



# Campbell River Programs and Services for Families with Young Children

**January 2025 Snapshot**



Campbell River  
Early Years Council

A  
Partnership Project



CAMPBELL RIVER  
FAMILY SERVICES  
SOCIETY

**Supported by a Strathcona Regional District Grant In Aid**



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## About the Inventory

The Campbell River Inventory of Programs and Services for Families with Young Children is a partnership project of the Campbell River Early Years Council and Campbell River Family Services Society. We are grateful to the Strathcona Regional District for making the project possible with the support of a Grant In Aid.

We are launching the Inventory with a January 2025 “snapshot” of many of the local programs and services offered in Campbell River for young children and their families, recognizing that they can be subject to change. We hope to build on this initiative with annual updates.

The main body of the Inventory is organized alphabetically by organization, and then alphabetically by program or service name. Entries are at a high summary level with the intention of helping families know who to contact for more details, including scheduling of when programs and services are offered. QR Codes are included in the entries for links to the organizations’ websites. The map at the end of the Inventory shows the locations for those organizations in the main body of the Inventory that are in Campbell River.

There also is a listing of online information sources that could be helpful for families with young children. We hope to add to this list as well with annual updates of the Inventory.

The Inventory can be accessed online at:

- the Campbell River and Area Family Network website, [www.crfamilynetwork.ca](http://www.crfamilynetwork.ca)
- the Campbell River Family Services Society website, [www.crfamilyservices.ca](http://www.crfamilyservices.ca)

A limited number of printed copies of the Inventory will be available for viewing at the Health Units and Community Centres in the Strathcona Regional District, and other key community locations for families with young children.

Comments, corrections, updates and suggestions for the Inventory are welcome and can be sent by email to [crfamilynetwork@gmail.com](mailto:crfamilynetwork@gmail.com).



## L'Association francophone du centre de l'île (AFCI)

Phone: 250-287-2951 Email: [afcicb@gmail.com](mailto:afcicb@gmail.com)

891 - 13th Avenue, Campbell River, BC V9W 4G9

[www.afcicb.ca](http://www.afcicb.ca)

[www.facebook.com/AssociationFrancophoneCR](https://www.facebook.com/AssociationFrancophoneCR)



Map  
#1

<p><b>Lending Library</b></p> <ul style="list-style-type: none"> <li>• Everyone who is a member of the APCI</li> <li>• Free for members (membership: \$15/family/year)</li> </ul>	<ul style="list-style-type: none"> <li>• Extensive collection of French books and films including books for children and teens: <a href="https://www.librarycat.org/lib/AFCI">https://www.librarycat.org/lib/AFCI</a>.</li> </ul>
<p><b>Mini-Franco Fun</b></p> <ul style="list-style-type: none"> <li>• French-speaking parents with their children 0 - 5</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Meetings for parents with their children: stories, songs, crafts, information and resources, informal discussions on topics such as education, available services and programs.</li> </ul>



## Campbell River and District Division of Family Practice

Email: [info@crddivision.ca](mailto:info@crddivision.ca)

#203 – 991 Alder Street, Campbell River, BC V9W 2R1

[www.divisionsbc.ca/campbell-river-district](http://www.divisionsbc.ca/campbell-river-district)

[www.facebook.com/crddivision?ref=bookmarks](https://www.facebook.com/crddivision?ref=bookmarks)



Map  
#2

<p><b>Fetch Community Services Guide</b></p> <ul style="list-style-type: none"> <li>• Everyone</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Online searchable guide of health and social services in Strathcona Regional District communities. Can access through the Division of Family Practice homepage or <a href="http://www.campbellriver.fetchbc.ca">www.campbellriver.fetchbc.ca</a>.</li> </ul>
<p><b>Health Connect Registry</b></p> <ul style="list-style-type: none"> <li>• People needing a primary health care provider</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Register to be connected with a family doctor or nurse practitioner. Can access through the Division of Family Practice homepage or <a href="http://www.healthlinkbc.ca/health-connect-registry/campbell-river">www.healthlinkbc.ca/health-connect-registry/campbell-river</a>.</li> </ul>
<p><b>Pregnant in Campbell River and District Website</b></p> <ul style="list-style-type: none"> <li>• Everyone</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Includes pregnancy basics and information, options for care, perinatal mental health, labour and delivery, bringing baby home, pregnancy loss, and more: <a href="http://www.pregnantincampbellriverarea.ca">www.pregnantincampbellriverarea.ca</a></li> </ul>
<p><b>Pre-Term Care Initiative</b></p> <ul style="list-style-type: none"> <li>• Pregnant people</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Print and digital resources on early pregnancy loss and tips on preventing a birth before 37 weeks of pregnancy. Can be accessed at <a href="https://divisionsbc.ca/campbell-river-district/our-impact/fetch">https://divisionsbc.ca/campbell-river-district/our-impact/fetch</a>.</li> </ul>



## Campbell River and North Island Transition Society

Phone: 250-287-7384

24-hour help line: 250-286-3666 / 1-800-667-2188, Text only: 250-895-1773

101-1116 Dogwood Street, Campbell River, BC V9W 3A2

[www.annelmorehouse.ca](http://www.annelmorehouse.ca)

[www.facebook.com/annelmorehouse](https://www.facebook.com/annelmorehouse)



Map  
#3

<p><b>Anne Elmore Transition House</b></p> <ul style="list-style-type: none"> <li>• Women at risk of violence, their children and pets</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Short-term emergency shelter with counselling support including for the children, food, clothing and basic necessities. Detox, supportive recovery and stabilization programs, referrals. Outreach services.</li> </ul>
<p><b>Campbell River Women's Resource Centre</b></p> <ul style="list-style-type: none"> <li>• All women and their children</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Drop-in services for crisis counselling, information, referrals, healthy snacks, poverty relief supplies, toys, free store. Access computers, phone, fax, photocopier. Client mail services. Outreach services.</li> </ul>
<p><b>Eagle Harbour Transitional or Permanent Housing</b></p> <ul style="list-style-type: none"> <li>• Women at various risks, their children and pets</li> <li>• Subsidized cost</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Transitional</i>: time-limited, subsidized housing with counselling, life skills workshops, health services, community kitchen, outdoor play area, shared garden. <i>Permanent</i>: housing for women 55 or older.</li> </ul>

<p><b>Rose Harbour Transitional Housing</b></p> <ul style="list-style-type: none"> <li>• Women at various risks and their children</li> <li>• Subsidized cost</li> </ul>	<ul style="list-style-type: none"> <li>• Time-limited, subsidized transitional housing for women and their children at risk of abuse, violence, homelessness, substance use. Counselling, building life skills, health services, community kitchen.</li> </ul>
<p><b>Safe Home Program: Gold River &amp; Cortes Island</b></p> <ul style="list-style-type: none"> <li>• Women at various risks and their children</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Safe shelter for women and their dependent children in the Gold River and Cortes Island areas who have experienced or are at risk of abuse, threats, or violence.</li> </ul>
<p><b>Transitions Thrift Store</b></p> <ul style="list-style-type: none"> <li>• Everyone</li> <li>• Low cost</li> </ul>	<ul style="list-style-type: none"> <li>• Low cost used items including toys, clothing, books and household items and furnishings. Located at 830 13th Avenue. Phone: 250-914-3666.</li> </ul>



**Campbell River Angel Tree Society**

Phone or text: 250-204-5637 Email: [angeltreesociety@gmail.com](mailto:angeltreesociety@gmail.com)  
[www.facebook.com/downtownangeltree](http://www.facebook.com/downtownangeltree)



<p><b>Christmas Gifts for Children Program</b></p> <ul style="list-style-type: none"> <li>• Children and youth 0 – 18 with referral</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Christmas gifts for children and youth in need referred by specific community agencies. A card with the child’s wishes/needs is placed on a tree. Community members can choose a card and buy the gifts.</li> </ul>
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CAMPBELL RIVER  
ART GALLERY

**Campbell River Art Gallery**

Phone: 250-287-2261 Email: [programs@crartgallery.ca](mailto:programs@crartgallery.ca)  
 1235 Shoppers Row, Campbell River, BC V9W 2C7  
[www.crartgallery.ca/events/#!event-list](http://www.crartgallery.ca/events/#!event-list)  
[www.facebook.com/campbellriverartgallery](http://www.facebook.com/campbellriverartgallery)



<p><b>Arts Programs, Activities and Events</b></p> <ul style="list-style-type: none"> <li>• Young children and their families</li> <li>• Barrier free - By donation</li> </ul>	<ul style="list-style-type: none"> <li>• Check the Campbell River Art Gallery’s website and Facebook page for arts programming, activities and events designed to include young children and their families.</li> </ul>
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**Campbell River Children’s Choir**

Phone: 250-923-2475 Email: [admin@crchildrenschoir.ca](mailto:admin@crchildrenschoir.ca)  
[www.crchildrenschoir.ca](http://www.crchildrenschoir.ca)  
[www.facebook.com/profile.php?id=100064880492415](http://www.facebook.com/profile.php?id=100064880492415)



<p><b>Breeze Choir</b></p> <ul style="list-style-type: none"> <li>• Children in grades 1 and 2 by audition</li> <li>• Some fees apply</li> </ul>	<ul style="list-style-type: none"> <li>• Fun 45-minute class once a week introduces singing and musical skills through songs and games. Also prepares participants for participation in the Choir’s youngest performance group.</li> </ul>
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**Campbell River Family Justice Centre**

Phone: 250-286-7527 / 1-800-757-9406  
 115-1180 Ironwood Road, Campbell River BC V9W 5P7  
[www2.gov.bc.ca/gov/content/life-events/divorce/family-justice/who-can-help/family-justice-centres/locations/campbell-river](http://www2.gov.bc.ca/gov/content/life-events/divorce/family-justice/who-can-help/family-justice-centres/locations/campbell-river)



