

**KAMLOOPS COMMUNITY AGENCIES**  
**2017-18 Programs of Support for Children, Adolescents, and Families - January 2018**

**Under 6**

<b>Program Name</b>	<b>Description</b>	<b>Age Group</b>	<b>Community Agency</b>	<b>Contact Information</b>	<b>Additional Information</b>
<b>Friday Family Nights</b>	Join other families for a nutritious dinner and fun recreation activities with friends and family	Families	<b>Boys and Girls Club</b>	250.554.5437 Ext 206	<ul style="list-style-type: none"> <li>• Pre-register by Thursdays at 5pm</li> <li>• 5:30-7:30pm</li> <li>• Free</li> <li>• Open registration</li> </ul>
<b>Incredible Years</b>  <b>January 2018</b> <b>Ongoing waitlist</b>	A parenting program to promote children's social competence and reduce behaviour problems with an emphasis on parenting skills	Parents/Caregivers of 4-8 year olds	<b>Boys and Girls Club</b>	250.554.5437 ext 206	<ul style="list-style-type: none"> <li>• 5:30-7pm</li> <li>• 9 weeks</li> <li>• Childcare and meal provided</li> <li>• Open registration</li> </ul>
<b>Sib Shop</b>	A workshop for siblings who have a brother/sister with a disability	4-6 years	<b>CTFRC</b>	250.371.4100	<ul style="list-style-type: none"> <li>• Open registration</li> </ul>
<b>R.E.S.T. (Regulation of Emotions, Sensations, and Thinking)</b>	A group for parents ready to try out tools to help their children be calmer and more focused, and to help them manage everyday emotions and activity level.	Parents/Caregivers of preschoolers and primary students	<b>CTFRC and CYMH</b>	250.371.4100	<ul style="list-style-type: none"> <li>• \$30 total for all 4 sessions (for a maximum of 2 adults in the same family). \$7.50 for individual sessions</li> </ul>
<b>Circle of Security</b>	A relationship based early intervention program designed to enhance attachment security between parents	0-6 years	<b>CTFRC and CYMH (through YMCA –Early Years Centre)</b>	250.376.4771	<ul style="list-style-type: none"> <li>• 8 week program</li> <li>• Community referrals</li> </ul>

	and children. Various community agencies have groups throughout the year for their clients. Community referrals are made through the YMCA Early Years Centre.		<b>ICS</b> <b>Secwepemc Child &amp; Family Services</b>	250.554.3134 250.314.9669	<ul style="list-style-type: none"> <li>• Registration ongoing</li> </ul>
<b>ADHD Group</b> <b>150 Wood Street</b>	3 week psychoeducation group to provide information and tools to parents to support the children in our lives diagnosed with ADHD.	0-19	<b>CYMH</b>	250.376.4771 Sarah	<ul style="list-style-type: none"> <li>• Free</li> <li>• 3 sessions</li> <li>• 9-10:30 am</li> <li>• Childcare provided</li> </ul>
<b>Pathways for Change</b> <b>1165 Battle St. – Training Room</b>	A parenting education series, consisting of 5 sessions: 1. Foundations for good mental health; 2. Connecting with your child/youth; 3. Big feelings in little people; 4. Bad behaviours; and 5. When things go wrong.	Parents/caregivers	<b>CYMH</b>	250.371.5313 Vicki	<ul style="list-style-type: none"> <li>• Free</li> <li>• 5 sessions</li> </ul>
<b>Caring Dads</b> <b>Feb-May 2018</b> <b>Sept – Dec 2018</b>	An anti-violence program helping fathers value their children. Designed to support fathers relationship with their children.	0-19	<b>Interior Community Services</b>	250.554.3134 250.554.1176	<ul style="list-style-type: none"> <li>• MCFD referral</li> <li>• 17 weeks</li> </ul>
<b>Make the Connection</b>	A group for mothers and infants under nine months where parents learn the skill necessary to establish loving relationships, foster two-way communication, and help their baby explore, in order to maximize social, emotional language and development right from the beginning.	Parents and children 0 – 5 years old	<b>Interior Community Services</b>	250.554.3134 Early Connections to register	<ul style="list-style-type: none"> <li>• 4 weeks</li> <li>• Attachment based program</li> </ul>
<b>Parenting Awareness and Individual Development (PAID)</b> <b>Jan –Mar 2018</b> <b>Apr – Jun 2018</b>	Provides group education and support and outreach services to families experiencing challenges in their role as parents.	Parents and children 0 – 6 years old	<b>Interior Community Services</b>	250.554.3134	<ul style="list-style-type: none"> <li>• 10 week sessions</li> <li>• Tues &amp; Thurs 9 – 12</li> <li>• Self-referrals call intake</li> </ul>

<b>Pathways to Competence</b>	A group for parents with children 0-7 years which provides an understanding of the basic dimensions of development in young children with an emphasis on emotional and social development, and attachment.	Parents of children 0-7 years.	<b>Interior Community Services</b>	250.554.3134 Early Connections to register	<ul style="list-style-type: none"> <li>• 10 weeks</li> <li>• Self and community referrals</li> <li>• Attachment and development focus.</li> </ul>
<b>Infant Massage</b>	A calm and nurturing small group setting for infants. The parent/caregiver will learn massage techniques which can later be used at home. Massage is beneficial for bonding between parent and child and helps with digestion and colic.	Parents/caregivers of infants 0-12 months	<b>Kamloops Aboriginal Friendship Society</b>  <b>Kamloops Infant Development Society</b>  <b>Lii Michif Otipemisiwak Family and Community Services</b>  <b>Secwepemc Child &amp; Family Services</b>  <b>YMCA-Child Care Resource &amp; Referral Program</b>	250.376.1617  250.371.4140  250.554.9486  250.314.9669  250.376.4771	<ul style="list-style-type: none"> <li>• Free</li> <li>• Registration required</li> <li>• Call for more information as to next available class</li> </ul>
<b>KAFS Community Drumming</b>	Cultural balance and understanding of the FN's tradition and values based drumming	0-19	<b>Kamloops Aboriginal Friendship Society</b>	(250) 376-1296	<ul style="list-style-type: none"> <li>• Every Tuesday 3:30 – 4:30</li> <li>• Free</li> </ul>
<b>Mother Goose</b>	A community based group experience for parents, grandparents and their babies and young children to experience the spark of delight and magic that comes from enjoying a favorite rhyme or song together, enjoy strengthened bonding and develop a network of friends	Parents/Caregivers and children 0 – 5 years old	<b>Kamloops Aboriginal Friendship Society</b>  <b>Kamloops Early Language and Literacy Initiative</b>  <b>YMCA-Child Care Resource &amp; Referral Program</b>	250.376.1617  250.554.3134 (Maureen Doll)  250.376.4771	<ul style="list-style-type: none"> <li>• Free</li> <li>• Registration required</li> <li>• 8 week</li> <li>• Online registration for school locations at <a href="http://www.eventbrite.com">www.eventbrite.com</a>.</li> </ul>

