disorders or those at risk of harming self or others.  
No cost.  
8:30am-4:30pm, Mon-Fri. 1294-3rd Ave.  
Contact Debbi Flann at 250-562-6639  
[www.intersect.bc.ca](http://www.intersect.bc.ca)

### **Kids' Guide to Separation and Divorce**

Government of B.C.  
A website to help parents and professionals explain divorce and separation to kids.  
No cost.  
Contact  
[www.familieschange.ca](http://www.familieschange.ca)

### **Northern Child Website**

Children First and Success by Six  
A website to connect parents and professionals in all communities in northern BC to give our children the best possible start. Community directory, information on child development, checklists and other resources.  
Contact  
[www.northernchild.ca](http://www.northernchild.ca)

### **Northern Employment Solutions**

Northern Family Health Society  
No cost employment assistance services funded by the Government of Canada. Focus on assisting individuals with barriers to gaining employment.  
No cost. Daycare subsidy can be topped up or can pay daycare costs fully. Transportation benefits included for group training sessions.  
2666 Queensway.  
Contact Tricia or Angel at 250-561-2689  
[triciaa@nfhs-pg.org](mailto:triciaa@nfhs-pg.org) or [angel@nfhs-pg.org](mailto:angel@nfhs-pg.org)  
[www.nfhs-pg.org](http://www.nfhs-pg.org)

### **Prince George & Area Child Care Resource and Referral**

Provides an array of services for both parents and child care providers. Parents can access referrals to child care facilities, drop-in programs and assistance with Child Care Subsidy. Childcare providers can access training and workshops, resource/toy lending library, newsletter, consultations, drop-in programs and referrals to their childcare business. No cost for referrals, \$30 annual membership for newsletter and lending library.  
2020 Massey Dr. - Family Y building - Box 1808  
Contact the CCR at 250-563-2483  
[crr@pgymca.bc.ca](mailto:crr@pgymca.bc.ca)  
[www.childcarechoices.ca](http://www.childcarechoices.ca)

### **Spring Studio Programs for Children and Adults**

Two Rivers Gallery  
Art classes for adults include Take Time Out to Draw, Painting Your Passion: Acrylics, En Plein Air: Watercolours, Jewellery: Chain Making and Fused Glass; those for children include Picasso's Playgroup, Preschool Art, Art Explosion and Gallery Gang.  
Cost varies by program.  
See our website for dates, times and prices. 725 Civic Plaza  
Contact Two Rivers Gallery at 250-614-7800  
[www.tworiversartgallery.com](http://www.tworiversartgallery.com)

### **Supported Child Development Program**

Child Development Centre  
Provides support services for children from birth to 12 years in childcare or preschool that require additional support due to developmental delays or special needs.  
No cost.  
Ongoing - call for info. 1687 Strathcona Ave.  
Contact Sharon Beetlestone at 250-563-7168 xt 229  
[ece@cdcpg.org](mailto:ece@cdcpg.org)

### **Therapeutic Services**

Child Development Centre  
Providing paediatric therapy for children with special needs and developmental delays including physiotherapy, occupational therapy, and speech language pathology.  
No cost.  
Ongoing - call for info. 1687 Strathcona Ave.  
Contact Debbie Harmon at 250-563-7168 xt 225  
[therapy@cdcpg.org](mailto:therapy@cdcpg.org)

## **Parent Support**

### **Adoption Family Boot Camp**

Adoptive Families Association of BC  
Learning for parents on different issues specific to adoption and child minding, fun activities and mentoring for kids. All details TBA  
Last Saturday of every month.  
Contact Cheryl Piddocke at 250-963-8553  
[cpiddocke@bcadoption.com](mailto:cpiddocke@bcadoption.com)  
[www.bcadoption.com](http://www.bcadoption.com)

### **Children's Residence**

AimHi  
Respite for families that have children with developmental disabilities.  
No cost. CLBC funded. For children aged 0 up to and including 18 years of age. Child must be referred by CLBC or by MCFD.  
24hrs, 7 days/week 386 Greenplace.  
Contact Brenda O'Neill at 250-563-2260  
brenda.oneill@aimhi.ca

