

Kamloops Community Agency Programs of Support for Children, Adolescents and Families

Updated: September 2026

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INFANTS & YOUNG CHILDREN Under 6

Programs and services are provided for free unless otherwise noted.

Program Name	Description	Age Group	Community Agency	Contact Information	Additional Information
Cozy Cubs	A semi-structured program where children and their caregivers can learn songs, experience planned activities and free play, allowing children and caregivers to socialize. A cozy space to craft and cook together to build skills and have fun.	Caregivers and children ages 2 – 5	BGC Kamloops	https://www.bgckamloops.com/parent-resources Fill out registration form on website.	Every Wednesday 10:00-11:30am
Circle of Security Parenting Program	A relationship based early intervention program designed to enhance attachment security between parents and children.	Parents or caregivers of children	BGC Kamloops	250-554-5437	To waitlist or register for a future session, please call. Currently accepting for future sessions.
Family Social	A space for young families to meet other young families, access parenting supports, connect with others, enjoy crafts, activities & conversations.	Families with children 0 – 20 months old	BGC Kamloops	Contact Jaimie 250-554-5437 Ext 206	Facebook page, BGC Kamloops, is utilized for calendar updates.
First Steps	First Steps is an educational program for young mothers that provides academic upgrading, parenting and life skills classes, and career and education planning. Specialized childcare is provided in a safe and supportive environment.	Women between ages 14 – 24 who are in a parenting role with a child 0 – 5 years	BGC Kamloops in partnership with SD73 and Interior Community Services	250-376-9199	Registration required. Please call to register or to added to waitlist if full.

Goose & Goslings Group	Songs, rhymes and story time for 2SLGBTQ+ caregivers and children. Snack provided.	2SLGBTQ+ parents or caregivers of children 0-5	BGC Kamloops	250-554-5437 Neevesha n.panjawani@bgckwl.com	Registration required. 8 week session. Tuesdays Oct 6 – Nov 24 6:00-7:00pm
Strengthening Families Together	This multi-week education and support course provides the knowledge, support and tools necessary for families (and friends) living with a loved one experiencing mental illness.	Adult support	BC Schizophrenia Society	Email: thompsonnicola@bcss.org Phone: 250-571-6955 Toll Free: 1-888-888-0029	6 week session and support course. Dates TBA
Active Parenting	This workshop provides information on communication techniques, cooperation strategies, styles of parenting, non-violent discipline and the power of encouragement.	Parents/Care givers of children ages 3-12	Children's Therapy and Family Resource Centre	250-371-4100 www.ctfrc.com info@ctfrc.com	Dates TBA
Early Intervention Program	This program is for children from birth to school entry. It provides physiotherapy, speech and language therapy, occupational therapy and family support services to children with identified needs and their families. This program can also assist with the Kindergarten transition process.	Parents/Care givers of children ages 0-5 (before school entry)	Children's Therapy and Family Resource Centre	250-371-4100 www.ctfrc.com info@ctfrc.com	Anyone can refer Call, visit website or email for referral form.
Family Support Consultant	The Family Support Consultant (FSC) provides support for parents/caregivers, information and resources such as child development, positive behaviour management, specialized programs, advocacy helping families access resources within their community, such as parenting resources and service coordination.	Parents/Care givers of children	Children's Therapy and Family Resource Centre	250-371-4100 www.ctfrc.com info@ctfrc.com	Anyone can refer Call, visit website or email for referral form.
Paths to Peaceful Meal Times	A 4 module course that covers the basics of feeding a child who is not yet comfortable exploring different foods. Offered online for you to watch and complete at home at your own pace.	Parents/Care givers of preschoolers and primary students	Children's Therapy and Family Resource Centre	250-371-4100 www.ctfrc.com info@ctfrc.com	Call or email for the registration link. Self paced online 4 module video course

R.E.S.T. Regulation of Emotions Sensations and Thinking	A group for parents ready to try out tools to help their children be calmer and more focused, and to help them manage everyday emotions and activity level. Online group hosted through Zoom.	Parents/Care givers of preschoolers and primary students	Children's Therapy and Family Resource Centre and CYMH	250-371-4100 www.ctfrc.com info@ctfrc.com	Free for residents of the Thompson Health Region. Contact to register. Tuesdays Sept 15-Oct 6 6:00-7:30pm
FASD / CDBC Caregiver Support Group	This drop in virtual group provides a safe, culturally sensitive, and confidential environment for caregivers to learn information and strategies, share experiences, and connect with others who are also supporting those with FASD or CDBC. All parents (birth, adoptive or foster), guardians, and family members are welcome.	Caregivers of children ages 0-19	Insight Support Services	250-554-0085	Contact to ask about upcoming group opportunities.
Baby's Head Start	Support prenatal women to have their healthiest pregnancy possible and then resources for the first six-months post partum. The program provides one-on-one support, Weekly Learning Lunch (education session with a free lunch), access to free prenatal vitamins, prenatal class, breastfeeding education and support, Infant Massage classes, Parent/Child Mother Goose group.	Any age prenatally (must be prenatal)	Interior Community Services	778-470-8171 Kim	Wednesdays: Weekly Drop In Group with free lunch 11:45am-1:00pm Fridays: Breastfeeding Drop In 9:00am-12:00pm
Early Connections	The program aims to enhance the quality of the relationship between you and your child; increase your knowledge of child development milestones, temperament and realistic expectations; teach parenting practices which promote social and emotional health; and provide support in accessing community resources in collaboration with other health care professionals.	Parents and caregivers of children 0 - 6	Interior Community Services	250-554-3134	Services are provided in the home, online, in office, or in community once/week.

