



# Campbell River Inventory of Programs and Services for Families with Young Children

**January 2026 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 launched 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 are pleased to provide this updated January 2026 “snapshot.”

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 which typically have a link to their Facebook page on their website home page. The map at the end of the Inventory shows the locations for those organizations in the main body of the Inventory that are located in Campbell River.

There also is a listing at the end of the Inventory of other online information sources that could be helpful for families with young children.

Please note: The Inventory does not include the many local early learning and child care centres. For accessing that information, see “PacificCARE Family Enrichment Society and Child Care Resource and Referral” in the main body of the Inventory, and the “BC Child Care Map” listing in the other online information sources at the end of the document.

The Inventory can be accessed online on:

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

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

<https://afcicb.ca>

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



Map  
#1

<b>Community Meals</b> <ul style="list-style-type: none"> <li>• Francophone individuals and families</li> <li>• Donation or free in the summer with own meal</li> </ul>	<ul style="list-style-type: none"> <li>• Fridays at noon at the AFCI office. Community volunteers prepare soup and dessert. Join together in French conversation. For the summer months, participants bring their own meals.</li> </ul>
<b>Cultural Mosaic</b> <ul style="list-style-type: none"> <li>• Everyone</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Anyone can host a themed evening dedicated to a cultural group to share their culture (a taste of their cuisine, music, and/or films) at the AFCI office. Contact AFCI to host or for a schedule of events.</li> </ul>
<b>Early French-speaking mornings</b> <ul style="list-style-type: none"> <li>• Francophone parents and their children 0 - 5</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Wednesdays, 9:30 am - noon at École Mer-et-Montagne, 1102 South Alder. Have fun together in French with stories, nursery rhymes, games, and connect with other parents.</li> </ul>
<b>Family Yoga - Jan 15 - Mar 12, 2026 - may be ongoing</b> <ul style="list-style-type: none"> <li>• All parents and their children 4 - 14</li> <li>• Donation</li> </ul>	<ul style="list-style-type: none"> <li>• Drop in with no registration required. Bilingual instructor. Bring your own mat. Thursdays, 3:15 - 4:15 pm at École Mer-et-Montagne, 1102 South Alder in the gym. Contact AFCI for schedule after March 12.</li> </ul>
<b>Lending Library</b> <ul style="list-style-type: none"> <li>• Everyone who is a member of the AFCI</li> <li>• Free</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>



## 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

<b>Health Connect Registry</b> <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: <a href="https://www.healthlinkbc.ca/find-care/health-connect-registry">https://www.healthlinkbc.ca/find-care/health-connect-registry</a></li> </ul>
<b>Pathways Community Service Directory</b> <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 Campbell River and District communities: <a href="https://campbellriver.pathwaysbc.ca">https://campbellriver.pathwaysbc.ca</a></li> </ul>
<b>Pregnant in Campbell River and District Website</b> <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>
<b>Pre-Term Care Initiative</b> <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

<b>Anne Elmore Transition House</b> <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>
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<b>Campbell River Women’s Resource Centre</b> <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>
<b>Eagle Harbour Transitional or Permanent Housing</b> <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>
<b>Rose Harbour Transitional Housing</b> <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>
<b>Safe Home Program: Gold River and Cortes Island</b> <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>
<b>Transitions Thrift Store</b> <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

Email: [angeltreesociety@gmail.com](mailto:angeltreesociety@gmail.com)  
[www.facebook.com/downtownangeltree](https://www.facebook.com/downtownangeltree)



<b>Christmas Gifts for Children Program</b> <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>• Provides Christmas gifts for both needs and wishes, for children and youth in need referred by specific community agencies. Community members choose a child/youth and purchase gifts to make their Christmas special.</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  
<https://www.crartgallery.ca>  
<https://www.facebook.com/campbellriverartgallery>



<b>Arts Programs, Activities and Events</b> <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](https://www.facebook.com/profile.php?id=100064880492415)



<b>Breeze Choir</b> <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

<https://www2.gov.bc.ca/gov/content/life-events/divorce/family-justice/who-can-help/family-justice-services-division/family-justice-centres/locations/campbell-river>