<p><b>Family Justice Counsellors</b></p> <ul style="list-style-type: none"> <li>• Parents who are or will be separated or divorced</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Staff assist with parenting arrangements, guardianship, child and spousal support, contact with a child, and property division for a companion animal. Currently service is virtual by appointment.</li> </ul>
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<b>Parenting after Separation Courses</b> <ul style="list-style-type: none"> <li>• Separated or divorced parents, family members</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Online in English, Punjabi, and for Indigenous families to help with conflict and decision-making. <a href="http://www2.gov.bc.ca/gov/content/life-events/divorce/family-justice/who-can-help/pas">www2.gov.bc.ca/gov/content/life-events/divorce/family-justice/who-can-help/pas</a></li> </ul>
<b>Parenting after Separation: Finance Course</b> <ul style="list-style-type: none"> <li>• Separated or divorced parents, family members</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Online for help with financial issues connected with separating and strategies for the long term. <a href="http://www2.gov.bc.ca/gov/content/life-events/divorce/family-justice/who-can-help/pas">www2.gov.bc.ca/gov/content/life-events/divorce/family-justice/who-can-help/pas</a></li> </ul>



## Campbell River Family Services Society

Phone: 250-287-2421 Email: [family.services@crfs.ca](mailto:family.services@crfs.ca)

487 – 10th Avenue, Campbell River, BC V9W 4E4

[www.crfamilyservices.ca](http://www.crfamilyservices.ca)

[www.facebook.com/profile.php?id=61557080401460](https://www.facebook.com/profile.php?id=61557080401460)



<b>Campbell River PEACE Program</b> <ul style="list-style-type: none"> <li>• Children and youth 3 - 18</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Individual and group counselling services for children ages 3 - 18 who have witnessed, been exposed to or experienced abuse, threats or violence in the home.</li> </ul>
<b>Community-based Victim Services</b> <ul style="list-style-type: none"> <li>• Includes child victims of abuse and assault</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Provides information, community referrals, and emotional, practical and court support to victims, their families and witnesses in a safe, non-judgemental and trauma-informed manner.</li> </ul>
<b>Creating Healthy Families Program</b> <ul style="list-style-type: none"> <li>• Parents and caregivers with their children 0 - 3</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Group format with a healthy lunch, peer support, one-to-one support, information on children's healthy growth and development by enhancing the family's skills, capacities and social supports.</li> </ul>
<b>Early Years Family Navigation Program</b> <ul style="list-style-type: none"> <li>• Parents and caregivers</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• One-to-one help with obtaining advice on parenting issues, and help with accessing services, supports and resources in the community, advocacy, and other information.</li> </ul>
<b>Family Links</b> <ul style="list-style-type: none"> <li>• All family members with a child under 6</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Group format for all family members raising a child under 6 with healthy snacks, activities, peer support and support from the Family Navigator, New Beginnings Worker and First Nation Elder.</li> </ul>
<b>Family Place Program</b> <ul style="list-style-type: none"> <li>• Parents and caregivers with their children 0 - 6</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Drop-in programs that help parents to support their children's development, promote healthy pregnancy, birth and infancy, and strengthen their connection to community supports.</li> </ul>
<b>Family Resource Program</b> <ul style="list-style-type: none"> <li>• Parents and caregivers with their children 0 - 6</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Interactive parent-child playgroup offering a light snack, access to support and educational resources, and networking with other parents. Includes literacy and active living components.</li> </ul>
<b>Group Works Program</b> <ul style="list-style-type: none"> <li>• Children, parents and caregivers</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• The groups are designed to increase individual capacity, skills and resiliency. Specific groups may vary year to year and may be time specific or ongoing. May include Dads and children's drop-in group.</li> </ul>
<b>New Beginnings Program</b> <ul style="list-style-type: none"> <li>• Parents and caregivers</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• One-to-one support to assist with working on goals, life skills, and accessing community services including advocacy services. A New Beginnings Worker is also available in some of the other programs.</li> </ul>
<b>Pregnancy Outreach Program</b> <ul style="list-style-type: none"> <li>• People who are pregnant</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Individual and group health counselling and support for people who are pregnant. Includes food supplements, prenatal vitamins, nursing and nutritionist support, and helpful information.</li> </ul>
<b>Sexual Abuse Intervention Program</b> <ul style="list-style-type: none"> <li>• Children and youth 3 - 18</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Appropriate, timely, accessible assessment, treatment and/or support for children and youth who have been sexually abused or assaulted. Also helps children 3 -12 with sexual behaviour problems.</li> </ul>
<b>Triple P Parenting Program</b> <ul style="list-style-type: none"> <li>• Parents and caregivers</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Curriculum-based group parent education program that increases knowledge and skills in child development, behaviour management, communication, health, and child safety.</li> </ul>
<b>By referral from MCFD, pediatrician, school psychologist, nurse, Supported Child or Infant Development Program</b>	



<p><b>Early Childhood Behaviour Consultant Program</b></p> <ul style="list-style-type: none"> <li>• Parents and caregivers with children 2 - 7</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Assessment, therapeutic intervention, consultation and case management when children have severe behavioural, emotional, or social challenges, or have a diagnosed mental health disorder.</li> </ul>
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## Campbell River Food Bank

Phone: 250-286-3226 or for an appointment: 250-914-2423

Email: [info@crfoodbank.ca](mailto:info@crfoodbank.ca)

1393 Marwalk Crescent, Campbell River, BC, V9W 5V9

[www.crfoodbank.ca](http://www.crfoodbank.ca)

[www.facebook.com/campbellriverfoodbank](https://www.facebook.com/campbellriverfoodbank)



<p><b>The Choice Hamper Program</b></p> <ul style="list-style-type: none"> <li>• Anyone in need, no income qualification required</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Clients are allotted points based on their household size. Points can be redeemed for groceries and toiletries at the Food Bank by appointment once every 30 days. Registration and ID are required.</li> </ul>
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## Campbell River Homeschoolers Facebook Group

[www.facebook.com/groups/422508547856527](https://www.facebook.com/groups/422508547856527)



<p><b>Campbell River Homeschoolers Facebook Group</b></p> <ul style="list-style-type: none"> <li>• Families homeschooling their children</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Families homeschooling their children can join this online group to find a shared community, post events and playdates, and ask questions including curriculum questions.</li> </ul>
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## Campbell River Hospice Society

Phone: 250-286-1121 Email: [reception@crhospice.ca](mailto:reception@crhospice.ca)

440 Evergreen Road, Campbell River, BC V9W 0C7

[www.crhospice.ca](http://www.crhospice.ca)

[www.facebook.com/CRhospice](https://www.facebook.com/CRhospice)



<p><b>Child and Youth Program</b></p> <ul style="list-style-type: none"> <li>• Children and youth 4 - 19</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Supports children and youth who are grieving at no cost. The program incorporates equity, diversity and inclusion. Provides compassionate care in a trusting, neutral, safe environment.</li> </ul>
<p><b>Kids Together</b></p> <ul style="list-style-type: none"> <li>• Children</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• After school grief group for children who have lost someone special. A safe space for healing together. Provides mindfulness and wellness activities, support, connecting, and snacks.</li> </ul>



## Campbell River Literacy Association

Phone: 250-923-1275 Email: [info@literacyforall.ca](mailto:info@literacyforall.ca)

Room 121A – 740 Robron Road, Campbell River, BC V9W 6J7

[www.literacyforall.ca](http://www.literacyforall.ca)

[www.facebook.com/CRLitAssociation](https://www.facebook.com/CRLitAssociation)



<p><b>Family Literacy Week</b></p> <ul style="list-style-type: none"> <li>• Everyone</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Each January, families, schools, libraries and communities across BC celebrate Family Literacy Week. In Campbell River there are a variety of free events for families with themes that promote literacy.</li> </ul>
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<b>Fostering Literacy Reading Program</b> <ul style="list-style-type: none"> <li>Elementary school students</li> <li>Free</li> </ul>	<ul style="list-style-type: none"> <li>This program matches and supports screened volunteers to read one-to-one with children in Campbell River elementary schools once a week. Builds a love of reading for participating children.</li> </ul>
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## Campbell River School District 72

Phone: 250-830-2300 Email: [info@sd72.bc.ca](mailto:info@sd72.bc.ca)  
 425 Pinecrest Road, Campbell River, BC V9W 3P2  
[www.sd72.bc.ca](http://www.sd72.bc.ca)  
[www.facebook.com/CRSD72](https://www.facebook.com/CRSD72)