					ca <ul style="list-style-type: none"> <li>• YMCA-Child Care Resource &amp; Referral Program has a focus on pre-crawlers</li> </ul>
<b>Parent and Tot Play Group</b>	For parents/caregivers and their kids for crafts, songs, stories, snacks and fun	Parents/Caregivers and 0-6 year olds	<b>Kamloops Aboriginal Friendship Society</b>  <b>Secwepemc Child &amp; Family Services</b>	250.376.1617  250.314.9669	<ul style="list-style-type: none"> <li>• Ongoing and drop-in</li> <li>• Open registration</li> </ul>
<b>Under the Eagle's Wing</b>	For moms and dads with young children to join for lunch, games and information	Parents/Caregivers and 0-6 year olds	<b>Kamloops Aboriginal Friendship Society</b>	250.376.1617	<ul style="list-style-type: none"> <li>• Meet on Mondays</li> <li>• Open registration</li> </ul>
<b>Baby Locomotion Time</b> <b>150 Wood Street</b>	Connect with other parents and give your child a chance to explore movement in a big, safe space designed for fun!	Parents with pre-crawlers to new walkers	<b>Kamloops YMCA – John Tod Y – Early Years Centre</b>	250.376.4771	<ul style="list-style-type: none"> <li>• Free</li> <li>• Drop-in</li> <li>• Mondays 11am-12pm</li> </ul>
<b>Baby Time</b>	Learn fun songs, rhymes and stories while you bond with your baby and connect with other parents.		<b>Kamloops YMCA – John Tod Y – Early Years Centre</b>	250.376.4771	<ul style="list-style-type: none"> <li>• Free</li> <li>• Drop in</li> <li>• Tuesdays 11:45am-12:30pm</li> </ul>
<b>Early Speech and Language Groups</b>	Interior Health offers regular speech services/groups		<b>Kamloops YMCA – John Tod Y – Early Years Centre</b>	250.851.7355	<ul style="list-style-type: none"> <li>• For more information and registration call Interior Health</li> </ul>
<b>Lift the Lip Dental Program</b>	Interior Health Dental Program	Children 12-47 months	<b>Kamloops YMCA – John Tod Y – Early Years Centre</b>	250.851.7300	<ul style="list-style-type: none"> <li>• By appointment with Interior Health</li> </ul>
<b>Children Who Witness Abuse Program</b>	A non-crisis intervention program with the goal of breaking the cycle of intergenerational abuse. For children who have witnessed violence and their	5 to 19 years of age	<b>Kamloops YMCA/YWCA</b>	250.376.7800	<ul style="list-style-type: none"> <li>• counselling</li> <li>• Group support</li> <li>• Dyad and family sessions</li> </ul>

	non-offending parents/caregivers				<ul style="list-style-type: none"> <li>• Open referral</li> <li>• Camp Starfish</li> </ul>
<b>CTC Group (Changing the Cycle)</b>	A support group for non-offending parents with children who have witnessed abuse	Parents/Caregivers of 0-19 year olds	<b>Kamloops YMCA/YWCA</b>	250.376.7800	<ul style="list-style-type: none"> <li>• Ongoing intake</li> <li>• Weekly 2 hour group</li> </ul>
<b>Interactive Early Learning Centre</b> <b>150 Wood Street</b>	An opportunity for children to spend a morning exploring a fun, safe play environment with parent/caregiver. Children will explore different themes and have story time, crafts and special events.	Parents/Caregivers and children 0-5 years	<b>Kamloops YMCA/YWCA-Child Care Resource &amp; Referral Program</b>	250.376.4771	<ul style="list-style-type: none"> <li>• Free</li> <li>• Drop-in</li> <li>• Tuesdays 9:00-11:30am</li> </ul>
<b>Nobody's Perfect</b> <b>150 Wood Street</b>	A group to provide support and activities to discuss child safety, development and behavior. There is a focus on self-care. Parents help develop group goals	Parents of children 0 – 5 years	<b>Kamloops YMCA/YWCA-Child Care Resource &amp; Referral Program</b>	250.376.4771	<ul style="list-style-type: none"> <li>• 4-6 weeks</li> <li>• Free</li> <li>• snack/childcare/transportation (if required) provided</li> </ul>
<b>Toy Lending and Resource Library</b> <b>150 Wood Street</b>	The YMCA-YWCA/CCRR-Early Years Centre Lending Library is a free resource for parents, and child care providers. There is a wide variety of materials to help parents and educators plan their play and learning times, bring new ideas to their environment and help children learn and grow in fun, creative ways.		<b>Kamloops YMCA/YWCA-Child Care Resource &amp; Referral Program</b>	250.376.4771	<ul style="list-style-type: none"> <li>• Free service</li> </ul>
<b>Father's Meeting Place</b>	A culturally safe place where fathers can gather to share their parenting experiences, learn traditional ways to parent their children and also learn about Aboriginal Culture from a Metis father and Elder.	Open to all Aboriginal Fathers	<b>Lii Michif Otipemisiwak Family and Community Services 707 Tranquille</b>	250.554.9486	<ul style="list-style-type: none"> <li>• Thursdays 7:00-9:00pm</li> <li>• No Cost</li> </ul>
<b>Flower Beadwork Circle</b>	Come and learn basic Métis traditional flower beadwork. Open to all ages and levels of skill.	Open to all ages and skill levels	<b>Lii Michif Otipemisiwak Family and Community Services 707 Tranquille</b>	250.554.9486	<ul style="list-style-type: none"> <li>• Wednesdays 2:30-4:30pm</li> </ul>

