



# The Village

## Parent, Grandparent & Caregiver Resource

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

Call (250) 962-0600 or email [parentnorth@shaw.ca](mailto:parentnorth@shaw.ca)

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

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

October 2017, Volume 107

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!

### Special Events This Month

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**Hadih House is offering a free four-week life skills program for women** beginning Tuesday, October 3rd at 2:30pm. The program will run every Tuesday from 2:30 - 4pm with the final workshop on Oct 24<sup>th</sup>, all materials, snacks and beverages will be supplied. The program will be offered at Hadih House, we are located at 2105 Pine Street. Thank you for being a part of our community and should you have any questions, please contact us at 250 563 7976  
Sue Nelson - Program/Outreach Coordinator  
Hadih House

**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>**

**Check out Parent Support Services Society Facebook Page:**

Check us out on



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

**Workshops/Training/Volunteer Opportunities**

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

Learn to be an effective Group Leader: Free Training for volunteers.

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

**PSS Provides Training in:**

- Group Facilitation skills
  - Listening and Communication
  - Group process and dynamics
  - Parenting issues
  - Child abuse awareness & prevention
  - Cultural Issues in Parenting
  - Self-care And other topics...
- For information Call 250-962-0600  
Email [parentnorth@shaw.ca](mailto:parentnorth@shaw.ca)

**Strengthening Families Program at the Prince George Native Friendship Centre**

We are looking for volunteers to provide childminding for children aged 0-5 years during the Strengthening Families Program sessions. The group takes place on Tuesdays in the late afternoon/early evening. We will provide you with an honorarium each week that you volunteer. Criminal record check is a requirement. If you are interested please contact Pirie at [pmacdonald@pgnfc.com](mailto:pmacdonald@pgnfc.com) or 250 564 4324.

**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

**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 child care Subsidy available

Contact 250-563-2483 or [ccrr@nbcy.org](mailto:ccrr@nbcy.org)

“Check out our newsletter and events on our website” [www.childcarechoices.ca](http://www.childcarechoices.ca)

**Prince George Child Care Resource and Referral CCRR Workshops/Parent Classes**

To register please call 250-563-2483 or toll free: 1-800-680-6699 or come to our office at 2020 Massey Drive, Prince George (at the back of the YMCA). We accept credit cards over the phone or cash, debit in person.

Check out our Newsletter and Events on our website

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

Email us at [ccrr@nbcy.org](mailto:ccrr@nbcy.org)

**Good Beginnings at Prince George Child Care Resource and Referral**

**CCRR Workshops/Parent Classes**

Good Beginnings course starting Thursday, September 28- from 9:00am- 4:00pm, running every Thursday until November 2. The fee is \$275.

To register please call 250-563-2483 or toll free: 1-800-680-6699 or come to our office at 2020 Massey Drive, Prince George (at the back of the YMCA).

**PG Literacy Now - Parents and Children as Partners in Talking, Learning and Reading**

A new program designed to help parents, grandparents and other caregivers, support their children as they learn to read. It is a three hour program, divided into 3 age groups. 0-3, 3-5, and 5-8 years of age. Each parent receives a book suitable for their child's age group and a workbook which we have designed. The facilitator is a former school teacher, who is also an Orton Gillingham tutor. OG therapeutic tutors use a multisensory method of teaching reading that is very successful. Please call me any time to set up the training - Carolyn Tiefensee, Literacy Outreach Coordinator

250-962-9189 or email: [locprincegeorge@gmail.com](mailto:locprincegeorge@gmail.com)

**Bridges Pre-Employment Program for Women**

Are you a woman 18 years and older? Are you a survivor of abuse/violence? Are you unemployed or working less than 20 hours per week or on disability? Are you looking for a safe, fun and supportive place to learn new life and job search skills?

The Bridges program can help!

- Bridges is an individualized program that offers 1:1 goal planning and job coaching, group workshops on personal and job skill development, and open computer lab and drop-in office hours.
- Our workshops combine a mix of guest speakers, videos and hands on activities.
- Certificates in Food Safe, First Aid, WHMIS, Serving it Right and World Host

are also part of the program, as well as a possibility to receive further training (if eligible).

