Online resources available at
www.childandyouth.com
www.infochilliwack.com
<table>
<thead>
<tr>
<th>Phone Directory</th>
<th>Phone:</th>
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</thead>
<tbody>
<tr>
<td><strong>Aboriginal Child and Youth Mental Health</strong></td>
<td>604.858.0113</td>
</tr>
<tr>
<td>Bldg. 1 - 7201 Vedder Road, Chilliwack</td>
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<tr>
<td><strong>Ann Davis Transition Society</strong></td>
<td>604.792.2760</td>
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<tr>
<td>9046 Young Road, Chilliwack</td>
<td>604.792.3116</td>
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<tr>
<td>24/7 Emergency number</td>
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<tr>
<td><strong>BC Responsible Gambling</strong></td>
<td>(24/7 toll free info line) 1.888.795.6111</td>
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<tr>
<td><strong>Big Sister Big Brothers of the Fraser Valley</strong></td>
<td>604.858.0828</td>
</tr>
<tr>
<td>46361 Yale Road (Neighborhood Learning Center) Chilliwack</td>
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<tr>
<td><strong>Central Gateway for Families</strong></td>
<td>604.792.8539</td>
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<tr>
<td>9435 Young Road, Chilliwack</td>
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<tr>
<td><strong>Child Care Resource and Referral</strong></td>
<td>604.792.4267</td>
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<tr>
<td>45938 Wellington Ave, Chilliwack</td>
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<tr>
<td><strong>Child and Youth Mental Health</strong></td>
<td>604.702.2311</td>
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<tr>
<td>8978 School Street, Chilliwack</td>
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<tr>
<td><strong>Children and Youth with Special Needs</strong></td>
<td>604.702.2311</td>
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<tr>
<td>8978 School Street, Chilliwack</td>
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<tr>
<td><strong>Chilliwack Community Services</strong></td>
<td>604.792.4267</td>
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<tr>
<td>45938 Wellington Ave., Chilliwack</td>
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<tr>
<td><strong>Chilliwack Community Services Youth Services</strong></td>
<td>604.792.6632 ext 103</td>
</tr>
<tr>
<td>8937 School Street</td>
<td></td>
</tr>
<tr>
<td><strong>Chilliwack Hospice Society</strong></td>
<td>604.795.4660</td>
</tr>
<tr>
<td>7112 Vedder Road, Chilliwack</td>
<td></td>
</tr>
<tr>
<td><strong>Chilliwack School District Learning Services Office:</strong></td>
<td>604.794.5553</td>
</tr>
<tr>
<td>49520 Prairie Central Road Chilliwack, BC, V2P 6H3</td>
<td>604.794.76893</td>
</tr>
<tr>
<td><strong>Chilliwack Learning Society</strong></td>
<td>604.392.2404</td>
</tr>
<tr>
<td>8472 Harvard Place, Chilliwack</td>
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<tr>
<td><strong>Chilliwack Restorative Justice and Youth Advocacy</strong></td>
<td>604.393.3023</td>
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<tr>
<td>45877 Wellington Ave., Chilliwack</td>
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<tr>
<td><strong>Chilliwack Society for Community Living</strong></td>
<td>604.792.7726</td>
</tr>
<tr>
<td>9353 Mary Street, Chilliwack</td>
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</tr>
<tr>
<td><strong>Chilliwack Society for Community Living Child and Youth Services</strong></td>
<td>604.846.7777</td>
</tr>
<tr>
<td>45195 Wells Road, Chilliwack</td>
<td></td>
</tr>
</tbody>
</table>
Chilliwack Division of Family Practice
45600 Menholm Road, Chilliwack
Phone: 604.795.0034

Chilliwack Youth Health Centre
Neighborhood Learning Centre (attached to Chilliwack Senior Secondary)
46361 Yale Rd, Chilliwack, V2P 2P8
Phone: 604.819.4603
Stolo Primary Care Health Centre 7201 Vedder Rd, Chilliwack, V2R 465
Phone: 604.824.3219