<b>Hot Breakfast and Playtime for Parents and Children</b>	Join us for a parent/child Attachment based group that includes a hot and Cultural activities with a Metis Elder.	Parents/0-6 years	<b>Lii Michif Otipemisiwak Family and Community Services 707 Tranquille</b>	250.554.9486	<ul style="list-style-type: none"> <li>• Currently Wednesdays from 9:30-11:30am.</li> <li>• No Cost</li> <li>• Call for more information</li> </ul>
<b>Learning Café</b>	One to one tutoring with a qualified academic tutor for children and youth to support them with their schoolwork. This is primarily targeted for children in care.	School Age	<b>Lii Michif Otipemisiwak Family and Community Services 707 Tranquille</b>	250.554.9486	<ul style="list-style-type: none"> <li>• Please call to arrange times to meet with our tutor</li> <li>• No Cost</li> </ul>
<b>Michif Children's Jigging Class</b>	Children are welcome to come be a part of a fun and exciting experience learning to Jig. You just need to bring your enthusiasm, and willingness to learn.	Children 6 to 11 years	<b>Lii Michif Otipemisiwak Family and Community Services 707 Tranquille</b>	250.554.9486	<ul style="list-style-type: none"> <li>• Tuesdays 3:30-4:15pm</li> <li>• No Cost</li> <li>• Call for more information</li> </ul>
<b>Michif Language Circle</b>	Come learn the Michif language with us in this fun interactive environment.	For all ages from beginners to proficient speakers.	<b>Lii Michif Otipemisiwak Family and Community Services 707 Tranquille</b>	250.554.9486	<ul style="list-style-type: none"> <li>• Mondays 3:00-4:00pm</li> <li>• No cost</li> <li>• Call for more information</li> </ul>
<b>StrongStart BC Early Learning Program</b>	Drop-in program for children and parents guided by trained Early Childhood Educators who offer a variety of activities for families. Available at AE Perry, Arthur Hatton, Marion Schilling, Summit, Barriere Elementary, Haldane Elementary (Chase), and Raft River Elementary (Clearwater)	Parents/Caregivers and children 0-5 years	<b>SD73</b>	250.374.2266 Call Marianne Vande Pol for information	<ul style="list-style-type: none"> <li>• Contact schools for hours</li> <li>• Registration required</li> <li>• Drop-in</li> <li>• Free</li> </ul>
<b>Worry Bugs</b>	This group is suitable for children without challenging behaviors who have anxieties and worries. Children and parents will learn cognitive behavioural strategies to manage anxiety	Parents/Caregivers and children in Kindergarten & grade 1	<b>SD73</b>	250.376.2266 Jocelyn or April	<ul style="list-style-type: none"> <li>• 4 week – 1 hour sessions</li> <li>• Pre-screening required</li> </ul>

<p><b>Gifted Givers Program</b></p> <p>Group is on-going</p>	<p>We serve Indigenous families who have past, present, or impending MCFD/SCFS involvement, or who are at risk of child protection involvement. Our goal is to support healthy family dynamics, healing, and increase parents/caregivers ability to care for their children. We provide advocacy, court support, needs &amp; goals assessments, relationship development, outreach, referrals, and group work. Keeping families together and connected to their culture is priority.</p>	<p>Parents/ caregivers</p>	<p><b>White Buffalo</b></p>	<p>250.554.1176 Dionne &amp; Darlene</p>	<ul style="list-style-type: none"> <li>• Free</li> <li>• Drop-ins welcome</li> <li>• Self-referrals welcome</li> <li>• Intake &amp; Needs and Goals Assessment required</li> <li>• Weekdays 8:30 – 4:30 (closed from 12-1)</li> <li>• Call or come by for info. re. what groups are currently running (Various groups run Summer, Fall, Winter, Spring)</li> </ul>
--	--	----------------------------	-----------------------------	--	--

#### CHILDREN 6-12

Program Name	Description	Age Group	Community Agency	Contact Information	Additional Information
<p><b>Circle of Friends Thursdays</b></p> <p>Winter and Spring 2018</p>	<p>Safe place for children to talk with other and navigate through the pain of loss (including separation and divorce)</p>	<p>6-12</p>	<p><b>Boys and Girls Club</b></p>	<p>250.554.5437 ext 206</p>	<ul style="list-style-type: none"> <li>• 5-6:00pm</li> <li>• 9 weeks</li> <li>• Open registration</li> <li>• Ongoing waitlist</li> </ul>
<p><b>Connect Parent Pre-teen</b></p> <p>January 31-April 4 150 Wood Street</p>	<p>Ideal group for parents and caregivers experiencing challenges and conflict with their pre-teen with a focus on attachment and parental emotion regulation and constructive responses</p>	<p>Parents/Caregivers of 8-12 year olds</p>	<p><b>Boys and Girls Club</b></p>	<p>250.554.5437 ext 206</p>	<ul style="list-style-type: none"> <li>• 9 week program</li> <li>• 5:30-7:00pm</li> <li>• Meal and child care provided</li> <li>• Open</li> </ul>

