

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

Under 6

Program Name	Description	Age Group	Community Agency	Contact Information	Additional Information
Friday Family Nights	Join other families for a nutritious dinner and fun recreation activities with friends and family	Families	Boys and Girls Club	250.554.5437 Ext 206	<ul style="list-style-type: none"> • Pre-register by Thursdays at 5pm • 5:30-7:30pm • Free • Open registration
Incredible Years January 2018 Ongoing waitlist	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	Boys and Girls Club	250.554.5437 ext 206	<ul style="list-style-type: none"> • 5:30-7pm • 9 weeks • Childcare and meal provided • Open registration
Sib Shop	A workshop for siblings who have a brother/sister with a disability	4-6 years	CTFRC	250.371.4100	<ul style="list-style-type: none"> • Open registration
R.E.S.T. (Regulation of Emotions, Sensations, and Thinking)	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	CTFRC and CYMH	250.371.4100	<ul style="list-style-type: none"> • \$30 total for all 4 sessions (for a maximum of 2 adults in the same family). \$7.50 for individual sessions
Circle of Security	A relationship based early intervention program designed to enhance attachment security between parents	0-6 years	CTFRC and CYMH (through YMCA –Early Years Centre)	250.376.4771	<ul style="list-style-type: none"> • 8 week program • Community referrals

	and children. Various community agencies have groups throughout the year for their clients. Community referrals are made through the YMCA Early Years Centre.		ICS Secwepemc Child & Family Services	250.554.3134 250.314.9669	<ul style="list-style-type: none"> • Registration ongoing
ADHD Group 150 Wood Street	3 week psychoeducation group to provide information and tools to parents to support the children in our lives diagnosed with ADHD.	0-19	CYMH	250.376.4771 Sarah	<ul style="list-style-type: none"> • Free • 3 sessions • 9-10:30 am • Childcare provided
Pathways for Change 1165 Battle St. – Training Room	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	CYMH	250.371.5313 Vicki	<ul style="list-style-type: none"> • Free • 5 sessions
Caring Dads 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	Interior Community Services	250.554.3134 250.554.1176	<ul style="list-style-type: none"> • MCFD referral • 17 weeks
Make the Connection	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	Interior Community Services	250.554.3134 Early Connections to register	<ul style="list-style-type: none"> • 4 weeks • Attachment based program
Parenting Awareness and Individual Development (PAID) Jan –Mar 2018 Apr – Jun 2018	Provides group education and support and outreach services to families experiencing challenges in their role as parents.	Parents and children 0 – 6 years old	Interior Community Services	250.554.3134	<ul style="list-style-type: none"> • 10 week sessions • Tues & Thurs 9 – 12 • Self-referrals call intake

Pathways to Competence	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.	Interior Community Services	250.554.3134 Early Connections to register	<ul style="list-style-type: none"> • 10 weeks • Self and community referrals • Attachment and development focus.
Infant Massage	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	Kamloops Aboriginal Friendship Society Kamloops Infant Development Society Lii Michif Otipemisiwak Family and Community Services Secwepemc Child & Family Services YMCA-Child Care Resource & Referral Program	250.376.1617 250.371.4140 250.554.9486 250.314.9669 250.376.4771	<ul style="list-style-type: none"> • Free • Registration required • Call for more information as to next available class
KAFS Community Drumming	Cultural balance and understanding of the FN's tradition and values based drumming	0-19	Kamloops Aboriginal Friendship Society	(250) 376-1296	<ul style="list-style-type: none"> • Every Tuesday 3:30 – 4:30 • Free
Mother Goose	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	Kamloops Aboriginal Friendship Society Kamloops Early Language and Literacy Initiative YMCA-Child Care Resource & Referral Program	250.376.1617 250.554.3134 (Maureen Doll) 250.376.4771	<ul style="list-style-type: none"> • Free • Registration required • 8 week • Online registration for school locations at www.eventbrite.com.

