



The Village

Parent Resource Registry



November 2008, Volume 24

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!

Table of Contents

Workshops	Page 1
Active Living	Page 2
Drop-In Programs	Page 2
Early Learning	Page 3
Expectant Parents	Page 4
Family Fun	Page 4
Financial Aid	Page 5
Grief and Loss	Page 5
Health	Page 5
Help Lines	Page 6
New Parents	Page 7
Parent Education	Page 7
Parent Services	Page 9
Parent Support	Page 10
Responding To Abuse	Page 11
Teen Resources	Page 12

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

Workshops

Adoption Boot Camp *New Listing*

Adoptive Families Association of BC

This new program is an intense workout to pump up your parenting powers. Learn new techniques and ways to communicate with your kids. Each two hour evening will have a new learning opportunity followed by the chance for you to network with others.

No cost for AFA members, \$5 for non-members.

Last Thu of the month - next one Nov 27th.

Elizabeth Fry Society, 1575 5th Ave.

Contact Cheryl Piddocke at 250-963-8553

cpiddocke@bcadoption.com

www.bcadoption.com

First Nations Drawing, Design & Culture

Workshop *New Listing*

Two Rivers Gallery

Join Wet'suwet'en artist Peter George and draw one of a number of animal designs that can be traced through the long history of Northwest Coast art Traditions. Learn the principles of two-dimensional design and the significance of particular colours.

\$35 - program is designed for ages 16 and older.

Sat, Nov 1st or 8th, 1-4 pm. Two Rivers Gallery

Contact Two Rivers Gallery at 250-614-7800

paula@tworiversgallery.ca

www.tworiversgallery.ca

Foster Parent Recruitment *New Listing*

AXIS Family Resources

Do Not Break the Bank for Christmas - Tips for staying within the budget.

No cost.

Dec 2nd, 6:30-9:30pm. 185 Quebec St.

Contact Maryann Royer at 250-564-9064 xt 29

maryann.royer@axis.bc.ca

www.axis.bc.ca

Foster Parent Support *New Listing*

AXIS Family Resources

SAFEGUARDING: Reducing the Risk of Allegations for Foster Parents. The workshop is 2 parts.

No cost.

Part 1, Nov 18th, 6:30-9:30pm; Part 2, Nov 25th, 6:30-9:30pm. 185 Quebec St.

Contact Maryann Royer at 250-564-9064 xt 29

maryann.royer@axis.bc.ca

www.axis.bc.ca

Foster Parent Support *New Listing*

AXIS Family Resources
Working through difficulties with natural families.
No cost.
Nov 5th, 6:30-9:30pm. 185 Quebec St.
Contact Maryann Royer at 250-564-9064 xt 29
maryann.royer@axis.bc.ca
www.axis.bc.ca

Foster Parent Support Program

Axis Family Resources
Pre-Service Orientation, a Ministry of Children and Family
Development prerequisite to becoming a Foster Parent
No cost.
Nov. 14th, 15th & 16th - 18 hrs. 185 Quebec St.
Contact Veronica Gorbahn at 250-564-9064 xt 25
veronica.gorbahn@axis.bc.ca
www.axis.bc.ca

Neighbourhood Mobilization Project

New Listing

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

The Secret Life of the Brain

BC Schizophrenia Society
Showing and discussion of the 5-part PBS series on the brain
beginning before birth and ending with old age that looks at
advances in the areas of addiction, depression, learning
disorders, Alzheimer's disease and even schizophrenia.
No cost.
Nov 3rd, The Aging Brain: Though Many Lives
1131-6th Ave.
Contact Kim Dixon at 250-561-8033
kimdixon@bcssp.org
www.bcssp.org

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, \$2.25 for non-members.
Tue, Thu and Fri. Highland Gym (155 McDermid Drive)
Contact Conrad Brodeur at 250-562-9341 xt 238
conrad.brodeur@pgymca.bc.ca
www.pgymca.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. Other services and resources
include: faxing, copying, printing, daily PG Citizen, laundry,
legal help with Family Maintenance, Immigration & divorce.
No cost. Nominal fee for laundry soap.
Drop-in time 1-5 pm. 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.
Please contact us for details on our fall schedule. 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

