



**NECHAKO VALLEY COMMUNITY SERVICES SOCIETY**

*157 W. Victoria Street, PO Box 1249, Vanderhoof, BC V0J 3A0*

*Tel: (250) 567-9205 Fax: (250) 567-3939*

# **DIRECTORY OF SERVICES**

FOR

**PARENTS  
AND  
CHILDREN**

**VANDERHOOF AND AREA**

**JANUARY 2010**

## Table of Contents

Ability Online.....	6
Aboriginal Supported Care and Development.....	6
Adoptive Families Association of BC .....	6
After School Program.....	6
AiMHi - Prince George Association for Community Living .....	6
Skill Building Library .....	6
Children's Residence .....	6
Audiology (Hearing) Clinic - Northern Interior Health Unit.....	7
Autism Funding - Early Intensive Intervention Information Kit for Children with Autism.....	7
Axis Family Resources Ltd. ....	7
Axis Family Resources Ltd. – Foster Parent Training and Support Program .....	7
Baby Signing.....	7
BC Housing Outreach Worker.....	7
BC Council for Families .....	8
BC Family Hearing Resource Society .....	8
BC Lions Society for Children with Disabilities Easter Seal Camps.....	8
BC Mediator Roster .....	8
BC Nurses Line .....	8
Best Moms & Dads .....	9
Bona Dea Midwifery Practice .....	9
Canadian Action Plan for Children (CAP-C).....	9
Canada Child Tax Benefit - Canadian Government .....	9
Carrier Sekani Family Services .....	9
Canadian Prenatal Nutrition Program - CPNP .....	10
Childbirth Classes.....	10
Child Care Subsidy - BC Ministry of Child & Family Development.....	10
Child Care Resource and Referral for Prince George & Area.....	10
Childcare.....	10
Caterpillar Clubhouse .....	10
Chatter Box Corner .....	10
Kangaroo Pouch.....	10
Little Rascals .....	10
The Kreative Playhouse .....	10
Patsy's Family Daycare .....	10
Child Development Centre of Prince George .....	11

## Directory of Services Available for Vanderhoof and Surrounding area – January 2010

Child Disability Benefit - Canadian Government .....	11
Child Health Clinic – Vanderhoof Public Health.....	11
Children First Prince George.....	11
Children Who Witness Abuse Counselling .....	11
Choices for Down Syndrome Society.....	11
CNIB (Canadian National Institute for the Blind) .....	12
Circle Time.....	12
Crazy Little Preschool .....	12
Crisis Line .....	12
Complex Developmental and Behavioural Conditions Consultants .....	12
Cubbies.....	12
Divorce Care.....	12
Doula Services.....	13
Early Intervention Services - College of New Caledonia, Vanderhoof .....	13
E-Bus.....	13
Employment Insurance Benefits.....	13
Food Safe.....	13
Fetal Alcohol Spectrum Disorder Outreach.....	13
Foster Parent Support Line.....	14
Gateway Society - Behavioural Support Services .....	14
Grandparents Support Circle - Elizabeth Fry Society.....	14
Griefworks BC.....	14
Helpline for Children.....	14
Healthiest Babies Possible - Northern Family Health Society .....	14
Honour Your Health Challenge.....	14
Hospice Society .....	15
Human Early Learning Partnership (HELP) .....	15
In Your Grasp.....	15
Income Assistance - Ministry of Employment & Income Assistance .....	15
Infant Development Program .....	15
Infant Massage .....	15
Intersect Youth and Family Services.....	16
Juvenile Diabetes Research Foundation of Canada .....	16
Kids Sport Funding .....	16
Kids' Guide to Separation and Divorce .....	16
La Leche League .....	16
Lactation Support Services - Northern Health .....	16

## Directory of Services Available for Vanderhoof and Surrounding area – January 2010

Library Programs.....	17
Rhymes and Songs, Early Literacy Program.....	17
3-5 story time.....	17
Maternity Home Visiting.....	17
Mental Health.....	17
Mental Wellness Peer Support Group.....	17
Moms and Babies Drop-in group (currently on hold).....	17
Multisensory Learning Systems Inc. ....	17
Music for Young Children.....	17
Native Court worker & Counselling Association of BC.....	18
Nechako Valley Community Services Society.....	18
Neighbourlink.....	18
Northern B.C. Friends of Children Society.....	18
Northern Child.....	18
Nutrition Consultation.....	18
Northern Health Connections.....	18
Omineca Safe Home Society.....	19
Transition House:.....	19
Outreach services:.....	19
Stopping the violence counselling services:.....	19
Second Stage Housing:.....	19
Homelessness Outreach Program.....	19
Omineca Medical Clinic.....	19
Parent Advisory Council - Vanderhoof School District #91.....	19
Parent Support Services Society of BC.....	19
Parents Together - Intersect.....	19
Parenting Classes - Northern Family Health Society.....	20
PharmaCare - Government of BC.....	20
Prenatal Classes - Early bird.....	20
Private Schools.....	20
Northside Christian School.....	20
Rainbow Christian School.....	20
Prenatal Visits - Group.....	20
Pregnancy Counselling.....	20
Priority Parenting Program.....	20
Prince George Crisis Pregnancy Centre.....	21
PG Parents of Twins and Triplets.....	21

## Directory of Services Available for Vanderhoof and Surrounding area – January 2010

Progressive Employment Services Limited .....	21
Targeted Wage Subsidies.....	21
Venture Inception Project .....	21
JobWave .....	21
Assessing Planning Training (APT) .....	21
Project Parent North.....	21
Public Library (Vanderhoof) .....	21
Roots of Empathy - School District .....	22
Rainbow Christian School Explorers Preschool .....	22
Strengthening Families Together.....	22
Saik’uz First Nations Daycare.....	22
Strong Start .....	22
W.L. McLeod StrongStart.....	22
Vanderhoof StrongStart Outreach.....	22
Special Needs Resource Directory.....	23
Surpassing Our Survival (SOS) Society .....	23
School District #91 .....	23
Schools.....	23
Summer Programs .....	23
Supported Child Development Program .....	23
Success By 6® .....	23
Teen Crisis Line.....	24
Thomas Robinson Consulting Ltd.....	24
Travel Assistance Program - Ministry of Health.....	24
UNBC Taskforce on Substance Abuse, Centre of Excellence Children and Adolescents with Special Needs .....	24
Universal Child Care Benefit .....	24
Vanderhoof Alcohol and Drug Services.....	25
Waskahikan Management Society .....	25
Work Zone .....	25
You Make the Difference .....	25
Zajac Ranch for Children - The Zajac Foundation, .....	25

## A

### Ability Online

Ability Online is an extraordinary and absolutely free Internet community. Here, young people with disabilities and illnesses connect with all kinds of possibilities that address their needs as curious, growing citizens of the planet. They meet and chat with other people like them in a virtual world that transcends boundaries and barriers. They make friends, get tips from mentors, and freely participate in an atmosphere of collaboration, companionship and support.

**Website:** [www.ablelink.org/public/new/index.html](http://www.ablelink.org/public/new/index.html)

### Aboriginal Supported Care and Development

Helps support children from birth to 18 years of age that have a developmental delay or disability or that are at risk of developmental delay in physical, intellectual, communicative or emotional/ behavioural areas. We can provide consultation services, developmental screenings, program supports, individual programming, culturally-relevant programming, toy lending library, and help for families and childcare providers to access community services and resources.

**Contact:** Dawne Persson, ECD Manager,

**Phone:** (250) 567-2900

**Email:** [dawne@csfs.org](mailto:dawne@csfs.org)

**Cell:** (250) 570-7377

**Fax:** (250) 567-2533

### Adoptive Families Association of BC

View this site for information and contacts regarding adoption in British Columbia.

**Contact:** Cheryl Piddocke,

**Toll Free:** (866) 303-4591

1600 3rd Avenue

**Phone:** (250) 963-8553

Prince George, BC V2L 3G6

**E-mail:** [cpiddocke@bcadoption.com](mailto:cpiddocke@bcadoption.com)

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

### After School Program

Pro-D and summer programs, Contact Sandra for more information.

