

# The Village Newsletter

## Parent, Grandparent, & Caregiver Resource

To submit your program or receive The Village contact Parent Support  
Services Prince George  
email [kim.brown@parentsupportbc.ca](mailto: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 of parents in the community
- An indispensable referral tool for service providers who work with parents
- A cooperative network to increase access 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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## APRIL 2022

### Special Events This Month

#### Prince George Public Library

##### Bob Harkins Branch & Nechako Branch

Virtual Events available

In-person Events cancelled

<https://www.pgpl.ca/>

#### The Exploration Place

##### Free Drop-in at Pine Centre Mall

##### Sunday STEAM days

Time: 2pm-4pm

Sunday, April 3 – Coding Club (5+)

Sunday, April 10 – Keva Connection (All Ages)

Sunday, April 17 – Coding Club (5+)



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



# Volunteer Facilitators Needed<sup>2</sup>

## for Online

### Parenting Support Circles

#### Are you someone who Has:

- Good listening skills
- An interest in supporting parents/caregivers and child relationships
- Basic understanding of child development & parenting Issues
- Willing to do some community outreach & development
- Are comfortable with using Zoom for Online meetings
- Have good organizational & communication skills
- Can commit to a minimum 1 year, 3-5 hours a week.
- Participate in interview process



#### Join Our Team:

Our Parenting Support Circles are for Parents, Grandparents, and other Kinship Caregivers in different communities throughout BC. Our Circles are based on a self-help, peer support model which provides a safe space for Circle members to get together and discuss their strengths, challenges or concerns about their parenting role; builds a supportive network & skills; receives emotional support; develops self-advocacy skills; empowers and boosts self-esteem; and helps create a healthier living environment for all families.

#### Next Online Training:

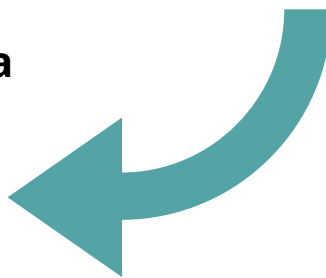
April 2022

Contact Kim for more info!

For information, contact us at  
[kim.brown@parentsupportbc.ca](mailto:kim.brown@parentsupportbc.ca)

To apply, visit:  
[bit.ly/pssvolunteerform](https://bit.ly/pssvolunteerform)

Open to  
BC Residents



**PSS RECOGNIZES and RESPECTS all the INDIGENOUS NATIONS, TRADITIONAL LANDS & TERRITORIES that we GATHER, LIVE, WORK & PLAY ON across BC.**

We acknowledge the  
financial contribution  
of the Government of  
British Columbia

**Vancity**  
Community Foundation

 **United Way**  
Central & Northern  
Vancouver Island

 **United Way**  
Greater Victoria

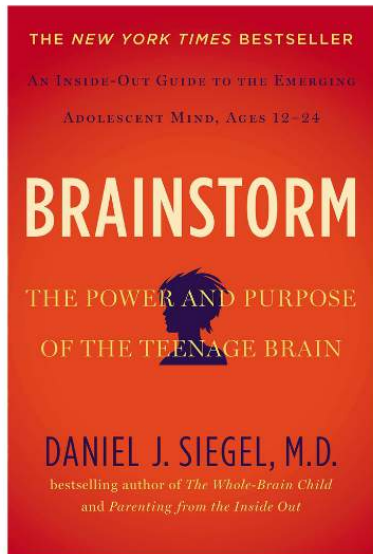


Parent Support Services  
Society of BC

# PARENTING BOOK CLUB

**Interested in reading and discussing some of today's best selling parenting books?**

Join us for 8 weeks via Zoom and on our Facebook group, to discuss the reading material; have the space to ask questions; receive information and resources; and connect with other parents & caregivers.

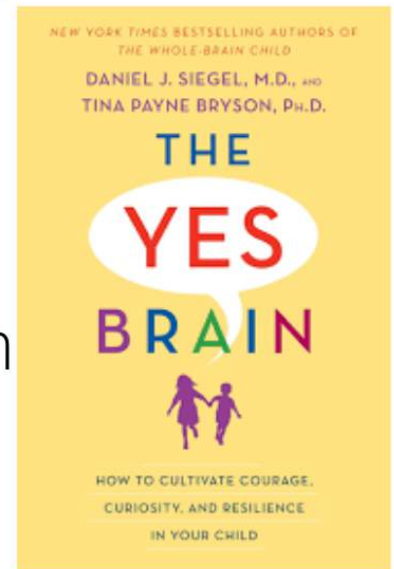


Tuesday's @ 10am & 7:30pm  
Start: April 26, 2022  
**Ages 11-18**

***Registration ends  
April 22, 2022***



Wednesday's @ 10am & 7:30pm  
Start: April 27, 2022  
**Ages 0-10**



We thank the Province of  
British Columbia for their  
financial contribution

**Info & To Register: <https://bit.ly/pssbookclubs>  
OR email: [office@parentsupportbc.ca](mailto:office@parentsupportbc.ca)**