Baby Signing Classes ***New Listing***

Baby Signing Prince George
Come and bring your baby to learn how to sign through songs, storytime and play. Share your baby's world as she tells you what she is thinking. Meet other parents, interact with your baby and learn about language development. \$85 for 7 classes Pre-registration for classes is required. Next session starts Jan 8th, 2009
Thursdays, 11:15am Ages 0-24 months
Contact Beth Hillhouse at 250-962-0316
pgbabysign@gmail.com

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 sessions 8:45-11:15 am OR 12:15-2:45 pm;
Tue/Thu session 8:45-11:15 am OR 12:15-2:45 pm
The Exploration Place
Contact Cristina or Nicole at 250-562-1612 xt 225
earlyexplorers@theexplorationplace.com
www.theexplorationplace.com/ceep.shtml

Make The Connection ***New Listing***

Aboriginal Infant and Family Development Program
Open to all Prince George families, this is a great way to have fun with your baby and meet with other parents. Each session will have songs and rhymes, activities to play with your baby as well as great parent discussion!
No cost. For parents and their babies 12 months and under. Transportation and childminding (1-6 years) available.
Starting Feb 2nd - Mondays 10-11:30 am. 138 George St.
Contact Tracey or Lynne at 250-564-5941
tfuller@pgnfc.com or lbrown@pgnfc.com

Make The Connection, 0-12 Months

Aboriginal Infant Development Outreach Program
Parents learn the kinds of skills necessary to establish loving relationships, foster two-way communication, and help their baby explore, in order to maximize social, emotional, language and learning development right from the beginning.
No cost.
Sep 22nd-Dec 1st, 10-11:30am 138 George St.
Contact Tracey/Lisa at 250-564-5941
tfuller@pgnfc.com/lvienneau@pgnfc.com

Mother Goose

Aboriginal Infant & Family Development Program
For children aged 12-30 months
No cost.
Fridays, 10-11am, Sept. 26th-Nov. 28th (no session Oct. 24th) 138 George St.
Contact Barb Houghtaling at 250-564-5941
bhoughtaling@pgnfc.com

Prince George and District Skill Building Library

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

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@cdcpg.org

Speech Language Pathology, Occupational Therapy, Physiotherapy

Child Development Centre
Assessment, diagnosis and treatment for children with special needs - enhancing their social and academic potential. Focusing on - communication development, gross and fine motor skills, independent daily functioning, and ability to participate in regular and adapted community activities. Special medical and developmental clinics are run. 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@cdcpg.org
www.cdcpg.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 *New Listing*

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, 9-5pm. 785 Patricia Blvd.

Contact Donna Jarvis at 250-564-8011

www.theldc.com

Expectant Parents

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

All Options Pregnancy Counselling

Northern Health - Children and Families Team along with School and Youth Team and Communicable Disease and Adult Team

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 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 Tricia or Frances at 250-561-2689

tricia@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 6 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

Pregnancy Discussion Group

Aboriginal Infant & Family Development Program Outreach

A wonderful opportunity for expecting parents to have a chance to talk to other expecting parents about pregnancy milestones and thoughts on the arrival of their new baby.

No cost.

3rd Wed of the month at 6:30pm. 138 George St.

Contact Tracey or Lisa 250-564-5946

tfuller@pgnfc.com or lvienneau@pgnfc.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.

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

1475 Edmonton St.

Contact Karen at 250-565-2910

Karen.Warner@northernhealth.ca

Family Fun

AiMHi Christmas Craft Fair *New Listing*

AiMHi

Prince George Community crafters selling an assortment of crafts.

No cost.

Sat, Nov 15th, 10am-4pm. 950 Kerry St.

Contact Julie at 250-564-6408

Bazaar and Bake Sale *New Listing*

Baked goods, home-made crafts, bring a friend, join us for lunch and do your Christmas shopping. Great food! Good prices! Raffle!

No cost.

Sat, Nov 15th, 10am-2pm. Senior Activity Centre,

425 Brunswick St.

Contact 250-564-3287

Eagles Christmas Craft & Bake Sale *New Listing*

Lots of crafts to choose from.

