

Services for Children & Youth



This information sheet will provide you with details related to local services for children & youth. It is organized by the following age groups: **Under 6**, **Children 6 – 12**, and **Youth**.

The predominant providers of child & youth services in our community:

- Interior Community Service, 250-554-3134
- Kamloops YMCA/YWCA, 250-372-7725
- Ministry for Children & Family Development, 250-371-3648
(South Shore) or 250-554-5800 (North Shore)



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 203	<ul style="list-style-type: none"> • Pre-register by Thursdays at 5pm • 5:30-7:30pm • No cost • Open registration



Incredible Years	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 203	<ul style="list-style-type: none"> • 10:00-11:30am • 10 weeks • Childcare and meal provided • Open registration
Active Parenting	A parenting group that looks at effective discipline strategies and healthy child/parent attachment	Parents/Caregivers of 3-5 year olds	CTFRC	250-371-4100	<ul style="list-style-type: none"> • In-agency clients • 5 weeks • evenings
Sib Shop	A support group for siblings who have a brother/sister with a disability	4-6	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 and children.		CYMH	Elina Falck	<ul style="list-style-type: none"> • 10 week program • MCFD referrals • Wednesdays • 10:30-12pm

Caring Dads	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
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)	Provides group education and support and outreach services to families experiencing challenges in their role as parents.	Parents and children 0 – 12 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.

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	250-376-1617	<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
Parent Child 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 and children 0 - 5 years old	Kamloops Early Language and Literacy Initiative	250-554-3134 Call Maureen Doll for information	<ul style="list-style-type: none"> • 8 week - 1 hour sessions • Registration is done at school locations
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 Infant Development Society	250-371-4140	<ul style="list-style-type: none"> • Call for more information as to next available class
Children Who Witness Abuse	A non-crisis intervention program with the goal of breaking the cycle	5 to 19 years of age	Kamloops YMCA/YWCA	250-376-7800	<ul style="list-style-type: none"> • counselling • Group support

Program	of intergenerational abuse. For children who have witnessed violence and their non-offending parents/caregivers				<ul style="list-style-type: none"> • Dyad and family sessions • Open referral
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 • Mondays • 9-10:30am
Baby Time 150 Wood St	A time for parents to engage their infant in developmentally appropriate activities that will stimulate discovery and nurture communication and healthy attachments.	Parents with babies up to 12 months of age	Kamloops YMCA/YWCA-Child Care Resource & Referral Program	250-376-4771	
Child Interactive Play and Learn Centre 150 Wood St	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 • Monday-Friday 9:00-12:00 • Drop-in
Infant Massage 150 Wood St	Baby's first language is touch. Learn soothing techniques to help your baby sleep better, provide relief from tummy upsets, stimulate healthy development and strengthen your bond with your infant.		Kamloops YMCA/YWCA-Child Care Resource & Referral Program	250-376-4771	
Mom and Baby Yoga	Reconnect with your body, tone your pelvic floor and strengthen your bond		Kamloops YMCA/YWCA-	250-376-4771	

150 Wood St	with your child through simple gently postures and breath work		Child Care Resource & Referral Program		
Next Steps with Interior Health 150 Wood St	Public Health Nurses visit the Interactive Play & Learn Drop In program the first Monday of the month. This is a great opportunity to connect with a nurse for any questions you may have about your infant or child		Kamloops YMCA/YWCA-Child Care Resource & Referral Program	250-376-4771	
Nobody's Perfect 150 Wood St	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
Parent and Child Mother Goose 150 Wood St & Downtown Y	For parents and children to discover the joy of language and learning together, to play with language through rhyming, singing, and storytelling. Parent and Child Mother Goose also strengthens bonding and provides a great opportunity for parents to build friendships and supportive networks with each other.		Kamloops YMCA/YWCA-Child Care Resource & Referral Program	250-376-4771	