					registration
<b>Friday Family Nights</b> <b>150 Wood Street</b>	Join other families for a nutritious dinner and fun recreation activities with friends and family	Families	<b>Boys and Girls Club</b>	250.554.5437 ext 206	<ul style="list-style-type: none"> <li>• Pre-register by Thursdays at 5pm</li> <li>• 5:30-7:30pm</li> <li>• No cost</li> <li>• Open registration</li> </ul>
<b>Incredible Years</b> <b>Ongoing waitlist</b> <b>150 Wood Street</b>	Parenting program to promote children's social competence and reduce behaviour problems with an emphasis on attachment based parenting skills	Parents/Caregivers of 4-8 year olds	<b>Boys and Girls Club</b>	250.554.5437 ext 206	<ul style="list-style-type: none"> <li>• 5:30-7pm</li> <li>• 10 weeks</li> <li>• Childcare available on request</li> <li>• Open registration</li> </ul>
<b>My Youth Club</b> <b>150 Wood Street</b>	A casual and supportive after school setting for older children to spend time with peers, have a snack, and engage in recreational and social activities	11-18	<b>Boys and Girls Club</b>	250.554.5437	<ul style="list-style-type: none"> <li>• Monday to Friday</li> <li>• 3:00-6:00pm</li> <li>• No charge</li> </ul>
<b>ADHD Group</b> <b>150 Wood Street</b>	3 week psychoeducation group to provide information and tools to parents to support the children in our lives diagnosed with ADHD.	0-19	<b>CYMH</b>	250.376.4771 Sarah	<ul style="list-style-type: none"> <li>• Free</li> <li>• 3 sessions</li> <li>• 9-10:30 am</li> <li>• Childcare provided</li> </ul>
<b>Pathways for Change</b>	A parenting education series, consisting of 5 sessions: 1. Foundations for good mental health; 2. Connecting with your child/youth; 3. Big feelings in little people; 4. Bad behaviours; and 5. When things go wrong.	Parents/caregivers	<b>CYMH</b>	250.371.5313 Vicki	<ul style="list-style-type: none"> <li>• Free</li> <li>• 5 sessions</li> </ul>
<b>Teen Anxiety Group</b> <b>Winter 2018</b>	This group, based on The Taming the Worry Dragons for Teens Program with additional skills and resources, is intended for teens who are struggling	12-14	<b>CYMH/SD#73</b>	Jocelyn 250.376.2266	<ul style="list-style-type: none"> <li>• 6 sessions</li> <li>• Pre-screening required</li> <li>• One parent</li> </ul>



	with mild to moderate anxiety. Over the six sessions, they will learn about anxiety and develop “tools” that will help manage anxious moments when they arise.				information night <ul style="list-style-type: none"> <li>• 4-5pm</li> </ul>
<b>Sib Shop</b>	A workshop for siblings who have a brother/sister with a disability	6-12	<b>CTFRC</b>	250.371.4100	<ul style="list-style-type: none"> <li>• Open registration</li> <li>• Friday pm &amp; Saturday</li> </ul>
<b>Caring Dads</b> <b>Feb – May 2018</b> <b>Sept – Dec 2018</b>	An anti-violence program helping fathers value their children. Designed to support fathers relationship with their children.	0-19	<b>Interior Community Services</b>	250.554.3134 For more information	<ul style="list-style-type: none"> <li>• 17 weeks</li> </ul>
<b>Mind Over Madder</b> <b>Feb – Mar 2018</b>	Managing conflict and understanding anger. A group designed to support participants to learn skills to manage conflict	8-12 (accompanied by a parent/guardian)	<b>Interior Community Services</b>	250.554.3134	<ul style="list-style-type: none"> <li>• 9 weeks</li> <li>• April 2017</li> <li>• Pre-registration required</li> <li>• 2 hours/week</li> </ul>
<b>Kamloops Shapedown BC</b>	Kamloops Shapedown BC is family based group program that helps children and teens, and their families, achieve a healthier lifestyle with a team of Registered Dietician, Fitness Instructor, Registered Social Worker and Pediatrician helping to make positive changes in eating habits, activity level, parenting skills and self-esteem.	6-17	<b>Interior Health</b>  <b>Located at John Tod Centre YMCA</b>	250.851.7301	<ul style="list-style-type: none"> <li>• Ask your family Doctor, Pediatrician or Nurse Practitioner to send us a referral or contact us for more information</li> </ul>
<b>Children’s Drum Group</b>	An interactive gathering for children and their parents who wish to learn traditional drumming and singing	6-12	<b>Kamloops Aboriginal Friendship Society</b>	250.376.1617	<ul style="list-style-type: none"> <li>• Ongoing</li> <li>• Open registration</li> <li>• 3-4:30pm</li> </ul>
<b>KAFS Community Drumming</b>	Cultural balance and understanding of the FN’s tradition and values based drumming	0-19	<b>Kamloops Aboriginal Friendship Society</b>	(250) 376-1296	<ul style="list-style-type: none"> <li>• Every Tuesday 3:30 – 4:30</li> <li>• Free</li> </ul>

