



The Village

Parent, Grandparent & Caregiver Resource

To submit your program or receive *The Village* contact Parent Support Services Prince George
Email kim.brown@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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Table of Contents	
Special Events	Page 1
Activities Available...	Page 2
Workshops/Training	Page 2
Parent Classes/Support Circles	Page 3
Support Groups	Page 3
Active & Healthy Living	Page 4
Drop-In Programs	Page 5
Early Learning	Page 5
Expectant Parents	Page 6
New Parents	Page 7
Parent Education	Page 7
Parent Services	Page 8
Parent Support	Page 9
Family Fun	Page 11
Financial/Legal Aid	Page 11
Social/Emotional Health	Page 14
Physical Health	Page 16
Help Lines	Page 17
Teen Resources	Page 18

January 2021, Volume 144



Special Events This Month

FREE Book Club – Rest Play Grow
January 12 – March 30 (12 weeks)
Tuesdays 7pm to 8pm
Please email
kim.brown@parentsupportbc.ca to register

FREE online Parent Support Circles
Monday-Thursday
Please call 1-877-345-9777 ext. 100 if you'd like to join!

FREE online Grandparents Raising Grandchildren (GRG) Support Circle
Monday-Thursday. Please call 1-877-345-9777 ext 100 if you'd like to join!

Volunteers needed to run local Parent/GRG Support Circles in Northern BC. Next training date – February 3 & 4! Deadline to apply is January 20. Please email Kim at kim.brown@parentsupportbc.ca if you'd like to volunteer!

**

Please be sure to contact all individual agencies regarding updated service provision surrounding Covid-19 if you are interested in accessing services

**

Activities Available during the colder months

YMCA Rec Room

1 hour and 15 minutes timeslots must be prebooked up to one week prior by phoning (250) 640-2161
Monday-Friday: 2:45pm-5:15pm
Saturday: 9:00am-12:45pm

Prince George Outdoor Ice Oval

Check for updates on openings on their Facebook page here: <https://www.facebook.com/outdooroval>
Skate rentals are not available due to Covid-19

Prince George Aquatic Centre

Pre-booking is required:
<https://www.princegeorge.ca/Things%20to%20Do/Pages/Recreation%20and%20Activities/ProgramRegistration.aspx>

Prince George Public Library

Bob Harkins Branch (downtown) is open for limited service Tuesday-Friday 10 am-6 pm, Saturday 10 am-2 pm. Nechako Branch (Hart) is open Monday-Friday 10 am-6pm.

Workshops/Training/Volunteer Opportunities

Volunteers needed to run Virtual 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 \$400.

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 kim.brown@parentsupportbc.ca

Check out Parent Support Services Society Facebook Page:

Check us out on



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

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 and sign up for our newsletter, see upcoming events all on our website. nbc.ymca.ca. Community Initiatives, Community Initiative and Programs, Child Care Resource and Referral.

Prince George Child Care Resource and Referral Make-and-Take

Join CCRR for a Valentine's Day make-and-take workshop! All items for the activities will be supplied. The workshop will take place via zoom on January 5, 2021 from 6:00 pm – 8:00 pm. The cost of the workshop is \$10.00. You can register at <https://ca.apm.activecommunities.com/NBCymca> or by calling (250) 563 2483 or toll free 1 800 680 6699.

Prince George Child Care Resource and Referral ECEBC Conference: Educating Citizens Through Play

Join Teacher Tom as we learn how children's play brings the habits and principles of democracy into early years' classrooms. Participants will learn the benefits of introducing these playful principles to their own students, the hallmark of what makes a good citizen both in the classroom as well as a democracy, the traits and habits require for self-governance, and practical options on how to implement these ideas in their own classrooms. It is an inspiring, often touching, often hilarious, and always eye-opening and empowering presentation. Monday, January 11, 2021, Free via Zoom from 6:00 pm – 8:00 pm. You can register at <https://ca.apm.activecommunities.com/NBCymca> or by calling (250) 563 2483 or toll free 1 800 680 6699.

Prince George Child Care Resource and Referral Moving Into Kindergarten

Join Andrea Maurice, from School District 57, as we inform parents and child care providers with up-to-date tools and resources for transition into Kindergarten. Work shop will take place via zoom on January 26, 2021 from 7:00 pm – 8:00 pm and is free. You can register by calling (250) 563 2483 or toll free 1 800 680 6699.

