

**Online resources available at  
 childandyouth.com**



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# Family Resource Guide 2017

## Phone Directory

**Aboriginal Child and Youth Mental Health**

Bldg. 1 - 7201 Vedder Road, Chilliwack

Phone: 604-858-0113

**Ann Davis Transition Society**

9046 Young Road, Chilliwack

24/7 Emergency number

Phone: 604-792-2760

604-792-3116.

**Big Sister Big Brothers of the Fraser Valley**

#46361 Yale Road (Neighborhood Learning Center) Chilliwack

Phone: 604-858-0828

**Central Gateway for Families**

9435 Young Road, Chilliwack

Phone: 604-792-8539

**Child Care Resource and Referral**

45938 Wellington Ave Chilliwack

Phone: 604-847-2237

**Child and Youth Mental Health**

8978 School Street, Chilliwack

Phone: 604-702-2311

**Children and Youth with Special Needs**

8978 School Street, Chilliwack

Phone: 604-702-2311

**Chilliwack Addictions and Prevention Services**

45921 Hocking Ave., Chilliwack

Phone: 604-795-5994

**Chilliwack Child and Youth Community Coordinator**

Phone: 604-845-2258

**Chilliwack Community Services**

45938 Wellington Ave., Chilliwack

Phone: 604-792-4267

**Chilliwack Hospice**

45360 Hodgins Ave., Chilliwack

Phone: 604-795-4660

**Chilliwack Learning Society**

8472 Harvard Place, Chilliwack

Phone: 604-392-2404

**Chilliwack Restorative Justice and Youth Advocacy**

45877 Wellington Ave., Chilliwack

Phone: 604-393-3023

**Chilliwack Society for Community Living**

9353 Mary Street, Chilliwack

Phone: 604-792-7726

**Chilliwack Society for Community Living Child and Youth Services**

45195 Wells Road, Chilliwack

Phone: 604-846-7777



# Family Resource Guide 2017

**Division of Family Practice**

45600 Menholm Road, Chilliwack

Phone: 604-795-0034

**Chilliwack YMCA**

45844 Hocking Ave., Chilliwack

Phone: 604-792-3371

**City Life Centre**

46641 Chilliwack Central, Chilliwack

Phone: 604-792-0694

**City of Chilliwack**

8550 Young Road, Chilliwack

Phone: 604-792-9311

**Cyrus Centre**

45845 Wellington Ave., Chilliwack

Phone: 604-795-5773

**Fraser Health Authority – Chilliwack Public Health Unit**

45470 Menholm Road, Chilliwack

Phone: 604-792-4900

**Fraser Valley Aboriginal Children and Family Services Society / Xyolhemeylh**

Bldg. 1 - 7201 Vedder Road, Chilliwack

Phone: 604-858-0113

**Fraser Valley Child Development Centre**

45474 Luckakuck Way, Chilliwack

Phone: 604-824-8760

**Fraser Valley Regional Library**

45860 First Ave., Chilliwack

Phone: 604-792-1941

5819 Tyson Road, Sardis

Phone: 604-858-5503

**Immigrant Services**

9214 Mary Street

Phone: 604-393-3251

**Ministry of Children and Family Development**

8978 School Street, Chilliwack

Phone: 604-702-2311

**Ministry of Social Development and Social Innovation**

45540 Yale Road, Chilliwack

Phone: 1-866-866-0800

**Neighbourhood Learning Centre**

46361 Yale Road, Chilliwack

Phone: 604-701-4978

**RCMP**

45924 Airport Road

Non-emergency Phone: 604-792-4611

**Salvation Army Care and Share Centre**

45746 Yale Road, Chilliwack

Phone: 604-792-0001



# Family Resource Guide 2017

**Sardis Doorway for Women**

45625 South Sumas Road, Sardis

Phone: 604-819-6556

**Sardis Family Place**

7112 Vedder Road, Chilliwack

Phone: 604-847-2235

**School District #33**

8430 Cessna Drive, Chilliwack

Phone: 604-792-1321

**Stolo Health / Stolo Nation**

Bldg. 7 – 7201 Vedder Road, Chilliwack

Phone: 605-858-3366

**Work BC**

46151 Yale Road, Chilliwack

Phone: 604-794-9675

#101- 5658 Vedder Road, Sardis

Phone: 604-858-5472

**Youth Health Centre**

Neighborhood Learning Centre (attached to Chilliwack Senior Secondary)

46361 Yale Rd, Chilliwack, V2P 2P8

Phone: 604-819-4603

**Stó:lō Service Agency**

7201 Vedder Rd, Chilliwack, V2R 4G5

Phone: 604- 604 824 -3200 or  
1-844-795-0034

**United Way of the Fraser Valley**

33355 Bevan Ave, Abbotsford

Phone: 604- 852-1234

***Notes:***

# CHILLIWACK MENTAL HEALTH AND SUBSTANCE USE RESOURCES FOR CHILDREN, YOUTH AND FAMILIES

**CYMH**

**CHILD AND YOUTH MENTAL HEALTH (ages 6-18)**  
**Location 1: MCFD, 8978 School St.**  
 Walk-in hours: Wednesday, 9am-12pm and 1pm-4pm  
**Location 2: The Neighborhood Learning Centre**  
 46361 Yale Rd. (at Chilliwack Secondary School)  
 Walk-in hours: Tuesdays 5:00 - 7:00 pm  
**Phone: 604-702-2311**

**YOUTH HEALTH**

**CHILLIWACK YOUTH HEALTH CENTRE (ages 12-26)**  
 Free, confidential, drop-in medical and counselling clinic for youth in two locations. [www.chilliwackyhc.com](http://www.chilliwackyhc.com)  
 Facebook: [www.facebook.com/chilliwackyhc](http://www.facebook.com/chilliwackyhc)  
**Location #1: Neighbourhood Learning Centre,**  
 46361 Yale Rd. Tuesdays 1-7pm (Doctors on site 3-6pm)  
**Phone: 604-819-4603**  
**Location #2: Stó:lō Service Agency,**  
 7201 Vedder Rd. Tuesdays 2-5pm  
**Toll-free: 1-844-827-2473**  
 Everyone is welcome, Aboriginal and non-Aboriginal.

**SUBSTANCE USE**

**PACIFIC COMMUNITY RESOURCE SOCIETY**  
 Provides a range of services, including education programs, employment, housing, and addiction counselling and prevention programs for youth, adults and families from a variety of backgrounds and orientations. [www.pcrs.ca](http://www.pcrs.ca)  
 45921 Hocking Ave. Monday-Friday, 9am-4:30pm  
**Phone: 604-795-5994**

**EMOTIONAL SUPPORT**

**FRASER HEALTH CRISIS LINE (all ages)**  
 Immediate, free, and confidential emotional support, crisis intervention and community resource information, 24 hours a day, every day.  
**Toll-free: 1-877-820-7444**  
**KIDS HELP PHONE (ages 20 and under)**  
 Free, anonymous, confidential, non-judgemental 24/7 phone and web counsellings. [www.kidshelpphone.ca](http://www.kidshelpphone.ca)  
**Toll-free: 1-800-668-6868**

**ACUTE CRISIS**

**FRASER HEALTH START TEAM (ages 6-18)**  
 Assessment and intervention services for children and youth who are experiencing an acute mental health crisis in the Fraser Health Region.  
 Monday-Friday: 9am-9pm, Saturday-Sunday: noon-9pm  
**Toll Free: 1-844-782-7811**

**CAREGIVER SUPPORT**

**THE F.O.R.C.E. SOCIETY FOR KID'S MENTAL HEALTH**  
 The F.O.R.C.E. mandate is to support and empower families and work collaboratively with professionals and systems in understanding and meeting the mental health needs of families. [www.forcesociety.com](http://www.forcesociety.com)  
**Toll-free: 1-855-887-8004**  
 Leave a message with name and community

**ONLINE RESOURCES**

[childandyouth.com](http://childandyouth.com)  
[kelymentalhealth.ca](http://kelymentalhealth.ca)  
[mindcheck.ca](http://mindcheck.ca)  
[youthinbc.com](http://youthinbc.com)  
[anxietybc.com](http://anxietybc.com)  
[heretohelp.bc.ca](http://heretohelp.bc.ca)  
[bouncebackbc.ca](http://bouncebackbc.ca)

#TALKTODAY

**EMERGENCY MENTAL HEALTH SERVICES**  
 For life-threatening situations, please call 9-1-1

## Pregnant and Parenting Youth

### BETTER BEGINNINGS

Prenatal nutrition & support for healthy pregnancy and birth to 6 months. Delivered by Chilliwack Community Services

**Where:** Neighbourhood Learning Centre

**When:** Thurs. 9:30-10:30am

**Contact:** Lana @ 604.701.4978 ext 6021

**Learn more:** [www.comserv.bc.ca](http://www.comserv.bc.ca)

### FUTURES YOUNG PARENT PROGRAM

Support and learning opportunities including high school completion for pregnant and parenting youth and their children - School District #33

**Where:** 8855 Elm

**When:** Sept to June

**Contact:** 792-9277

**Learn more:** [www.futuresd33.ca](http://www.futuresd33.ca)

### PRENATAL CLASSES

For pregnant youth.