<b>Cross Catchment Transfers</b> <ul style="list-style-type: none"> <li>Children starting or in kindergarten</li> <li>Free</li> </ul>	<ul style="list-style-type: none"> <li>Can apply to have your kindergarten child attend a school outside of your school catchment area. Application not required if a sibling is attending that school. Application does not guarantee a transfer.</li> </ul>
<b>eBlend K-9 Home Learning Program</b> <ul style="list-style-type: none"> <li>Children kindergarten through grade 9</li> <li>Free</li> </ul>	<ul style="list-style-type: none"> <li>Teacher supported home learning program. Parents supervise and implement a co-developed learning plan. Flexibility of home learning with option of once-a-week interaction days and additional activities.</li> </ul>
<b>Elementary Schools</b> <ul style="list-style-type: none"> <li>Children kindergarten through grade 5</li> <li>Free</li> </ul>	<ul style="list-style-type: none"> <li>There are no set registration deadlines, noting that Kindergarten registration for the next school year starts during the first week of February each year. Children can register in the year they turn 5.</li> </ul>
<b>English Language Learning &amp; Skills Development</b> <ul style="list-style-type: none"> <li>English as a second language students</li> <li>Free</li> </ul>	<ul style="list-style-type: none"> <li>Additional services to provide academic and social support for students who need English language development support to access the provincial curriculum and succeed academically.</li> </ul>
<b>French Immersion</b> <ul style="list-style-type: none"> <li>Children kindergarten through grade 12</li> <li>Free</li> </ul>	<ul style="list-style-type: none"> <li>Follows the BC curriculum while offering students the chance to learn French as an additional language. Both Early (starting in kindergarten) and Late (starting in grade 6) options are available.</li> </ul>
<b>Home Instructional Resources – Elementary</b> <ul style="list-style-type: none"> <li>Children kindergarten through grade 5</li> <li>Free</li> </ul>	<ul style="list-style-type: none"> <li>Simple activities in a number of curriculum areas for students to complete at home with their parents’ help in order to keep the children connected to school and the learning that occurs there.</li> </ul>
<b>Inclusive Education Team</b> <ul style="list-style-type: none"> <li>Children kindergarten through grade 12</li> <li>Free</li> </ul>	<ul style="list-style-type: none"> <li>Provides a broad range of programs and specialized assistance for students with support needs. Works collaboratively with the school teams, parents and community partners for student success.</li> </ul>
<b>Kwakwaka and Likwaka Bilingual K-5</b> <ul style="list-style-type: none"> <li>Children kindergarten through grade 5</li> <li>Free</li> </ul>	<ul style="list-style-type: none"> <li>Housed in Ripple Rock School and open to all students. Classroom teachers and language and culture teachers create an environment where students can learn, play and grow in Kwakwaka and Likwaka.</li> </ul>
<b>Out-of-School Child Care</b> <ul style="list-style-type: none"> <li>Children at participating elementary schools</li> <li>Cost varies depending on type of care needed</li> </ul>	<ul style="list-style-type: none"> <li>Licensed care before/after school, full day for Pro-D days and some school breaks. The Child Care Fee Reduction Initiative applies to fees and if eligible, the Affordable Child Care Benefit. Limited space.</li> </ul>
<b>Ready, Set, Learn Events</b> <ul style="list-style-type: none"> <li>Children 3 - 5 with parent or caregiver</li> <li>Free</li> </ul>	<ul style="list-style-type: none"> <li>Events, typically each spring, at the elementary schools and/or in the community for play-based activities while learning about early learning programs and services, and local elementary schools.</li> </ul>
<b>StrongStart</b> <ul style="list-style-type: none"> <li>Children 0 - 5 with parent or caregiver</li> <li>Free</li> </ul>	<ul style="list-style-type: none"> <li>Under the direction of licensed early childhood educators, children and their parents/caregivers participate in early learning activities such as story time, singing, art, puzzles. Includes nutritious snacks.</li> </ul>



## Children’s Health Foundation of Vancouver Island

Toll free: 1-833-751-0874 Email: [info@islandkidsfirst.com](mailto:info@islandkidsfirst.com)  
 Head office: 345 Wale Road, Victoria, BC V9B 6X2  
[www.islandkidsfirst.com](http://www.islandkidsfirst.com)  
[www.facebook.com/islandkidsfirst](https://www.facebook.com/islandkidsfirst)



<b>Bear Essentials Program</b> <ul style="list-style-type: none"> <li>Families with children 0 - 19 with referral</li> <li>Life-time maximum per child of \$12,500</li> </ul>	<ul style="list-style-type: none"> <li>Requires referral: Supplemental funding for families needing support for their children's health-related travel and health-related equipment.</li> </ul>
<b>Home Away From Home Accommodation</b> <ul style="list-style-type: none"> <li>Families and pregnant individuals with referral</li> <li>Reduced cost</li> </ul>	<ul style="list-style-type: none"> <li>Requires referral: For out-of-region families while their children receive health care and pregnant individuals who need to be close to hospital. Qwalayu House in Campbell River. Jeneece Place in Victoria.</li> </ul>



## City of Campbell River – Parks Department

Phone: 250-286-7275 Email: [parks@campbellriver.ca](mailto:parks@campbellriver.ca)  
385 South Dogwood Street, Campbell River, BC V9W 8C8

[www.campbellriver.ca/parks-recreation-culture/parks-and-outdoor-spaces](http://www.campbellriver.ca/parks-recreation-culture/parks-and-outdoor-spaces)



<b>City Parks</b> <ul style="list-style-type: none"> <li>Everyone</li> <li>Free</li> </ul>	<ul style="list-style-type: none"> <li>Includes Baikie Island Nature Reserve, Centennial Park Meadow, Ken Forde Park, Dick Murphy Park, Robert Ostler Park, Rotary Beach Park, and a variety of neighbourhood small parks.</li> </ul>
<b>City Playgrounds and Outdoor Pool</b> <ul style="list-style-type: none"> <li>Everyone</li> <li>Free</li> </ul>	<ul style="list-style-type: none"> <li>Includes Centennial Park Playground, Dick Murphy Park Playground, Robert Ostler Park Playground, Willow Point Park Playground, Willow Point Park Splashpark, and Centennial Outdoor Pool.</li> </ul>



## City of Campbell River – Recreation and Culture Department

Community Centre: 401 11th Avenue, Campbell River, BC V9W 4G2

Phone: 250-286-1161 Email: [recandculture@campbellriver.ca](mailto:recandculture@campbellriver.ca)

Sportsplex: 1800 Alder Street South, Campbell River, BC V9W 7J1

Phone: 250-923-7911 Email: [recandculture@campbellriver.ca](mailto:recandculture@campbellriver.ca)

[www.campbellriver.ca/parks-recreation-culture](http://www.campbellriver.ca/parks-recreation-culture)

[www.facebook.com/Campbellriverrec](https://www.facebook.com/Campbellriverrec)



<b>Baby Time at the Community Centre</b> <ul style="list-style-type: none"> <li>Babies newborn - walking with parent or caregiver</li> <li>Free</li> </ul>	<ul style="list-style-type: none"> <li>A welcoming 1.25 hour drop-in session for new babies and their grownups to connect, share experiences, and learn together. Twins and triplets are also welcome.</li> </ul>
<b>Busy Bees at the Sportsplex</b> <ul style="list-style-type: none"> <li>Children walking - 5</li> <li>\$10 per child</li> </ul>	<ul style="list-style-type: none"> <li>Registration or drop in: Parents/caregivers can drop off their children for a 2 hour play time: songs, games, making new friends. Includes indoor and outdoor activities. Bring nut-free snack and water.</li> </ul>
<b>Family Place at the Community Centre</b> <ul style="list-style-type: none"> <li>Parents and caregivers with their children 0 - 6</li> <li>Free</li> </ul>	<ul style="list-style-type: none"> <li>2 hour drop-in programs that help parents to support their children's development, promote healthy pregnancy, birth and infancy, and strengthen their connection to community supports.</li> </ul>
<b>Leisure Involvement for Everyone (L.I.F.E.)</b> <ul style="list-style-type: none"> <li>Individuals and families with financial challenges</li> <li>Free passes and reduced fees</li> </ul>	<ul style="list-style-type: none"> <li>If eligible, apply annually: 52 free drop-in passes and 50% off fee for 3 registered programs: <a href="http://www.campbellriver.ca/parks-recreation-culture/recreation/affordable-recreation">www.campbellriver.ca/parks-recreation-culture/recreation/affordable-recreation</a>.</li> </ul>
<b>Play Gym – Fridays at the Sportsplex</b> <ul style="list-style-type: none"> <li>Children 5 and under with parent or caregiver</li> <li>Free</li> </ul>	<ul style="list-style-type: none"> <li>1 hour program to encourage movement and physical competence: skip, jump, hop through a giant obstacle course, balance and tumble on mats, push, throw and catch balls while dancing to fun tunes.</li> </ul>
<b>Play Gym – Mondays at the Community Centre</b> <ul style="list-style-type: none"> <li>Children 5 and under with parent or caregiver</li> <li>Free</li> </ul>	<ul style="list-style-type: none"> <li>1 hour program to encourage movement and physical competence: skip, jump, hop through a giant obstacle course, balance and tumble on mats, push, throw and catch balls while dancing to fun tunes.</li> </ul>
<b>Sunday Funday at the Sportsplex</b> <ul style="list-style-type: none"> <li>Children walking - 5 with parent or caregiver</li> <li>\$3/child for drop in or \$5/family (Family Gym rate)</li> </ul>	<ul style="list-style-type: none"> <li>1 hour program where children explore the gym filled with ride-on toys, tumbling mats, parachute games and more. Parents/caregivers are responsible for their children throughout the session.</li> </ul>



## École Mer-et-Montagne

Phone: 250-923-3359 Email: [sara\\_pinsonneault@csf.bc.ca](mailto:sara_pinsonneault@csf.bc.ca)  
1102 South Alder Street, Campbell River, BC V9W 1Z7  
<https://meretmontagne.csf.bc.ca>



Map  
#13

<b>Franc départ (strong start) program</b> <ul style="list-style-type: none"> <li>• Francophone children 0 - 5 with parent/caregiver</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Offers a variety of early learning and fun activities in French one morning each week. Parents and children get to know the school and staff, and learn about local French-language services.</li> </ul>
<b>French Public School</b> <ul style="list-style-type: none"> <li>• Francophone children kindergarten to grade 12</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Part of the province's Francophone School Board. Public education that follows the BC curriculum and promotes mastery of the French language while learning English as a second language.</li> </ul>



## FamilySmart

Toll free: 1-855-887-8004 Email: [megan.watson@familysmart.ca](mailto:megan.watson@familysmart.ca)  
Mailing address: PO Box 91697, West Vancouver, BC V7V 3P3  
[www.familysmart.ca](http://www.familysmart.ca)  
[www.facebook.com/Familysmart.ca/](https://www.facebook.com/Familysmart.ca/)



