

Chilliwack

Family Resource Guide 2024

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**Please check with organizations directly for the most up to date info.
 Thank you!**

Phone Directory

Aboriginal Child and Youth Mental Health

Bldg. 7 - 7201 Vedder Road, Chilliwack

Phone: 604.858.0113

Ann Davis Transition Society

9046 Young Road, Chilliwack

24/7 Emergency number

Phone: 604.792.2760

604.792.3116

Better Beginnings

46361 Yale Road, Chilliwack

Phone: 604-701-4940

Big Brothers Big Sisters 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

604.860.9125 (call/text)

Cherish Women's Resource Centre

Unit 4 - 45762 Patten Ave, Chilliwack

Phone: 778.933.9260

Child Care Resource and Referral

8937 School Street., 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—Immigrant Services

9214 Mary Street, Chilliwack

Phone: 604.393.3251

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 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: 604.819.4603

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 / Xyólheméylh

Bldg. 7 - 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

Gambling Support BC

Phone: (24/7 toll free
line) 1.888.795.6111

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

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: 604.378.0451

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: Lana Hergott; 604.701.4940

Learn more: <https://www.comserv.bc.ca/better-beginnings/>

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 (Perinatal Mental Health Support)

Pre and Post partum support for depression and anxiety, which could include 1:1 support and/ or group. Being Mom Group is a 10 week support group for persons with post partum depression and anxiety. You do not need a Dr referral.

More information: To connect with resources please call Chilliwack Mental Health 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: Lana Hergott 604.701.4940

Learn more: www.comserv.bc.ca

BREAST FEEDING/CHEST FEEDING CLINICS

Our public health nurses offer breastfeeding/chest feeding support to all parents. For newborns up to six weeks old, support is available 7 days a week.

When: Call to book an appointment or for telephone support

Where: Public Health Unit, 45470 Menholm Road

Contact: 604.702.4903

Learn More: https://www.fraserhealth.ca/Service-Directory/Services/Public-Health-Services/breastfeeding-support#.Y3ItY_fmKUK

CHERISH WOMEN'S RESOURCE CENTRE

We offer free pregnancy testing, peer counseling, 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 the 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: hello@cherishproject.ca

Learn more: www.cherishwomen.ca

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 PRENATAL CLASSES and resources

Contact: <https://pregnantinchilliwack.ca/>

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://live5210.ca/pages/live-5-2-1-0-message>

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, car seats, 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

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

LA LECHE LEAGUE—BREASTFEEDING SUPPORT GROUP

La Leche League Canada is a registered charity that provides peer support for pregnant women/parents, new moms/parents and beyond. We are parents like you who have breastfed or chestfed our own children and now volunteer to support others to reach their goals. As volunteer Leaders we are accredited within La Leche League Canada after a detailed training program and have access to current scientific and legal information to help support others.

In person, by phone, online, and in informal group meetings our volunteer Leaders will be there to support you by providing evidence-based information on breastfeeding and human milk. We live and parent in the communities we serve and tailor programs to the needs of each community.

There is no cost to receive support from a Leader and all regular informal group meetings are free of charge.

When: 4th Wednesday of each month 7:30-8:30 pm

Where: Please call or email for info

Contact: Sandra 343-552-4668

Email: chilliwack@lllc.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

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

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



Drop-In Programs

FAMILY PLACE NETWORK

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: <https://www.comserv.bc.ca/family-drop-ins/>

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 9:30-11am

Mountainview Family Place

Where: Sardis Library, 5819 Tyson Road
When: Tues. 9:30am—11:00am

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://learningervices.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 Lake Community School

Where: 71 Sunnyside Blvd.,
When: Tues, and Thurs 8:15am-11:00 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– 11:30am
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, 11:00am-1:30pm
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: <https://learningservices.sd33.bc.ca/indigenous-education>



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 or 604.819.2932 (cell)

ABORIGINAL SUPPORTED CHILD DEVELOPMENT

ASCD 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. Children who may need support to attend preschool or daycare programs due to their social/emotional, speech and language development, physical or cognitive needs.

