



The Village

Parent Resource Registry



June 2009, Volume 31

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

Call (250) 561-0607 or email princegeorgeparent@shawbiz.ca

For the most current volume, see www.parentsupportbc.ca

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

Distributed monthly, *The Village* is

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

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

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

Workshops

Community-based Research (CBR) in Women's Health ***New Listing***

Women's Health Research Network
Meet others from across the province who are interested in furthering women's health and wellness via community-based participatory action research.
No cost. To register for this conference, please complete the online form.
Fri, Jun 5th, 8am-4:30pm . Coast Inn of the North
www.whrn.ca

Early Years Health Fair

Children First
Come and talk with health professionals about your child's (18 months-5 years) development or concerns. Information booths, children's activities, many prizes!
No cost. Call for transportation assistance.
Sat, Jun 6th, 9:30am-1pm. The Exploration Place (Atrium), Fort George Park.
Contact 250-962-2455
atavison@shaw.ca

Give Peas a Chance ***New Listing***

Carrier Sekani Family Services
Gardening season is here and the Family Support program is once again going to have a spot at the Community Garden. We are looking for people interested in joining us and enjoying some fun in the sun, exercise, stress relief and amazing company!
No cost.
Contact Marlaena at 250-562-3591
Marlaena@csfs.org

'Hear Our Words' ***New Listing***

UNBC First Nations Centre
Aboriginal youth story writing competition. Have a story to tell? We want to hear it! Open to ALL Aboriginal youth in Prince George (status, non-status, Inuit & Metis)
No cost. Call for more information.
Deadline for submissions is July 31st, 2009.
Contact 250-960-5772
storyteller@unbc.ca
www.unbc.ca

Neighbourhood Mobilization Project

Children First Initiative
Organize a neighbourhood project! Meet other people in your neighbourhood! Improve your neighbourhood for kids aged 0-6! Would you like to be a Neighbourhood Champion?
For more information,
Contact Kathy at 250-565-2596

Recognizing Fathers *New Listing*

Children First
Children are invited to tell us in their own words, something special about their Dad. There is also a colourful drawing to complete.
No cost.
Deadline for submissions is Wed, Jun 10th. Drop off submissions at the Bob Harkins Branch of the PG Library, AimHi (950 Kerry St.), CRRR (in Family YMCA building, 2020 Massey Dr., or AIFDP, 138 George St.
Contact Kathy Basaraba at 250-565-2596 for submission forms.

Transracial Parenting Workshops

Adoptive Families Association of BC
If you are parenting a child of different race/culture or you are considering transracial adoption, consider this workshop. \$55/workshop/AFABC member - \$65 non-member. Topics include: Motivation, Family/Racial Identities, Talking to Kids, Stereotypes, Racism, School Issues. AFABC's new "Colourful Lives" video is featured.
Jun 6th, 10am-4pm. 1200 Lasalle Ave.
Contact Yvonne Devitt or Florence Maitland at 604-320-7330 xt 106; 250-614-0806
vdevit@bcadoption.com; fmaitland@bcadoption.com
www.bcadopt.com

Understanding Autism *New Listing*

BC Therapeutic Riding Association
The workshop is oriented to therapeutic riding and we invite parents, support workers, teachers, therapists, volunteers, etc. to attend. A clinic will be hosted by CHAAPS if the minimum number of participants can be met.
\$55 for the day.
TBA
Contact Danielle at 250-747-2416 for more information
www.chaaps.ca

Walk BC Regional Training 2009-Cariboo

New Listing
BC Recreation and Parks Association
A free training to help participants start or enhance walking programs for inactive adults. Will provide information to engage hard to reach populations, marketing and promotional tools and access to step by step walk programming and resources.
No cost. To register, visit website.
Jun 2nd, 1-7pm. Prince George Public Library, Bob Harkins Branch in the Keith Gordon Room.
Contact Lindsay Richardson at 604-629-0965 xt 256
www.walkbc.ca