- You will gain self-awareness, confidence and assertiveness.
- You will leave with an updated resume, clear goals and an action plan.
- We provide a supportive safe space, bus tickets, snacks and a completion celebration

For more information, contact Cory at the Prince George & District Elizabeth Fry Society at 250-563-1113

*We continually accept referrals and now run a continuous program so there is no wait list!*

### **Parenting Classes/ Support Circles**

#### **Parent Support Services Prince George**

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

#### **Kikino Metis Child and Family Services Parent Support Circle (1546- 6<sup>th</sup> Ave.)**

Kikino Metis Children & Family Services Society. For caregivers of all ages! Parent support circle. Peer support circles provide caregivers with support and information 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. Every second Thursday from 1-2:15 Contact at 250-563-1661 or 250-962-0600 E-Mail: [reception@kikino.org](mailto:reception@kikino.org) or [www.kikino.org](http://www.kikino.org)

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

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

#### **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](mailto:GRGline@parentsupportbc.ca)

### **Support Groups**

#### **Foster Parent Support Group**

FRC Family Connections  
No Cost, Drop In peer support and information for foster parents.  
1<sup>st</sup> and 3<sup>rd</sup> Wed. of each month, 11 AM-1PM.  
For more information, please call Nancy at 250-614-0684  
South Fort George Family Resource Centre  
1200 LaSalle Ave

**FamilyWorks** is a family lead initiative that provides a place for families of persons with disabilities to come together for support and connections to work towards employment for their family members who live with a disability. The Prince George chapter meets monthly at the AiMHi facility at 950 Kerry Street  
familyWORKs is run by the Family Support Institute of BC, and is sponsored provincially by Community Living BC, The Province of British Columbia, the Vancouver Foundation, and locally in Prince George by AiMHi.

More information about familyWORKs can be found at <http://familyworksbc.com>, or on our Facebook page at <https://www.facebook.com/familyworksbc>, or by contacting myself at [trobertsonpg@shaw.ca](mailto:trobertsonpg@shaw.ca), 250 564-5681.

#### **The Strengthening Families Program at the Prince George Native Friendship Centre**

This is a free program for the whole family. Our goal is to support families while they find their own path towards becoming stronger, happier, healthier, and healthier, as well as learning to work together better. Families are supported by each other and by the program facilitators. Caregivers and children first meet in separate groups where we explore different topics including communication, understanding emotions, problem solving, social skills, and dealing with difficult behaviours. Then we all come together to participate in an activity based group. Here, the

focus is on spending quality time building strong positive relationships and having fun! At the end, we share a meal together.

The program runs after school, once a week, for 14 weeks. Each group meeting is 2.5 hours long including dinner.

We offer childcare for kids 0-5 years old during our group meetings and transportation to and from group if needed.

For more information please contact:

Pirie MacDonald at 250 564 4324 or [pmacdonald@pgnfc.com](mailto:pmacdonald@pgnfc.com)

### **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: (2<sup>nd</sup> Wednesday of each month) Dec. 9<sup>th</sup>, Jan. 13<sup>th</sup>, Feb. 10<sup>th</sup>, March 9<sup>th</sup>  
Time: 9:30-11:30am Location: Little Room of the Prince George Brain Injured Group Office 1070 4<sup>th</sup> 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

**Family Support Program offered at the CDC.** This program offers support for children and their families. Service and support is offered in the areas of parenting groups, support for parents/caregivers in providing a healthy and safe home environment, assists with how to deal with challenging behaviours, nutrition training, children's groups, Kindergarten readiness, community connections, and advocacy. Referrals are welcomed from individuals and families of the community and from other community agencies. Please contact Child and Family Resource Worker at 250.563.7168 ext. 210, or drop by the office Monday to Wednesday, located at 1687 Strathcona Avenue, to set up an intake.

### **Prince George BC Choices for Down Syndrome**

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

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

Contact Larissa via email: [saintmotley@gmail.com](mailto:saintmotley@gmail.com)

### **CANGRANDS – Grandparents Raising Grandchildren Support**

Online support and resources that welcomes all grandparents and Kinship families who are raising grandchildren or extended family members. Our aim is to support grandmothers, grandfathers, and Kinship families to maintain or re-establishing family ties.

Private online support group.

<http://www.cangrands.com>

### **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. Referrals are welcomed for any of our programs from individuals and families of the community or other community agencies. 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.

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

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

### **Active & Healthy Living**

**PRO D DAY FLYER** Looking for something for the kids to do on Pro D Days? The City Of Prince George coordinates and produces a Pro D Day flyer that lists lots of fun activities available for kids during their day off school. Pro D Days 2015/2016 are January 29<sup>th</sup>, February 26<sup>th</sup> and April 22, 2016. Special addition Flyers include: Celebrate Prince George Winter Festival (February 5 – 14<sup>th</sup>), Spring Break (March 14<sup>th</sup> – 28<sup>th</sup>) and Summer Camp in July and August 2016. The Pro D Day Flyer is available approximately 2 weeks prior to each Pro D Day and it can be viewed at: [www.princegeorge.ca](http://www.princegeorge.ca) (look under City Living>Recreation>Youth Programs). There's always lots to do so check it out!