Where: 7201 Vedder Road

When: call for appointment

Contact: Tami Quinn 604-824-3246 or 604-819-2932 (cell) **Learn More:** www.stolonation.bc.ca

A:L MELHAWTXW 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

Learn More: www.stolonation.bc.ca



FRASER VALLEY ABORIGINAL CHILDREN AND FAMILY SERVICES SOCIETY (Xyólheméylh)

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 "Xyólheméylh", 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: #7—7201 Vedder Road

Contact: 604.858.0113

Learn More: www.fvacfss.ca

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

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

PACIFIC COMMUNITY RESOURCS SOCIETY

Where: 45921 Hocking Avenue, Chilliwack (Chilliwack Health and Housing Centre) **Hours:** Monday to Friday 9am to 4:30pm **Phone:** 604-795-5994

Indigenous Wellness and Peer Program: Reconnection to Cultural Resources and bridging the gap for Indigenous people. This program offers a variety of services which are Indigenous focused and Culturally appropriate. Services include assistance with overall well-being from Mental Health, Substance Use, Housing, Identification and working through Reconciliation. With involvement from surrounding communities, the program is able to reach those who are unable to connect outside of their community. Numerous Indigenous craft groups are done each month with the support of our Indigenous team. Please contact the program using this email address or phone number: **E:** chhcreception@pcrs.ca **P:** 604-795-5994

W: <https://pcrs.ca/our-programs/indigenous-wellness-and-peer-program/>

STO:LO NATION HEALTH

Where: #7 7210 Vedder Road

Contact: 604.858.3366

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

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

<http://www.wilmastransitionsociety.org/>

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

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

BIG BROTHERS AND BIG SISTERS

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

Where: 46361 Yale Road (Neighborhood Learning Center)

When: call to schedule an appointment

Contact: 604-858-0828

Learn More: www.bigbrothersandbigsisisters.ca

BOOKWORM FRIENDS – CHILLIWACK LEARNING SOCIETY

Older adults read to children ages 3-9, in-person or video-chat, one-to-one and in small groups, daycares, preschools and classrooms. Books are loaned to the children/families and volunteers.

Contact: Annette 604-392-2404, literacyoutreach@chilliwacklearning.com

Learn More: www.chilliwacklearning.com

CENTRAL SOCKEYE PRESCHOOL

A nurturing play-based preschool with a focus on social-emotional learning for children ages 3-5 years old.

Affordable Child Care Benefit available for those who qualify. Please reach out to Denise for more information.

Hours of operation - Mornings 8:30am - 11am and afternoons 11:45am - 2:15pm

Where: Chilliwack Central Elementary School - 9435 Young Road Chilliwack

Contact: Denise Moore 604 763 3113 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: Alexis 604.792.8539 or (call or text) 604.860.9125 or email: ccecsscoordinator@gmail.com

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:** <https://www.comserv.bc.ca/youth-services/>

Youth Recreation Program The Community Recreation Program aims to enhance the lives of youth in Chilliwack through recreational programs providing youth with positive role-models; healthy activities and habits; volunteer and leadership opportunities; and a chance to be a contributing member of their 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 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 Support The Youth Support Program is designed to support youth in learning basic and advanced life skills to be successful in their independence and become a contributing member for our community. One-on-one support is provided, as well as group activities and recreational opportunities.

Youth Advisory Committee: The Youth Advisory Committee is an initiative implemented by Chilliwack Community Services in partnership with Chilliwack City Council. 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.

Youth and Family Counselling Focused on assisting youth and their families to discover their own resources and empowering the youth(s) and their families to discover collaborative solutions through a variety of mediums. Our therapist will help youth and their family learn better ways of communicating with each other, understanding feelings/emotions and developing coping skills. *Liza Hirtreiter* at Familyservicesintake@comserv.bc.ca 604-378-8775.

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

CHILD AND YOUTH MENTAL HEALTH (ages 0-18)

Mental Health service for Child and youth as well as the families. Intake is required to access the service.

CYMH walk in intake:

Time: Every Wednesday from 9am – 11am and 1pm – 3pm

Location: 8978 School St, Chilliwack, BC V2P 4L4

Intake sessions are approximately 1-1.5 hours long. They involve an extensive psychometric questionnaire, a narrative interview, and the creation of a Service Plan (co-developed with clients based on their presentation and their goals).

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.chilliwackyhcc.com or Facebook at www.facebook.com/chilliwackyhcc

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: Counselling services from 1-7pm (last drop-in time is 5:30pm) and medical services from 2-5pm (last drop-in time is 4:30pm) at the Neighbourhood Learning Centre.