Prince George Child Care Resource and Referral Good Beginnings

Are you interested in a career in child care? Do you want to start your own business? The Good Beginnings Course covers child development, guidance, health, safety, nutrition, program planning, policy writing, and the business aspects of home based child care. This workshop will take place each Thursday and Friday from January 14th until February 19, 2021 from 9:00 am - 12:00 pm each session, all sessions must be attended to receive certificate. It will take place in the CCRR Family Room at 2020 Massey Drive. The cost is \$200.00 and there is currently a bursary that can be applied for until March to possibly recoup part of the cost. To register please call 250 563 2483 or toll free 1 800 680 6699. Sign up deadline is January 8, 2021

Prince George Child Care Resource and Referral Safe Spaces: Bullying Prevention Education for Young Children

Join us as we teach young children the skills they need to resist and prevent bullying, nurture children’s self-esteem and care for others, and how to establish a bully free environment. January 23rd and February 6th, 2021 via zoom from 9:30 am – 4:00 pm. This is a two session workshop and will require attendance to both sessions for certification. Cost is \$20.00. You can register at <https://ca.apm.activecommunities.com/NBCymca> or by calling (250) 563 2483 or toll free 1 800 680 6699.

Prince George Child Care Resource and Referral What Young Children Need You to Know

Join Bridget Miller, author of What Young Children Need You to Know, as we learn how to apply adult logic to young children. This workshop will look at commonly misunderstood behaviours including temper tantrums, resistance, defiance, frustration, impulsiveness, shyness, and separation anxiety through the lens of attachment and developmental science. This free workshop Via Zoom will take place on Saturday January 30, 2021 from 9:30 am – 11:30 am. You can register at <https://ca.apm.activecommunities.com/NBCymca> or by calling (250) 563 2483 or toll free 1 800 680 6699.

Parenting Classes/ Support Circles

Hadih House Family Unity

In light of the Covid-19 Pandemic, all support groups are closed until further notice.

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

Hadih House Support Groups

In light of the Covid-19 Pandemic, all support groups are closed until further notice. 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

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

In light of the Covid-19 Pandemic, all support groups are closed until further notice. 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.

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/>

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

Support Groups

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.

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

F.A.M.I.L.I.E.S.TM Support Groups (No referral needed to access free individual and group services) Family Alliance on Mental Illness-Leaders in Involvement Empowerment & Support provides education and support to ALL family members (parents, partners, siblings and adult children) affected by ANY mental illness (psychosis, schizophrenia, depression, bipolar, anxiety, trauma-related, substance use and addictions) with nationally certified Family Supporters.
Dates: First and Third Wednesday of every month ongoing
Times: 6:30 – 8 PM
Place: University Hospital of Northern BC, Education Room 410
AND
Dates: Every Tuesday and Thursday
Times: 4 – 5 PM
Place: University Hospital of Northern BC, Adult Acute Psychiatry
Contact: Kim Dixon at 250-561-8033 or kimdixon@bcssp.org

FRC Parent Support Group
•No cost • Registration required • Children welcome under their parent's supervision•
A group for parents facing some challenges who need a safe space to connect, gain support and info. A comfortable space to connect with other parents and facilitated by the Family Support Worker/Early Years Coordinator. Must register prior to attending by contacting: 250-614-0684

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 dates, locations, more information about this month's topic, and to RSVP.

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

Active & Healthy Living

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

Building Blocks

A program of the Prince George Native Friendship Centre. Due to COVID-19 safety plans, alternative programming may be offered for families with children birth through 6 years of age. Programming will resume sometime in the new year with limited numbers able to attend. Contact Deb Ewen at 250-564-5941 dewen@pgnfc.com for more information.

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

Leisure Access Program City of Prince George

This is a subsidy program that provides an opportunity for individuals with limited income to participate in select recreational activities. Eligible applicants can receive complimentary swim passes and a credit towards swim lessons. View applications online at www.princegeorge.ca or contact Community Well-being and Partnerships at 250-561-7600 or email rec_admin@princegeorge.ca

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>

KidSport Prince George is a local chapter of KidSport British Columbia. KidSport provides financial assistance to children and youth in Prince George to remove financial barriers so that all kids can play sports. Application forms are available at City Hall and online at: kidsport.ca/princegeorge or call Community Services at 250.561.7788.