Map  
#5

<b>Family Justice Counsellors</b> <ul style="list-style-type: none"> <li>Parents who are or will be separated or divorced</li> <li>Free – call to book an appointment</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. Services virtually and in-person by appointment.</li> </ul>
<b>Parenting after Separation 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 help in English, Punjabi, and for Indigenous families.</li> <li><a href="https://www2.gov.bc.ca/gov/content/life-events/divorce/family-justice/who-can-help/family-justice-services-division/pas">https://www2.gov.bc.ca/gov/content/life-events/divorce/family-justice/who-can-help/family-justice-services-division/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 help with financial issues connected with separating</li> <li><a href="https://www2.gov.bc.ca/gov/content/life-events/divorce/family-justice/who-can-help/family-justice-services-division/pas">https://www2.gov.bc.ca/gov/content/life-events/divorce/family-justice/who-can-help/family-justice-services-division/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)



Map  
#6

<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 snack, peer support, one-to-one support, information on children's healthy growth and development and 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 with children 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 Programs</b>	
<b>Early Childhood Behaviour Consultant Program</b> <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>



### 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

<https://crfoodbank.ca>

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



Map #7

<b>The Choice Hamper Program</b> <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 month. Registration and ID are required.</li> </ul>
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Campbell River Homeschoolers

### Campbell River Homeschoolers Facebook Group

<https://www.facebook.com/groups/422508547856527>



<b>Campbell River Homeschoolers Facebook Group</b> <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

<https://www.crhospice.ca>

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



Map #8

<b>Child and Youth Program</b> <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. No cost. The program incorporates equity, diversity and inclusion. Provides compassionate care in a trusting, neutral, safe environment.</li> </ul>
<b>Kids Together</b> <ul style="list-style-type: none"> <li>• Children 6 - 11</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)



Map  
#9

<b>Family Literacy Week (last week of January)</b> <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>
<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>



## 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)



Map  
#10

<b>Cross Catchment Transfers</b> <ul style="list-style-type: none"> <li>Children starting kindergarten 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 age 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)

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



<p><b>Bear Essentials Program</b></p> <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>
<p><b>Home Away From Home Accommodation</b></p> <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>For out-of-region families while their children receive health care. Qwalayu House is in Campbell River and also supports pregnant individuals who need to be close to the hospital. Jenece Place is 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)



Map  
#11

<p><b>City Parks</b></p> <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, Ken Forde Park, Dick Murphy Park, Robert Ostler Park, Rotary Beach Park, and a variety of neighbourhood small parks.</li> </ul>
<p><b>City Playgrounds and Outdoor Pool</b></p> <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 South Alder Street, 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)



Map  
#12

<p><b>Baby Time - Monday at the Community Centre</b></p> <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>
<p><b>Busy Bees - Tue, Wed, Thurs at the Sportsplex</b></p> <ul style="list-style-type: none"> <li>Children walking - 5</li> <li>\$12 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>
<p><b>Family Place - Mon, Wed, Fri at the Community Centre</b></p> <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>
<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: 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>
<p><b>Play Gym - Friday at the Sportsplex</b></p> <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>

<p><b>Play Gym - Monday at the Community Centre</b></p> <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>
<p><b>Sunday Funday at the Sportsplex</b></p> <ul style="list-style-type: none"> <li>• Children 5 and under with parent or caregiver</li> <li>• \$3/child for drop in or \$5/family</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

<p><b>French Public School</b></p> <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>
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### FamilySmart

Toll free: 1-855-887-8004 Email: [cresslynn.brodhagen@familysmart.ca](mailto:cresslynn.brodhagen@familysmart.ca)  
 Mailing address: 2025 Willingdon Avenue, Suite 900, Burnaby, BC V5C 5J4  
[www.familysmart.ca](http://www.familysmart.ca)  
[www.facebook.com/Familysmart.ca](https://www.facebook.com/Familysmart.ca)



