



The Village

Parent, Grandparent & Caregiver Resource

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

Call (250) 962-0600 or email parentnorth@shaw.ca

For the most current volume, see 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!

Table of Contents

Special Events	Page 1
Workshops/Training	Page 2
Parent Circles/Classes	Page 3
Support Groups	Page 3
Active & Healthy Living	Page 5
Drop-In Programs	Page 5
Early Learning	Page 6
Expectant Parents	Page 7
New Parents	Page 8
Parent Education	Page 9
Parent Services	Page 10
Parent Support	Page 11
Family Fun	Page 13
Financial/Legal Aid	Page 13
Social/Emotional Health	Page 15
Physical Health	Page 17
Help Lines	Page 19
Teen Resources	Page 19

April 2019, Volume 125



Special Events This Month

YOU MATTER: Understanding Healthy Relationships for Young People

Join us for a 6 week series as we learn about healthy romantic relationships. You will learn how to build healthy relationships, how to manage when there is stress in your romantic relationships, how to develop a strong sense of your wants and needs romantically, and much more. Transportation and child minding support available. A meal will be provided every session. An honorarium will be given to participants when they complete! Ages: Youth ages 12-24 years
Dates: April 2 - May 8 Tuesdays • 4:30pm - 6:00pm (for female identifying participants)
Wednesdays • 4:30pm - 6:00pm (for male identifying participants) Location: Foundry Prince George, 1148 7th Avenue

Sign up by calling Foundry at 236 423 1571 or by email at foundry@nbc.ymca.ca

Project Friendship Society

Margaret Jackson
250-613-2800
Email: info@projectfriendship.com
www.projectfriendship.com
Come Join Us!
Community Connections
Joyful Tone Singers
Ricochet Recreation (Ric Rec)
Artful Friends
Other activities are announced throughout the year!

FamilySmart "In The Know" Are you caring for a young person with mental health and / or substance use challenges? Come out to FamilySmart's video and discussion nights, "In the Know." Topics relate to child and youth mental health. No cost to attend, and all caregivers are welcome. Email kathy.buhler@familysmart.ca for more information about this month's topic and to RSVP.

When: Third Tuesday of each month, September to June
Time: 6:30 to 8:30 pm
Place: Columbus Community Centre, Domano Blvd.

SCHOOL BREAK FLYER

Looking for something for the kids to do on Non-Instructional Days, Spring Break and Summer Break? The City of Prince George coordinates and produces the School Break Flyer that lists lots of fun activities available for kids during their time off school. The flyer is available approximately 2 weeks prior to each Non-Instructional/Pro D or School Break date. You can view the most current flyer online at www.princegeorge.ca/schoolbreaks
Would you like each edition of the flyer delivered to your email inbox? Click on "Subscribe to the e-Newsletter" and check off the School Break Programs box to sign up.

Prince George Public Library Events

888 Canada Games Way | Prince George, BC | V2L 5T6 Find times and registration info at www.pgpl.ca/events
Phone: 250-563-9251, ext.128

Workshops/Training/Volunteer Opportunities

Volunteers needed to run Parent Support Circles Parent Support Services Group Facilitation

Learn to be an effective Group Leader: Free Training for volunteers. The training is free to volunteers with the commitment to facilitate a Parent Support Circle for a minimum of one year. Parent Support Circles are weekly groups for any parents who are experiencing stress or isolation in their parenting; would benefit from being part of a community of parents; and want to find healthy ways to relate to their children. The following training is available for Professional Development at a cost of \$350.

PSS Provides Training in:

Group Facilitation skills
Listening and Communication
Group process and dynamics
Parent and Grandparent issues
Child abuse awareness & prevention
Cultural Issues in Parenting
For information Call 250-962-0600
Email parentnorth@shaw.ca

Prince George Child Care Resource and Referral CCRR

offers information, workshops and links parents to child care providers in the community. Free child care referral services are available to parents. Forms and assistance with affordable child care benefits.
Contact 250-563-2483 or ccrr@nbc.ymca.ca
"Check out our newsletter and events on our website" www.childcarechoices.ca

Spring Make and Take Workshop

Saturday April 13, 2019
10:00 am - 12:00 pm
Location: CCRR Family Room, 2020 Massey Drive
Cost: \$10.00
To register please call (250) 563-2483

Stress Reduction and Coping Strategies Workshop with Jane Daigle

Join our Mindfulness Programs Coordinator to help you learn ways to reduce stress, gain coping strategies in your work life, as well as improving your home and work life balance.
Thursday April 25, 2019
6:30 pm - 8:30 pm
Location: CCRR Family Room, 2020 Massey Drive
Cost: \$5.00
To register please call (250) 563-2483

Project Friendship Society:

Creating programs of interest in Art, Music, Recreation and Culture to support people with Diverse-Abilities.
We enlighten, encourage and empower individuals to come out into the community, enjoy events and activities sharing in common interests. We promote an inclusive community by supporting activities for people with Diverse-Abilities.
We offer presentations to local schools, associations and organizations to establish connections, to educate and to enlist their support and join in the Project Friendship Society goal in helping isolated persons while they transition from school to adult life and discover their goals, dreams and gifts.
For more information please contact:
PO Box 147 Prince George, B.C. V2N 4R9
email: info@projectfriendship.com
250-613-2800
www.projectfriendship.com

Become a Foster Parent

Have you ever thought about becoming a Foster Parent? Do you have questions about the process and aren't sure who to call? The Ministry of Children and Family Development is actively recruiting Foster Parents. We need homes for a variety of children and teenagers. Please contact a Recruitment Specialist at 250-645-3978

Parenting Classes/ Support Circles**Parent Support Services Prince George**

For caregivers of all ages! Parent support circles and grandparent raising grandchildren support circles. Occasionally parenting classes and workshops are offered within the circle. Classes and support circles teach caregivers to help their children develop self-esteem, responsibility, and courage. Learn tips for clear communication and respectful discipline. Caregivers are supported and learn from one another. All programs are offered at no cost. Parent Support Services also offers The Village parent resource, volunteer opportunities such as group facilitation, training for group facilitators and a grandparent raising grandchildren support line. For more information please contact Jessica Turner at (250) 962-0600 parentnorth@shaw.ca <http://www.parentsupportbc.ca/>

Prince George Native Friendship Centre Grandparents Raising Grandchildren Support Circle 1600 3rd Ave, Prince George

Grand parenting support group for grandparents who are raising and/or the primary caregivers for their grandchildren. No cost. Every Tue 10:00am - 12pm. Call 250-962-0600 for more details.