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

	non-offending parents/caregivers				<ul style="list-style-type: none"> • Open referral • Camp Starfish
CTC Group (Changing the Cycle)	A support group for non-offending parents with children who have witnessed abuse	Parents/Caregivers of 0-19 year olds	Kamloops YMCA/YWCA	250.376.7800	<ul style="list-style-type: none"> • Ongoing intake • Weekly 2 hour group
Interactive Early Learning Centre 150 Wood Street	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	Kamloops YMCA/YWCA-Child Care Resource & Referral Program	250.376.4771	<ul style="list-style-type: none"> • Free • Drop-in • Tuesdays 9:00-11:30am
Nobody's Perfect 150 Wood Street	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	Kamloops YMCA/YWCA-Child Care Resource & Referral Program	250.376.4771	<ul style="list-style-type: none"> • 4-6 weeks • Free • snack/childcare/transportation (if required) provided
Toy Lending and Resource Library 150 Wood Street	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.		Kamloops YMCA/YWCA-Child Care Resource & Referral Program	250.376.4771	<ul style="list-style-type: none"> • Free service
Father's Meeting Place	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	Lii Michif Otipemisiwak Family and Community Services 707 Tranquille	250.554.9486	<ul style="list-style-type: none"> • Thursdays 7:00-9:00pm • No Cost
Flower Beadwork Circle	Come and learn basic Métis traditional flower beadwork. Open to all ages and levels of skill.	Open to all ages and skill levels	Lii Michif Otipemisiwak Family and Community Services 707 Tranquille	250.554.9486	<ul style="list-style-type: none"> • Wednesdays 2:30-4:30pm

Hot Breakfast and Playtime for Parents and Children	Join us for a parent/child Attachment based group that includes a hot and Cultural activities with a Metis Elder.	Parents/0-6 years	Lii Michif Otipemisiwak Family and Community Services 707 Tranquille	250.554.9486	<ul style="list-style-type: none"> • Currently Wednesdays from 9:30-11:30am. • No Cost • Call for more information
Learning Café	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	Lii Michif Otipemisiwak Family and Community Services 707 Tranquille	250.554.9486	<ul style="list-style-type: none"> • Please call to arrange times to meet with our tutor • No Cost
Michif Children's Jigging Class	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	Lii Michif Otipemisiwak Family and Community Services 707 Tranquille	250.554.9486	<ul style="list-style-type: none"> • Tuesdays 3:30-4:15pm • No Cost • Call for more information
Michif Language Circle	Come learn the Michif language with us in this fun interactive environment.	For all ages from beginners to proficient speakers.	Lii Michif Otipemisiwak Family and Community Services 707 Tranquille	250.554.9486	<ul style="list-style-type: none"> • Mondays 3:00-4:00pm • No cost • Call for more information
StrongStart BC Early Learning Program	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	SD73	250.374.2266 Call Marianne Vande Pol for information	<ul style="list-style-type: none"> • Contact schools for hours • Registration required • Drop-in • Free
Worry Bugs	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	SD73	250.376.2266 Jocelyn or April	<ul style="list-style-type: none"> • 4 week – 1 hour sessions • Pre-screening required

<p>Gifted Givers Program</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 & 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>White Buffalo</p>	<p>250.554.1176 Dionne & Darlene</p>	<ul style="list-style-type: none"> • Free • Drop-ins welcome • Self-referrals welcome • Intake & Needs and Goals Assessment required • Weekdays 8:30 – 4:30 (closed from 12-1) • Call or come by for info. re. what groups are currently running (Various groups run Summer, Fall, Winter, Spring)
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CHILDREN 6-12