<p><b>Family Peer Support Worker Program</b></p> <ul style="list-style-type: none"> <li>• Parents and caregivers</li> <li>• Free – no waitlist, no diagnosis needed</li> </ul>	<ul style="list-style-type: none"> <li>• Provides parents and caregivers of children and youth with mental health and/or substance use challenges with emotional support, information, resources and help with navigating services.</li> </ul>
<p><b>Events, Workshops, Resources and Videos</b></p> <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 mental health and/or substance use challenges. Online access to resources and videos on related topics.</li> </ul>



### Forest Circle Society for Families – Young Parent Program

Phone: 250-286-1193 Email: [caris@forestcircle.ca](mailto:caris@forestcircle.ca)  
 771 - 4th Avenue, Campbell River, BC V9W 7R1  
<https://forestcircle.ca/programs/young-parent-program>



Map #14

<p><b>Campbell River Young Parent Program</b></p> <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 parents 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

<p><b>Community Gardens</b></p> <ul style="list-style-type: none"> <li>• Everyone - first come, first served; may be waitlists</li> <li>• Free or annual fee – contact Greenways for details</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, Laughing Willow Community Garden in Willow Point, and Maple Park Community Garden at end of Anton Road.</li> </ul>
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<b>Conservation Projects</b> <ul style="list-style-type: none"> <li>• Everyone</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Greenways Conservation Team often have activities that are open for families to participate in, such as tree planting and invasive species removal.</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 and maintenance of fruit trees, shrubs and gardens – free, open to all: beside Mountain View Community Garden, within Maple Park Community Garden, and northeast corner of the Hospital grounds.</li> </ul>
<b>Fruit Tree Gleaning Project</b> <ul style="list-style-type: none"> <li>• Everyone</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• People with fruit trees who cannot, or do not want to, pick the fruit have Greenways staff pick the fruit with volunteers. The fruit is distributed 25% to the volunteers, 25% to homeowners, 50% to local organizations.</li> </ul>



### 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)



Map  
#16

<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>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, access to social supports and more.</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 and their parents and caregivers to help children and youth develop healthy lifestyles and habits.</li> </ul>



### Immigrant Welcome Centre

Phone: 250-830-0171 / 1-855-805-0171 Email: [info@immigrantwelcome.ca](mailto:info@immigrantwelcome.ca)

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

<https://immigrantwelcome.ca>

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



Map  
#17

<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.</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.</li> </ul>
<b>Settlement Worker in Schools (SWIS)</b> <ul style="list-style-type: none"> <li>• Newcomer children and their families</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Culturally responsive support for settlement needs related to school and early learning: navigating the school system, accessing services, after-school programming, strengthening home - school connections.</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)



Map  
#18

<p><b>Baby Bed Program</b></p> <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>
<p><b>BC Early Hearing Program</b></p> <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>
<p><b>Breastfeeding Support</b></p> <ul style="list-style-type: none"> <li>• People who are breastfeeding or 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>
<p><b>Dental Screening</b></p> <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 prevention of dental issues and young families.</li> </ul>
<p><b>Immunization Clinic for Children</b></p> <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>
<p><b>Kindergarten Hearing Screening</b></p> <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>
<p><b>Nutrition</b></p> <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>
<p><b>Olive Branch</b></p> <ul style="list-style-type: none"> <li>• Birthing person seeking mental health support</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Group support for postpartum people seeking support with mood and mental health in the postpartum period. Babies under a year welcome at group. Focus is on skills and setting goals to regain well-being.</li> </ul>
<p><b>Parenting Support</b></p> <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 and services.</li> </ul>
<p><b>Right from the Start</b></p> <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)



Map  
#19

<p><b>KidStart</b></p> <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: 250-287-6752 (may change) 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)



Map  
#20

<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 once available at the Income Assistance Office, 833A - 14<sup>th</sup> Avenue in Campbell River.</li> </ul>
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## Laichwiltach Community Health Centre

Phone: 778-346-9235 Email: [info@lchccare.ca](mailto:info@lchccare.ca)

929 Ironwood Street, Campbell River, BC V9W 3E5

<https://www.lfls.ca/lchc>

[www.facebook.com/profile.php?id=61577080436313](https://www.facebook.com/profile.php?id=61577080436313)



Map  
#21

<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: [info@lfls.ca](mailto:info@lfls.ca)