Chilliwack Youth Services
8937 School Street
Phone: 604.792.6632

Chilliwack YMCA
45844 Hocking Ave., Chilliwack
Phone: 604.792.3371

City of Chilliwack
8550 Young Road, Chilliwack
Phone: 604.792.9311

Cyrus Centre
45845 Wellington Ave., Chilliwack
Phone: 604.795.5773

Downtown Family Place
9435 Young Road
Phone: 604.378.4761

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
4670 Community Road
Phone: 604.823.4664

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 Poverty Reduction
45540 Yale Road, Chilliwack
Phone: 1.866.866.0800
Neighbourhood Learning Centre
46361 Yale Road, Chilliwack
Phone: 604.701.4978

Pacific Community Resources Society
45921 Hocking Avenue, Chilliwack
Phone: 604-795-5994

PEARL Life Renewal
www.pearlliferenewal.com
Phone: 604-402-4673

RCMP
45924 Airport Road
Non-emergency Phone: 604.792.4611

Salvation Army Care and Share Centre
45746 Yale Road, Chilliwack
Phone: 604.792.0001

Sardis Doorway for Women
45625 South Sumas Road, Sardis
Phone: 604.819.6556

Sardis Family Place
45625 South Sumas Rd Chilliwack
Phone: 604.378.4761

School District #33
8430 Cessna Drive, Chilliwack
Phone: 604.792.1321

Work BC
200-45905 Yale Road, Chilliwack
Phone: 778-860-5452

Stó:lō Service Agency
7201 Vedder Rd, Chilliwack, V2R 465
Phone: 604.824.5129 or 1.800.565.6004

Notes:
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, 46361 Yale Road, Chilliwack

*When*: Thurs. 9:30-10:30am and 11am - noon

*Contact*: Coordinator; 604.701.4978 ext 6021

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

**CHILLIWACK PRENATAL CLASSES and resources**

*Contact*: [https://pregnantinchilliwack.ca/](https://pregnantinchilliwack.ca/)

**YOUNG FAMILIES SUPPORT PROGRAM**
Support for pregnant or parenting youth 12-22. Young Families Support Worker provides outreach services which can include; pregnancy tests and support in regards to options; prenatal information, post-natal education and referrals; education about sexual health and pregnancy; parenting education, support and referrals; support to attend and during medical appointments; and connection with supports available in community. Services provided through Chilliwack Community Services.

*Contact*: Patricia Hryhorczuk [hryhorczukp@comserv.bc.ca](mailto:hryhorczukp@comserv.bc.ca) 604-793-7225 8937 School Street

Prenatal and Postnatal Supports

**BC EARLY 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 Audiology Clinic 604-702-4945

**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


**BEING MOM**
Being Mom is a 10 week support group for women diagnosed with post partum depression and anxiety.

*For more information contact*: Lise McAlpine at 604-702-4860 or Cristal Biela at 604-702-2311.
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 46361 Yale Road, Chilliwack
**When:** Thurs. 9:30am—10:30 and 11am—noon
**Contact:** 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

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, 7112 Vedder Road, Chilliwack
**When:** as needed
**Contact:** 604.795.4660 or info@chilliwackhospice.org
**Learn More:** [www.chilliwackhospice.org](http://www.chilliwackhospice.org)

CHILLIWACK PREGNANCY CARE 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:** 604 795 3091 private and confidential
**Email:** prolifechwk@shaw.ca
**Learn more:** [www.chilliwackprolife.com](http://www.chilliwackprolife.com)

CHILLIWACK PRENATAL CLASSES and resources
**Contact:** [https://pregnantinchilliwack.ca/](https://pregnantinchilliwack.ca/)

MEADOW ROSE SOCIETY
The Meadow Rose Society was started in an effort to help families with children, three years old and under, 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 or caregivers on a fixed income, to single parents or families on disability. We also partner with Hidden Treasures 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.
**Where:** 2-45789 Spadina Ave, Chilliwack, BC V2P 1T5
**Contact:** Office -604.392.1133  **Learn More:** [www.meadowrosesociety.com](http://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 [https://bestbeginnings.fraserhealth.ca/default.aspx](https://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

**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 an 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, there are three Live 5-2-1-0 Playboxes at The Landing Centre, Watson-Glen Park, and Greendale Elementary 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! [https://www.live5210.ca/scope-communities/communities/chilliwack/](https://www.live5210.ca/scope-communities/communities/chilliwack/)
Drop-In Programs

FAMILY PLACE NETWORK
Chilliwack Community Services offers free parent-child interactive centres for families or caregivers and their children aged birth to six years. Delivered by Chilliwack Community Services.