<p>Toy Lending and Resource Library 150 Wood St</p>	<p>The library is a valuable resource for parents, child care, and education workers, child development support workers, therapists, teachers, informal 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.</p>		<p>Kamloops YMCA/YWCA-Child Care Resource & Referral Program</p>	<p>250-376-4771</p>	<ul style="list-style-type: none"> • Free service
<p>Hot Breakfast and Playtime for Parents and Children</p>	<p>Join us for a group participation hot breakfast and playtime with other parents and children. Cultural activities and child minding will be available.</p>	<p>Parents/0-6 years</p>	<p>Lii Michif Otipemisiwak Family and Community Services</p>	<p>250-554-9486</p>	<ul style="list-style-type: none"> • Currently Thursdays from 9am-12pm. • Call for more information
<p>Michif Children's Jigging Class</p>	<p>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.</p>	<p>Children of all ages</p>	<p>Lii Michif Otipemisiwak Family and Community Services</p>	<p>250-554-9486</p>	<ul style="list-style-type: none"> • Call for more information as to when this program is available.
<p>Michif Children's Storytime</p>	<p>A group for children of all ages to get together for Storytime, and advance their love of books and</p>	<p>Children of all ages</p>	<p>Lii Michif Otipemisiwak Family and</p>	<p>250-554-9486</p>	<ul style="list-style-type: none"> • Call for more information as to when this

	reading. A variety of stories will be read including Metis specific stories. If time permits there will be a small craft to relate to a story read.		Community Services		program is available.
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 Marianna 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
Infant Massage classes			Secwepemc Child and Family Services	250-314-9669	<ul style="list-style-type: none"> • Wednesdays • 1:15-2:15pm
Playgroup/ Kindergarten Readiness Program		Parents/0-5 years	Secwepemc Child and Family Services	250-314-9669	<ul style="list-style-type: none"> • Every Wednesday • 9:00 - 11:00am

Grief and Loss Support Group for Adults with Children	Grief often touches our families in many different ways outside of the physical death of a loved one. Grief also impacts us through child removals, divorce, disabilities, job loss, and a multitude of life changes	Parents/caregivers of 0-18 year olds	White Buffalo Aboriginal & Metis Health Society	250-554-1176	<ul style="list-style-type: none"> • 2.5 hours per week • 12 weeks
Seven Sacred Teaching Program	An 8 week parenting program that focuses on wellness, communication, self-esteem, honesty and respect in a group format. Participants can look forward to hands on activities and a shared learning circle where we draw on the strengths of the group as a whole to strengthen our ability to parent.	Parents/caregivers	White Buffalo Aboriginal & Metis Health Society	250-554-1176 Donna	<ul style="list-style-type: none"> • 9:30-11:30 • 8 week program • Free • Certificates of completion awarded upon finishing the program

Children 6 – 12

Program Name	Description	Age Group	Community Agency	Contact Information	Additional Information
Circle of Friends	Safe place for children to talk with other and navigate through the pain of loss (including separation and divorce)	6-12	Boys and Girls Club	250-554-5437 ext 203	<ul style="list-style-type: none"> • Cost is \$10 • 4:00-5:00pm • 10 weeks • Open registration

Connect Parent Pre-teen	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	Parents/Care givers of 8-12 year olds	Boys and Girls Club	250-554-5437 ext 203	<ul style="list-style-type: none"> • 10 week program • 5:30-7:00pm • Meal provided • Open registration • Child care provided
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 203	<ul style="list-style-type: none"> • Pre-register by Thursdays at 5pm • 5:30-7:30pm • No cost • Open registration
Incredible Years	Parenting program to promote children's social competence and reduce behaviour problems with an emphasis on attachment based parenting skills	Parents/Care givers of 4-8 year olds	Boys and Girls Club	250-554-5437 ext 203	<ul style="list-style-type: none"> • 10:00-11:30am • 10 weeks • Childcare available on request • Open registration
My Youth Club	A casual and supportive after school setting for older children to spend time with peers, have a	11-18	Boys and Girls Club	250-554-5437	<ul style="list-style-type: none"> • Monday to Friday • 3:00-6:00pm

	snack, and engage in recreational and social activities				<ul style="list-style-type: none"> • No charge
Teen Anxiety Group	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 the six sessions, they will learn about anxiety and develop “tools” that will help manage anxious moments when they arise.	12-14	Boys and Girls Club/CYMH/SD #73	Jocelyn Campbell 250-376-2266	<ul style="list-style-type: none"> • 6 sessions • Pre-screening required
Sib Shop	A support group for siblings who have a brother/sister with a disability	6-12	CTFRC	250-371-4100	<ul style="list-style-type: none"> • Open registration
Caring Dads	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	Managing conflict and understanding anger. A group designed to support participants to learn skills to manage conflict	8-12	Interior Community Services	250-554-3134	<ul style="list-style-type: none"> • 9 weeks • Pre-registration required • 2 hours/week
Anger	A group to cover skills such as	6-12	Kamloops	250-376-1617	<ul style="list-style-type: none"> • Open