**Contact:** Sandra Boivin

**Phone:** (250) 567-7798

Vanderhoof, BC

### AiMHi - Prince George Association for Community Living

AiMHi supports children who have special needs, adults who have developmental disabilities and their families. Through the provision of advocacy, services, supports and education, AiMHi fosters a community where people are celebrated for their gifts, abilities and contributions.

#### *Skill Building Library*

Providing materials to facilitate learning for children and adults. The library is open to anyone. We have toys and materials to help with specific skills, fine motor, social, and discrimination. There is no charge.

**E-mail:** [sblibrary@aimhi.ca](mailto:sblibrary@aimhi.ca)

#### *Children's Residence*

Provides support and relief services for families of children who have a developmental, physical, or sensory disability, up to and including the age of 18.

**Contact:** Sherry Pearson

950-Kerry Street Phone

**Phone:** (250) 564-6408

Prince George, BC V2M 5A3

**Fax:** (250) 564-6801

**Website:** [www.aimhi.ca](http://www.aimhi.ca)

### **Audiology (Hearing) Clinic - Northern Interior Health Unit**

Hearing evaluation, fitting of amplification devices, and sale of hearing aids and accessories for infants and children up to 19 years.

PGRH ground floor 1475 Edmonton St  
Prince George, BC V2M 1S2 **Phone:** (250) 565-7371

Newborn Hearing screening- done in Vanderhoof health unit before child is one month of age, follow up with aides and support by 3 months if problem identified

**Contact:** Natasha Bautista **Phone:** (866) 992-7899  
3299 Hospital Way  
Vanderhoof, BC V0J 3A0

### **Autism Funding - Early Intensive Intervention Information Kit for Children with Autism**

Provincial government funding through Community Living BC for one on one intervention by SLP, OT, PT behavioural consultants. Does not pay for respite or equipment. Families receive a monthly allowance which must be administered by a trust. Eligibility: Must be 6 years and under. Diagnosed with Autism Spectrum Disorder.

**Contact:** Pat Marshall **Phone:** (250) 565-6904  
Suite 171 – 1600 15<sup>th</sup> Ave **Email:** [princegeorge@communityliving.ca](mailto:princegeorge@communityliving.ca)  
Prince George, BC V2L 3X3

**Website:** [www.mcf.gov.bc.ca/autism/index.htm](http://www.mcf.gov.bc.ca/autism/index.htm)

### **Axis Family Resources Ltd.**

We are a community-based social service agency serving various regions in British Columbia. Our programming includes specialized residential care programs, specialized family counselling and other interventions, community living services (group and individual), supported independent living programming for youth, youth addictions mobile treatment and crisis stabilization beds, outreach services for women dealing with abuse in their relationships, children who witness abuse counselling, and support and education/ training for foster parents.

Our programs are funded by the Ministry of Children and Family Development, Interior Health Authority, Northern Health Authority, Community Living British Columbia, and the Ministry of Community Services.

**Contact:** Rachel Stubbs **Phone:** (250) 564-9064  
185 Quebec Street Phone **Fax:** (250) 564-9068  
Prince George BC V2L 1W1 **Toll Free:** (877) 392-1003

**Website:** [www.axis.bc.ca](http://www.axis.bc.ca)

### **Axis Family Resources Ltd. – Foster Parent Training and Support Program**

Serving Burns Lake, Vanderhoof, Ft. St. James

**Contact:** Melanie Chesnutt **E-mail:** [melanie.chesnutt@axis.bc.ca](mailto:melanie.chesnutt@axis.bc.ca)  
**Contact:** Pam Gilcrest **Phone:** (250) 692-0120

**Website:** [www.axis.bc.ca](http://www.axis.bc.ca)

## **B**

### **Baby Signing**

Individual Support for parents of speech delayed children through NVCSS Infant Development Program.

**Contact:** Lynn Clark **Phone:** (250) 567-9205  
Nechako Valley Community Services **Cell:** (250) 567-8814  
157 W Victoria St **Fax:** (250) 567-3939  
Vanderhoof, BC V0J 3A0

**Website:** [www.nvcss.ca](http://www.nvcss.ca)

### **BC Housing Outreach Worker**

A resource for those individuals/families in the community who are homeless or at risk of being homeless.

**Phone:** (250) 567-7361

### **BC Council for Families**

The BC Council for Families works to help create healthy families in a healthy society. Our goal is to empower families. We provide educational resources on topics such as parenting, childhood development, parent-teen relationships, work-life balance, suicide awareness and more. We also support family education professionals by coordinating professional development workshops and symposiums, participating in conferences and disseminating research and resources.

204-2590 Granville Street  
Vancouver, BC V6H 3H1

**Phone:** (604) 660-0675

**Toll free:** (800) 663-5638

**Fax:** (604) 732-4813

**Website:** [www.bccf.bc.ca](http://www.bccf.bc.ca)

### **BC Family Hearing Resource Society**

Is a provincial program that provides comprehensive services to families with young deaf and hard of hearing children throughout B.C. We also provide consultation and training to other professionals working with deaf and hard of hearing children. The BCFHR Society strives to help every child reach their fullest potential. We provide family-centered services beginning as early in the child's life as possible and are committed to individual choices. The BCFHR Centre offers support and resources throughout BC to deaf and hard of hearing children, their families, and community service providers

**Contact :** Cindy Adams, Program Assistant

15220 92 Ave  
Surrey BC V3R 2T8

**Phone :** (604) 584-2827

**Fax:** (604) 584-2827

**TTY:** (604) 584-9108

**Website:** [www.bcfamilyhearing.com](http://www.bcfamilyhearing.com)

### **BC Lions Society for Children with Disabilities Easter Seal Camps**

The three BC Easter Seal Camps have been active across the province since 1968. The BC Lions Society for Children with Disabilities operates the camps with a mandate to provide 'no fee' residential camping for children and teens between the ages of 6-18 years old where focus is on allowing campers to explore and discover their abilities. Most of our programs last 7-days and campers sleep in cabins together with their buddies. We have swimming, canoeing, arts and crafts, campouts, and challenge course elements like: climbing walls, giant team swings and low ropes courses. Our staff receive comprehensive training that well prepares them to support campers and foster growth and development. At camp we work towards creating communities that embrace beauty and diverse and ask campers and staff to challenge themselves, take risks and try new things in a safe, warm and supportive environment. Campers gain confidence, responsibility and feel better about themselves as a result of camp.

3981 Oak St  
Vancouver BC V6H 4H5

**Phone:** (604) 873-1865

**Fax:** (604) 873-0166

**Toll Free:** (800) 818-4483

**Website:** [www.lionsbc.ca](http://www.lionsbc.ca)

### **BC Mediator Roster**

Here you will find information about mediators on the Society's Civil and Family Rosters, British Columbia's Child Protection Mediation Program Roster, the mediation process, mediation developments and resources in the Province, training opportunities, and much more.

**Contact:** Julie Daum  
Fraser Lake BC

**Phone:** (250) 699-6622

**Email:** [jdaum@telus.blackberry.net](mailto:jdaum@telus.blackberry.net)

**Website:** [www.mediator-roster.bc.ca](http://www.mediator-roster.bc.ca)

### **BC Nurses Line**

Speak to a nurse: to ask a registered nurse your health questions, any hour of the day or night. Nurses are available 24/7 to help you with non-emergency health concerns, to discuss symptoms and procedures and recommend whether you should see a health professional.

**Phone:** 8-1-1

### Best Moms & Dads

A group that supports social interaction and literacy through creative endeavours, cooking and tutoring. Adults interested in learning to build their skills, be creative and socialize at the same time are welcome to drop in at Neighbourlink. Free literacy tutoring (one to one) is available as well. Activities include scrapbooking, moccasin making, container gardening, trips to the local park & fall fair etc. Membership is open to anyone, all events and activities are free, including child minding on site. Tutoring can be arranged even if a person does not want to be part of the other activities.