Contact: 604.378.4761
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: Tues.10:00am—11:30am

Yarrow Family Place
Where: Yarrow Community School 4595 Wilson Road
When: Tues. 8:30am – 10:15am

Sardis Family Place
Where: Sardis Community Church 45625 South Sumas Rd
When: Mon and Tues, 9 am- 11am ; 12:00 - 2:00 pm; Thurs. 9am-11am

Downtown Family Place
Where: Central Community School
9435 Young Road
When: Mon and Wed 8:30-10:30am & 12:15-2:15pm. Tues and Thurs 12:15 - 2:15pm

STRONG START EARLY LEARNING CENTRES

StrongStart BC early learning programs provide school-based early learning services for adults and their young children, aged birth to five, at no cost to families. Both children and adults can benefit from StrongStart BC early learning programs – children have access to high-quality learning environments and benefit from social interactions while the adults who accompany them learn new ways to support learning, both at the program and at home.

Learn More: https://sd33.bc.ca/strong-start

Bernard Elementary
Where: 45465 Bernard Ave.,
When: Mon-Fri, 8:30am– 11:30am
Contact: 604.795.7840

Cultus Elementary
Where: 71 Sunnyside Blvd.,
When: Tues, and Thurs 8:15am-11:15 am
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, 8:15am-11:15 am
Contact: 604.795.7000

Rosedale Elementary
Where: 50850 Yale Road
When: Mon-Fri, 8:15am– 11:15 am
Contact: 604.794.7124

Strathcona Elementary
Where: 46375 Strathcona Road
When: Mon-Wed-Fri, 8:30am-11:30am
Contact: 604.792.9301

Unsworth Elementary
Where: 5685 Unsworth Road
When: Mon-Fri, 8:45am – 11:45am
Contact: 604.858.4510

Watson Elementary
Where: 45305 Watson Road
When: Mon-Fri, 8:30am-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:LMEHAWTXW 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 0-11 years of age.
Contact: 604.824.6505

Stolo HeadStart
We offer services for Aboriginal families with children 0-6 years. Programs such as preschool, 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.bc.ca
Learn More: www.stolonation.bc.ca

Skwah HeadStart
All with children under age 5 are welcome to attend.
When: Mon and Wed, 10:30am—1:30pm
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 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: 604 858-0113
Learn more: www.fvacfss.ca
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
Contact: Tami Quinn 604 824-3246 Learn More: 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

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 or 1.888.558.0468
ACUTE CRISIS—START TEAM (6-18 years old)
Provides confidential mental health crisis intervention services for children and teens. Mental health crisis may include: self-harming, suicidal thoughts or attempts, intense anxiety or depression, distorted thinking, or high risk of significantly harming others. Child or teen must live in the Fraser region.
Call: 1-844-782-7811

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.bigbrothersandbigsisters.ca

CENTRAL FAMILY NAVIGATION
These family navigation services provide outreach to families with children aged 0-6 who live within the Central catchment area looking for help navigating the programs, services and resources available in the Chilliwack community. Services provided through Chilliwack Central Elementary Community School Society
Contact: call 604.792.8539 or call/text 604.819.6687 or email: ccecss@gmail.com

CENTRAL SOCKEYE PRESCHOOL
A nurturing environment for your preschooler to make friends and have fun. ACCB available for qualifying families.
Where: Central Elementary
When: Tuesday to Thursday afternoons.
Contact: 604.792.8539, call/text 604.819.8539 or email: ccecss@gmail.com
CENTRAL TWEEN CLUB     Grade 3—5
Fun activities each week, Sports, movies, games, soc hops… Drop in fee of $2.00
Where: Thurs., 5:30pm—7:30pm
Where: Central Elementary, 9435 Young Road
Contact: 604.792.8539   ccecss@gmail.com

CHILD AND YOUTH MENTAL HEALTH
Where: 8978 School Street
Where: Drop-in Intake Sessions 9am—4pm at the Neighbourhood Learning Centre, 46361 Yale Road
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.