Hadih House Support Groups

Materials, snacks and childminding supplied. This group is offered at Hadih House, in partnership with Parent Support Services Society. This support group is a combination of workshops, topics and peer support. Hadih House is located at 2105 Pine Street. For more details please contact the Program/Outreach Coordinator
Hadih House phone # 250 563 7976

Hadih House Family Unity

Runs twice a month from 2pm – 5pm. Help prepare and share a meal with other families. Connect and support one another while enjoying a healthy “home cooked” meal. Open to all caregivers and families. This group is offered at Hadih House, in partnership with Parent Support Services Society (2105 Pine Street). Contact: 250-563-7976 or email: hadihhouse@carneyhill.ca

Support line for Grandparents raising Grandchildren

The Grandparents Raising Grandchildren Support Line and email support. Skilled and experienced advocates will staff the phone line and provide email support to help people understand their rights, obligations and options prior to and after assuming responsibility for raising a family member's child. Staff will also ensure that callers are aware of all benefits, supports and resources available to them – and how to access them. To call the Grandparents Raising Grandchildren Support Line, please dial 604 558-4740 (Lower Mainland) or 1 855 474-9777 (toll free from anywhere in B.C.) The support line hours are: Monday, Tuesday and Thursday, Friday from 10:00am to 2:00pm Email the Grandparents Raising Grandchildren Support Service at: GRGline@parentsupportbc.ca

Check out Parent Support Services Society Facebook Page:

Check us out on



<http://www.facebook.com/ParentSupportBC>

Support Groups**Family Matters Sharing Circle**

Join us for our sharing circle for parents, caregivers and family members who are supporting youth ages 12-24 years. Share ideas, learn coping skills, and celebrate accomplishments in a safe supportive space. Dates: January 30th, February 13th & 27th, March 13th & 27th, April 10th & 24th, May 15th & May 29th Time: 6:30pm - 8:00pm Cost: FREE Location: Foundry Prince George, 1148-7th Avenue Registration is appreciated, but not required. For more information or to register please contact: (236) 423 1571 or claberge@pgnfc.com

Parent Caregiver Information Session

Join us at Foundry for our information session, open to parents, caregivers, and family members who are supporting a young person ages 12-24 years who is living with mental health or substance use challenges. April 8th - Understanding Mental Health May 13th - Understanding Anger May 27th - Understanding the Adolescent Brain Time: 6:30pm - 8:00pm Location: Foundry - Prince George, 1148-7th Avenue Registration is appreciated but not required. Call, email, or visit us at Foundry for more information
236 423 1571 • claberge@pgnfc.com

Prince George BC Choices for Down Syndrome

This group has come together to support those embracing life with Down Syndrome. Please find us on Facebook at “Prince George BC Choices for Down Syndrome.” More information can be found there on upcoming events.

Support Group for Families affected by brain injury

Do you have a spouse or family member(s) that have been affected by brain injury? Do you find that your family and friends cannot relate to what you are experiencing? Family Education is an adult support group that offers a place for family members to share their experiences and offer support to one another. Each month features a different education topic surrounding the role of family members as caregivers. You are not alone in your struggles. Come share your journey with us. Dates: (2nd Wednesday of each month) Dec. 9th, Jan. 13th, Feb. 10th, March 9th
Time: 9:30-11:30am Location: Little Room of the Prince George Brain Injured Group Office 1070 4th Ave

No registration required – drop-in welcome

Contact facilitator for more info: Jane Daigle, jane.daigle@pgbig.ca 250-564-2447

Family Support Program offered at the CDC. Child Development Centre, 1687 Strathcona Avenue, Prince George

This service offers support for children with developmental delays or developmental challenges and their families. Service and support is offered in the areas of parenting groups, support for parents/caregivers in providing a healthy and safe home environment, assists with how to deal with challenging behaviours, nutrition training, children’s groups, kindergarten readiness, community connections, and advocacy. Referrals are welcomed from individuals and families of the community and from other community agencies. No cost. Ongoing. For more information contact Tanya at (250)563-7168 extension 210 or email tanyak@cdcpg.org, or check out information on our website at <http://cdcpg.org/family-services.shtml>.

Northern Interior Autism Society: For more information check out the Facebook link at <https://www.facebook.com/groups/345483355508718/>

Family Support Program

CSFS provides family support and advocacy to Aboriginal (and non-aboriginal) children and families in the community of Prince George. We provide services and supports in the areas of parenting/family wellness, adult and youth/child life skills, social work, cultural connections, and men/women support. Please contact our intake worker, at 250-563-1281, or drop in to our office, located at 835- 3rd ave, to set up an intake and/or register for a group.

Active & Healthy Living

Active Play around Prince George Join CCRR to support Active Play in children. We will have a variety of activities that will encourage moderate to vigorous bursts of energy. We will include both adult and child activities that support fundamental movement skills involving different parts of the body such as feet, legs, trunk, head, arms and hands. This is a free, drop in program. Call 250-563-2483 or email ccrr@nbcymca.ca Located at Highland Family Development every Tuesday from 10:00 am - 11:00 am.

Building Blocks Pre-registration is required 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. Every Wed at 1200 LaSalle, Family Resource Centre 10:30 - 1:00 pre-registration is required. Contact Deb Ewen at 250-564-5941 dewen@pgnfc.com

SCHOOL BREAK FLYER

Looking for something for the kids to do on Non-Instructional Days, Spring Break and Summer Break? The City of Prince George coordinates and produces the School Break Flyer that lists lots of fun activities available for kids during their time off school. The flyer is available approximately 2 weeks prior to each Non-Instructional/Pro D or School Break date. You can view the most current flyer online at www.princegeorge.ca/schoolbreaks Would you like each edition of the flyer delivered to your email inbox? Click on “Subscribe to the e-Newsletter” and check off the School Break Programs box to sign up.

Active Living Guide: To learn about all the great services, recreation opportunities and programs PG has to offer - Check out the Prince George Community Active Living Guide at <http://princegeorge.ca/cityliving/recreation/activelivingguide>

Infant Massage Aboriginal Infant and Family Development Program Outreach

A wonderful way for Mom and/or Dad to create a loving bond with their baby. Benefits of infant massage include bonding, helping with disrupted sleep and easing colic. Enjoy 4 sessions of guided infant massage, followed by great discussion and snacks. FREE to all parents and babies (0-9 months) in Prince George and area. Program is led by certified infant massage facilitators (Lisa and Laurel). Contact us and sign up today! 250-564-5941 or aidpoutreach@pgnfc.com

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 (phone) 250-561-7799 (fax) rec_admin@princegeorge.ca or www.princegeorge.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 \$150 per child per year for sport registration fees are offered. Application forms are available at City Hall. Contact Community Services at 250-561-7640 rec_admin@princegeorge.ca or www.princegeorge.ca

YMCA of Northern BC Our toddler, children and youth programs are family friendly, fun, interactive and affordable! Financial Assistance is available for those that qualify. Call 250 562 9341 to arrange a tour or nbc.ymca.ca for information

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

Power Play (Play Program for individual families and their children ages birth to 6 years old) Play is an important part of learning and development! Power Play is a parent participating Early Childhood Education (ECE) Program for individual families with children up to 6 years old. The goal of the program is to promote connection with other families, increase child self-esteem, and build on parenting skills and parent-child relationships. The program offers a go-at-your-own-pace environment for children to explore using their fine and gross motor skills. Power Play runs on Mon and Wed mornings, from 10:00 AM – 12:00 PM, and Tues and Thurs afternoons, from 1:30 PM - 3:30 PM. This time includes clean-up which is a part of learning and developing transitions. ECE/Family Support Worker on site for facilitation, support and resource information.

No cost.

South Fort George Family Resource Centre, 1200 LaSalle Ave, Prince George, BC
Contact Cory at 250-614-0684 Cory@pgefry.bc.ca
www.sfgfrc.com

Funded by CPAC (Community Action Programs for Children) and PHAC (Public Health Agency of Canada) and ran by the *Prince George and District Elizabeth Fry Society*- Family Connections Program.

Drop-In Programs

Sunday Open Studio at Two Rivers Gallery.

Families... drop by the Gallery and get creative. Each week introduces a new project and another opportunity for you to express yourself and get hands on with all kinds of art! Our Sunday Open Studio sessions are a creative way to spend time with the family and create interesting and unique art projects. Drop in from 1:00pm to 4:00pm on Sundays!