**Where:** Chwk Health Unit

**When:** call for next start date

**Contact:** Chilliwack Health Unit , 604 702-4900

**Learn more:** [www.fraserhealth.ca/health-info/pregnancy-and-babies/pregnancy/prenatal-classes/prenatal-classes](http://www.fraserhealth.ca/health-info/pregnancy-and-babies/pregnancy/prenatal-classes/prenatal-classes)<<http://%20www.fraserhealth.ca/health-info/pregnancy-and-babies/pregnancy/prenatal-classes/prenatal-classes>>

### YOUTH PARENT SUPPORT WORKER

Provides outreach, support, life skills, and crisis management services to pregnant or parenting youth ages 13-16. Delivered by Chilliwack Community Services.

**Contact:** 604.792.6632

**Learn more:** [www.comserv.bc.ca](http://www.comserv.bc.ca)

## Prenatal and Postnatal Supports

### BC HEARING PROGRAM

Provides newborn hearing screening diagnosis and intervention upon birth. Service open to all babies born in BC. Screening conducted in hospital before baby and mother are discharged, or local public health unit audiologist will set up appointment.

**Contact:** Chilliwack General Hospital 604.795.4141

### BEST BEGINNINGS

Working closely with doctors, midwives, hospital maternity staff, and public health nurses, this program provides information and resources for women, expectant parents and families with babies and toddlers up to 2 years of age.

**Contact:** Chilliwack Public Health Unit 604.702.4900

**Learn More:** [www.fraserhealth.ca/health-info/pregnancy-and-babies/](http://www.fraserhealth.ca/health-info/pregnancy-and-babies/)<<http://www.fraserhealth.ca/health-info/pregnancy-and-babies/>>

## BETTER BEGINNINGS

Prenatal nutrition and support for a healthy pregnancy and birth with 6 month post-partum follow up. Delivered by Chilliwack Community Services.

**Where:** Neighbourhood Learning Centre 46363 Yale Road

**When:** Wed. 1:00 – 3:00;  
Thurs. 9:30-10:30

**Contact:** Lana @ 604 701.4978 ext.6021

**Learn more:** [www.comserv.bc.ca](http://www.comserv.bc.ca)



## BREAST FEEDING CLINICS

Our public health nurses offer breast feeding support to all moms.

**When:** Call to book an appointment or for telephone support

**Where:** Public Health Unit ,45470 Menholm Road

**Contact:** 604.702.4900

**Learn More:** [www.fraserhealth.ca/health-info/pregnancy-and-babies/pregnancy/prenatal-classes/prenatal-classes](http://www.fraserhealth.ca/health-info/pregnancy-and-babies/pregnancy/prenatal-classes/prenatal-classes)>

## CRISIS PREGNANCY CENTRE

Free and confidential information, counseling, clothing and baby items, assistance with shelter and finance and post-abortion peer support.

**Where:** 9301 Nowell St

**When:** Mon Wed Fri 10:00-4:00  
Tues Thurs 11:00-3:00

**Contact:** 604 795-3043

**Learn more:** [www.fvpc.ca](http://www.fvpc.ca)

## MEADOW ROSE SOCIETY

The Meadow Rose Society was started in an effort to help families with children under the age of three who find themselves in financial crisis.

We help such families with items specifically for the needs of this age group with everything from diapers, wipes, cookies, baby food, formula and toiletries to larger items such as highchairs, strollers, cribs and car seats.

Our clients range from someone being temporarily out of work, to grandparents on a fixed income, to single parents or families on disability.

We also partner with StreetHope New and Used to help these families with clothing in emergency cases.

Each family applying for assistance must qualify financially for our services and are permitted 2 visits to our office per month. In extenuating emergency cases, we have an after hours phone number to help during the hours our office is closed.

**Where:** 45789 Spadina Ave, Chilliwack, BC V2P 2T5

**Contact:** Office - 604-392-1133      On call - 604-845-5432

**Learn More:** [www.meadowrosesociety.com](http://www.meadowrosesociety.com)

## PREGNANCY AND INFANT LOSS GRIEF SUPPORT GROUP , Chilliwack Hospice Society

This group is for parents who have lost an infant to early or late miscarriage, stillbirth or within the first year of life. This group meets monthly.

**Where:** Chilliwack Hospice

**When:** Monthly

**Contact:** 604.795.4660

**Learn More:** [www.chilliwackhospice.org](http://www.chilliwackhospice.org)

## PRENATAL REGISTRATION PROGRAM

Our Best Beginnings program provides public health services to pregnant women, new moms, babies and children to age 2. Register early to get connected with resources and supports for a healthy pregnancy and baby. To register go to <http://bestbeginnings.fraserhealth.ca/default.aspx> and complete the secure online form or register in person at the Health Unit.

**Where:** 45470 Menholm Road

**Contact:** 604.702.4900

**Learn More:** [www.bestbeginnings.fraserhealth.ca/default.aspx](http://www.bestbeginnings.fraserhealth.ca/default.aspx) <<http://www.bestbeginnings.fraserhealth.ca/default.aspx>>

## Right From the Start

An 8-session parenting course designed to enhance parents' skills in reading infant cues and responding sensitively. The course uses attachment theory as a framework and active adult learning principles. RFTS is appropriate for any parent or caregiver of an infant under 24 months.

Contact Cristal Biela at 604-702-2311 for dates.

## Skwah Pre/Post Natal Group

A number of RN's and LPN's are available for one to one consult, immunizations and teaching on various topics. Also offered is growth and development screening, post partum depression assessment and referral. Core services and incentives are available to on reserve only, however everyone is welcome to attend and benefit from the monthly teaching, lunch and socializing.

**When:** First Thursday of the month,  
11am - 1pm

**Where:** Skwah Band Hall, 615  
Wellington Ave.

**Contact:** 604.792.3499



## Healthy Kids Initiative,

Chilliwack Division of Family Practice

The Healthy Kids Initiative is framed by a health promotion message - Live 5-2-1-0 - that is easy to remember, solution-oriented (we have tips on how to follow it!) and evidence-based (it works!). Enjoy 5 or more servings of vegetables and fruit; Power down, no more than 2 hours of screen time; Play actively for at least 1 hour; and Choose healthy 0 sugar sweetened drinks. In addition to resources you can find on our website (like weekly trackers, a Live 5-2-1-0 Medicine Wheel, and coloring sheets), there are three Live 5-2-1-0 Playboxes at Central Community Park, The Landing Centre, and Watson-Glen park that are filled with sports equipment and books for family to use for free. Visit our website to register to unlock the Live 5-2-1-0 Playbox and unleash the fun today!

[www.divisionsbc.ca/chilliwack/healthykids](http://www.divisionsbc.ca/chilliwack/healthykids)



Don't have a family doctor or nurse practitioner?  
Looking for one in your community?

**CALL PAM**  
(Patient Attachment Mechanism)

9 am to 3 pm Monday to Friday  
1-844-795-0034 Hope and the Fraser Canyon  
604-795-0034 Chilliwack, Agassiz, and Harrison

The advertisement features a cartoon illustration of a woman with red hair wearing a headset and a blue blazer, appearing to be on a phone call. The background is a solid orange color.

### Drop-In Programs Birth to 6 years

#### **FAMILY PLACE NETWORK**

Chilliwack Community Services offers four free parent-child interactive centres for families or caregivers and their children aged birth to six years. "Parenting Matters" Delivered by Chilliwack Community Services.