No cost.

Nov 15th-16th, 10am-4pm. Eagles Hall, 6742 Dagg Rd.

Contact Donna at 250-562-6131

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 Sun, 1-4 pm.

Two Rivers Art Gallery, Civic Plaza.

Contact 250-614-7800

art@tworiversartgallery.com

www.tworiversartgallery.com

Hart Pioneer Craft & Bake Sale *New Listing*

The freshest baking in town, and crafts from our local crafters.

No cost.

Sat, Nov 1st, 9am-4pm. 6986 Hart Hwy.

Contact Virginia Parsons at 250-962-6712

Hollyberry & Mistletoe Craft Fair *New Listing*

This annual craft fair boasts the area's best crafters. From knitted products to homemade sweets, whatever you are looking for, you will find here.

No cost.

Sat, Nov 29th, 10am-4pm. Blackburn Community Centre

Contact Carmen Jose at 250-562-4526

Kelly Road Craft Fair *New Listing*

Arts and crafts from local artists, the perfect place to start your Christmas shopping.

No cost.

Nov 29th-30th, 9am-5pm. Kelly Road Secondary School

Contact Alice at 250-562-6887

Studio Fair

Community Arts Council of Prince George

Prince George's original juried art fair. Over 80 talented artisans from all over Canada.

Oct 31st-Nov 2nd, Fri 10am-6pm, Sat 10am-8pm,

Sun 10am-5pm. Prince George Civic Centre

Contact Jennifer Rubadeau at 250-562-4526

jennifer@studio2880.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 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

mquinn@shaw.ca and pandumorris@shaw.ca

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 on-going for our Sep, 2008 session. Forrest 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.

1475 Edmonton St.

Contact the Hearing Department at 250-565-7371

Building Blocks

AIFDP

Community Kitchen

No cost. Childcare is available by sign-up to first 4 children. Transportation available.

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

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-12:00pm 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

Prince George Public Health

Northern Health

Did you know? The influenza season is fast approaching; it can spread easily from person to person through coughing, sneezing, and touching items infected with the virus. People often spread influenza before they realize they are sick.

The influenza vaccine is free for high risk people and children.

Contact Public Health Influenza Hotline at 250-565-7488

www.northernhealth.ca and www.bchealthguide.org

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 Wilco x at 250-564-2217 or

toll free 1-866-564-2217

friendsofchildren@telus.net

New Parents

Baby Group

Carrier Sekani Family Services

An open group for parents with baby birth to 1 year. Topics include growth and development, safety, illness and self-care. Participants choose the topics and the facilitator brings the materials or guest speakers. Songs and rhymes included. No cost. Babies are welcome, however we don't have childcare for older children at the moment. Some rides are available if booked in advance.

Mon, 1-3 pm. 987-4th Ave.
Contact Terry at 250-562-3591
terry@csfs.org

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 and a lactation consultant, for info on breastfeeding
No cost.

Wed, 10-11:30am at the Family Resource Centre clinic room, 1200 LaSalle Ave. Thu 9:30-11:30am at the Health Unit auditorium, 1444 Edmonton St.
Contact Children and Families Team at 250-565-7369 (for Wed program) or 250-565-7478 (for Thu program).

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 Tanya Lorenz or Charlene Laferdy
250-565-7444 or 250-649-7214
tanya.lorenz@northernhealth.ca or
charlene.laferdy@northernhealth.ca

Infant Development Program

Home visiting services for a baby or toddler (birth to 3 years) who has developmental delays or is at risk for delays. Consultants help the family encourage progress in all areas (motor skills, speech, social, cognitive) and provide support for parents.

No cost. Open referral, parents may call directly. Appointments are set at a time agreed upon by the parents and the Infant Development Consultant. All visits are done in the family's home.
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, 6-8 pm, year round. 950 Kerry St.
Contact 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. Northern Interior Health Unit, 1444 Edmonton St.

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.

No cost.

Available at Baby Time, Thu, 9:30-11:30am.
1444 Edmonton St.