441 - 4th Avenue, Campbell River, BC V9W 3W7

The Gathering Place: 300 Robron Road, Campbell River, BC V9W 5P2

<https://www.lfls.ca>

<https://www.facebook.com/profile.php?id=100076359288812>



Map  
#22

<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>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>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>

<b>Family Support Program</b> <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>
<b>Family Therapy Services</b> <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 teachings. 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 Centre: Phone: 250-286-9766 Email: [reception@lkthealth.ca](mailto:reception@lkthealth.ca)

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

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

Quinsam Health Centre: Phone: 250-286-8064

<https://lkthealth.ca>

<https://www.facebook.com/groups/810824675663889>



<b>Campbell River Centre: Healthy Baby Group</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. Nurse present. Healthy snacks, developmental screenings, immunizations, weight checks, car seat tech available.</li> </ul>
<b>Campbell River Centre: New Beginnings</b> <ul style="list-style-type: none"> <li>Indigenous women</li> <li>Free</li> </ul>	<ul style="list-style-type: none"> <li>Mentorship support program for women by supporting alongside them and helping them to achieve their personal goals for healthy lifestyles. Connects women to many community services and resources.</li> </ul>
<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 physician referral. Covers the most economical/efficient means of transport and may also include accommodation, meals. Not all types of medical travel covered.</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 Baby Group</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. Nurse present. Healthy snacks, developmental screenings, immunizations, weight checks, car seat tech available.</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](http://www.facebook.com/groups/campbellrivermamasformamas)



<p><b>Mamas for Mamas Facebook Group</b></p> <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 an inclusive, safe, respectful place where members can provide items or services to one another at no cost by donating, trading, or lending to reduce the financial strain of low-income parenting.</li> </ul>
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## Ministry of Children and Family Development

Campbell River Office Phone: 250-286-7542

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

2<sup>nd</sup> Floor - 1334 Island Hwy, Campbell River, BC V9W 8C9

<https://www2.gov.bc.ca/gov/content/family-social-supports/data-monitoring-quality-assurance/find-services-for-children-teens-families/sda-campbell-river-1334-island-highway>



Map #24

<p><b>Services to support children, youth and families</b></p> <ul style="list-style-type: none"> <li>• Children, youth and families in Strathcona Region</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>



Map #25

<p><b>Activities and Special Events</b></p> <ul style="list-style-type: none"> <li>• Children, youth, families</li> <li>• Cost varies depending on event or program</li> </ul>	<ul style="list-style-type: none"> <li>• Scavenger hunts, games and “Just for Kids Activity Book” offer educational, fun ways for children to engage with the exhibits and outdoor spaces. Events include the Historical Puppet Theatre, annual Train Show, and more.</li> </ul>
<p><b>Museum Exhibits</b></p> <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>• Hands-on exhibits explore the history of North Vancouver Island, including fishing, logging, and First Nations culture. Visitors can sit in an early logging truck, walk through a settler’s cabin, and step aboard a float home.</li> </ul>



## North Island Employment Foundations Society (NIEFS)

Phone: 250-286-3441 / 1-866-286-6788 Email: [info@niefs.net](mailto:info@niefs.net)

920 Alder Street, Campbell River, BC V9W 2P8

<https://niefs.net>

[www.facebook.com/NorthIslandEmployment](http://www.facebook.com/NorthIslandEmployment)



Map #26

<p><b>Single Parent Employment Initiative</b></p> <ul style="list-style-type: none"> <li>• Single parents receiving income or disability assistance</li> <li>• Free, pre-registration required</li> </ul>	<ul style="list-style-type: none"> <li>• Training and financial support to help single parents on income or disability assistance for 3 or more months with finding a job that works for them and their family. Information sessions, workshop series, one-to-one counselling.</li> </ul>
<p><b>Skills Enhancement Services</b></p> <ul style="list-style-type: none"> <li>• Eligible clients</li> <li>• Free, pre-registration required</li> </ul>	<ul style="list-style-type: none"> <li>• Information sessions and one-to-one counselling on options for funded or partially funded skills training. Focus is on career advancement, overcoming barriers, and/or improving job stability.</li> </ul>
<p><b>Other Services</b></p> <ul style="list-style-type: none"> <li>• Eligible clients</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• One-to-one employment counselling, career planning, improving employment readiness, job search coaching, resources and supports for applying for work, job postings, labour market information.</li> </ul>