<b>Contacts:</b> Henry Bucher	<b>Phone:</b> (250) 567-9007
Michelle Miller-Gauthier	<b>Phone:</b> (250) 570-9011
Cora McIntosh	<b>Phone:</b> (250) 570-3123
Kathy Martens	<b>Phone:</b> (250) 567-9068

### Bona Dea Midwifery Practice

Registered Midwives are skilled professionals in pregnancy and birth. They specialize in providing safe, quality care to women and their newborns. Karin Gerlach established Bona Dea Midwifery Practice in 2001 but has been practicing midwifery for over 30 years. Services include pre-natal assessments and exams, home and hospital deliveries and post-natal care. All midwifery services are covered by MSP.

<b>Contact:</b> Karin Gerlach	<b>Phone:</b> (250) 964-6473
3057 Bona Dea Drive	<b>Fax:</b> (250) 964-6493
Prince George BC V2N 5L1	<b>E-mail:</b> <a href="mailto:gerlach@telus.net">gerlach@telus.net</a>

## C

### Canadian Action Plan for Children (CAP-C)

This program provides support to established projects and programs that are in place in the community. During the week Ruth can be found at Neighbourlink community kitchen, and weekly free lunches, Food bank Program, Scrap booking and literacy program, as well as the Health Women's group.

<b>Contact:</b> Ruth Johnny	<b>Phone:</b> (250) 567-9205
Nechako Valley Community Services	<b>Fax:</b> (250) 567-3939
157 W Victoria St	
Vanderhoof BC V0J 3A0	

**Website:** [www.nvcss.ca](http://www.nvcss.ca)

### Canada Child Tax Benefit - Canadian Government

The Canada Child Tax Benefit is a tax-free monthly payment made to eligible families to help them with the cost of raising children under 18. May include the National Child Benefit Supplement, BC Family Bonus, and Universal Child Care Benefit.

<b>Contact:</b> Canada Revenue Agency	<b>Phone:</b> (800) 387-1193
<b>Website:</b> <a href="http://www.cra-arc.gc.ca/bnfts/cctb/menu-eng.html">www.cra-arc.gc.ca/bnfts/cctb/menu-eng.html</a>	

### Carrier Sekani Family Services

With Guidance of our elders, CSFS is committed to the healing and empowerment of Aboriginal Families by taking direct responsibility for: health, social and legal services to First Nations people residing in the CSFS territory ( Burns lake band, Cheslatta, Lake Babine, Nadleh, Nee Tuhi Buhn, Saikuz, Skin Tyee, Takla, Wet'suwet'en, and Yekooche). CSFS offers supports in Health which covers: patient liaison, addictions recovery, Early childhood development, HIV/Aids, home care, mental health, mobile diabetes, NIHB, nursing, telehealth, and youth development. Family Support Service: Bridging, home support, community linkage, child/youth, and life skills. Child and Family: Child and welfare, family preservation, and resources. For more information please contact one of our three offices

<b>Prince George:</b>	<b>Phone:</b> (250) 562-3591	<b>Fax:</b> (250) 562-2272
<b>Vanderhoof:</b>	<b>Phone:</b> (250) 567-2900	<b>Fax:</b> (250) 567-2975
<b>Burns Lake</b>	<b>Phone:</b> (250) 692-1800	<b>Fax:</b> (250) 692-1877

**Website:** [www.csfs.org](http://www.csfs.org)

### **Canadian Prenatal Nutrition Program - CPNP**

Provides services to all families who are expecting or those parenting babies up to the age of 7 months. CPNP promotes and encourages healthy diets for prenatal and breastfeeding women. They support and educate women who are breastfeeding, promote growth and development of infants, provide access to good food and meal bags, encourage and support parents, and provide education and counselling services.

**Contact:** Erin Smedley (Coordinator)  
West Stewart Street  
Vanderhoof, BC V0J 3A0

**Phone:** (250) 567-2900  
**Fax:** (250) 567-2533  
**Email:** [erin@csfs.org](mailto:erin@csfs.org)

### **Childbirth Classes**

Take these classes during your 7<sup>th</sup> or 8<sup>th</sup> month. Preparation for labour and delivery, breastfeeding, the newborn, the new family at home, hospital tour, breathing techniques. Monday nights. Contact Vanderhoof Public Health for dates of next group

**Contact (1):** Lorna.Beatty

**Phone:** (250) 567-6900

**Contact (2):** Danelle Zwick

**Email:** [Lorna.Beatty@northernhealth.ca](mailto:Lorna.Beatty@northernhealth.ca)

3299 Hospital Way  
Vanderhoof, BC V0J 3A0

### **Child Care Subsidy - BC Ministry of Child & Family Development**

Monthly payment that helps families with low incomes to cover the costs of childcare.

**Contact:** Enquiry BC.

**Toll Free:** (888) 338-6622

**Website:** [www.mcf.gov.bc.ca/childcare](http://www.mcf.gov.bc.ca/childcare)

### **Child Care Resource and Referral for Prince George & Area**

Provides an array of services for both parents and childcare providers with outreach to Burns Lake, Fort St. James, Fraser Lake, and Vanderhoof. Parents can access training and workshops, newsletter, resource/toy lending libraries, consultations, drop-in programs and referrals to their childcare business. No cost for referrals, \$30 annual membership for newsletter and lending library.

**Contact:** Kathy Reed  
Family Y Building  
2020 Massey Drive,. Box 1808  
Prince George BC V2L 4V7

**Phone:** (250) 563-2483

**Website:** [www.childcarechoices.ca](http://www.childcarechoices.ca)

### **Childcare**

#### *Caterpillar Clubhouse*

**Contact:** Joelene Siemens-Abbott

**Phone:** (250) 567-5706

#### *Chatter Box Corner*

**Contact:** Kristin Churchhill

**Phone:** (250) 567-5131

#### *Kangaroo Pouch*

Licensed family daycare. Up to 5 spaces

**Contact:** Jaquiline Smedley  
2826 Riverview  
Vanderhoof, BC

**Phone:** (250) 567-5181

#### *Little Rascals*

**Contact:** Chelsi Sabbe

**Phone:** (250) 567-2453

#### *The Kreative Playhouse*

**Contact:** Heather Campbell-Stewart

**Phone:** (250) 567-4825

#### *Patsy's Family Daycare*

Open to all ages, 8:00 – 5:00

**Contact:** Patsy Kiff

**Phone:** (250) 567-3949

### **Child Development Centre of Prince George**

The Child Development Centre offers a variety of services including pediatric therapy, Supported Child Development, family services, daycare, and preschool. Our Therapy Department offers physiotherapy, occupational therapy, and speech language pathology services for children with special needs and developmental delays. In addition, the centre also provides limited specialized preschool groups, incorporating a focus on speech/communication or occupational therapy. SCDP provides support services for children in childcare or preschool that require additional support due to developmental delays or special needs. The Program provides services for children from birth to age twelve. Our Family Services department provides support to families of children that receive services at the Centre, ensuring that families are informed and connected with area services and resources.

Our daycare and preschool classes offer inclusive services for children with special needs and developmentally delayed children, as well as children with typical development and abilities.

**Contact:** Lynnelle Sutherland

1687 Strathcona Avenue  
Prince George BC V2L 4E7

**Phone:** (250) 563-7168

**Fax:** (250) 563-8039

**Website:** [www.cdcp.org](http://www.cdcp.org)

### **Child Disability Benefit - Canadian Government**

The Child Disability Benefit is a tax-free benefit for families who care for a child under age 18 with a severe and prolonged impairment in mental or physical functions.

**Contact:** Canada Revenue Agency

**Phone:** (800) 387-1193

**Website:** [www.cra-arc.gc.ca/bnfts/dsblty-eng.html](http://www.cra-arc.gc.ca/bnfts/dsblty-eng.html)

### **Child Health Clinic—Vanderhoof Public Health**

**Contact (1):** Lorna Beatty

**Phone:** (250) 567-6900

**Contact (2):** Danelle Zwick

**Fax:** (250) 567-6170

**Contact (3):** Bernita Nesjan

**Email:** [www.Lorna.Beatty@northernhealth.ca](mailto:www.Lorna.Beatty@northernhealth.ca)

3299 Hospital Way  
Vanderhoof, BC V0J 3A0

### **Children First Prince George**

Is committed to helping Prince George children from before pregnancy to age six and their families by: raising awareness of the importance of the early years building an early childhood development support system that will lead to healthier children and families. bringing together parents, service providers, businesses, government, and community members to find out about the strengths and needs of their community, so we can work together to provide improved services for children and their families in Prince George.