Active Living

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

Leisure Access Program

City of Prince George
The Leisure Access Program is designed to make recreation opportunities with the City of Prince George Community Services Department financially accessible for all residents. Eligible participants will receive complimentary swim/skate passes.
Contact Community Services at 250-561-7640
ls_admin@city.pg.bc.ca
www.city.pg.bc.ca

Parent and Tot Time

Family YMCA of Prince George
Free play time in the gym with other parents and children and lots of toys. Call to find out about more programs.
No cost for members, \$3 for non-members.
Tue, Thu and Fri YMCA Gym, Mon & Wed Highland Gym (155 McDermid Dr.)
Contact at 250-562-9341 xt 238
www.pyymca.bc.ca

Prince George Kidsport

City of Prince George
Part of a provincial and national network providing financial assistance to children and youth who need it to participate in sport programs. Grants of up to \$100 per child per year for sport registration fees are offered.
Application forms available at the Community Services Dept. at City Hall, 1100 Patricia Blvd.
Contact Community Services at 250-561-7640
ls_admin@city.pg.bc.ca
www.city.pg.bc.ca

Drop-In Programs

Beech Crescent Community House
Beech Kids Club is an after school program for children ages 6-12 years of age. 2:30-5pm, help with homework, games, crafts and a snack provided. Also: faxing, copying, printing, daily PG Citizen, laundry, and a variety of legal assistance.
No cost. Nominal fee for laundry soap.
Drop-in time 1-5pm. 325 Beech Cresc.
Contact Janice at 250-563-1090
beech141@hotmail.com

Down Syndrome Monthly Get-Together

Infant Development Program
Everyone welcome to attend.
Fourth Monday of every month. 950 Kerry St.
Contact Lisa at 250-564-6408

Hadih House

Carney Hill Neighbourhood Centre
Drop-in centre with parenting support & programs, clothing exchange, low cost supply pantry, free laundry, fresh produce boxes, and community kitchen.
No cost.
Mon, Tue, Thu 9:30am-4:30pm, Wed 12-4:30pm, Fri 12:30-4:30pm, Sat 11am-3pm. 2105 Pine Street.
Contact Greta Hogan at 250-563-7976
porterhousepg@yahoo.ca

Power Play

Prince George and District Elizabeth Fry Society
Play is an important part of growing up! Drop-in for a play time for families with children ages newborn to 5 years.
No cost.
South Fort George Family Resource Centre gymnasium,
1200 LaSalle Ave.
Contact Facilitator at 250-614-9449
frc@pgefry.bc.ca
www.sfgfrc.com

Early Learning

Canfor Early Explorers Preschool Program

The Exploration Place
Give your children the stimulating environment of a hands-on science museum where they can learn through play and discovery. This program is aimed at increasing school readiness in your preschooler, with the added benefit of stunning outdoor spaces.
Mon/Wed/Fri session \$150/month/child; Tue/Thu session \$120/month/child. Child must be 3 years old and potty trained.
Mon/Wed/Fri session 8:45-11:15am OR 12:15-2:45pm;
Tue/Thu session 8:45-11:15am OR 12:15-2:45pm.
Contact Cristina and Nicole at 250-562-1612 xt 225
earlyexplorers@theexplorationplace.com
www.theexplorationplace.com/ceep.shtml

Prince George and District Skill Building Library

AiMHi
The Skill Building Library is open to anyone who can use items from our collection. Skills targeted include; fine motor, social, discrimination, but mostly they are just fun to play with. Parenting resources also available.
No cost.
Tue 10am-12pm, Wed 10am-12pm and 1-3pm, Fri 1-3pm.
950 Kerry St.
Contact Gillian Taylor at 250-964-8479

Prince George Public Library

We have programs for parents, caregivers and children. Early literacy activities for children under 5 years include: Babytime, Toddler Time and Family Storytime. Programs for school-aged children, teens and adults are also available.
No cost.
These programs are drop-in, no registration required. It's a non-judgemental place for anonymous information. Check our website or call for further information. Programs are available at Bob Harkins Branch (Downtown) and Nechako Branch (Hart area).
Contact your Public Library at 250-563-9251
www.lib.pg.bc.ca

Ready, Set, Learn!