Management for Kids	identifying feelings, anger management skills, and problem solving		Aboriginal Friendship Society		registration
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
Tools "R" Kool	This group offers tools for success. Discussions will centre on feelings, emotions, safety and bullying.	Parent/Caregivers 6-12	Kamloops Aboriginal Friendship Society	250-376-1617 Deanie	<ul style="list-style-type: none"> • Call to register
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"> • 7 week program • 6:00-8:00pm • Free • Open registration
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
CTC Group (Changing the	A support group for non-offending parents with children	Parents/Caregivers of 0-	Kamloops YMCA/YWCA	250-376-7800	<ul style="list-style-type: none"> • Ongoing intake

Cycle)	who have witnessed abuse	19			<ul style="list-style-type: none"> • Mondays • 9-10:30am
SAAVI Group (Sisters Allied Against Violence)	Art therapy group for teenaged girls who have witnessed violence	13-16	Kamloops YMCA/YWCA	250-376-7800	<ul style="list-style-type: none"> • Ongoing intake • Wednesday • 3:30-5:00pm
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/YWCA- Child Care Resource & Referral Program	250-376-4771	
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/YWCA- Child Care Resource & Referral Program	250-376-4771	
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 caregivers and recreational programmers. There is a wide		Kamloops YMCA/YWCA- Child Care Resource & Referral Program	250-376-4771	<ul style="list-style-type: none"> • Free

	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/YWCA- Child Care Resource & Referral Program	250-376-4771	
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	250-554-9486	<ul style="list-style-type: none"> • No charge • Call for information on specific workshops
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	250-554-9486	<ul style="list-style-type: none"> • Ongoing • Self-Referral • No Cost to families • 7 days a week

Worry Dragons	A group that provides education and skills for children without challenging behaviors who are experiencing internalizing anxiety	Parents/Care givers and 8-12 year olds	SD#73/ICS	SD73 250-376-2266 Jocelyn or April	<ul style="list-style-type: none"> • Open registration must call to pre-screen • 6 weeks
Worry Bugs	This group is suitable for children with anxieties and worries. Children and parents will learn cognitive behavioural strategies to manage anxiety	Parents/Care givers 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
Grief and Loss Support Group for Adults with Children Jan 2015	Grief often touches our families in many different ways outside of the physical death of a loved one. Grief also impacts us through child removals, divorce, disabilities, job loss, and a multitude of life changes	Parents/care givers of 0-18 year olds	White Buffalo Aboriginal & Metis Health Society	250-554-1176	<ul style="list-style-type: none"> • 2.5 hours per week • 12 weeks
Seven Sacred Teaching Program	An 8 week parenting program that focuses on wellness, communication, self-esteem, honesty and respect in a group format. Participants can look	Parents/ caregivers	White Buffalo Aboriginal & Metis Health Society	250-554-1176	

	<p>forward to hands on activities and a shared learning circle where we draw on the strengths of the group as a whole to strengthen our ability to parent.</p>				
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Youth

Program Name	Description	Age Group	Community Agency	Contact Information	Additional Information
<p>1st Step Mobile Treatment Program</p> <p>The program is also offered in outlying areas such as Barriere, Clearwater and Chase</p>	<p>A harm reduction program is open to youth ages 13–24 who may benefit in gaining knowledge and education about substance misuse, substance addictions and life skills. The program is funded by the Interior Health Authority. 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</p>	<p>13–24 year olds</p>	<p>Axis Family Resources</p>	<p>250–851–2947 or 250–320–4056 Jamie</p>	<ul style="list-style-type: none"> Monday to Thursday 9am to 3pm Free