CHILDREN’S COUNSELLING
Children’s counselling for children, aged 4 to 11, experiencing distress primarily due to family violence and/or a high degree of family conflict. Children’s counselling uses art and play therapy methods to help kids increase their coping skills.
Where: 9046 Young Rd.
Contact: 604.792.2760 - Ann Davis Transition Society
Learn More: www.anndavis.org

CHILDREN IN BETWEEN
A group counselling program for children and youth, set in a safe and understanding environment, where they can gain greater skills to adjust to parental separation and/or divorce.
Provides educational support and skills to parents going through separation and/or divorce by exploring situations in which children can be unintentionally placed in the middle of conflicts.
Where: Please call for exact times and dates.
Where: 9046 Young Rd.
Contact: 604.792.2760 - Ann Davis Transition Society
Learn More: www.anndavis.org
CHILLIWACK COMMUNITY SERVICES YOUTH SERVICES

Where: 8937 School Street
When: call for program dates & times
Contact: 604-702-2903  Learn More: www.comserv.bc.ca

Youth Recreation Program
Recreational programs for youth ages 9-18 who cannot afford or are unable to access other recreational options in the community. Emphasis on healthy activity as a lifestyle in a safe and supportive environment. Programs offered include drop-in after school programs and life skills/recreation based activities.

Reconnect and Youth Support
Street outreach and one-on-one support for youth, stabilizing immediate needs and safety needs, securing safe housing, accessing community resources, obtaining employment, developing life skills and self-advocacy.

Youth and Family Counseling
Focused on assisting youth and families to discover their own resources and empowering the youth(s) to discover collaborative solutions through a variety of mediums. Our therapist will help youth and families learn better ways of communicating with each other, understanding feelings/emotions and developing coping skills.

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 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@restoringjustice.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

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
FRASER VALLEY YOUTH SOCIETY
The Fraser Valley Youth Society (FVYS) is a not for profit society located in the Fraser Valley since 2000. We have been providing opportunities for personal growth and leadership through our workshops, programs and community connections since 2000. We have gone from a group of volunteers running a weekly LGBTQ2+ drop-in group in Abbotsford to a board, staff and dedicated volunteers running weekly drop-in groups in Abbotsford, Mission and Chilliwack. Our main focus is to support LGBTQ2S+ and Allied youth in the Fraser Valley. We want to connect them to their peers, their communities and to provide supportive & inclusive help where needed. We operate a weekly drop-in the three communities of Abbotsford, Mission and Chilliwack to connect youth and young adults to a healthy and vibrant LGBTQ2S+ and allied community, as well as, other special events and programs throughout the year. We also provide Education and Awareness Programming such as: community based events, local advocacy and staff and youth led LGBTQ2S+ presentations, which we have been able to add in an effort to grow our organization and presence in our communities. Whether it is a school presentation for teachers or students or an organization wanting to raise awareness among staff, we are happy to come in and facilitate learning through presentations and Q&A sessions.

Chilliwack Drop-In
When: Wednesdays, 6:00PM to 9:00PM
Where: Stó:lō Service Agency 7201 Vedder Road, Chilliwack BC Main Floor off foyer
Contact: 604.200.3203
Email: info@fvys.ca
Learn More: fvys.ca

PEACE (Prevention, Education, Advocacy, Counselling and Empowerment)
A group counselling program for youth and children who have experienced family violence.
When: Please call for exact times and dates.
Where: 9046 Young Rd.
Contact: 604.792.2760 - Ann Davis Transition Society for dates and times
Learn More: www.anndavis.org

THE SUMMER TRAINING AND RECREATION PROGRAM (STAR)
Helps to provide youth with the tools they need to help establish and keep employment, and lead happy, healthy lives. While participating in some fun and challenging recreational activities, participants will complete volunteer assignments, attend workshops, learn about the workforce, and meet new friends!
Where: 9046 Young Rd.
When: Please call for exact times and dates.
Contact: 604.792.2760
Learn More: www.anndavis.org