<b>Parenting Program</b>	In a positive, safe and non-judgmental environment parents/caregivers learn about empathetic listening, communication skills, discipline, and sibling rivalry	6-12	<b>Kamloops Aboriginal Friendship Society</b>	250.376.1617 Jenna or Corinna	<ul style="list-style-type: none"> <li>• Free</li> <li>• 7 week program</li> <li>• Tuesdays</li> <li>• 9:30-12pm</li> <li>• Open registration</li> </ul>
<b>Child Care Resource &amp; Referral Services</b>	CCRR provides up-to-date resources on child care options and childcare referrals to families looking for childcare. We also provide information and assistance with completing Child Care Subsidy applications. We also offer a range of support with developmental screening as well as resources to support healthy child development.		<b>Kamloops YMCA/YWCA - John Tod Y – Child Care Resource &amp; Referral/Early Years Centre</b>	250.376.4771  www.kamloopsy.org/ccrreycfeaturepage	<ul style="list-style-type: none"> <li>•</li> </ul>
<b>Children Who Witness Abuse Program</b>	A non-crisis intervention program with the goal of breaking the cycle of intergenerational abuse. For children who have witnessed violence and their non-offending parents/caregivers	5 to 19	<b>Kamloops YMCA/YWCA</b>	250.376.7800	<ul style="list-style-type: none"> <li>• counselling</li> <li>• Group support</li> <li>• Dyad and family sessions</li> <li>• Open referral</li> <li>• Camp Starfish</li> </ul>
<b>CTC Group (Changing the Cycle)</b>	A support group for non-offending parents with children who have witnessed abuse	Parents/Caregivers of 0-19	<b>Kamloops YMCA/YWCA</b>	250.376.7800	<ul style="list-style-type: none"> <li>• Ongoing intake</li> <li>• Weekly 2 hour group</li> </ul>
<b>Sports Mania</b> <b>150 Wood Street</b>	A drop in program where participants will experience several different physical activities and sports, will include outdoor activities and sports	12 - 16	<b>Kamloops YMCA</b>	250.376.4771	<ul style="list-style-type: none"> <li>•</li> </ul>
<b>Super Sports</b> <b>150 Wood Street</b>	Drop In program that focuses on active lifestyle through many popular games activities for school age children such as dodgeball, basketball, and soccer	5 - 12	<b>Kamloops YMCA</b>	250.376.4771	<ul style="list-style-type: none"> <li>•</li> </ul>
<b>Toy Lending and Resource Library</b> <b>150 Wood Street</b>	The library is a valuable resource for parents, child care, and education workers, child development support workers, therapists, teachers, informal		<b>Kamloops YMCA</b>	250.376.4771	<ul style="list-style-type: none"> <li>• Free</li> </ul>

	caregivers and recreational programmers. There is a wide variety of items to choose from that will support children's social, emotional, physical, language & cognitive development. Resources include a variety of parenting topics, child development texts and curriculum planning.				
<b>Youth Badminton</b> <b>150 Wood Street</b>	Badminton helps improve cardiovascular endurance and hand eye coordination	9-13	<b>Kamloops YMCA</b>	250.376.4771	•
<b>Father's Meeting Place</b>	A culturally safe place where fathers can gather to share their parenting experiences, learn traditional ways to parent their children and also learn about Aboriginal Culture from a Metis father and Elder.	Open to all Aboriginal Fathers	<b>Lii Michif Otipemisiwak Family and Community Services</b> <b>707 Tranquille</b>	250.554.9486	<ul style="list-style-type: none"> <li>• Thursdays 7:00-9:00pm</li> <li>• No Cost</li> </ul>
<b>Learning Café</b>	One to one tutoring with a qualified academic tutor for children and youth to support them with their schoolwork. This is primarily targeted for children in care.	School Age	<b>Lii Michif Otipemisiwak Family and Community Services</b> <b>707 Tranquille</b>	250.554.9486	<ul style="list-style-type: none"> <li>• Please call to arrange times to meet with our tutor</li> <li>• No Cost</li> </ul>
<b>Michif Children's Jigging Class</b>	Children are welcome to come be a part of a fun and exciting experience learning to Jig. You just need to bring your enthusiasm, and willingness to learn.	Children 6 to 11 years	<b>Lii Michif Otipemisiwak Family and Community Services</b> <b>707 Tranquille</b>	250.554.9486	<ul style="list-style-type: none"> <li>• Tuesdays 3:30-4:15pm</li> <li>• No Cost</li> <li>• Call for more information</li> </ul>
<b>Michif Language Circle</b>	Come learn the Michif language with us in this fun interactive environment.	For all ages from beginners to proficient speakers.	<b>Lii Michif Otipemisiwak Family and Community Services</b> <b>707 Tranquille</b>	250.554.9486	<ul style="list-style-type: none"> <li>• Mondays 3:00-4:00pm</li> <li>• No cost</li> <li>• Call for more information</li> </ul>

<p><b>Taming Worry Dragons</b> April 2-May 8, 2018</p>	<p>A group that provides education and skills for children without challenging behaviors who are experiencing internalizing anxiety</p>	<p>Parents/Caregivers and 8-12 year olds</p>	<p><b>SD#73/ICS</b></p>	<p>250.376.2266 Jocelyn or April</p>	<ul style="list-style-type: none"> <li>• Open registration must call to pre-screen</li> <li>• 6 weeks</li> </ul>
<p><b>Worry Bugs</b> Mondays</p>	<p>This group is suitable for children with anxieties and worries. Children and parents will learn cognitive behavioural strategies to manage anxiety</p>	<p>Parents/Caregivers and children in Kindergarten &amp; grade 1</p>	<p><b>SD73</b></p>	<p>250.376.2266 Jocelyn or April</p>	<ul style="list-style-type: none"> <li>• 4 week – 1 hour sessions</li> <li>• Open registration must call to pre-screen</li> </ul>
<p><b>Courage Cubs</b> Ongoing and demand dependent</p>	<p>This culturally specific group will help children who experience anxiety learn about anxiety and ways to manage it. This group is for children aged 6 – 9 years of age.</p>	<p>6-12 year olds</p>	<p><b>White Buffalo</b></p>	<p>250.554.1176 Kayla Coutlee</p>	<ul style="list-style-type: none"> <li>• Free</li> <li>• 1 hour per week</li> <li>• 6 weeks</li> <li>• Lunch provided</li> </ul>
<p><b>Coping with Your Courage Cub</b> Ongoing and demand dependent</p>	<p><i>Coping with your Courage Cub</i> provides basic education on childhood anxiety and teaches successful skills and interventions that you can utilize at home. The group environment provides an opportunity for parents experiencing the same struggles to support, share and learn from one another. This group is recommended for parents whose child is attending Courage Cubs, but is open to all.</p>	<p>Parents/caregivers of 6-12 year olds</p>	<p><b>White Buffalo</b></p>	<p>250.554.1176 Kayla Coutlee</p>	<ul style="list-style-type: none"> <li>• Free</li> <li>• 6 weeks</li> <li>• 2 hours per week</li> </ul>
<p><b>Fit Nation</b></p>	<p>Anyone can participate in Fit Nation. Fit Nation will build confidence, self-esteem and endurance. Reclaim the joy of moving, increase your fitness level, and make friends.</p>	<p>8-12 year olds</p>	<p><b>White Buffalo</b></p>	<p>250.554.1176 Clarice Silva</p>	<ul style="list-style-type: none"> <li>• Fridays</li> <li>• 3:30-4:30pm</li> <li>• Snack provided</li> <li>• For additional information or to register please</li> <li>• Please bring appropriate clothing for outside weather.</li> </ul>