## North Island Métis Association

Phone: 250-287-7417 Email: [frontdesk@nimetis.com](mailto:frontdesk@nimetis.com)

Room A124 - 740 Robron Road, Campbell River, BC V9W 6J7

<https://www.nimetis.com>

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



Map  
#27

<b>Children and Family Programs</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 to child and family services, resources, related funding supports (e.g., child care fees, licensed preschool fees, school break supplements, respite care, speech therapy, assessments, special equipment).</li> </ul>
<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, 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>Métis Citizenship</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 completing citizenship applications and genealogy information.</li> </ul>
<b>Métis Cultural Programming</b> <ul style="list-style-type: none"> <li>• Métis families and individuals</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Womxn's and Mxn's programming, drop-in groups (projects, Coffee and Conversation), food workshops, community kitchen, cultural workshops and events. See newsletter calendar <a href="https://www.nimetis.com/newsletters.html">https://www.nimetis.com/newsletters.html</a>.</li> </ul>



## North Vancouver Island Aboriginal Training Society (NVIATS)

Phone: 250.286.3455 Fax: 250.286.3487 Email: [ssimms@nviats.com](mailto:ssimms@nviats.com)

1211 Cypress Street, Campbell, River, BC V9W 2Z3

<https://nviats.com>

<https://www.facebook.com/nvi.ats.1>



Map  
#28

<b>Education Courses and Training</b> <ul style="list-style-type: none"> <li>• Indigenous youth and adults</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Includes Construction Safety Training, Workplace Hazardous Materials Information System (WHMIS), Fresh Start, Food Safe, Serving it Right, Rent Smart, Money Basics, Driver's Training for ICBC written exam, and more.</li> </ul>
<b>Employment Supports and Opportunities</b> <ul style="list-style-type: none"> <li>• Indigenous youth and adults</li> <li>• Free</li> </ul>	<ul style="list-style-type: none"> <li>• Includes career planning and mentoring, Bladerunners employment program, applying for work assistance, resources and supports, job postings and placements, related financial supports, and more.</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)



Map  
#29

<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)

Room A123 - 740 Robron Road, Campbell River, BC V9W 6J7

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

[www.facebook.com/people/Campbell-River-Gold-River-CCRR/61575753902348](https://www.facebook.com/people/Campbell-River-Gold-River-CCRR/61575753902348)



Map  
#30

<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>
<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>Child care providers and community partners, parents</li> <li>Free</li> </ul>	<ul style="list-style-type: none"> <li>Borrow learning resources and equipment for play activities with young children. Includes toys, loose parts, books, felt stories, sensory resources, puzzles, puppets, and other resources and equipment.</li> </ul>
<b>Presentations and Workshops</b> <ul style="list-style-type: none"> <li>Parents, caregivers, early years professionals</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)



Map  
#31

<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 children's 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)



Map  
#32

<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>
<b>Other Programs</b> <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>



## 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

<https://www.sasamans.ca>

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



Map  
#33

<b>Cultural Connections Program</b> <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>
<b>Indigenous Outreach Family Navigator Program</b> <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>
<b>Indigenous Parenting/Caregiver Support Worker</b> <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>
<b>Jordan's Principle Liaison Program</b> <ul style="list-style-type: none"> <li>Indigenous families and children</li> <li>Free</li> </ul>	<ul style="list-style-type: none"> <li>Assists families to connect with community resources while awaiting Jordan's Principle support or in addition to existing services. For health care, education resources, emergency relief, advocacy support, and more.</li> </ul>
<b>Jordan's Principle Service Coordinator Program</b> <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

<https://www.strathconagardens.com>

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



Map  
#34

<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: 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>
<b>Recreation Programs and Camps</b> <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