Early Years Family Navigation	The Family Navigator connects families and children with ICS services and other available community resources. The Navigator connects with parents to assess and determine needs.	Families with children ages 0 - 6	Interior Community Services	250-554-3134	Call to set an appt to meet with a Navigator
Enjoy Your Baby	A 5 session mental health and wellness course based on Cognitive Behavioural Therapy (CBT) skills to assist in navigating the postpartum stage. Build confidence as a parent, feel closer to your baby, manage low mood, stress, anxiety and connect with other parents in a welcoming, community setting led by a certified facilitator.	Parents or caregivers of babies 0-12 months old	Interior Community Services	250-554-3134	In person: Tuesdays Sept 8- Sept 29 1:30-3:30pm Also available online. Please contact for more info regarding online.
Families First	Provides current information and support to Parents who are expecting a baby or parenting a child under 6 months of age. Information includes community resources, current pre- and post-natal information, child development, nutrition, safety, and attachment. Support can continue if needed until child turns 3 years old.	Birth to age 3 (Families must start prenatally or when baby is under 6 months of age)	Interior Community Services	250-554-3134	Outreach program (home visits) Self referral
Healthy Beginnings	A parent and tot weekly drop in group for 2 hours. Activities include playing, song and story time, crafts, healthy snack and guest speakers. Kamloops Group: Friday mornings 10:00-11:30 @ 396 Tranquille.	Birth to age 6	Interior Community Services	250-554-3134	Open referral. Intake needs to be completed prior to attending.
Parenting Awareness and Individual Development (PAID)	Provides group education and support and outreach services to families experiencing challenges in their role as parents. Sessions are 10 weeks long: 2 group sessions and one 1:1 per week.	Parents/ Caregivers with children 0 – 8	Interior Community Services	250-554-3134	Ongoing entry. Anyone can refer.
Lift the Lip Dental Program	Interior Health oral health and cavity prevention program that can provide oral health tips, check and count your child's teeth,	Children 0 - 4	Interior Health	250-851-7337	By appointment with Interior Health

	demonstrated effective brushing and flossing, apply fluoride varnish to help protect your child's teeth and provide take-home resources.				
Moms, Pops, and Tots	For moms, dads, caregivers and children to join and engage in play. This group encourages and promotes healthy child development and family connection through social interaction.	Parents / Caregivers and children 0 - 6	Kamloops Aboriginal Friendship Society	250-376-1296	Ongoing registration. Thursdays 10:00am-12:00pm
Under the Eagle's Wing	For moms and dads with young children to join for cultural drumming, singing and learning, lunch, games and information on parenting, healthy lifestyle, and self-care.	Parents/ Caregivers with children 0 - 6	Kamloops Aboriginal Friendship Society	250-376-1296	Ongoing registration. Mondays 10:00am-12:00pm
Early Years Bridging Program	The Early Years Bridging Program provides a safe, supportive space for families with young children to play, learn, and connect. Children enjoy preschool-style activities like free play, circle time, outdoor play, and music, while parents take part in workshops on health, parenting, and family routines. The program also offers home visits, monthly sessions, transportation support, and referrals through Settlement Counsellors to help families build confidence, strengthen parenting skills, and learn English in a Canadian context.	Parents/ Caregivers of Children Preschool Aged	Kamloops Immigrant Services	778-470-6101 childmind@kcris.ca	Requires a referral from a Kamloops Immigrant Society Settlement Counsellor. Sessions offered monthly.
Immigrant Parents as Literacy Supporters (iPALS)	iPALS is a fun and supportive program for immigrant families with young children. Parents learn easy ways to help their kids with reading, writing, numbers, and everyday learning while also building their own skills and confidence. Through 9 interactive sessions, families connect, share, and grow together. Interpreters available if needed.	Parents/ Caregivers of Children 0 - 5	Kamloops Immigrant Services	778-470-6101	9 sessions. Contact for more information.
SAIP (Sexual Abuse Intervention Program)	A community based program which provides specialized assessment and treatment services to children and youth who have experienced or suspected to have experienced sexualized violence.	3 - 18	Kamloops Sexual Assault Counselling Centre	250-372-0179	Open referral

Lii Wapososak Hot Breakfast	Culturally relevant hot breakfast program for child and parent/caregiver enrichment. Incorporates Metis teaching values and guidance from Elders. 703 Tranquille Rd.	Parents and Caregivers of children 5 and under	Lii Michif Otipemisiwak Family and Community Services	250-554-9486	Contact for more information.
Lii Vii Maykiw Bii Bii Sensory Perinatal Group	Look, listen, touch, feel taste. Pre and post natal support including self-care and wellness. Culturally safe sharing circle for moms welcoming a new child.	Pregnant people or parents of children 0- 3	Lii Michif Otipemisiwak Family and Community Services	250-554-9486	Contact for more information.
Preschool – SD73 and community partners	SD73 and their community partners are committed to provide high-quality, accessible and affordable early childhood education opportunities. *This program has a cost.*	3 - 5	SD73 and community partners	Arthur Hatton Elementary Beattie Elementary Barriere Elementary Haldane Elementary Marion Schilling Elementary Raft River Elementary	Registration required. For more information and to join the waitlist, please visit https://www.sd73.bc.ca/en/schools-programs/early-learning-and-child-care.aspx
Before and After School Childcare	Before and After School Childcare (BASC) is a unique program that provides before and after school care for specific elementary schools. The students can stay in the same caring, play-based environment throughout the day. This allows the educator to better meet the needs of the child and expand on their interests. *This program has a cost.*	5 - 12	SD73	AE Perry Elementary Arthur Hatton Elementary Marion Schilling Elementary Parkcrest Elementary	Registration required. For more information and to join the waitlist, please visit https://www.sd73.bc.ca/en/schools-programs/early-learning-and-child-care.aspx
Circle of Security in	This group is a supportive/ educational parenting course. Giving you an opportunity to	Parents/	SD73	Check with your StrongStart	Registration required. Check