Wednesdays: Counselling services from 1-7pm (last drop-in time is 5:30pm) and medical services from 1-5:30pm (last drop-in time is 5pm) at the Neighbourhood Learning Centre.

Thursdays: Counselling services from 2-6pm (last drop-in time is 5:30pm) and medical services from 2-5pm (last drop-in time is 4:30pm) at the Sto:lo Wellness Building.



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

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 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

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

PACIFIC COMMUNITY RESOURCE SOCIETY

Where: 45921 Hocking Avenue, Chilliwack (Chilliwack Health and Housing Centre)

Hours: Monday to Friday 9am to 4:30pm

Phone: 604-795-5994

- **Traverse:** Youth aged 13 – 18. Youth bed-based treatment program for those struggling with substance use. Traverse is a Fraser Region Youth Substance Use Live-in Treatment Centre, for youth aged 13-18 who identify as having their life difficulties being tangled up in substance use. Youth voluntarily choose to attend Traverse and are able to stay up to 6 months. Please see website for entrance requirements and referral process.
E: traverse@pcrs.ca **P:** 236-892-0510 **W:** <https://pcrs.ca/our-programs/traverse/>
- **ASTRA:** Youth aged 13 to 19. Outreach Substance Use Counselling for Youth. ASTRA supports youth aged 13-19 with substance use concerns, providing supportive and relational counselling services based on their needs, readiness, and commitment to change. The program meets youth on a one-to-one outreach basis in their communities. ASTRA counsellors follow a bio-psycho-social-spiritual perspective to help youth reach goals that promote wellness around problematic substance use. Please contact the program using the email address or phone number noted below, or through the online referral form.
E: chhcreception@pcrs.ca **P:** 604-798-1418 **W:** <https://pcrs.ca/our-programs/astra/>

PCRS continued on next page...

- **Prevention & Health Promotion (Community and School-Based):** Youth aged 10 – 19. Substance use prevention and health promotion for youth. The prevention program supports youth 10-19 aiming to prevent, delay and reduce the harm associated with substance concerns. Facilitators support and promote healthy lifestyles with youth both in schools and the community through awareness presentations, group work, individual mentoring, and recreational activities. This regional program has facilitators in several locations throughout the Fraser Region. Schools requiring support are identified through needs-based planning with school district. Presentations, groups, and individual support are provided based on request and capacity. Please see website for more details.

E: preventionservices@pcrs.ca **P:** 604-798-1702

W: <https://pcrs.ca/our-programs/prevention-health-promotion-community-and-school-based/>

PARENT-CHILD MOTHER GOOSE (8 week program)

Please contact SD33 Learning Services department for dates and locations.

<https://learningservices.sd33.bc.ca/earlylearning>

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

YMCA KIDS CLUBS—Chilliwack

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

YMCA—Chilliwack

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

Chilliwack YMCA—<https://www.gv.ymca.ca/bob-chan-kent-family-ymca>

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.

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 old's. Youth must express an interest and be motivated in pursuing paid employment. Youth work with a Vocational Counsellor to develop their pre-employment skills, Youth will have the opportunity to complete 1-2 work experience placements and then begin to seek paid employment (with their Vocational Counsellor's support). Once paid employment is obtained, the Vocational Counsellor will shadow and coach the Youth during their shifts (as a way of training them) and then will gradually fade out their job supports as the Youth becomes more and more independent at their job.

Community Respite (Ages Birth-18) The Community Respite Program provides parents of a child or youth with support needs with a break from the day-to-day demands of caring for their son/daughter. Screened/approved caregivers are matched up with families and will provide short-term respite by caring for the child/youth for a determined number of days per year. Respite can be hourly, overnights, weekends, or up to a two-week period.

Individualized Services – 1:1 Supports (Ages 6 to 18) 1:1 Child/Youth Supports is a goal-oriented service that primarily focuses on and provides support in appropriate social skills, life skills, pre-employment skills or other particular skills needed for the Child/Youth.