<p><b>Gifted Givers Program</b></p> <p>Group is on-going</p>	<p>We serve Metis and Aboriginal families who have past or present MCFD involvement or who are at risk of having MCFD involvement. Our goal is to support healthy family dynamics, encourage healing, and increase the ability for families to care for their children. We accept referrals from the community as well as self-referrals. Our program offers one-on-one support in the community and in our office, family healing/counseling in the homes of clients, and weekly groups in office. These weekly groups will focus on reconnecting individuals to their cultural heritage, increasing parenting skills and confidence, awareness and skills to manage any family violence concerns, co-parenting, boundaries, self-care etc.</p>	<p>Parents/ caregivers</p>	<p><b>White Buffalo</b></p>	<p>250.554.1176 Kelsey Grimm</p>	<ul style="list-style-type: none"> <li>• Free</li> <li>• Open program with drop-ins welcome</li> <li>• Intake assessment required</li> <li>• 9:00-11:30am</li> <li>• Certificate of completion</li> </ul>
--	--	----------------------------	-----------------------------	--------------------------------------	---

### TEENS

Program Name	Description	Age Group	Community Agency	Contact Information	Additional Information
<p><b>Kamloops Youth Housing First Wrapforce</b></p>	<p>Wrapforce is a team of people who help youth get the support and housing they need in the Kamloops area. A Wrapforce team member help youth identify their goals and create a support team to help each youth get the needed services. A support team may include</p>	<p>17-24 year olds</p>	<p><b>A Way Home Kamloops</b></p>	<p>250.320.7837 Katherine McParland</p>	<ul style="list-style-type: none"> <li>• Free</li> </ul>

	people who assist in finding a stable home and job, or support with drug or alcohol addictions, health, school, Aboriginal culture, and more				
<p><b>1st Step Mobile Treatment Program</b></p> <p><b>Feb, May, and October</b></p> <p>The program is also offered in outlying areas such as Barriere, Clearwater, Logan Lake and Chase</p>	<p>A Harm Reduction model addiction and life skills program, open to youth ages 13-24 who may benefit in gaining knowledge and education about substance misuse, substance addictions, coping mechanisms and life skills. Please Note: Youth who are not using substances at this time, but feel may lack life skills and be at risk in using substances in the future, are also welcome. In the past youth have received Planning 10 credits for attending due to the variety of life skills they are learning in the program. This is dependent on the school and is at the principal's discretion.</p>	13-24 year olds	<b>Axis Family Resources</b>	<p>250.851.2947 ext 231</p> <p>Holly-Rose Vesper</p>	<ul style="list-style-type: none"> <li>• Free</li> <li>• Monday to Thursday</li> <li>• 9am to 3pm</li> <li>• Breakfast and lunch provided</li> <li>• Certificate of Completion</li> </ul>
<b>Bush Party Awareness Workshops</b>	Utilizing the harm reduction model, these workshops explore the dynamics of using drugs and alcohol in a party setting and offer youth strategies on staying safe if they are choosing these activities.	13-24	<b>Axis Family Resources</b>	<p>250.851.2947 ext 231</p> <p>Holly-Rose Vesper</p>	<ul style="list-style-type: none"> <li>• Free</li> <li>• 1 hour duration</li> <li>• Upon request of School and/or community organization</li> </ul>
<b>Family Education and Support Program</b>	Ideal group for families affected by and/or struggling with a family member's substance misuse and/or concurrent disorders. Providing knowledge and education about addiction and concurrent disorders while also providing skills and strategies in supporting themselves and their family member.	Parents/Caregivers or families	<b>Axis Family Resources</b>	<p>250.851.2947 ext 231</p> <p>Holly-Rose Vesper</p>	<ul style="list-style-type: none"> <li>• Free</li> <li>• Program is offered upon request</li> </ul>

<b>Connect Parent Teen</b> <b>Ongoing waitlist</b>	<p>Ideal group for parents and caregivers experiencing challenges and conflict with their teen with a focus on attachment and parental emotion regulation and constructive responses</p>	<p>Parents/Caregivers of 12-18 year olds</p>	<b>Boys and Girls Club</b>	<p>250.554.5437 ext 206</p>	<ul style="list-style-type: none"> <li>• 9 week program</li> <li>• Open registration</li> <li>• 5:30-7pm</li> <li>• Dinner provided</li> </ul>
<b>My Youth Club</b>	<p>A casual and supportive after school setting for older children to spend time with peers, have a snack, and engage in recreational and social activities</p>	<p>13-18</p>	<b>Boys and Girls Club</b>	<p>250.554.5437 Sophie</p>	<ul style="list-style-type: none"> <li>• Monday to Friday</li> <li>• 3:00-6:00pm</li> <li>• No charge</li> </ul>
<b>Nights Alive</b>	<p>A safe place to meet and enjoy the company of other teens with food and activities – hassle/drug and alcohol free</p>	<p>13-18</p>	<b>Boys and Girls Club</b>	<p>250.554.5437 Sophie</p>	<ul style="list-style-type: none"> <li>• Fridays</li> <li>• 8:30pm to midnight</li> <li>• North Shore drop off available with 11pm departure</li> </ul>
<b>Raising the Grade</b>	<p>A multi-faceted education program aimed at increasing academic skills, high school graduation rates and access to post-secondary education for at-risk youth</p>		<b>Boys and Girls Club</b>	<p>250.554.5437 Justin</p>	<ul style="list-style-type: none"> <li>• Free</li> <li>• Drop in with prior registration</li> </ul>
<b>ADHD Group</b> <b>150 Wood Street</b>	<p>3 week psychoeducation group to provide information and tools to parents to support the children in our lives diagnosed with ADHD.</p>	<p>0-19</p>	<b>CYMH</b>	<p>250.376.4771 Sarah</p>	<ul style="list-style-type: none"> <li>• Free</li> <li>• 3 sessions</li> <li>• 9-10:30 am</li> <li>• Childcare provided</li> </ul>
<b>Pathways for Change</b> <b>1165 Battle St. – Training Room</b>	<p>A parenting education series, consisting of 5 sessions: 1. Foundations for good mental health; 2. Connecting with your child/youth; 3. Big feelings in little people; 4. Bad behaviours; and 5. When things go wrong.</p>	<p>Parents/caregivers</p>	<b>CYMH</b>	<p>250.371.5313 Vicki</p>	<ul style="list-style-type: none"> <li>• Free</li> <li>• 5 sessions</li> </ul>
<b>Teen Anxiety Group</b>	<p>This group, based on The Taming the Worry Dragons for Teens Program with additional skills and resources, is intended for teens who are struggling with mild to moderate anxiety. Over</p>	<p>12-14</p>	<b>CYMH/SD#73</b>	<p>250.376.2266 Jocelyn</p>	<ul style="list-style-type: none"> <li>• 6 sessions</li> <li>• Pre-screening required</li> <li>• One parent information night</li> </ul>