YOUTH COUNSELLING
We offer counselling to help youth reach goals, feel heard and understood, and traverse life’s challenges. Our experienced and compassionate counsellors work with teens and parents to facilitate needed conversations and reduce familial discord. Healthy relationships, constructive communication, and conflict resolution are some of the issues our counsellors can help youth navigate.
Where: 9046 Young Rd.
Contact: 604.792.2760 - Ann Davis Transition Society
Learn More: www.anndavis.org
CHILLWACK YMCA CHILDCARE PROGRAMS

Elm Drive YMCA  
For ages 6 months—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

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 Mindfulness  
A free 7-week psychoeducational support group for young adults ages 18-30 who experience anxiety. Participants learn healthy coping skills, connect with other youth in the community, and get support all in a safe and friendly environment. The program is overseen by mental health practitioners and is part of our Y Mind initiative.

The group provides a safe, supportive environment where youth can meet others who have had similar experiences and includes:

- Engaging discussions about anxiety and other mental health related topics
- Practicing evidence-based mindfulness techniques during workshops, a proven tool to help manage anxiety
- Educational tools from Acceptance & Commitment Therapy (ACT), an evidenced-based therapy that uses acceptance and mindfulness strategies

Take-home resources to help manage anxiety in between weekly meetings

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: 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.ca

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

CHILD AND YOUTH MENTAL HEALTH (ages 0-18)
Drop in, specialized mental health treatment to children and youth and their families.
Location: The Neighbourhood Learning Centre (NLC) 46361 Yale Road (at Chilliwack Secondary School)
When: Intake clinic Wednesdays 9-4
Call: 604-702-2311

CHILLIWACK YOUTH HEALTH CENTRE (ages 12-26)
Providing free, drop-in, confidential access to integrated medical and mental health services to youth and young adults ages 12-26 in a non-threatening youth-friendly environment. For the most up to date information, check out our website at www.chilliwackyhc.com or Facebook at www.facebook.com/chilliwackyhc

The Youth Health Centre has EXPANDED and to ensure everyone knows where to find us, and when, here is the most up to date information! LOOK for our BIG YELLOW CYHC flags and sandwich boards at each location!

TUESDAYS: Neighbourhood Learning Centre on Yale Road at Chilliwack Secondary offers counselling (1pm-7pm) & medical services (2pm-5pm)
TUESDAYS: Tzeachten Land Office (at Save-on-Foods parking lot in Sardis) offers counselling only (4pm-7pm)
WEDNESDAYS: GW Graham School on Thomas Road in Sardis offers counselling only (1pm-4pm)
WEDNESDAYS: Chilliwack UFV (Building A) in Garrison offers counselling only (1pm-5pm)
THURSDAYS: STO:LO (Building #7-Vedder Road) offers counselling (2pm-6pm) & medical services (2pm-5pm)

Updated Services at UFV on Wednesdays:

CYHC services are at Chilliwack UFV (building A) on WEDNESDAYS FROM 1-5PM for free, drop-in counselling sessions for ages 12-26. Anyone can access these services and be connected to one of our Counsellors for a session by texting the Centre’s number USING the WHAT’S APP at: 604-819-4603.
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

PACIFIC COMMUNITY RESOURCE SOCIETY

Where: 45921 Hocking Ave. Chilliwack Health and Housing Centre
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 11-18. 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.

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: CYSN, MCFD 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

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 ex-perience 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 (Ages Birth-18) 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 pro vide 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.

LEAP Program (Ages 11-14 & 15-18) LEAP is a 12 week curriculum based program that operates 3 days/week. It is a combination of classroom work as well as community access (putting the skills learned in the classroom into practice in the community). The Youth in LEAP, are expected to attend all days the program runs in order to maximize their learning and development. The LEAP curriculum will focus on a variety of lifeskills development, transition planning skills development and pre-employment skills development.

Kidz Club (Ages 6-12) 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) Specialized Autism Support Services (SASS) is a “fee for service” program where families can utilize their Autism Funding money (that they receive through MCFD annually) to pay for direct services to their child/youth who has a diagnosis of Autism. In partnership with the family and child/youth, the program staff will work on various goals with the child/youth (ie: behavioural support, academic support, life skills, socialization, or others).
Chilliwack Society for Community Living cont’d

Summer Scapes (Ages 6-12) Summer ‘Scapes is a fully inclusive Summer Day Camp for children. 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 (Ages 13-18) 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 four annual semesters that run from: January – March, April-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).