<https://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:crinfo@virl.bc.ca">crinfo@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 for each month: at the Library, or online at <a href="https://virl.bc.ca/calendar/list/?tribe_etsbranch%5B%5D=1006&amp;tribe-bar-date=2026-01-20">https://virl.bc.ca/calendar/list/?tribe_etsbranch%5B%5D=1006&amp;tribe-bar-date=2026-01-20</a>, or on Facebook.</li> </ul>
<p><b>Children’s Section of the Library</b></p> <ul style="list-style-type: none"> <li>Everyone</li> <li>Free, no overdue fees</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>
<p><b>Cultural Literacy Kits (need to have a library card)</b></p> <ul style="list-style-type: none"> <li>Parents, caregivers and educators</li> <li>Free, can borrow for 3 weeks as available</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>
<p><b>Drop-In Family Playroom</b></p> <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 with their parents or caregivers. There is opportunity for the adults to socialize. Immediately follows the drop-in Storytime program.</li> </ul>
<p><b>Drop-In Storytime</b></p> <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>
<p><b>Lego Club</b></p> <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.</li> </ul>
<p><b>Literacy Kits (need to have a library card)</b></p> <ul style="list-style-type: none"> <li>Children 0 - kindergarten</li> <li>Free, can borrow for 3 weeks as available</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 contains books, CDs, DVDs, and/or toys.</li> </ul>
<p><b>Online Learning Resources</b></p> <ul style="list-style-type: none"> <li>Everyone</li> <li>Free access for library cardholders or onsite at library</li> </ul>	<ul style="list-style-type: none"> <li>The Library offers many online resources to help children and families learn including National Geographic Kids, the Knowledge Network, Creativebug, Pebblego, TumbleBookLibrary, and Universalis Junior.</li> </ul>
<p><b>Physical Literacy Kits (need to have a library card)</b></p> <ul style="list-style-type: none"> <li>Everyone</li> <li>Free, can borrow for 3 weeks as available</li> </ul>	<ul style="list-style-type: none"> <li>Can borrow a kit with equipment for games including parachute, relay games, soccer, and flag football.</li> </ul>
<p><b>STEAM Time</b></p> <ul style="list-style-type: none"> <li>Children 4 - 10 with 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>
<p><b>Summer Reading Club</b></p> <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** <https://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).
-  **BC211** <https://bc.211.ca> or dial 211  
Free, confidential service that connects people to programs and services in their community including for Campbell River. Search the website or to talk to a live navigator, dial 211 on weekdays (except holidays) from 9:00 am - 9:00 pm.
-  **BC Bereavement Helpline** <https://bcbh.ca/grief-support/our-helpline> or dial 1-877-779-2223  
When you contact the BC Bereavement Helpline, your call will be answered by a caring, compassionate volunteer who can access information for 300+ organizations that help those coping with grief and loss located in over 80 communities in BC. Your call is free, confidential, and anonymous. Open Monday through Friday 9:00 am - 5:00 pm.
-  **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** <https://www.bcchildrens.ca/your-visit/onsite-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** <https://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 Complex Kids Society** <https://www.bccomplexkids.ca>  
A grassroots collective of BC families raising children with both medical complexity and disability. Offer resources and support to our community, advocate for our children’s complex needs, and engage in research initiatives.
-  **BC Council for Families** <https://www.bccf.ca>  
Offers free tip sheets and fact sheets (<https://www.bccf.ca/bccf/resources/type/tipsheet>), a bookstore with resources on many topics for purchase, and online parenting courses (registration fees).
-  **BC Government – Children and Youth with Support Needs**  
[www2.gov.bc.ca/gov/content/health/managing-your-health/child-behaviour-development/support-needs](https://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.



**BC Housing Rental Assistance Program** <https://www.bchousing.org/housing-assistance/rental-assistance-programs/RAP>

Provides eligible low-income families with monthly assistance to help with their monthly rent payments. To qualify, families must have a total before-tax household income of \$60,000 or less and have at least one dependent child. Existing clients need to reapply each year.



**Campbell River Area Family Network** [www.crfamilynetwork.ca](http://www.crfamilynetwork.ca)

Connects parents, caregivers, and service providers in the Campbell River area with programs, services, and resources designed to help children and families live healthy lives. Includes calendars for community family drop-in and group programs.



