

Parenting in the Central Okanagan



A Summary of Parenting Resources

ARC Programs

ARC Programs' mission is to "provide excellent support, intervention, treatment and rehabilitative services for children youth, and families in the communities of the Interior Region of BC. "

Phone: 250-763-2977

Email: arcprograms@arcprograms.com

Web: www.arcprograms.com

Building Healthy Families Society

A non-profit organization whose aim is to preserve, stabilize, and strengthen families in our community through education, training and support.

Phone: 250-861-4933

Email: info@bhfam.net

Web: www.buildinghealthyfamilies.ca

The Bridge Youth and Family Services

A non-profit, charitable organization, that has been developing and providing innovative and quality programming for children, youth and families in the Central Okanagan since 1969.

Phone: 250-763-0456

Email: info@thebridgeservices.ca

Web: www.thebridgeservices.ca

Child and Youth Mental Health

Providing a range of mental health services for families of children and youth up to age 19.

Phone: 250-861-7301

Web: www.mcf.gov.bc.ca

COCD - Central Okanagan Child Development Association

Providing early intervention services through a family-centered approach, The Central Okanagan Child Development Association supports families in promoting the optimum development of children with challenges.

Phone: 250-763-5100

Email: info@cocda.com

Web: www.cocda.com

Interior Health

Provides weekly Baby Talk groups through the various interior health centers to support new parents navigate through a baby's first year of life and the Nobody's Perfect program.

Phone: Kelowna: 250-868-7700

Rutland: 250-980-4825, Westside: 250-980-5150

Web: www.interiorhealth.ca

Kelowna Child Care Society

A non-profit, charitable organization providing a variety of information and services that support families and child care providers. In addition to a toy loan library service, the Child Care Resource & Referral program staff are available to help with parenting questions or concerns, as well as assist parents in finding quality child care by offering free childcare referral service. The Society also provides a Young Parent Day Care Program and a free Parent/Child Drop-In Family Resource Program for parents and child care providers.

Phone: 250-762-3536

Email: resource@kelownachildcare.com

Web: www.kelownachildcare.com

Kelowna Community Resources

KCR provides support to families through The Family Friend Program, Family Group Conferencing, Kids Count, and Supervised Access Visitation as well as inter-country and special needs adoptions with support to both adoptive and birth parents through our Adoption Centre. Also our Host and Buddy programs help immigrant parents and youth settle into Canadian society. Check out the Community Info Search at www.kcr.ca for more information about these parenting and other nonprofit programs and services offered throughout the Central Okanagan.

Phone: 250-763-8008

Email: informkelowna@kcr.ca

Web: www.kcr.ca (community info search)

Kelowna Family Center

The Centre promotes the emotional, psychological and social well being of families and individuals by enhancing the development of healthy relationships between individuals and within families.

Phone: 250-860-3181

Email: kelfamcr@shawbiz.ca

Web: www.kfscs.com

Kelowna Parenting

Empowering parents to create the family life they want by giving them tools and strategies they need in Raising Respectful, Resourceful and Responsible Children. Courses, workshops, personalized coaching.

Phone: 250-764-4402

Email: Teresa@KelownaParenting.com

Web: www.KelownaParenting.com

Kelowna Youth and Family Services

Preventative counselling service for parents, children and/or youth up to 17 years; assistance to parents experiencing difficulties with child behaviour in family, community or involvement with the law; improving relationships, communication and parenting skills.

Phone: 250-763-2405

Email: kyfs@shawcable.com

Ki-Low-Na Friendship Society

The Ki-Low-Na Friendship Society is a non-profit organization working with/for First Nations people, but our doors and our programs are open to everyone.

Phone: 250-763-4905

Email: reception@kfs.bc.ca

Web: www.kfs.bc.ca

Ministry of Children and Family Development

Phone: 250-712-7586

Web: www.mcf.gov.bc.ca

Okanagan Boys and Girls Club

Okanagan Boys and Girls Clubs provides a safe, supportive place where children and youth can experience new opportunities, overcome barriers, build positive relationships and develop confidence and skills for life. Various parent – child and parent education opportunities offered.

Phone: 250-762-3914

Email: info@boysandgirlsclubs.ca

Web: www.boysandgirlsclubs.ca

Metis Community Services Society of B.C.

MCSSBC promotes the health and well being of the Métis community by honoring and supporting the importance of a healthy family environment in the delivery of holistic programs and services.

Phone: 250-868-0351

Email: reception@mcsbc.org

Web: www.mcsbc.org

Reach Out Youth Counselling and Family Services

A registered non-profit society providing counseling, and support for youth and families in Kelowna and area.

Phone: 250-763-7892

Email: info@reachoutyouthcounselling.com

Web: www.reachoutyouthcounselling.com

Stepping Stones Counselling Group

Stepping Stones Counselling group is a private (fee for service) clinic. We are dedicated to providing a nurturing, creative and flexible healing environment for children, adolescents, adults and families. Areas of specialization include: trauma, attachment, dissociation, Autism Spectrum Disorders, Fetal Alcohol Spectrum and other developmental disabilities

Phone: 250-712-6346

Email: sstones@telus.net

Web: www.stepsstoneskelowna.ca

Westbank First Nation Community Services

Westbank First Nation is a self-governing entity that offers a variety of services which foster continued growth of community, families, and individuals through a holistic and supportive model.

Phone: 250-768-0227

Email: communityservices@wfn.ca

Web: www.wfn.ca

BC and Local Online Parenting Resources:

Anxiety BC: *provides a rich resource of self-help information, and resources for parents and caregivers.* www.anxietybc.com

BC Council for Families: *Offers many publications on parenting for a small fee.* www.bccf.bc.ca

Bullying: www.bullybeware.com | www.redcross.ca
www.bced.gov.bc.ca/sco/elem_callsafe.pdf

CATCH: Community Action Towards Children's Health: *A Central Okanagan Community Coalition with a Parent Resource Guide.* www.catchcoalition.ca

CMHA Okanagan: Child and Youth Mental Health Guide
www.kelowna.cmha.bc.ca/mentalhealthguide

Here to Help: *Seven leading provincial mental health and addictions nonprofit agencies combining efforts to help individuals, families and children.* www.heretohelp.bc.ca

F.O.R.C.E. Society for Kids' Mental Health
www.bckidsmentalhealth.org

I love Kelowna: www.ilovekelowna.com (Look under: Community Resources –Parenting.)

Kelowna Multiple Birth Association: *providing information, community resources and social support for other families with, or pregnant with, multiples.*
www.kelownamultiplebirths.com

Safe Online Outreach Society: *SOLOS provides the knowledge and tools for British Columbians to keep our children and youth safe online.*
www.safeonlineourteach.com

Talking with your Teen about Drugs:
www.drugprevention.gc.ca | www.carbc.ca (publications)