<b>Parent Peer Support Program</b> <ul style="list-style-type: none"> <li>• Parents and caregivers</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Provides parents and caregivers of children and youth with a mental health or substance use challenge with emotional support, information, resources and help in navigating services. No waitlist.</li> </ul>
<b>Events, Workshops, Resources and Videos</b> <ul style="list-style-type: none"> <li>• Parents and caregivers</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Facilitated online events and workshops for parents and caregivers of children and youth with a mental health or substance use challenge. Access to resources and videos on different topics online.</li> </ul>



## Forest Circle Society for Families – Cari's Infant and Toddler Centre

Phone: 250-286-1193 Email: [caris@forestcircle.ca](mailto:caris@forestcircle.ca)  
771 - 4th Avenue, Campbell River, BC V9W 7R1  
[www.forestcircle.ca/facilities/caris](http://www.forestcircle.ca/facilities/caris)



Map  
#14

<b>Campbell River Young Parent Program</b> <ul style="list-style-type: none"> <li>• All parents under age 25</li> <li>• \$10/day or Free if pursuing high school education</li> </ul>	<ul style="list-style-type: none"> <li>• Several agencies have partnered to provide education, child care, and other supports. Young partners are given priority placement. Also offer \$10/day child care to the greater community.</li> </ul>
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## Greenways Land Trust

Phone: 250-287-3785 Email: [info@greenwaystrust.ca](mailto:info@greenwaystrust.ca)  
1195-C Fir Street, Campbell River, BC V9W 3B7  
[www.greenwaystrust.ca/projects/food-security](http://www.greenwaystrust.ca/projects/food-security)  
[www.facebook.com/GreenwaysTrust](https://www.facebook.com/GreenwaysTrust)



Map  
#15

<b>Community Gardens</b> <ul style="list-style-type: none"> <li>• Everyone – 'first come, first served'</li> <li>• \$35 annual fee, may be waitlists</li> </ul>	<ul style="list-style-type: none"> <li>• For people who want to grow their own organic food: Mountain View Community Garden in Charstate Park and Laughing Willow Community Garden in Willow Point.</li> </ul>
<b>Food Forests</b> <ul style="list-style-type: none"> <li>• Everyone</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Foraging of fruit trees, shrubs and gardens – free and open to all. One is beside the Mountain View Community Garden in Charstate Park. The other is on the Hospital grounds on the northeast corner.</li> </ul>

<b>Strathcona Good Food Box Program</b> <ul style="list-style-type: none"> <li>• Everyone</li> <li>• Cost by size of box, subsidized on honour system</li> </ul>	Fresh produce is ordered in bulk, repacked into boxes for bi-weekly orders that are picked up at the Greenways office. For more details email <a href="mailto:campbellrivergoodfoodbox@greenwaystrust.ca">campbellrivergoodfoodbox@greenwaystrust.ca</a> .
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## Homalco First Nation

Phone: 250-923-4979 / 1-800-288-0806 Email: [Info@Homalco.com](mailto:Info@Homalco.com)

1218 Bute Crescent, Campbell River, BC V9H 1G5

[www.homalco.com](http://www.homalco.com)

[www.facebook.com/profile.php?id=100064456519182](https://www.facebook.com/profile.php?id=100064456519182)



<b>Children’s Oral Health Initiative (COHI)</b> <ul style="list-style-type: none"> <li>• Homalco community children 0 - 7</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• A dental hygienist attends Homalco First Nation to screen children’s teeth and a community COHI Aide provides oral health care supported by the dental hygienist.</li> </ul>
<b>Community Health Nursing</b> <ul style="list-style-type: none"> <li>• Homalco community children and adults</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Provides child and adult immunizations, as well as education on health promotion and disease prevention.</li> </ul>
<b>Homalco Language Nest Program</b> <ul style="list-style-type: none"> <li>• Children 0 - 5, parents</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Staff, volunteers and Elders carry out daily activities in the Homalco language with the children. Parents are encouraged to participate, learn the language, and incorporate it in their daily lives.</li> </ul>
<b>Maternal and Child Health</b> <ul style="list-style-type: none"> <li>• Pre/post natal care and children into adulthood</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Provides both pre and post natal support. Also supports children’s development into adulthood, helps with parenting skills and positive lifestyle changes, and social supports.</li> </ul>
<b>StrongStart</b> <ul style="list-style-type: none"> <li>• Children 0 - kindergarten with parent or caregiver</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Under the direction of licensed early childhood educators, children and their parents/caregivers participate in early learning activities such as story time, singing, art, puzzles. Includes nutritious snacks.</li> </ul>
<b>Youth Services</b> <ul style="list-style-type: none"> <li>• Homalco community children and youth</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• This program supports children, youth, parents and caregivers in developing healthy lifestyle habits.</li> </ul>



## Immigrant Welcome Centre

Phone: 250-830-0171 / 1-855-805-917

Email: [info@immigrantwelcome.ca](mailto:info@immigrantwelcome.ca)

200 – 1170 Shoppers Row, Campbell River, BC V9W 2C8

[www.immigrantwelcome.ca](http://www.immigrantwelcome.ca)

[www.facebook.com/ImmigrantWelcomeCentreNorthVancouverIsland](https://www.facebook.com/ImmigrantWelcomeCentreNorthVancouverIsland)



<b>International Family Recreation Group</b> <ul style="list-style-type: none"> <li>• Immigrant/newcomer and refugee families</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• In-person gatherings to help families make friends, connect with other newcomers in the community, practice English in a social setting and build their support network. Meets September – June.</li> </ul>
<b>Settlement Support Services</b> <ul style="list-style-type: none"> <li>• Eligible immigrants/newcomers, refugees</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Settlement services including help with applications, citizenship, government benefits, resources and referrals for housing, health care, human rights, and employment. Also school system support.</li> </ul>



## Island Health - Campbell River Public Health Unit

Phone: 250-850-2110

200 - 1100 Island Hwy, Campbell River, BC V9W 8C6

[www.islandhealth.ca/our-locations/health-unit-locations/campbell-river-health-unit](http://www.islandhealth.ca/our-locations/health-unit-locations/campbell-river-health-unit)

[www.facebook.com/CampbellRiverPublicHealth](https://www.facebook.com/CampbellRiverPublicHealth)



<b>Baby Bed Program</b> <ul style="list-style-type: none"> <li>• Pregnant people and families with a new baby</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Your Baby Bed provides a safe sleep surface for babies that can replace a bassinet or crib for the baby's first 4 or 5 months (up to 30 lbs or 13.5 kgs). Comes with a tight fitting mattress and fitted sheet.</li> </ul>
<b>BC Early Hearing Program</b> <ul style="list-style-type: none"> <li>• New babies</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Public Health Nurses screen babies for hearing in the first few weeks of life. Provides integrated services from <a href="#">hearing screening</a> to testing as well as <a href="#">early language support</a> if hearing loss is identified.</li> </ul>
<b>Breastfeeding Support</b> <ul style="list-style-type: none"> <li>• People who are breastfeeding/plan to breastfeed</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Call the Public Health Unit to get breastfeeding support from a Nurse. Lactation Consultants are available. Call to register for in-person or virtual prenatal breastfeeding class.</li> </ul>
<b>Dental Screening</b> <ul style="list-style-type: none"> <li>• Children and eligible prenatal clients</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• On-site Dental Hygienist supports the community to improve oral health. Focus is on dental prevention and young families.</li> </ul>
<b>Immunization Clinic for Children</b> <ul style="list-style-type: none"> <li>• Children 0 - 18</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Provides provincially funded immunizations for infants and school-aged children.</li> </ul>
<b>Kindergarten Hearing Screening</b> <ul style="list-style-type: none"> <li>• Children in kindergarten</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• All kindergarten children in the school district are offered free hearing screening.</li> </ul>
<b>Nurse Family Partnership</b> <ul style="list-style-type: none"> <li>• Eligible people under 25 having their first baby</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Home visitation program starting with pregnancy and continuing until the child is two years of age. The focus is to improve pregnancy outcomes, child health and development, and future life planning.</li> </ul>
<b>Nutrition</b> <ul style="list-style-type: none"> <li>• Parent and youth groups, agencies, schools</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• The Public Health Dietitian promotes children and youth's healthy growth and development by promoting and supporting food security and a positive relationship with food: See <a href="#">Public Health Nutrition</a>.</li> </ul>
<b>Olive Branch</b> <ul style="list-style-type: none"> <li>• People with prenatal and postpartum challenges</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• One-to-one support for prenatal clients and group support for postpartum people with depression, anxiety and adjustment challenges. Focus is on skills and setting goals to regain well-being.</li> </ul>
<b>Parenting Support</b> <ul style="list-style-type: none"> <li>• Parents and caregivers with young children</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Public Health Nurses connect with parents to share information on topics such as safety, growth, nutrition and parenting. Also offer developmental screening and referrals to other agencies or services.</li> </ul>
<b>Right from the Start</b> <ul style="list-style-type: none"> <li>• Pregnant people and new parents</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Provided by caring Public Health Nurses. Includes prenatal and postpartum support and resources, breastfeeding support and classes, and referrals to community services and programs.</li> </ul>



## John Howard Society of North Island

Phone: 250-286-0611 Email: [mail@jhsni.bc.ca](mailto:mail@jhsni.bc.ca)

140 – 10th Ave, Campbell River, BC V9W 4E3

[www.jhsni.bc.ca/campbell-river-community-programs](http://www.jhsni.bc.ca/campbell-river-community-programs)

[www.facebook.com/JHSNI](https://www.facebook.com/JHSNI)



<b>KidStart</b> <ul style="list-style-type: none"> <li>• Children and youth 6 - 12</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• A one-to-one mentoring program for children and youth delivered by carefully screened and trained volunteers. <a href="http://www.jhsni.bc.ca/kidstart">www.jhsni.bc.ca/kidstart</a></li> </ul>
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## Knights of Columbus Christmas Hampers