School District #57
A school-readiness initiative for 3 year olds and their caregiver. A 10-week group experience offered at your local elementary school for 1 hr/week. Activities include book sharing, craft, and snack.
No cost.
Variety of dates and times throughout the city.
Contact Jessica Short at 250-561-6800 xt 341

Speech Language Pathology and Specialized Preschool Groups

Child Development Centre
Providing important skills for children with delays - increasing their ability to learn, and aiding them in their future academic success. Focusing on - language development, speech sound awareness, vision, eye-hand coordination and fine motor skills.
\$50 per month.
Ongoing - call for info. 1687 Strathcona Ave.
Contact Sharon Beetlestone at 250-563-7168 xt 229
ece@cdcp.org

Speech Language Pathology, Occupational Therapy, Physiotherapy

Child Development Centre
Assessment, diagnosis and treatment for children with special needs. Focus on communication development, gross and fine motor skills, independent daily functioning, and ability to participate in regular and adapted community activities.
Special clinics. Family library available.
No cost other than a small registration fee.
Ongoing. 1687 Strathcona Ave.
Contact Debbie Harmon at 250-563-7168 xt 225
therapy@cdcp.org
www.cdcp.org

Speech-Language Clinic

Northern Health - PG Speech and Language Clinic
Provides assessment and intervention to children with communication delays and disorders. Provides support to families and children from birth to five years in the areas of early language and literacy.
No cost.
Referrals welcome from parents and agencies. Individual dates set. Health Unit, 1444 Edmonton St, 3rd floor.
Contact Lianne Matsuo at 250-565-7370
lianne.matsuo@northernhealth.ca

StrongStart BC

School District #57
Drop-in preschool program that offers freeplay, art, circle time, gym time, snacks. Parent participation is required. Infants/toddlers welcome.
No cost. For children birth-5 years plus caregiver. Drop-in (come for 1-3 hrs)
Mon 11:30am-2:30pm and Tue-Fri 8:30-11:30am.
Ron Brent Elementary School (family must live in area).
Contact Joan Nachbaur at 250-562-2737

Tutoring and Training Centre

Learning Difficulties Centre of BC
Provides one-to-one multisensory tutoring to children and adults affected by learning difficulties. Training in Multisensory Math and the Orton-Gillingham Approach to Language development, and parent support workshops are offered throughout the year.
Cost varies.
Mon-Thu, 9am-5pm. 785 Patricia Blvd.
Contact Donna Jarvis at 250-564-8011
www.theldc.com

Aboriginal Infant Development Outreach Program

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

No cost.

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

Expectant Parents

All Options Pregnancy Counselling

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

No cost.

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

Chemical Dependency at Risk Program

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

No cost.

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

Healthiest Babies Possible

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

Open Mon 9am-4:30pm & Fri 1-4:30pm. Drop-in times
Mon-Thu 12-4pm & Fri 1-4pm. 2666 Queensway.

Contact Ashley or Frances at 250-561-2689
ashley@nfhs-pg.org, frances@nfhs-pr.org
www.nfhs-pg.org

Jane Hedges & Judy DeFreitas, Registered Midwives

Northern Midwifery Care
Registered Midwives provide pregnancy, labor and postnatal care for six weeks following delivery. Women have the choice of delivering either in hospital or at home.

There is no charge to receive Midwifery care for BC residents.

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

Prenatal Registry

Northern Health - Children First Initiative
A supportive referral program for pregnant women to discuss questions/concerns, visit with a nurse at booked appointments, phone visits or creative outreach. Arrange prenatal education and hospital tours.

No cost.

8:30am-4:30pm, Mon-Thu. PGRH Maternity Unit.
1475 Edmonton St.