	the six sessions, they will learn about anxiety and develop “tools” that will help manage anxious moments when they arise.				(Jan 7 @ 6:30-8pm) <ul style="list-style-type: none"> <li>• 4-5pm</li> </ul>
<b>Caring Dads</b> Feb – May 2018 Sept – Dec 2018	An anti-violence program helping fathers value their children. Designed to support fathers’ relationship with their children.	0-19	<b>Interior Community Services</b>	250.554.3134 For more information	<ul style="list-style-type: none"> <li>• 17 weeks</li> </ul>
<b>Mind Over Madder Teens</b>	This group is designed to support participants to understand anger and learn skills to manage conflict. The approach of the program is based in Cognitive Behavioural Therapy and utilizes a variety of additional therapeutic models.	13-19 years & Caregivers	<b>Interior Community Services</b>	250.554.3134	<ul style="list-style-type: none"> <li>• 9 weeks</li> </ul>
<b>Kamloops Shapedown BC</b>	Kamloops Shapedown BC is family based group program that helps children and teens, and their families, achieve a healthier lifestyle with a team of Registered Dietician, Fitness Instructor, Registered Social Worker and Pediatrician helping to make positive changes in eating habits, activity level, parenting skills and self-esteem.	6-17	<b>Interior Health</b>  <b>Located at John Tod Centre YMCA</b>	250.851.7301	<ul style="list-style-type: none"> <li>• Ask your family Doctor, Pediatrician or Nurse Practitioner to send us a referral or contact us for more information</li> </ul>
<b>KAFS Community Drumming</b>	Cultural balance and understanding of the FN’s tradition and values based drumming	0-19	<b>Kamloops Aboriginal Friendship Society</b>	(250) 376-1296	<ul style="list-style-type: none"> <li>• Every Tuesday 3:30 – 4:30</li> <li>• Free</li> </ul>
<b>KAFS Cultural Crafts</b>	Aboriginal Workshops that will teach: moccasin making, regalia making, beading, making a Drum Demonstration, Rattles, Smudging & Drumming and other cultural bases activities.	Open to teens and adults	<b>Kamloops Aboriginal Friendship Society</b>	(250) 376-1296	<ul style="list-style-type: none"> <li>• Free</li> <li>• Call for information on specific workshops</li> </ul>
<b>Lessons in POW WOW Dance</b>	Woman’s Fancy Shawl	12-17 years	<b>Kamloops Aboriginal Friendship Society</b>	250.376.1617	<ul style="list-style-type: none"> <li>• Free</li> <li>• 7 week program</li> </ul>



					<ul style="list-style-type: none"> <li>• Wednesdays 5:00pm</li> </ul>
<b>Youth Movie Night</b>		13-18	<b>Kamloops Aboriginal Friendship Society</b>	250.376.1617 OR 250.376.1296	<ul style="list-style-type: none"> <li>• Thursdays</li> <li>• 5:30-7:30pm</li> <li>• Free</li> <li>• Snacks and beverages provided</li> </ul>
<b>Energy! – Youth Night at the Y Pool.</b>	Youth can hang out with their friends, climb an inflatable iceberg in the pool, or play water polo and other water games. There is something for everyone.	Youth 12-17 year old	<b>Kamloops YMCA/YWCA - Downtown</b>	250.372.7725	<ul style="list-style-type: none"> <li>• Free</li> </ul>
<b>Children Who Witness Abuse Program</b>	A non-crisis intervention program with the goal of breaking the cycle of intergenerational abuse. For children who have witnessed violence and their non-offending parents/caregivers	5 to 19 years of age	<b>Kamloops YMCA/YWCA</b>	250.376.7800	<ul style="list-style-type: none"> <li>• counselling</li> <li>• Group support</li> <li>• Dyad and family sessions</li> <li>• Open referral</li> <li>• Camp Starfish</li> </ul>
<b>CTC Group (Changing the Cycle)</b>	A support group for non-offending parents with children who have witnessed abuse	Parents/Caregivers of 0-19 year olds	<b>Kamloops YMCA/YWCA</b>	250.376.7800	<ul style="list-style-type: none"> <li>• Ongoing intake</li> <li>• Weekly 2 hour group</li> </ul>
<b>GirlSpace 150 Wood Street</b> <b>mid-Feb. – June 29</b>	A safe and accepting space for girls 9-13 years old to explore and expand their understanding of self, relationships, and community to reach their full potential.	9-13	<b>Kamloops YMCA – John Tod Centre</b>	250-554-5437 or 250-554-9622 Radha	<ul style="list-style-type: none"> <li>• Free</li> <li>• Snack provided</li> <li>• Thursdays</li> <li>• 3:30-5:30pm</li> </ul>
<b>MEND – Mind Exercise Nutrition Do It</b>	MEND is a fun, free program that supports children and their families in becoming more active and healthy through interactive group sessions	7-13	<b>Kamloops YMCA – John Tod Centre</b>	250.554.9622 ksharples@kamlopsy.org	<ul style="list-style-type: none"> <li>• Free</li> <li>• 2 sessions per week for 10 weeks</li> </ul>
<b>Sports Mania 150 Wood Street</b>	A drop in program where participants will experience several different physical activities and sports, will include outdoor activities and sports	12 - 16	<b>Kamloops YMCA – John Tod Centre</b>	250.376.4771	<ul style="list-style-type: none"> <li>•</li> </ul>