Phone: 250-207-0628 Email: [hamperfund2023@gmail.com](mailto:hamperfund2023@gmail.com)

Mailing address: 34 South Alder Street, Campbell River, BC V9W 2M8

[http://www.stpatscr.org/hamper\\_fund](http://www.stpatscr.org/hamper_fund)





<p><b>Christmas Hamper Program</b></p> <ul style="list-style-type: none"> <li>• Individuals and families in financial need</li> <li>• Free: application required in advance</li> </ul>	<ul style="list-style-type: none"> <li>• Hampers with perishable and non-perishable items are delivered close to Christmas. Applications need to be submitted in advance and are available at the Income Assistance Office, 833A – 14<sup>th</sup> Ave.</li> </ul>
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### Laichwiltach Community Health Centre

929 Ironwood Street, Campbell River, BC V9W 3E5  
 Phone: 778-346-9235 Email: [info@lchccare.ca](mailto:info@lchccare.ca)  
[www.lfls.ca](http://www.lfls.ca)  
[www.facebook.com/lfls.laichwiltach](https://www.facebook.com/lfls.laichwiltach)



<p><b>Indigenous Community Health Centre</b></p> <ul style="list-style-type: none"> <li>• Indigenous people in Campbell River region</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Culturally safe and respectful healthcare services for Indigenous communities in the region – a partnership of Laichwiltach Family Life Society and Campbell River and District Primary Care Network.</li> </ul>
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### Laichwiltach Family Life Society

Front Desk Phone: 250-203-5118 Email: [lfls@lfls.ca](mailto:lfls@lfls.ca)  
 441 4th Avenue, Campbell River, BC V9W 3W7  
 The Gathering Place: 300 Robron Road, Campbell River, BC V9W 5P2  
[www.lfls.ca](http://www.lfls.ca)  
[www.facebook.com/profile.php?id=100076359288812](https://www.facebook.com/profile.php?id=100076359288812)



<p><b>Aboriginal Infant Development Program (AIDP)</b></p> <ul style="list-style-type: none"> <li>• Indigenous children 0 - kindergarten entry</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Culturally safe and family-centred support for Indigenous families with infants who are at risk of, or have, a developmental delay.</li> </ul>
<p><b>Aboriginal Infant Development Parenting Group</b></p> <ul style="list-style-type: none"> <li>• Indigenous parents/caregivers of children 0 - 6</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Traditional parenting with cultural connections. Drop-in for parents and caregivers who can attend with or without their children.</li> </ul>
<p><b>Baby Group</b></p> <ul style="list-style-type: none"> <li>• Indigenous parents/caregivers with children 0 - 4</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Support for families with a holistic approach to parenting and exploring history, culture, and decolonizing parenting. Parents/caregivers can attend with or without their children.</li> </ul>
<p><b>Collaborative Planning</b></p> <ul style="list-style-type: none"> <li>• Indigenous families with children</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Brings together family, professionals, and others who care about the child(ren) to talk and create a long-term plan that will support the child(ren) to remain safe and to grow to be healthy adults.</li> </ul>
<p><b>Community Kitchen – The Gathering Place</b></p> <ul style="list-style-type: none"> <li>• Families with Indigenous children 0 - 6 welcome</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Participants prepare food, cook and clean up together.</li> </ul>
<p><b>Creating Healthier Families Program</b></p> <ul style="list-style-type: none"> <li>• Children 0 - Grade 1</li> <li>• Free – Partnership with other agencies</li> </ul>	<ul style="list-style-type: none"> <li>• Provides a safe support group for all parents to get together, support and learn from each other and have an opportunity to take home extra tools (traditional and non-traditional).</li> </ul>
<p><b>Family Play Group</b></p> <ul style="list-style-type: none"> <li>• Indigenous families with children 0 - 6</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Different topics each week, crafts, and resources relevant to families needs.</li> </ul>
<p><b>Family Support Program</b></p> <ul style="list-style-type: none"> <li>• Indigenous families</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Includes support and being an advocate at meetings (e.g., MCFD, legal aid, family court), assisting families to develop and maintain personal and family goals, developing a safety plan, referrals.</li> </ul>
<p><b>Family Therapy Services</b></p> <ul style="list-style-type: none"> <li>• Indigenous families and children</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Provides holistic and client-centered counselling to children, youth, adults, couples, and families.</li> </ul>

<b>Little Fry Head Start Child Care Program</b> <ul style="list-style-type: none"> <li>Indigenous children 30 months - Grade 1 entry</li> <li>Free</li> </ul>	<ul style="list-style-type: none"> <li>Children learn about themselves and their world through play, exploration and discovery, socializing with peers and Elders, and cultural teaching. Includes developmental screening and referrals.</li> </ul>
<b>Occupational Therapy Services</b> <ul style="list-style-type: none"> <li>Indigenous children 0 - kindergarten entry</li> <li>Free</li> </ul>	<ul style="list-style-type: none"> <li>Works towards family-identified goals through playful interactions, grading the activities so that the child can succeed in increasing social participation, self-regulation and developing motor skills.</li> </ul>
<b>Qwallayuw Head Start Preschool Program</b> <ul style="list-style-type: none"> <li>Indigenous children 3 - 4</li> <li>Free</li> </ul>	<ul style="list-style-type: none"> <li>Six core areas: education and school readiness, Indigenous culture and language, parental involvement, health promotion, nutrition, and social support.</li> </ul>
<b>Speech and Language Program</b> <ul style="list-style-type: none"> <li>Indigenous children 0 - kindergarten entry</li> <li>Free</li> </ul>	<ul style="list-style-type: none"> <li>Supports speech and language development through play-based interactions. Includes assessments, consultations, and therapy customized to each child's situation. Anyone can make a referral.</li> </ul>
<b>Supported Child Development Program</b> <ul style="list-style-type: none"> <li>Indigenous children 0 - 18</li> <li>Free</li> </ul>	<ul style="list-style-type: none"> <li>Extra support in a child care setting due to a development delay or disability that is physical, cognitive, communication and/or social/emotional/behavioural. Based on cultural values and beliefs.</li> </ul>



### LKT Health / Liḡwıldax<sup>W</sup> Health Society

Campbell River Health Centre: Phone: 250-286-9766

1400A Drake Road, Campbell River, BC V9W 7K6

Cape Mudge Health Centre - Quadra Island: Phone: 250-850-0351

Quinsam Health Centre: Phone: 250-286-8064

[www.facebook.com/groups/810824675663889/permalink/8353312608081687](https://www.facebook.com/groups/810824675663889/permalink/8353312608081687)



Map  
#23

<b>Campbell River Centre: Patient Travel</b> <ul style="list-style-type: none"> <li>Laichwiltach Nations People-Campbell River area</li> <li>Subsidized cost</li> </ul>	<ul style="list-style-type: none"> <li>Requires valid status and health care number, and specialist referral. Covers the most economical/efficient means of transport and may include accommodation, meals. Not all medical travel covered.</li> </ul>
<b>Campbell River Centre: Precious Beginnings</b> <ul style="list-style-type: none"> <li>Indigenous women</li> <li>Free</li> </ul>	<ul style="list-style-type: none"> <li>FASD mentorship program supports women by supporting alongside them and helping them to achieve their personal goals for healthy lifestyles. Connects women to many community services, resources.</li> </ul>
<b>Cape Mudge Centre: Healthy Meals Box</b> <ul style="list-style-type: none"> <li>Cape Mudge residents</li> <li>Free</li> </ul>	<ul style="list-style-type: none"> <li>Contact Cape Mudge Health Centre to sign up to receive ingredients to make a healthy meal at home.</li> </ul>
<b>Cape Mudge Centre: Other Programs for Families</b> <ul style="list-style-type: none"> <li>Cape Mudge families</li> <li>Free</li> </ul>	<ul style="list-style-type: none"> <li>Contact Cape Mudge Health Centre for information about current programs and events available for families with young children.</li> </ul>
<b>Quinsam Centre: Healthy Babies, Happy Parents</b> <ul style="list-style-type: none"> <li>Indigenous families with children under 4</li> <li>Free</li> </ul>	<ul style="list-style-type: none"> <li>Providing support, kindness and education.</li> </ul>
<b>Quinsam Centre: Other Programs for Families</b> <ul style="list-style-type: none"> <li>Indigenous families</li> <li>Free</li> </ul>	<ul style="list-style-type: none"> <li>Contact Quinsam Health Centre for information about current programs and events available for families with young children.</li> </ul>



### Mamas for Mamas Campbell River Facebook Group

[www.facebook.com/groups/campbellrivermamasformamas](https://www.facebook.com/groups/campbellrivermamasformamas)



<b>Mamas for Mamas Facebook Group</b> <ul style="list-style-type: none"> <li>Parents and caregivers</li> <li>Free</li> </ul>	<ul style="list-style-type: none"> <li>Join the group for inclusive, safe, respectful place where members can provide items or services to one another at no cost by donating, trading, lending to reduce financial strain of low-income parenting.</li> </ul>
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## Métis Nation British Columbia

Toll free: 1-800-940-1150 Email: [info@mNBC.ca](mailto:info@mNBC.ca)  
#380 – 13401 108 Avenue, Surrey, BC V3T 5T3

[www.mNBC.ca](http://www.mNBC.ca)

[www.facebook.com/metisnationbritishcolumbia](https://www.facebook.com/metisnationbritishcolumbia)