**Contact:** Lana 604.701.4978 ext. 6021

**Learn More:** [www.comserv.bc.ca](http://www.comserv.bc.ca)

#### **East Chilliwack Family Place**

**Where:** Eden Mennonite Church 45651 Chilliwack Central

**When:** Thurs, 9:30-11:00 am

#### **Greendale Family Place**

**Where:** 6550 Sumas Prairie Road

**When:** Wed 9:00-11:30 am

#### **Sardis Family Place**

**Where:** 7112 Vedder Road

**When:** Mon-Thurs, 9 – 11:00 Mon and Wed.  
12:00 - 2:00

#### **Yarrow Family Place**

**Where:** Yarrow Community School  
4605 Wilson Ave

**When:** Tues. 8:30 – 11:00 am

#### **STRONG START EARLY LEARNING CENTRES**

Come learn school readiness skills with your child through play, music, art and stories

**Learn More:** [www.sd33.bc.ca/program/strongstart](http://www.sd33.bc.ca/program/strongstart)



#### **Bernard Elementary**

**Where:** 45465 Bernard Ave.,

**When:** Mon-Fri, 8:30– 11:30am

**Contact:** 604.795.7840

#### **Cultus Elementary**

**Where:** 71 Sunnyside Blvd.,

**When:** Mon-Wed-Fri, 8:15-11:15

**Contact:** 604.858.6266

#### **Little Mountain Elementary**

**Where:** 9900 Carlton Street

**When:** Mon-Fri, 8:30am – 11:30am

**Contact:** 604.792.0681

#### **McCammom Elementary**

**Where:** 9601 Hamilton Street

**When:** Mon-Fri, 8:15-11:15 am

**Contact:** 604.795.7000

#### **Rosedale Elementary**

**Where:** 50850 Yale Road

**When:** Mon-Fri, 8:15 – 11:15 am

**Contact:** 604.794.7124

#### **Strathcona Elementary**

**Where:** 46375 Strathcona Road

**When:** Mon-Wed-Fri, 8:30-11:30

**Contact:** 604.792.9301

#### **Unsworth Elementary**

**Where:** 5685 Unsworth Road

**When:** Mon-Fri, 8:45 am – 11:45am

**Contact:** 604.858.4510

#### **Watson Elementary**

**Where:** 45305 Watson Road

**When:** Mon-Fri, 8:30-11:30 am

**Contact:** 604.858.9477

### Aboriginal Family and Children Services

#### ABORIGINAL CHILD AND YOUTH MENTAL HEALTH

This program works with children and youth 0-18 years old who identify as Aboriginal, Metis, Inuit, status and non-status. The Aboriginal Child and Youth Mental Health (ACYMH) program strives for a holistic view of health as set out on the medicine wheel, taking into account the spiritual, the physical, the mental and the emotional.

**Contact:** 604.316.1322

**Direct Referral:** 604.702.2311

#### ABORIGINAL EDUCATION DEPARTMENT

Support for aboriginal families within School District #33

**Where:** School District #33

**When:** Sept through June

**Contact:** Nerine @ 604 701-6175

**Learn More** [www.aboriginaled.sd33.bc.ca](http://www.aboriginaled.sd33.bc.ca)

#### A:LMELHAWTXW EARLY EDUCATION CENTRE

**ECD Manager - Tara McLaughlin**

**Contact:** 604.824.3297 [Tara.mclaughlin@stolonation.bc.ca](mailto:Tara.mclaughlin@stolonation.bc.ca)



#### Daycare

We offer services for families with children ages 0-6 of age.

**Contact:** 604.824.6505

#### Stolo HeadStart

We offer services for Aboriginal families with children 0-6 years. Programs such as preschool, language nest, drop in, family nights, outreach are based upon Stolo culture, traditions and language.

**When:** Tues and Thurs. 9:30 am - 12

Tues and Thurs afternoon outreach by appointment

**Where:** 7210 Vedder Road

**Contact:** 604.824.6505

**Learn More:** [www.stolonation.bc.ca](http://www.stolonation.bc.ca)

#### Skwah HeadStart

All with children under age 5 are welcome to attend.

**When:** Mon and Wed, 10:30—1:30

**Where:** Skwah Band Hall, 615 Wellington Ave.

**Contact:** 604.792.3499

#### Skwah Pre/Post Natal Group

A number of RN's and LPN's are available for one to one consult, immunizations and teaching on various topics. Also offered is growth and development screening, post partum depression assessment and referral. Core services and incentives are available to on reserve only, however everyone is welcome to attend and benefit from the monthly teaching, lunch and socializing.

**When:** First Thursday of the month, 11am - 1pm

**Where:** Skwah Band Hall, 615 Wellington Ave.

**Contact:** 604.792.3499

### FRASER VALLEY ABORIGINAL CHILDREN AND FAMILY SERVICES SOCIETY (XYOLHEMEYLH)

Is a delegated Aboriginal child welfare agency providing culturally appropriate and holistic services through prevention, community development and child welfare programs to Aboriginal children, youth and their families residing throughout the Fraser Valley. FVACFSS has established programs guided under the name "Xyolhemeylh", a Halq'emeylem word describing the special relationship between someone who requires care, and someone who provides care. It describes a relationship based on caring, respect and love.

**Where:** #1 7210 Vedder Road

**Contact:** 604.858.0113

**Learn More:** [www.fvcfss.ca](http://www.fvcfss.ca)



Programs offered:

#### 4 Directions 4 Life

Youth 8-18 years will be exposed to the teachings of the medicine wheel; spiritual, emotional, mental and physical aspects. Prepare and share meals, learning about culture, team building, crafting and recreational activities.

#### Cultural Camps

Operated in the summer months separately for young ladies, young men, youth day camp, caregiver camp and family spirit camp; offers the experience of the culture and traditional aspects of the medicine wheel.

#### Cultural Groups

Voice of the drum: designed to teach the importance and power of the drum

Traditional Kitchen: exploring, preparing and sharing traditional foods and life skills

Dance Groups: hands on approach to learning and practicing along with cultural teachings (drumming and dance group, powwow beginner and advance groups)

#### Parenting Programs

Provide teachings on effective parenting techniques including local resources and supports to enhance a parent's child-rearing skills.

#### Tool Time

A 14 week program for youth ages 14-19, learning tools to build healthier relationships.

#### Volunteer Greeter Program

Volunteer meets and greets urban Aboriginal families who are new or unaware of Xyolhemeylh programs.

#### Women's and Men's Wellness Groups

Provides a confidential, safe environment to share with one another, and learn how to take care of themselves physically, spiritually, emotionally and intellectually.

**Where:** Bldg #1, 7201 Vedder Rd

**When:** call for start dates of programs

**Contact:** Julia 604 858-0113

**Learn more:** [www.fvacfss.ca](http://www.fvacfss.ca)



## **XOLHEMET TRANSITION HOUSE**

Provides safe, temporary shelter for women and their children who are victims of family violence. Advocacy, information, and referral to community resources.

**When:** 24 hours per day

**Contact:** 604 858-0468

## **STOLO NATION HEALTH**

**Where:** #7 7210 Vedder Road

**Contact:** 604.858.3366

**Learn More:** [www.stolonation.bc.ca](http://www.stolonation.bc.ca)

## **ABORIGINAL INFANT DEVELOPMENT PROGRAM**

AIDP provides in-home services to children aged 0-3 who have or may have developmental challenges.

**Contact:** Tami Quinn 604.824.3246

## **ABORIGINAL SUPPORTED CHILD DEVELOPMENT**

ACSD is designed to specifically meet the needs of children who may need support in the development of their social/emotional, speech and language, behavioural, cognitive and physical development.

**Where:** 7201 Vedder Road

**When:** call for appointment

**Contact:** Tami Quinn 604 824-3246 **Learn More:** [www.stolonation.bc.ca](http://www.stolonation.bc.ca)

## **HEALTH & DENTAL SERVICES**

Nurse Practitioner, dental & pediatric services available.

**Where:** Sto:lo Health Building  
7201 Vedder Road

**When:** Call for times

**Contact:** 604-824-3200



## Child and Youth

### **BIG BROTHERS AND BIG SISTERS**

Matches mentors with children who can benefit from the extra one-to-one support. Community Based Mentoring: mentors spend 2-4 hours per week in the community. In-School Mentoring 1 hour per week with a mentor at the child's school.

