

Circle of Friends



A safe place for children aged 6-12 years to talk with others and navigate through the pain of loss.

Children are encouraged to seek out and identify coping strategies to help them deal with their feelings and frustrations. Cost is \$10.00 per child. Snack is provided.

**October 5th-November 30th
(Thursdays) 5:00pm-6:00pm**



Incredible Years

A 9 week program known to promote children's social competence and reduce behavioural problems in children 3-8 years old by emphasizing parenting skills, such as: playing with your child, helping children learn, praise, incentives and effective limit setting. Dinner and childcare provided.

Open Waitlist

Connect Parent

The Connect Parent Group is an ideal group for parents and caregivers experiencing parenting challenges and conflict with their children between the ages of 8-12 (pre-adolescent program) and 12-18 (adolescent program). This parent group takes a different approach than many others offered, as it focuses on enhancing the building blocks of attachment, enhancing parents' ability to reflect before acting and their ability to regulate their feelings and respond more constructively.

This program runs once weekly for 9 weeks. Dinner and childcare is available.

**Pre-Adolescent Version: September 27th-November 29th
(Wednesdays) from 5:30pm until 7:00pm. Dinner and childcare is provided**



Friday Family Nights

5:30 -7:30 p.m.

Enjoy a nutritious dinner &
Recreational activities with friends and family.
It's a safe place for family fun,
It's a welcoming setting
And it's Free!

Pre-registration is required by Thursdays at 5pm

To sign-up or find out more information please call the Club at 250-554-5437. Check out our website for the Family Night schedules at www.bgckamloops.com.