Contact Jeanne Hagreen and Eunice Finch at 250-565-2327
Jeanne.Hagreen@northernhealth.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. By appointment.
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 Julie Bergen at 250-561-0607
parentnorth@shaw.ca
www.parentsupportbc.ca

Building Blocks

AIFDP

Mom and Tot Time. Parent led. Topics include Potty Time, Nobody's Perfect, 1234 Parents, Ready Set Learn.

No cost.

Fridays for two hours. 325 Beech Cresc.
Contact Deb Ewen 250-564-5941
dewen@pgnfc.com

Building Recovery of Individual Dreams and Goals Through Education and Support (BRIDGES)

BC Schizophrenia Society

10-session education program for individuals recovering from mental illness and addiction. The philosophy of the program is one of empowerment with the goal of recovering a new and valued sense of self, health and purpose.

No cost.

Tue or Wed, 3:30-5:30pm or 6:30-8:30pm,

Sep 16th-Nov 26th. 1117-6th Ave.

Contact Kathryn Lestage 250-561-8033

kathrynlstage@bcsspg.org

www.bcsspg.org

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 skills, life skills and home managements skills. Outreach workers work closely with the family to achieve outcome oriented family goals.

No cost.

Weekly sessions, for 3-9 months.

Contact Cindy Ignas at 250-562-9805

cindy.ignas@northernhealth.ca

Learning Circle Literacy Program *New Listing*

Prince George Native Friendship Centre

This program focuses on adult learners (age 18 and up) and their learning and skill development goals. We provide one-to-one tutoring services for literacy and numeracy development, pre-prep GED sessions and basic computer training. We also provide assistance with completing applications and forms, understanding written documentation, a lending library, and educational workshops.

No cost.

Contact August Horning or Maria Orcherton 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

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. Info. 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 250-562-9217

lleischner@shaw.ca

Parenting Classes

Northern Family Health Society

Trained facilitator leads classes on effective parenting

No cost. Childminding and bus tickets available.

Ongoing - call for info. 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, and lunch and snacks provided.

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.

Tue, 6:30-8:30 pm. Pine Street Community House.

Contact Julie Bergen 250-561-0607

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 the support, awareness and tools they need to cope and adapt

No cost.

Thu, 6:30-9pm, Sep 11th-Nov 27th. 1117-6th Ave.

Contact Kim Dixon at

Kimdixon@bcsspg.org

www.bcsspg.org

Warrior Caregivers Fathers Support Program

Kikino Metis Children & Family Services Society

Based on the holistic teachings of the Medicine Wheel, this program has been developed based on the self-identified needs of fathers in the north.

No cost. Snacks and beverages are provided.

Thu, 6-9:00pm. 1560 3rd Ave.

Contact Earl or Janice 250-563-1661

Wazdidadih 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
aifdpadmin@pgnfc.com

Parent Services

Aboriginal Supported Child Development Program

Prince George Native Friendship Centre
This program is intended for children who require extra support to be included in a childcare or after-school care setting. This is 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 Ave., Room 301
Contact Yvette Hepburn at 250--3568 xt 234/239
www.pgnfc.com

Boys Group *New Listing*

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 250-562-8142
cmason@csfs.org
www.csfs.org

Building Resiliency in Couples with Knowledge (BRICK)

BC Schizophrenia Society
8-session support and education program for couples affected by mental illness including schizophrenia, psychosis, bipolar, depression, anxiety and addiction disorders. Provides couples the opportunity to explore issues that arise due to mental illness.
No cost.
Mon, 5-7pm, Sep 29th-Dec 1st. 1117-6th Ave.
Contact Kim Dixon at 250-561-8033
kimdixon@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 *New Listing*

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 250-562-8142
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 *New Listing*

Aboriginal Infant Development Program Outreach Program
No cost. Babies six months and under.
Jan 14th-Feb 11th, 2009, 6-7:30pm. 138 George St.
Contact Tracey or Lisa at 250-564-5941
tfuller@pgnfc.com or lviennneau@pgnfc.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 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, for people in the Prince George area. Focus on assisting individuals with barriers to gaining employment. Daycare subsidy can be topped up or can pay daycare costs fully. Transportation benefits included for group training sessions.
No cost.
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