**Where:** #46361 Yale Road (Neighborhood Learning Center)

**When:** call to schedule an appointment

**Contact:** 604 858-0828

**Learn More:** [www.bigbrothersandbigsisisters.ca](http://www.bigbrothersandbigsisisters.ca)

### **CENTRAL TWEEN CLUB Grade 3—5**

Fun activities each week, Sports, movies, games, soc hops... Drop in fee of \$2.00

**When:** Thursdays, 5:30—7:30

**Where:** Central Elementary,  
9435 Young Road

**Contact:** Shannon, 604-792-8539 [ccecss@gmail.com](mailto:ccecss@gmail.com)

### **CHILDREN'S GRIEF GROUP**

For ages 6 – 12 - a grief support group for those who have experienced a death of a family member or friend.

**Where:** Chilliwack Hospice Society

**When:** call for meeting times & dates

**Contact:** Lucy @ 604 795-4660

### **CHILD AND YOUTH MENTAL HEALTH**

**Where:** 8978 School Street

**When:** Drop-in Intake Sessions Tuesdays 5pm-7pm at the Neighbourhood Learning Centre; Wednesdays 9am-noon and 1pm-4pm at the School Street location

**Contact:** 604.702.2311

Counselling, psychological and psychiatric services for children birth to 19 and their families.

Screening and treatment for children and youth with mental health problems including anxiety, depression, eating disorders, and behavioural disorders. After screening CYMH can also refer young people to more intensive resources such as the Adolescent Day Treatment Program in Abbotsford, the inpatient psychiatry units at BC Children's Hospital and the Maples Adolescent Treatment Centre.

### **CHILLIWACK COMMUNITY SERVICES**

**WHERE:** 45938 Wellington Ave., Chilliwack

**Contact:** 604-792-4267

**Learn More:** [www.comserv.bc.ca](http://www.comserv.bc.ca)

### **CHILLIWACK YOUTH SERVICES**

Offering in-school supports, recreational activities, outreach to street-involved youth and skill building groups. Delivered by Chilliwack Community Services.

**Where:** 8837 School Street

**When:** call for program dates & times

**Contact:** 604 792-6632 ext.102

**Learn More:** [www.comserv.bc.ca](http://www.comserv.bc.ca)

## **CHILLIWACK HEALTH AND HOUSING CENTRE**

**Where:** 45921 Hocking Ave.

**When:** 9am– 4:30pm, Monday—Friday

**Contact:** 604.795.5994

**Learn More:** [www.pcrs.ca](http://www.pcrs.ca)

**Chilliwack Addiction and Prevention Services (CAPS)** Age 13+. CAPS provides effective and coordinated alcohol and drug prevention, intervention, and treatment services for adults, youth, and families living in the Chilliwack area. CAPS orientation runs every Tuesday @ 2pm and the first Wednesday of every month @ 6pm. Clients are to call ahead of time to complete a telephone screening with reception and sign up for orientation.

**ASTRA** Youth 13-24. Astra assists Fraser Valley youth who would like to change their relationship with alcohol and/or drugs.

**Prevention** Youth 13-18. The Prevention Program encourages and promotes healthy lifestyle choices for children and youth in our communities.

**Learning 2 Lead (L2L)** Youth 12-18. Learning 2 Lead (L2L) is a leadership and resiliency program that supports youth while doing positive activities including outdoor wilderness experiences.

**Employment Services:** Ages 16 +. We offer a full range of no-cost job search and career planning resources for unemployed or underemployed British Columbians. At this location, services are offered specifically to those requiring individualized support overcoming multiple obstacles to finding and maintaining employment. May be eligible for financial supports to assist with costs associated with job searching.

## **CHILLIWACK RESTORATIVE JUSTICE & YOUTH ADVOCACY ASSOCIATION**

A volunteer based program aimed at fostering a safe and caring community by administering restorative justice programs. The mandate of the program is to bring offenders and victims together to discuss criminal incidents and to find ways to repair the harm caused .

**Where:** 45877 Wellington Ave

**Contact:** 604-393-3023

**Learn More:** [info@restorejustice.ca](mailto:info@restorejustice.ca)

**CHILLIWACK SOCIETY FOR COMMUNITY LIVING (CSCL) Child & Youth Services** – Offers a variety of recreational and life skills programs to children & youth (but specializing in supporting children and youth with special needs). Some of the programs we offer are open to any child/youth interested (registration fees apply).

**Where:** Mathieson Centre (45195 Wells Rd)

**When:** Call for information

**Contact:** 604-846-7777

**Learn More:** [www.cscl.org](http://www.cscl.org)

### CHILLIWACK YMCA

Offering a number of childcare, clubs, fitness and camp programs for children and youth.

**Where:** 45844 Hocking Ave

**When:** call for dates & times

**Contact:** chilliwack@gv.ymca.ca

**Learn More:** www.gv.ymca.ca

### CHILLIWACK YMCA CHILDCARE PROGRAMS

#### Elm Drive YMCA

For ages 6months—5 years

**Where:** 8855 B Elm Drive

**When:** 7:30 am—6:00 pm

**Contact:** 604.792.7823 elmdrive@gv.ymca.ca

#### YMCA Southside Preschool For ages 3-5.

**Where:** Tyson Elementary, 45170  
 South Sumas Road

**When:** 2 days/week: Tuesday/Thursday: 8:30am-11:00am, 11:00am-1:30pm or 8:30am-1:30pm

3 days/week: Monday/Wednesday/Friday: 8:30am-11:00am, 11:00am-1:30pm or 8:30am-1:30pm

5 days/week: Monday to Friday: 8:30am-11:00am, 11:00am-1:30pm or 8:30am-1:30pm

**Contact:** southside@gv.ymca.ca

#### YMCA Northside Preschool For ages 3—5.

**Where:** Bernard Elementary,  
 45465 Bernard Ave.

**When:** Mon. Wed. Fri. 8:30 - 11:00 am

**Contact:** northside@gv.ymca.ca

### MEND—Mind Exercise Nutrition Do It!

MEND empowers children and families to become fitter and healthier. This free program is fun and interactive and supports 7-13 year old children and their families to adopt a healthy lifestyle. Families receive a free 3 month recreation pass. Call Chilliwack YMCA for program start times.

### YMCA Camps

Helping kids and teens grow up healthy, active and engaged is why the YMCA exists. For more than 100 years, we've provided fun camp adventures that combine new friendships, physical activity and personal growth to cultivate memories that last a lifetime.

### Youth Leadership Development

You have amazing potential—why not use it for some good? Youth Leadership Development (YLD) helps you get to know yourself better, become a skilled leader and interact with a diverse group of people. Plus, you'll make friends for life and have fun

### Youth Works

The YMCA Youth Works program offers a comprehensive and holistic approach to helping youth ages 15-29 gain the confidence, skills and experience to secure and maintain employment. This FREE job readiness program offers both group setting and one-on-one support with experienced career advisors, job search & readiness training and work placements.

## CHILLIWACK YMCA KIDS CLUBS

### Northside YMCA Kids Club

*Where:* Bernard Elementary, 45465 Bernard Ave

*When:* 7-8:30 am ; school dismissal—6:00 pm

*Contact:* 604.792.8010 northsideymca@gv.ymca.ca

### Little Mountain YMCA Kids Club

*Where:* Little Mountain Elem. 9900 Carleton

*When:* 7- 8:30 am; School dismissal—6:00 pm

*Contact:* Tel: 604.819.333 littlemountainymca@gv.ymca.ca

### Southside YMCA Kids Club

*Where:* Tyson Elementary , 45170 South Sumas Road

*When:* 7-8:30 am, school dismissal—6 pm

*Contact:* 604.824.8922 southsideymca@gv.ymca

### Watson YMCA Kids Club

*Where:* Watson Elementary, 45305 Watson Rd.

*When:* 7-8:30 am ; school dismissal—6 pm

*Contact:* 604.798.7918 watsonymca@gv.ymca.ca



### CHILLIWACK YOUTH HEALTH CENTRE

The Chilliwack Youth Health Centre has two sites dedicated to wellness for youth and young adults ages 12-26 years. You don't need a referral, it's free, confidential, and you can drop-in. Teams of service providers can address your medical and mental health needs. Come see us for anything from acne to sexual health to counselling for issues related to anxiety, depression, substance use, gender identity, family conflict, peer conflict, and school and life planning. Both sites run Tuesday afternoons with counselors and a family doctor on site.