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 Program

•No cost • Drop-in• Parent participating program• Early learning physical fitness and play time for parents and their children aged 0-6. A fun non-structured space for children to play, learn and explore. A place for parent’s to connect with other parent’s. Family Support Worker on site for support and information. Monday and Wednesday from 10am– 11:30am (including clean-up) Tuesday and Thursday from 1:30-3:00pm (including clean-up) Contact 250-614-0684 South Fort George Family Resource Centre, 1200 LaSalle Ave, Prince George, BC

Drop-In Programs

Two Rivers Gallery is open to the public Tuesdays through Saturday 10am-5pm, and 10am-9pm on Thursdays. MakerLab is back open on Thursdays from 5pm to 9pm. Join us and explore sewing, soldering, stop motion animation, 3D doodling, and more! Please note that ages 13 and under must be accompanied by a guardian. Due to limited capacity, we ask that everyone please register online for their spot and group size. Visit www.TwoRiversGallery.ca for the most up to date information, or follow us on Facebook or Instagram.

Prince George Public Library

The Prince George Public Library is offering programs virtually! For information on Baby Time, Storytime, and other online programs, visit www.pgpl.ca/events. Please check back often as we continue to update the website. Both branches are open for browsing and borrowing. At this time, we’re encouraging people to keep their visits brief. Visit www.pgpl.ca/contact/hours for the most up-to-date information on the library’s hours of operation.

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

Early Learning

SD 57: StrongStart is a free 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. StrongStart will operate as a sign up program for most of the 2020-2021 school year.

If you are interested in attending StrongStart, please fill out this form and we will connect you with the educator:<https://forms.office.com/Pages/ResponsePage.aspx?id=sGeWW4-YcEqweChrvvOJJP-9woLxaINOp4Qx2VhMYo1UQzJXTzBNTU02NEZWNIVQQ1dCTjhZQ1VHVy4u>

StrongStarts in SD57:

Beverly Elementary	250-964-9311
Tuesday and Thursday	9:00-12:00
Pineview Elementary	250-963-7060
Tuesday	8:30-11:30
Harwin Elementary	250-562-1773
Monday to Friday	8:45-11:45
Heather Park Elementary	250-962-1811
Monday to Friday	8:45-11:45
Malaspina	250-964-9874
Monday, Wednesday, Friday	8:45-11:45
Nusdeh Yoh	250-562-7201
Monday to Friday	8:30-11:30
Nukko Lake Elementary	250-967-4314
Wednesday	8:30-11:30
Peden Hill Elementary	250-562-5822
Monday to Friday	9:00-12:00
Quinson Elementary	250-562-1161
Monday to Friday	9:00-12:00
Ron Brent Elementary	250-562-2327
Monday to Friday	8:30-11:30
Spruceland Elementary	250-563-4208
Monday to Friday	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

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.

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”

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 lindacampbellse1@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 targeted 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

A program of the Prince George Native Friendship Centre. Due to COVID-19 safety plans, alternatives to home visiting for children birth to 3 years old and their families, as well as expecting parents may be offered. Please contact for more information at 250-564-5941 or aidpoutreach@pgnfc.com

Expectant 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)

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

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

Prince George Crisis Pregnancy Centre

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

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

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

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

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)

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

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.

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.

Parent Education**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 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

Parenting After Separating

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

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 Host, 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

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

Parent Services**Adult Life Skills**

Thursday 1 -2 pm

Each week we focus on a different topic in the world of Life Skills. Everything from cooking to healthy relationships and all sorts of topics in between. Everyone is welcome. To be added to the invite list please reach out. There is no commitment and is on a drop-in basis.

Location CSFS Zoom Meetings

Contact Karli 778-675-1563

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

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

IMSS (Immigrant and Multicultural Services Society)

FREE services to new emigrants and refugees: Settlement in school for children and parents in the workplace. Linc (learn English) morning program for parents, with free licensed daycare for children 6 month - 5 years. Woman's program; These goals were achieved with the participation of the immigrant women in different activities regardless Canadian culture, Canada Services, Health Fitness, Healthy Eating, Parenting, computer, sewing, crocheting, arts, crafts, and, workshops empowering women (Free daycare provided) -Youth leadership: IMSS hosted a multitude of different diversity building and multicultural events for youth. Some events were based on informal cultural sharing, a key component to true multiculturalism such as: participating at the National Aboriginal Day Celebration, organizing immigrant's family picnic at the lake and park, youth group bowling, hiking, soap making and movie nights. This program focus on more structured activities like: leadership building days, anti-bullying workshops, diversity/multiculturalism training and youth employment related information sessions. A series of Career Exploration workshops are also delivered to help immigrant youth develop their life and job skills to ease their transition to social integration and work and/or return to school. IMSS1270 2nd Ave, Prince George, BC V2L 3B3250-562-2900
IMSS.PG@IMSS.CA WWW.IMSS.CA

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. Free annual membership. Contact 250-563-2483 or nbc.ymca.ca
www.childcarechoices.ca
or ccrr@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. COVID-19 Update: IDP is continuing to accept referrals and will contact families by phone within two weeks upon receipt of referral. Contact IDP at 250-564-6408
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/>

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

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

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

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

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

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.