Admission is \$8.00 for Individuals and \$15.50 for Families. Sunday Open Studios are FREE for Two Rivers Gallery members. A Family Membership for one year is only \$70.00... Why not join today?

MakerLab: Thursdays, 5pm – 9pm and Saturdays, 1 – 4pm. Everyone welcome. \$7.50 drop-in fee to use our materials or free drop-in with your own tools and materials; family rates available.

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

Carney Hill Neighbourhood Centre - Hadih House

Drop in Centre providing family support and services, clothing exchange, pantry cupboard, laundry facilities, internet access, telephone, newspaper, access to community resources, monthly food boxes, family unity program and more.

Drop in open 10-4:30 weekdays
2105 Pine Street. Contact 250-563-7976
hadihhouse@carneyhill.ca

Please call or email for more information or you can view the calendar of events
<http://www.carneyhill.ca/index.php/hadih-house/>

Coffee and Bannock Drop-In

Days: Thursday and Time: 11:00am-3:00pm
Location: 835-3rd Ave Carrier Sekani FS
Specifics: Call Jennifer for more information 250-563-1281

Early Learning

Prince George Child Care Resource and Referral CCRR offers parenting information, workshops and links parents to child care providers in the community. Free consultations, support and referral services are available to parents. Forms and assistance with affordable child care benefits. Contact 250-563-2483 or ccrr@nbc.ymca.ca “Check out our newsletter and events on our website” www.childcarechoices.ca

Vantage Vision & Reading Programs address the needs of those students who have vision skills deficits as the major cause of their reading difficulties. Remediation may be necessary even if the individual has 20/20 vision. Therapy is based on the vision skills necessary to read and to comprehend what is read. The programs provide vision therapy combined with reading strategies to remediate vision skills deficits and tie in reading instruction. Costs are minimal. Contact via Facebook, our website www.vantagevision-reading.com, or by phone: Office – 250-563-1136; Cell – 250-617-1751 Please visit the website for more information.

YMCA Neighbourhood Scholars
Monday to Friday 9:30am – 12pm
Literacy program that builds kindergarten preparedness
Transportation included and subsidy available Call 250 562 9341 x 109 to arrange a tour or nbc.ymca.ca for information

SD 57: StrongStart is a free drop-in early learning program for children and their parent/caregivers. Staffed by Early Childhood Educators the program offers a play based program to enhance children's learning and development. Closed during all school holidays/professional development days.

StrongStarts in SD57

Beverly Elementary Tuesday and Thursday	250-964-9311 9:00-12:00
Blackburn Elementary Monday, Tuesday	250-963-7060 8:30-11:30
Buckhorn Elementary Thursday	250-963-7110 11:15-2:00
Harwin Elementary Monday to Friday	250-562-1773 8:45-11:45
Heather Park Elementary Monday to Friday	250-962-1811 8:45-11:45
Malaspina Monday, Wednesday, Friday	250-964-9874 8:45-11:45

Nusdeh Yoh Monday to Friday	250-562-7201 8:30-11:30
Nukko Lake Elementary Wednesday	250-967-4314 8:30-11:30
Peden Hill Elementary Monday to Friday	250-562-5822 9:00-12:00
Quinson Elementary Monday to Friday	250-562-1161 9:00-12:00
Ron Brent Elementary Monday to Friday	250-562-2327 8:30-11:30
Spruceland Elementary Monday to Friday	250-563-4208 8:45-11:45

For more information contact your local school, Facebook
<https://www.facebook.com/PGearlyLearning/>
Andrea Maurice 250-561-6800 ext 341
amaurice@sd57.bc.ca

Tips for School Success Social Emotional Learning
Each month of the school year, parents will receive helpful tips, activities and resources to support their children at home and in the classroom. Family and school can work together to improve children's social emotional learning skills. These skills lead to school and life success. Please go to <https://www.smore.com/5a08c-going-back-to-school> to see the flyer. Contact: Linda Campbell at lindacampbellsel@gmail.com

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

Tutoring and Training Centre Learning Differences 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. www.theldc.com
Mon-Thu, 10am-6pm. 785 Patricia Blvd.
Contact Lynne Robinson office manager - manager@theldc.com at 250-564-8011

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 at 250-564-5941 aidpoutreach@pgnfc.com

Expectant Parents

Prince George Crisis Pregnancy Centre

250 562-4464
Counseling for fathers and mothers
Options counseling
Peer counseling, peer support groups

SmartMom Text Message Project Launched for Northern Moms-To-Be

The FNHA is pleased to introduce a new pilot project for northern mothers: SmartMom Canada, the first Prenatal Education Program in Canada delivered to prenatal women by text messaging. SmartMom has been developed in collaboration between Northern Health Authority, Optimal Birth BC, the Ministry of Health and First Nations Health Authority. SmartMom will text you information to help guide you through every week of your pregnancy. Texts are tailored to your due date and all information is free and from health sources you can trust. www.smartmomcanada.ca <<http://firstnationshealthauthority.cmail20.com/t/i-l-ujlclcd-qxhljkh-w/>> or on the FNHA website here. <<http://firstnationshealthauthority.cmail20.com/t/i-l-ujlclcd-qxhljkh-yd/>>
Or to enroll: Text “SmartMom” to 12323

Baby's New Beginnings- Pregnancy Outreach Program

Providing support for pregnant women and women with babies under 7 months old. We offer prenatal vitamins, food vouchers, donated baby items and clothing, prenatal classes and a Women's Wellness Support group. We are open for drop-in from 12 (Noon) to 4pm.
South Fort George Family Resource Centre
1200 LaSalle Avenue
250-614-BABY(2229)

Prince George Prenatal Classes

Offers a full range of classes from trained prenatal instructors as well as a physiotherapist, registered dietician and father mentor. Early prenatal classes - Nutrition, physiotherapy, and Dad's class. Prenatal Classes - late pregnancy, labour/birth, postnatal, newborns, breastfeeding, hospital tour
1) Prenatal in a day (9am to 3pm) plus one breastfeeding class on a Tues/Wed evening
2) Tuesday or Wednesday evenings (7-9pm) for six weeks. Fee \$100.00 includes all classes and hospital tour (financial assistance is available)
Phone: 250-565-2910 to register or email: pgprenatalclasses@northernhealth.ca

Prenatal Registry Program

Primary Care Nursing
Contact program if you are pregnant or thinking of becoming pregnant.
The nurse will provide information, referrals, and support to help you have a healthy pregnancy. Services available at no cost between the hours of 9:00-4:00pm Mon-Fri . 2nd Floor, Northern Interior Health Unit, 1444 Edmonton St. Contact the program at 250-565-7478

All Options Pregnancy Counselling

Northern Health – Primary Care Nursing
Emergency Contraceptive Pill, Pregnancy testing and referrals where needed.
No cost.
Mon-Fri, 9am-4pm Health Unit, 2nd floor.
Contact the Health Unit at 250-7478

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

New Parents

Baby's New Beginnings- Pregnancy Outreach Program

Providing support for pregnant women and women with babies under 7 months old. We offer prenatal vitamins, food vouchers, donated baby items and clothing, prenatal classes and a Women's Wellness Support group. We are open for drop-in from 12 (Noon) to 4pm.

South Fort George Family Resource Centre
1200 LaSalle Avenue
250-614-BABY(2229)

Birth Father's Registry - MCFD 250 387-3660

Are you a birth father who wants to assert your right to be involved in adoption planning for your child? Ensure that you are notified of a proposed adoption.

Breastfeeding Support Drop-In

Northern Health – Primary Care Nursing 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. Call 250-565-7478 if you have questions.