**Contact:** Kathy Basaraba

**Phone:** (250) 565-2596

Northern Interior Health Unit

**Fax:** (250) 565-7377

1444 Edmonton Street

Prince George, BC V2M 6W5

**Website:** [www.childrenfirstpg.com](http://www.childrenfirstpg.com)

### **Children Who Witness Abuse Counselling**

A program for children aged 3-18 who have been exposed to domestic violence. We offer individual and group counselling for children and youth. Referrals can be made through the community or by self referral.

**Contact:** Bev McInnis

**Phone:** (250) 567-9205

Nechako Valley Community Services Society

157 West Victoria St

Vanderhoof, BC V0J 1S0

**Website:** [www.nvcss.ca](http://www.nvcss.ca)

### **Choices for Down Syndrome Society**

Down Syndrome Contact and Support Group

Library Socials – 4th Monday each month 7 PM

**Contact (1):** Stacy Cabage-Sterling

**Phone:** (250) 277-1592

**Contact (2):** Jenny Jones

**Phone:** (250) 964-9289

9346 West Sykes Road

**Email:** [jenjon@shaw.ca](mailto:jenjon@shaw.ca)

Prince George BC V2N 6N4

### **CNIB (Canadian National Institute for the Blind)**

Help and assistance for those with low vision problems- contacts in PG and in Vancouver

**Website:** [www.CNIB.ca](http://www.CNIB.ca)

**Phone:** (800) 563-2642

### **Circle Time**

Your child will have the opportunity to try a variety of activities such as crafts, games, stories and other preschool activities. Circle Time will give your child a great introduction to being in a structured environment.

Monday to Tuesday 9:30 – 11:30 am \$6 per session pre paid.

**Contact:** Tammy McNolty

**Phone:** (250) 567-5343

United Church

**Cell:** (250) 570-1959

2592 Church Street

Vanderhoof, BC V0J 3A0

### **Crazy Little Preschool**

Tuesdays and Thursdays AM group 9:00 – 11:30 PM group 12:30 – 3:00

\$10 per class pre paid by the month

**Contact:** Sandra Boivin

**Phone:** (250) 567 - 7798

Arena Mezzanine

Vanderhoof, BC V0J 3A0

### **Crisis Line**

No cost, confidential, anonymous peer support and referrals. Handles TTY (hearing impaired) calls. Access to the language line for those requiring an interpreter. 24 hours per day 7 days per week.

1600 3rd Ave, 5th floor

**Phone:** (250) 563-1214

Prince George BC V2L 3G6

**Toll Free:** (888) 562-1214

**Website:** [www.northernbccrisissuicide.ca](http://www.northernbccrisissuicide.ca)

### **Complex Developmental and Behavioural Conditions Consultants**

CDDBC is a term used to describe significant difficulties that may affect an individual in multiple areas of functioning, such as learning and development, mental health and behaviour, adaptive and social skills. A multidisciplinary team will provide Interdisciplinary Diagnostic and Support Services to children/youth (aged 0-19) with CDDBC in the Vanderhoof Fort St James area.

**Contact:** Lori Den Engelsen

**Phone:** (250) 996-7019

College of New Caledonia

Fort St James BC V0J

**Website:** [www.cnc.bc.ca/Campuses/Lakes\\_District\\_Campus/Children\\_Family\\_and\\_Community\\_Programs/CDDBC.htm](http://www.cnc.bc.ca/Campuses/Lakes_District_Campus/Children_Family_and_Community_Programs/CDDBC.htm)

### **Cubbies**

3 and 4 yr olds are invited to come for a 1 ½ hr program of games stories and, of course, lots of fun. Wednesdays 9:30 – 11:00 at the Gospel Chapel.

**Contact:** Tina Martens

**Phone:** (250) 567-3107

448 Connaught St

**E-mail:** [office@thegospelchapel.ca](mailto:office@thegospelchapel.ca)

Vanderhoof, BC V0J 3A0

**Website:** [www.thegospelchapel.ca](http://www.thegospelchapel.ca)

## **D**

### **Divorce Care**

A faith based support program for divorcing parents with sessions on helping your children cope.

**Contact:** June Clark

**E-mail:** [jbclark@uniserve.com](mailto:jbclark@uniserve.com)

## Doula Services

Providing emotional, physical, and informational support throughout pregnancy, labour, birth and postpartum. A doula is someone who is trained and experienced in childbirth who provides professional support throughout pregnancy, labour and childbirth. I am hired by the birthing mother. I attend births whether you have a Doctor, Midwife or obstetrician. Certified through D.O.N.A.. International.

**Contact:** Kerri-Lea Derksen cd D.O.N.

**Phone:** (250) 567-2534

**Website:** [www.dona.org](http://www.dona.org)

**Cell:** (250) 570-2945

## E

### Early Intervention Services - College of New Caledonia, Vanderhoof

Offers speech and language therapy, occupational therapy, and physio-therapy services for children from birth to kindergarten. Referrals accepted from parents, legal guardians, other health care workers and child care providers with parental consent.

**Contact:** Debbie Scott

**Phone:** (250) 567-6164

3299 Hospital Way

**E-mail:** [scottd2@cnc.bc.ca](mailto:scottd2@cnc.bc.ca)

Vanderhoof, BC V0J 3A0

### E-Bus

EBUS Academy is a BC Public School operating within the Nechako Lakes School District that provides some of the best online learning programs and courses to BC students. Founded in 1993, EBUS is an established leader in distance learning and currently enrolls 1000+ students ranging from Kindergarten to Adult. EBUS provides a variety of support that enable each of our students to work at their pace and in their chosen environment to achieve academic success. EBUS provides students with access to a variety of world class learning resources including a variety of subscriptions to online educational sites.

#### Mailing Address:

EBUS Academy

**Toll Free:** (800) 567-1236

Bag 8000, 187 East Victoria Street

**Local:** (250) 567-1236

Vanderhoof, BC V0J 3A2

**Fax:** (250) 567-3943

**Email:** [info@ebus.sd91.bc.ca](mailto:info@ebus.sd91.bc.ca)

### Employment Insurance Benefits

Service Canada – access to EI Benefits, Job Bank, Social Insurance Numbers, Canada Pension, Old Age Security and a variety of other Federal Government Programs.

**Contact:** Leanne Ashcroft

**Phone:** (250) 567-4795

## F

### Food Safe

Spring and Fall sessions \$102 Call CNC for dates and to register.

**Contact:** Wendy Clement

**Phone:** (250) 567-3200

3231 Hospital Ave

**Fax:** (250) 567-3217

Vanderhoof, BC V0J 3A0

### Fetal Alcohol Spectrum Disorder Outreach

This program provides information and resources to the community to provide support and to assist with strategies to members living or working with children with alcohol related birth defects. The program also offers presentations on FASD to other agencies to assist in creating well informed community members. FASD Day is recognized on September 9 this year with an information booth and other activities.

**Contact:** Ruth Johnny

**Phone:** (250) 567-9205

Nechako Valley Community Services

**Fax:** (250) 567-3939

157 W Victoria St

Vanderhoof, BC V0J 3A0

**Website:** [www.nvcss.ca](http://www.nvcss.ca)

## Foster Parent Support Line

Contact the Foster Parent Support Line for answers to your questions.

**Toll Free:** (888) 495-4440

## G

### Gateway Society - Behavioural Support Services

Free, in home behavioural consultation, training and support for families of children with an Autism Spectrum Disorder.

**Contact:** Michael Watt  
1023 LaSalle Ave.  
Prince George, BC V2L 4J6

**Phone:** (250) 561-1194  
**Fax:** (250) 561-1195

**Website:** [www.gatewayociety.org](http://www.gatewayociety.org)

### Grandparents Support Circle - Elizabeth Fry Society

Safe and confidential weekly open groups for Grandparents wishing to explore new ideas and ways to protect and parent their grandchildren.

**Contact:** Diane Bertoli  
1575 5th Avenue  
Prince George, BC V2L 3L9

**Phone:** (250) 563-1113  
**Fax:** (250) 563-8765

**Website:** [www.pgefry.bc.ca/](http://www.pgefry.bc.ca/)

### Griefworks BC

Provides bereavement resource and referral service to families when and where they need it.