Family Connections Program

Strengths- based, family centered program that supports marginalized families with children ages 0-6yrs that are facing challenges, such as poverty, isolation, mental health, family violence, homelessness, mental or physical barriers, FASD, or MCFD involvement. Services include parenting support groups, one on one support and outreach, referrals and resources. No Cost
Mon-Fri (access requires an intake appointment to assess the needs of the family)
Contact Cory at 250-614-0684
South Fort George Family Resource Centre, 1200 LaSalle Ave, Prince George, BC Cory@pgefry.bc.ca
www.sfgfrc.com

P.E.A.C.E – formerly known as Children Who Witness Abuse

Monday thru Friday between 9 am and 4 pm
The group is a 10 week program that provides a safe setting for children and youth to work through their emotions related to trauma they have experienced or witnessed. Location: via Zoom
Contact: Michele Jones 250 563-1281 ext. 1066 or email michele@csfs.org

Carrier Sekani’s Urban Family Preservation Program offers support and advocacy to families who are involved with the Ministry of Children & Family Development. We provide services and supports in the area of parenting and family wellness, adult life skills, court support, advocacy and support when dealing with MCFD as well as referrals to other community resources as needed. In this program we will work with the family in order to develop an appropriate goal plan that will mitigate the risks and concerns of MCFD. We further offer a variety of programming over Zoom such as Parenting Your School Aged Child, Nobody’s Perfect, Active Parenting, Rainbows, P.E.A.C.E, Kaleidoscope, Prism, Anger & Stress Management, When Love Hurts, Adult Life Skills as well as a weekly Women’s Group. Please contact our intake worker at 250-563-1281 for more information on accessing our groups or for an intake into the program.

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



lhourie@csfs.org for more information and to register for this program

PRISM is a peer support group program for single-parents, step-parents and parents whose children are in the Rainbows program. The purpose of PRISM is for the parents

to understand and process their own grief, become more attuned to their children’s grief and to be able to recreate “family” again. PRISM meets consecutively for 12 weeks; each session being an hour in length. At the end of the twelve weeks all participants take part in a closing session.

Location: CSFS Zoom Meetings
Fridays from 10-11
Contact Naomi at 250-563-1281 Ext 1062 or nlocheed@csfs.org to register

Women’s Group

Women’s support group, topics may include Self care, stress management, Culture and language, weekly check-in. Topics are often chosen by the women who participate in the group and what they would like to cover. This group is on-going and ladies can join us at anytime.

Location: CSFS Zoom Meetings
Fridays 10-12
Contact Ronda K at 778-675-0421 or ronda@csfs.org for more information

Kaleidoscope

Kaleidoscope is a peer support program for adults who may have recently experienced and are processing grief or are dealing with unresolved issues of grief and loss. This program is designed to have the participants take an honest look at the person they are today in relation to their families loss. Kaleidoscope meets consecutively for 12 weeks; each session being an hour in length. At the end of the twelve weeks all participants take part in a closing session.

Location: CSFS Zoom Meetings
Wednesdays from 10-11
Contact Naomi at 250-563-1281 Ext 1062 or nlocheed@csfs.org to register

Parenting

Right now we are focusing on Parenting Under Stress. This includes stresses from society, personal life, mental health, single parenting, relationships and everyday stresses that include being a parent. We talk about these stresses and struggles and how to navigate them as to be able to show up as our best selves for our children. Each parenting group lasts 5-8 weeks depending on the topic at hand. Each session is Monday from 10am-12pm.

Location: CSFS Zoom Meeting
Contact Annie at 778-675-1556 or astewart@csfs.org to register.

Anger and Stress Management

Thursdays from 10-12
Anger and Stress Management is a 10 week group that coaches participants to navigate through life’s daily stresses that often lead to anger. Each week a different topic dealing with individual stresses and anger will be discussed. The expectations of the program are for individuals to learn new tools & skills to deal with daily stresses, build self-awareness, self confidence, reinforce positive attitude, and develop their communication skills. Participants receive a certificate when they complete the entire program.