<b>Youth Badminton</b> <b>150 Wood Street</b>	Badminton helps improve cardiovascular endurance and hand eye coordination	9-13	<b>Kamloops YMCA – John Tod Centre</b>	250.376.4771	•
<b>Youth Mindfulness Program</b> <b>150 Wood Street</b> <b>April 2018</b>	A free seven-week support group for young adults ages 18 to 30 who experience anxiety. Meets one evening a week at the John Tod Centre Y. Participants learn coping skills and connect with other youth in the community, and program includes mindfulness techniques, educational workshops about anxiety, and other mental health-related topics. Youth get a free YMCA gym membership for the duration of the program to encourage physical activity as a stress management tool. Formal diagnosis or referral not required to participate.	18-30	<b>Kamloops YMCA – John Tod Centre</b>	250-319-6648 jenna.nickle@kamloopsy.ca	• One evening a week
<b>Flower Beadwork Circle</b>	Come and learn basic Métis traditional flower beadwork. Open to all ages and levels of skill.	Open to all ages and skill levels	<b>Lii Michif Otipemisiwak Family and Community Services</b> <b>707 Tranquille</b>	250.554.9486	• Wednesdays 2:30-4:30pm
<b>Michif Cultural Workshops</b>	Métis workshop, offering fun and interactive cultural activities, such as beading, jigging, moccasin making and many other Métis specific activities.	Open to children and families of all ages	<b>Lii Michif Otipemisiwak Family and Community Services</b> <b>707 Tranquille</b>	250.554.9486	• No charge • Call for information on specific workshops
<b>Michif Teen Jigging Troupe</b>	New dancers are always welcome, however a commitment is required.	Ages 12 and up	<b>Lii Michif Otipemisiwak Family and Community Services</b> <b>707 Tranquille</b>	250.554.9486	• Sundays 4:30-5:30 pm • Ongoing • No Cost • Call for more info or to join
<b>Michif Mentor Program</b>	One-to-one support to some of our more vulnerable Métis children, youth and families, provided by Métis Community members and Métis Elders.	Children, youth, parents of all ages	<b>Lii Michif Otipemisiwak Family and Community Services</b> <b>707 Tranquille</b>	250.554.9486	• Ongoing • Self-Referral • No Cost to families

<p><b>Gifted Givers Program</b></p> <p>Group is on-going</p>	<p>We serve Metis and Aboriginal families who have past or present MCFD involvement or who are at risk of having MCFD involvement. Our goal is to support healthy family dynamics, encourage healing, and increase the ability for families to care for their children. We accept referrals from the community as well as self-referrals. Our program offers one-on-one support in the community and in our office, family healing/counseling in the homes of clients, and weekly groups in office. These weekly groups will focus on reconnecting individuals to their cultural heritage, increasing parenting skills and confidence, awareness and skills to manage any family violence concerns, co-parenting, boundaries, self-care etc.</p>	<p>Parents/ caregivers</p>	<p><b>White Buffalo</b></p>	<p>250.554.1176 Kelsey Grimm</p>	<ul style="list-style-type: none"> <li>• 7 days a week</li> <li>• Free</li> <li>• Open program with drop-ins welcome</li> <li>• Intake assessment required</li> <li>• Wednesdays</li> <li>• 9:00-11:30am</li> <li>• Certificate of completion</li> </ul>
<p><b>Soaring Eagles</b></p> <p>On-going and demand dependant</p>	<p>Anxiety is a natural human reaction that involves mind and body. However, sometimes anxiety can interfere with everyday life. In particular, anxiety can be challenging for youth given the multitude of significant pressures they face in today's world. This group will teach youth about their anxiety, offer ways that youth can best manage their anxiety, and prompt youth to begin thinking about their anxiety differently.</p>	<p>12 to 18</p>	<p><b>White Buffalo</b></p>	<p>250.554.1176 Kayla Coutlee</p>	<ul style="list-style-type: none"> <li>• 6 week</li> <li>• 1 hour a week</li> </ul>

<b>Wisdom Warriors</b>  <b>On-going and demand dependant</b>	<p>Life as a teen can be challenging at times. The objective of this group is to give youth the tools to become confident adults. By enhancing and encouraging trust, belonging, identity, life purpose, positivity and success, youth can begin to feel a greater sense of self.</p>	<p>12 to 18</p>	<b>White Buffalo</b>	<p>250.554.1176 Kayla Coutlee</p>	<ul style="list-style-type: none"> <li>• 6 week</li> <li>• 1 hour a week</li> </ul>
<b>Youth Clubhouse</b>  <b>857 Seymour Street</b>	<p>A safe, non-judgemental, drug and alcohol free environment that provides opportunities for youth both in the clubhouse and in the community. See <a href="https://kamloops.cmha.bc.ca">https://kamloops.cmha.bc.ca</a> for a calendar of events.</p>	<p>13-18</p>	<b>Youth Clubhouse</b> <b>857 Seymour Street</b>	<p>250.374.0440</p>	<ul style="list-style-type: none"> <li>• Monday to Friday - 8:30-4:00pm</li> <li>• Ongoing</li> <li>• Drop in</li> </ul>