partnership with Strong Start	meet with other parents of young children; share questions, concerns and ideas about being a parent; learn about child development, safety, health and behaviour; discuss real- life parenting situations; work together with the support of a trained facilitator; discover positive ways of parenting.	Caregivers with children 0 – 5 <i>who are also registered in StrongStart</i>		Facilitator (information in row below)	with your StrongStart Facilitator for dates.
Strong Start BC Early Learning Program	Drop-in program for children and parents guided by trained Early Childhood Educators who offer a variety of activities for families.	Parents/ Caregivers with children 0 – 5	SD73	AE Perry 250-376-6224 Arthur Hatton 250-376-7217 Marion Schilling 250-372-2027 Beattie Elementary 250-374-0608 Barriere Elementary 250-672-9916 Haldane Elementary 250-679-3269 Raft River Elementary 250-679-2218	Registration with a facilitator required. Please call the school to request a registration form.
SPARK Strong Prepared and Ready for Kindergarten	S.P.A.R.K. was developed to help children have a smooth transition into Kindergarten and ‘to develop family – school relationships that will enhance learning’. The four pre-k sessions are where families will obtain information, share their views and challenges, network with kindergarten teachers, administrators, professionals, and other parents/ caregivers.	Parents of children entering Kindergarten	SD73	250-376-2266 Marianne	Please contact the specific school’s principal for information.
Worry Bugs	Worry Bugs is a group for children in Kindergarten to Grade 1 who struggle to manage day-to-day worries. Together, children and their caregivers will learn strategies to manage anxiety. Must be a SD73 student to enroll.	Children in Kindergarten or Grade 1 and their caregivers	SD73	250-376-2266 Ian ireedman@sd73.bc.ca	Registration required. Please email to inquire.

Child Development Ages & Stages Screening	Developmental screening for young children, focusing on social emotional, physical, and cognitive development to help guide further inquiry.	0 - 5	Secwepemc Child & Family Services	250-314-9669 Nicole.williams@secwepemcfamilies.org	Call to make appointment. Self referrals welcome.
Parent and Tot Play Group	Drop in playgroup for parents and their children. Culturally relevant Secwepemc teachings and songs offered for families.	Parents/ caregivers with children 0 - 6	Secwepemc Child & Family Services	250-314-9669 Joanne Korpan Joanne.korpan@secwepemcfamilies.org	Ongoing drop in. Wednesdays 10:00am-12:00pm
Circle of Security Parenting Program	A relationship based early intervention program designed to enhance attachment security between parents and children. This program assists parents to better understand and respond to their child's needs and improve confidence in their parenting skills. Free on-site child care is available during sessions.	Parents/Care givers of children 0 – 18	YMCA BC - Kamloops	250-376-4771 ext. 122 mentalwellness@bc.ymca.ca	Registration required. Please contact for upcoming dates.
Mindful Kids Yoga	Mindful Kids Yoga provides a nurturing space for children ages 5–7 to discover the joy of movement, breath, and self-awareness. Through playful poses, calming breathwork, and gentle guided relaxation, children can build confidence, focus, and emotional resilience.	5 - 7	YMCA BC – Kamloops	250-376-4771 ext. 122 mentalwellness@bc.ymca.ca	Registration required. Tuesdays Oct 27 – Dec 15 3:30-4:30pm
Nobody's Perfect Parenting Program	A community-based parenting group to provide support and activities, and discuss child safety, development and behavior. There is a focus on self-care. Child-minding and a meal are provided.	Parents/ caregivers with children aged 0 - 5	YMCA BC - Kamloops Child Care Resource & Referral Program	250-376-4771	Registration required. Please contact for upcoming dates.
Toy Lending and Resource Library	The YMCA BC/Early Years Centre Lending Library is a free resource for parents, and childcare providers. There is a wide variety of materials to help parents and educators plan their play and learning times, bring new ideas to their environment and help children learn and grow in fun, creative ways.	Parents / caregivers of children	YMCA BC - Kamloops Child Care Resource & Referral Program	250-376-4771	Drop off and Pick up is available. Call centre for more info.

Parent-Child Mother Goose	A community-based group experience for caregivers and their babies and young children to experience the power and pleasure of songs, rhymes and stories together	Parents/ caregivers with children 0 – 5	YMCA BC – Kamloops Early Language and Literacy Initiative	250-376-4771	Registration required. Schedule on Facebook 'Kamloops Parent-Child Mother Goose'
Ages & Stages Questionnaire (ASQ)	The ASQ is a developmental and social-emotional assessment tool. They are filled out by parents or caregivers and can be scored by trained facilitators.	Parents / caregivers of children 0-5	YMCA BC – Kamloops John Tod Early Years Centre	250-376-4771	Available at John Tod Centre.
Baby Time	Connect with other parents and learn fun songs, rhymes, and stories while giving your baby a chance to explore language, learning and play.	Parents/ caregivers with newborns to pre-crawlers	YMCA BC – Kamloops John Tod Early Years Centre	250-376-4771	Drop in Wednesdays 11:45am – 12:30pm
Baby Locomotion Time	Connect with other parents and give your child a chance to explore movement in a big, safe space designed for fun!	Parents/ caregivers with crawlers - new walkers	YMCA BC – Kamloops John Tod Early Years Centre	250-376-4771	Drop in Tuesdays 11:45am – 12:30pm
Infant Massage	Learn the art of nurturing touch! 5 week class for families and their pre-crawling babies.	Parents / caregivers with pre-crawling babies	YMCA BC - Kamloops John Tod Early Years Centre	250-376-4771	Call for upcoming dates.
Interactive Drop-in Centre	Interactive Drop-in Centre at the YMCA BC John Tod Centre is open for play for families with children birth to pre-kindergarten. Enjoy free play, a reading corner, arts and crafts, circle time, and access to the gym for lots of movement.	Parents / caregivers with children 0-5	YMCA BC - Kamloops John Tod Early Years Centre	250-376-4771	Drop in Monday, Tuesday, Wednesday, Friday 9:00-11:30am