Lactation Support Services

The Lactation Support Nurse works alongside other members of your healthcare team to offer breastfeeding support. Assistance is offered to breastfeeding babies and their families while in hospital & by telephone.

Face to face office visits can be set up. Please call for an appointment. Lactation Support Services 250-565-2327 Available Monday to Friday Please note: This person does not work statutory holidays and there may be no service available if she is on vacation

Maternity Home Visiting

Northern Health- Primary Care Nursing Following the discharge of a new baby, all parents are contacted and could be offered a home visit with a nurse who will do a physical assessment as well as provide education and counselling to parents.

No cost.
Mon to Sat. In-home or alternate location.
Contact 250-565-7476 if you have questions for a nurse.

Infant and Toddler Drop in Program at Montessori

One morning each week meet with parents, infants, toddlers and a facilitator to encourage development of movement, language development and to learn together.

For more information contact:
Montessori 250-562- 6560

Parent Education

The Bridging to Employment Program is now accepting applications for people of aboriginal decent who are 16 years of age and older and are interested in moving forward with their career and educational goals. The program is based on assisting participants to complete a variety of self-assessments to identify their skills, strengths and areas to work on, while learning about the life skills needed to build and execute a plan to move toward employment in their target market niche. Our nine week curriculum will include the following topics: Self-esteem, communication and responsibility. Identity, emotional awareness and perceptions, Goal setting, delay of gratification, impulse control and time management Mindfulness, thinking and decision making skills Building support systems and relating skills Financial Literacy Certification in Food Safe, First Aid, WHIMIS, First Aid, Serving it right Work Experience Placements. Referrals and orientations to educational upgrading and post-secondary/trades programs

Our application forms can be picked up at 987 4th Avenue. Please forward all inquiries to Samantha Wurtak at samantha@csfs.org or call us at 250 563-5530

BC Foster Parent Education Program

Axis Family Resources, Foster Parent Support Program, 185 Quebec Street, Prince George This is the provincial education program for approved foster parents covering a wide range of topics relevant to working with children in care. There is no cost to participate in this educational experience. It is available in a classroom setting, online or via correspondence. This training program is a requirement for all MCFD and delegated agency Foster Parents. Please contact our Foster Parent Support Program staff at. 250-564-9064 ext 24 or www.axis.bc.ca

Learning Circle Literacy Program

Prince George Native Friendship Centre The focus is on Adult Learners (aged 18 and up) who require additional assistance with their education and skill development goals. One-to-One tutor services, pre-prep GED sessions, and Basic computer training. Also available is a lending library. No cost. and educational workshops available. Contact 250-564-3568 literacy@pgnfc.com

Child Development Centre, 1687 Strathcona Avenue, Prince George

The Centre's Therapy Program 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. For more information call Debbie Harmon at 250-563-7168 extension 225 or email therapy@cdcp.org

Parenting After Separating

Contact the Family Justice Centre at 250-565-4222.

Learning Disabilities Association of BC

Runs a tutor referral service designed to help students, of any age, who struggle with reading, spelling or mathematics. To find a qualified tutor in your community contact Liz at 250-963-003 or liz.c@ldabc.ca

Tutor training and enrichment workshops are offered throughout the year. For information about issues relating to learning disabilities contact Gloria Olafson at 250-562-8787 or sdld@bcgroup.net

Parent Services**Adoptive Families of BC**

Adoptive Families Association of BC supporting adoption from the beginning and as your child grows. We offer support, education and resources to adoptive families. Adoption Support Coordinator
T: 1-866-303-4591 F: 604-320-7350
200/7342 Winston St. Burnaby, BC V5A 2H1
www.bcadopt.com

Prince George Child Care Resource and Referral

CCRR offers parenting information and links parents to child care providers in the community. Free consultations, support and referral services are available to parents. Forms and affordable child care benefits. **Also** Check out our toy and equipment lending library! Parent and Organization members welcome. Membership \$30 annually.
Contact 250-563-2483 or nbc.ymca.ca
www.childcarechoices.ca
or crr@nbc.ymca.ca

Infant Development Program

Home visiting program for families who have children between birth - 3 years, and who may be looking for extra support. Consultants have knowledge and experience in all areas of development including speech, motor, social, emotional, behavioral and cognitive.

No cost. Open referral, parents may call directly or be referred. Appointments are set at a time agreed upon by families and the consultant. All visits done in the family's home.

Contact Judie or Shelley at 250-564-6408 Ext 247 or 248

idp@aimhi.ca and www.aimhi.ca

Confident Parents, Thriving Kids

Confident Parents: Thriving Kids is a family-focused phone-based coaching service effective in reducing mild to moderate behavioural problems and promoting healthy child development in children ages 3-12.

Through a series of 6 to 14 weekly coaching sessions, along with exercises and workbooks, trained coaches empower parents and/or caregivers to learn effective skills and techniques that support social skills and cooperation in their child. These techniques are proven to prevent, reduce and reverse the development of mild to moderate behaviour problems that create challenges at home, school and in social settings.

Confident Parents: Thriving Kids is offered at no cost to BC families, and coaches are available to speak with parents during day, evening and weekend hours to meet each family's needs. If you are interested in Confident Parents: Thriving Kids, please talk to your family doctor or pediatrician to request a referral. Learn more:

<https://www.cmha.bc.ca/programs-services/confident-parents-thriving-kids/>

Mediate BC is now offering distance family

mediation "aimed at helping British Columbians undergoing separation or divorce who find it difficult to talk to each other in person because of distance or conflict between them". Mediators use email, teleconferencing etc. and there is a sliding scale based on income. Family Justice Counsellors are available to assist eligible families with parenting issues at no charge. More information is on their website www.mediatebc.com under "Family Mediation Services". Pamphlets available by emailing Mediation.Advisor@mediatebc.com.

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

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. This is a self referral process and intake is weekdays from 9 am to 11 am.

No cost.

8:30am-4:30pm, Mon-Fri. 1294-3rd Ave.

Contact 250-562-6639

www.intersect.bc.ca

**HM Behavior Support
Behavior Intervention**

Providing support for children on the autism spectrum under the age of 18. Services in your home or within the community. Developing life and social skills through play!

Contact Heidi Fremmerlid

Phone: [250-960-8819](tel:250-960-8819)

Email: heidfrem@telus.net

Supported Child Development Program

Child Development Centre, 1687 Strathcona Avenue, Prince George

This program provides consultation and support services for children birth to 12 years of age in licensed preschools, daycares and after school care programs. We assist children with developmental delays, disabilities or challenges to be successful within a group setting. Screening and assessments are available. No cost. Ongoing. For more information, contact Christy at (250)563-7168 extension 215 or email christyk@cdcp.org, or check out our website at <http://cdcp.org/supported-child-development.shtml>

Parent Support

Project Friendship Society:

Creating programs of interest in Art, Music, Recreation and Culture to support people with Diverse-Abilities.

We enlighten, encourage and empower individuals to come out into the community, enjoy events and activities sharing in common interests. We promote an inclusive community by supporting activities for people with Diverse-Abilities.

We offer presentations to local schools, associations and organizations to establish connections, to educate and to enlist their support and join in the Project Friendship Society goal in helping isolated persons while they transition from school to adult life and discover their goals, dreams and gifts.