Program Name	Description	Age Group	Community Agency	Contact Information	Additional Information
<p>Circle of Friends Thursdays</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>Boys and Girls Club</p>	<p>250.554.5437 ext 206</p>	<ul style="list-style-type: none"> • 5-6:00pm • 9 weeks • Open registration • Ongoing waitlist
<p>Connect Parent Pre-teen</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>Boys and Girls Club</p>	<p>250.554.5437 ext 206</p>	<ul style="list-style-type: none"> • 9 week program • 5:30-7:00pm • Meal and child care provided • Open

					registration
Friday Family Nights 150 Wood Street	Join other families for a nutritious dinner and fun recreation activities with friends and family	Families	Boys and Girls Club	250.554.5437 ext 206	<ul style="list-style-type: none"> • Pre-register by Thursdays at 5pm • 5:30-7:30pm • No cost • Open registration
Incredible Years Ongoing waitlist 150 Wood Street	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	Boys and Girls Club	250.554.5437 ext 206	<ul style="list-style-type: none"> • 5:30-7pm • 10 weeks • Childcare available on request • Open registration
My Youth Club 150 Wood Street	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	Boys and Girls Club	250.554.5437	<ul style="list-style-type: none"> • Monday to Friday • 3:00-6:00pm • No charge
ADHD Group 150 Wood Street	3 week psychoeducation group to provide information and tools to parents to support the children in our lives diagnosed with ADHD.	0-19	CYMH	250.376.4771 Sarah	<ul style="list-style-type: none"> • Free • 3 sessions • 9-10:30 am • Childcare provided
Pathways for Change	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	CYMH	250.371.5313 Vicki	<ul style="list-style-type: none"> • Free • 5 sessions
Teen Anxiety Group Winter 2018	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	CYMH/SD#73	Jocelyn 250.376.2266	<ul style="list-style-type: none"> • 6 sessions • Pre-screening required • One parent

	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"> • 4-5pm
Sib Shop	A workshop for siblings who have a brother/sister with a disability	6-12	CTFRC	250.371.4100	<ul style="list-style-type: none"> • Open registration • Friday pm & Saturday
Caring Dads 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	Interior Community Services	250.554.3134 For more information	<ul style="list-style-type: none"> • 17 weeks
Mind Over Madder Feb – Mar 2018	Managing conflict and understanding anger. A group designed to support participants to learn skills to manage conflict	8-12 (accompanied by a parent/guardian)	Interior Community Services	250.554.3134	<ul style="list-style-type: none"> • 9 weeks • April 2017 • Pre-registration required • 2 hours/week
Kamloops Shapedown BC	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	Interior Health Located at John Tod Centre YMCA	250.851.7301	<ul style="list-style-type: none"> • Ask your family Doctor, Pediatrician or Nurse Practitioner to send us a referral or contact us for more information
Children’s Drum Group	An interactive gathering for children and their parents who wish to learn traditional drumming and singing	6-12	Kamloops Aboriginal Friendship Society	250.376.1617	<ul style="list-style-type: none"> • Ongoing • Open registration • 3-4:30pm
KAFS Community Drumming	Cultural balance and understanding of the FN’s tradition and values based drumming	0-19	Kamloops Aboriginal Friendship Society	(250) 376-1296	<ul style="list-style-type: none"> • Every Tuesday 3:30 – 4:30 • Free

Parenting Program	In a positive, safe and non-judgmental environment parents/caregivers learn about empathetic listening, communication skills, discipline, and sibling rivalry	6-12	Kamloops Aboriginal Friendship Society	250.376.1617 Jenna or Corinna	<ul style="list-style-type: none"> • Free • 7 week program • Tuesdays • 9:30-12pm • Open registration
Child Care Resource & Referral Services	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.		Kamloops YMCA/YWCA - John Tod Y – Child Care Resource & Referral/Early Years Centre	250.376.4771 www.kamloopsy.org/ccrreycfeaturepage	<ul style="list-style-type: none"> •
Children Who Witness Abuse Program	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	Kamloops YMCA/YWCA	250.376.7800	<ul style="list-style-type: none"> • counselling • Group support • Dyad and family sessions • Open referral • Camp Starfish
CTC Group (Changing the Cycle)	A support group for non-offending parents with children who have witnessed abuse	Parents/Caregivers of 0-19	Kamloops YMCA/YWCA	250.376.7800	<ul style="list-style-type: none"> • Ongoing intake • Weekly 2 hour group
Sports Mania 150 Wood Street	A drop in program where participants will experience several different physical activities and sports, will include outdoor activities and sports	12 - 16	Kamloops YMCA	250.376.4771	<ul style="list-style-type: none"> •
Super Sports 150 Wood Street	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	Kamloops YMCA	250.376.4771	<ul style="list-style-type: none"> •
Toy Lending and Resource Library 150 Wood Street	The library is a valuable resource for parents, child care, and education workers, child development support workers, therapists, teachers, informal		Kamloops YMCA	250.376.4771	<ul style="list-style-type: none"> • Free