Postpartum Connections	Support group for women experiencing isolation, sadness, or mild to moderate postpartum depression anxiety, and/or feelings of isolation. Child-minding available.	Pregnant and new mothers	YMCA BC - Kamloops YMCA-YWCA	250-376-4771 ext 122 mentalwellness@bc.ymca.ca	Please contact for more information.
PEACE (Children Who Witness Abuse)	For individual and group support for children, ages 3 – 18, who have experienced violence. We offer a safe and supportive place to walk alongside those we serve on their healing journey through creative therapy offerings.	3 - 18	YMCA BC - Kamloops YMCA-YWCA	250-319-2406	Please contact to access program.
Prenatal Wellness Support	Free support group for expecting parents. Participants will learn coping strategies such as mediation, mindfulness and self-compassion tools to use during labour and the first years with your new bundle of joy. The group will include time to connect, ask questions, meet other expecting parents, and have a provided snack.	Expecting parents	YMCA BC – Kamloops YMCA-YWCA	250-376-4771 ext 122 mentalwellness@bc.ymca.ca	Please contact to be added to the interest list.

CHILDREN Ages 6 – 12

Programs and services are provided for free unless otherwise noted.

Program Name	Description	Age Group	Community Agency	Contact Information	Additional Information
Kids / Tweens in Control	An online group workshop and discussion for children who have a family member with mental illness. Our programs provide age-appropriate material and discussions to help provide a safe environment for the students to ask questions, talk about their feelings, and connect with others who may be going through similar experiences. As our programs are held virtually, this invitation extends across the province.	Kids in Control 8 – 12 Tweens in Control 11 – 12	BC Schizophrenia Society	Email: thompsonnicola@bcss.org Phone: 250-571-6955 Toll Free: 1-888-888-0029 www.bcss.org/bcssyouth	8-week program with once a week, 1.5-hour sessions Intake is ongoing. Referrals to our programs can come from caregivers, school personnel, doctors, community

					agencies, social workers, counsellors, and other clinicians.
Strengthening Families Together	This multi-week education and support course provides the knowledge, support and tools necessary for families (and friends) living with a loved one experiencing mental illness.	Adult support	BC Schizophrenia Society	Email: thompsonnicola@bcss.org Phone: 250-571-6955 Toll Free: 1-888-888-0029	6 session education and support course Dates TBA
Circle of Change	A group to help build life skills to prepare children for the transition stage of preteens. This group will be a safe, interactive and fun space for preteens to come and explore topics such as: self-esteem, mental health, and healthy relationships.	9 - 12	BGC Kamloops	250-554-5437 Neevesha Panjawani n.panjawani@bgckwl.com	Starts Fri, Sept 25 4:30-6:00pm
Circle of Friends	Safe place for children to talk with others and navigate through the pain of loss (including separation and divorce). Please note there is a \$10 charge for this program.	8 - 12	BGC Kamloops	250-554-5437 Neevesha Panjawani n.panjawani@bgckwl.com	8 week support group. Please contact to register for a future session.
Connect Parent	An attachment-based program that focuses on strengthening parent-teen relationships and building a foundation for collaborative problem solving. This group focuses on supporting parents in understanding the attachment needs that create the behaviour their child is demonstrating. Dinner is provided.	Parents / caregivers of children 9 - 12	BGC Kamloops	250-554-5437 Neevesha Panjawani n.panjawani@bgckwl.com	10 week program Wednesdays Oct 7 – Dec 16 5:00-6:30pm
Power Start	Friendly and caring staff pick up children from their homes and transport them to the BGC where they are fed a nutritious breakfast and receive help with preparing them for the school day, as well as transportation to their school. Transportation, breakfast, a recess snack, and school day-preparation are provided.	5 - 12 at specific schools supported by BGC.	BGC Kamloops	AE Perry Elementary, Arthur Hatton Elementary, Kay Bingham Elementary, Parkcrest Elementary	Please obtain a referral from your child's school principal.
School's Out	This after-school program provides access to safe and healthy activities. We focus on connecting vulnerable children to the community and nature through various recreation-based learning opportunities.	6 - 12	BGC Kamloops	Megan 250-554-5437 Ext. 208	Tuesdays and Thursdays 3:00 – 5:15pm

Living Life to the Full Youth Course	This is an online mental health promotion program for those wanting to learn more about themselves and tools for stress and anxiety. This groups aims to equip teens with the skills to face challenges and become more resilient through the use of Cognitive Behavioural Therapy.	13 - 18	Canadian Mental Health Association	https://livinglifetothefull.ca/lltf-youth/	8 week virtual course. Available online.
R.E.S.T. (Regulation of Emotions Sensations and Thinking)	A group for parents ready to try out tools to help their children be calm and more focused, and to help them manage everyday emotions and activity level.	Parents / caregivers of pre-schoolers and primary students	CTFRC and CYMH	Call CTFRC at 250-371-4100 to request a registration link.	Free at this time for residents of the Thompson Health Region.
FASD Caregiver Support Group	This drop in virtual group provides a safe, culturally sensitive, and confidential environment for caregivers to learn information and strategies, share experiences, and connect with others who are also supporting those with FASD or CDBC. All parents (birth, adoptive or foster), guardians, and family members are welcome.	Parents / caregivers of children 0 - 19	Insight Support Services	250-574-3734	Contact for upcoming group dates.
Mind Over Madder	Managing conflict and understanding anger. A group designed to support participants to learn skills to manage conflict. Child is accompanied by a parent/guardian.	8 - 12	Interior Community Services	250-554-3134	9 weeks Pre-registration required 2 hours/week
Generation Health (formerly known as Shapedown)	Generation Health is a family-centred healthy living clinic delivering team-based care for children and teens living with obesity or living with overweight and specific health concerns. Working with a team including a doctor, dietitian, and mental health professional, families are helped to make positive changes in eating habits, activity level, parenting skills and self-esteem. We are body positive, no-judgement, inclusive and respect each family's unique journey.	6 - 17	Interior Health – Public Health Unit	778-362-6810 ext 10813	Ask your family Doctor, Pediatrician or Nurse Practitioner to send a referral or contact us for more information.