Additionally, we have access to two specialists, one at each site. With a family doctor also on site, direct referrals can be made to the Pediatrician or Psychiatrist (that means a youth might walk in and see a specialist in the same day!)

·Neighbourhood Learning Centre: A Pediatrician is on site every Tuesday from 3-6pm. She specializes in behavioral intervention, school integration, anxiety and depression, and coping skills.

·Stó:lō Wellness Centre: A Psychiatrist, who will see patients up to age 26, is on site every two weeks from 2-5pm. He specializes in complex youth and young adults which could include those that are bipolar, schizophrenic, and/or have severe OCD, and likely require medication.

Location: Neighbourhood Learning Centre (attached to Chilliwack Senior Secondary)

Address: 46361 Yale Rd, Chilliwack, V2P 2R1

Date and Time: Every Tuesday from 1-7pm

Providers on site: Counsellors, Family Doctor (4-6pm), Pediatrician (3-6pm)

Phone: 604-819-4603

Email: [chilliwackyouthhealthcentre@gmail.com](mailto:chilliwackyouthhealthcentre@gmail.com)

Location: Stó:lō Wellness Centre

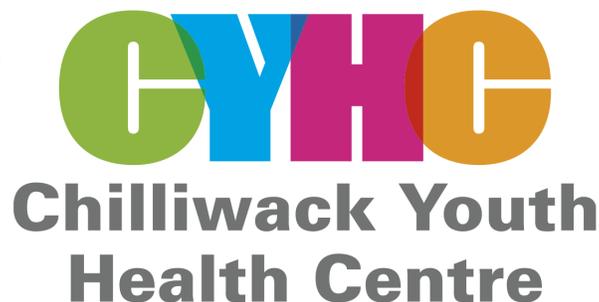
Address: 7201 Vedder Rd, Chilliwack, V2R 4G5

Date: Every Tuesday from 2pm-5pm

Providers on site: Counsellors, Family Doctor, Psychiatrist (every 2nd week)

Phone: 1-844-827-2473

For the most up to date information, check out our website at [www.chilliwackyhcc.com](http://www.chilliwackyhcc.com) or Facebook at [www.facebook.com/chilliwackyhcc](http://www.facebook.com/chilliwackyhcc)



### COMPASSIONATE HEARTS

For teens - a grief support group for those who have experienced the loss of a family member or friend through death or other circumstances or who currently have a friend or family member who is dying.

**Where:** Chilliwack Hospice Society

**When:** call for meeting times & dates

**Contact:** Lucy @ 604 795-4660

### CYRUS CENTRE

Cyrus Centre is a ministry of walking alongside vulnerable homeless youth and their families. Cyrus Centre is the starting point for youth to exit the streets. Providing food services, shelter, clothing, advocacy, referrals, showers, laundry, life skills, development, employment coaching, and freedom from exploitation. Open 24 hours a day, 7 days a week, 365 days a year.

**Contact:** 604.795.5773

**Where:** 45845 Wellington Ave.

**Learn More:** [www.cyruscentre.com](http://www.cyruscentre.com)

## **N SCHOOL SETTLEMENT WORKER**

Information, referrals and support for immigrant parents and students. Liaison with school staff. Delivered by Chilliwack Community Services.

**Where:** 9214 Mary Street and various schools

**Contact:** 604.393.3251

**Learn More:** [www.comserv.bc.ca](http://www.comserv.bc.ca)

## **STAR SUMMER PROGRAM**

While participating in some fun/challenging recreational activities participants will complete volunteer assignments, attend workshops and work one full day at a local business or society. In addition each participant will be given one-to-one support and counselling both during and post program.

**Where:** Ann Davis

**When:** Call for dates and times

**Contact:** 604 792-2760

**Learn More:** [www.anndavis.org](http://www.anndavis.org)

## **VOYCE (Voice of Youth for Community Engagement)**

VOYCE is a group of everyday day change-makers, youth and young adults coming together to revolutionize our world. We take care of one another, and speak out about the issues that face all of us. When youth work together something incredible happens: change. Change in your life, and the lives of youth in Chilliwack. Our vision is to create a society in which youth and young adults can be heard and given every opportunity to be the best version of themselves. Everyone has a place and all voices are welcome, come check us out.

We meet once a week on Tuesdays from 4:30p - 6:30p. The location of our meetings changes month to month so connect with us on Facebook for all the latest updates or send us an email for information. We would love to hear from you.

**Age range:** 14 - 24

**Contact:** Cherie Martens Youth-Adult Partnership Coordinator

**Email:** [ChilliwackVOYCE@gmail.com](mailto:ChilliwackVOYCE@gmail.com)

**Facebook group:** Chilliwack VOYCE



## Child Development and Special Needs

### CHILD AND YOUTH WITH SPECIAL NEEDS

The Ministry of Children and Family Development (MCFD) funds a range of programs and services for children and youth with special needs and their families. Services and supports are intended to promote children's healthy development, maximize quality of life, assist families in their role as primary caregivers and support full participation in community life.

**Where:** 8978 School Street

**Contact:** 604.702.2311

**Learn More:** <http://www2.gov.bc.ca/>

### CHILLIWACK SOCIETY FOR COMMUNITY LIVING Child and Youth Services

Supports children and youth with special needs (and their families) by offering a variety of programs and services. Majority of the programs/services will require a referral from MCFD-CYSN.

**Where:** Mathieson Centre, 45195 Wells Road

**When:** call for appointment

**Contact:** 604.846.7777

**Learn More:** [www.cscl.org](http://www.cscl.org)

### Bridge Youth Transition & Employment Service (Ages 17 to 24)

BRIDGE (Building Resources & Independence while Developing Goals & Employment) is a Youth Employment Service for 17-24 year olds. Youth must express an interest and be motivated in pursuing paid employment. Youth work with a Vocational Counsellor to develop their preemployment skills, Youth will have the opportunity to complete 1-2 work experience placements and then begin to seek paid employment (with their Vocational Counsellor's support). Once paid employment is obtained, the Vocational Counsellor will shadow and coach the Youth during their shifts (as a way of training them) and then will gradually fade out their job supports as the Youth becomes more and more independent at their job.

### Community Respite

The Community Respite Program provides parents of a child or youth with special needs with a break from the day-to-day demands of caring for their son/daughter. Screened/approved caregivers are matched up with families and will provide short-term respite by caring for the child/youth for a determined number of days per year. Respite can be hourly, overnights, weekends, or up to a two-week period.

### Individualized Services – 1:1 Supports (Ages 6 to 18)

1:1 Child/Youth Supports is a goal-oriented service that primarily focuses on and provides support in appropriate social skills, life skills, pre-employment skills or other particular skills needed for the Child/Youth.

### Individualized Services (Ages 15 to 18) – Small Groups

Small Groups provides Youth with goal-oriented supports in appropriate social skills, life skills and pre-employment skills. This service assists Youth as they transition into adulthood.

### Kidz Club (6-12 Years of Age)

Kidz Club is an after school program for Children with special needs, ages 6-12 years of age. Children typically attend one day per week (maximum two sessions per week if space allows). Children participate in pre-scheduled activities for the day where a variety of community and centre based recreational and leisure activities are offered (ie: crafts, games, swimming, community tours, etc).

### SASS (Specialized Autism Support Services)

Ages 6-18 SASS (Specialized Autism Support Services) is a Fee for Service program that allows families to utilize their Autism Funding (AFU Funds) to pay for 1:1 supports or small group supports for their Child/Youth with Autism. This service is a goal-oriented service

### Chilliwack Society for Community Living cont'd

#### Summer Scapes

Summer 'Scapes is an inclusive Summer Day Camp for children ages 6 through 12 years of age. Weekly Camp Themes are offered and a major field trip is planned each week to match the weekly theme (ie: Waterslides, Zoo, Stanley Park, Science World, Burnaby Heritage Village, etc). Throughout the week, activities will revolve around the weekly theme. The children will participate in swimming approximately two times per week (at a local swimming facility), as well as have opportunities to complete crafts and play games.