Location: via Zoom
Contact: Michele Jones 250 563-1281 ext. 1066 or email michele@csfs.org

Rainbows

Monday thru Friday between 9 am and 4 pm
Rainbows is a group that assists children to understand that they didn’t cause divorce or a death; discover their own inner strengths; learn to accept and manage their life in the changed circumstances; experience an element of forgiveness of others and themselves and progress from Hurt through Healing to Hope
Location: via Zoom

Contact: Michele Jones 250 563-1281 ext. 1066 or email michele@csfs.org

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

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 Susan Wilson at 250-564-6408. susan.wilson www.aimhi.ca

Wazdidadilh Aboriginal Infant & Family (AIFDP) Development Program

A program of the Prince George Native Friendship Centre. AIFDP is a family-centered environment for expecting families and those with children ages birth through six. Due to COVID-19 safety plans, alternatives to the regular programs of workshops for the parents as well as age appropriate play based learning opportunities for the children (parents and children remain on site), home visits, etc may be offered. Please contact for more information at 250-564-5941 or aifdpadmin@pgnfc.com

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.

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@bcssp.org www.bcssp.org

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

Children's Residence

AiMHi Respite for families that have children with special needs. 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 www.aimhi.ca

Family Fun**Little Artist's Program**

•No cost • Drop-in• Parent participating program•
Early learning art experience for parents and their children aged 0-6
A fun and messy approach to creative expression in the youngest artists.
Thursdays from 10:00am– 11:30am
(including clean-up)
Contact 250-614-0684
South Fort George Family Resource Centre, 1200 LaSalle Ave, Prince George, BC

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)

Hadih House Temporary Emergency Hampers

Hadih House is providing emergency hampers through the COVID-19 Pandemic. Hampers are available to anyone in need of support. If you are in need of support please contact them at 250-563-7976. Hadih House is located at 2105 Pine Street.

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>

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.

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/>

Clicklaw BC

<http://www.clicklaw.bc.ca/>

This site provides legal information, education and help for British Columbians.

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

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

**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.

CanLII <https://www.canlii.org/>

* This is an excellent search engine about Canadian Law

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://legalaid.bc.ca/>

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.

**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.

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

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>

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.

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).

Family Law Legal Advocacy Program

We work with families considering separation, separated caregivers, parents, grandparents or other family members seeking custody, very young parents; and families who are involved with the Ministry for Child and Family Development. We can assist you in setting reasonable goals and in navigating the court systems to obtain a legal solution. The Family Law Legal Advocacy Program provides free assistance to anyone with family law issues or questions. It's important to note that services are offered by a legal advocate, not a lawyer. We provide information, referral, advocacy, court support, and assistance with legal form completion; in the following areas, so that community members can develop a plan to move forward:

- Parental arrangements, children's rights, child protection
- Child or spousal support
- Separation and divorce, guardianship
- Protection orders
- Family Maintenance Enforcement and Protection (FMPEP)

For more information, please contact:

Prince George Native Friendship Centre
Family Law Legal Advocacy Program
Elizabeth Hannah, Family Law Advocate
1600 - 3rd Avenue (3rd Floor), Prince George, BC
V2L 3G6
Phone (250) 564-4324 or Fax (250) 614-7728
Email: lawadvocate@pgnfc.com

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/

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.

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.

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

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.

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/

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/

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.

Social & Emotional Health

**Carrier Sekani Family Services
Kaleidoscope**

An adult peer support group for grief and loss, Fridays 10am for 12 weeks. Contact Naomi at (250) 563-1281.d

Y Mind Programs

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

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

The Rainbows Program is not currently running due to Covid-19 restrictions.

Broken Circle

The Broken Circle Program is not currently running due to Covid-19 restrictions.

Emotional grief support is available for children and adults via zoom or via phone. Please contact Catherine at (250) 563-2551.