*PSS RECOGNIZES and RESPECTS all the INDIGENOUS NATIONS, TRADITIONAL LANDS & TERRITORIES that we GATHER, LIVE, WORK & PLAY ON across BC.*





Parent Support Services  
Society of BC

# Parent Support Circle Northern BC



We believe that every parent is the expert of their own family. Sometimes it just takes a bit of space to hear yourself and the voices of other parents to find your way through. Parent Support Circles provide a safe, supportive place to share ideas and information with others who are in a parenting role.

**Thursday evenings on Zoom**

To register visit: [bit.ly/provcircleform](https://bit.ly/provcircleform)  
or email [kim.brown@parentsupportbc.ca](mailto:kim.brown@parentsupportbc.ca)

Our Circles are free and confidential.



*PSS of BC recognizes and respects all the Indigenous Nations, Traditional Lands and Territories upon which we Gather, Live, Work and Play*



## PARENTING CLASSES/ SUPPORT CIRCLES

### Parent Support Services Prince George

For caregivers of all ages! Parent support circles and grandparent raising grandchildren support circles. 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 Kim Brown at (250) 962-0600 or

[kim.brown@parentsupportbc.ca](mailto:kim.brown@parentsupportbc.ca)

<http://www.parentsupportbc.ca/>

### 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.



### 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](mailto: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.

### 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

**F.A.M.I.L.I.E.S™** 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@bcsspg.org](mailto:kimdixon@bcsspg.org)

**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](mailto:kathy.buhler@familysmart.ca) for dates, locations, more information about this month's topic, and to RSVP

### Northern Interior Autism Society

Check us out on 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.

### 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](mailto:jane.daigle@pgbig.ca) 250-564-2447



## ACTIVE & HEALTHY LIVING

### 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/activeivingguide>

### 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](http://nbc.ymca.ca) for information

### Building Blocks

A program of the Prince George Native Friendship Centre. Various workshops are offered at the 1600 3rd Avenue location – 5th floor, preregister at 250-564-5941 – for parents with children Birth to 6 years.

Community Kitchen is now available at the South Fort George Family Resource Center at 1200 LaSalle Avenue every Wednesday. This program is for parents with children Birth to 6. Preregistration is required through Deb-Cell # 250-961-7278. Strict communicable disease prevention in place. Contact Deb Ewen at 250-564-5941 Ext. 504 [dewen@pgnfc.com](mailto:dewen@pgnfc.com) for more information.



### 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](http://www.princegeorge.ca) or contact Community Well-being and Partnerships at 250-561-7600 or email [rec\\_admin@princegeorge.ca](mailto:rec_admin@princegeorge.ca)

**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](http://kidsport.ca/princegeorge) or call Community Services at 250.561.7788.


### 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 Kathleen Rowsell at 250-614-0684 South Fort George Family Resource Centre, 1200 LaSalle Ave, Prince George, BC





**ActNow BC** - Provincial Government Part of the provincial government's efforts to help British Columbians live healthier lives through nutrition, physical activity, eliminating tobacco use and ensuring healthy pregnancies. No cost. Take the ActNow BC Healthy Living Pledge online for a chance to win some great prizes Contact [www.ActNowBC.ca](http://www.ActNowBC.ca)

## DROP-IN PROGRAMS

**Two Rivers Gallery** is open Tuesday to Saturday from 10am to 5pm. Entry by donation. Exhibitions on display in June include An Exercise in Listening, All for Water and Succession. For more information on these and upcoming exhibitions, visit our website: [www.tworiversgallery.ca](http://www.tworiversgallery.ca).

### Prince George Public Library

For information on Baby Time, Storytime, and other programs, visit [www.pgpl.ca/events](http://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](http://www.pgpl.ca/contact/hours) for the most up-to-date information on the library's hours of operation.