#### Teen Clubs (13-18 Year Olds)

Clubs promote and facilitate growth and independence within the home and community by teaching social, vocational and personal life skills to Youth within a peer group setting. This service is offered to Youth with special needs aged 13 through 18 years of age. There are three annual semesters that run from: January – June, July – August and September – December. Teen Club selections vary by semester but can include – Glee Club (Singing Program), Girls ONLY (lifeskills Program), Guys ONLY (lifeskills Program), Culinary Crew & Breakfast Club (Cooking Programs), Health, Fitness & Wellness (Sports and Nutrition Program), REC Club (Recreation, Exercise & Comradery).

Teen

#### E.P.I.C. PARENT SUPPORT GROUP

For parents or caregivers of children with physical and/or mental challenges. Parent directed, confidential and informal.

**Where:** call for location

**When:** 2<sup>nd</sup> Tues each month @ 7 pm

**Contact:** Monika @ 604 798-8487

#### F.O.R.C.E. Families Organized for Recognition and Care Equality

Offering support, advice and advocacy for parents who are working within the Mental Health system.

**Contact:** Lina 604.799.5099 [chilliwack.pir.force@gmail.com](mailto:chilliwack.pir.force@gmail.com)

**Learn More:** [www.forcesociety.com](http://www.forcesociety.com)

#### FRASER VALLEY AUTISM SOCIETY

FVAS is a support and information group that services the communities of the Fraser Valley. We meet to share ideas and information about Autism Spectrum Disorders, including Asperger's Syndrome, High Functioning Autism, PDD and PDD-NOS. We organize social events and outings for our children, youth, adults and their families, such as picnics, parties and youth programs.

**Learn More:** [www.fraservalleyautism.com](http://www.fraservalleyautism.com)



## FRASER VALLEY CHILD DEVELOPMENT CENTRE

Do you have questions about your child's development? You can trust that we can help. Our role is to provide strategies and support to you and your child to maximize their learning every day.

**Infant Development Program** serving children and their families from birth to 3 years or age who are at risk for developmental delay.

**Supported Child Development Program** serving children with extra support needs in their homes and in accessing community based childcare settings.

**Occupational Therapy** for children who have physical or development delays in areas of daily living, self-care and leisure.

**Physical Therapy** for children who have difficulties with physical movement and need help to increase physical independence.

**Speech and Language Therapy** for children with speech, language and hearing disorders who therefore are experiencing a delay in their communication skills.

**Where:** 45474 Luckakuck Way

**Contact:** 604.824.8760

**Learn More:** [www.fvcdc.org](http://www.fvcdc.org)

## FRASER VALLEY DOWN SYNDROME SUPPORT

The FVDSS offers monthly Parent Evenings from Sept-June. These are casual evenings which all parents to meet other parents, share ideas and support.

**Contact:** Sylvie, 604.853.5563 [fvdss@telus.net](mailto:fvdss@telus.net)

Jodie, 604.755.0769 [fvdss1@gmail.com](mailto:fvdss1@gmail.com)

**Learn More:** [www.fvdss.org](http://www.fvdss.org)

## HARD OF HEARING ASSOCIATION

Serving children & their families *call for meeting dates & location*

**Contact:** Scott 604.795.9238

**Learn More:** [www.info@chha-bc.org](http://www.info@chha-bc.org)

## NEXT STEP AUTISM PROGRAM

This program provides intensive services to children with autism (Autism Spectrum Disorder—ASD). Working in partnership with appropriate individuals, programs, and professionals.

**Contact:** Kirstie Glasglow , 604.852.2686 , 1.877.850.2686 [kglasgow@fvcdc.org](mailto:kglasgow@fvcdc.org)

## SPEECH AND LANGUAGE CLINIC

Speech-language pathologist available for parents of children birth to 5 years concerned with their child's communication.

**Where:** Chilliwack Health Unit 45470 Menholm Road

**Contact:** 604 702-4944

**Learn more:** <http://www.fraserhealth.ca/health-info/pregnancy-and-babies/life-with-baby/growth-and-development/speech-and-language/speech-and-language>

### Family Supports

#### **ADOPTIVE FAMILIES ASSOCIATION**

AFABC has promoted adoption and supported adoptive families in B.C. Provides education, connections and support for adoption province wide.

**Contact:** Jen Hillman 1.866.900.7330 ext. 101 [jhillman@bcadoption.com](mailto:jhillman@bcadoption.com)

**Learn more:** [www.bcadoption.com](http://www.bcadoption.com)

#### **ADVOCACY HOTLINE**

Support for parents to reach solution with challenges between home and school

**Contact:** 604 702-2903

#### **ACCESS 2 ENTERTAINMENT**

Easter Seals issues a card that allows persons with a disability to receive either free admission or a significant discount for their support person at member movie theatres and attractions across Canada.

**Contact:** 1.877.376.6362

**Learn More:** [Info@easterseals.ca](mailto:Info@easterseals.ca)

**ANN DAVIS TRANSITION SOCIETY** Support and services for those affected by abuse or violence. Emergency shelter for women and children, counselling for men, women and children, information on community programs, and advocacy providing information and resources to assist with income support issues, residential tenancy disputes and family law problems”..

**Where:** 9046 Young Road

**When:** 9-5

**Contact:** 604-792-2760

**24 Hour Transition House Line:** 604-792-3116

**Learn More:** [www.anndavis.org](http://www.anndavis.org)

#### **Children Who Witness Abuse (CWWA)**

Our counselling team offers education in a group format, to children who have experienced conflict in their families. Even when children are the indirect victims of abuse, it can have a negative impact in their lives. Contact Ann Davis Transition Society for dates and times.

#### **Children in Between**

Provides support, education and advocacy for children 5-16 caught in the middle of parental relationship breakdown or divorce. Contact Ann Davis Transition Society for dates and times.

#### **Couples Counselling**

We use a counselling model which encourages couples and families to develop constructive interactions. Many relationship difficulties can be improved by carefully examining the situations with a therapist in a safe and nonjudgmental environment. Contact Ann Davis Transition Society.

**Expressive Art Therapy** Children may play out their stories in safe ways or even change a difficult or overwhelming experience into something small enough to cope with. Parents can learn to use play and art to support and understand their child's growth. Contact Ann Davis Transition Society.

**Family Therapy Sessions** Therapy sessions may include preventative work, as well as opportunities for family members to share abuse experience and to heal and resolve the effects of abuse. Contact Ann Davis Transition Society.

## Parenting Time (Ann Davis cont'd)

Responding to each family's unique needs with individually designed parenting education

**Play Therapy** - The children's counsellor provides a safe place for children to talk about their thoughts and feelings. Play Therapy can help to enhance self-esteem, strengthen family relationships, expand their vocabulary for emotions, and build on healthy coping skills which they can then use, to deal with various situations, for the rest of their lives.

## Supervised Visits

Supervised visits are about the child's relationship with the parent he/she sees less often, not about the difficulties experienced as a couple.

## Women's Group Therapy Sessions

We offer three different groups year round for women experiencing abuse. Our Pattern Changing Group explores the cycle of abuse and teaches how to set healthy boundaries. The Codependency Group aims to de-mystify codependency and explains how to detach from a toxic relationship. The Self-Management Group explores how to manage anger and other overwhelming emotions through assertive communication, emotional regulation, and relaxation techniques. Contact us for specific dates and times.

## BC HEALTHY KIDS

Helps low income families with the costs of basic dental care and prescription eyewear for their children.

**Contact:** 1 866-866-0800 ext 42

## CHILDCARE RESOURCE & REFERRAL PROGRAM (CCRR)

For parents: child care referrals to screened childcare providers, information on choosing quality care and assistance with Child Care Subsidy applications.

For childcare providers: referrals to parents, training, resource library and support. Delivered by Chilliwack Community Services.

**When:** Mon-Thurs. 9:00 – 4:00      *Fridays by appointment*

**Where:** 45938 Wellington Ave

**Contact:** 604.847.2237    604.792.4267

**Learn more:** [www.ccr.bc.ca](http://www.ccr.bc.ca)

## CHILD YOUTH MENTAL HEALTH

Counselling, psychological and psychiatric services for children birth to 19 and their families with a mental health concern.

**Where:** CYMH 8978 School Street

**Contact:** 604.702.2311

## CHILD YOUTH WITH SPECIAL NEEDS

The Ministry of Children and Family Development (MCFD) funds a range of programs and services for children and youth with special needs and their families. Services and supports are intended to promote children's healthy development, maximize quality of life, assist families in their role as primary caregivers and support full participation in community life.

