Chilliwack

Family Resource Guide 2022

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***Due to the ever changing nature of COVID 19, the information provided may have changed by the time you receive this. Please check with organizations directly for the most up to date info. Thank you!**

Chilliwack CHILD & YOUTH Committee
childandyouth.com

PREMIER'S AWARD PARTNERSHIP 2014 FINALIST

Family Resource Guide 2022

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 — Phone: 604.792.2760
24/7 Emergency number — 604.792.3116

BC Responsible Gambling — Phone: (24/7 toll free info line) 1.888.795.6111

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: 604.792.4267

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 Community Services
45938 Wellington Ave., Chilliwack — Phone: 604.792.4267

Chilliwack Community Services Youth Services
8937 School Street, Chilliwack — Phone: 604.702.2903

Chilliwack Division of Family Practice
45600 Menholm Road, Chilliwack — Phone: 604.795.0034

Chilliwack Hospice Society
7112 Vedder Road, Chilliwack — Phone: 604.795.4660

Chilliwack Learning Society
8472 Harvard Place, Chilliwack — Phone: 604.392.2404

Chilliwack Pregnancy Care Center
Unit 4 - 45762 Patten Ave, Chilliwack — Phone: 778.933.9260

Chilliwack Restorative Justice and Youth Advocacy
45877 Wellington Ave., Chilliwack — Phone: 604.393.3023

Chilliwack School District Learning Services Office:
49520 Prairie Central Road, Chilliwack — Phone: 604.794.5553

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

Chilliwack YMCA
45844 Hocking Ave., Chilliwack — Phone: 604.792.3371

Chilliwack Youth Health Centre
Neighborhood Learning Centre (attached to Chilliwack Senior Secondary)
46361 Yale Rd, Chilliwack — Phone: 604.819.4603
Sto:lo Primary Care Health Centre 7201 Vedder Rd, Chilliwack — Phone: 604.824.3219

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, Chilliwack — Phone: 604-819-3701

FamilySmart — Phone: 1-855-887-8004

Fraser Valley Aboriginal Children and Family Services Society / Xyolhemeylh
Bldg. 1 - 7201 Vedder Road, Chilliwack — Phone: 604.858.0113

Fraser Health Authority – Chilliwack Public Health Unit
45470 Menholm Road, Chilliwack — Phone: 604.702.4900

Fraser Health Authority – Community Care Facilities Licensing
101-45485B Knight Road, Chilliwack — Phone: 604.702.4950

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, Yarrow — Phone: 604.823.4664

Immigrant Services
9214 Mary Street, Chilliwack — 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, Chilliwack — 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

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

Work BC
200-45905 Yale Road, Chilliwack — Phone: 778.860.5452

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*

CHILLIWACK PRENATAL CLASSES and resources

Contact: *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: *Jennifer Campbell campbellj@comserv.bc.ca 604-793-7202 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*
Learn More: *http://www.fraserhealth.ca/health-info/pregnancy-and-babies/*

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.*

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*

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, 7112 Vedder Road, Chilliwack*
When: *as needed*
Contact: *604.795.4660 or info@chilliwackhospice.org*
Learn More: *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 help 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: *778-933-9260 (call or text 24/7) private and confidential*
Email: ***loralynn@chwkpregnancycare.ca***
Learn more: ***www.chwkpregnancycare.ca***

CHILLIWACK PRENATAL CLASSES and resources

Contact: *https://pregnantinchilliwack.ca/*

INFANT MASSAGE—FRASER VALLEY CHILD DEVELOPMENT CENTRE

Join us for a 5 week program led by a Certified IAIM Infant Massage Instructor . Benefits for your baby may include: Stimulation, Interaction, Relaxation and Relief

Free classes are offered throughout the Fraser Valley for pre-crawling babies and their parent/caregivers.

Contact: *604.824.8760*

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*

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 and complete the secure online form or register in person at the Health Unit.
Where: *45470 Menholm Road*
Contact: *604.702.4900*

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*

HOPE FOR WOMEN PREGNANCY SERVICES

Hope for Women is a safe, confidential, and compassionate place that is dedicated to serving and supporting women struggling with an unexpected pregnancy or a pregnancy loss. • Pregnancy Testing + Options Counselling • Alpha Childbirth - 5 week series prenatal classes • Abby Mom Collective - Moms group meeting every other Tuesday • Baby Boutique - This program provides material goods (diapers, carseats, cribs, clothing, strollers, etc) to expectant and new moms. Each mom is welcome to come once per month up until her child turns 2.• Community Referrals + Resources - Food security, counsellors, doulas, housing, etc.• Beyond the Bump Postpartum Program - This is a mentorship program for moms with little to no support. **Each mom is matched with a Chilliwack mentor that will come alongside her as she prepares to welcome her baby.** The mentor provides in-home care for up to a month after baby is born. Each mom also receives 4 entrees, 1 house cleaning, and 1 in-home lactation consultation. • Reclaimed - An 8 week post abortion program that focuses on women struggling with grief after having an abortion.