For more information please contact:

PO Box 147

Prince George, B.C. V2N 4R9

email: info@projectfriendship.com

250-613-2800

www.projectfriendship.com

FamilySmart Parents in Residence (PiR) work from a lived experience perspective. We provide barrier-free peer support for caregivers who are parenting or supporting young people of all ages with mental health and / or substance use challenges. We also help caregivers with system navigation, networking, resources and education. As well, we work with service providers to assist in working well together with youth, young adults and families to improve mental health outcomes. There is no cost for services, and no referral necessary. Email: kathy.buhler@familysmart.ca or phone 1-855-887-8004. www.familysmart.ca.

Carrier Sekani Family Services Parent Support Groups

Tuesdays Parent group 1:30-3:00

Join us for our parenting group which covers various parenting programs geared towards parenting toddlers, school aged children and teenagers. Contact Naomi for more information about which program is currently being offered.

Location: Victoria Towers (1245 20th Avenue)

contact Naomi at 250-563-1281 Ext 103 or

nlocheed@csfs.org to register

Wednesdays Mother's Health and Wellness group

10:00-11:30

Location: Victoria Towers (1245 20th Avenue)

contact Naomi at 250-563-1281 Ext 103 or

nlocheed@csfs.org to register

Fridays Women's group 10:00-12:00

Location: Victoria Towers (1245 20th Avenue)

contact Alice Compagnon at 250-563-1281 Ext 206 or

alice@csfs.org for more information on this drop in group

Parent Guidance and Support Program.

We also have a new parenting program located at 2025 Victoria Street called Parent Guidance and Support Program. This is an onsite parenting program available to parents. contact Lisa Hourie at 250-563-7796 or lhouri@csfs.org for more information and to register for this program

Carrier Sekani Family Services has the following happening:

Mondays:

- Boys group contact patrick@csfs.org

Tuesdays:

- Parenting Group 2:00-3:30 contact nlocheed@csfs.org Parent only parenting group facilitated in Victoria Towers 1208 20th Ave contact Naomi for more information or to register for upcoming programs
- Girls group 3:00-5:00 contact patrick@csfs.org

Wednesdays:

- Skills to Success contact alice@csfs.org

Thursdays:

- Food Skills for families 10:00-12:00 contact alice@csfs.org
- Anger and Stress management 1:30-3:30 contact Michele@csfs.org

Fridays:

- Women's group 10:00-12:00 contact alice@csfs.org

FRC Family Connections**CAP-C FADER Program**

Prince George and District Elizabeth Fry Society
Strengths based, family centered care that supports children and families.

We offer support for families with children age 0-6, and support to families affected by FASD.

Services include children's programming, parenting support groups, one on one support and outreach, referrals and resources.

No Cost

Mon-Fri, 9-5

South Fort George Family Resource Centre

1200 LaSalle Ave

Contact Nancy at 250-614-0684

Parent & Caregiver Education Support Group

Peer based support for parents and caregivers of youth and young adults involved with Northern Health Youth Mental Health and Addictions Services. This support group offers:

- Meetings are confidential
- Place to receive peer support
- Opportunity to learn new strategies and ideas
- Open group – come as little or much as you like

No cost.

Third Thursday of each month – 6:30-8:00 pm

Prince George Activity Centre, 1117-6th Avenue (corner of 6th/George Street).

Light snack and drinks are provided.

No registration or enrollment required.

For further information contact Kim Dixon 250-561-8033; Elle 250-565-2575; Riki 250-565-2881.

Carrier Sekani Family Services

Family Support/Adult & Child and

Youth Life Skills/Family Wellness/Cultural Support, referrals and more available ongoing at CSFS, please call 250-563-1281 to book an intake appointment

Aboriginal Supported Child Development (ASCD)**Prince George Native Friendship Centre**

This program provides support services for children to be included in childcare, or after school settings. A family centered program that assists children to be successful, regardless of developmental delay, disability or challenges within a group setting.

Child screening & assessments available.

No cost. For more information please contact:

Cindy Gosnell at 250-564-3568 ext. 234

Children's Residence

AiMHi Respite for families that have children with developmental disabilities. No cost. MCFD- CYSN funded. For children aged 0 up to and including 18 years of age. Child must be referred by MCFD.

24hrs, 7 days/week 386 Greenplace. Contact Nadia

Cote at 250-563-2260

nadia.cote@aimhi.ca

Wazdidadilh Aboriginal Infant & Family (AIFDP) Development Program

A program of the Prince George Native Friendship Centre (PGNFC), AIFDP is a family-centered environment for expecting families and those with children ages birth through six; open to all families. There are educational and fun workshops for the parents as well as age appropriate play based learning opportunities for the children (parents and children remain on site). Families can access support, home visits, child development assessments, resources, and much more, based on their individual interests. Pre-registration required. No cost. For more information, contact us at 250-564-5941, aifdpadmin@pgnfc.com, or come by (afternoons are best) 138 George Street Mon-Fri.

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. Call Ministry for Children and Families 250-565-6904 for eligibility criteria. As needed. 950 Kerry St. Contact Debby Hall at 250-564-6408 debby.hall@aimhi.ca www.aimhi.ca

Foster Parent Support Program

Axis Family Resources 185 Quebec St. Prince George Assists Foster Parents to successfully maintain children in their care and increase stability of placements. We offer a wide range of services to Foster Parents including emotional and crisis support, protocol and quality of care support, knowledge regarding fostering expectations, Pre-Service Orientation for those thinking of becoming Foster Parents, provincial foster parent education program, coffee socials, educational workshops, foster family events, etc. please contact our Foster Parent Support Program staff at 250-564-9064 ext 24.

Parents Together at Intersect

Parents Together is a supportive and educational community group for parents of teens. If your teenagers choices and behaviours are stressing you out, frustrating you or worrying you Come check out this group and realize you are not alone. Every Monday night for two hours. Facilitator: Judi 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

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.bcsg.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@bcsspg.org www.bcsg.org

Family Fun

Little Artist's Program (Early-Learning Art Program for individual families with children up to 6 years)

Art brings a positive, fun and messy approach to creative expression in the youngest artists. Little Artist's is a parent-participating Early Childhood Education (ECE) Program for individual families with children up to 6 years of age. The program is set up for families to explore, learn and play through art together, while promoting parent-child relationships and forming connections with other families.

Little Artist's runs on Thursdays from 10:00am-11:30pm. This time includes clean-up which is a part of learning and developing transitions. ECE/Family Support Worker on site for facilitation, support and resource information.

No cost.

South Fort George Family Resource Centre, 1200 LaSalle Ave, Prince George, BC
Contact Cory at 250-614-0684 Cory@pgefrbc.ca
www.sfgfrc.com

Funded by CPAC (Community Action Programs for Children) and PHAC (Public Health Agency of Canada) and ran by the Prince George and District Elizabeth Fry Society- Family Connections Program.

YMCA of Northern BC

Our toddler, children and youth programs are family friendly, fun, interactive and affordable!
Financial Assistance is available for those that qualify.
Call 250 562 9341 to arrange a tour or nbc.ymca.ca for information

Financial Aid and Legal Aid

(Please contact a service provider for assistance with applications)

New Information regarding Child Care Changes, improvemnets and governemnet plan:

<https://www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/child-care/child-care-improvements>

Native Court worker & Counselling Association of BC

The Native Courtworker and Counselling Association of B.C., is an Aboriginal Agency with our offices located inside of the Prince George Court House in Room 1045 as well as on the third floor of the Scotia Bank Building in Room 304. We provide information, support, and advocacy for Aboriginals, spouses of Aboriginals, and family members who are accused of a crime, going through Family Court Matters, and who need general support for housing, treatment etc. We alleviate the stress of speaking to Justice Officials and Court Staff, while supporting and encouraging our people. We can be contacted toll free at 1-877-811-1190 Ext.320 for Christina Draegen – Northern Regional Manager, Ext. 321 for Carmen Williams – Youth and Family Advocate, Ext. 322 for Jordan Contois PG and Quesnel Native Courtworker; Lori Henry is the Native Courtworker covering Prince George, Tsay Keh Dene, and Kwadacha

**The Parents Legal Centre in Prince George
Located at 302-1488 Fourth Avenue****Phone: 250-277-0100**

The Parents Legal Centre (PLC) is a service provided by the Legal Services Society. The Centre helps parents (or persons in a parental role) address social worker's concerns about their children's safety early on and collaboratively to avoid a trial in court.

