

Online resources available at
childandyouth.com
infochilliwack.com



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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 Society

7112 Vedder Road, 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

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

5819 Tyson Road, Sardis

Phone: 604-792-1941

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 2018

Sardis Doorway for Women

45625 South Sumas Road, Sardis

Phone: 604-819-6556

Sardis Family Place

45625 South Sumas Rd Chilliwack

Phone: 604-378-0451

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

Notes:

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

CYM

CHILD AND YOUTH MENTAL HEALTH (ages 0-18)
 Drop-in, specialised mental health treatment to children and youth and their families
 Location: The Neighbourhood Learning Centre (NLC)
 46361 Yale Road (at Chilliwack Secondary School)
 Tuesdays 1-7 pm and Wednesdays 9am-12pm, 1pm-4pm
 Call 604-702-2311

PRIMARY CARE & MENTAL HEALTH

CHILLIWACK YOUTH HEALTH CENTRE (ages 12-29)
 Free, confidential, drop-in medical and mental health services.
 www.chilliwackyhcc.com
 Facebook: www.facebook.com/chilliwackyhcc
 Location #1: Neighbourhood Learning Centre (NLC)
 46361 Yale Road; Call 604-319-4805
 TUESDAYS: Counsellors 1-7pm; Doctors 2-6pm
 Location #2: Stodd Primary Health Care Clinic
 7201 Vedder Road; Call 604-324-3219 or 1-844-327-2473
 THURSDAYS: Counsellors 1-7pm; Doctors 2-5pm
 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
 45921 Hocking Avenue; Monday-Friday 9am-4:30pm
 Call 604-793-3994

SUPPORT & EDUCATION

CHILLIWACK COMMUNITY SERVICES (all ages)
 A non-profit, multi service agency providing free support focused programming to people of all ages.
 www.comserv.bc.ca Call 1-800-668-6868
ANN DAVIS (all ages)
 Providing education, prevention, and support services to those affected by abuse or violence. www.annedavis.org
 Call 604-792-2760

ACUTE CRISIS

START TEAM (ages 0-18)
 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
 Call 1-844-782-7811

CAREGIVER SUPPORT

PARENT IN RESIDENCE (PIR)
 FamilySmart Parents in Residence (PIR) provide peer support, mentoring, system navigation and access to information, resources, networks and education. www.familysmart.com
 Call 1-855-887-8004

ONLINE RESOURCES

childandyouth.com
 mindchick.ca
 youthinbc.com
 bclymentalhealth.ca
 infochilliwack.ca
 hotschools.bc.ca
 arocitybc.com

HELP LINES

FRASER HEALTH CRISIS LINE (all ages) Immediate, free, and confidential emotional support and crisis intervention 24/7. Call 1-877-820-7444
KIDS HELP PHONE (ages 20 and under) Free, anonymous, confidential, non-judgmental 24/7 phone counselling. www.kidshelpphone.ca
 Call 1-800-668-6868

EMERGENCY MENTAL HEALTH SERVICES

For life-threatening situations, please call 9-1-1

CHILLIWACK COMMUNITY REFERRAL GUIDE FOR CHILDREN AND YOUTH WITH EMOTIONAL/BEHAVIOURAL CONCERNS

Is it an emergency?	Chilliwack General Hospital 604-795-4141 or 9-1-1
High risk of suicide?	START Program 1-844-START11 OR 9-1-1
Medical Concern?	Chilliwack Youth Health Centre (CYHC) Drop-In. Tuesdays 604-819-4603 or Thursdays 604-824-3219 OR refer to family doctor
Mental Health Concern?	Children and Youth Mental Health (CYMH) 604-702-2300 Walk-in Clinic Tuesday 5pm to 7pm and Wednesdays 9am to 4pm. Ages 0-19
Substance Use?	Chilliwack Addiction & Prevention Services (CAPS) 604-795-5594
Grief/Loss?	Chilliwack Hospice Society 604-795-4660
Counselling Support?	Chwk Comm. Services 604-792-4267 OR Chilliwack Youth Health Centre (CYHC) Drop-In Tuesdays: 604-819-4603 or Thursdays 604-824-3219
Parenting Help?	Chilliwack Community Services 604-792-4267
Parental Mental Illness?	Adult Mental Health 604-702-4800 OR Kids in Control (CYMH) 604 778-903-2752
FASD/ASD?	Fraser Valley Child Development Centre 604-824-8760
ADHD/Behavioural?	Confident Parents: Thriving Kids Program (Ages 3-12) Physician referred
Suspected Psychosis?	Early Psychosis Intervention (EPI) 1-866-870-7847
Divorce or Separation?	Ann Davis Society 604-792-2760 OR City Life Centre 604-792-0694 OR Family Justice Centre 604-795-8257
Family Violence?	Ann Davis Society "Children Who Witness Violence" 604-792-2760
Sexual Abuse? Protection Concerns?	MCFD Child Protection 604-702-2311 OR RCMP 604-792-4611 OR Chwk Comm. Services, Sexual Abuse Intervention Program 604-792-4267
Homeless?	Cyrus Centre 604-795-5773
Local Online Resources?	www.childandyouth.com www.chilliwackyhyc.com/resources www.infochilliwack.com