Where: *#2 - 32700 George Ferguson Way Abbotsford* ***Contact:*** *604.853.0303* *www.hopeforwomen.ca*

Healthy Kids Initiative,
Chilliwack Division of Family Practice

Live 5 2 1 0

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/

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: *604-792-4267* *FamilyPlace@comserv.bc.ca*
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 8:30-10:00am*

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 – 10:00am*

Sardis Family Place
Where: *Sardis Community Church 45625 South Sumas Rd*
When: *Tuesday and Thursday 9:00-11:00am and 12:00-2:00pm.*

Downtown Family Place
Where*: Central Community School 9435 Young Road*
When: *Mon and Wed 9:00-11:00am, 12:00-2:00pm. Thursday 9:00-11:00am*

STRONGSTART 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 www.facebook.com/ChilliwackStrongStarts

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

Central Elementary
Where: *9435 Young Street*
When: *Mon-Fri, 8:30am– 11:15 am*
Contact: 604-792-8537

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, 8:30am – 11:30am*
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:LMELHAWTXW EARLY EDUCATION CENTRE

ECD Manager - Jenn Carman
Contact: *604.824.3298* *Jenn.Carman@stolonation.bc.ca*

Child Care

We offer services for families with children ages 0-5 years of age.
Contact: *604.824.6505*

HeadStart

We offer services for Aboriginal families with children 0-6 years. Programs such as preschool, drop in, family nights, outreach are based upon Sto:lo 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*

STO:LO 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*

Child and Youth

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*

BOOKWORM FRIENDS – CHILLIWACK LEARNING SOCIETY

Older adults read online to children ages 3-7 who are in their homes or schools. Books are loaned to the volunteers and children/families.
Contact: *Annette 604-392-2404, literacyoutreach@chilliwacklearning.com*
Learn More: *www.chilliwacklearning.com*

CENTRAL SOCKEYE PRESCHOOL

A nurturing environment for your preschooler can make friends and have fun through play-based learning. Affordable Child Care Benefit available for those who qualify. Always accepting waitlist applications.
Tuesday, Wednesday, Thursday, 8:30-11:30am and 12:30-3:00pm.
Where: *Chilliwack Central Elementary School at 9435 Young Road*
Contact: *Denise at 604-703-6811 (call or text) or email: centralsockeyepreschool@gmail.com*

CENTRAL TWEEN CLUB Grade 3—5

New and fun themes and activities each week including: sports, movies, games, challenge nights, etc.
When: *Thursdays 5:30pm—7:30pm. Drop in fee $2 (registration form required)*
Where: *Central Elementary Community School, 9435 Young Road*
Contact: *Angela 604.792.8539 (call or text) or email: ccecss@gmail.com*

CHILD AND YOUTH MENTAL HEALTH

Where: *8978 School Street*
When: *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.
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*

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.

Youth Advisory Committee: The Youth Advisory Committee is an initiative implemented by Chilliwack Community Services in partnership with many local agencies under the representation of the Chilliwack Child and Youth Committee (CYC). The Youth Advisory Committee (YAC) exists to enhance youth services provided to ages 12 to 18 in Chilliwack, encourage youth leadership and provide ongoing mentoring for youth. This is an entirely youth-led initiative.

CHILLIWACK HOSPICE SOCIETY

Grief support for children ages 4-18 impacted by the life-limiting illness or death of a loved one. Children and youth learn to understand thoughts and feelings related to grief through conversation and expressive arts activities. Services are provided at our centre and in the schools. Children's Grief groups offered at various times throughout the year.
Where: *7112 Vedder Road*
When: *call for meeting times & dates*
Contact: *info@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 Avenue*
When: *Call for dates and times*
Contact: *chilliwack@gv.ymca.ca*
Learn More: *www.gv.ymca.ca*

AFTERNOON ADVENTURES (GRADES 2-5)

Afternoon Adventures offers elementary kids (grades 2-5) a safe space in a familiar environment to enjoy a variety of crafts and workshops, to increase their self-esteem and to encourage them to make healthy choices. With nutritious snacks, and the opportunity to build meaningful relationships with leaders and peers, children get a warm welcome right after the bell rings, at school sites.
Where: *Locations vary – contact for information*
When: *School dismissal*
Contact: *Jannette Loosdrecht – 604.703.3862 or info@afternoonadventures.ca*
Learn More: *www.afternoonadventures.ca*