<b>Imagination Library</b> <ul style="list-style-type: none"> <li>Métis Nation BC children birth - 4</li> <li>Free</li> </ul>	<ul style="list-style-type: none"> <li>A literacy program for children from birth to four years. Métis children that are registered in the program receive a free, age-appropriate book each month.</li> </ul>
<b>Métis Child Care Benefit Program</b> <ul style="list-style-type: none"> <li>Métis Nation BC families with children birth - 12</li> <li>Free</li> </ul>	<ul style="list-style-type: none"> <li>Monthly benefit to support parents with their Licensed or Registered License-Not-Required child care and Licensed Preschool fees. Child must be enrolled in the Métis Family Connections Program.</li> </ul>
<b>Métis Family Connections Program – Early Years</b> <ul style="list-style-type: none"> <li>Métis Nation BC families with children birth - 8</li> <li>Free</li> </ul>	<ul style="list-style-type: none"> <li>Métis Family Connections Navigators assist families to access programs and services that are available in their region, and connect them to community and culture.</li> </ul>
<b>Métis Rent Supplement Program</b> <ul style="list-style-type: none"> <li>Métis Nation BC families and individuals</li> <li>Subsidized cost</li> </ul>	<ul style="list-style-type: none"> <li>Supports low-income Métis citizens paying more than 30% of household income on rent with supplement payments up to a maximum of \$475 a month for a temporary period.</li> </ul>
<b>Métis Summer Break Supplement</b> <ul style="list-style-type: none"> <li>Métis Nation BC children kindergarten - 12</li> <li>Subsidized cost</li> </ul>	<ul style="list-style-type: none"> <li>Helps families who are unable to access more formal child care during July and August, up to \$500 per month per child. Can include extra-curricular activities when child care is not available.</li> </ul>
<b>Métis Winter and Spring Break Supplement</b> <ul style="list-style-type: none"> <li>Métis Nation BC children kindergarten - 12</li> <li>Subsidized cost</li> </ul>	<ul style="list-style-type: none"> <li>Helps families who are unable to access more formal child care during winter and spring breaks, up to \$250 per break per child. Can include extra-curricular activities when child care is not available.</li> </ul>
<b>Miyoopimaatishik (Wellbeing) Program</b> <ul style="list-style-type: none"> <li>Métis Nation BC families with children birth - 8</li> <li>Free</li> </ul>	<ul style="list-style-type: none"> <li>Assists with costs up to \$5,000/year for services and products such as respite care, speech therapy, assessments, special equipment. Child must be enrolled in the Métis Family Connections Program.</li> </ul>



## Ministry of Children and Family Development

Campbell River Office: Phone: 250-286-7542 / 1-866-823-5372

**Centralized Screening: 1-800-663-9122**

**Child Protection Report Line: 1-800- 663-9122**

1334 Island Hwy, Campbell River, BC V9W 8C9

[www2.gov.bc.ca/gov/content/governments/organizational-structure/ministries-organizations/ministries/children-and-family-development](http://www2.gov.bc.ca/gov/content/governments/organizational-structure/ministries-organizations/ministries/children-and-family-development)



<b>Services to support children, youth and families</b> <ul style="list-style-type: none"> <li>Children, youth and families in BC</li> <li>Free</li> </ul>	<ul style="list-style-type: none"> <li>Services, resources and referrals including for child and youth mental health, child and youth with support needs, adoption, guardianship, foster caregiving, kinship care, and child protection.</li> </ul>
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## Museum at Campbell River

Phone: 250-287-3103 Email: [general.inquiries@crmuseum.ca](mailto:general.inquiries@crmuseum.ca)

470 Island Hwy (at 5th Avenue), Campbell River, BC V9W 4Z9

<https://crmuseum.ca>

<https://www.facebook.com/museumatcampbellriver>



<b>Museum Exhibits</b> <ul style="list-style-type: none"> <li>• Everyone</li> <li>• Admission fee varies, free for children up to age 6</li> </ul>	<ul style="list-style-type: none"> <li>• Exhibits for all ages focus on the history of the Coast, including the salmon fishery, logging, and First Nations. Children will also enjoy the Steam Donkey, logging truck, fishing boat, garden and more.</li> </ul>
<b>Special Events and Activities</b> <ul style="list-style-type: none"> <li>• Children and youth</li> <li>• Cost varies depending on event or program</li> </ul>	<ul style="list-style-type: none"> <li>• Special events and activities for children, youth and families. Some examples include: Historical Puppet Theatre, Kids Day at the Museum, and the Teddy Bear Picnic.</li> </ul>



## North Island Métis Association

Phone: 250-287-7417 Email: [office@nimetis.com](mailto:office@nimetis.com)  
 Room A124 – 740 Robron Road, Campbell River, BC V9W 6J7  
[www.nimetis.com/](http://www.nimetis.com/)  
[www.facebook.com/NorthIslandMetisAssociation](https://www.facebook.com/NorthIslandMetisAssociation)



<b>Health Services Navigation</b> <ul style="list-style-type: none"> <li>• Métis families and individuals</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Assistance with connecting with health-related services and resources, and related funding supports.</li> </ul>
<b>Housing Services Navigation</b> <ul style="list-style-type: none"> <li>• Métis families and individuals</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Assistance with connecting with housing services and resources, and related funding supports.</li> </ul>
<b>Piihtikway</b> (pronounced PEE-tik-quay) <ul style="list-style-type: none"> <li>• North Island Métis Association member families</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Drop-in cultural night on the 3rd Friday evening each month except July and August. Work on projects or learn something new. Children welcome to attend with an adult. Includes tea, snacks and laughter.</li> </ul>



## Opportunities Community Services

Phone: 250-286-3436  
 #101- 300 St. Ann's Road, Campbell River BC, V9W 4C6  
[www.ocss.ca](http://www.ocss.ca)



<b>Advocacy Services</b> <ul style="list-style-type: none"> <li>• Campbell River residents with low incomes</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Provides information, assistance and representation related to certain Provincial and Federal benefits, residential tenancy disputes, consumer debt issues, and access to pro bono legal advice.</li> </ul>
<b>Disability Benefits Navigator Program</b> <ul style="list-style-type: none"> <li>• People with disabilities</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Assists people with disabilities to identify and apply for programs and benefits that they are entitled to receive.</li> </ul>
<b>Family Law Advocacy</b> <ul style="list-style-type: none"> <li>• People with low incomes not eligible for Legal Aid</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Includes assistance with relationship issues such as information and education, summary advice, supported dispute resolution, and preparation of court forms and other documents.</li> </ul>



## PacificCARE Family Enrichment Society and Child Care Resource and Referral

Phone: 250-203-6022 / 1-888-480-2273 Email: [mailbox@pacific-care.bc.ca](mailto:mailbox@pacific-care.bc.ca)  
 A123 - 740 Robron Road, Campbell River, BC V9W 6J7  
[www.pacificcare.ca](http://www.pacificcare.ca)  
[www.facebook.com/PacificCARECRR](https://www.facebook.com/PacificCARECRR)



<b>Assistance with Affordable Child Care Benefit</b> <ul style="list-style-type: none"> <li>• Families with children in child care</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Assists eligible families with applying for the BC Affordable Child Care Benefit to reduce the cost of child care. Eligibility factors include income, family size, type of care. Need to reapply annually.</li> </ul>
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<b>Child Care Resource and Referral Program</b> <ul style="list-style-type: none"> <li>Families seeking child care, child care providers</li> <li>Free</li> </ul>	<ul style="list-style-type: none"> <li>Assists families with finding licensed and registered child care. Assists child care providers with consultations, resources and referrals to support the provision of quality, inclusive child care.</li> </ul>
<b>Lending Library</b> <ul style="list-style-type: none"> <li>Families with young children, child care providers</li> <li>Free</li> </ul>	<ul style="list-style-type: none"> <li>Includes loaning toys, loose parts, books, sensory resources, puzzles, felt stories, puppets, and other learning resources and equipment.</li> </ul>
<b>Presentations and Workshops</b> <ul style="list-style-type: none"> <li>Parents, caregivers, early years professional</li> <li>Free or low cost</li> </ul>	<ul style="list-style-type: none"> <li>Presentations and workshops on different topics are offered to parents, caregivers, and early years professionals throughout the year as announced on the Facebook page.</li> </ul>



## Rivercity Inclusion's Dogwood Child and Youth Development Centre



Phone: 250-286-0955  
 301 Dogwood Street, Campbell River, BC V9W 2Y1  
[www.rivercityinclusion.ca/our-services/child-and-youth-services](http://www.rivercityinclusion.ca/our-services/child-and-youth-services)  
[www.facebook.com/profile.php?id=100077590131503](https://www.facebook.com/profile.php?id=100077590131503)

<b>Fetal Alcohol Spectrum Disorder Key Worker</b> <ul style="list-style-type: none"> <li>Families with children or youth 0 - 19</li> <li>Free</li> </ul>	<ul style="list-style-type: none"> <li>Support program for families with children who have a diagnosis of FASD, are suspected of having FASD, or have a similar Complex Behavioural Disorder. Open referral process including by parents.</li> </ul>
<b>Infant Development Program (IDP)</b> <ul style="list-style-type: none"> <li>Infants and toddlers 0 - 3</li> <li>Participation is voluntary and free of charge</li> </ul>	<ul style="list-style-type: none"> <li>The IDP program supports parents in nurturing their child's growth during their crucial early years. Offer personalized guidance, early intervention, and resources to foster overall development.</li> </ul>
<b>Occupational Therapy Program</b> <ul style="list-style-type: none"> <li>Children 0 - school entry</li> <li>Free</li> </ul>	<ul style="list-style-type: none"> <li>For children with delays in everyday activities (feeding, dressing, regulation, participation in group settings). Includes assessment, therapy, consultation to families. Offered in different settings.</li> </ul>
<b>Physiotherapy Program</b> <ul style="list-style-type: none"> <li>Children 0 - school entry</li> <li>Free</li> </ul>	<ul style="list-style-type: none"> <li>For children having difficulty with movement skills such as delayed motor milestones. Includes assessments, treatment, consultation, education, recommended approaches. Offered in different settings.</li> </ul>
<b>Speech and Language Program</b> <ul style="list-style-type: none"> <li>Children 0 - school entry</li> <li>Free</li> </ul>	<ul style="list-style-type: none"> <li>For children with feeding and/or communication needs (talking, understanding, interactions with others). Includes assessments, therapy, and consultation to families. Offered in different settings.</li> </ul>
<b>Supported Child Development Program (SCDP)</b> <ul style="list-style-type: none"> <li>Children 0 - 13<sup>th</sup> birthday</li> <li>Free</li> </ul>	<ul style="list-style-type: none"> <li>Assists families of children with extra support needs to access child care programs. Includes planning, training for parents and child care providers, resources, referrals, additional staff at child care centres.</li> </ul>