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 SOCIETY
The FVDSS is a charitable organization that provides education, connections and supports for families living in the Fraser Valley with a child who has Down syndrome. We offer a variety of supports for families from New Parent meetings to therapies and family events.

Contact: Sylvie or Jodie  604.853.5563   info@fvdss.org
Learn More: https://fvdss.org

HARD OF HEARING ASSOCIATION
Serving children & their families call for meeting dates & location
Contact: 604.795.9238
Learn More: www.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

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

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.
Learn more: www.bcadoption.com

ADVOCACY (YOUTH) HOTLINE
Support for parents to reach solution with challenges between home and school
Contact: 604.702.2903

ACCESS 2 CARD
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: access2card@easterseals.ca

EASTER SEALS BC/YUKON
For information about their programs and services (which include, among other things, summer camp for children with disabilities, assistive technology grants, and respite care), please visit www.eastersealsbcy.ca.
ANN DAVIS TRANSITION SOCIETY
Ann Davis provides education, prevention and support services to those affected by abuse or violence.  
Where: 9046 Young Road  
When: 9am-5pm  
Contact: 604.792.2760  
Learn More: www.anndavis.org

Outreach Services
Seeks to support women fleeing violence identify and access the services they need by providing emotional support, information and referrals, and accompaniment and transportation to other necessary services. Additionally outreach workers also provide support to victims with court related issues.

Family Time Visits
A program that seeks to provide safe, neutral, child-centered visits with a visiting parent. The focus of this program is to create a positive experience for the child.

Women’s Counselling
Individual and group counselling for women who have experienced abuse or violence.  
When: Please contact us for specific dates and times for groups.

Men’s Counselling
Individual and group counselling programs for men to promote their wellbeing, self-esteem, and to build upon their understanding of healthy relationships.  
When: Please contact us for specific dates and times for groups

Building Healthy Relationships (Couples Bootcamp)
Three short courses, to support healthy relationships, on communication, handling conflict, and enhancing connection. These workshops benefit couples at all stages of their relationship. When caregivers have a healthy relationship everyone benefits.  
When: Please contact us for exact dates and times.  
Contact: 604-792-2760

Couples Counselling
Uses 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.

Family Counselling
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.

Ann Davis Transition House
An emergency shelter for women and children who have experienced abuse or violence.  
Contact: 604.792.3116 and 24 Hour Transition House Line: 604.792.3116  
Where: Confidential Location
Ann Davis Women’s Centre  
Low-barrier housing for women in crisis.  
Contact: 604.391.1993 and 24 Hour Line: 604.845.6535  
Where: Confidential Location

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

BC RESPONSIBLE AND PROBLEM GAMBLING  
BC Responsible & Problem Gambling Program offers education, support and counselling services to groups and individuals in the area of video gaming and gambling. Education services are available to school groups (elementary, middle school, high school and college/university classes, including professional development for teachers), community organizations, service clubs, and social service organizations. Outreach support services provide individual, short-term support for those impacted directly by their or someone else’s gaming or gambling; and our clinical services include individual couple, family and group counselling, along with our Discovery Program - a day treatment program designed for intensive 2 to 5 day treatment experiences located in the Lower Mainland and on Vancouver Island. All services are available free of charge and be accessed through the Gam Info Line at 1-888-795-6111 or by visiting bcresponsiblegambling.ca, or choicesandchances.ca.