Contact Karen at 250-565-2910
Karen.Warner@northernhealth.ca

Family Fun

Family Sundays

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

Regular admission applies. Free for members.

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

Contact 250-614-7800
art@tworiversartgallery.com
www.tworiversartgallery.com

Financial Aid

(Please contact a service provider for assistance with applications)

Canada Child Tax Benefit

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

Contact Canada Revenue Agency at 1-800-387-1193
www.cra-arc.bc.ca/benefits/

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/

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/

Children First Initiative

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

No cost. Ongoing

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

Income Assistance

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

Contact Income Assistance at 1-866-866-0800
www.eia.gov.bc.ca/publicat/bcea/applying.htm

Pharmacare Program

Government of BC
Provides information about the status of individual claims being processed and how to apply for reimbursement.

Contact Health Services at 1-800-554-0250

Grief and Loss

Rainbows

St. Mary's School

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

Registration begins in the first week of the school term (Sep and Jan). Please call to register. 1088 Gillett St.
Contact Ursula Morris at 250-563-5584 or 250-562-3477
pandumorris@shaw.ca or rainbowspg@shawcable.com
www.rainbowspg.com

Rainbows

Prince George Hospice Society

Grief and Loss program for children ages 5-15 years. The child's grief can be from death, divorce, separation, abandonment, and neglect.

No cost.

Registration is underway for Fall 2009. The session starts on Tue, Sep 15th. Forest Expo House, 1506 Ferry Ave. (the white two-storey house next to Hospice House).

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

Health

Audiology (Hearing) Clinic

Northern Interior Health Unit

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

Referral from doctor required. 1475 Edmonton St.
Contact the Hearing Department at 250-565-7371

Building Blocks

Aboriginal Infant and Family Development Program
Community Kitchens, open to parents with children birth to 6 years. Childcare is available by sign-up to first 4 children. Transportation available for FRC location only.

No cost.

1st and 3rd Wed at 325 Beech Cresc. Community House.
2nd and 4th Wed at 1200 LaSalle, Family Resource Centre.
Contact Deb Ewen at 250-564-5941
dewen@pgnfc.com

Child Health Clinic

Northern Health - Children and Families Team

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

No cost.

Mon, Tue, Thu, 1-4:30pm in the Auditorium at the Health Unit, 1444 Edmonton St. and at the Family Resource Centre clinic room, 1200 LaSalle Ave. Wed 8:40am-12pm in the Auditorium of the Health Unit.
Contact Children and Families Team at 250-565-7478

Northern Health Connections

Northern Health

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

Nominal fee based on distance.

Contact Northern Health Connections at 1-888-647-4997
www.northernhealth.ca

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.

No cost.

Health Unit, 1444 Edmonton St., 2nd floor.

Contact Kim or Carolyn at 250-612-4519 or 250-565-7391

On-call and Drop-in Health Services

Northern Health - Children and Families Team

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

No cost.

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

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

Contact the Information Line at 250-565-7478

School and Youth Team

Northern Interior Health Unit

School age immunizations, Kindergarten, Grades 6 and 9.

Provide school-age child health information.

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

Contact School and Youth Team at 250-565-7477

Help Lines

Children and Family Information Line

Northern Health - Children and Families Team

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

Mon-Fri, 9am-12pm.

Contact the Information Line at 250-565-7478

Crisis Line

Crisis Prevention, Intervention and Information Centre for Northern BC

No cost, confidential, anonymous peer support and referrals. Handles TTY (hearing impaired) calls. Access to the language line for those requiring an interpreter.

24 hours/day 7 days/week. 1600-3rd Ave., 5th floor

Contact the Crisis Line at 250-563-1214 or 1-888-562-1214

pgcrisiscentre@telus.net

www.northernbccrisissuicide.ca

Canadian Grandparents Rights Association

Promotes, supports, and assists grandparents and their families in maintaining or re-establishing family stability. Guides people in the initial process of obtaining custody of, and access to, their grandchildren.