**Where:** CYMH 8978 School Street

**Contact:** 604.702.2311

## CHILLIWACK ADDICTION AND PREVENTION SERVICES

CAPS aims to provide effective and coordinated alcohol and drug prevention, intervention, and treatment services for children, youth, adults and families living in Chilliwack.

**Contact:** 604.795.5994

**Learn More:** [www.pcrs/caps](http://www.pcrs/caps)

### DENTAL SERVICES

**Dental Care** Programs and services which help families in financial need access dental treatment for their children. Services include education sessions for parents of young children.

**Contact:** Public Health Unit 604.702.4900

**Learn More:** [www.fraserhealth.ca/your\\_health/children/](http://www.fraserhealth.ca/your_health/children/)

**Dental Services** Reduced dental services can be accessed by visiting [www.bcdental.org/fad/low\\_cost.php](http://www.bcdental.org/fad/low_cost.php).

**Contact:** BC Dental Association 604.736.7202

### Flouride Varnish Program

Flouride Varnish Program Helps prevent tooth decay. For children birth-2 years old, not regularly attending a dental office.

**Where:** Public Health Unit

**When:** call to book an appointment

**Contact:** 604 702-4900

**Learn More:** [www.fraserhealth.ca/your\\_health/children/](http://www.fraserhealth.ca/your_health/children/) <[http://www.fraserhealth.ca/your\\_health/children/](http://www.fraserhealth.ca/your_health/children/)

### Pacific Oral Health Society

Providing access to oral and dental health care for lower income and vulnerable individuals and families in the Fraser Valley region of British Columbia . the Society will provide dental services at reduced rates, consistent with the fees of the University of British Columbia's Faculty of Dentistry, to those patients in demonstrated financial need.

**Where:** Suite 300 – 15850 24Avenue Surrey BC V3S 0G1

**Contact:** 604.536.2700 or [Info@pohs.ca](mailto:Info@pohs.ca)

**Learn More:** <http://www.pohs.ca/>

### DIVORCE CARE for Adults and DC4KIDS

There aren't many people around you who understand the pain caused by your separation or divorce. That's the reason for DivorceCare. It's a special thirteen week faith-based support group and seminar conducted by people who understand what you are experiencing and will help you deal with the pain of the past and look forward to rebuilding your life. Must register.

**When:** Tuesdays 7—8:45 pm

**Where:** City Life Church, 46641 Chilliwack Central, Chilliwack

**Contact:** 604-792-0694

### FAMILY SUPPORT

Our dedicated family support workers are trained to walk alongside parents and their children, as guides and support towards growing healthy families. Delivered by Chilliwack Community Services.

**Contact:** 604.798.5105

**Learn more:** [www.comserv.bc.ca](http://www.comserv.bc.ca)

### FIRESIDE ADDICTION SERVICES

Offers hope and support to individuals or families with a comprehensive, culturally sensitive program of recovery.

**When:** Please call to find out next sessions

**Where:** #17 - 45966 Yale Road (Cascade Centre)

**Contact:** 604.702.9879

### FOSTER SUPPORT

One-on-one service and peer support for foster parents with goals of fewer moves for foster children, less burnout and greater job satisfaction for foster parents as they develop support networks, as well as skills and strategies, for working with troubled youth. Referral through MCFD. Delivered by Chilliwack Community Services.

**Learn more:** [www.comserv.bc.ca](http://www.comserv.bc.ca)

## **GRANDPARENTS RAISING GRANDCHILDREN SUPPORT LINE**

Help for grandparents and other relatives raising a family members child.  
1.855.474.9777

## **IMMIGRANT SERVICES**

Parenting information, referrals and support. Delivered by Chilliwack Community Services.

**Where:** 9214 Mary Street

**When:** call for group times

**Contact:** 604 393-3251

**Learn More:** [www.comserv.bc.ca](http://www.comserv.bc.ca)

## **KEY WORKER Fraser Valley Child Development Services**

Assists families and caregivers and youth (0-18) who have fetal alcohol spectrum disorder (FASD) or other complex developmental behavioral conditions

**Contact:** 604.824.8760

**Learn More:** [www.fvcdc.org](http://www.fvcdc.org)

## **MILITARY FAMILY RESOURCE CENTRE**

Provides programs & services to military and community families

**Where:** 5535 Korea Road, Chilliwack

**Contact:** 1.888.828.6372

**Learn More:** [www.familyforce.ca](http://www.familyforce.ca)

## **RUTH AND NAOMI'S**

### **Family Feast**

Served 6 nights a week for families with children.

**When:** Monday - Saturday, 6:00 pm

**Where:** 46130 Margaret Ave.,

**Contact:** 604.795.2322

**Learn More:** [www.ranmissions.ca](http://www.ranmissions.ca)

## **SARDIS DOORWAY**

Support for single and high risk mothers with children prenatal to school age. Free program. Education, workshops and supports for moms. Quality child minding.

**Where:** 45625 South Sumas Road

**When:** Wed, 9:30 am-12:30  
registration required

**Contact:** Karin 604 819-6556 [sardisdoorway@shaw.ca](mailto:sardisdoorway@shaw.ca)

**Learn More:** [www.sardisdoorway.com](http://www.sardisdoorway.com)



## **SALVATION ARMY FOOD BANK**

The community kitchen provides emergency food to hungry families. Applicants please provide photo id, proof of income, proof of residency, and birth certificates or medical cards for their children. Free bread available Monday to Friday.

**When:** Monday– Friday 9:30 am-noon and 12:30 pm - 3:00 pm

**Where:** 45746 Yale Road

**Contact:** 604.792.0001

## **SENIORS INFORMATION AND REFERRAL CENTRE**

Assist Seniors by providing information on services and programs they require to maintain a healthy, independent life style. These may include housing, transportation, social or recreational programs.

**Where:** 9291 Corbould Avenue

**When:** 9am - 4pm Mon. - Fri.

**Contact:** 604.793.9979

## **SPECIALIZED VICTIM ASSISTANCE**

Information, referral and court accompaniment is provided for victims of domestic violence, date rape, spousal assault, elder abuse and sexual assault.

**Contact:** Jodie, Beverly or  
Jennifer 604.792.4267

## **SEXUAL ASSAULT INTERVENTION PROGRAM**

Our specialized trauma informed counsellor works with children and youth ages 4-18 years. Delivered by Chilliwack Community Services.

**Where:** 45938 Wellington Ave.

**Contact:** Janice, 604.792.4267

**Learn More:** [www.comserv.bc.ca](http://www.comserv.bc.ca)

## **SEXUAL ABUSE COUNSELING**

Support, assessment and advocacy for children and their families dealing with the impact of sexual abuse. Delivered by Chilliwack Community Services.

**Where:** 45938 Wellington Ave

**When:** call for appointment

**Contact:** 604 792-4267

**Learn More:** [www.comserv.bc.ca](http://www.comserv.bc.ca)

## **SUPERVISED ACCESS VISITS**

**Where:** Ann Davis Services  
9475 Williams Street

**When:** call for appointment

**Contact:** 604 792-2760

**Learn More:** [www.anndavis.org](http://www.anndavis.org)

## **WILMA'S TRANSITION HOUSE**

Provides safe, temporary shelter for women and their children who are victims of family violence. Advocacy, information, and referral to community resources.

**When:** 24 hours per day

**Contact:** 604 858-0468

## Parent Education

### **BUILDING HEALTHY RELATIONSHIPS**

Couples Communication Weekend Workshops at UFV ~ when Mom & Dad communicate effectively, children benefit

**Contact:** Carol 604.792.2760 for workshop dates and to register or visit [www.anndavis.org](http://www.anndavis.org)

### **CENTRAL GATEWAY FOR FAMILIES**

Hosts Community Partner programming that respectfully engages inner core community members from all age, ethnic, and socio-economic realms in opportunities that promote health and independence in their lives.

**Where:** Central Elementary, 9435 Young Road

**Contact:** Shannon 604.792.8539 [ccecsc@gmail.com](mailto:ccecsc@gmail.com)

### **CENTRAL GATEWAY PRESCHOOL**

A fun and nurturing play environment for your preschoolers. Full subsidy available for qualifying families.