CHILLIWACK CHILDCARE RESOURCE & REFERRAL PROGRAM (CCRR)  
For parents: child care referrals to screened childcare providers, information on choosing quality care and assistance with the Affordable Child Care Benefit application.  
For childcare providers: referrals to parents, training, resource library and support. Delivered by Chilliwack Community Services.  
When: Mon-Friday, 9:00am – 4:30pm Some evening and Saturday openings as well.  
Where: 45938 Wellington Ave  
Contact: 604.792-4267 crr@comserv.bc.ca Learn more: www.ccrr.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. Offered by Pacific Community Resource Society.  
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, 45470 Menholm Road
When: call to book an appointment
Contact: 604 702-4900

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
Learn More: http://www.pohs.ca/

DISTRICT PARENT ADVISORY COUNCIL
Providing advocacy and support to PACs and parents in the Chilliwack School District.
Contact: dpac@sd33.bc.ca

FAMILY LAW ADVOCACY PROGRAM
Offering a range of family law advocacy services including legal information, advocacy and assistance to individuals needing support in primarily family law including child protection and other overlapping matters.
Contact: Chilliwack Community Services 604-792-4267

FAMILY NAVIGATION
Family navigation services provide outreach to families with children aged 0-6 looking for help navigating the services and resources available in Chilliwack. This includes finding community programs for kids, accessing support in developing parenting skills, connecting resources for a child with extra needs, and accessing adequate food and baby supplies. Services provided through Chilliwack Community Services
Contact: Facebook account “Julianna FamilyNavigator”, or call/text 604.819.5648.

FAMILY SMART PROGRAM
FamilySmart® is a non-profit organization that comes alongside young people and families to provide support, navigation assistance and information and invites them and professionals to come alongside each other to learn with and from each other to enhance the quality of experiences and services for child and youth mental health. We’re Together-Centred™ because we know it enhances the mental health of children, youth and young adults.
Contact: www.familysmart.ca 1-855-887-8004  Parent in Residence contact: Chilliwack / Fraser Cascade – Jeannie Harnett  jeannie.harnett@familysmart.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

FRASER VALLEY BRAIN INJURY ASSOCIATION
The Fraser Valley Brain Injury Association is a charitable organization that has been offering support and services to children, youth and adults with acquired brain injuries and their families since 1997. We provide a variety of programs throughout the Fraser Valley from Langley to Boston Bar, such as case management and children’s summer camps.
Where: #201-2890 Garden Street, Abbotsford
Contact: 604.557.1913; info@fvbia.org
Learn More: www.fvbia.org

GRANDPARENTS RAISING GRANDCHILDREN SUPPORT LINE
Help for grandparents and other relatives raising a family members child.
1.855.474.9777

IMMIGRANT SERVICES
Settlement Workers provide support, information and referrals to parents with low English language skills. Delivered by Chilliwack Community Services.
Where: 9214 Mary Street
When: call for an appointment with a Settlement Worker
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 FOR MOTHERS AND CHILDREN SOCIETY
Support for single and high risk mothers with children prenatal to school age. Free program. Registration is required. Education, workshops and supports for moms. Quality child minding
Where: 45625 South Sumas Road
When: Wed, 9:30 am-12:30
Contact: Karin 604 819-6556 sardisdoorway@shaw.ca
Learn More: www.sardisdoorway.com
SARDIS DOORWAY—END ABUSE PROGRAMS:
When Love Hurts is a 10 week facilitated group for women who have experienced abuse in an intimate relationship. Groups run throughout the year. Home Improvement is a 15 week facilitated group for men who recognize their harmful ways and are ready to accept responsibility and make changes. Groups run throughout the year.
Contact: Sardis Doorway for more information 604-819-6556 sardisdoorway@shaw.ca

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 lifestyle. 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 PROGRAM
Services provided to victims of relationship abuse and sexual abuse, including emotional support, justice system information, court accompaniment, safety planning, referrals to counselling and other services.
Contact: Chilliwack Community Services 604-792-4267.

SEXUAL ASSAULT INTERVENTION PROGRAM
Counselling and advocacy for children and youth (3-18 yrs) and their families dealing with the impact of sexual abuse and/or sexual exploitation.
Contact: Chilliwack Community Services 604-792-4267

FAMILY SUPPORT PROGRAM
Offering in home support to families who are experiencing challenges and crisis. (MCFD referrals only)
Contact: Chilliwack Community Services 604-792-4267

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
ADULT UPGRADING AND FAMILY LITERACY PROGRAMS
The family literacy programs provide adult education and upgrading along with parenting, personal development, educational planning and workplace skills. This free program supports families with Licensed Infant/Toddler and Pre-School on site and a nutritious breakfast and snack for adults and children. Delivered by Chilliwack Community Services.
Where: Central Elementary Community School
When: September-June
Registration required. Contact: Coordinator 778.539.6569 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 ACCB available for qualifying families.
Where: Central Elementary
When: Monday to Friday
Contact: Heather 604.378.4761