	<p>due to the variety of life skills they are learning in the program. However, this is dependent on the school and is at the principal's discretion.</p>				
<p>Connect Parent Teen</p>	<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/Care givers 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"> • 10 week program • Open registration • Wednesdays • 5:30-7pm • Dinner provided
<p>My Youth Club</p>	<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</p>	<ul style="list-style-type: none"> • Monday to Friday • 3:00-6:00pm • No charge
<p>Nights Alive</p>	<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</p>	<ul style="list-style-type: none"> • Fridays • 8:30pm to midnight • North Shore drop off available with

					11pm departure
Rogers Raising the Grade	A multi-faceted education program aimed at increasing academic skills, high school graduation rates and access to post-secondary education for at-risk youth		Boys and Girls Club	250-554-5437	
Teen Anxiety Group	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 the six sessions, they will learn about anxiety and develop “tools” that will help manage anxious moments when they arise.	12-14	Boys and Girls Club/CYMH/SD #73	Jocelyn Campbell 250-376-2266	<ul style="list-style-type: none"> • 6 sessions • Pre-screening required • 4-5pm
Caring Dads	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
Youth Movie Night		13-18	Kamloops Aboriginal Friendship	250.376.1617 Tanya	<ul style="list-style-type: none"> • Thursdays • 5:30-7:30pm • Free

			Society		<ul style="list-style-type: none"> • Snacks and beverages provided
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
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 • Mondays 9-10:30am
SAAVI Group (Sisters Allied Against Violence)	Art therapy group for teenaged girls who have witnessed violence	13-16	Kamloops YMCA/YWCA	250-376-7800	<ul style="list-style-type: none"> • Ongoing intake • Wednesday 3:30-5:00pm
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
Sports Mania 150 Wood Street	A drop in program where participants will experience several different physical	12 – 16	Kamloops YMCA/YWCA-Child Care	250-376-4771	

	activities and sports, will include outdoor activities and sports		Resource & Referral Program		
Youth Badminton 150 Wood Street	Badminton helps improve cardiovascular endurance and hand eye coordination	9-13	Kamloops YMCA/YWCA-Child Care Resource & Referral Program	250-376-4771	
Michif Youth Otipemisiwak Program	A group created for Metis Youth to explore a range of themes including: Metis History, Life skills workshops, Cooking, Securing employment and many other topics.	16 years +	Lii Michif Otipemisiwak Family and Community Services	250-554-9486	<ul style="list-style-type: none"> • Call for more information on specific programming
Youth Art Program	Learn more about First Nations, Métis, and Inuit Culture through an artistic journey. Learn more about our history and unique cultural identity while developing leadership and entrepreneur skills to market, promote and sell artwork. With funds raised, youth will have the opportunity to learn ways to contribute and give back	13-21	Lii Michif Otipemisiwak Family and Community Services	250-554-9486	<ul style="list-style-type: none"> • Call for more information on specific dates

	to their community.				
Youth Cooking Program	Learn hands-on valuable skills. Prepare nutritious, economical meals inspired by traditional foods to give back to the community by sharing meals you prepare with families and Elders in our community.	13-21	Lii Michif Otipemisiwak Family and Community Services	250-554-9486	<ul style="list-style-type: none"> • Call for more information on specific dates
Support Group for Adults with Children Jan 2015	Grief often touches our families in many different ways outside of the physical death of a loved one. Grief also impacts us through child removals, divorce, disabilities, job loss, and a multitude of life changes	Parents/care givers of 0-18 year olds	White Buffalo Aboriginal & Metis Health Society	250-554-1176	<ul style="list-style-type: none"> • 2.5 hours per week • 12 weeks
Seven Sacred Teaching Program	An 8 week parenting program that focuses on wellness, communication, self-esteem, honesty and respect in a group format. Participants can look forward to hands on activities and a shared learning circle where we draw on the strengths	Parents/ caregivers	White Buffalo Aboriginal & Metis Health Society	250-554-1176	

	of the group as a whole to strengthen our ability to effectively parent.				
Youth Clubhouse	A safe, non-judgemental, drug and alcohol free environment that provides opportunities for youth both in the clubhouse and in the community.	13-18	Youth Clubhouse 857 Seymour Street	250-374-0440	<ul style="list-style-type: none"> • Tuesday to Friday 4:30-9:30pm • Saturday 10:30-3:30pm • Ongoing • Drop in