**Contact:** Kay Johnson  
4500 Oak St. Room E405  
Vancouver BC V6H 3N1

**Phone:** (604) 875-2741  
**Fax:** (604) 875-2327  
**Toll Free:** (877) 234-3322

**Website:** [www.griefworksbc.com](http://www.griefworksbc.com)

## H

### Helpline for Children

24 hour toll-free phone line for children needing help. Takes reports of child abuse and neglect from any concerned party.

Ministry of Children and Family Development  
160 East Columbia  
Vanderhoof, BC V0J3A0

**Phone:** (250) 310-1234

**Website:** [www.gov.bc.ca/mcf](http://www.gov.bc.ca/mcf)

### Healthiest Babies Possible - Northern Family Health Society

Healthiest Babies Possible Pregnancy Outreach Program provides education and support to women with high risk pregnancies. A Registered Nurse, and two Outreach Workers are available to help you have the healthiest pregnancy possible. Providing free/low cost groceries, prenatal vitamins, social groups, prenatal classes, cooking classes, free baby and maternity clothing. No cost. Child minding and groceries provided for groups, bus tickets available, parenting supports from pregnancy until children are six years old.

**Contact:** Northern Family Health Society for more information.

2666 Queensway Street  
Prince George BC

**Phone:** (250) 561-2689

**Email:** [angel@nfhs-pg.org](mailto:angel@nfhs-pg.org)

**Website:** [www.nfhs-pg.org](http://www.nfhs-pg.org)

### Honour Your Health Challenge

A focus group on young aboriginal moms open of all young moms. Weekly group sessions of Honour Your Health look at emotional, physical and spiritual health.

**Contact:** Melanie Labach  
West Stewart St,  
Vanderhoof, BC V0J 3A0

**Phone:** (250) 567-9022

### **Hospice Society**

The Vanderhoof Hospice Society offers care and support to persons at the end of their life journey, and their family.

**Contact:** Debra Klettke-Elcome **Phone:** (250) 567-5340  
Box 1704  
Vanderhoof, BC V0J 3A0

### **Human Early Learning Partnership (HELP)**

Is an interdisciplinary research network of faculty, researchers and graduate students from British Columbia's six major universities. Led by Dr. Clyde Hertzman, HELP facilitates the creation of new knowledge, and helps apply this knowledge by working directly with government and communities. HELP works in partnership with, and receives funding from, the BC Ministries of Children and Family Development (MCFD), Education and Healthy Living and Sport.

**Website:** [www.earlylearning.ubc.ca/index.html](http://www.earlylearning.ubc.ca/index.html)

## **I**

### **In Your Grasp**

In Your Grasp is a regional and provincial database of available community resources designed for BC families. This site was developed as a partnership between the BC Federation of Foster Parent Associations, the Adoptive Families Association of BC, and the Federation of Aboriginal Foster Parents.

**Website:** [www.inyourgrasp.bc.ca/default.asp](http://www.inyourgrasp.bc.ca/default.asp)

### **Income Assistance - Ministry of Employment & Income Assistance**

Program provides financial assistance to eligible people with low incomes.

**Contact:** Income Assistance **Toll Free:** (866) 866-0800  
160 East Columbia  
Vanderhoof BC V0J 3A0

**Website:** [www.eia.gov.bc.ca/publicat/bcea/applying.htm](http://www.eia.gov.bc.ca/publicat/bcea/applying.htm)

### **Infant Development Program**

Support to parents of children birth to three years of age who are experiencing delays in one or more of the developmental domains. Services include home visiting, developmental assessments; toy/equipment lending, infant massage and playgroups. No cost to families.

**Contact:** Lynn Clark **Phone:** (250) 567-9205  
Nechako Valley Community Services Society **Cell:** (250) 567-8814  
157 West Victoria St  
Vanderhoof, BC V0J 3A0

**Website:** [www.nvcss.ca](http://www.nvcss.ca)

### **Infant Massage**

International Association of Infant Massage Instructors will teach you to communicate your love through touch. Infant massage develops the expression of our first language-touch, and facilitates bonding and attachment.

**Contact (1):** Lynn Clark **Phone:** (250) 567-9205  
**Contact (2):** Sandra Boivin **Phone:** (250) 567-7798  
**Contact (3):** Erin Smedley **Phone:** (250) 567-2900  
**Contact (4):** Dawn Perrson **Phone:** (250) 567-2900  
**Contact (5):** Cecilia Johnny **Phone:** (250) 567-2122  
**Contact (6):** Karen George **Phone:** (250) 567-2122  
**Contact (7):** Renata Heathcliff **Phone:** (250) 567-2122

**Website:** [www.iaim.net](http://www.iaim.net)

### **Intersect Youth and Family Services**

Provides voluntary counselling for children and youth under 19 years. Intersect offers a wide variety of programs such as assessment and referrals, individual, family and group therapy to clients and their families at no cost. Priority is given to children and youth facing mental health disorders or those at risk of harming self or others.

No cost. 8:30 - 4:30 Monday to Friday.

**Contact:** Nechako Valley Community Services for referral **Phone:** (250) 567-9205  
1294 Third Avenue **Phone:** (250) 562-6639  
Prince George, BC V2L 3E6 **Fax:** (250) 562-4692

**Website:** [www.intersect.bc.ca](http://www.intersect.bc.ca)

## **J**

### **Juvenile Diabetes Research Foundation of Canada**

6450 Roberts St, Suite 150  
Burnaby, BC V5G 4E1

**Phone:** (604) 320-1937

**Toll Free:** (877)320-1933

**E-mail:** [vncr@jdrf.ca](mailto:vncr@jdrf.ca)

**Website:** [www.jdrf.ca/index.cfm?fuseaction=home.viewPage&page\\_id=1](http://www.jdrf.ca/index.cfm?fuseaction=home.viewPage&page_id=1)

## **K**

### **Kids Sport Funding**

Grants for families who may need financial assistance in order for their child to participate in organized sport. Up to a maximum of \$200 is available to support a child to participate in one organized sport. One application per year per family is accepted. Children ages six to 18 are eligible.

**Website:** [www.kidsportcanada.ca/index.php?page=british\\_columbia\\_welcome](http://www.kidsportcanada.ca/index.php?page=british_columbia_welcome)

### **Kids' Guide to Separation and Divorce**

Families Change is a Government of BC website to help parents and professionals explain divorce and separation to kids.

**Website:** [www.familieschange.ca](http://www.familieschange.ca)

## **L**

### **La Leche League**

We are here to help moms breastfeed their babies. We offer phone and group support and meet the second Thursday of every month at 7 pm in the Northern Interior Health Unit Auditorium.

**Contact:** Tammy Kozoris  
571 Williams Cres.

**Phone:** (250) 612-0085

**E-mail:** [Kozoris@telus.net](mailto:Kozoris@telus.net)

Prince George, BC V2N 1Y2

**Website:** [www.lllc.ca](http://www.lllc.ca)

### **Lactation Support Services - Northern Health**

In-hospital support for breastfeeding infants and children, their mothers and families. One-on-one teaching, prevention, recognition, and coping with problems that may occur while breastfeeding. No cost.

**Contact (1):** Danelle Zwick

**Phone:** (250) 567-6900

**Contact (2):** Lorna Beatty

**Email:** [Lorna.Beatty@northernhealth.ca](mailto:Lorna.Beatty@northernhealth.ca)

Vanderhoof Public Health Unit

## Library Programs

### *Rhymes and Songs, Early Literacy Program*

Ages 0 – 35 months. Eight week programs Tuesdays 10:30 – 11:15. Snack provided. Parents, babies and young children will learn interactive rhymes, stories and songs for use at home.

### *3-5 story time*

Eight week programs. Thursdays 10:30 – 11:00

Stories and interactive rhymes, designed to nurture your child's love of books and the library. Child participates in story time session while parent waits in the library. Re registration required.

**Contact:** Vanderhoof Public Library  
230 East Stewart  
Vanderhoof, BC V0J 3A0

**Phone:** (250) 567-4060

## M

## Maternity Home Visiting

Following the discharge of a new baby, all parents are contacted and offered a home visit with a Public Health Nurse who will do a physical assessment as well as provide education and counselling to parents. No cost.