### **Circle of Life**

Kikino Metis Children & Family Services Society  
Parenting support program offering education as well as the opportunity to develop relationships with people experiencing similar situations. One-on-one support also offered for any families accessing our support groups.  
No cost.  
Mon & Wed, 3:30-5:30pm. 1560 3rd Ave.  
Contact Shanna McMaster or Dawn Murphy at 250-563-1661  
family.support@kikino.ca or program.coordinator@kikino.ca  
www.kikino.ca

### **Double Trouble Support Group**

BC Schizophrenia Society  
Peer support group for individuals affected by any mental illness and/or any substance or behavioral addiction.  
No cost.  
1st and 3rd Thu of every month, 2-3:30pm 1117-6th Ave.  
Contact Kim Dixon at 250-561-8033  
kimdixon@bcsspg.org  
www.bcsspg.org

### **Families First Program**

Northern Health - Public Nursing  
A public health nurse is assigned to work with the family on a one-to-one basis to provide support, assistance and guidance in addressing the family's concerns and/or achieving the family's goals.  
No cost.  
Ongoing - call for info. Home-based  
Contact Natalie Andersen at 250-565-7446  
Natalie.Andersen@northernhealth.ca

### **Family Support**

AiMHI  
Assists families with finding community resources, developing child care plans, increasing parenting skills, developing self care skills.  
No cost for eligible participants. See [www.communitylivingbc.ca](http://www.communitylivingbc.ca) for criteria.  
As needed. 950 Kerry St.  
Contact Julie O'Reilly at 250-564-6408  
julie.oreilly@aimhi.ca  
www.aimhi.ca

### **Foster Parent Support Program**

Axis Family Resources  
Assists Foster Parents to successfully maintain children in their care and increase stability of placements. We support Foster Parents by providing 24hr crisis and emotional support, mentors, Foster Parent coffee socials, etc.  
185 Quebec St.  
Contact Carmen Jose at 250-564-9064 xt 23  
carmen.jose@axis.bc.ca  
www.axis.bc.ca

### **Grandparents Raising Grandchildren Support Circle**

Parent Support Services  
Gather with other Grandparents to discuss the challenges and joys of raising Grandchildren. Facilitated by trained volunteers.  
No cost. On-site childminding and transportation assistance available.  
Monday evenings. Call for dates and times.  
Contact Ingrid Edenshaw at 250-561-0607  
parentnorth@shaw.ca  
www.parentsupportbc.ca

### **Parent Support Circles**

Parent Support Services  
Free and confidential support groups, giving parents the opportunity to share thoughts, feelings, concerns, ideas and resources. Trained volunteer facilitators. Circles available include those for fathers, mothers, and parents/caregivers.  
No cost. Childcare and transportation assistance available. Call for times and locations.  
Contact Ingrid Edenshaw at 250-561-0607  
parentnorth@shaw.ca  
www.parentsupportbc.ca

### **Parents Together**

Intersect  
A group for parents of challenging teenagers.  
1294-3rd Ave.  
Contact Intersect at 250-562-6639

### **Prince George Family Services Society**

Provision of short-term, in-home family preservation services to families whose children may be at risk of being removed. Family reunification and crisis intervention.  
No cost. Referral from Ministry of Children and Family Development required.  
Contact Loren Tudor at 250-564-3515  
pgfamily@telus.net

### **Prince George Family Support Group**

BC Schizophrenia Society  
Peer support group for parents, partners, adult children and siblings of individuals living with schizophrenia, bipolar, depression, anxiety, and addiction.  
No Cost. Individual support is also available.  
First Thu of every month, 6:30-8 pm. 1117-6th Ave. (Except scheduled meetings Sept 10 and Oct 8 2009)  
Contact Kim Dixon at 250-561-8033  
kimdixon@bcsspg.org  
www.bcsspg.org

### **Prince George Mommies and Babies Facebook Group**

A group for moms and dads with infants and small children looking to meet up, hang out or chat with others for play dates, walks, moral support,...anything really! Designed to help parents make friends with other parents in town.  
No cost. Everyone is always welcome! If you are already a member of Facebook, search for the group. If you need help signing up, contact Katie.  
Various outing locations, dates and times.  
Contact Katie Naphtali  
katie@naph.ca  
www.facebook.com

### **Provision of Services to Deaf/Hard of Hearing Children and Families.**

Prince George Deaf/Hard of Hearing Children's Society  
We provide educational workshops, social activities, field trips, parental information and support, sign language, financial aid for assistive devices, interpreting, tutoring and camps.  
Monthly meetings at the Native Friendship Centre. New members welcome!  
Contact Lister at 250-964-3849  
listerchen@shaw.ca