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 and 11am - noon

Contact: Lana @ 604 .701.4978 ext 6021

Learn more: 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.futuressd33.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: <http://www.fraserhealth.ca/health-info/pregnancy-and-babies/pregnancy/prenatal-classes/>

YOUTH PARENT OUTREACH PROGRAM

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

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 604.702.4903

Learn More: <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: Thurs. 9:30—10:30 and 11—noon

Contact: Lana @ 604 701.4978 ext.6021

Learn more: 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>

CHILLIWACK HOSPICE SOCIETY

Provides individual/family support to parents/families who have lost an infant to early or late miscarriage, stillbirth or within the first year of life.

Where: Chilliwack Hospice

When: as needed

Contact: 604.795.4660 or info@chilliwackhospice.org

Learn More: www.chilliwackhospice.org

CRISIS PREGNANCY CENTRE

We offer free pregnancy testing, peer counselling, information on all your pregnancy options, and ongoing practical support in a caring, respectful environment. We helps moms with baby clothes, diapers, formula, baby items, and limited supplies until baby is 2 years of age. Our help is free, nonjudgmental, and confidential. We also offer a Post-Abortive Recovery program in either a group setting or one-on-one.

Where: Unit 4 - 45762 Patten Ave

When: Tues Wed Thurs 12:00 - 4:00

Contact: 604 799 9396 private and confidential

Email: cplconnectandbreathe@gmail.com.

Learn more: www.chilliwackprolife.com

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

POST PARTUM MOM'S SUPPORT GROUP

Are you a new mom with a baby between 0-24 months old? Are you feeling overwhelmed and noticing that you are struggling with low mood, anxiety, anger and/or just feeling really out of sorts? Sessions are by donation. Contact below to find out when the next session is being offered.

Where: Restorative Health Group Facilities #202-7084 Vedder Road, Chilliwack

Contact: 604-858-2113

email: info@restorativehealth.ca

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>>

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

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: 604.793.7226

Learn More: www.comserv.bc.ca

East Chilliwack Family Place

Where: Eden Mennonite Church 46551 Chilliwack Central

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

Greendale Family Place

Where: 6550 Sumas Prairie Road

When: Wed 9:00-11:00 am

Mountainview Family Place

Where: Sardis Library, 5819 Tyson Road

When: Tuesday 10:00am—11:30am

Sardis Family Place

Where: 45625 South Sumas Rd

When: Mon and Tues, 12:00—2:00 ;

Thurs. 9am-11am

Yarrow Family Place

Where: Yarrow Community School

4595 Wilson Road

When: Tues. 8:30 – 10:30 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



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

McCammon 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

A:LMELHAWTXW EARLY EDUCATION CENTRE

ECD Manager - Jenn Carman

Contact: 604.824.3298 Jenn.Carman@stolonation.bc.ca



Daycare

We offer services for families with children ages 0-5 years 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

Where: #9 7210 Vedder Road

Contact: 604.824.6505 ecd@stolonation.ca

Learn More: 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.

tact: 604.792.3499

Con-

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

Skwah Band Hall, 615 Wellington Ave.

604.792.3499

Where:
Contact:

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 7201 Vedder Road

Contact: 604.858.0113

Learn More: www.fvacfss.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



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

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

tact: Tami Quinn 604 824-3246 **Learn More:** www.stolonation.bc.ca

Con-

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

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

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

CHILLIWACK HOSPICE SOCIETY

After school grief support for children ages 4-13 impacted by the life-limiting illness or death of someone close. Children learn to understand thoughts and emotions pertaining to grief through conversation and expressive arts activities. The group meets 1.5 hours a week for 8 weeks. Services to youth are provided at our Centre and in the schools. Contact info@chilliwackhospice.org for further information.

Where: 7112 Vedder Road

When: call for meeting times & dates

Contact: Ian @ 604 795-4660 or ian@chilliwackhospice.org

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

CHILLIWACK HEALTH AND HOUSING CENTRE

Where: 45921 Hocking Ave.

When: 9am– 4:30pm, Monday—Friday

Contact: 604.795.5994

Learn More: 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

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



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

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

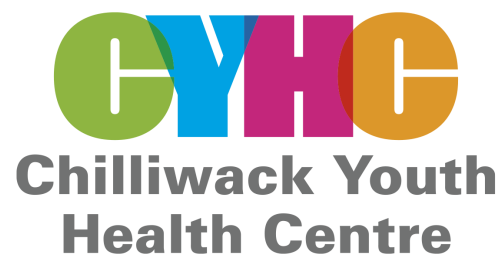
Location: Stó:lō Wellness Centre

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 or Facebook at www.facebook.com/chilliwackyhcc

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.