**Active Play Together with the children you bring** we will engage in Active Play and model how to teach physical literacy. Activities will be indoors and outdoors so please make sure your children are dressed appropriately for any weather. Every Tuesday from 10:00-11:00am Location: Highland Family Development Cost: FREE [www.childcarechoices.ca](http://www.childcarechoices.ca)  
Email: [crr.nbcy.org](mailto:crr.nbcy.org) Phone: 250-563-2483  
Pre-registration or walk-ins welcome

**Building Blocks** Pre-registration is required  
Community Kitchens, open to parents with children  
birth to 6 years. No cost. Childcare is available by  
sign-up to first 4 children. Transportation available.  
Every Wed at 1200 LaSalle, Family Resource Centre  
10:30 - 1:00 pre-registration is required.  
Contact Deb Ewen at 250-564-5941  
[dewen@pgnfc.com](mailto:dewen@pgnfc.com)

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

**Infant Massage Aboriginal Infant and Family  
Development Program Outreach**

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

**Power Play**

Prince George and District Elizabeth Fry Society  
Play is an important part of growing up! Drop-in  
Monday -Thursday for a play time for families with  
children ages newborn to 5 years. Power Play runs on  
Mon and Wed, 10:00 AM – 12:00 PM,  
Tues and Thurs 1:30 PM - 3:30 PM  
No cost. South Fort George Family Resource Centre  
gymnasium, 1200 LaSalle Ave.  
Contact Facilitator at 250-614-9449  
[frc@pgefrs.bc.ca](mailto:frc@pgefrs.bc.ca)  
[www.sfgfrc.com](http://www.sfgfrc.com)

**Leisure Access Program City of Prince George.** The

Leisure Access Program is designed to make  
recreation opportunities with the City of Prince  
George Community Services Department financially  
accessible for all residents. Eligible participants will  
receive complimentary swim/skate passes. Contact  
Community Services at 250-561-7640 (phone) 250-  
561-7799 (fax)  
[rec\\_admin@princegeorge.ca](mailto:rec_admin@princegeorge.ca) or [www.princegeorge.ca](http://www.princegeorge.ca)

**Prince George Kidsport** City of Prince George; Part  
of a provincial and national network providing  
financial assistance to children and youth who need it  
to participate in sport programs. Grants of up to \$100  
per child per year for sport registration fees are  
offered. Application forms are available at City Hall.  
Contact Community Services at 250-561-7640  
[rec\\_admin@princegeorge.ca](mailto:rec_admin@princegeorge.ca) or [www.princegeorge.ca](http://www.princegeorge.ca)

**YMCA of Northern BC** Our toddler, children and  
youth programs are family friendly, fun, interactive  
and affordable! Financial Assistance is available for  
those that qualify. Call 250 562 9341 to arrange a tour  
or [www.nbcy.org](http://www.nbcy.org) for information

**ActNow BC - Provincial Government**

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

**Drop-In Programs**

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

**Sunday Open Studio at Two Rivers Gallery.**

**Families...** drop by the Gallery and get creative. Each  
week introduces a new project and another  
opportunity for you to express yourself and get hands  
on with all kinds of art! Our Sunday Open Studio  
sessions are a creative way to spend time with the  
family and create interesting and unique art projects.  
Drop in from 1:00pm to 4:00pm on Sundays!  
Admission is \$8.00 for Individuals and \$15.50 for  
Families. Sunday Open Studios are FREE for Two  
Rivers Gallery members. A Family Membership for  
one year is only \$70.00... Why not join today?  
October 1, Paper Bag Animals – FREE Culture Days  
event  
October 8, Book Page Silhouettes  
October 15, Leaf Art  
October 22, Masked Marvels  
October 29, Collective Drawing  
250-614-7800 for more information,  
[www.tworiversgallery.ca](http://www.tworiversgallery.ca)

MakerLab 2RG Open Make Nights. Thursdays, 5pm  
– 9pm. Everyone welcome. \$5.25 drop-in fee to use  
our materials or free drop-in with your own tools and  
materials; family rates available.