### **Recovery Support Group**

BC Schizophrenia Society  
Peer support group for individuals living with any mental illness including thought, mood, and anxiety disorders.  
No cost.  
3rd Wed of every month, 6:30-8pm. 1117-6th Ave.  
Contact Kim Dixon at 250-561-8033  
kimdixon@bcsspg.org  
www.bcspg.org

### **Rural Family Support Online Forum**

BC Schizophrenia Society  
Do you live in rural BC and support a family member or friend coping with mental illness? Do you find it hard to get to an in-person support group? This private discussion area is available to you 24/7. Go to <http://www.support.bcspg.org> to sign up.  
No cost.  
24 hours/day, 7 days/week. Online  
Contact Kim Dixon at 250-561-8033 or 1-888-561-8055  
kimdixon@bcspg.org  
www.bcspg.org

### **Spirit of the Grandmothers**

Kikino Metis Children & Family Services Society  
Grandparenting support group for grandparents who are raising and/or the primary caregivers for their grandchildren. Assistance with negotiating the MCFD and Income Assistance bureaucracies. One-on-one support.  
No cost.  
Every other Tue 10:30am-12pm 1560 3rd Ave.  
Contact Shanna McMaster or Dawn Murphy at 250-563-1661  
family.support@kikino.ca or program.coordinator@kikino.ca  
www.kikino.ca

### **Strengthening Families**

Carrier Sekani Family Services  
A family program to work on strengths, behaviour modification, positive reinforcement and communication within the family dynamic.  
No cost.  
Tue, 3-5 year olds 10am-1pm, Wed, 6-11 year olds, 3:30-6:30pm. Carrier Sekani Family Services board room.  
Contact Cheryl Thomas at 250-562-3591  
cheryl@csfs.org  
www.csfs.org

### **Structured For Success**

Northern Health  
Works with parents affected by FASD by providing support and education to families and the community. We also offer groups for cooking club, 12 step group, and family celebration.  
No cost. Referral required by MCFD, Northern Health - Mental Health, or Northern Health - Alcohol and Drug.  
Mon-Fri 8:30am-4pm. #204-1200 LaSalle Ave.  
Contact Chrissie Gertzen at 250-561-5645

### **Writers Group - Family Support Program**

Carrier Sekani Family Services  
Would you welcome the opportunity to share your writing with other writers? We meet regularly to learn about the healing powers of writing, to improve our writing techniques and to share our work and inspiration. All writers are welcome to join us!  
No cost. Presently no childcare available.  
Every 2nd Mon, 10am-12pm. 2105 Pine St.  
Contact Marlaena Readman at 250-562-3591  
marlaena@csfs.org  
[www.csfs.org/pages/services/family/life-skills.html](http://www.csfs.org/pages/services/family/life-skills.html)

## **Responding To Abuse**

### **Aboriginal Victim Services Program**

Native Healing Centre  
We provide emotional support and empowerment using an Aboriginal approach. Assistance with the Criminal Justice System, Crime Victim Assistance programs, and with completing Victim Impact Statements. We also provide court orientation and support liason.  
No cost.  
A culturally based network for all victims of crime. Prince George Native Friendship Centre, 1600-3rd Ave., 3rd floor.  
Contact Karen Neu at 250-564-43244  
kneu@pgnfc.com

### **Children Who Witness Abuse Counselling Program**

Elizabeth Fry Society  
A psycho-educational counselling program providing individual or group counselling to children ages 3-18. Self-referrals welcome.  
No cost.  
1575 5th Ave.  
Contact Anna or Melony at 250-563-1113

### **Children Who Witness Abuse Counselling Program**

Phoenix Transition Society  
A counselling program for children that provides one on one, sibling or group counselling in a childlike environment.  
No cost. Ages 3-18 years.  
Mon-Fri, 1-5 pm. 1780 11th St.  
Contact Sandra Morton at 250-563-7315  
sandracwwa@shaw.ca

### Circle of Truth (COT)

Surpassing Our Survival (SOS Society) Sexual Violence Prevention and Counselling Services  
A program that provides men an opportunity to work through and begin healing from the traumatic effects of sexual violence. Provides support for significant family members.  
No cost.  
As required - 8:30am-4:30 pm #102-1112 6th Ave.  
Contact John Tosoff at 250-564-8302  
jtosoff@telus.net