Contact Donna at 250-617-2622 or 250-962-9250

Foster Parent Support Line

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

Helpline for Children

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

Medical Crisis Line

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

New Parents

Baby Time

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

Drop-In Breastfeeding Support Group

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

Families Count Program

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

Infant Development Program

Home visiting services for a baby or toddler (birth to 3 years) who has or is at risk for developmental delays. Consultants help the family encourage progress in all areas (motor skills, speech, social, cognitive) and provide support for parents. Parents may call directly. All visits done in family's home.
No cost.
Contact Judie or Shelley at 250-564-6408 xt 247 or 248
idp@aimhi.ca
www.idpofbc.ca and www.aimhi.ca

Infant Massage and Toddler Playtime

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

La Leche League

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

Lactation Consultant Services

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

Maternity Home Visiting

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

Parent Education

Active Parenting Program

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

Building Blocks

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

Community Nutrition Program

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

Family Education Outreach Program

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

Learning Circle Literacy Program

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

Parent Education

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

Parent Participating Toddler Fun

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

Parenting After Separating

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

Parenting Classes

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

Project Parent North

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

S.T.E.P. (Systematic Training for Effective Parenting)

Carney Hill Neighbourhood Centre and Parent Support Services
An 8 week class for parents of 7-12 year olds, focusing on reasons for behaviour, peer support, and logical techniques for behaviour change.
\$30 for workbooks and class, subsidies available.
Childminding and transportation available upon request.
Pine Street Community House.
Contact Ingrid Edenshaw for dates and times at 250-561-0607
parentnorth@shaw.ca
www.parentsupportbc.ca

Sign Language Classes

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

Strengthening Families Together (SFT)

BC Schizophrenia Society

10-session education program for family members affected by mental illness including schizophrenia, psychosis, bipolar, depression, anxiety and addiction disorders. Provides family members with support, awareness and tools they need to cope and adapt.

No cost.

Thu, 6:30-9pm, TBA. 1117-6th Ave.

Contact Kathryn Ens at 250-561-8033

kathrynens@bcsspg.org

www.bcspg.org

Warrior Caregivers Fathers Support Program

Kikino Metis Children & Family Services Society

This program is based on the holistic teachings of the Medicine Wheel and has been developed based on the self-identified needs of fathers in the north.

No cost. Snacks and beverages provided.

Tue, 3-6pm. 1560 3rd Ave.

Contact Sheila Bellavance at 250-563-1661

executive.director@kikino.ca

www.kikino.ca

Wazdidadilh Aboriginal Infant & Family Development Program

Prince George Native Friendship Centre

Early childhood learning (0-6), parent workshops and opportunities for healthy parent/child interaction. Child assessments and referrals provided.

No cost. Childcare and transportation provided.

Mon-Fri, 8:30am-4pm. 138 George St.

Contact Diane Gabrielson at 250-564-5941

aifdadmin@pgnfc.com

Aboriginal Supported Child Development Program

Prince George Native Friendship Centre

This program is intended to support children who require extra support to be included in a childcare or after-school care setting. A family centered program, based in the community and reflective and responsive to community diversity. Families participate on a voluntary basis.

8am-4pm. 1600 3rd Avenue, Room 301

Contact Yvette Hepburn at 250-564-3568 xt 234/239

www.pgnfc.com

Parent Services

Boys Group

Carrier Sekani Family Services

A peer group empowering boys ages 9-12 to expand their knowledge in self discovery, healthy choices, and self discipline.

No cost.

Thu, 3-4:30pm. Hadih House.

Contact Cathy Mason at 250-562-3591

cmason@csfs.org

www.csfs.org

Building Resiliency in Couples with Knowledge (BRICK)

BC Schizophrenia Society

Does mental illness affect your couple relationship? If you answered yes, then this educational support program is the place to learn more about mental illness and its influences and effects.

No cost.

Mon, 6:30-9pm., 1117-6th Ave.