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 (i.e.: 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 (i.e.: 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 (i.e.: 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

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

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

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

Outreach Services seeks to provide services to women fleeing violence. We identify and access the services they need by providing emotional support, information and referrals, and accompaniment and transportation to other necessary services. Additional services are provided for individuals and families through the outreach center programs; Prevention and diversion, advocacy, counselling, safety planning and reporting, resources, application assistance, clothing and housing requisitions, food resources, and other referrals internally and in throughout our community.

Where: 46230 Yale Road **When:** 9am-5pm **Contact:** 604.402.0014

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

Legal Advocacy services: Ann Davis Transition Society offers free confidential legal advocacy appointments. We provide support and information needed to help make informed decisions regarding individual and family legal issues such as; Family Law Principles, Rental Tenancy Act Disputes and Income Assistance Issues.

Where: 9046 Young Road **Contact:** 604.792.2760

ANN DAVIS...CONTINUED

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.

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.

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

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

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: 8937 School Street

Contact: 604-792-4267 ccrr@comserv.bc.ca **Learn more:** <https://www.ccrchilliwack.com/>

CHILLIWACK COMMUNITY CUPBOARD SOCIETY

Helping struggling families, with children under the age of 19 years living with them. We supply some food, clothing from infant to adult, small housewares, bedding, toys, etc. We are open most Thursday mornings from 9:30 to 11:30 and one Saturday a month (we close the Thursday before). Information on days open and booking appointments can be found on our Facebook page.

When: Thursday 9:30 – 11:30 (one Saturday from 10:00 to 12:00)

Where: Basement of the Victory Church at 9525 College Street, enter from the back parking lot

Phone: 236-458-6033 – leave a message

Webpage: <https://www.communitycupboard.ca>

Email: chilliwackcommunitycupboard@gmail.com

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

DARING DADS

A support group for dads that listens to dads, encourages dads and builds the skills and confidence to be a **Daring, Authentic, Respectful, Inviting, Nurturing, Game-changer** dad no matter what the obstacles.

Where: Ruth & Naomi's Mission Family Centre 46129 Princess Ave.

When: Started Sept 19/23. Every Second Tuesday.

Contact: 778-539-6569 or doves@comserv.bc.ca

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: <https://www.fraserhealth.ca/health-topics-a-to-z/children-and-youth/dental-health-for-children/affordable-dentistry-options-for-children#.Y5EJYnbMKUk>

Dental Services Reduced dental services can be accessed by visiting <https://www.bcdental.org/>

Contact: BC Dental Association 604.736.7202

Fluoride Varnish Program

Fluoride 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: <https://www.fraserhealth.ca/Service-Directory/Services/Public-Health-Services/fluoride-varnish-program#.Y5EJy3bMKUk>

PACIFIC ORAL HEALTH SOCIETY

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

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

Contact: 604.536.2700 or info@pohs.ca

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

DISTRICT PARENT ADVISORY COUNCIL

Providing advocacy and support to PACs and parents in the Chilliwack School District.

Contact: dpac@sd33.bc.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 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 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 Amber 604.793.5310 or email amber_mothus@sd33.bc.

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

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

FAMILY SUPPORT INSTITUTE of BC —FASD

FSI has a variety of resources available to support families who live with FASD or suspected FASD. We offer a virtual family hangout called "Thinking Outside the Box" every Thursday evening at 7pm. This call is an opportunity for caregivers, adoptive and biological families and individuals who live with FASD to get together and share ideas, problem solve and just have fun! Once a month, we offer a virtual learning exploration, where we invite someone from the province to share about their role with FASD supports. All supports and services provided by FSI are free, have no age restriction, and have no wait period. Please check out our web site www.familysupportbc.com and watch for our FASD Toolbox, which is coming soon

FAMILY SUPPORT PROGRAM

Family Services Program, offering individualized Family Support over 3 – 6 months and Enhanced Supervised Visits to parents referred by MCFD or FVACFSS. Parenting workshops and DARING Dads are prevention based programs available with a referral from any community service provider as well as self-referral.