	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.				
Youth Badminton 150 Wood Street	Badminton helps improve cardiovascular endurance and hand eye coordination	9-13	Kamloops YMCA	250.376.4771	•
Father's Meeting Place	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	Lii Michif Otipemisiwak Family and Community Services 707 Tranquille	250.554.9486	<ul style="list-style-type: none"> • Thursdays 7:00-9:00pm • No Cost
Learning Café	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	Lii Michif Otipemisiwak Family and Community Services 707 Tranquille	250.554.9486	<ul style="list-style-type: none"> • Please call to arrange times to meet with our tutor • No Cost
Michif Children's Jigging Class	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	Lii Michif Otipemisiwak Family and Community Services 707 Tranquille	250.554.9486	<ul style="list-style-type: none"> • Tuesdays 3:30-4:15pm • No Cost • Call for more information
Michif Language Circle	Come learn the Michif language with us in this fun interactive environment.	For all ages from beginners to proficient speakers.	Lii Michif Otipemisiwak Family and Community Services 707 Tranquille	250.554.9486	<ul style="list-style-type: none"> • Mondays 3:00-4:00pm • No cost • Call for more information

Taming Worry Dragons April 2-May 8, 2018	A group that provides education and skills for children without challenging behaviors who are experiencing internalizing anxiety	Parents/Caregivers and 8-12 year olds	SD#73/ICS	250.376.2266 Jocelyn or April	<ul style="list-style-type: none"> • Open registration must call to pre-screen • 6 weeks
Worry Bugs Mondays	This group is suitable for children with anxieties and worries. Children and parents will learn cognitive behavioural strategies to manage anxiety	Parents/Caregivers and children in Kindergarten & grade 1	SD73	250.376.2266 Jocelyn or April	<ul style="list-style-type: none"> • 4 week – 1 hour sessions • Open registration must call to pre-screen
Courage Cubs Ongoing and demand dependent	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.	6-12 year olds	White Buffalo	250.554.1176 Kayla Coutlee	<ul style="list-style-type: none"> • Free • 1 hour per week • 6 weeks • Lunch provided
Coping with Your Courage Cub Ongoing and demand dependent	<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.	Parents/caregivers of 6-12 year olds	White Buffalo	250.554.1176 Kayla Coutlee	<ul style="list-style-type: none"> • Free • 6 weeks • 2 hours per week
Fit Nation	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.	8-12 year olds	White Buffalo	250.554.1176 Clarice Silva	<ul style="list-style-type: none"> • Fridays • 3:30-4:30pm • Snack provided • For additional information or to register please • Please bring appropriate clothing for outside weather.