**Coffee and Bannock Drop-In**

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



**Prince George Public Library**

We have programs for parents, caregivers and children. Early literacy activities for children under 5 years include: Babytime, Toddler Time and Family Storytime. Programs for school-aged children, teens and adults are also available.

No cost. These programs are drop-in, no registration required. It's a non-judgemental place for anonymous information. Check our website or call for further information. Programs are available at Bob Harkins Branch (Downtown) and Nechako Branch (Hart area). Contact your Public Library at 250-563-9251 [www.lib.pg.bc.ca](http://www.lib.pg.bc.ca)

**Early Learning**

**Prince George Child Care Resource and Referral CCRR** offers parenting information, workshops and links parents to child care providers in the community. Free consultations, support and referral services are available to parents. Forms and assistance with child care Subsidy available  
Contact 250-563-2483 or [ccrr@nbcy.org](mailto:ccrr@nbcy.org)  
“Check out our newsletter and events on our website” [www.childcarechoices.ca](http://www.childcarechoices.ca)

**Vantage Vision & Reading Programs** address the needs of those students who have vision 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.

**Tips for School Success  
Social Emotional Learning**

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

**YMCA Neighbourhood Scholars**

Monday to Friday 9:30am – 12pm  
Literacy program that builds kindergarten preparedness  
Transportation included and subsidy available Call 250 562 9341 x 109 to arrange a tour or [www.nbcy.org](http://www.nbcy.org) for information

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

**StrongStarts in SD57**

**Beaverly Elementary** 250-964-9311  
Tuesday and Thursday 9:00-12:00

**Blackburn Elementary** 250-963-7060  
Monday, Tuesday 8:30-11:30

**Buckhorn Elementary** 250-963-7110  
Thursday 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](mailto:amaurice@sd57.bc.ca)

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

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

No cost.

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

Contact Gillian Taylor at 250-964-8479

**Tutoring and Training Centre**  
**Learning Differences Centre of BC**

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

Cost varies. [www.theldc.com](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**

Prince George Native Friendship Centre  
Home visiting for children birth to 3 years old and their families, as well as expecting parents. Offer networks with community resources, activity ideas, toy lending, child development information. Infant Massage and developmental assessments as needed. No cost. Ongoing and based on family schedule. 138 George St. Contact Lisa Vienneau at 250-564-5941 [aidpoutreach@pgnfc.com](mailto: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.

For more information visit:

[www.smartmomcanada.ca](http://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 Crisis Pregnancy Centre**

250 562-4464

Counseling for fathers and mothers

Options counseling

Peer counseling, peer support groups

**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

**Chemical Dependency at Risk Program**

Central Interior Native Health

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

No cost. Drop-in from 9am-4pm. 1110-4th Ave.

Contact Marie at 250-564-4422

**New Parents**

**Baby's New Beginnings- Pregnancy Outreach Program**

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

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

**Birth Father's Registry - MCFD 250 387-3660**

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

**Breastfeeding Support Drop-In**

Northern Health – Primary Care Nursing Nurse on site. Breastfeeding advice and support. Weigh and measure your baby's growth. No cost.

Thu 9:30-11:30am Health Unit, 2nd Floor, 1444 Edmonton St. Call 250-565-7478 if you have questions.

**Lactation Support Services**

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

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

**Maternity Home Visiting**

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

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

**Infant and Toddler Drop in Program at Montessori**

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

For more information contact:  
Montessori 250-562- 6560

**Parent Education**

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

Our application forms can be picked up at 987 4<sup>th</sup> Avenue. Please forward all inquiries to Samantha Wurtak at [samantha@csfs.org](mailto:samantha@csfs.org) or call us at 250 563-5530

**BC Foster Parent Education Program**

Axis Family Resources, Foster Parent Support Program, 185 Quebec Street, Prince George This is the provincial education program for approved foster parents covering a wide range of topics relevant to working with children in care. There is no cost to participate in this educational experience. It is available in a classroom setting, online or via correspondence. This training program is a requirement for all MCFD and delegated agency Foster

Parents. Please contact our Foster Parent Support Program staff at. 250-564-9064 ext 24 or [www.axis.bc.ca](http://www.axis.bc.ca)

**Learning Circle Literacy Program**

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

**Child Development Centre**

The Centre's Therapy Department provides information to parents of children with special needs and development delays on how best to facilitate their child's development. We have a Family Resource Lending Library, including videos/DVDs, books, etc. No cost. Ongoing - call for info. 1687 Strathcona Ave. Contact Debbie Harmon at 250-563-7168 xt 225 [therapy@cdcpg.org](mailto:therapy@cdcpg.org)