**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)** <https://fpsss.pathwisdev.ca>

Provides education, support, and networking opportunities to foster parents in the Vancouver Island Region. Includes free courses and events, and Foster Caregiver Connection Facebook Groups that offer caregivers a way to come together in a safe, virtual space to support one another.



**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. Topics include toddlers, ADHD, behaviour problems, anxiety, screen time, sleep and more. Also provide online parenting guide.



**Children’s Hearing & Speech Centre of BC** <https://www.childrenshearing.ca>

A family-focused clinical and educational centre that provides listening and spoken language therapy to children with hearing loss, giving them the skills and confidence they need to achieve their fullest potential.



**Family Support Institute of BC** <https://familysupportbc.com/resources/>

Supports families who have a family member with a disability. Resources include MyBooklet BC, a free online tool for people with disabilities to create and print a personalized information booklet use with doctors, teachers, therapists, friends and family, Find Support BC searchable databases, and more.



**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. Includes “Healthy Food Guidelines for First Nations Communities: [https://www.fnha.ca/Documents/Healthy\\_Food\\_Guidelines\\_for\\_First\\_Nations\\_Communities.pdf](https://www.fnha.ca/Documents/Healthy_Food_Guidelines_for_First_Nations_Communities.pdf)



**First Peoples Food Wellness Hub** <https://firstpeoplesfoodwellnesshub.ca>

This virtual space shares and honours resources related to food and wellness while recognizing the geographic and cultural diversity of First Peoples in BC, and was created through a process that’s Indigenous-led, trauma-informed, self-determined, and honours Indigenous food sovereignty.



**HealthLink BC – Pregnancy and Parenting** [www.healthlinkbc.ca/pregnancy-parenting](http://www.healthlinkbc.ca/pregnancy-parenting)

Resources that support families and health professionals to raise healthy babies and children. Based on best practices, these evidence-informed documents provide expecting and new parents, caregivers and guardians with information on having a healthy pregnancy and giving their baby the best start in life.



**Helping Children in Campbell River** [www.facebook.com/helpingchildrenincampbellriver](http://www.facebook.com/helpingchildrenincampbellriver)

Online resource for families and caregivers of young children to find current 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**.



**Inclusion BC** <https://inclusionbc.org>

The Inclusion BC advocacy team is here to listen, support, guide, inform, and advise you as you advocate for your child, your family member, your friend, or yourself. Their Resource Library includes resources related to inclusive education and more: <https://inclusionbc.org/resources/resource-library>.



**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 75 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)

Weekly online “Raising Resilient Kids Parenting” group for British Columbia residents with a valid Canadian health card number – parents and caregivers of children ages 0 – 6, and people who are pregnant – to develop a mindful parenting approach informed by attachment science. Facilitated by physicians. Referral from primary care provider is required.



**Parent Support Services of BC** <https://www.parentsupportbc.ca>

Province-wide network of self-help groups provides parents with a safe environment to talk about their stress, receive support, and nurture parenting skills. Supports the well-being of children by empowering those who care for them through connection, education, and advocacy. Includes Kinship Care Helpline: 1-855-474-9777, online workshops and confidential parenting support groups, book club and more.



**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: <https://www.phsa.ca/our-services/programs-services/provincial-language-services/francophone-services>.



**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: Campbell River Young Parent Program
- 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 / Liġ'itdax™ Health Society
- ㉔ Ministry of Children and Family Development
- ㉕ Museum at Campbell River
- ㉖ North Island Employment Foundations Society
- ㉗ North Island Métis Association
- ㉘ North Vancouver Island Aboriginal Training Society
- ㉙ Opportunities Community Services
- ㉚ PacificCARE Family Enrichment Society and Child Care Resource and Referral
- ㉛ Rivercity Inclusion's Dogwood Child and Youth Development Centre
- ㉜ Salvation Army – Ocean Crest Family Services
- ㉝ Sasamans Society
- ㉞ Strathcona Regional District – Strathcona Gardens
- ㉟ Vancouver Island Regional Library – Campbell River Branch