<p>Gifted Givers Program</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>White Buffalo</p>	<p>250.554.1176 Kelsey Grimm</p>	<ul style="list-style-type: none"> • Free • Open program with drop-ins welcome • Intake assessment required • 9:00-11:30am • Certificate of completion
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TEENS

Program Name	Description	Age Group	Community Agency	Contact Information	Additional Information
<p>Kamloops Youth Housing First Wrapforce</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>A Way Home Kamloops</p>	<p>250.320.7837 Katherine McParland</p>	<ul style="list-style-type: none"> • Free

	people who assist in finding a stable home and job, or support with drug or alcohol addictions, health, school, Aboriginal culture, and more				
<p>1st Step Mobile Treatment Program</p> <p>Feb, May, and October</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	Axis Family Resources	<p>250.851.2947 ext 231</p> <p>Holly-Rose Vesper</p>	<ul style="list-style-type: none"> • Free • Monday to Thursday • 9am to 3pm • Breakfast and lunch provided • Certificate of Completion
Bush Party Awareness Workshops	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	Axis Family Resources	<p>250.851.2947 ext 231</p> <p>Holly-Rose Vesper</p>	<ul style="list-style-type: none"> • Free • 1 hour duration • Upon request of School and/or community organization
Family Education and Support Program	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	Axis Family Resources	<p>250.851.2947 ext 231</p> <p>Holly-Rose Vesper</p>	<ul style="list-style-type: none"> • Free • Program is offered upon request

Connect Parent Teen Ongoing waitlist	<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>	<p>Boys and Girls Club</p>	<p>250.554.5437 ext 206</p>	<ul style="list-style-type: none"> • 9 week program • Open registration • 5:30-7pm • Dinner provided
My Youth Club	<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>	<p>Boys and Girls Club</p>	<p>250.554.5437 Sophie</p>	<ul style="list-style-type: none"> • Monday to Friday • 3:00-6:00pm • No charge
Nights Alive	<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>	<p>Boys and Girls Club</p>	<p>250.554.5437 Sophie</p>	<ul style="list-style-type: none"> • Fridays • 8:30pm to midnight • North Shore drop off available with 11pm departure
Raising the Grade	<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>		<p>Boys and Girls Club</p>	<p>250.554.5437 Justin</p>	<ul style="list-style-type: none"> • Free • Drop in with prior registration
ADHD Group 150 Wood Street	<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>	<p>CYMH</p>	<p>250.376.4771 Sarah</p>	<ul style="list-style-type: none"> • Free • 3 sessions • 9-10:30 am • Childcare provided
Pathways for Change 1165 Battle St. – Training Room	<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>	<p>CYMH</p>	<p>250.371.5313 Vicki</p>	<ul style="list-style-type: none"> • Free • 5 sessions
Teen Anxiety Group	<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>	<p>CYMH/SD#73</p>	<p>250.376.2266 Jocelyn</p>	<ul style="list-style-type: none"> • 6 sessions • Pre-screening required • One parent information night

	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) • 4-5pm
Caring Dads 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	Interior Community Services	250.554.3134 For more information	• 17 weeks
Mind Over Madder Teens	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	Interior Community Services	250.554.3134	• 9 weeks
Kamloops Shapedown BC	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	Interior Health Located at John Tod Centre YMCA	250.851.7301	• Ask your family Doctor, Pediatrician or Nurse Practitioner to send us a referral or contact us for more information
KAFS Community Drumming	Cultural balance and understanding of the FN’s tradition and values based drumming	0-19	Kamloops Aboriginal Friendship Society	(250) 376-1296	• Every Tuesday 3:30 – 4:30 • Free
KAFS Cultural Crafts	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	Kamloops Aboriginal Friendship Society	(250) 376-1296	• Free • Call for information on specific workshops
Lessons in POW WOW Dance	Woman’s Fancy Shawl	12-17 years	Kamloops Aboriginal Friendship Society	250.376.1617	• Free • 7 week program