### Kids Konnection

Surpassing Our Survival (SOS Society) Sexual Violence Prevention and Counselling Services  
Counselling, support and education for children and caregivers after disclosure of child sexual abuse.  
No cost.  
Contact Clarie at 250-564-8302  
cj\_kids@telus.net

### Stop The Violence

Surpassing Our Survival (SOS Society) Sexual Violence Prevention and Counselling Services  
Counselling and support services for women who have experienced violence in all its forms, specializing in sexual violence.  
No cost.  
Contact Lynnell Halikowski at 250-564-8302  
lynnellh@telus.net

### Victim Services

Elizabeth Fry Society of Prince George  
Long term counselling for women who have experienced violence in a relationship. Offer advocacy, information on the criminal justice system, support groups and counselling.  
No cost.  
1575 5th Ave.  
Contact 250-563-1113

## Teen Resources

### B.R.I.D.G.E.S. Building Recovery of Individuals Dreams and Goals Through Education and Support

BC Schizophrenia Society  
Peer education program for youth and adults living with mental illness. The philosophy of the program is one of empowerment with the goal of recovering a new and valued sense of self, health, and purpose.  
No cost.  
Youth: Wed 4-5:30 pm Sept 30 - Dec 9, 2009. Adult: Tues 6-8 pm Sept 29 - Dec 1, 2009. 1117-6th Ave.  
Contact Kim Dixon at 250-561-8033  
kimdixon@bcsspg.org  
www.bcspg.org

### Girl Power

Carrier Sekani Family Services  
A peer group empowering girls ages 12-15 to expand their knowledge in self discovery, healthy choices, self discipline.  
No cost.  
Every second Thu, 6-7:30pm. Central Fort George Traditional School.  
Contact Cathy Mason at 250-562-3591  
cmason@csfs.org  
www.csfs.org

### Parent-Teen Mediation Services

Northern Health  
The goal of this program is to attend to the needs of the communities Northern Health serves by providing an alternative process for parents and teens experiencing conflict to solve their difficulties through voluntary participation in mediation.  
No cost.  
Contact Gige & Daphne at 250-565-5735 for dates and times

### Prince George OPT Youth Clinic

Northern Health- School and Youth Team  
Female physician provides information, counselling, and medical services for youth and young adults to age 25. Primarily birth control and STI testing.  
No cost. Cost for birth control.  
Thu, 3:30-5:30pm. Northern Interior Health Unit. 1444 Edmonton St.  
Contact 250-565-7381 for appointments.

### Teen Guide to Parental Separation and Divorce.

Government of B.C.  
A website which supports teens who are going through parents' separation or divorce.  
Online.  
Contact  
www.familieschange.ca

### Teen Mothers' Alternative Program

Centre for Learning Alternatives, School District 57  
Provides an academic/life/career skills program for adolescent mothers and pregnant teens whose needs are not currently met by existing School District services. Assists in transition to other programs. Grades 9-12, and upgrading.  
No cost. Elizabeth Fry Outreach Services and day care available. Transportation and meal programs available.  
8:30am-3:30pm Mon-Fri, Sep to Jun. 1575-5th Ave. in the Brockwell Building  
Contact Elizabeth Fry Society at 250-563-1113  
rmason@sd57.bc.ca

### Young Parent Program

Elizabeth Fry  
For young mothers wanting to work towards their grade 12. This program also includes a weekly friends group for the young women to discuss different parenting techniques as well as healthy choices while participating in fun activities.  
No cost. Ages 13-20 years.  
During the school year, Mon-Fri, 8:30am-4pm. 1575 5th Ave.  
Contact Shannon Smith or Bally Bassi at 250-561-1113  
shannon@pgefry.bc.ca or bally@pgefry.bc.ca

### Youth Around Kerry Street (YAKS)

AimHi  
Open gym night for children aged 11-17 years.  
No cost.  
Every other week. AimHi gymnasium.  
Contact Brenda O'Neill at 250-613-4115 (pager)  
brenda.oneill@aimhi.ca

### Youth Support Line

Crisis Prevention, Intervention and Information Centre for Northern BC.  
Confidential anonymous peer support for youth.  
24 hours/day; 7 days/week.  
Contact 250-564-8336 or 1-888-564-8336