**Where:** Central Elementary

**When:** Monday to Friday

**Contact:** Debbie, 604.819.3701

### **CONNECT PARENT GROUP**

Attachment Based program supporting parents and caregivers to understand the challenging behaviors of their pre-teens (8-12 year old). Offered by Ann Davis Transition Society.

Groups run fall & spring

**Contact:** 604-792-2760

**When:** Call for next start dates & times

**Learn More:** <http://connectparentgroup.org/>

### **CONNECT PARENT GROUP**

Attachment Based program supporting parents and caregivers to understand the challenging behaviors of their 12 – 18 yr teens. Offered by MCFD, School District #33 and Chilliwack Community Services. Groups run fall & spring

**Contact:** 702-2311

**When:** Call for next start dates & times

**Learn More:** [www.mcf.gov.bc.ca/maples.connect.htm](http://www.mcf.gov.bc.ca/maples.connect.htm)

### **FAMILIES FIRST**

Parent instruction groups with individual support offered at no cost. Some childcare and transportation available. Delivered by Chilliwack Community Services.

**Where:** Central Community School

**When:** call for next program start date. registration required

**Contact:** Sandy @ 604 793-7225

**Learn More:** [www.comserv.bc.ca](http://www.comserv.bc.ca)

### FAMILIES IN MOTION

Family literacy program for families with 3 and 4 year olds, adult education and upgrading, Virtues Parenting Program and free preschool. Delivered by Chilliwack Community Services.

**Where:** Central Community School

**When:** Sept through April  
 registration required

**Contact:** Laura 604 .845.0379

**Learn More:** [www.comserv.bc.ca](http://www.comserv.bc.ca)

### NURTURING FATHERS

Delivered by Chilliwack Community Services. *Call for next program date & location*

**Contact:** Sandy @ 604 793-7228

**Learn More:** [www.comserv.bc.ca](http://www.comserv.bc.ca)

### PARENTING ANXIOUS KIDS

Educational group for parents who have anxious children of all ages. Helpful strategies and collaborative discussion with other parents. 4 weeks long

**When:** call to register & start dates

**Contact:** 604.702.2311

### TRIPLE P PARENTING

Triple P Positive Parenting Program has many different ways to get you parenting help so that you may choose what will best suit you and your family.



## Career Preparation and Adult Education

### ADULT UPGRADING

Free program for adults wanting to:

- Work towards their Adult Dogwood
- Upgrade their English and/or Math skills
- Be better able to help their children with their homework
- Improve communication and computer skills
- Get back into a school setting after being out of school for a while.
- Improve workplace skills

Our programs offer:

- FREE Licensed Infant/Toddler and Pre-School on site
- Nutrition breakfast and snack for adults and children
- Personal Development and parenting education
- Supportive environment with 1-1 tutoring available
- Upgrading class with UFV instructor

**Where:** Central Elementary

**Contact:** Laura 604.845.0379

**Learn more:** [www.comserv.bc.ca](http://www.comserv.bc.ca)

### ADULT UPGRADING (University of the Fraser Valley)

Adult upgrading courses are available on the Canada Education Park,. Upgrading courses include computer classes, math, English, and science courses. Instructors will help students achieve their Adult Dogwood or upgrade to enter other programs. There are fees for taking upgrading classes but an Adult Upgrading Grant often covers all costs.

**Learn More:** [www.ufv.ca/uup/](http://www.ufv.ca/uup/)

### CHILLIWACK LEARNING SOCIETY

Provides outreach workers to tutor one-on one to improve adult literacy skills. A free volunteer tutor can help you with writing, math, or computer skills. For men and women over the age of 19.

**Contact:** Marci 604.792.0025 ext.2434

**Learn More:** [www.chilliwacklearning.com](http://www.chilliwacklearning.com)

### CHILLIWACK RESOURCE CENTRE

Assists people with their income tax preparations, letter writing, forms completion and photocopying.

**Where:** #3 – 46240 Yale Rd

**When:** Mon-Thurs, 9 am – 2 pm **Contact:** 604 702-9595

### CHILLIWACK WORK BC EMPLOYMENT SERVICES SARDIS

If you live on the Sardis side of the highway and you are looking for work, WorkBC Sardis is the place you want to go for all your job search needs! WorkBC Sardis provides Self-Serve Resources, Workshops, Employment Counseling, Volunteer Opportunities and Community Partner Referrals.

**Where:** 101– 5658 Vedder Road

**When:** Mon, Tues, Wed and Fri 8:15-4:30 and Thursdays 8:15 – 3:45

**Contact:** 604.858.5472

**Learn More:** [www.comserv.bc.ca/employment](http://www.comserv.bc.ca/employment)

### COMMUNITY ACCESS PROGRAM

Free public service that allows for anyone in the community to access a computer and the internet.

**Where:** Central Elementary, 9435 Young Road

**When:** 1 pm 4 pm

**Where:** Vedder Elementary , 45850 Promontrory Rd.,

**When:** sign in at school office

### Recreation and Leisure

#### CHILLIWACK CHURCHES

Many churches offer mid week programs for children and youth.

**When:** various locations & times

**Learn more:** [www.churchinchilliwack.com](http://www.churchinchilliwack.com)

#### CHILLIWACK COMMUNITY SCHOOLS

Offering after school programming for children, youth and adults.

**Where:**

**Central Elementary**

Contact: Shannon 604.792.8537

**Cultus Elementary**

Contact: Olga 604.858.6266

**Greendale Elementary**

Contact: Tracey 604.823.7281

**Promontory Elementary**

Contact: Laurie 604.858.2999

**Rosedale Elementary**

Contact: Olga 604.794.7124

**Yarrow Elementary**

Contact: Sally 604.823.0257

**Learn more:** [www.sd33.bc.ca](http://www.sd33.bc.ca)

#### FRASER VALLEY REGIONAL LIBRARY PROGRAMS

**Learn More about programs for all ages.** [www.fvrl.bc.ca](http://www.fvrl.bc.ca)

#### CHILLIWACK LIBRARY

**Where:** 45860 First Avenue

**When:** Call for next program date

**Contact:** 604 792-1941

#### SARDIS LIBRARY

**Where:** 5745 Tyson Road

**When:** call for next program date

**Contact:** 604.858.5503

#### YARROW LIBRARY

**Where:** 4670 Community Road

**When:** Call for next program date

**Contact:** 604 823-4664



#### CHILLIWACK YMCA

Youth leadership development, pool & gym programs

**Where:** 45844 Hocking Street

**When:** call for dates & times

**Contact:** YMCA 604 792-3371

**Learn More:** [www.vanymca.org](http://www.vanymca.org)

### LEISURE AQUATICS

Recreation, lessons and volunteer opportunities for children, youth and adults.

#### Landing Leisure Centre

**Where:** 9145 Corbould Street , Chilliwack

**Contact:** 604 793-7946

#### Cheam Centre,

**Where:** 45501 Market Way

**Contact:** 604 824-0231

**When:** call for program info

**Learn more:** [www.leisurerecgroup.com](http://www.leisurerecgroup.com)

## Other Services

### ACCESS TO LEGAL JUSTICE

Legal information and court preparation offered by local lawyers volunteering their time and expertise. For adults who cannot afford a lawyer or obtain legal aid. Service delivered by Chilliwack Community Services.

**When:** by appointment

**Contact:** Leah 604.792.4267

### COMMUNITY DRIVERS

Door to door transportation service, staffed by drivers using their own cars, to medical and other essential appointments in the Fraser Valley and Vancouver. Seven days a week (48 hours notice preferred) Local and long distance km rates apply. Delivered by Chilliwack Community Services.

**Contact:** Len 604.847.2244

**Learn More:** [www.conserv.bc.ca](http://www.conserv.bc.ca)

### CHILLIWACK RESOURCE CENTRE

Income tax returns prepared and filed by donation.

**Where:** 3- 46240 Yale Road

**When:** Monday—Thursday , 9 am—1 pm

**Contact:** 604.702.9595

### DEBT COUNSELLING

Budgeting advice and assistance in arranging credit payments. Advice on the process of declaring bankruptcy,. For anyone with financial problems. Delivered by Chilliwack Community Services.

**When:** Wednesday mornings by appointment.

**Contact:** Mary Ann 604.792.4267

**Learn More:** [www.comserv.bc.ca](http://www.comserv.bc.ca)