HANG OUT (GRADES 6-8)

At Hang Out, middle school students (grades 6-8) can enjoy a sense of belonging, and the extra support they need to help navigate those tricky transitional years. From age-appropriate learning experiences to preparing and consuming nutritious snacks, Hang Out promotes personal development through valuable peer and leader interactions, at school sites.
Where: *Locations vary – contact for information*
When: *School dismissal*
Contact: *Jannette Loosdrecht – 604.703.3862 or info@afternoonadventures.ca*
Learn More: *www.afternoonadventures.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*

*To find child care in your area, please contact Chilliwack CCRR: *604-792-4267* *ccrr@comserv.bc.ca*

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

FG Leary YMCA Kids Club
Where: *FG Leary Fine Arts Elementary School 9240 Walden Street*
When: *7:00-8:30am/school dismissal– 6pm*
Contact: *Tel: 778-933-2243* *fglearyymca@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 da at a local business or society. In addition each participant will be given ono-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-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 (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 life skills 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 or concerns about your child's development? Ask us! We support children, (birth to kindergarten) and their families, in all areas of their development. Every question is important when it is regarding your child. How do I support my child's development with or without a diagnosis, in areas such as:

Small and large movements

Daily living skills

Communication

Participating in home and community activities

Participating in a child care or preschool setting

Social and Emotional regulation

Where: *45474 Luckakuck Way*

Contact: *604.824.8760*

Learn More: *www.fvcdc.org*

HARD OF HEARING ASSOCIATION

Serving children & their families *call for meeting dates & location*
Contact: *604.795.9238*
Learn More: *www.chha-bc.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.
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.

FAMILY NAVIGATOR
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: *Call/text 604.819.5648 or familynav@comserv.bc.ca,*

FAMILY NAVIGATOR - CENTRAL
These family navigation services provide outreach to families with children aged 0-6 who live within the Central catchment area. This includes any number of services including navigating food supplies, childcare and parenting resources along with one-on-one support while connecting resources and accessing amenities. Services provided through Chilliwack Central Elementary Community School Society
Contact: *Katie 604-712-9452 (call or text) or email centralfamilynavigator@gmail.com*

FAMILY SUPPORT INSTITUTE of BC
The Family Support Institute of BC is a provincial non-profit organization that supports families with members who have special needs with peer to peer support, learning opportunities, and resources to make the journey easier. We support families from birth to 100 years, diagnosed or not. Our services and supports are all free and there is no wait list! Check out our website for information on how to receive one on one support, to attend virtual family hang-outs, or to use one of our resources. *www.familysupportbc.com*

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* *www.bcresponsiblegambling.ca* *or* *www.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* *ccrr@comserv.bc.ca* ***Learn more****: https://www.ccrrchilliwack.com/*

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*

COMMUNITY LEGAL ADVOCACY OFFICE

Offers information, advice, referrals and representation on Income Assistance, disability applications, Residential Tenancy, Employment Insurance and Canada Pension issues.
Contact: *(Chilliwack) 604.702.2907*

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*

Fluoride 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*
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 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*

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*

FRASER VALLEY CHILD DEVELOPMENT CENTRE:

PARENT –CHILD MOTHER GOOSE PROGRAM

Parent– Child Mother Goose Program is a group experience for parents/caregivers and their children which focuses on the pleasure and power of using rhymes, songs and stories together. This attachment based program is preventative in nature and gives parents the tools to make daily life with a young child more fulfilling.

Contact: *604.824.8760*

CALM CONNECTION

Are your child's strong passionate emotions depleting your energy?

CALM Connection is a 6 week parenting group that provides opportunities for parents/caregivers and children to strengthen their relationship, reduce stress and increase their awareness and understanding of social emotional learning. The information and strategies provided in the CALM Connections group will help support parents/caregivers in laying the foundations in developing critical skills that their children will need for lifelong learning and opportunities.

Contact*: 604.824.8760*

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 Peer Support Worker Chilliwack / Fraser Cascade – Corinna Landsberger corinna.landsberger@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., Chilliwack*
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.
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 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 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*

Parent Education

BUILDING HEALTHY RELATIONSHIPS

Couples Communication Weekend Workshops at UFV ~ when Mom & Dad communicate effectively, children benefit
Contact: *Carol 604.792.2760 for workshop dates and to register or visit www.anndavis.org*

CENTRAL GATEWAY FOR FAMILIES

Hosts Community Partner programming that respectfully engages inner core community members and their families from all age, ethnic, and socio-economic realms in opportunities that promote health and independence.
Where: *Chilliwack Central Elementary, 9435 Young Road*
Contact: *Angela 604.792.8539 or 604-860-9125 (call or text) ccecss@gmail.com*

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*
Learn More: ***www.****anndavis.org* ***and*** *http://connectparentgroup.org/*

FAMILY SMART - IN THE KNOW

Every month, we host events for parents & caregivers who are parenting a child or youth with a mental health and/or substance use challenge called "in the know." We watch a video and share experiences and strategies that help in the hard moments and focus on strengthening our understanding and connection with our kids.

