






Community Resources

	Organization	Services	Contact
<p>Healthy Kids</p> 	Government of BC Healthy Kids Program	The Healthy Kids Program provides coverage for basic dental treatment, optical care and hearing assistance to children in low-income families, who are not in receipt of income assistance, disability assistance or hardship assistance.	1 866 866-0800 https://www2.gov.bc.ca/gov/content/governments/policies-for-government/bcea-policy-and-procedure-manual/health-supplements-and-programs/healthy-kids
	Interior Health	Specialized programs, services and resources to meet needs of infants, children and youth. Includes: <ul style="list-style-type: none"> -dental health -immunization -hearing -breast feeding - speech and language - growth and development - vision - parenting 	250-469-7070 https://www.interiorhealth.ca/YourHealth/ChildrenYouth/Pages/default.aspx
	KidSport Kelowna	Provides grants for children ages 18 and under to participate in a sport season of their choice.	250-469-8852 http://www.kidsportcanada.ca/british-columbia/kelowna/
	Lake Country Health Planning Society	Resources for accessible and quality health and wellness services for our community.	778-215-5247 https://www.lchps.com/
	Parkinson Rec Centre	Summer camps, aquatics, child care and child/family development	250-469-8800 https://www.kelowna.ca/parks-recreation/recreation-facilities/parkinson-recreation-centre-0
	YMCA of Okanagan	Summer camps, aquatics, child care and child/family development	250-491-9622 https://www.ymcaokanagan.ca/



<p>Childhood Development and Learning</p> 	<p>Central Okanagan Public Schools Early Learning Program</p>	<p>School year long resources for parents on Kindergarten transition</p>	<p>https://sd23earlylearning.weebly.com</p>
	<p>Childhood Connections Okanagan Family and Childcare Society</p>	<p>Programs, services, resources to assist families: free developmental screening and social emotional screening. Resources to lend out including toys, puzzles, activity bins, books, games, indoor and outdoor learning equipment</p>	<p>250-762-3536 https://childhoodconnections.ca/</p>
	<p>Okanagan Regional Library</p>	<p>Kids' Corner. Free educational programs for children of all ages.</p>	<p>www.orl.bc.ca/kids-teens/</p>
	<p>Strong Start BC</p>	<p>Free early learning programs for preschoolers → https://www2.gov.bc.ca/gov/content/education-training/early-learning/support/programs/strongstart-bc</p>	<p>250-470-3258</p>
<p>Diverse Abilities</p> 	<p>Autism BC</p>	<p>A provincial wide organization with regional offices, one in Kelowna. Supporting the autism community through community support groups, information and referral services, library access, summer reimbursement and camp programs, educational and social events, and a growing transition, adult and employment program.</p>	<p>250-212-4075 https://www.autismbc.ca/</p>
	<p>Autism Okanagan</p>	<p>Provides information, resources, education, training, programs and activities in an autism friendly environment</p>	<p>250-826-7051 https://autismokanagan.ca/</p>
	<p>Easter Seals</p>	<p>Provides programs and services to children with diverse abilities</p>	<p>250-766-2186 https://www.eastersealsbcy.ca</p>
	<p>Family Support Institute of BC</p>	<p>Provide connections and resources to families of people with disabilities in BC</p>	<p>604-540-8374 ext 523 https://familysupportbc.com/</p>
	<p>Okanagan Family Autism Connection</p>	<p>Connecting families with autism resources and professionals in the Thompson Okanagan</p>	<p>http://autismconnection.ca/</p>

<p>Diverse Abilities</p> 	<p>Starbright Children's Development Centre</p>	<p>Programs and services available in infant development, clinical counseling, autism program, supported child development, occupational therapy, speech language therapy, physical therapy and hippo therapy</p>	<p>250-763-5100 http://www.starbrightokanagan.ca/</p>
	<p>Variety BC</p>	<p>Provides direct help to children with special needs in BC</p>	<p>604-320-0505 https://www.variety.bc.ca/</p>
<p>Indigenous Support</p> 	<p>Central Okanagan Indigenous Education</p>	<p>Advocates and tutors that will provide emotional, social, academic and cultural support to students to ensure success in and out of school</p>	<p>250-870-5144 https://aborignaleducationsd23.weebly.com/</p>
	<p>Ki-Low-Na Friendship Society</p>	<p>Provides for the mental, emotional, physical and spiritual well-being of all peoples through the development of community-based services, while encourage the community to preserve, share and promote Aboriginal cultural distinctiveness. Including the following</p> <ul style="list-style-type: none"> -Preschool -Family Services -Youth Services -Housing -Education -Community Computer Lab -English Language Services -Child Development -Legal Advocacy -Healing Circles -Employment Services 	<p>250-763-4905 https://kfs.bc.ca</p>
<p>Family Support</p>	<p>All Are Family Outreach</p>	<p>Provides food, clothing, support and more, while volunteers in each community help families, seniors, and individuals who may not have transportation or have other urgent/emergency needs.</p>	<p>(250) 503-4983 https://all-are-family-outreach.business.site/</p>