BC Bereavement Help Line

1-877-779-2223 Toll Free

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

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

Project Friendship Society Considering the current Covid-19 pandemic, Project Friendship has been working toward continuing to engage with our current membership in the form of Birthday Cards and celebrating Holiday times with small packages of items to help stave off some of the boredom that is occurring. As of this date we have hand delivered over 90 Christmas backpacks filled with Christmas cheer, including a craft, cards, games, donated gift certificates and much more. What a delight to see the faces light up as the deliveries to the doorstep takes place. We are looking into the possibilities of virtual get togethers. This should be fun! For more information please contact: Project Friendship Society PO Box 147 Prince George, B.C. V2N 4R9 email: projectfriendshippg@gmail.com or Lois at 250 552-5545 Facebook: Project Friendship Society www.projectfriendship.com

Project Friendship Society is about connecting people isolated, because of a Diverse -Ability, with community, by creating programs of interest in Art, Music, Recreation and Culture. We work toward having the individuals connect with a person or a group that is likeminded. We enlighten, encourage, and empower individuals to come out into the community, enjoy events and activities sharing interests. We promote an inclusive community by supporting activities for people with Diverse-Abilities. by people with or without Diverse-Abilities. We send out our best wishes to everyone for a Safe and Memorable Christmas and a Happy 2021!

Over the past 4 years we have worked toward offering Awards and Bursaries for people furthering their education that a) have a Divers -Ability or b) to work with people that have Diverse Abilities. At UNBC we offer The Project Friendship Society Award in Memory of Bob and Barbra Harkins Award. At CNC we offer The Rev. Dr. Lance and Pat Morgan Bursary. At School District #57 we offer the Project Friendship Community Inclusion Award to Graduating Students. One from each of the 9 Secondary schools in our catchment area. For more information please contact: Project Friendship Society PO Box 147 Prince George, B.C. V2N 4R9 email: projectfriendshippg@gmail.com Lois at 250 552-5545 or Candace 250- 640-1723 Facebook: Project Friendship Society

www.projectfriendship.com

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.

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

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.

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. sandracw@shaw.ca

No cost. Ages 3-18 years.

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

Contact Sandra Morton at 250-563-7315

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

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.

Victim Services Program

The Prince George Native Friendship Centre's

Victim Services program provides support for our Prince George community members, who may be struggling after an incident of domestic violence, sexual assault, child abuse, or human trafficking. We offer a genuine, caring and empathetic approach to being present with a survivor, to hear his or her story and to help with the process of moving toward healing. This can include supporting community members during their time attending court, helping to navigate the complexities of the legal system, and helping to find resources that can assist in developing tools for personal wellness. This program supports both Indigenous and Non-Indigenous community members with the challenges that may surface following survival of a crime, including court orientation, victim impact statements, court accompaniment, liaising with crown counsel and the RCMP, providing general court information, and accessing the "Crime Victim Assistance Program (CVAP)". We work collaboratively with and can refer out to counseling, lawyers, multicultural supports, court workers, housing, literacy, human rights complaints services and police complaints services. For more information, please contact:

Prince George Native Friendship Centre

Victim Services Program

Nicole King-Smith

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

Phone: (250) 564-4324, or Fax: (250) 614-7728

Email: nkingsmith@pgnfc.com

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

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

PEACE Program (formerly Children Who Witness Abuse CWWA)

Prince George and District Elizabeth Fry Society
The PEACE (Prevention, Education, Advocacy, Counselling and Empowerment) Program is a psycho-educational counselling program for children and youth ages 3-18 experiencing violence.
The program provides individual, family or group psycho-educational counselling.
No cost. Self-referrals welcome.

Location: 1575 5th Ave., Prince George, BC
Contact Cory at 250-563-1113

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**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

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

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>

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>

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.

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. Coverage under 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.

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

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

Speech Language Pathology, Occupational Therapy, Physiotherapy

Child Development Centre, 1687 Strathcona Avenue, Prince George

These services provide assessment and intervention 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 skills, as well as the ability to participate in regular and adapted community activities. For additional information contact the CDC at (250)563-7168 extension 0 or check out information on our website at <https://cdcp.org/services/>. Referrals are welcome from parents and other agencies.

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 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

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

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.

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

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

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 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

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.

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://needhelpnow.ca/app/en/>

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. Address: 1575 – 5th Avenue, Prince George, BC, V2L 3L9

Phone: 250-563-1113

Text: 250-612-2688

Website: www.pgefry.bc.ca/programs/prince-george/young-parent-program/

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 Works Employment Program**YMCA of Northern BC**

This career focused employment program offers qualifying youth, aged 18-24, job skills training, certification training as well as long term planning towards a rewarding career.

To qualify, participants cannot currently be in school full-time.

This service is completely free to qualifying 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

Website: www.nbc.ymca.ca/employment_services

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/>

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

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.

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