**Contact (1):** Lorna Beaty

**Phone:** (250) 567-6900

**Contact (2):** Danelle Zwick

**Email:** [Lorna.Beaty@northernhealth.ca](mailto:Lorna.Beaty@northernhealth.ca)

Vanderhoof Public Health Unit  
3299 Hospital Way  
Vanderhoof, BC V0J 3A0

## Mental Health

Counselling Services for adults with mental health concerns. No charge.

**Contact:** Claire

**Phone:** (250) 567-5994

3299 Hospital Way  
Vanderhoof, BC

**Fax:** (250) 567-6171

## Mental Wellness Peer Support Group

This group provides support and education for anyone living with mental health and/or addictions issues. Every other Tuesday starting September 15<sup>th</sup> through April 27<sup>th</sup>, 2010. 10:00 AM to 12:00.

**Contact:** Patricia Pedersen

**Phone:** (250) 692-7500

2501 Church Avenue, South Entrance  
Vanderhoof, BC V0J 3A0

## Moms and Babies Drop-in group (currently on hold)

Meet other new moms and babes, weigh baby, breastfeeding supports and experience sharing.

Every Thursday 10:00 – 11:00 at the Health Unit

**Contact:** Bernita Nesjan

**Phone:** (250) 567-6900

Vanderhoof Public Health Unit  
Vanderhoof, BC V0J 3A0

**Email:** [Bernita.Nesjan@northernhealth.ca](mailto:Bernita.Nesjan@northernhealth.ca)

## Multisensory Learning Systems Inc.

**Contact:** David Deswiage

**Toll Free:** (877) 561-9199

129 Riley Drive  
Prince George, BC V2M 3N9

**E-mail:** [dave@multisensorylearning.ca](mailto:dave@multisensorylearning.ca)

## Music for Young Children

Group piano lessons for children ages 3 and up. Lessons include keyboard, creative movement, rhythm, singing, ear training sight reading music theory and composition.

**Contact:** Norma Hoy

**Phone:** (250) 996-8349

Garvie Road  
Fort St James, BC

## N

### **Native Court worker & Counselling Association of BC**

The Youth & Family Advocate will be responsible for providing guidance, support and advocacy to all First Nations families and clients involved in child protections issues with MCFD.

**Contact:** Patricia Jackson, Y & F Advocate  
314 1488 4th Ave  
Prince George, BC V2L4Y2

**Phone:** (250) 562-9513  
**Fax:** (250) 564-1134  
**Cell:** (250) 640-3644  
**Email:** [pjackson@nccabc.com](mailto:pjackson@nccabc.com)

**Website:** [www.nccabc.ca](http://www.nccabc.ca)

### **Nechako Valley Community Services Society**

Offers a variety of counselling and support services (see separate listings). Self referrals are accepted.

**Contact:** Reception  
157 Victoria St  
Vanderhoof, BC V0J 3A0

**Phone:** (250) 567-9205  
**Fax:** (250) 567-3939

**Website:** [www.nvcss.ca](http://www.nvcss.ca)

### **Neighbourlink**

Monthly Food bank, weekly hot lunch (Wednesdays), Thrift Store,

**Contact:** Henry Bucher

**Phone:** (250) 567-9007

### **Northern B.C. Friends of Children Society**

Is a non-profit society assisting families with children in extraordinary medical need by:

- 1) offering financial assistance
- 2) providing resource information and emotional support
- 3) coordinating efforts with other organizations and service providers

\*Clients are referred by health and social service providers as well as self referral.\*

**Contact:** Kelly Sharp  
**Contact:** Dana Foster  
PO Box 2463  
1249 - Fourth Avenue,  
Prince George, BC V2N 2S6

**Phone:** (250) 564-2217  
**Toll Free:** (866) 564-2217  
**Fax:** (250) 564-2247

**Website:** [www.friendsofchildren.ca](http://www.friendsofchildren.ca)

### **Northern Child**

**Website:** [www.northernchild.ca](http://www.northernchild.ca)

### **Nutrition Consultation**

Diet assessments and nutrition counselling for all ages by self referral. Call for an appointment.

**Contact:** Rebecca Larson  
St. John Hospital  
3255 Hospital Road  
Vanderhoof, BC V0J 3A0

**Phone:** (250) 567-2211  
**Email:** [Rebecca.Larson@northernhealth.ca](mailto:Rebecca.Larson@northernhealth.ca)

### **Northern Health Connections**

A travel service program that will provide low-cost travel services to patients who need to go to larger centres such as Prince George, Kamloops and Vancouver for specialized health services, and is part of a BC Government commitment to expand access to health services for rural residents. Nominal fee based on distance.

**Contact:** Northern Health  
1444 Edmonton Street  
Prince George, BC V2M 6W5

**Toll Free:** (888) 647-4997

**Website:** [www.northernhealth.ca/nhconnections](http://www.northernhealth.ca/nhconnections)

## O

### **Omineca Safe Home Society**

#### *Transition House:*

Provides a safe haven for women with or without children leaving an abusive situation. On site Women's and Children's support. Call collect 24 hr a day

**Phone:** (250) 567-9512

#### *Outreach services:*

Provides education and awareness about the affects of violence against women, advocacy, support, accompaniment, and referral for women who have experienced sexual assault, and violence in relationships.

**Contact:** Corrie Bennett

**Phone:** (250) 567-9959

#### *Stopping the violence counselling services:*

Provides counselling at no charge for women in the Omineca region who have experienced sexual assault, violence in relationships or childhood abuse

**Contact:** Lisa Volts

**Phone:** (250) 567-9959

Box 1126

**Email:** [safehome@uniserve.com](mailto:safehome@uniserve.com)

Vanderhoof, BC V0J 3A0

#### *Second Stage Housing:*

Provides four, low cost apartments, for women leaving abuse available for one year.

**Contact:** Sylvia Byron

**Phone:** (250) 567-9959

#### *Homelessness Outreach Program*

Providing support, advocacy and transportation for individuals who are homeless.

**Contact:** Phil Osnes

**Phone:** (250) 567-7361

**Website:** [www.omineca.shelternet.ca](http://www.omineca.shelternet.ca)

### **Omineca Medical Clinic**

3348 Hospital Road

**Phone:** (250) 567-2201

Vanderhoof, BC V0J 3A0

**Fax:** (250) 567-2105

## P

### **Parent Advisory Council – Vanderhoof School District #91**

The Vanderhoof District Parent Advisory Council provides an overall umbrella of operation for the Parent Advisory. We are parents working together to encourage student success throughout School District #91. Call or email for more information on how to get involved.

**Contact:** Adele Gooding District Chair

**Phone:** (250) 692-6975

**E-mail:** [dpac@mail.sd91.bc.ca](mailto:dpac@mail.sd91.bc.ca)

### **Parent Support Services Society of BC**

A provincial organization providing programs and supports for parents in Prince George. Call for information or to register for Parent Support Circles, Active Parenting Classes, and STEP (Systematic Training for Effective Parenting). Distributes "The Village - Parent Resource Registry" on a monthly basis. Call or email to receive a copy.

**Contact :** Julie Bergen

**Phone:** (250) 561-0607

Room 516 - 1600 3rd Avenue

**Toll Free:** (800) 561-0607

Prince George, BC V2L 3G6

**Fax:** (250) 562-8102

**Website:** [www.parentsupportbc.ca](http://www.parentsupportbc.ca)

### **Parents Together - Intersect**

A group for parents of challenging teenagers. Run by parents for parents to provide support and education. Monday evenings 7:30 pm – 10:00 pm (approximately)

**Contact:** Carmen, Judy or Melissa

**Phone:** (250) 562-6639

1294 3rd Avenue

Prince George, BC

### Parenting Classes - Northern Family Health Society

Trained facilitator leads classes on effective parenting. No cost. Child minding available during classes, bus tickets available. Ongoing - call for more information.