Family Support



	Building Healthy Families	Self-help opportunities for parents, training and support for fathers, parenting support for those going through substance abuse recovery, conflict and anger management support, home support and coaching	250-861-4933 http://www.buildinghealthyfamilies.ca/
	Community Living BC	CLBC works with individuals, families, service providers, community and government partners to help people have lives filled with possibilities in welcoming communities.	1-877-660-2522 https://www.communitylivingbc.ca//
	Elizabeth Fry Society	Provides help, support and resources for women and girls in the justice system, support for women who are victims of violence or sexual assault -Specialized victim assistance -Sexual assault counselling -Stopping the violence outreach program -Women's community justice program -Girls United (emotional development of preteen and adolescent girls) -Tough Guise (primary prevention and intervention program for adolescent boys)	250-763-4613 http://www.empowerific.com/
	Habitat for Humanity	A non-profit housing organization to empower families to invest in home ownership.	778-755-4346 https://habitatforhumanityokanagan.ca
	Kelowna Community Resources	A gateway that gives leads to community services in Kelowna and provincially. Browse by category, organization or subject (alphabetical). Services listed in the following categories: 1. Education 2. Financial 3. Animals 4. Arts and Heritage 5. Worship Sites 6. Thrift Stores 7. Housing 8. Employment 9. Recreation 10. Food 11. Multi-Cultural 12. Seniors' Health Immigration Services – Settlement and Integration	250.763.8008 https://kelowna.cioc.ca
	Lake Country Food Bank	Provide healthy food for families	250-766-0125 https://www.lakecountryfoodbank.org/

<p>Family Support</p> 	<p>Mamas For Mamas</p>	<p>Provides ongoing support to low income Mamas and their kids. Provides a safe, respectful place where parents can share items and services at no cost through donating, trading and lending.</p>	<p>236-420-0075 https://www.mamasformamas.ca/</p>
	<p>Okanagan Boys and Girls Club</p>	<p>Family programs and support 'Community Kitchen' to assist families in preparing healthy meals and connect socially with other families with children 0-6yrs old</p>	<p>250-762-3914 http://www.boysandgirlsclubs.ca/</p>
	<p>United Way Central and South Okanagan Similkameen</p>	<p>Provides programs and services "that move people from poverty to possibility, help kids be all they can be, and build strong, resilient, healthy communities. Family specific programs include: -Baby essentials -Breakfast and nutrition programs -Early Childhood Development -Family accessibility to counselling (development disabilities, autism, ADHD and Down Syndrome) -Family Support Programs -Food sustainability -Life Skills for youth -Programs for children with developmental disabilities -Youth crisis and trauma counselling -Youth brain injury outreach -Youth domestic violence counselling</p>	<p>250-860-2356 http://unitedwaycso.com/</p>
<p>Mental Health</p> 	<p>Anxiety Canada</p>	<p>Resources for children and parents struggling with anxiety issues (video and audio files, downloadable)</p>	<p>604-620-0744 www.anxietycanada.com</p>
	<p>Canadian Mental Health Association</p>	<p>Family Navigation – Help parents/caregivers access relevant programs and services based on their individual needs Take a Break – Support group for parents/caregivers. Foundry Kelowna – integrated youth and family clinic that unites partner organization to provide coordinated services addressing the</p>	<p>250-861-3644 https://cmhakelowna.com</p>

Mental Health



		primary care, mental health, substance abuse, counselling and social services needs of youth 12-24 and their families.	
Bridge Youth and Family Services	Provides programming to children, youth and families of Central Okanagan. Includes: -Youth Services -Family Counselling -Early Years Services and Programs -Foster Care support for kids (9-18)	-Recovery and Addictions services -Caregiver support -Foster family support	250-763-0456 https://www.thebridgeservices.ca/
Connect Counselling and Therapy Society	Free group programs, 'Children and Change' for 6-8 yr. olds that experience separation/divorce 'Lowering Anxiety through Self-Regulation' for children		250-860-3181 http://www.connectcounselling.com/
Karis Support Society	Provides recovery-focused counselling, programming and support to women, and women with babies or children within a support home environment		250-860-9507 https://karis-society.org/
Kids Help Phone	24/7 National support service offering professional counselling, information, referrals and support to young people.		1-800-668-6868 https://kidshelpphone.ca/
Neon Counselling	Counselling services for parents, teachers, students and professionals		250-320-4536 http://www.neoncounselling.com/
Relax Kids Okanagan	Classes/sessions that support children's mental and emotional well-being and give them tools to become resilient, calm and confident young people.		250-470-8275 250-317-1903 http://relaxkidsokanagan.com/
Sky High Professional Group	Youth counselling, autism services and tutoring		250-309-6850 250-307-2030 250-938-7209 250-558-8483 250-306-7127 https://skyhighprofessionalgroup.ca/
Stepping Stones Counselling	A team of specialized therapists, social workers and practitioners for children, adolescents, adults, couples and families.		250-763-7414 https://www.steppingstonesokanagan.ca/