### 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

**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. 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-YcEqweChvrvOJJNFkPGzwyA1GhA3hoY7tyv1UREIQQUYzMUZHOEsyOVhNMFNWWkZFUVE4WC4u>

### 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](mailto:hadihhouse@carneyhill.ca). Please call/email for more information or you can view the calendar of events <http://www.carneyhill.ca/index.php/hadihouse>

### 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

**Facebook Live Circle Time**

Join Child Care Resource and Referral on YMCA of Northern BC Facebook page on Tuesdays at 10:00am for Facebook Live Circle Time. Listen to songs, stories and interactive fun. Sometimes there are on location contests!

**Active Play**

Join CCRR every Tuesday 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 program is every Tuesday 10:00am to 11:00am at the Highland Family Development Centre at 155 McDermid Drive. This is a free drop in program that follows the SD57 calendar. For more information, please contact us at 250 563 2483.

**Friday Play Time**

Join CCRR every Friday to support parents, grandparents, and guardians with children 0-5 years through a variety of activities including crafts, classroom play, and active play in the gym. Join us to network, access resources, and gain support. This program is every Friday 9:00am to 11:00am at the Highland Family Development Centre. This is a free drop in program that follows the SD57 calendar. For more information, please contact us at 250 563 2483.

**Resource Lending Library**

Prince George Child Care Resource and Referral offers access to our extensive Lending Library after signing up for a free membership. We are able to offer members the opportunity to borrow toys, theme bins, Story bags, motor skills items, loose parts and larger items such as high chairs, soft block modules, play kitchen, rocking horses and much more. To become a free member or for more information, please contact us at (250) 563-2483 or [ccrr@nbc.ymca.ca](mailto:ccrr@nbc.ymca.ca)

**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](http://www.theldc.com)

Mon-Thu, 10am-6pm. 785 Patricia Blvd.

Contact Lynne Robinson office manager - [manager@theldc.com](mailto:manager@theldc.com) at 250-564-8011

**Aboriginal Infant Development Outreach Program (AIFDP)**

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



## EXPECTANT PARENTS

### Prince George Crisis Pregnancy Centre

250 562-4464

Counseling for fathers and mothers Options counseling Peer counseling, peer support groups

### 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

### 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://www.smartmomcanada.ca) <<http://firstnationshealthauthority.cmail20.com/t/i-l-ujlcd-qxhljhw/>> or on the FNHA website here.  
<<http://firstnationshealthauthority.cmail20.com/t/i-l-ujlcd-qxhljhw-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](mailto: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





**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)

## 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)

### 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 - MCFD250 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

## 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](http://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](mailto: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](mailto:sdld@bcgroup.net)

**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@cdcpg.org](mailto:therapy@cdcpg.org)

**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. Educational workshops available. Contact 250-564-3568 or [literacy@pgnfc.com](mailto:literacy@pgnfc.com)

**Parenting After Separating**

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

**Parent Support Services Society of BC**

offers Parenting Workshops throughout the year based on the needs of the community. Contact Kim Brown at (250) 962-0600 or at [kim.brown@parentsupportbc.ca](mailto:kim.brown@parentsupportbc.ca) for more information regarding upcoming workshops in Northern BC.

**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](mailto:samantha@csfs.org) or call us at 250 563-5530



## 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](http://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](http://www.mediatebc.com) under “Family Mediation Services”. Pamphlets available by emailing [Mediation.Advisor@mediatebc.com](mailto:Mediation.Advisor@mediatebc.com).

### 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/>

### Prince George Child Care Resource and Referral

We offer free child care referral services available to parents and caregivers. Assistance and forms for Affordable Child Care Benefits. Information, support and workshops for parents and child care providers in the community. For more information, sign up of our bi-monthly newsletter please contact (250) 563-2483 or [crrr@nbc.ymca.ca](mailto:crrr@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

### **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

### **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](mailto:christyk@cdcp.org), or check out our website at <http://cdcp.org/supported-child-development.shtml>

### **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. IMSS 1270 2nd Ave, Prince George, BC V2L 3B3 250-562-2900 [IMSS.PG@IMSS.CA](mailto:IMSS.PG@IMSS.CA) [WWW.IMSS.CA](http://WWW.IMSS.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](http://www.intersect.bc.ca)

## PARENT SUPPORT

### 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 Kathleen at 250-614-0684

South Fort George Family Resource Centre,  
1200 LaSalle Ave, Prince George, BC  
Cory@pgefry.bc.ca|www.sfgfrc.com

### 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

### 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

### 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. No cost.

<http://www.support.bcscs.org/> to sign up.