After School Program	Positive and creative group for ages 6 – 11 years. This group provides educational, cultural and recreational activities. Small snack is provided. Bus ticket is available by request. Weather permitting field trips.	6 - 11	Kamloops Aboriginal Friendship Society	250-376-1296 childand youth @kafs.ca	Registration required. Please contact for further details. Tuesdays 3:00-5:00pm
Children & Family Grief Group	Children are invited to use play and art therapy as a healthy way to express their feelings of grief and loss. Parents/caregivers will have the opportunity to learn ways to help support a grieving child.	Parents / caregivers of children 6 - 12	Kamloops Hospice Association	250-372-1336 Dallas dallas@kamloopshospice.com	Registration required. Please contact for more information.
MET Program (Mentoring, Empowerment, and Tutoring) Program	The Mentoring, Empowerment, and Tutoring (MET) program provides newcomer children and youth across School District 73 with academic and mentoring support to build confidence and other essential life skills as they transition into a new community.	School age children (5 – 18)	Kamloops Immigrant Services	778-470-6101	The MET program offers both 1:1 and group tutoring sessions.
Settlement Workers in Schools (SWIS)	The Settlement Worker in Schools program provides orientation to newcomer parents/students and assists with providing information, referrals to community and school resources, hosts group activities, workshops and camps for school-aged children to enhance their experiences as they transition into the Canadian school system.	School age children (5 – 18)	Kamloops Immigrant Services	778-470-6101	Self referral. Call for more information.
SAIP (Sexual Abuse Intervention Program)	A community based program which provides specialized assessment and treatment services to children and youth who have experienced or suspected to have experienced sexualized violence.	3 - 18	Kamloops Sexual Assault Counselling Centre	250-372-0179	Open referral
Shoohkaychiwun Koorboo - Rip Roaring Ravens	A group for Metis children to engage in cultural activities in a safe and supportive environment.	6 - 12	Lii Michif Otipemisiwak Family and Community Services	250-554-9486	Contact for more information

Child Care Resource & Referral Services	CCRR provides up-to-date resources on child care options and child care referrals to families looking for childcare. We also provide information and assistance with completing Affordable Child Care Benefit applications and a range of support with developmental screening as well as resources to support healthy child development.	Parents / caregivers looking for childcare or developmental screening	YMCA BC - Kamloops John Tod Centre Child Care Resource & Referral	250-376-4771 www.kamloopsy.org/ccrreycfeaturepage	Call for more information
BRAVE (Building Resilience, Authenticity, Values & Empathy)	A general wellness group for boys ages 8–12. Sessions combine physical activity with mental, social, and emotional learning, exploring topics such as healthy expression of emotions, self-care, friendship, stress, worries, and the benefits of physical activity.	8 - 12	YMCA BC – Kamloops John Tod Centre	250-37-4771 ext. 122 mentalwellness@bc.ymca.ca	Registration required. Saturdays Nov 7 – Dec 19 1:30-3:30pm
GLOW (Girls' Life of Wellness)	Supporting girls and those who identify as a female in all five dimensions of wellness (physical, emotional, social, spiritual and environmental). Skill building discussions and wellness activities.	8 - 12	YMCA BC – Kamloops John Tod Centre	250-37-4771 ext. 122 mentalwellness@bc.ymca.ca	8 week group. Please contact to be added to the interest list.
Growing Mindfully	Physical and mental wellness program for youth ages 8-12 that helps support youth to be more active and learn healthy coping strategies.	8-12	YMCA BC – Kamloops John Tod Centre	250-37-4771 ext. 122 mentalwellness@bc.ymca.ca	8 week group. Please contact to be added to the interest list.
Growing Mindfully Parent Program	For parents whose children have completed Growing Mindfully. Parents and guardians learn the same mental wellness skills their children learned in the kid's group, as well as more in-depth knowledge about mental health, brain functioning, services in the community, and advocating for their child.	Adult	YMCA BC – Kamloops Online	250-37-4771 ext. 122 mentalwellness@bc.ymca.ca	Please contact to be added to the interest list.
PEACE (Children Who Witness Abuse)	For individual and group support for children, ages 3 – 18, who have experienced violence. We offer a safe and supportive place to walk alongside those we serve on their healing journey through creative therapy offerings.	3 - 18	YMCA BC - Kamloops YMCA-YWCA	250-319-2406	Please contact to access program.

Toy Lending and Resource Library	The library is a valuable resource for parents, child care and education workers, child development support workers, therapists, teachers, informal caregivers and recreational programmers. There is a wide variety of items to choose from that will support children's social, emotional, physical, language & cognitive development. Resources include a variety of parenting topics, child development texts and curriculum planning.	Parents/ caregivers of children	YMCA - Kamloops John Tod Centre Child Care Resource & Referral	250-376-4771	Drop off and Pick up is available. Call centre for more info.
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TEENS Ages 12 – 19

Programs and services are provided for free unless otherwise noted.

Program Name	Description	Age Group	Community Agency	Contact Information	Additional Information
Kamloops Youth Housing First	A Way Home Kamloops offers housing and supports for youth experiencing homelessness. Anyone 16 - 27 can do a housing intake on Wednesdays between 1:00-4:00pm at 560 Tranquille Rd to get on the wait-list.	16 - 27	A Way Home Kamloops	admin@awayhomekamloops.com 250-828-0446	Housing intake Wednesdays 1:00-4:00pm
Youth Hub Drop In	A weekly Youth Services Hub where any youth experiencing homelessness can connect with service providers at 560 Tranquille Road.	Any youth under 27 experiencing homelessness	A Way Home Kamloops	admin@awayhomekamloops.com 250-828-0446	Drop In Wednesdays 1:00-4:00pm
Family Education and Support Program	Ideal group for families affected by and/or struggling with a family member's substance misuse and/or concurrent disorders. Providing knowledge and education about addiction and concurrent disorders while also providing skills and strategies in supporting themselves and their family members.	Parents, caregivers or families	Axis Family Resources	250-851-2947 Ext. 231	Program is offered upon request.