## Salvation Army – Ocean Crest Family Services

Phone: 250-287-2699 Email: [oceancrest.familyservices@salvationarmy.ca](mailto:oceancrest.familyservices@salvationarmy.ca)  
 #100-1381 Cedar Street, Campbell River, BC V9W 2W6  
[www.oceancrestchurch.org/serving-campbell-river](http://www.oceancrestchurch.org/serving-campbell-river)  
[www.facebook.com/groups/1815362848623575](https://www.facebook.com/groups/1815362848623575)



<b>Centre of Hope</b> <ul style="list-style-type: none"> <li>Individuals and families in need</li> <li>Free</li> </ul>	<ul style="list-style-type: none"> <li>A community lunch on weekdays. Offers personal hygiene supplies, laundry, referrals to other agencies. Can provide Emergency Food 4 times/ year, Clothing Vouchers 3 x year, Household Goods 1 x year.</li> </ul>
<b>Family Thrift Store</b> <ul style="list-style-type: none"> <li>Everyone</li> <li>Low cost</li> </ul>	<ul style="list-style-type: none"> <li>Gently used clothing and household items. Located at #100-1100 Homewood Road. Phone: 250-286-3010.</li> </ul>

<p><b>Other Programs</b></p> <ul style="list-style-type: none"> <li>• Children in need</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Other programs include: Annual Coats for Kids and Adults – gently used winter coats; Annual Back to School Backpack Program with school supplies for children in kindergarten to grade 12.</li> </ul>
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## Sasamans Society

Phone: 250-914-2212 / 1-888-597-2810 Email: [reception@sasamans.ca](mailto:reception@sasamans.ca)  
 680 Head Start Crescent, Campbell River, BC V9H 1P9  
[www.sasamans.ca](http://www.sasamans.ca)  
[www.facebook.com/sasamanssociety](https://www.facebook.com/sasamanssociety)



<p><b>Cultural Connections Program</b></p> <ul style="list-style-type: none"> <li>• Families with children in MCFD/government care</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Supports with reunification and/or reintegration of a child or youth to their family and community, and assists with the facilitation and transition of this connection.</li> </ul>
<p><b>Indigenous Outreach Family Navigator Program</b></p> <ul style="list-style-type: none"> <li>• Families with children and/or grandchildren</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Provides support and guidance to Indigenous families pertaining to their children or grandchildren if they are, or may potentially be, involved with MCFD or are in government care.</li> </ul>
<p><b>Indigenous Parenting/Caregiver Support Worker</b></p> <ul style="list-style-type: none"> <li>• Families with children and/or grandchildren</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Provides essential preventive support to families identified by MCFD as being in need of interventions and who are at high risk of child removal due to issues impacting the child’s safety and well-being.</li> </ul>
<p><b>Jordan’s Principle Service Coordinator Program</b></p> <ul style="list-style-type: none"> <li>• Indigenous families and children</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Ensures that children and families receive regional support in applying to the Jordan’s Principle Program for health, education and social services and supports from Indigenous Services Canada.</li> </ul>



## Strathcona Regional District – Strathcona Gardens

Phone: 250-830-6777 Email: [info@strathconagardens.com](mailto:info@strathconagardens.com)  
 225 South Dogwood Street, Campbell River, BC V9W 8C8  
[www.strathconagardens.com](http://www.strathconagardens.com)  
[www.facebook.com/strathconagardensrec](https://www.facebook.com/strathconagardensrec)



<p><b>Leisure Involvement for Everyone (L.I.F.E.)</b></p> <ul style="list-style-type: none"> <li>• Individuals and families with financial challenges</li> <li>• Free passes and reduced fees</li> </ul>	<ul style="list-style-type: none"> <li>• If eligible, apply annually: 104 free drop-in passes and 50% of fee for 3 registered programs: <a href="http://www.strathconagardens.com/about-us/financial-assistance-subsidy">www.strathconagardens.com/about-us/financial-assistance-subsidy</a>.</li> </ul>
<p><b>Recreation Programs and Camps</b></p> <ul style="list-style-type: none"> <li>• All ages</li> <li>• Cost varies</li> </ul>	<ul style="list-style-type: none"> <li>• Includes parent and tots swimming and skating classes, swimming and skating classes for preschoolers and other age groups, pre/post natal fitness, children’s camps during summer and school breaks.</li> </ul>



## Vancouver Island Regional Library – Campbell River Branch

Phone: 250-287-3655 Email: [campbellriver@virl.bc.ca](mailto:campbellriver@virl.bc.ca)  
 1240 Shoppers Row, Campbell River, BC V9W 2C8  
[www.virl.bc.ca/branches/campbell-river](http://www.virl.bc.ca/branches/campbell-river)  
[www.facebook.com/VIRLCampbellRiver1](https://www.facebook.com/VIRLCampbellRiver1)



<p><b>Books for Babies</b></p> <ul style="list-style-type: none"> <li>• Parents or caregivers with a baby in service area</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Parents or caregivers with new babies can receive a kit that includes a children’s book, a CD singalong and a Books for Babies bag. To request a kit, email: <a href="mailto:info@virl.bc.ca">info@virl.bc.ca</a> or call the Library.</li> </ul>
<p><b>Calendar of Programs and Events</b></p> <ul style="list-style-type: none"> <li>• Everyone</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Check out the calendar to see what is happening each month: at the Library, or online at <a href="https://virl.bc.ca/calendar/2024-12/?tribe-bar-date=2024-12&amp;tribe_etsbranch%5B%5D=1006">https://virl.bc.ca/calendar/2024-12/?tribe-bar-date=2024-12&amp;tribe_etsbranch%5B%5D=1006</a> and on Facebook.</li> </ul>

<b>Children’s Section of the Library</b> <ul style="list-style-type: none"> <li>• Everyone</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• A special section of the library with children’s books and areas for reading. The Library offers every child in the community their own Children’s Library Card to borrow books, videos, music and more.</li> </ul>
<b>Cultural Literacy Kits</b> <ul style="list-style-type: none"> <li>• Parents, caregivers and educators</li> <li>• Free, can be borrowed for 3 weeks</li> </ul>	<ul style="list-style-type: none"> <li>• The kits help parents, caregivers and educators engage with children through books, songs and games about their own culture and in their native language. Includes Coast Salish, Métis, Korean, and more.</li> </ul>
<b>Drop-In Family Playroom</b> <ul style="list-style-type: none"> <li>• Young children with their parents or caregivers</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• A drop-in, free-range, self-directed playtime for younger children and their parents or caregivers. There is opportunity for the adults to socialize. Immediately follows the drop-in Storytime program.</li> </ul>
<b>Drop-In Storytime</b> <ul style="list-style-type: none"> <li>• Young children with their parents or caregivers</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• A drop-in program designed to support early literacy through reading aloud, songs, rhymes and other activities.</li> </ul>
<b>Literacy Kits</b> <ul style="list-style-type: none"> <li>• Children 0 – kindergarten</li> <li>• Free, can be borrowed for 3 weeks</li> </ul>	<ul style="list-style-type: none"> <li>• Can borrow a kit with theme-based topic such as wild animals, pirates, things that go, force and motion, divorce, and yoga. A backpack or plastic tote contains books, CDs, DVDs, and/or toys.</li> </ul>
<b>Lego Club</b> <ul style="list-style-type: none"> <li>• Children (if under 10 need a responsible adult)</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Using the Library’s Lego, children make their own creations or try challenges. Photos of the creations can be taken and displayed on the ‘Lego Wall of Glory’. Music and books provide inspiration.</li> </ul>
<b>Online Learning Resources</b> <ul style="list-style-type: none"> <li>• Everyone</li> <li>• Free to library cardholders</li> </ul>	<ul style="list-style-type: none"> <li>• The Library offers many resources to help children and families learn including National Geographic Kids, the Knowledge Network, Creativebug, Pebblego, TumbleBookLibrary, and Universalis Junior.</li> </ul>
<b>STEAM Time</b> <ul style="list-style-type: none"> <li>• Children 4 - 8 and their parents or caregivers</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Play, explore, learn with the Library’s collection of STEAM-oriented toys and creativity sets in the Multipurpose Room. STEAM stands for Science, Technology, Engineering, Arts and Mathematics.</li> </ul>
<b>Summer Reading Club</b> <ul style="list-style-type: none"> <li>• Children 0 - 12</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Children can join by picking up their Summer Reading Club package at the Library. Weekly progress can be tracked on their reading log and entered to win prizes. There are events throughout the summer.</li> </ul>