Contact Kim Dixon at 250-561-8033 or 1-888-561-8055

kimdixon@bcsspg.orgwww.bcsspg.org

### 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





# APRIL

## Children's Residence AimHi

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](mailto:nadia.cote@aimhi.ca) [www.aimhi.ca](http://www.aimhi.ca)

## Family Support AimHi

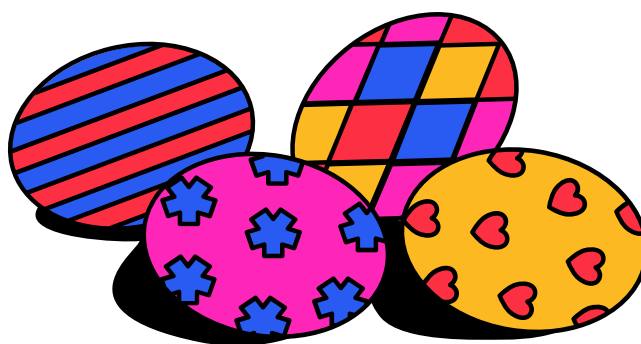
Assists families with finding community resources, developing child care plans, increasing parenting skills, developing self-care skills. No cost for eligible participants. Call Ministry for Children and Families 250-565-6904 for eligibility criteria. As needed. 950 Kerry St. Contact Susan Wilson at 250-564-6408. [www.aimhi.ca](http://www.aimhi.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](mailto:kathy.buhler@familysmart.ca) or phone 1-855-887-8004. [www.familysmart.ca](http://www.familysmart.ca).

## 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 [lhurie@csfs.org](mailto:lhurie@csfs.org) for more information and to register for this program



We acknowledge the financial support of the Province of British Columbia And The City of PG





### **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](mailto:michele@csfs.org)*

**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](mailto: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](mailto:ronda@csfs.org) for more information

**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](mailto:astewart@csfs.org) to register.

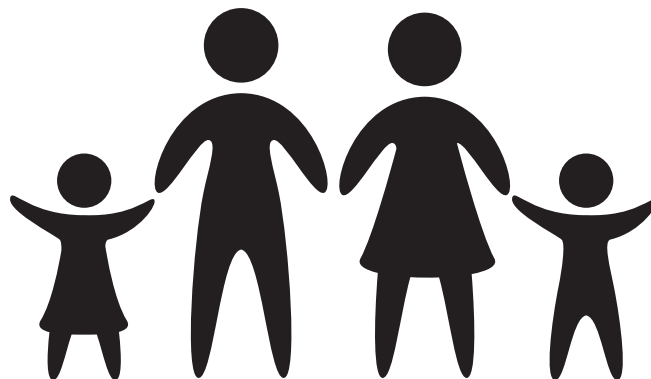
### **Kaleidoscope**

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](mailto:nlocheed@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](mailto:michele@csfs.org)

## Wazdidadih Aboriginal Infant & Family

**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](mailto:aifdpadmin@pgnfc.com)



## FAMILY FUN

### 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](http://nbc.ymca.ca) for information

### 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

## FINANCIAL AID & LEGAL AID

(Please contact a service provider for assistance with applications)

### 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.

### Clicklaw BC

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

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

We acknowledge the financial support of the Province of British Columbia And The City of PG

**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>

**Canada Child Tax Benefit** Canadian

Government The Canada Child Tax Benefit is a tax-free monthly payment made to eligible families to help them with the cost of raising children under 18. May include the National Child Benefit Supplement, BC Family Bonus, and Universal Child Care Benefit. Contact Canada Revenue Agency at 1-800-387-1193 [www.cra-arc.bc.ca/benefits/](http://www.cra-arc.bc.ca/benefits/)

**Child Disability Benefit**-Canadian Government

The Child Disability Benefit is a tax-free benefit for families who care for a child under age 18 with a severe and prolonged impairment in mental or physical functions.

Contact Canada Revenue Agency at 1-800-387-1193

[www.cra-arc.bc.ca/benefits/](http://www.cra-arc.bc.ca/benefits/)

**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](http://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.

**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](http://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.

**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

**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 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.

### **My Support Calculator -**

[www.mysupportcalculator.ca](http://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.

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

### **Income Assistance**

Ministry of Employment and Income Assistance  
Program provides financial assistance to eligible people with low incomes.