Contact Kathryn Ens at 250-561-8033

kathrynens@bcspg.org

www.bcspg.org

Community Programs & Services Directory

Children First & Parent Support Services

Online directory of community programs and services for families with children up to age six. Visit the directory to add a program or service.

No cost.

Contact Julia McLachlan at 250-649-7519

julia.mclachlan@northernhealth.ca

www.childrenfirstpg.com

Girls Group

Carrier Sekani Family Services

A peer group empowering girls ages 9-12 to expand their knowledge in self discovery, healthy choices, and self discipline.

No cost.

Tue, 3-4:30pm. Hadih House.

Contact Cathy Mason at 250-562-3591

cmason@csfs.org

www.csfs.org

Grandparents Raising Grandchildren Resource Booklet

Parent Support Services

Online resource booklet with links and other Grandparents Raising Grandchildren Resources.

No cost.

www.parentsupportbc.ca/GRG_2nd_Mar16_07.pdf

Infant Massage

AIFDP

For babies 0-12 months. Open to all parents and babies in the Prince George area.

No cost.

Tue, 1-2:30pm. 138 George St. (AIFDP building)

Contact Lisa or Tracey at 250-564-5941

Intersect Youth & Family Services Society

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

No cost.

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

Contact Debbi Flann at 250-562-6639

www.intersect.bc.ca

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.

www.familieschange.ca

Northern Child Website

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

Northern Employment Solutions

Northern Family Health Society
No cost employment assistance services funded by the Government of Canada. Focus on assisting individuals with barriers to gaining employment.
No cost. Daycare subsidy can be topped up or can pay daycare costs fully. Transportation benefits included for group training sessions.
2666 Queensway.
Contact Donna Bjorklund or Marie DeBow at 250-561-2689
donna@nfhs-pg.org
www.nfhs-pg.org

Prince George & Area Child Care Resource and Referral

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

Spring Studio Programs for Children and Adults

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

Supported Child Development Program

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

Therapeutic Services

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

Parent Support

Adoption Family Boot Camp

Adoptive Families Association of BC
Learning for parents on different issues specific to adoption and child minding, fun activities and mentoring for kids.
No cost for AFABC members, \$5 for non-members, \$2 per child.
Last Saturday of every month. 1200 LaSalle Ave.
Contact Cheryl Piddocke at 250-963-8553
cpiddocke@bcadoption.com
www.bcadoption.com

Children's Residence

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

Circle of Life

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

Double Trouble Support Group

BC Schizophrenia Society
Support group for anyone living with a mental illness and/or an addiction (based on behaviours such as gambling, spending, eating etc. or based on substances such as nicotine, alcohol, illegal or legal drugs).
No cost. Some childcare and transportation costs may be subsidized. For adults age 17+.
1st and 3rd Thu of every month, 2-4pm. 1117-6th Ave.
Contact Kathryn Ens at 250-561-8033
kathrynens@bcsspg.org
www.bcspg.org

Families First Program

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

Family Support

AiMHI

Assists families with finding community resources, developing child care plans, increasing parenting skills, developing self care skills.

No cost for eligible participants. See www.communitylivingbc.ca for criteria.

As needed. 950 Kerry St.

Contact Julie O'Reilly at 250-564-6408

julie.oreilly@aimhi.ca

www.aimhi.ca

Family Support Group

BC Schizophrenia Society

For anyone supporting an individual or who has a family member living with a mental illness.

No cost. For adults age 17+.

1st Thu of every month, 7-8:30pm. 1117-6th Ave.

Contact Kathryn Ens at 250-561-8033

kathrynens@bcsspg.org

www.bcspg.org

Foster Parent Support Program

Axis Family Resources

Assists Foster Parents to successfully maintain children in their care and increase stability of placements. We support Foster Parents by providing 24hr crisis and emotional support, mentors, Foster Parent coffee socials, etc.

185 Quebec St.

Contact Carmen Jose at 250-564-9064 xt 23

carmen.jose@axis.bc.ca

www.axis.bc.ca

Grandparents Raising Grandchildren Support Circle

Parent Support Services

Gather with other Grandparents to discuss the challenges and joys of raising Grandchildren. Facilitated by trained volunteers.