**Parenting After Separating**

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

**Learning Disabilities Association of BC**

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

**Parent Services****Adoptive Families of BC**

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

**Prince George Child Care Resource and Referral**

CCRR offers parenting information and links parents to child care providers in the community. Free consultations, support and referral services are available to parents. Forms and assistance with child care Subsidy available **Also** Check out our toy and equipment lending library! Parent and Organization members welcome. Membership \$30 annually. Contact 250-563-2483 or [crr@nbcy.org](mailto:crr@nbcy.org)  
[www.childcarechoices.ca](http://www.childcarechoices.ca)

**Infant Development Program**

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

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

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

[idp@aimhi.ca](mailto:idp@aimhi.ca) and [www.aimhi.ca](http://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](http://www.familieschange.ca)

**Confident Parents, Thriving Kids**

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

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

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

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

**Mediate BC is now offering distance family**

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

**Intersect Youth & Family Services Society**

Provides voluntary counselling for children and youth under 19 years. Offers assessment and referrals, individual, family and group therapy. Priority given to children and youth facing mental health disorders or those at risk of harming self or others.

No cost.

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

Contact Bryan Woronchak at 250-562-6639

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

**Supported Child Development Program****Child Development Centre**

Provides consultation and support services for children birth to 12 years, in preschools, daycares and after school care programs. Assists children with developmental delays, disability or challenges to be successful within a group setting. Screening and assessments available.

No cost.

Ongoing - call for info. 1687 Strathcona Ave.

Contact Christy Kubert at 250-563-7168 ext 215

[christyk@cdcp.org](mailto:christyk@cdcp.org) [www.cdcp.org/scdp.shtml](http://www.cdcp.org/scdp.shtml)

**Parent Support**

**Carrier Sekani Family Services Parent Support Groups**

**Tuesdays Parent group 1:30-3:00**

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

Location: Victoria Towers (1245 20<sup>th</sup> Avenue)  
contact Naomi at 250-563-1281 Ext 103 or [nlocheed@csfs.org](mailto:nlocheed@csfs.org) to register

**Wednesdays Mother's Health and Wellness group**

10:00-11:30

Location: Victoria Towers (1245 20<sup>th</sup> Avenue)  
contact Naomi at 250-563-1281 Ext 103 or [nlocheed@csfs.org](mailto:nlocheed@csfs.org) to register

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

Location: Victoria Towers (1245 20<sup>th</sup> Avenue)  
contact Alice Compagnon at 250-563-1281 Ext 206 or [alice@csfs.org](mailto:alice@csfs.org) for more information on this drop in group

**Fridays Toddler group 11:00-12:00**

Parent and Child interaction group, bring indoor shoes, water bottle and come down and have fun engaging with your preschool child and meet other parents with children the same age!

Location: Parent Guidance and Support Building (2025 Victoria Street)  
contact Naomi at 250-563-1281 Ext 103 or [nlocheed@csfs.org](mailto:nlocheed@csfs.org) for more information on this drop-in group

**Parent Guidance and Support Program.**

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

**FRC Family Connections**

**CAP-C FADER Program**

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

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

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

No Cost

Mon-Fri, 9-5

South Fort George Family Resource Centre  
1200 LaSalle Ave

Contact Nancy at 250-614-0684

**Carrier Sekani Family Services**

Family Support/Adult & Child and Youth Life Skills/Family Wellness/Cultural Support, referrals and more available ongoing at CSFS, please call

250-563-1281 to book an intake appointment

**Parent & Caregiver Education Support Group**

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

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

No cost.

Third Thursday of each month – 6:30-8:00 pm  
Prince George Activity Centre, 1117-6<sup>th</sup> Avenue (corner of 6<sup>th</sup>/George Street).

Light snack and drinks are provided.

No registration or enrollment required.

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

**Prince George Mommies and Babies Facebook Group**

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

**Aboriginal Supported Child Development (ASCD)**

**Prince George Native Friendship Centre**

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

Child screening & assessments available.