Youth (ages 13-18) can access meals (12:30pm and 6:00pm)

The Breakfast Club (ages 18-24) Mondays, Tuesdays and Thursdays from 10:00am—noon. For youth and young adults to receive continuous support as they transition from adolescence to adulthood. The program serves hot breakfast while discussing topics such as financial literacy, housekeeping, tenant behavior, employment skills, resume building, health and hygiene and healthy relationships. Open referral

Youth Emergency Housing Program (ages 12-18) Provides emergency housing and 24 hour support in times of crisis. Youth have access to safe housing and work alongside experienced and compassionate staff to attain safe and stable long term housing with the goal to reduce and prevent homelessness. When winter weather intensifies, more beds become available for individuals up to age 24 needing shelter. Open referral, open 7 days a week.

Contact: 604.795.5773

Where: 45845 Wellington Ave.

Learn More: www.cyruscentre.com

IN 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

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



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.csl.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)

Teen 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).

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: 2nd 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

Learn More: 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



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

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

Jodie, 604.755.0769 fvdss1@gmail.com

Learn More: 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

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 Glasgow, 604.852.2686, 1.877.850.2686 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

more: www.bcadoption.com

Learn

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

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

PEACE formerly known as Children Who Witness Abuse (CWWA)

The PEACE Program for Child and Youth experiencing violence. Prevention, Education, Advocacy, Counselling and Empowerment. 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.

Connect Parenting

A 10 week program to support parents of pre-teens and teens. Parents meet in small groups with two trained groups leaders for 1.5 hours each week. Contact Ann Davis Transition Society.

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 – 4:30 *Fridays by appointment*

Where: 45938 Wellington Ave

Contact: 604.847.2237 604.792.4267

Learn more: www.crr.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

CHILLIWACK HOSPICE SOCIETY

Provides support through children/adult grief groups and individual sessions for those impacted by the life-limiting illness or death of someone close.

Where: 7112 Vedder Road, Chilliwack

When: as needed

Contact: 604.795.4660 or info@chilliwackhospice.org

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/

Dental Services Reduced dental services can be accessed by visiting 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/

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 24 Avenue Surrey BC V3S 0G1

Contact: 604.536.2700 or 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

tact: 604-792-0694

Con-

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

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

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

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

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

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

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

Learn More: 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

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

SUPERVISED ACCESS VISITS

Where: Ann Davis Services
9475 Williams Street

When: call for appointment

Contact: 604 792-2760

Learn More: 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

ADULT UPGRADING AND FAMILY LITERACY PROGRAMS

Family literacy program for families with 3 and 4 year olds, adult education and upgrading, educational planning and workplace skills, 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

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

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 ccecss@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

More: www.mcf.gov.bc.ca/maples.connect.htm

Learn

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

call for next program start date. registration required

Sandy @ 604 793-7225

More: www.comserv.bc.ca

When:

Contact:

Learn 27

BUILDING HEALTHY RELATIONSHIPS

Workshops for couples on communication, handling conflict, enhancing connection. Call 604.792.2760

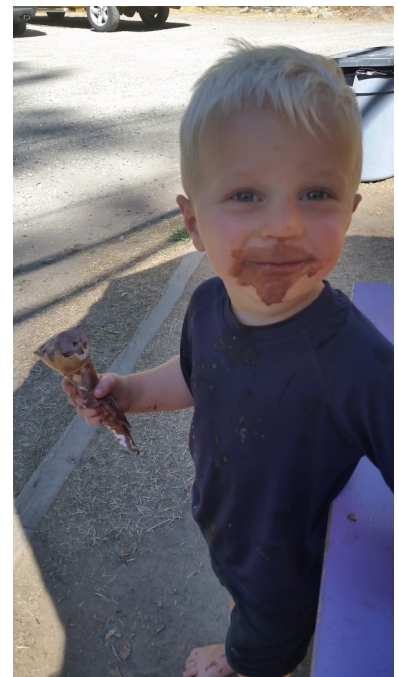
CIRCLE OF SECURITY

Circle of Security is a relationship based parenting program developed by clinical professionals over a period of 20 years. It provides parents with a roadmap to understanding their children's needs as well as a guide on how to get there. It is practical, understandable and portioned out in bite-size chunks. The method minimizes the shame and blame cycle and teaches parents reflective functioning. Building on strengths without ignoring the struggles. A trained Circle of Security® facilitator will be leading this series. Call 604.792.8539

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



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



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/

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

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

fact: 604.858.5472

Learn More: www.comserv.bc.ca/employment

Con-

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

1 pm 4 pm

Where: Vedder Elementary , 45850 Promontrory Rd.,

When: sign in at school office

When:

Recreation and Leisure

CHILLIWACK CHURCHES

Many churches offer mid week programs for children and youth.

When: various locations & times

Learn more: 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

FRASER VALLEY REGIONAL LIBRARY PROGRAMS

Learn More about programs for all ages. 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.vanyymca.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

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

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