- Support by a team of lawyer and advocate;
 - Information and advice on options for resolving child protection issues as early as possible;
 - Legal advice and representation at collaborative processes such as mediation, family case planning conferences and other meetings;
 - Information and support throughout the process;
 - Legal advice and representation at uncontested hearings; and
 - Assistance connecting to other services, including counselling and housing.
- PLC services are available to people who meet LSS's financial eligibility guidelines. They assist families prior to and during their involvement with the Ministry of Children and Family Development.

Grandparents Raising Grandchildren Legal Guide and Resource Booklet**Parent Support Services Society of BC**

Online resource offering legal and financial information and resources for Grandparents Raising Grandchildren <http://www.parentsupportbc.ca/>

The Aboriginal Business and Community Development Centre aims to improve Financial Literacy in the community by hosting FREE Financial Literacy workshops to various groups and individuals. Workshops are interactive and conversation-based and cover topics such as banking, money management, saving, borrowing money, debt, and credit.
Juanita Shields
Financial Literacy Coordinator
Aboriginal Business Development Centre
250-562-6325

Help for Everyday Legal Problems
New Website Helps BC Residents with Everyday Legal Problems
The Justice Education Society of BC (JES) is pleased to announce the launch of their new website: www.JusticeEducation.ca. With this site, the Society is introducing a range of new information and services that will help improve the legal capability of British Columbians.

Clicklaw BC
<http://www.clicklaw.bc.ca/>
This site provides legal information, education and help for British Columbians.

Canadian Bar Association lawyer referral service -
tel: 604-687-3221
* A list of lawyers and some will do initial consults of an hour for only \$25.

My Support Calculator -
www.mysupportcalculator.ca
* The calculator itself is very useful, but even more so is the straight forward directory available on this page (to the right) with a list of family lawyers, and other related professionals.

JP Boyd on Family Law wikibook:
http://wiki.clicklaw.bc.ca/index.php/JP_Boyd_on_Family_Law
* A good link to share with many people if they want to do their own research without getting lost in jargon.

CanLII <https://www.canlii.org/>
* This is an excellent search engine about Canadian Law

Courthouse Libraries:
<http://www.courthouselibrary.ca>
* A great place to start for any research
Courthouse Libraries BC is pleased to announce that our new Clicklaw Wikibook, [The Beginner's Guide to Finding Legal Information: A how-to for legal research and representing yourself in court in British Columbia](#) is now available online. Our [news release](#) gives detailed information about the publication. We describe the Guide as a new resource that:
"helps people handle their everyday legal problems. It is particularly useful to people who are representing themselves in court in British Columbia. Written by librarians at Courthouse Libraries BC, the new Guide gives a basic introduction to understanding laws & legislation, and gives how-to instructions to find specific legal resources on a given topic."
You can print out a copy of the Guide by using the PDF download feature (currently 27 pages), or download it as an ePub on a mobile device.

Representative For Children and Youth
1 800 476-3933 www.TalktotheRep.ca
Children and Youth in Care have rights. The Representatives advocate for children and youth. They are there to answer your questions and assist you with resources.

Aboriginal Housing Society of Prince George
Yunkawhut'en ba koo "houses for Aboriginal people"
We provide safe, healthy, and affordable housing for Aboriginal people of all incomes, ages, and capabilities. Our housing portfolio includes Prince George and the surrounding region. Applications can be found on our website at www.ahspg.ca or in the office at 1919 17th Avenue, Prince George, BC V2L 5R2
If you have applied in the past, please ensure that your application is up to date. Aboriginal Housing Society of Prince George is currently accepting applications for our newly built one bedroom apartment suites at 1811 Spruce Street, with an anticipated move in date of early February 2019 (For applicants 55 years of age and older).
If you have any questions, do not hesitate to contact the office at 250-564-9794. Our friendly staff is looking forward to helping you with your housing needs.

Family Justice Centre
250 565-4222 1 888 668-1602
www.ag.gov.bc.ca/family-justice
Emotional support and short-term counseling
Referrals to emergency and community services
Information and mediation services for custody, access, support

Legal Services Society (LSS), the organization that provides legal aid in BC.

If you have a legal problem and can't afford a lawyer, we can help. Join the thousands who use the self-help information on our Family Law in BC website or who read our free legal information publications. You may also qualify for some legal advice from a lawyer or even for a lawyer to take your case.

<http://legalaids.bc.ca/>

The Family LawLINE: Legal Services Society

Is a telephone advice service provided by Legal Services Society. Provides eligible clients legal advice and support to assist them with family law issues. In addition to legal advice, the Family LawLINE provides: Appointments with the same lawyer. Assistance preparing documents for court. Coaching to help you represent yourself through all stages of court and other collaborative processes.

Telephone Legal Services Society:

604-408-2172 or (toll free) 1-866-577-2525

Monday to Friday, 9 am - 3 pm (Wednesday to 2:30 pm).

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/

Affordable Child Care Benefits - 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/

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/

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

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

YMCA Assisted Memberships

Family YMCA of Prince George

Assisted memberships are available to those who would benefit from joining but are unable (not unwilling) to pay full fees.

Visit the Member Services desk at the Main YMCA Facility (2020 Massey Dr.) or call 250-562-9341.

CONFIDENT KIDS, PRODUCTIVE ADULTS

The Psychology Foundation of Canada applies the best psychological knowledge to create practical programs helping children become confident, and productive adults. Our programs and resources are delivered through multiple channels and diverse partnerships across Canada.

<https://psychologyfoundation.org>

Social & Emotional Health**Y Mind Programs – Winter Sessions!**

If stress and anxiety are impacting your life and preventing you from doing what you want or need to do, Y Mind groups can give you the tools and support you need.

Programs are free and come with a FREE 3-month YMCA membership

Y Mind Teen (13-17) – Starts January 16th, 6-weeks, Wednesdays 5:00-6:30pm

Y Mind (18-30) – Starts January 15th, 7 weeks, Tuesdays, 5:15-7:45pm

Mind Fit (18-30) – Starts January 15th, 8 weeks, Tuesdays, 4:00-6:00pm

Eligibility requirements:

*Be able to attend all program sessions

*Experience anxiety or depression

For more information visit <http://nbc.ymca.ca/youth-services/y-mind/>

Please contact the YMind Program Coordinator at ymind@nbc.ymca.ca to sign-up.

Prince George Hospice Society/ Grief and Loss Programs**Rainbows Program**

“Rainbows” Grief and Loss program for children & teens who have experienced a painful transition from death, divorce, separation, abandonment or neglect. We have groups from 5-16 years old. Registration has started for the Winter/Spring session which will start on Tuesday, January 15, 2019. There is no fee for this program. For more information or registration, call Catherine at Hospice 250-563-2551.