No cost. For more information please contact:

Cindy Gosnell at 250-564-3568 ext. 234

**Wazdidalih Aboriginal Infant & Family (AIFDP) Development Program**

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

**Children's Residence**

**AiMHi** Respite for families that have children with developmental disabilities. No cost. MCFD- CYSN funded. For children aged 0 up to and including 18 years of age. Child must be referred by MCFD. 24hrs, 7 days/week 386 Greenplace. Contact Nadia Cote at 250-563-2260  
[nadia.cote@aimhi.ca](mailto:nadia.cote@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 Debby Hall at 250-564-6408  
[debby.hall@aimhi.ca](mailto:debby.hall@aimhi.ca) [www.aimhi.ca](http://www.aimhi.ca)

**Foster Parent Support Program**

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

**Parents Together at Intersect**

Parents Together is a supportive and educational community group for parents of teens. If your teenagers choices and behaviours are stressing you out, frustrating you or worrying you .... Come check out this group and realize you are not alone. Every Monday night for two hours. Facilitator: Judi 1294-3rd Ave. Contact Intersect at 250-562-6639

**Prince George Family Services Society**

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

**Rural Family Support Online Forum**

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

**Family Fun****Little Artist's Program****FRC Family Connections**

Join us for a free parent participating early-learning Art experience. For families with children age 0-6. Bringing a positive, fun and messy approach to creative expression the youngest artists, while promoting parent-child attachment and forming connections with other parents and families.  
No Cost, Drop In  
Thursdays, from 10:00-11:30  
South Fort George Family Resource Centre  
1200 LaSalle Ave  
Contact Nancy at 250-614-0684

**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 [www.nbcy.org](http://www.nbcy.org) for information

**Financial Aid and Legal Aid**

(Please contact a service provider for assistance with applications)

**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  
No cost.  
<http://parentsupportbc.ca/grg/legalguide/revised2014>

**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 Lori Henry – Youth and Family Advocate, Ext. 322 for Kerry Mowatt PG and Quesnel Native Courtworker; Tracy Peters Prince George, Quesnel, Tsay Keh Dene, and Kwadacha Criminal Courtworkers.

**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.

**Clicklaw BC**

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

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

**Canadian Bar Association lawyer referral service -**  
tel: 604-687-3221

\* A list of lawyers and some will do initial consults of an hour for only \$25.

**My Support Calculator -**

[www.mysupportcalculator.ca](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.

**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.

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

\* This is an excellent search engine about Canadian Law

**Courthouse Libraries:**

<http://www.courthouselibrary.ca>

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

**Representative For Children and Youth**

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

**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 not only includes Prince George but also the surrounding region. Applications can be found on our website at [www.ahspg.ca](http://www.ahspg.ca) or in the office at 1224 Houston Lane. If you have already applied in the past ensure that your application is up to date. If you have any questions at all please do not hesitate to contact the office at 250-564-9794. We look forward to seeing you and helping you in your housing needs.

**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://legalaidsociety.ca/>

**The Family LawLINE: Legal Services Society**

Is a telephone advice service provided by Legal Services Society. Provides eligible clients legal advice and support to assist them with family law issues. In addition to legal advice, the Family LawLINE provides: Appointments with the same lawyer. Assistance preparing documents for court. Coaching to help you represent yourself through all stages of court and other collaborative processes.  
Telephone Legal Services Society:  
604-408-2172 or (toll free) 1-866-577-2525  
Monday to Friday, 9 am - 3 pm (Wednesday to 2:30 pm).

**Canada Child Tax Benefit**

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

**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

**Child Care Subsidy - BC**

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

**Child Disability Benefit**

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

**Income Assistance**

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

**Pharmacare Program**

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

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

Grief and loss program for children aged 5-15 years old who have experienced a painful transition from death, divorce, separation, abandonment or neglect. Please register for the fall session that starts on Tuesday, September 12<sup>th</sup>. There is no fee for the Rainbows programs. Call Catherine at 250-563-2551 for more information and registration.

**Tea Time for the Soul**

Casual drop in for those who have a grief story to share over tea and cookies. **Saturday mornings from 9:00-11:00am and Mondays from 3:00-5:00pm.** There is no fee. 1506 Ferry Ave. Call Denise 250-563-2551

**Coffee for the Caregiver**

Caregivers come and enjoy coffee and be able to talk with other who are taking care of a loved one. Thursday afternoons from 1:30-3:00pm. Call Denise for more information 250-563-2551 1506 Ferry Ave.

**Broken Circle**

A 10 week program for those who have lost a loved one. The next session will start in March and we are taking registration now. There is a \$25.00 charge for this program, but the fee can be waived. There is an 2 hour evening meeting once a week which is led by 2 trained facilitators. Broken Circle is held at 1506 Ferry Ave.

**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)



**Community Counselling Centre**

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

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

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

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

Our prices remain the same:

10\$ for individual

20\$ for couples

These prices are on a sliding scale.