Contact Income Assistance at 1-866-866-0800  
[www.eia.gov.bc.ca/publicat/bcea/applying.htm](http://www.eia.gov.bc.ca/publicat/bcea/applying.htm)  
Representative For Children and Youth 1 800 476-3933 [www.TalktotheRep.ca](http://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.

### **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.

### **JP Boyd on Family Law wikibook:**

[http://wiki.clicklaw.bc.ca/index.php/JP\\_Boyd\\_on\\_Family\\_Law](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.

### **Family Justice Centre**

250 565-4222 1 888 668-1602

[www.ag.gov.bc.ca/family-justice](http://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





### **Native Court worker & Counselling Association of BC**

The Native Courtworker and Counselling Association of B.C., is a Provincial Indigenous Agency with offices located province wide and locally inside of the Prince George Court House in Room 1046 as well as on the third floor of the Scotia Bank Building in Room 304. We provide information, support, and advocacy for people, spouses, and family members who are accused of a crime, or who are going through Family Court Matters with MCFD involvement, and victim support of sexual assault, and who need general support for referrals for counseling, housing, treatment etc, and victim service applications and trauma counselling. We alleviate the stress of speaking to Justice Officials and Court Staff, while supporting and encouraging people. We can be contacted toll free at 1-877-811-1190 Ext.320 for Christina Draegen – Northern Regional Manager; Ext. 321 for Billy Jo Belcourt the Youth and Family Advocate, Ext. 322 for Lori Henry- Prince George and Quesnel Native Courtworker; Ext.326 for Carmen Williams the Prince George, Tsay Keh Dene, and Kwadacha Native Courtworker; 250-613-1826 for Jolene Paquette Indigenous Victim Service Worker/ Trauma Counsellor.

### **Representative For Children and Youth**

1 800 476-3933 [www.TalktotheRep.ca](http://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.

### **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.

**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, 9am-3pm (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 (FMEP)

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

**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.

### **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/>

### **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

## **SOCIAL & EMOTIONAL HEALTH 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](mailto:galletti@telus.net) or visit [heartbeatsurvivorsaftersuicide.org](http://heartbeatsurvivorsaftersuicide.org)



## **Prince George Hospice Society – Grief and Bereavement Support**

### **Helping Children with Loss**

As an adult who cares for the children, you have undoubtedly experienced that sinking feeling when children ask difficult questions about death and loss or are experiencing sad and painful feelings.

We know that it can be challenging to find the right words to comfort a child. We can help.

The HCWL is an educational program that provides adults with specific tools to:

- recognize the impact of grief in children's lives,
- become more effective listeners,
- identify sources of children's emotional energy around grief events; and
- learn ways to help their children give voice to important discoveries about the grief they have experienced.

Helping Children with Loss is a 5-week program offered online for adults with children in their care looking to gain skills and knowledge to help their children through the grieving experience. Call or email the Prince George Hospice Society to register. 250-563-2551 | [info@hospiceprincegeorge.ca](mailto:info@hospiceprincegeorge.ca). For a complete list of our programs, visit [www.hospiceprincegeorge.ca](http://www.hospiceprincegeorge.ca)

### **Circle of Truth (COT)**

Surpassing Our Survival (SOS Society) Sexual Violence Prevention and Counselling Services

A program that provides men an opportunity to work through and begin healing from the traumatic effects of sexual violence. Provides support for significant family members. No cost. As required - 8:30am-4:30 pm #102-1112 6th Ave. Contact 250-564-8302

## **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

### **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.

### **Community Counselling Centre**

**Now taking referrals for individual counselling; there is a bit of a waitlist at this time!**

There are no intakes for couples or groups at this time but this may change so contact for further information.

Our prices are on a sliding scale:

\$20 for individual

\$40 for couples

Referral Line: 250-562-6690

Visit:

<https://www.communitycounsellingcentre.com/> for more information.

### **Carrier Sekani Family Services**

#### **Kaleidescope**

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



### **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

### **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.

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

### **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.

### **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

### **Prince George Sexual Assault Centre Men's group.**

15 week program for men 18 and older who have been impacted by sexual violence.

Call Marianne at (250) 564-8302 to register.

### **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.





### **Project Friendship Society**

Although our weekly programs remain at an "ON HOLD" status, we are striving to keep the ever so important connections open. Looks like Spring has sprung. Time to get out and enjoy the warmer, sunny days. Happy Easter Eggs & Bunny Whiskers to all.....