Registration link: FamilySmart In the Know

PATHWAYS TO EDUCATION

Chilliwack Community Services offers the Pathways to Education Program which provides support for individuals wanting to upgrade or complete their Adult Dogwood through UFV. Classes are tuition free and grants are possible to cover course fees. The program provides supports such as child minding for qualified applicants. While in program, parenting education/support, tutoring, and more is offered. Intakes for the Pathways to Education program are happening now for a September start at UFV. Contact the Pathways to Education Family Support Worker to help with the application and registration process.
Contact: *Steve Dove, the Training & Education Coordinator, at 778-539-6569 or doves@comserv.bc.ca*

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

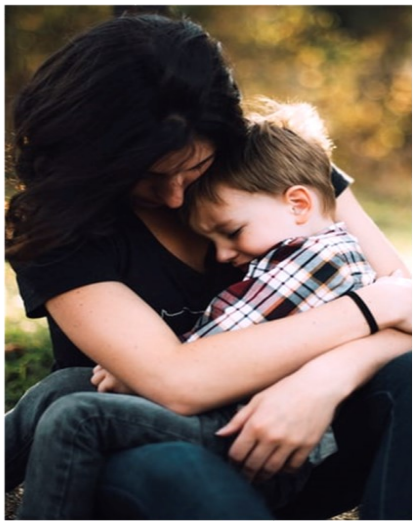
Circle of Security is a relationship based parenting program developed by clinical professionals over a period of 20 years. It provides parents with a roadmap to understanding their children's needs as well as a guide on how to get there. It is practical, understandable and portioned out in bite-size 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: *Jenn Galbraith 604-792-4267; Mary Ives: maryives@shaw.ca For more updated information please see https://www.facebook.com/understandbetterandenjoymore/*

FAMILY EDUCATION

The Family Education Program presents a variety of engaging workshops that support a person in the role of parent and in being a person. Our workshops run year-round, occurring either once in a week, once a week for 3 weeks or once a week for 8 weeks. This weekly pace makes the material easy to learn and apply. We also offer the DARING Dads group a year-round bi-weekly support group for Dad's who want to build strong respectful attachment with their children.
Relevant and relatable topics are offered such as:

- – Circle of Security Parenting
- – The 3-Knows
- – The ABC's of Child Development
- – Parenting Adolescents
- – Parenting Adolescents with Mental Health Challenges
- – Anger and Aggression
- – Emotional Adaptability



Contact: *Steve Dove Training and Development Coordinator: 778-539-6569 doves@comserv.bc.ca*

PARENTING ANXIOUS KIDS

Educational group for parents who have anxious children of all ages. Helpful strategies and collaborative discussion with other parents. 4 weeks long
When: *call to register& start dates* ***Contact:*** *604.702.2311*

Career Preparation and Adult Education

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/*

BUSINESS CERTIFICATE PROGRAM
Chilliwack Community Services offers the Business Certificate Program for survivors of violence or abuse, and who have faced significant barriers, who are wanting to complete their Adult Dogwood as well as a gain a Business Certificate through School District 33. The program supports clients with trauma therapy, child minding, learning support, transportation and monthly training allowance. Spaces are limited. Apply today for the upcoming semester.
Contact: *Steve Dove, the Training & Education Coordinator, at 778-539-6569 or doves@comserv.bc.ca*

CHILLIWACK LEARNING SOCIETY
Provides free one-to-one tutoring to help adults (19+) improve their literacy skills. Tutors can help with can help you with reading, writing, math, and Financial Literacy
Contact: *Corinne 604.701.9794 volunteertutors@chilliwacklearning.com*
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*

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: Angela *604.792.8539 or 604-860-9125 (call or text)*

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*

CHILLIWACK RESOURCE CENTRE

Income tax returns prepared and filed by donation. Half price 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*

ONLINE RESOURCES

www.childandyouth.com www.foundrybc.ca www.youthinbc.com www.keltymentalhealth.ca

www.heretohelp.bc.ca www.anxietycanada.com https://pathwaysbc.ca/chilliwack-fraserhealthrural