CHILDREN IN BETWEEN
A group counselling program for children and youth, set in a safe and understanding environment, where they can gain greater skills to adjust to parental separation and/or divorce. Provides educational support and skills to parents going through separation and/or divorce by exploring situations in which children can be unintentionally placed in the middle of conflicts.
When: Please call for exact times and dates.
Where: 9046 Young Rd.
Contact: 604-792-2760 - Ann Davis Transition Society
Learn More: www.anndavis.org

CONNECT PARENT GROUP
Connect is a 10-week program designed to support parents of pre-teens, aged 8 to 12. Each session provides parents with a new perspective on parent-child relationships and pre-adolescent development. The program recognizes that each parent-child relationship is different, so rather than teach one specific way to parent, we help parents see choices that support healthy relationship with setting limits and helping their child grow.
When: Please call for exact times and dates.
Where: 9046 Young Rd.
Contact: 604-792-2760 - Ann Davis Transition Society
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 for 10 evenings fall, winter & spring. Contact: 604-702-2311
When: Call for next start dates & times
Learn More: www.mcf.gov.bc.ca/maples.connect.htm

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 over 8 sessions. This course is appropriate for caregivers of children 4 months to 6 years.

Contact: Cristal Biela 604-702-2311, Jenn Galbraith 604-792-4267; Mary Ives: maryives@shaw.ca For more updated information please see https://www.facebook.com/understandbetterandenjoymore/

FAMILIES FIRST
Parent instruction groups with individual support offered at no cost. Some childcare and transportation available. Programs offered cover ages birth to 18. Delivered by Chilliwack Community Services 604.792.4267
Where: Central Community School

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
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
- Nutritious 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 Community School
When: September-June
Contact: Coordinator 778.539.6569
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: Kathy 604.701.9794
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
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 Promontory Rd.,
When: sign in at school office

IMMIGRANT SERVICES
English classes, conversation circles, employment workshops and help with job search, settlement orientation sessions, referral and support. Delivered by Chilliwack Community Services.
Where: 9214 Mary Street
Contact: 604.393.3251
Learn More: www.comserv.bc.ca

Recreation and Leisure

CHILLIWACK CHURCHES
Many churches offer mid week programs for children and youth.
When: various locations & times
Learn more: http://churchdirectory.ca/browse/?p=BC&c=Chilliwack

CHILLIWACK COMMUNITY SCHOOLS
Offering after school programming for children, youth and adults.
Where:
Central Elementary
Contact: Shannon 604.792.8539
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: https://www.sd33.bc.ca/rentals-community-information
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: 5819 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

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  1 877 762 6664

ADULT MENTAL HEALTH
Supporting 19-99 year olds with mental health problems in our community

*Contact:* 604-702-4860

COMMUNITY DRIVERS
Community Drivers provide safe, reliable and sensitive door-to-door transportation to medical appointments in the Fraser Valley, from Hope to Vancouver.

*Contact:* 778-860-4666; communitydrivers@comserv.bc.ca

CHILLIWACK RESOURCE CENTRE
Income tax returns prepared and filed by donation. Half price bus bus passes and monthly passes.

*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

FRASER HEALTH CRISIS LINE
Trained volunteers provide toll-free telephone support and crisis intervention counselling, 24 hours a day, seven days a week. You can also call for information on local services or if you just need someone to talk to.

*Call:* 604-951-8855 or toll-free 1-877-820-7444

MENTAL HEALTH FIRST AID FOR ADULTS WHO INTERACT WITH YOUTH
A 14 hour workshop that allows individuals to administer mental health first aid to youth with emerging mental health problems or in a mental health crisis until appropriate treatment is found or the situation is resolved. Offered as 4 evenings or 2 day weekend workshops.

*Contact:* Cristal Biela 604-702-2311

ONLINE RESOURCES

www.infochilliwack.ca  www.heretohelp.bc.ca  www.anxietycanada.com