Referral Line: 250-960-6457

**BC Bereavement Help Line**

1-877-779-2223 Toll Free

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

**Native Healing Centre Adult Addictions Counselling Services**

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

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

**Native Healing Centre Adult Counselling Services**

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

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

**Native Healing Centre Child/Youth Counselling Services**

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

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

**Aboriginal Child & Youth Wellness Program**

The Aboriginal Child & Youth Wellness Program was created for children, youth and their families; to promote wellness, balance and healing. In terms of the medicine wheel, balance means being strong emotionally, physically, mentally and spiritually.

Our program is based in Prince George, and we have support workers and clinicians who travel to, or live near our communities. Our team works with Lheidli T'enneh, McLeod Lake, Tsay Keh Dene and Kwadacha. Offering cultural counselling services, assessment and workshops For more information, please contact:

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

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

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

Closed for lunch 12:00 - 1:00 daily

**Native Healing Centre - Aboriginal Victim Services**

**Program:** A culturally based network for all victims of crime we provide emotional support and empowerment. Our programme provides assistance with the Criminal Justice System, Crime Victim Assistance programs, and with completing Victim Impact Statements. We also provide court orientation and support liaison. Neighbourhood Law Clinic: A free family law clinic  
Every second Tuesday 12:00pm - 1:30pm, by appointment only, no cost. Contact NHC reception Prince George Native Friendship Centre, 1600-3rd Ave., 3rd floor. 250-564-4324

**Children Who Witness Abuse Counselling**

**Program**

Elizabeth Fry Society

A psycho-educational counselling program providing individual or group counselling to children ages 3-18. Self-referrals welcome.

No cost. 1575 5th Ave.

Contact Debra at 250-563-1113

**Children Who Witness Abuse Counselling**

**Program Phoenix Transition Society**

A counselling program for children that provides one on one, sibling or group counselling in a childlike environment. sandracwva@shaw.ca

No cost. Ages 3-18 years.

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

Contact Sandra Morton at 250-563-7315

**Circle of Truth (COT)**

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

A program that provides men an opportunity to work through and begin healing from the traumatic effects of sexual violence. Provides support for significant family members.

No cost.

As required - 8:30am-4:30 pm #102-1112 6th Ave.

Contact 250-564-8302

**Kids Konnection**

Surpassing Our Survival (SOS Society) Sexual Violence Prevention and Counselling Services  
Counselling, support and education for children and caregivers after disclosure of child sexual abuse.

No cost.

Contact 250-564-8302

**Stop The Violence**

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

**Victim Services**

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

**Physical Health****Medical Crisis Line**

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

**Speech-Language Clinic**

Northern Health - PG Speech and Language Clinic  
 Provides assessment and intervention to children with communication delays and disorders. Provides support to families and children from birth to five years in the areas of early language and literacy.  
 No cost. Referrals welcome from parents and agencies. Individual dates set. Health Unit, 1444 Edmonton St, 1st floor. Contact the Speech & Language Clinic at 250-565-7370  
 For more information, please go to our website:  
<http://northernhealth.ca/YourHealth/PublicHealth/SpetchandLanguageProgram.aspx>

**Early Intervention Therapy Services**

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

**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>

**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

**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)

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

which provides supplementary health benefits, including prescription and non-prescription drugs, for registered First Nations and recognized Inuit throughout Canada. See  
<http://www.hc-sc.gc.ca/fniah-spnia/nihb-ssna/index-eng.php>  
 To be eligible for NIHB, the person must be identified as a resident of  
 Canada and be one of the following:  
 a. A registered Indian according to the Indian Act;  
 b. An Inuk recognized by one of the Inuit Land Claim organizations; or  
 c. An infant less than one year of age, whose parent is an eligible recipient.

**Speech Language Pathology, Occupational Therapy, Physiotherapy** Child Development Centre  
 Assessment, diagnosis and treatment for children with special needs. Focus on communication development, gross and fine motor skills, independent daily functioning, and ability to participate in regular and adapted community activities. Special clinics.  
 No cost Family library available. Ongoing. 1687 Strathcona Ave. Contact Debbie Harmon at 250-563-7168 xt 225  
[therapy@cdcp.org](mailto:therapy@cdcp.org) [www.cdcp.org](http://www.cdcp.org)