Broken Circle Grief program for adults who have had the loss of a loved one. We ask that you be 3 months from the death of your loved one. Next session is in January, but please phone for registration. Catherine at 250-563-2551

Tea Time for the Soul

A casual drop in to share your grief story. Begin to peel the layers of grief away. Tea and cookies are provided. Monday afternoon 3:00-5:00pm, and Saturday mornings from 9:0-11:00am. There is no fee. Catherine or Denise at 250-563-2551

Coffee for the Caregiver

Are you a Caregiver? So you need some time for yourself? Come and share with others in a safe place. Talk about the struggles and successes. Thursdays from 1:00-3:00pm

Heartbeat

Every community experiences death by suicide. When an intentionally self-inflicted death occurs families and friends suffer a magnitude of isolated, complicated grief. Because the grief that follows suicide is different from grief resulting from other causes of death the Canadian Mental Health Association formed HEARTBEAT, a group of mutual support for those who have suffered loss through suicide. For more information contact Sandy at 250-961-9330 or e-mail galletti@telus.net or visit heartbeatsurvivorsaftersuicide.org

Community Counselling Centre

Now taking referrals for individual counselling; there is no waitlist at this time!

Our couples intakes are waitlisted for some time but we are still accepting referrals.

The Centre is also in the process of forming groups, please refer any clients interested in this modality to John Sherry, the cost will be **\$5 per session.**

We will be sending out new information about the Centre for training opportunities as well.

Our prices remain the same:

10\$ for individual

20\$ for couples

These prices are on a sliding scale.

Referral Line: 250-960-6457

BC Bereavement Help Line

1-877-779-2223 Toll Free

<http://www.bcbereavementhelpline.com/>

Native Healing Centre Adult Addictions Counselling Services

Monday to Friday 8:30am - 4:30pm

A culturally based counselling service for adults dealing with addictions. Prince George Native Friendship Centre, 1600-3rd Ave., 3rd floor. 250-564-4324.

Native Healing Centre Adult Counselling Services

Monday to Friday 8:30am - 4:30pm

A culturally based counselling service for adults dealing with abuse, residential school abuse, emotional problems, grief and loss, relationship problems and more. Prince George Native Friendship Centre, 1600-3rd Ave., 3rd floor. 250-564-4324.

Native Healing Centre Child/Youth Counselling Services

Monday to Friday 8:30am - 4:30pm

A culturally based counselling service for children and teens dealing with abuse, emotional problems, grief and loss, relationship problems and more. Prince George Native Friendship Centre, 250-564-4324.

Aboriginal Child & Youth Wellness Program

The Aboriginal Child & Youth Wellness Program was created for children, youth and their families; to promote wellness, balance and healing. In terms of the medicine wheel, balance means being strong emotionally, physically, mentally and spiritually. Our program is based in Prince George, and we have support workers and clinicians who travel to, or live near our communities. Our team works with Lheidli T'enneh, McLeod Lake, Tsay Keh Dene and Kwadacha. Offering cultural counselling services, assessment and workshops For more information, please contact:

1600 - 3rd Avenue (3rd Floor), Prince George, BC V2L 3G6

Phone (250) 564-4324 Fax (250) 614-7728

Monday to Friday 8:30am - 4:30pm

Closed for lunch 12:00 - 1:00 daily

Native Healing Centre - Aboriginal Victim Services

Program: A culturally based network for all victims of crime we provide emotional support and empowerment. Our programme provides assistance with the Criminal Justice System, Crime Victim Assistance programs, and with completing Victim Impact Statements. We also provide court orientation and support liaison. Neighbourhood Law Clinic: A free family law clinic

Every second Tuesday 12:00pm - 1:30pm, by appointment only, no cost. Contact NHC reception Prince George Native Friendship Centre, 1600-3rd Ave., 3rd floor. 250-564-4324

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 Debra 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. sandracwwa@shaw.ca

No cost. Ages 3-18 years.

Mon-Fri, 1-5 pm. 1780 11th St.

Contact Sandra Morton at 250-563-7315

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 250-564-8302

Prince George Sexual Assault Centre Men’s group.
15 week program for men 18 and older who have been impacted by sexual violence.
Next program starts in fall 2018.
Call Marianne at (250) 564-8302 to register.

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 250-564-8302

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

**Thursdays Anger & Stress management group
1:30-3:00**

Location: Victoria Towers (1245 20th Avenue)
contact Michele Jones at 250-563-1281 Ext 203 or michele@csfs.org to register

Victim Support Services

Elizabeth Fry Society of Prince George
Short term crisis intervention for women who have experienced violence in a relationship. Victim Support Services also offers advocacy, information on the criminal justice system, support groups, crisis intervention and more.
No cost 1575 5th Ave. Contact 250-563-1113

Physical Health

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

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

NH Speech and 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, 1st floor. Contact the Speech & Language Clinic at 250-565-7370
For more information, please go to our website: <https://www.northernhealth.ca/services/programs/speech-and-language-program>

Community Care Licensing

The purpose of the Community Care Licensing program is to make sure that licensed facilities are healthy and safe environments for adults, youth and children in care. We represent the public and families who rely on care providers to look after their loved ones. Daycares or residential care facilities that provide care and supervision to three or more children, who aren't related to the caregiver, need a community care facility license. If you or someone you know is providing a type of care that may require a license, please feel free to contact us. Northern Health Licensing Officers are pleased to assist with the application process. More information can be found on our website at <http://www.northernhealth.ca/YourHealth/CommunityCareLicensing.aspx>

Healthy Kids Program - Dental and Vision Assistance

The Healthy Kids Program helps low-income families with costs associated with basic dental care and prescription glasses for their children.
•Dependent children under 19 years of age, in families approved for premium assistance by the Medical Services Plan (MSP) through the Ministry of Health Services, are automatically registered with the Healthy Kids Program.
•Dental- Children are eligible for \$1400 of basic dental services every two years. This coverage includes services such as exams, x-rays, fillings, cleanings and extractions. Dentists can advise families of other services that may be covered.
•Optical - Children are eligible for prescription eyeglasses (lenses and basic frames) once in a twelve-month period. Children's eye examinations are covered by MSP. Inquire at Ministry of Social Development: http://www.eia.gov.bc.ca/factsheets/2005/healthy_kids.htm

The Federal government has the "Non-Insured Health Benefits (NIHB) Program"

which provides supplementary health benefits, including prescription and non-prescription drugs, for registered First Nations and recognized Inuit throughout Canada. See

<http://www.hc-sc.gc.ca/fniah-spnia/nihb-ssna/index-eng.php>

To be eligible for NIHB, the person must be identified as a resident of

Canada and be one of the following:

- a. A registered Indian according to the Indian Act;
- b. An Inuk recognized by one of the Inuit Land Claim organizations; or
- c. An infant less than one year of age, whose parent is an eligible recipient.

**Speech Language Pathology, Occupational Therapy, Physiotherapy
Child Development Centre, 1687 Strathcona Avenue, Prince George**

These services provide therapy support for children with special needs and/or developmental delays. Most of these services are for children from birth to school entry. However, we offer limited occupational therapy and physiotherapy services to school age children with more substantial mobility issues. We help children with developmental challenges develop their communication, gross and fine motor, independent daily functioning skills, as well as the development of the ability to participate in regular and adapted community activities. No cost. Ongoing. For additional information contact Debbie at (250)563-7168 extension 225 or email therapy@cdcpg.org, or check out information on our website at <http://cdcpg.org/therapy.shtml>.