Contact: Chilliwack Community Services 604-792-4267

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

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 <https://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>

GAMBLING SUPPORT BC

Gambling Support BC is a BC Provincial Government Program that provides BC residents with fee information and resources to support informed choices and healthy behaviours with respect to gambling participation and affected others. Outreach Support and Clinical Counselling provide support services for Gambling only. All services are no cost, safe, accessible, confidential, culturally relevant, multiple languages available and a dedicated indigenous stream. Prevention & Community Engagement Provides education and awareness presentations on Gambling, as well as Video Gaming/screen time, and Health Promotion topics for: *Students and teachers

*Training for community professionals *Information sessions for Parent Groups * ESL; College & University classes * Community Groups * treatment and recovery centres

Services can be accessed through the Support Line at 1-888-795-6111 or www.gamblingsupportbc.ca

GRANDPARENTS RAISING GRANDCHILDREN SUPPORT LINE

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

IMMIGRANT SERVICES—Chilliwack Community 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: <https://www.comserv.bc.ca/immigrant-services/>

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: <https://cfmws.ca/mainland-bc/about-mainland-bc-mfrc/mainland-bc-military-family-resource-centre-society>

PACIFIC COMMUNITY RESOURCES SOCIETY

Where: 45921 Hocking Avenue, Chilliwack (Chilliwack Health and Housing Centre)

Hours: Monday to Friday 9am to 4:30pm **Phone:** 604-795-5994

Job Options: Youth and adults aged 17+. Job Options is a virtual eight-week employment program that provides workshops on life and employment skills such as Effective Communication and Conflict Resolution, Goals Setting, Career Exploration, Skills Assessments, Resumes, Cover Letter, Interview Skills, Labour Market Information and Networking. All participants get certified in Super Host: Foundations of Service Quality and given certificates that fit their career goals. Program facilitators connect with participants in one-on-one meetings in addition to the workshops to help meet specific needs of the individuals. Please see website for the online referral form, or contact the program using the email address or phone number noted below.

E: joboptions@pcrs.ca

P: 1-778-239-7495

W: <https://pcrs.ca/our-programs/job-options/>

Chilliwack Substance Use and Prevention Services (CAPS): Youth and adults aged 13+. Substance Use counselling, groups, relapse prevention, and referrals to detox and treatment. CAPS is the Fraser Health outpatient clinic for Substance Use supports in Chilliwack. CAPS supports youth, adults, and families from ages 13-99 by providing a wide range of alcohol and drug prevention and treatment services, specific to the participants' identified needs. Options include counselling, outreach, relapse prevention, support groups, substance-affected support for friends and family, and referrals to treatment programs. Our Indigenous Wellness program operates alongside CAPS to provide culturally-appropriate healing and counselling for our First Nations individuals. Please contact the program using the email address or phone number noted below.

E: chhcreception@pcrs.ca **P:** 604-795-5994

W: <https://pcrs.ca/our-programs/chilliwack-substance-use-and-prevention-services-caps/>

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: <https://www.ranmission.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

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

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

More: www.sardisdoorway.com

Learn

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

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 Liza Hirtreiter at Familyservicesintake@comserv.bc.ca 604-378-8775.

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.

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

<http://www.wilmastransitionsociety.org/>

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: 604.792.8539 or 604-860-9125 (call or text) ccecssscoordinator@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

CIRCLE OF SECURITY

At times, all parents may feel confused or annoyed with their child's behaviour. What if you were able to see what your child really needs during challenging behaviour, or even happy play? Each child seeks a secure relationship with a caregiver. The Circle of Security Parenting® program is designed to promote that foundational relationship by helping parents honor both their child's needs and their own. The course gives a roadmap to see a child's actual needs, even during challenging behaviour. A main goal is to gain skill in responding to your child in a way that values everyone's experience and supports a growing ability to manage emotions. This ability has a host of beneficial outcomes. The program is intended for parents and caregivers of children from 4 months through school age.

For more information, visit the international website: <https://www.circleofsecurityinternational.com/> For news of upcoming courses, visit the Chilliwack Effective Parenting social media page: <https://www.facebook.com/understandbetterandenjoymore> To add your name to a waitlist for the next course, e-mail: chilliwackeffectiveparenting@gmail.com

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 <https://www.anndavis.org/programs-groups/>

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

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.