An array of services for 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 Drive - Family Y building - Box 1808
Contact the CCRR at 250-563-2483 crr@pgymca.bc.ca
www.childcarechoices.ca

Supported Child Development Program

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

The Big Sister Program

Big Brothers Big Sisters of Prince George
Screened volunteers are matched up with little sisters from the ages of 7-14 who come from single parent homes. Cost of activities are shared amongst the Big Sisters and the Little Sisters. Parent must be able to provide/find transportation to the appointments.
All year round. 777 Kinsmen Place
Contact Nancy Thibeau at
reception@bbbsp.org or nancy@bbbsp.org
www.bbbsp.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 - 1687 Strathcona Ave,
Contact Debbie Harmon at 250-563-7168 xt 225
therapy@cdcp.org

Parent Support

Children's Residence *New Listing*

AimHi
Respite for families that have children with developmental disabilities. CLBC funded. For children aged 0 up to and including 18 years of age. Child must be referred by CLBC or by MCFD.
No cost. 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 Janice Helsoe at 250-563-1661
j.helsoe@shawbiz.ca
www.kikino.ca (pending)

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 – 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 criteria at
www.communitylivingbc.ca.
As needed. 950 Kerry Street.
Contact Julie O'Reilly at 250-564-6408
julie.oreilly@aimhi.ca
www.aimhi.ca

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.
Meets Monday evenings. Call for dates and times.
Contact Julie 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 Julie Bergen at 250-561-0607
parentnorth@shaw.ca
www.parentsupportbc.ca

Parenting Group

Carrier Sekani Family Services
An open group for parents with children of any age. We talk about various topics related to growth and development, safety, illness and self-care for parents. Participants choose the topics and the facilitator brings materials or guest speakers.
No cost.
Wed, 10am-12pm. Hadih House, 2105 Pine St.
Contact Terry at 250-562-3591 or Greta at 250-563-7976
terry@csfs.org

Parents Together

Intersect
A group for parents of challenging teen-agers.
1294-3rd Avenue
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 problem, substance use and concurrent disorders (addictions and mental illness). No cost. The group provides constructive and compassionate assistance to people in need. Individual support is also available. Financial assistance provided if required to remove any barriers to participation. First Thu of every month from 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

This group is 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! It was designed to help parents make friends with other parents in town. Various outing locations, dates and times. 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. Contact Katie Naphtali katie@naph.ca www.facebook.com

Provision of Services to Deaf/Hard of hearing children and families. *New Listing*

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

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.bcspg.org/> to sign up. No cost. 24 hours a day, 7 days a week. Online Contact Kim Dixon at 250-561-8033 or 1-888-561-8055 kimdixon@bcspg.org www.bcspg.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. Tue 12:30-2:30pm. 1560 3rd Ave. Contact Janice Helsoe at 250-563-1661 j.helsoe@shawbiz.ca www.kikino.ca (pending)

Strengthening Families *New Listing*

Carrier Sekani Family Services
A family program to work on strengths, behaviour modification, positive reinforcement and communication within the family dynamic. No cost. New intake in January 2009 - Wednesdays, time TBA. Carrier Sekani Family Services board room. Contact Cheryl Thomas at 250-562-8142 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-4:00pm. #204-1200 LaSalle Ave. Contact Chrissie Gertzen at 250-561-5645

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 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

The Circle of Truth is a program that provides men an opportunity to work through and begin healing from the traumatic effects of sexual violence. This program also 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 *New Listing*

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 *New Listing*

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. Next one, Nov 6th, 6-7:30pm.

Central Fort George Traditional School.

Contact Cathy Mason at 250-562-8142

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 Jayna at 250-565-5735

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. 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.

8:30-3:30pm Mon-Fri, Sep-June. 1575-5th Ave. in the Brockwell Building

Contact Ruth Mason 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, 8:30-4:00pm.

1575 5th Ave.

Contact Shannon Smith or Bally Bassi at 250-561-1113

shannon@pgefry.bc.ca or bally@pgefry.bc.ca

Youth Support Line

Crisis Prevention, Intervention and Information Centre for Northern BC.

Confidential anonymous peer support for youth.

24 hours a day; 7 days a week.

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