**Contact:** 2666 Queensway Street  
Prince George, BC V2L 1N2

**Phone:** (250) 561-2689

**Website:** [www.nfhs-pg.org](http://www.nfhs-pg.org)

### PharmaCare - Government of BC

It helps British Columbians with the cost of eligible prescription drugs and designated medical supplies. One of the most comprehensive drug programs in Canada, it provides reasonable access to drug therapy through seven drug plans. The largest is the income-based Fair PharmaCare plan. It also provides information about the status of individual claims being processed and how to apply for reimbursement.

**Contact:** Health Services

**Toll Free:** (800) 663-7867

**Website:** [www.health.gov.bc.ca/pharmacare/#](http://www.health.gov.bc.ca/pharmacare/#)

### Prenatal Classes - Early bird

Classes for as soon as you know you are pregnant: childbirth classes for labour and parenting preparation (see child birth classes) Provides information on your changing body, fetal development, common discomforts of pregnancy, lifestyle issues, relaxation techniques and introduction to breastfeeding. Cost is \$40.00 (if you can afford it)

Monday nights at 7:15. Wear comfortable clothing.

**Contact:** Lorna Beatty  
Vanderhoof Public Health Unit  
Vanderhoof BC V0J 3A0

**Phone:** (250) 567-6900

**Email:** [Lorna.Beatty@northernhealth.ca](mailto:Lorna.Beatty@northernhealth.ca)

### Private Schools

*Northside Christian School*

**Contact:** Michael Shank

**Phone:** (250)567-9335

*Rainbow Christian School*

**Contact:** Reception

**Phone:** (250) 567-3127

### Prenatal Visits - Group

Expectant and newly delivered moms meet with their physician and other health professionals in the new group room at the Omineca Medical Clinic. For more information and an appointment date and time please call the Omineca Medical Clinic.

**Contact:** Reception  
3348 Hospital Road  
Vanderhoof, BC V0J 3A0

**Phone:** (250) 567-2201

**Fax:** (250) 567-2105

### Pregnancy Counselling

Including morning after pill and sexually transmitted disease testing and treating

**Contact (1):** Lorna Beatty

**Phone:** (250) 567-6900

**Contact (2):** Danelle Zwick

**Contact (3):** Bernita Nesjan

Vanderhoof Public Health  
3299 Hospital Way  
Vanderhoof, BC V0J 3A0

### Priority Parenting Program

Vanderhoof Public Health

**Contact (1):** Lorna Beatty

**Contact (2):** Danelle Zwick

Vanderhoof Public Health Unit  
Vanderhoof, BC V0J 3A0

**Phone:** (250) 567-6900

**Email:** [Lorna.Beatty@northernhealth.ca](mailto:Lorna.Beatty@northernhealth.ca)

### **Prince George Crisis Pregnancy Centre**

We are a non-profit organization offering educational and peer counselling support to women and their families facing an unplanned pregnancy. Our services include free pregnancy tests; crisis pregnancy peer counselling; practical support (maternity items, baby clothes, etc); referrals to community services; long term support for parents who have or are considering placing for adoption; and post abortion peer support.

Contact: 206 - 2289 Westwood Drive  
Prince George, BC V2N 4V6

**Phone:** (250) 562-4464

**Fax:** (250) 562-6668

**Website:** [www.pgcrisispreg.ca](http://www.pgcrisispreg.ca)

### **PG Parents of Twins and Triplets.**

Local chapter of Multiple Births Canada.

**Contact:** Karin  
Carmen

**Phone:** (250) 964-4425

**Phone:** (250) 964-2965.

**Website:** [www.multiplebirthscanada.org](http://www.multiplebirthscanada.org)

### **Progressive Employment Services Limited**

#### Targeted Wage Subsidies

Program assists unemployed individuals who have an EI attachment by offering a wage subsidy to employers as an incentive to hire them.

#### Venture Inception Project

Assists unemployed individuals who have an EI attachment by offering assistance to people who wish to start their own business, including writing a business plan.

#### JobWave

Clients attend employment focused workshops and other employment related supports. To be eligible for this program you must currently be on income assistance and have been referred by the Ministry of Housing and Social Development.

#### Assessing Planning Training (APT)

Program is for people employed in the forest industry who are interested in improving their skills and enhancing their employability within the industry. Funding for training may be available to eligible participants.

**Contact:**

**Phone:** (250) 567-5785

### **Project Parent North**

A parent education program designed to help parents with meeting the physical, emotional, cognitive and social, developmental needs of their family. The program's foundation is relational parenting, focusing on strengthening parent child attachment. Transportation provided, child care provided for group sessions, lunch and snacks provided. No Cost. Families attend two days per week, 10:00-3:00 pm.

**Contact:** Cindy Ignas  
2025 Victoria St  
Prince George, BC V2L 2L8

**Phone:** (250) 562-9805

**Fax:** (250) 562-4694

**E-mail:** [cindy.ignas@northernhealth.ca](mailto:cindy.ignas@northernhealth.ca)

### **Public Library (Vanderhoof)**

Call for hours of operation

**Contact:** Jane Gray  
230 East Stewart  
Vanderhoof, BC V0J 3A0

**Phone:** (250) 567-4060

**Website:** <http://vanderhoof.bclibrary.ca/>

## R

### Roots of Empathy - School District

For grades K through 8. An infant along with his/her parent(s) visits the same classroom once a month. This program has shown dramatic effects in reducing levels of aggression and violence among school children while increasing empathy/emotional literacy. No cost - runs from October through June - times coordinated to suit classroom and family schedules. Ongoing - call for info.

Looking for parents and their infants to start in October (infant to be 2-4 months old.) This is a volunteer program which will require nine visits led by a trained facilitator. Location varies - families are matched with a participating school in their neighbourhood.

**Contact:** Pam Hachey - Senior Mentor for BC

**Email:** [phachey@rootsofempathy.org](mailto:phachey@rootsofempathy.org)

**Website:** [www.rootsofempathy.org](http://www.rootsofempathy.org)

### Rainbow Christian School Explorers Preschool

Full preschool program for children ages 3 and 4 years beginning Sept 15<sup>th</sup>. Cost \$100 per month.

Tuesdays and Fridays 9:00 am – 11:30 am or 12:30 pm – 3:00 pm.

**Contact:** Rainbow Christian School  
2994 Burrard Ave  
Vanderhoof, BC V0J 3A0

**Phone:** (250) 567-3127

**Email:** [rcschool@telus.net](mailto:rcschool@telus.net)

## S

### Strengthening Families Together

A 10-session Support & Education Group for Family and Friends of Individuals Living with Any Mental Illness and/or Addiction

**Contact:** Patricia Pedersen

**Phone:** (250) 692-7500

### Saik'uz First Nations Daycare

Offers both an Infant and Toddler program for ages 6 to 36 months (8 spaces) and Group Daycare for children ages 30 months to school age (16 spaces). Open Mon – Fri 8 AM to 4:14 PM Open to the public.

**Contact:** Karen George  
720 Patrick St.  
Vanderhoof BC V0J 3A0

**Phone:** (250) 567-2122

**Fax:** (250) 567-2159

**Email:** [saikuz.daycare@saikuz.com](mailto:saikuz.daycare@saikuz.com)

### Strong Start

#### *W.L. McLeod StrongStart*

Full time early learning drop in initiative to support the overall development of children and families. It is a free drop in program open to all families with children 0 – 5 years of age accompanied by a parent or caregiver. Mon/Tues/Thurs/Fri: 9:30am—12:30pm Wed: 2:30pm – 5:30pm

**Contact:** Krista Hansen  
W.L. McLeod Elem.,  
Vanderhoof, BC

**Phone:** (250) 567-2267

**Email:** [jkhansen@telus.net](mailto:jkhansen@telus.net)

#### *Vanderhoof StrongStart Outreach*

Monday 12:00-2:00 at Nadleh Headstart ; Wednesday 9:00 am– 12:00pm at Mapes Elementary

Friday 9:00 am – 12:00 pm at Fort Fraser Elementary

**Contact:** Sandra Boivin

**Phone:** (250) 567-7798

**Email:** [rsboivin@fsjames.com](mailto:rsboivin@fsjames.com)

For information about all SD 91 Strong Start programs call

Michelle Miller-Gauthier

**Phone:** (250) 570-9011

Literacy Coordinator

School District #91, Nechako Lakes

School Board Office

**Phone:** (250) 567-2284.

Vanderhoof, B.C.