Strengthening Families Together	This multi-week education and support course provides the knowledge, support and tools necessary for families (and friends) living with a loved one experiencing mental illness.	Adult support	BC Schizophrenia Society	Email: thompsonnicola@bcss.org Phone: 250-571-6955 Toll Free: 1-888-888-0029	6 session education and support course.
Teens in Control	A two day online group workshop and discussion for youth ages 13-18 who have a loved one with mental illness. The group helps youth better understand and cope with mental illness in their family, bust stigma, provide ways to deal with anxiety and stress, develop healthy coping strategies, and encourage self care and boundary setting. The group runs as a 2-day, 1.5-hour workshop held over a 2-week period. We have new programs offered each month.	13 - 18	BC Schizophrenia Society	kidsincontrol@bcss.org	Intake is ongoing. Referrals to our programs can come from parents, school personnel, doctors, community agencies, social workers, counsellors, family caregivers and other clinicians; youth ages 14+ can self-refer.
Connect Parent Program	A strength and evidence based 10 week group for parents and caregivers of youth ages 13+ who struggle with behaviour challenges and/or mental health issues. Parents are taught helpful parenting approaches they can apply across a range of situations and relational contexts. Learn to strength parent-teen relationships in a relaxed, supportive setting. Learn more: www.connectparentgroup.org	Parents or caregivers of youth ages 13+	BGC Kamloops	Neevesha Panjawani 250-554-5437	Please contact for upcoming dates.
First Steps	First Steps is an educational program for young mothers that provides academic upgrading, parenting and life skills classes, and career and education planning. Specialized childcare is provided in a safe and supportive environment.	Women between ages 14 – 24 who are in a parenting role with a child 0 – 5 years.	BGC Kamloops in partnership with SD73 and Interior Community Services	250-376-9199	Registration required. Please call to register or to added to waitlist if full.

Focused Programs	Specialized programs in a safe space led by qualified adults. Programs include: Career & Leadership (resume building, leadership, job and volunteer skills); Study Space (access to laptops and a quiet space); Life Skills & Social Development (learn life skills like cooking and social connection); Health & Wellness (support mental health and overall well-being)	11 - 24	BGC Kamloops	250-851-6179 j.craig@bgckwl.com	Please contact for more information.
Harm Reduction Services	Confidential, youth-friendly support and education. On-site street nurses for health support, such as access to birth control, STI testing, safe sex supplies and sexual health resources, Nalaxone kits, and overdose response training.	11 - 24	BGC Kamloops	250-851-6179 j.craig@bgckwl.com	Please contact for more information.
Necessity Nook	The Youth Necessity Nook is a free service youth can access once a week to receive non-perishable food items and personal hygiene products. No ID required.	11 - 24	BGC Kamloops	General inquiries: 250-851-6179 Outreach: 778-220-7902 j.craig@bgckwl.com	Available during drop-in hours and special events. Available outside of BGC hours by request (contact to arrange).
Youth Nights Alive	Nights Alive is a drug, alcohol and harassment-free place for youth between 13 and 21 years old to participate in a variety of activities in a safe and welcoming environment. Youth have access to resources and supplies, pool tables, a big-screen TV with movies and games, an open gym, a kitchen, art supplies, and more! A meal is provided. Safe rides home are available for youth who live in the North Shore, Brocklehurst, and South Shore.	13 - 21	BGC Kamloops	250-851-7902 j.craig@bgckwl.com	Watch the BGC Monthly Calendar on Facebook for upcoming dates.
Youth Outreach	Free and confidential support for youth navigating housing insecurity, low income, substance use and food insecurities. Youth can access food, water, harm reduction supplies, bathroom access, quiet sleeping space and a safe welcoming-drop in environment.	11 - 24	BGC Kamloops	778-220-7902 Text to contact outside of BGC hours.	Call or text for more information.

Youth Weekday Drop In	An after-school program that offers pick-up from Brock, TREC, and Norkam. Weekday Drop In program for youth offering a variety of opportunities and activities led by a qualified adult. Youth have access to our gymnasium and equipment, a kitchen, pool, ping pong, foosball tables, board games, puzzles, video games, TV, art supplies and more. Home cooked meals are provided daily. Homework help is provided when possible. See monthly activity calendar on our website.	11-24	BGC Kamloops	250-851-6179 No registration form needed to attend, but REQUIRED for bus pick, field trips, and outings.	11-24 year olds Monday to Friday 12:00 – 3:00pm 11-19 year olds Monday to Friday 3:00 – 6:00pm
Bounce Back	Youth can learn skills through telephone coaching and self-help workbooks to help combat feelings of mild/moderate anxiety and depression.	13 - 18	Canadian Mental Health Association	250-275-8062 www.bouncebackbc.ca	Doctor or school counsellor referral required. 4 to 6 telephone sessions
CRCL	Crisis Response, Community-Led (CRCL, pronounced circle) is a mobile crisis response team that provides support to people ages 13+ who are experiencing a mental health crisis. CRCL can come to you, on your terms, to listen with understanding and compassion. Trained crisis workers respond to mental health crises, offering immediate assistance, de-escalation, and follow-up support.	13 +	CRCL in partnership with Kamloops Aboriginal Friendship Society	778-470-2725 Call or text available	Call or text 11:00am – 11:00pm Monday - Friday
The Raven Program – Youth Counselling and Family Support	The Raven Program offers a number of services to youth and their families, including: • On-site counselling at schools and community agencies • Parental support (information, education, consultation) • Counselling for young people living with addiction in their families • Community focused prevention/information presentations Outreach services – meeting clients in the community who might otherwise be unable to access our services.	12 – 25	Day One Society	250-374-4634 or 1-877-318-1177	Call for more information or to set up an appointment. Referrals from community agencies, schools, and family members welcome.