No cost. On-site childminding and transportation assistance available.

Monday evenings. Call for dates and times.

Contact Ingrid Edenshaw at 250-561-0607

parentnorth@shaw.ca

www.parentsupportbc.ca

Parent Support Circles

Parent Support Services

Free and confidential support groups, giving parents the opportunity to share thoughts, feelings, concerns, ideas and resources. Trained volunteer facilitators. Circles available include those for fathers, mothers, and parents/caregivers. No cost. Childcare and transportation assistance available.

Call for times and locations.

Contact Ingrid Edenshaw at 250-561-0607

parentnorth@shaw.ca

www.parentsupportbc.ca

Parents Together

Intersect

A group for parents of challenging teenagers.

1294-3rd Ave.

Contact Intersect at 250-562-6639

Prince George Family Services Society

Provision of short-term, in-home family preservation services to families whose children may be at risk of being removed. Family reunification and crisis intervention.

No cost. Referral from Ministry of Children and Family Development required.

Contact Loren Tudor at 250-564-3515

pgfamily@telus.net

Prince George Family Support Group

BC Schizophrenia Society

Monthly support group for parents, partners, adult children and siblings of individuals living with schizophrenia, bipolar, depression, anxiety problems, substance use and concurrent disorders (addictions and mental illness).

No cost. Individual support is also available. Financial assistance provided if required to remove any barriers to participation.

First Thu of every month, 7-8:30 pm. 1117-6th Ave.

Contact Kim Dixon at 250-561-8033

kimdixon@bcspg.org

www.bcspg.org

Prince George Mommies and Babies Facebook Group

A group for moms and dads with infants and small children looking to meet up, hang out or chat with others for play dates, walks, moral support,...anything really! Designed to help parents make friends with other parents in town.

No cost. Everyone is always welcome! If you are already a member of Facebook, search for the group. If you need help signing up, contact Katie.

Various outing locations, dates and times.

Contact Katie Naphthali

katie@naph.ca

www.facebook.com

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

Prince George Deaf/Hard of Hearing Children's Society

We provide educational workshops, social activities, field trips, parental information and support, sign language, financial aid for assistive devices, interpreting, tutoring and camps.

Monthly meetings at the Native Friendship Centre. New members welcome!

Contact Lister at 250-964-3849

listerchen@shaw.ca

Recovery Support Group

BC Schizophrenia Society

For anyone living with a mental illness.

No cost. Some childcare and transportation costs may be subsidized. For adults age 17+.

3rd Wed of every month, 6:30-8pm. 1117-6th Ave.

Contact Kathryn Ens at 250-561-8033

kathrynens@bcspg.org

www.bcspg.org

Rural Family Support Online Forum

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

Spirit of the Grandmothers

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

Strengthening Families

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

Structured For Success

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

Writers Group - Family Support Program

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

Responding To Abuse

Aboriginal Victim Services Program

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

Children Who Witness Abuse Counselling Program

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

Children Who Witness Abuse Counselling Program

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

Circle of Truth (COT)

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

Kids Konnection

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

Stop The Violence

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

Victim Services

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

Teen Resources

Girl Power

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

Parent-Teen Mediation Services

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

Prince George OPT Youth Clinic

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

Teen Guide to Parental Separation and Divorce.

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

Teen Mothers' Alternative Program

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

Young Parent Program

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

Youth Around Kerry Street (YAKS)

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

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

BC Schizophrenia Society
Education and support for individuals living with mental health issues taught by individuals in recovery from mental health issues who are trained to teach this 10-week manual-based course. No cost. Childcare and transportation costs subsidised. Youths are 15-21 years, adults are 21 and over. Beverage and snack provided.
Wed 3:30-5:30pm, TBA. 1117-6th Ave.
Contact Kathryn Ens at 250-561-8033
kathrynens@bcsspg.org
www.bcsspg.org

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