Child Health Clinic

Northern Health – Public Health Clinic
Providing immunizations to children starting at 8 weeks of age. Provide information on growth & development, nutrition, safety, dental health, postpartum depression, etc. and referrals as needed. No cost. Appointments available Monday to Friday. Located in the Auditorium at the Health Unit, 1444 Edmonton St.

To book an appointment please call 250-565-7381

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 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 Jaime or Marilyn at 250-612-4519 or 250-565-7391

On-call and Drop-in Health Services

Northern Health –Public Health and Primary Care Nursing. Access to nurse via phone or drop-in for a wide range of topics concerning child and family health and wellness. Mon-Fri 9:00am-12:00pm and 12:30pm–4:00 pm (Except statutory holidays) 1444 Edmonton St. 250-565-7478.

School and Youth Health

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 a nurse 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

Northern BC Children & Families Hearing Society

reaches out to children and families with hearing challenges from all communities of Northern British Columbia. We offer networking, socialization, and educational events throughout the year. These include educational workshops, sports workshops, ASL lessons for children and social events such as our Christmas party and spring barbeque. Our biggest event is our annual Adventure Camp at Ness Lake in September. Every month our Play Learn Share Grow social group meets at a different venue where both children and parents can socialize and have fun. All children and families with deaf or hard of hearing members are welcome to our events! We have a great resources library of DVD's, children's books and baby signing books located at the PG Child Development Centre. Each month we email an informative newsletter full of resources and we have a Facebook page. To sign up for our newsletter or learn more about our events and library, please email pgdeaf@telus.net or phone 250-563-2425.
www.nbchearingsociety.com

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

Foster Parent Support Line

Contact the Foster Parent Support Line at 1-877-392-1003 ext. 205 and ask to be directed to the Foster Parent Program on call worker

Parent Advocacy Support Line. Help is available to assist parents dealing with issues at school. If you are worried about issues at your child's school please call and access our confidential support. 250-562-0085
School District 57 Parent Advisory Council

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

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

BC Bereavement Help Line

1-877-779-2223 Toll Free
<http://www.bcbereavementhelpline.com/>

Youth in BC 24 Hour Distress Line

604-872-3311
1-866-661-3311 Toll Free
<http://youthinbc.com/>

Teen Resources

Foundry Prince George

We believe young people should have a voice in their care and that finding the right support shouldn't be difficult. Foundry provides a one-stop-shop for young people 12 to 24 years to access mental health care, substance use services, primary care, social services and youth and family peer supports. We provide safe, non-judgmental care, information and resources, and work to reach young people earlier – before health challenges become problematic. Foundry brings health and social services together in a single place to make it easier for young people to find the care, connection and support they need.

Open Monday to Friday from 10am to 5pm; all services are free, confidential and walk-in ready.

For more information, please get in touch with us:

Phone: 236-423-1571 Fax: 236-423-3881
1148 7th Avenue, Prince George, BC, V2L 5G6

foundry@nbc.ymca.ca

<https://foundrybc.ca/>

Find us on Facebook where you can access both a monthly and weekly calendars, stay update with all of our events, workshops and programs

Young Parent Program – Elizabeth Fry Society

Through modeling of respect, commitment and honesty, we strive to enhance family development by sharing knowledge and skills to empower individuals. We offer:

Any person under 24 years of age who was pregnant or parenting before the age of 20

- Daycare
- Educational options
- Family development
- Individual support
- Parenting support
- Social events

We are a program for youth under the age of 24 who was pregnant or parenting before the age of 20 and would like access to individual support; parenting support and information, peer group activities, and exploration of educational opportunities. We offer free, fun family outings and activities, as well as daycare. Outreach workers and family development services provide support and assistance with life skills, housing, and accessing mental health and addictions services. Our partnership with School District #57 provides access to educators and school counsellors. Cost: None Referral Needed: No
Address: 1575 – 5th Avenue, Prince George, BC, V2L 3L9
Phone: 250-563-1113
Text: 250-612-2688
Email: Candice@pgefry.bc.ca
Website: www.pgefry.bc.ca/programs/prince-george/young-parent-program/

AGED OUT Website: Get ready for life on your own; Take care of yourself; Learn useful life skills. Resourceful website developed by former youth in care to assist other youth aging out of care.
<https://agedout.com/>

Family Mediation Program

Family Mediation Program through Northern Health's Parent Services, provides services to support parents or caregivers and their teens (between 12-18 yrs of age) by bringing families together, giving everyone an opportunity to be heard and helping families work together to resolved conflict. The Mediator, much like a coach, assists families with working together better as a team! Families can access Family Mediation services through: Ministry of Children and Family Development, your teen's School, an agency supporting your family or by self-referring. For more information call 250-649-4820.

**Youth Works Employment Program
YMCA of Northern BC**

This career-focused 3 week employment program offers qualifying youth, aged 16- 29, job skills training, certification training such as 1st Aid, Foodsafe, WorldHost & WHMIS as well as long-term planning towards a rewarding career. To qualify, participants cannot be EI eligible and cannot currently be in school. This service is completely free to eligible participants

Contact: Youth Works Coordinator:

Debra Hennig
250-565-5428

debra.hennig@nbc.ymca.ca

Address:

1148 7th Avenue,
Prince George, BC.
250-645-3966

www.nbc.ymca.ca/employment_services

Prince George OPT Youth Clinic

Northern Health- Public Health and Primary Care Nursing

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, 3:15-5:30pm.
Northern Interior Health Unit. 1444 Edmonton St.
Contact 250-565-7381 for appointments

**Native Healing Centre Youth Addictions
Counselling Services**

Monday to Friday 8:30am - 4:30pm

A culturally based counselling service for youth and young adults dealing with addictions. Prince George Native Friendship Centre, 1600-3rd Ave., 3rd floor.
250-564-4324.

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

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

Website to learn to advocate for your rights online.

For youth (and their families) who have been exploited through a photo or video of them being posted or shared online. It explains how to get the picture down, what to do and more.

<http://needhelppnow.ca/app/en/>

Youth Website topics on mental, physical and emotional wellbeing: **checkyourhead.org**

YAP - Youth Around Prince (YMCA of Northern BC)

This is a resource centre located at 1160 7th Avenue that offers services to at-risk youth ages 13 to 24. The centre is home to many agencies including Intersect, Northern Health, MCFD, CASEY, Street Spirits, School District 57 and the YMCA.

Contact 250 645 3983 or 250-645-4010 or visit www.youtharoundprince.org or on Facebook.

Mindcheck.ca is now Foundry Online:

<https://foundrybc.ca/info-tools/>

Same great resources and tools! A Provincial Resource for those suffering with mental illness or addiction

For those of you with tweens and teens, this website may be of interest. It is a youth and young adult-focused interactive website where visitors can check out how they're feeling and get connected to support early and quickly. Support includes education, self-help tools, website links, and assistance in connecting to local professional resources."

It is a good resource for family members who want to learn more about supporting a child with early signs of mental illness or substance misuse.

Reconnect Youth Village – Youth Drop in Centre, Outreach, Street Outreach and Supported Independent Living located at 171 George Street.

A youth centered team of advocates assisting in the empowerment of individuals in a culturally holistic environment which promotes healthy lifestyle choices and transitions. Reconnect offers voluntary youth centered service; providing safe, stable and supportive environment for youth who are at risk or engaged in high risk activity. Reconnect uses a harm reduction model and youth have access to support 24 hours a day. Phone 250-562-2538 email reconnect1@pgnfc.com www.pgnfc.com

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