					<ul style="list-style-type: none"> • Wednesdays 5:00pm
Youth Movie Night		13-18	Kamloops Aboriginal Friendship Society	250.376.1617 OR 250.376.1296	<ul style="list-style-type: none"> • Thursdays • 5:30-7:30pm • Free • Snacks and beverages provided
Energy! – Youth Night at the Y Pool.	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	Kamloops YMCA/YWCA - Downtown	250.372.7725	<ul style="list-style-type: none"> • Free
Children Who Witness Abuse Program	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	Kamloops YMCA/YWCA	250.376.7800	<ul style="list-style-type: none"> • counselling • Group support • Dyad and family sessions • Open referral • Camp Starfish
CTC Group (Changing the Cycle)	A support group for non-offending parents with children who have witnessed abuse	Parents/Caregivers of 0-19 year olds	Kamloops YMCA/YWCA	250.376.7800	<ul style="list-style-type: none"> • Ongoing intake • Weekly 2 hour group
GirlSpace 150 Wood Street mid-Feb. – June 29	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	Kamloops YMCA – John Tod Centre	250-554-5437 or 250-554-9622 Radha	<ul style="list-style-type: none"> • Free • Snack provided • Thursdays • 3:30-5:30pm
MEND – Mind Exercise Nutrition Do It	MEND is a fun, free program that supports children and their families in becoming more active and healthy through interactive group sessions	7-13	Kamloops YMCA – John Tod Centre	250.554.9622 ksharples@kamlopsy.org	<ul style="list-style-type: none"> • Free • 2 sessions per week for 10 weeks
Sports Mania 150 Wood Street	A drop in program where participants will experience several different physical activities and sports, will include outdoor activities and sports	12 - 16	Kamloops YMCA – John Tod Centre	250.376.4771	<ul style="list-style-type: none"> •

Youth Badminton 150 Wood Street	Badminton helps improve cardiovascular endurance and hand eye coordination	9-13	Kamloops YMCA – John Tod Centre	250.376.4771	•
Youth Mindfulness Program 150 Wood Street April 2018	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	Kamloops YMCA – John Tod Centre	250-319-6648 jenna.nickle@kamloopsy.ca	• One evening a week
Flower Beadwork Circle	Come and learn basic Métis traditional flower beadwork. Open to all ages and levels of skill.	Open to all ages and skill levels	Lii Michif Otipemisiwak Family and Community Services 707 Tranquille	250.554.9486	• Wednesdays 2:30-4:30pm
Michif Cultural Workshops	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	Lii Michif Otipemisiwak Family and Community Services 707 Tranquille	250.554.9486	• No charge • Call for information on specific workshops
Michif Teen Jigging Troupe	New dancers are always welcome, however a commitment is required.	Ages 12 and up	Lii Michif Otipemisiwak Family and Community Services 707 Tranquille	250.554.9486	• Sundays 4:30-5:30 pm • Ongoing • No Cost • Call for more info or to join
Michif Mentor Program	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	Lii Michif Otipemisiwak Family and Community Services 707 Tranquille	250.554.9486	• Ongoing • Self-Referral • No Cost to families

<p>Gifted Givers Program</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>White Buffalo</p>	<p>250.554.1176 Kelsey Grimm</p>	<ul style="list-style-type: none"> • 7 days a week • Free • Open program with drop-ins welcome • Intake assessment required • Wednesdays • 9:00-11:30am • Certificate of completion
<p>Soaring Eagles</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>White Buffalo</p>	<p>250.554.1176 Kayla Coutlee</p>	<ul style="list-style-type: none"> • 6 week • 1 hour a week

<p>Wisdom Warriors</p> <p>On-going and demand dependant</p>	<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>	<p>White Buffalo</p>	<p>250.554.1176 Kayla Coutlee</p>	<ul style="list-style-type: none"> • 6 week • 1 hour a week
<p>Youth Clubhouse</p> <p>857 Seymour Street</p>	<p>A safe, non-judgemental, drug and alcohol free environment that provides opportunities for youth both in the clubhouse and in the community. See https://kamloops.cmha.bc.ca for a calendar of events.</p>	<p>13-18</p>	<p>Youth Clubhouse 857 Seymour Street</p>	<p>250.374.0440</p>	<ul style="list-style-type: none"> • Monday to Friday - 8:30-4:00pm • Ongoing • Drop in