Mental Health and Wellness Services for Families	Foundry offers free and confidential mental health and wellness services for youth and their caregivers. At this time, free virtual counselling is available for youth and/or their caregivers. Kamloops location coming Fall/Winter!	12 – 24 and/or Parents/ caregivers of youth	Foundry BC	www.foundrybc.ca	Free confidential virtual counselling by appointment or drop in. No referral required.
FASD / CDBC Caregiver Support Group	This drop in virtual group provides a safe, culturally sensitive, and confidential environment for caregivers to learn information and strategies, share experiences, and connect with others who are also supporting those with FASD or CDBC. All parents (birth, adoptive or foster), guardians, and family members are welcome.	Parents / caregivers of children and youth 0 - 19	Insight Support Services	250-574-3734	Contact for upcoming dates.
Kamloops Youth Shelter	Provides short-term temporary housing for youth who are at risk of homelessness, experiencing homelessness, and/or family conflict or crisis. Open 24 hours a day, 365 days a year.	13 – 18 in need of safe, temporary housing	Interior Community Services	250-376-3660 adm@intercommunityservices.bc.ca	Contact for more information
Mobile Crisis Outreach Response for Youth	Provides immediate crisis response and case management, harm reduction materials, mental health first aid, safe transportation to shelters or services, connections to youth-focused resources, housing and care, and advocacy and safe planning.	13 - 24	Interior Community Services	250-376-3660 adm@intercommunityservices.bc.ca	Contact for more information
Safe Spaces	Safe Spaces is a service for youth who identify as 2SLGBTQIAP+ or questioning and their allies. A youth-driven, drop in in a space that offers a resource library, sketch pads & other art supplies, a Wii, DVDs, board games and several comfortable couches!	12 – 26	Interior Community Services	250-371-3086 Call or text to speak to the Program Coordinator for dates and locations	No referral required. Drop in or individual appointments Two weekly groups (12 – 16 and 16+)
Youth ReConnect	Providing support to youth who may be in crisis, creating and working on goals, assist youth to connect to family and/or community-based resources or other natural support, support and provide a positive successful transition to adult self-sufficiency, provide info on problem solving and communication skills, including parent-teen conflict.	13 - 23	Interior Community Services	adm@intercommunityservices.bc.ca	Youth are referred via: self referral, community based, family referral, MCFD or Probations/RCMP.

Tending the Roots	This group is for parents, caregivers, or the main supports of a youth who is using substances. We have found that this group is beneficial for caregivers who have a youth using substance, but whom the youth do not wish to change their current use. Youth do NOT require registration with IHA or MHSU, and parents/caregivers may come and register on their own. This is a process group, with content delivery, but also connection and support for caregivers facing similar situations and feeling isolation.	Parents / Caregivers of youth 14 – 24 using substances	Interior Health Mental Health & Substance Use	250-377-6500	Registration required. 6 weeks Mondays Sept 14 – Oct 19 5:00-6:15pm 235 Lansdowne St
Youth Intensive Day Treatment Program	For youth facing substance use challenges. Access a youth day treatment program that seeks to strengthen wellness through education, practice, fun activities and connecting with others.	14 - 20	Interior Health Mental Health & Substance Use	250-377-6500 Ask for ACCESS	Registration Required. Sept 29 – Nov 6 Tues, Thurs & Fridays 1:30-4:00pm 235 Lansdowne St
Generation Health (formerly known as Shapedown)	Generation Health is a family-centred healthy living clinic delivering team-based care for children and teens living with obesity or living with overweight and specific health concerns. Working with a team including a doctor, dietitian, and mental health professional, families are helped to make positive changes in eating habits, activity level, parenting skills and self-esteem. We are body positive, no-judgement, inclusive and respect each family's unique journey.	6 - 17	Interior Health, Public Health Unit	778-362-6810 ext 10813	Ask your family Doctor, Pediatrician or Nurse Practitioner to send a referral or contact us for more information
Healing Through Culture, Connection & Community	Healing Our Spirits is a culturally grounded bereavement program designed to support youth and their families who have experienced the loss of a loved one due to the toxic drug crisis. We recognize that loss is not always defined by death. We welcome participants whose loved ones have died due to the toxic drug crisis, as well as those who are grieving a loss of connection with a loved one whose substance use has changed the relationship or created harm. This program provides	12 - 24	Kamloops Aboriginal Friendship Society	778-470-8180 healingspirits@kafs.ca	No referral needed. Please contact for further details.

	a safe and supportive space for youth ages 12–24 to connect, share, and heal through cultural activities such as drumming, crafts, and land-based experiences. The program is open to both Indigenous and non-Indigenous youth, including LGBTQ+ youth, and emphasizes cultural connection as a key part of the healing journey.				
Youth Group	Culturally relevant youth group for teens and young adults to get together, engage and create positive connections.	12 – 18	Kamloops Aboriginal Friendship Society	250-376-1296 youthworker1@kafs.ca	Registration required. Please contact for further details. Wednesdays 4:00-6:00pm
Youth Grief Group	This group is for Youth ages 13-17 in Kamloops and the surrounding areas, who have experienced the death of someone significant in their lives. We hope to create a space for youth to get together, have fun, and create connections through activities.	13-17	Kamloops Hospice Association	250-372-1336 Dallas dallas@kamloopshospice.com	Runs once per month in a different location that encourages active engagement. Call for more details.
MET Program (Mentoring, Empowerment and Tutoring) Program	The Mentoring, Empowerment, and Tutoring (MET) program provides newcomer children and youth across School District 73 with academic and mentoring support to build confidence and other essential life skills as they transition into a new community.	School aged children / youth 5 - 18	Kamloops Immigrant Society	778-470-6101	The MET program offers both 1:1 and group tutoring sessions.
Settlement Workers in Schools (SWIS)	The Settlement Worker in Schools program provides orientation to newcomer parents/students and assists with providing information, referrals to community and school resources, hosts group activities, workshops and camps for school-aged children to enhance their experiences as they transition into the Canadian school system.	School aged children / youth 5 - 18	Kamloops Immigrant Society	778-470-6101	Self referral. Call for more information.
Youth for Youth	Youth for Youth organizes various events and opportunities, such as local guest speakers, movie nights, book club, outdoor activities and mentoring.	14 - 29	Kamloops Immigrant Society	778-470-6101	Call or email kis@immigrantservices.ca to get connected.

