

Parenting in the Central Okanagan



A Summary of Parenting Resources

Building Healthy Families Society

A non-profit organization whose aim is to preserve, stabilize, and strengthen families in our community through education, training and support.

Phone: 250-861-4933

Email: dwerry@bhfam.net

Web: www.buildinghealthyfamilies.ca

The Bridge Youth and Family Services

(Previously known as Okanagan Families Society)

A non-profit, charitable organization, that has been developing and providing innovative and quality programming for children, youth and families in the Central Okanagan since 1969.

Phone: 250-763-0456

Email: info@thebridgeservices.ca

Web: www.thebridgeservices.ca

Child and Youth Mental Health

Providing a range of mental health services for families of children and youth up to age 19.

Phone: 250-861-7301

Web: www.mcf.gov.bc.ca

COCCA - Central Okanagan Child Development Association

Providing early intervention services through a family-centered approach, The Central Okanagan Child Development Association supports families in promoting the optimum development of children with challenges.

Phone: 250-763-5100

Email: Info@cocda.com

Web: www.cocda.com

Creating Capable and Confident Children (aka: "Raising Respectful, Resourceful and Responsible Children.")

Supporting parents (and care providers) in "Raising Respectful, Resourceful and Responsible Children" by sharing practical parenting tools, positive discipline strategies and techniques that enhances healthy relationships. Empowering parents to create the family life they really want through courses, workshops, personalized coaching and behavioral consulting.

Phone: 250-764-4402

Email: Teresa@KelownaParenting.com

Web: www.KelownaParenting.com

Interior Health

Provides weekly Baby Talk groups through the various interior health centers to support new parents navigate through a baby's first year of life and the Nobody's Perfect and Giggles and Hugs program.

Phone: Kelowna: 250-868-7700

Rutland 250-980-4825: Westside 250-768-6150

Web: www.interiorhealth.ca

Kelowna Child Care Society

Providing a variety of information and services that support families and child care providers. In addition to a toy loan library service, the Child Care Resource & Referral Program staff are available to help with parenting questions or concerns, as well as assist parents in finding quality child care. The Society also provides a Young Parent Day Care Program and a free Parent/Child Drop-In Family Resource Program for parents and child care providers.

Phone: 250-762-3536

Email: resource@kelownachildcare.com

Web: www.kelownachildcare.com

Kelowna Community Resources

A socially responsive agency dedicated to meeting community, government and individual needs.

Phone: 250-763-8008

Email: informkelowna@kcr.ca

Web: www.kcr.ca

Kelowna Family Center

The Centre promotes the emotional, psychological and social well being of families and individuals by enhancing the development of healthy relationships between individuals and within families.

Phone: 250-860-3181

Email: kelfamcr@shawbiz.ca

Web: www.kfscs.com

Kelowna Youth and Family Services

Preventative counselling service for parents, children and/or youth up to 17 years; assistance to parents experiencing difficulties with child behaviour in family, community or involvement with the law; improving relationships, communication and parenting skills.

Phone: 250-763-2405

Email: kyfs@shawcable.com

Ki-Low-Na Friendship Society

The Ki-Low-Na Friendship Society is a non-profit organization working with/for First Nations people, but our doors and our programs are open to everyone.

Phone: 250-763-4905

Email: reception@kfs.bc.ca

Web: www.kfs.bc.ca

Ministry of Children and Family Development

Phone: 250-712-7586

Web: www.mcf.gov.bc.ca

Okanagan Boys and Girls Club

Okanagan Boys and Girls Clubs provides a safe, supportive place where children and youth can experience new opportunities, overcome barriers, build positive relationships and develop confidence and skills for life. Various parent – child and parent education opportunities offered.

Phone: 250-762-3914

Email: info@boysandgirlsclubs.ca

Web: www.boysandgirlsclubs.ca

Okanagan Metis Children/Family Services

OKMCFs promotes the health and well being of the Métis community by honoring and supporting the importance of a healthy family environment in the delivery of holistic programs and services.

Phone: 250-868-0351

Email: admin@mcsb.org : reception@okmcfcs.com

Web: www.okmcfcs.com : www.mcsbc.org

Westbank First Nation Community Services

Westbank First Nation is a self-governing entity that offers a variety of services which foster continued growth of Community families, and individuals through a holistic and supportive model.

Phone: 250-768-0227

Web: www.wfn.ca

BC and Local Online Parenting Resources:

BC Council for Families: Offers many publications on parenting for a small fee. www.bccf.bc.ca

CATCH: Community Action Towards Children's Health : A Central Okanagan Community Coalition with a Parent Resource Guide. www.catchcoalition.ca

CMHA Okanagan: Child and Youth Mental Health Guide
www.kelowna.cmha.bc.ca/mentalhealthguide

Here to Help: Seven leading provincial mental health and addictions nonprofit agencies combining efforts to help individuals, families and children. www.heretohelp.bc.ca

I love Kelowna: A local website with a variety of parenting and community resources. (Look under: Community Resources –Parenting.) www.ilovekelowna.com

Kelowna Parents : Kelowna family events and resources guide. www.KelownaParents.com

Light Reigh Communication: Parenting tips for children of all ages by Kelowna's Maggie Reigh author of "9 Ways to Bring Out the Best in You and Your Child" www.maggiereigh.com

Positive Discipline: Provides *positive* solutions to disciplining young children for parents, caregivers and educators; includes articles and an online store of books. www.positivediscipline.com

Talking with your Teen about Drugs:
www.drugprevention.gc.ca

Ultimate Parenting: Providing commonsense parenting advice with free parenting articles and an online parenting course.
www.ultimateparenting.com