**Child Health Clinic**

Northern Health – Public Health Clinic  
Providing immunizations to children starting at 8 weeks of age. Provide information on growth & development, nutrition, safety, dental health, postpartum depression, etc. and referrals as needed. No cost. Appointments available Monday to Friday. Located in the Auditorium at the Health Unit, 1444 Edmonton St.  
To book an appointment please call 250-565-7381

**Nursing Support Services**

A provincial program of RN's assisting parents and caregivers of children with persistent and challenging health needs. We provide education to Teaching Aides in schools, provide services in-home, work with families for consultation and assessment to  
No cost.  
access health care supplies and equipment, and provide consultation and referral information for families as well as access to nursing. Health Unit, 1444 Edmonton St., 2nd floor.  
Contact Jaime or Marilyn at 250-612-4519 or 250-565-7391

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

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

**School and Youth Health**

Northern Interior Health Unit  
School age immunizations, Kindergarten, Grades 6 and 9. Provide school-age child health information.  
Mon-Fri, 8:30am-4:30pm. 1444 Edmonton St.  
Contact a nurse at 250-565-7478

**Northern Health Connections**

Northern Health  
A travel service program for patients needing to travel for out-of-town medical appointments in northern BC and between northern BC and Vancouver.  
Nominal fee based on distance.  
Contact Northern Health Connections at 1-888-647-4997  
[www.northernhealth.ca](http://www.northernhealth.ca)

**Northern BC Children & Families Hearing Society**

reaches out to children and families with hearing challenges from all communities of Northern British Columbia. We offer networking, socialization, and educational events throughout the year. These include educational workshops, sports workshops, ASL lessons for children and social events such as our Christmas party and spring barbeque. Our biggest event is our annual Adventure Camp at Ness Lake in September. Every month our Play Learn Share Grow

social group meets at a different venue where both children and parents can socialize and have fun. All children and families with deaf or hard of hearing members are welcome to our events! We have a great resources library of DVD's, children's books and baby signing books located at the PG Child Development Centre. Each month we email an informative newsletter full of resources and we have a Facebook page. To sign up for our newsletter or learn more about our events and library, please email [pgdeaf@telus.net](mailto:pgdeaf@telus.net) or phone 250-563-2425.  
[www.nbchearingsociety.com](http://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

**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)

**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

**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****Young Parent Program – Elizabeth Fry Society**

We are a program for youth under the age of 20 who are pregnant or parenting and would like access to individual support; parenting support and information, peer group activities, and exploration of educational opportunities. We offer free, fun family outings and activities, as well as daycare. Outreach workers and family development services provide support and assistance with life skills, housing, and accessing mental health and addictions services. Our partnership with School District #57 provides access to educators and school counsellors.

Cost: None

Referral Needed: No

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

Phone: 250-563-1113

Text: 250-612-2688

Email: [Candice@pgefry.bc.ca](mailto:Candice@pgefry.bc.ca)

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

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

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

Contact: Youth Works Coordinator:

Debra Hennig

250-565-5428

[debra.hennig@nbcy.org](mailto:debra.hennig@nbcy.org)

Address:

1148 7th Avenue,

Prince George, BC.

250-645-3966

[www.nbcy.org/employment\\_services](http://www.nbcy.org/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/>

**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.

**Prince George OPT Youth Clinic**

Northern Health- Public Health and Primary Care Nursing

Female physician provides information, counselling, and medical services for youth and young adults to age 25. Primarily birth control and STI testing.

No cost. Cost for birth control. Thu, 3:15-5:30pm.

Northern Interior Health Unit. 1444 Edmonton St.

Contact 250-565-7381 for appointments

**Native Healing Centre Youth Addictions  
Counselling Services**

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

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

**Teen Guide to Parental Separation and Divorce.**

Government of B.C.

A website which supports teens who are going through parents' separation or divorce.

Online.

Contact

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

**Youth Support Line**

Crisis Prevention, Intervention and Information Centre for Northern BC. Confidential anonymous peer support for youth. 24 hours/day; 7 days/week.

Contact 250-564-8336 or 1-888-564-8336

**Website to learn to advocate for your rights online.**

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

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

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

**YAP - Youth Around Prince (YMCA of Northern BC)**

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

Contact 250 645 3983 or 250-645-4010 or visit [www.youtharoundprince.org](http://www.youtharoundprince.org) or on Facebook.

**[mindcheck.ca](http://mindcheck.ca)**

**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. “**mindcheck.ca**” is a youth and young adult-focused interactive website where visitors can check out how they’re feeling and get connected to support early and quickly. Support includes education, self-help tools, website links, and assistance in connecting to local professional resources.”

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

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

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

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

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