Relevant and relatable topics are offered such as:

- – Circle of Security Parenting
- – The 3-Knows
- – The ABC's of a child Emotional Development
- – Parenting Adolescents
- – Supporting Your Teens Mental Health
- – Anger CPR – Choosing a Positive Response
- – Emotional Adaptability

Contact: *Family Service Intake:*
778-539-6569 familyservicesintake@comserv.bc.ca

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.

info@familysmart.ca Registration link: [FamilySmart In the Know](#)

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/ **Contact:** shauna.svekla@ufv.ca and 604-795-2807

The Workplace Training in Attitudes, Skills, and Knowledge (TASK) is an eight-month pre-employment program for adult students living with disabilities who want to explore employment opportunities, learn self-management, and prepare for a job in a safe and supportive environment. Overall, the program will provide the employability, skills, and experience necessary for students to find employment or gain access to further training at UFV or elsewhere. The program consists of six courses offered over two semesters (Fall and Winter). Students attend classes four days per week. The TASK program is located at the Chilliwack campus. Check website for eligibility requirements. Funding is available through the **Adult Upgrading Grant** to qualifying students.

Contact: 604-702-2626 Email: task@ufv.ca

Learn More: <https://www.ufv.ca/upgrading/programs/workplace-task/>

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: Justin Geurtsen @ geurtsenj@comserv.bc.ca Pathways to Education Support Worker, ph. 604-793-5684

CHILLIWACK LEARNING SOCIETY

Provides free one-to-one tutoring to help adults (19+) improve their literacy skills. Tutors can help you with reading, writing, math, and Financial Literacy

Contact: 604.701.9794 adultlearning@chilliwacklearning.com

Also provides free one-to-one tutoring and small group classes to help adults (19+) who are learning English as an additional language. Everyone is welcome: visitors, temporary workers, international students, permanent residents, and Canadian citizens.

Contact: 778-933-2103 eal@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 - Chilliwack Community Services

English classes, conversation circles, employment workshops and help with job search, settlement orientation sessions, referral and support.

Where: 9214 Mary Street

Contact: 604.393.3251

Learn More: <https://www.comserv.bc.ca/immigrant-services/>



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: Justin Geurtsen @ geurtseni@comserv.bc.ca
Pathways to Education Support Worker, ph. 604-793-5684

Recreation and Leisure

CHILLIWACK CHURCHES

Many churches offer mid week programs for children and youth.

When: various locations & times

Learn more: <https://www.fraservalleylocal.ca//chilliwack-bc/churches-religious-organizations>

CHILLIWACK COMMUNITY SCHOOLS

Offering after school programming for children, youth and adults.

Where:

Central Elementary

Contact: Alexis 604.792.8539 or 604-860-9125 (call or text) ccecscordinator@gmail.com

Cultus Lake Community School

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>

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

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

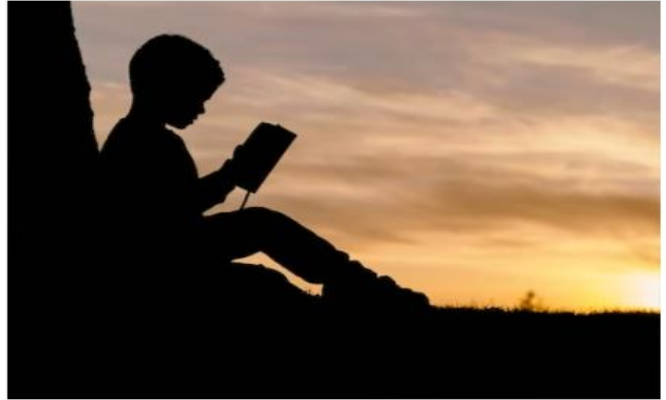
Contact: 604.858.5503

YARROW LIBRARY

Where: 4670 Community Road

When: Call for next program date

Contact: 604-823-4664



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: <https://www.qv.ymca.ca/chilliwack-landing-leisure-centre>

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.

Contact: 1.877.762.6664, by appointment

ADULT MENTAL HEALTH

Supporting 19-99 year old's with mental health problems in our community

Contact : 604-702-4860

BC211

211 is a free and confidential service that connects people to helpful and vital resources in their community. It is both an online resource listing as well as a helpline for anyone needing service referrals. Dial or text 211

[Home](#) | [211 British Columbia](#)

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: 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

PEARL LIFE RENEWAL

PEARL is a drop in Resource Centre for vulnerable women and girls with supports for mental health, addiction, and sexual exploitation. We provide bridge services for families of vulnerable women and girls.

Contact info: 9242 Main Street 604-402-HOPE (4673) www.pearlliferenewal.com

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>