Project Friendship Society is a not-for-profit charity that support adults with diversAbilities & connecting people with people. We do not believe in disabled but rather differently ABLED. For more information on our awards/bursaries, our society or looking for volunteer opportunities, please contact: Project Friendship Society PO Box 147 STN A. Prince George, B.C. V2N 4R9 email: projectfriendshippg@gmail.com or call Candace 250-640-1723 or canmc@shaw.ca Check us out on Facebook at Project Friendship Society

### **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

### **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



### **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, assesement 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

### **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

### **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

### **BC Bereavement Help Line**

1-877-779-2223 Toll Free

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



### **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](mailto:nkingsmith@pgnfc.com)

### **PHYSICAL HEALTH 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>

### **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

### **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

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

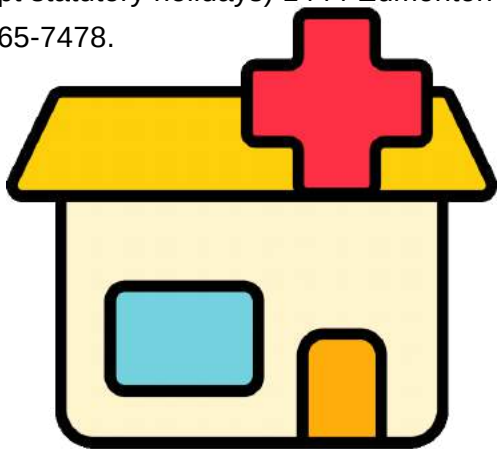
which provides supplementary health benefits, including prescription and non-prescription drugs, for registered First Nations and recognized Inuit throughout Canada. See <http://www.hc-sc.gc.ca/fniah-spnia/nihb-ssna/index-eng.php>

### **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

### **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.



### **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 2  
50-564-2217 or toll free 1-866-564-2217  
[friendsofchildren@telus.net](mailto:friendsofchildren@telus.net)

### **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>

### **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 or check out our website: [www.northernhealth.ca](http://www.northernhealth.ca)



### **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](http://www.eia.gov.bc.ca/factsheets/2005/healthy_kids.htm)

### **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](mailto:pgdeaf@telus.net) or phone 250-563-2425.  
[www.nbchearingsociety.com](http://www.nbchearingsociety.com)

### **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



We acknowledge the financial support of the Province of British Columbia And The City of PG





### **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.

## **HELP LINES**

### **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

### **Youth in BC 24 Hour Distress Line**

604-872-3311

Toll Free: 1-866-661-3311

<http://youthinbc.com/>

### **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

### **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

### **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](mailto:pgcrisiscentre@telus.net)  
[www.northernbccrisissuicide.ca](http://www.northernbccrisissuicide.ca)

### **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/>

## TEEN RESOURCES

### 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](mailto:debra.hennig@nbc.ymca.ca)

Address: 1148 7th Avenue,

Prince George, BC. 250-645-3966

[www.nbc.ymca.ca/employment\\_services](http://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/>

**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.

### 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.

Any person under 24 years of age who was pregnant or parenting before the age of 20, we offer:

Daycare

Educational options

Family development

Individual support

Parenting support

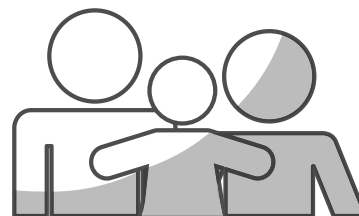
Social events

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/](http://www.pgefry.bc.ca/programs/prince-george/young-parent-program/)



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### **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

### **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](http://www.youtharoundprince.org) or on Facebook.

### **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.

Youth Website topics on mental, physical and emotional wellbeing: [checkyourhead.org](http://checkyourhead.org)

### **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.



**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/>

### **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

### **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](http://www.familieschange.ca)

**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](mailto:reconnect1@pgnfc.com)  
[www.pgnfc.com](http://www.pgnfc.com)

## **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. 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-YcEqweChvrvOJJNFkPGzwyA1GhA3hoY7tyv1UREIQQUYzMUZHOEsyOVhNMFNWWkZFUVE4WC4u>

### **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](http://www.vantagevision-reading.com) , or by phone: Office – 250-563-1136; Cell – 250-617-1751. Please visit the website for more information.



## 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](mailto:kim.brown@parentsupportbc.ca)

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

The 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](mailto:ccrr@nbc.ymca.ca) Check out and sign up for our newsletter, see upcoming events all on our website. [Nbc.ymca.ca](http://Nbc.ymca.ca). Community Initiatives, Child Care Resource and Referral.



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