SAIP (Sexual Abuse Intervention Program)	A community based program which provides specialized assessment and treatment services to children and youth who have experienced or suspected to have experienced sexualized violence.	3 - 18	Kamloops Sexual Assault Counselling Centre	250-372-0179	Open referral.
Buffalo Youth Group	Lii Bufloo Zhenn Moond Enn Baand Daafayr. A drop-in group for Metis youth to come build cultural connection in a fun and safe setting.	13 - 18	Lii Michif Otipemisiwak Family and Community Services	250-554-9486	Drop-in Starting Oct 8 Wednesdays 3:00-5:00pm
Food Access Programs	The Mount Paul Community Food Centre is proud to offer a variety of food access programs based at 140 Laburnum St. Community Meals is a no-cost, dine in meal. Sharing Table is available when there are extra donations of fresh produce.	All ages welcome	Mount Paul Community Food Centre	cfc@interiorcommunityservices.bc.ca	Community Meals Mon and Thurs 12:00pm-1:00pm
Youth Food Skills	Learn basic cooking skills, make a snack or meal to take home and connect with others! A welcoming space to help foster a positive relationship with food for youth aged 13 – 19 years old.	13 - 19	Mount Paul Community Food Centre	cfc@interiorcommunityservices.bc.ca	Registration required. Runs 2x per month.
PEACE (Children Who Witness Abuse)	For individual and group support for youth, ages 3 – 18, who have experienced violence. We offer a safe and supportive place to walk alongside those we serve on their healing journey through creative therapy offerings.	3 - 18	YMCA BC - Kamloops YMCA-YWCA	250-319-2406	Please contact to access the program.
Y Mind Teen	Y Mind Teen is a 7-week program that supports teens ages 13 to 18 who are experiencing symptoms of anxiety to learn and practice healthy coping strategies to better manage stress and anxiety. Our groups provide an opportunity for teens to learn within a safe, comfortable, and fun environment, surrounded by other teens experiencing similar thoughts and feelings. This group will be run in-person at the John Tod Y.	13 - 18	YMCA BC - Kamloops John Tod Centre	250-376-4771 ext. 122 mentalwellness@bc.ymca.ca	Registration required. Info sessions: Oct 22 or 29 4:00pm Group runs: Thursdays Nov 5 – Dec 17 4:00-5:30pm

Y Mind Teen x CAN	Y Mind Teen x CAN is a 7-week program for teens ages 13–18 who are on the autism spectrum and are experiencing mild to moderate anxiety. Participants learn and practise healthy coping strategies in a safe and supportive environment alongside other teens with similar experiences. No formal diagnosis is required.	13 - 18	YMCA BC - Kamloops John Tod Centre	250-376-4771 ext. 122 mentalwellness@bc.ymca.ca	Registration required. Info session: Oct 31 10:00am Group runs: Saturdays Nov 7 – Dec 19 10:00am-12:00pm
Y Mind Youth	Y Mind Youth is a free 7-week psychoeducational and support group for young adults ages 18–30 who experience anxiety. Participants learn healthy coping skills, connect with other youth in the community, and get support all in a safe and friendly environment. This group will be run in-person at John Tod Y.	18 - 30	YMCA BC - Kamloops John Tod Centre	250-376-4771 ext. 122 mentalwellness@bc.ymca.ca	Registration required. Info sessions: Oct 22 or 29 6:00pm Group runs: Thursdays Nov 5 – Dec 17 6:00-8:30pm

School Presentation Offerings

Bush Party Awareness Workshops	Utilizing the harm reduction model, this high school workshop explores the dynamics of using drugs and alcohol in a party setting and offers youth strategies on staying safe if they are choosing these activities. The workshop is one hour in duration and suitable for high school students	Axis Family Resources 250.851.2947
Concussion Resource Program	A concussion awareness and safety lesson that is free of charge in K-12 schools. Provides information about concussion prevention, recognizing concussion symptoms, as well as healing and return to activity.	Kamloops Brain Injury Association 250-372-1799
Injury Prevention Program	Available free of charge to all elementary school classes in the Kamloops community. Promotes awareness of brain injury and injury prevention through safe practices and correct helmet use. Survivors of brain injury play a key role in this program through their	Kamloops Brain Injury Association

	participation and sharing of information about their injury and the resulting impairments. This personal touch always seems to make the reality of brain injury much more meaningful and memorable for the students. This fun and interactive presentation helps students take safety seriously.	250-372-1799
Partnership Education Presentation Program	The Partnership Education Program uses storytelling to shed light on the reality and scope of severe and persistent mental illness. A panel of three guest speakers — usually a person with a mental illness, a family member and a mental health professional— share their insights and personal journeys with mental illness. In educating communities this way, Partnership Education Presentations foster understanding and reduce stigma. Suitable for high school students, especially senior psychology classes etc.	BC Schizophrenia Society Email: intmanager@bcss.org Phone: 250-464-5159 Toll Free: 1-888-888-0029
PEACE VIP (Violence is Preventable)	This program links BC Schools with PEACE Programs (Prevention, Education, Advocacy, Counselling and Empowerment). VIP (Violence is Preventable) offers free educational violence prevention presentations and is offered in age ranges to meet the needs of students K – 12. VIP addresses topics in the BC curriculum strives to empower students to develop an understanding of healthy relationships.	YMCA BC (Kamloops YMCA-YWCA) 250-319-2406