**Email:** [mmgauthier@sd91.bc.ca](mailto:mmgauthier@sd91.bc.ca)

## Special Needs Resource Directory

Resources for persons with special needs. Check the website to download this 98 page document.

**Website:** [www.childrenfirstpg.com/specialneeds.htm](http://www.childrenfirstpg.com/specialneeds.htm)

## Surpassing Our Survival (SOS) Society

The Kids Konnection program provides services for children 3 - 13 years of age who have experienced sexual violence. The three main goals of kids Konnection include:

\*To provide trauma counseling services to children

\*To provide education and support to non-offending caregivers,

\*To provide prevention education and community training within the community and to outlying areas

**Contact:** Clarie Johnson

Children's Program Coordinator

102 1112 6<sup>th</sup> Avenue

Prince George, BC V2L 3M6

**Phone:** (250) 564-8302

**E-mail:** [cj\\_kids@telus.net](mailto:cj_kids@telus.net)

**Fax:** (250) 546-8303

## School District #91

**Contact** Administration Office

Bus Garage

153 E Connaught St

P.O. Box 129

Vanderhoof, BC V0J 3A0

**Phone:** (250)567-2284

(250)567-9618

**Website:** [www.sd91.bc.ca](http://www.sd91.bc.ca)

## Schools

E-Bus Academy

Evelyn Dickson Elementary

Mapes Elementary

Nechako Learning Centre

Nechako Valley Secondary

Prairedale Elementary

Sinkut View Elementary

Valhalla High School

W.L. McLeod Elementary

**Phone:** (250) 567-4413

**Phone:** (250) 567-2258

**Phone:** (250) 567-4341

**Phone:** (250) 567-4744

**Phone:** (250) 567-2291

**Phone:** (250) 567-2319

**Phone:** (250) 567-5133

**Phone:** (250) 567-9028

**Phone:** (250) 567-2267

## Summer Programs

**Contact:** District of Vanderhoof

**Phone:** (250) 567-4711

## Supported Child Development Program

"Every Child Belongs". SCDP provides services to families who have children with developmental delays and/or disabilities requiring extra supports to attend neighbourhood childcare/preschool programs. Supports include resources, training, support workers, case management, and transition planning. Our program services are free to families, and anyone can make a referral with parental consent.

**Contact:** Taffy Wale

Vanderhoof consultant

**Phone:** (250) 570-9419

**Email:** [twale.scdp@telus.net](mailto:twale.scdp@telus.net)

## Success By 6®

Is an early childhood development initiative dedicated to providing all children with a good start in life. It helps to ensure that children ages 0 to 6 develop the emotional, social, cognitive, and physical skills they need as they enter school by building and enhancing community through engaging citizens in early childhood development, and funding programs that strengthen services for young children and their families. Funded programs include literacy, nutrition, children's play, parenting and family skills development

**Contact:** Wendy Clement

Box 2497

Vanderhoof, BC V0J 3A0

**E-mail:** [wendy44@telus.net](mailto:wendy44@telus.net)

**Website:** [www.successby6bc.ca](http://www.successby6bc.ca)

## T

### Teen Crisis Line

Crisis Prevention and Information Centre. Confidential anonymous peer support for teenagers.

**Contact:** 1600-3 rd Ave (5<sup>th</sup> floor)  
Prince George, BC V2L 3G6

**Phone:** (250) 564-8336 24/7  
**Toll Free:** (888) 564 8336 4:00 pm – 11:00 pm

### Thomas Robinson Consulting Ltd.

Behaviour intervention services for children with autism and developmental delay. Family support and life skills

**Contact:** Tomas Robinson  
2912 Pearson,  
Houston, BC V0J 1Z0

**Phone:** (250) 845-3031  
**Toll Free:** (888) 829-3031

### Travel Assistance Program - Ministry of Health

Contact TAP before making travel arrangements to verify eligibility. Travel discounts available to eligible BC residents who must travel for non-emergency medical services not available in their own community and whose travel expenses are not covered by third party insurance or other government programs. A caregiver may accompany the child; both are eligible for discounts. A physician must certify that a caregiver is required. Must be referred to the required medical service by a physician; obtain a TAP application form from the referring physician that office will complete and sign it. Eligible medical services for which travel is necessary are quite narrowly defined; dentistry, psychology, optometry, physiotherapy etc are not eligible.

**Website:** [www.health.gov.bc.ca/msp/mtapp/tap\\_patient.html](http://www.health.gov.bc.ca/msp/mtapp/tap_patient.html) **Toll Free:** (800) 661-2668

## U

### UNBC Taskforce on Substance Abuse, Centre of Excellence Children and Adolescents with Special Needs

The Task Force is one of five task forces across Canada. All together, the five task forces form the National Consortium of Centres of Excellence for Children and Adolescents with Special Needs. It is dedicated to researching substance abuse in rural, remote and northern communities. Beginning with the premise that hinterland populations often experience marginalization because of their locale, the UNBC site of the Centre of Excellence is dedicated to researching and addressing availability, accessibility and quality of services for children and youth with special needs, specifically substance abuse issues. Operating from UNBC, but actively networking and partnering with community organizations, the objectives of the Substance Abuse Task Force include analyzing historical, social, cultural and economic determinants of substance abuse, developing and promoting existing educational strategies related to substance abuse, researching and describing current services and resources available, and identifying and defining substance abuse issues in rural, remote and northern communities. A number of activities are planned around these objectives, including the creation of networks with diverse communities and groups involved in substance abuse issues, the analysis and assessment of current service and program delivery models, and the dissemination of information and resources.

**Contact:** 3333 University Way  
Prince George, BC V2N 4Z9

**Phone:** (250) 960-5806  
**Fax:** (250) 960-5851

**Website:** <http://www.unbc.ca/centreca>

### Universal Child Care Benefit

The UCCB is designed to help Canadian families, as they try to balance work and family life, by supporting their child care choices through direct financial support. The UCCB is for children under the age of 6 years and is paid in installments of \$100 per month per child.

**Contact:** Canada Revenue Agency

**Phone:** (800) 387-1193

**Website:** <http://www.cra-arc.gc.ca/bnfts/uccb-puge/menu-eng.html>

## V

### **Vanderhoof Alcohol and Drug Services.**

Offers free individual and family counselling, as well as education, awareness and prevention services.

**Contact:** Stuart Johnson

**Phone:** (250) 567-2107

192 W Stewart St

Vanderhoof, BC V0J 3A0

## W

### **Waskahikan Management Society**

Offers subsidized housing in the Vanderhoof and Fraser Lake area

**Contact:**

**Phone:** (250) 562-3558

1224 Houston Lane

**Fax:** (250) 562-3508

Prince George BC V2L 5G2

### **Work Zone**

The Work Zone provides employment services to all job seekers and employers in the Vanderhoof and Fraser Lake region. We provide client centered activities that are designed to assist people with career decision making, navigating the world of work, exploring training and more. All our services are free. Our goal is to create Employment Bridges between prospective employees and employers.

**Contact:**

**Phone:** (250) 567-5838

## Y

### **You Make the Difference**

YMTD is a community based program where parents learn special ways of connecting with their child, ways that help their child communicate and learn. This class is for any parent who wants to help their child communicate and learn. No charge.

**Contact:** Minnie Verduco

**Phone:** (250) 567-5616

## Z

### **Zajac Ranch for Children - The Zajac Foundation,**

Each year, the Zajac Ranch for Children in Mission, BC hosts hundreds of children with chronic or life-threatening illnesses and disabilities. The camp has a 24-hour Medical Centre staffed by volunteer doctors and nurses who can provide medical care ranging from dispensing medication to kidney dialysis. The Zajac Ranch allows children with special needs the opportunity to experience the excitement and wonder of summer camp - from kayaking to arts and crafts to horseback riding!

**Contact:** Jasmine Romkey

**Phone:** (604) 739-0444

300-2006 West 10th Avenue

**Fax:** (604) 739-0441

Vancouver BC V6J 2B3

**Website:** [www.zajacranch.com](http://www.zajacranch.com)