## More Online Information

- **Affordable Child Care Benefit** [www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/childcarebc-programs/child-care-benefit](http://www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/childcarebc-programs/child-care-benefit)  
A monthly payment to help eligible families with the cost of child care. Factors like income, family size, and type of care determine how much support families may receive. Families need to renew their application every year.
- **Assante Centre** [www.asantecentre.org](http://www.asantecentre.org)  
Support for people with Fetal Alcohol Spectrum Disorder (FASD) and other developmental diversities and their families, and help for communities to provide more effective care. Their services include assessments and therapy, and their website includes resources for individuals, parents and caregivers: [www.asantecentre.org/education-and-resources](http://www.asantecentre.org/education-and-resources).
- **BC Child Care Map** <https://maps.gov.bc.ca/ess/hm/ccf>  
Provides parents with at-a-glance information that shows – for each facility in a parent’s desired location – what programs are offered, if there are any available spaces, contact information, hours of operation, and more.
- **BC Children’s Hospital – Family Library** <http://www.bcchildrens.ca/our-services/support-services/family-library>  
Free lending of print books, eBooks, CDs and DVDs, games, and teaching tools on health topics, including both English and French language resources. Available online or hardcopy resources will be mailed free of charge in BC for a loan of four weeks which may be able to be renewed. Librarians are available to help families find the information they need.
- **BC Children’s Hospital – Kelty Mental Health Resource Centre** [www.keltymentalhealth.ca](http://www.keltymentalhealth.ca)  
Helps families in BC navigate the mental health system, connect with peer support, and access resources and tools to support well-being. Includes topics such as ADHD, anxiety, social and emotional development, and common questions.
- **BC Government – Children and Youth with Support Needs** [www2.gov.bc.ca/gov/content/health/managing-your-health/child-behaviour-development/support-needs](http://www2.gov.bc.ca/gov/content/health/managing-your-health/child-behaviour-development/support-needs)  
Provides information and resources for children with support needs including autism spectrum disorder, complex health needs, fetal alcohol spectrum disorder (FASD), intellectual disabilities, and hearing and vision loss.
- **BC Government – Early Learning Information for Parents and Guardians** [www2.gov.bc.ca/gov/content/education-training/early-learning/support](http://www2.gov.bc.ca/gov/content/education-training/early-learning/support)  
Click on the left-hand menu for information and resources on play, health and safety, early learning programs and learning supports, and transition to kindergarten. There is also information on the BC Training and Education Savings Grant.
- **Campbell River Area Family Network** [www.crfamilynetwork.ca](http://www.crfamilynetwork.ca)  
Connecting parents, caregivers, and service providers in the Campbell River area with programs, services, and resources designed to help children and families live healthy lives.
- **Canada FASD Research Network** [www.canfasd.ca](http://www.canfasd.ca)  
Produces and sustains national collaborative research, shared with all Canadians, focusing primarily on the critical areas of Fetal Alcohol Spectrum Disorder (FASD) prevention, intervention, and diagnosis. Their website includes information for families: [www.canfasd.ca/caregivers/information-for-caregivers](http://www.canfasd.ca/caregivers/information-for-caregivers) and for individuals: [www.canfasd.ca/caregivers/information-for-individuals-with-fasd](http://www.canfasd.ca/caregivers/information-for-individuals-with-fasd).



- **Caring Families Society (formerly Foster Parent Support Services Society)** [www.caring-families.ca](http://www.caring-families.ca)  
Provides education, support, and networking opportunities to foster parents in the Vancouver Island Region.
- **Child Development and Rehabilitation InfoSource** [www.cdrinfosource.ca](http://www.cdrinfosource.ca)  
Online source for development, rehabilitation and support information and resources for children and youth with neurodiversity and/or disability in British Columbia.
- **Child Mind Institute** [www.childmind.org/resources](http://www.childmind.org/resources)  
Resources for families with children who are struggling with mental health and learning disorders.
- **Child Safe Canada** [www.childsafecanada.com/programs/children\\_ages\\_4-8](http://www.childsafecanada.com/programs/children_ages_4-8)  
Safety education programs for children 4 - 8 years old.
- **Deaf Children's Society of BC** [www.deafchildren.bc.ca](http://www.deafchildren.bc.ca)  
Inclusive of deaf, hard-of-hearing, and deaf-blind children, and children of deaf adults to ensure that all children acquire the cultural knowledge, identity, opportunity, and power to lead their lives. Includes information, resources, and links to other services.
- **Family Support Institute of BC** [www.familysupportbc.com](http://www.familysupportbc.com)  
Supports families who have a family member with a disability.
- **Fédération des parents francophones de Colombie-Britannique** [www.fpfcb.bc.ca](http://www.fpfcb.bc.ca) and [www.facebook.com/FederationParentsCB](https://www.facebook.com/FederationParentsCB)  
Their mission is to bring together, represent, support, and equip parents in their role as primary educators, and to promote their commitment and participation in the creation of a vibrant and exemplary Francophone environment. Offers resources for parents and caregivers of children ages 0 - 5 and school-age children, and link to BC's French-speaking Child Care Resource and Referral.
- **First Nations Health Authority** [www.fnha.ca](http://www.fnha.ca)  
Online information about their services and access to tips, guides and resources with First Nations perspectives on health and wellness.
- **HealthLink BC – Pregnancy and Parenting** [www.healthlinkbc.ca/pregnancy-parenting](http://www.healthlinkbc.ca/pregnancy-parenting)  
Provides resources about pregnancy, parenting and raising healthy children.
- **Helping Children in Campbell River** [www.facebook.com/helpingchildrenincampbellriver](https://www.facebook.com/helpingchildrenincampbellriver)  
Online resource for families and caregivers of young children to find information on programming, services, and events in Campbell River and area.
- **Helpline for Children** [www2.gov.bc.ca/gov/content/safety/public-safety/protecting-children](http://www2.gov.bc.ca/gov/content/safety/public-safety/protecting-children)  
Children and youth in BC can call at any time of the day or night to speak to someone. They do not have to give their name and no area code is needed: **310-1234**.
- **Island Health – Comox Valley, Strathcona, North Island Region** [www.islandhealth.ca/your-region/comox-valley-strathcona-north-island](http://www.islandhealth.ca/your-region/comox-valley-strathcona-north-island)  
Links to 81 Island Health services with related information and resources are given at the bottom of the webpage. Includes all age groups.
- **Ka:'yu:'k't'h'/Che:k'tles7et'h' First Nations (KCFN)** [www.kyuquotbc.ca/communityservices](http://www.kyuquotbc.ca/communityservices)  
Online information and resources for many topics including pregnancy, parenting, nutrition, domestic violence, mental health, and more.
- **Mind Space Skills for Wellbeing – British Columbia** [www.mind-space.ca](http://www.mind-space.ca)  
Offer weekly online “Raising Resilient Kids Parenting” group for parents, caregivers and people who are pregnant to develop a mindful parenting approach, informed by attachment science.



Facilitated by physicians and designed to strengthen the caregiver-child relationship during the early childhood (0 - 6) years. Referral from primary care provider is required.

- **North Island Employment Foundations Society (NIEFS)** [www.niefs.net](http://www.niefs.net)  
Provides information, support and training for finding employment and also an online job board.
- **North Vancouver Island Aboriginal Training Society (NVIATS)** [www.nviats.com](http://www.nviats.com)  
Provides information, support and training to Indigenous people for finding employment and also an online job board.
- **Parent Support Services of BC** [www.parentsupportbc.ca](http://www.parentsupportbc.ca)  
Province-wide network of self-help groups that provides parents with a safe environment in which to talk about their stress, receive support, and nurture parenting skills. Get information about programs, volunteer opportunities, training, and articles on this website.
- **Provincial Health Services Authority** [www.phsa.ca/our-services](http://www.phsa.ca/our-services)  
Includes information for families on health-related services in BC and topics such as autism, perinatal services, BC's Early Hearing Program, and hearing loss and early language. There is also information on French language services: [www.phsa.ca/our-services/programs-services/provincial-language-services/francophone-services#Resources](http://www.phsa.ca/our-services/programs-services/provincial-language-services/francophone-services#Resources).
- **Provincial Outreach Program for Fetal Alcohol Spectrum Disorder (POPFASD)**  
[www.fasdoutreach.ca](http://www.fasdoutreach.ca)  
Shares current research, ideas, strategies, training and resources in order to build capacity in school districts for students with FASD and their teachers. A list of topics for easy access to information, including for families and individuals, is given at [www.fasdoutreach.ca/resources/topics](http://www.fasdoutreach.ca/resources/topics).
- **Quadra Health Hub** [www.quadraislandhealth.ca](http://www.quadraislandhealth.ca)  
Online directory to connect Quadra residents to health and social services and resources. Many entries are also relevant for Campbell River residents.

# Map of Campbell River Organizations



- 1 L'Association francophone du centre de l'île (AFCI)
- 2 Campbell River and District Division of Family Practice
- 3 Campbell River and North Island Transition Society
- 4 Campbell River Art Gallery
- 5 Campbell River Family Justice Centre
- 6 Campbell River Family Services Society
- 7 Campbell River Food Bank
- 8 Campbell River Hospice Society
- 9 Campbell River Literacy Association
- 10 Campbell River School District 72
- 11 City of Campbell River – Parks Department
- 12 City of Campbell River – Recreation and Culture Department
- 13 École Mer-et-Montagne
- 14 Forest Circle Society for Families – Cari's Infant and Toddler Centre
- 15 Greenways Land Trust
- 16 Homalco First Nation
- 17 Immigrant Welcome Centre
- 18 Island Health - Campbell River Public Health Unit
- 19 John Howard Society of North Island
- 20 Knights of Columbus Christmas Hampers
- 21 Laichwiltach Community Health Centre
- 22 Laichwiltach Family Life Society
- 23 LKT Health / Liġw'idax<sup>™</sup> Health Society
- 24 Ministry of Children and Family Development
- 25 Museum at Campbell River
- 26 North Island Métis Association
- 27 Opportunities Community Services
- 28 PacificCARE Family Enrichment Society and Child Care Resource and Referral
- 29 Rivercity Inclusion's Dogwood Child and Youth Development Centre
- 30 Salvation Army – Ocean Crest Family Services
- 31 Sasamans Society
- 32 Strathcona Regional District – Strathcona Gardens
- 33 Vancouver Island Regional Library – Campbell River Branch