



Community Resources for Families with Children (Tri-Cities)

Child Care and Preschool			
Child Care Licensing	604-587-3936	www.fraserhealth.ca	Responsible for the licensing of child care facilities in the Fraser Health region.
Affordable Child Care Benefit	1-888-338-6622	https://www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/child-care-funding/child-care-benefit	A monthly payment to assist eligible British Columbia families with the cost of child care.
Province of British Columbia, Child Care	1-888-338-6622	http://www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/child-care	Child care information and resources.
YMCA Child Care Resource & Referral	604-931-3400	www.gv.ymca.ca/ccrr	Child care information and referrals; assistance with the BC Affordable Child Care Benefit; referrals to community services and resources.
Crisis and Help Lines			
Centralized Provincial Child Protection Reporting	1-800-663-9122	http://www2.gov.bc.ca/gov/content/safety/public-safety/protecting-children/reporting-child-abuse	24 hour centralized screening for reporting suspected or imminent abuse of children.
Crisis Line	310-6789 (area code not required)	www.crisislines.bc.ca	24 hour phone service offering emotional support, information, and resources specific to mental health.
Suicide Crisis Line	1-800-suicide (784-2433)	www.crisislines.bc.ca	24 hour phone service for those who are considering suicide or are concerned about someone who may be.
Fraser Health Crisis Line	604-951-8855	www.options.bc.ca	Immediate, free and confidential crisis intervention and community resource information to people of all ages.

VictimLinkBC	1-800-563-0808	www.victimlinkbc.ca	<i>Provides information and referral services to all victims of crime and immediate crisis support to victims of family and sexual violence.</i>
Helpline for Children	310-1234 (area code not needed)	http://www2.gov.bc.ca/gov/content/safety/public-safety/protecting-children/reporting-child-abuse	<i>If you are a child or youth and would like to talk to someone, call the Helpline for Children at 310-1234 any time day or night. You do not have to give your name.</i>
Early Intervention: Who to call if you have concerns about your child's development			
Aboriginal Infant Development (Spirit of the Children)	604-524-9113	www.sotcs.ca	<i>Serves Aboriginal families with children who are at risk for, or who already have, a developmental delay.</i>
Aboriginal Supported Child Development (Spirit of the Children)	604-524-9113	www.sotcs.ca	<i>Serves Aboriginal families whose children require extra support in their preschool and child care settings.</i>
Autism Community Training	604-205-5467 1-866-939-5188	www.actcommunity.ca	<i>Information and referral service that supports individuals with Autism Spectrum Disorder and their families.</i>
Early Intervention Services (SHARE Family & Community Services)	604-525-8242	www.sharesociety.ca	<i>Provides speech and language therapy, physical therapy, and occupational therapy services to children birth to age 5 years and their families.</i>
Tri-Cities Public Health	604-949-7200	www.fraserhealth.ca	<i>Speech and language services. Dental information and referrals. Child Development and wellness information. Immunizations.</i>
Infant Development (Kinsight)	604-525-6123	www.kinsight.org	<i>Serves children 0 to 3 yrs. who are at risk for, or who already have, a delay in development.</i>
Key Worker and Parent to Parent Support (Kinsight)	604-525-6123	www.kinsight.org	<i>Assisting families in understanding the unique developmental needs of young children who may have FASD or brain injury that results in similar neuro-developmental needs.</i>

Social Emotional Early Development Services (SHARE Family & Community Services)	604-927-4416	www.sharesociety.ca	<i>Serves children from birth to age 6 years with social, emotional, and/or behavioural difficulties and their families.</i>
Supported Child Development (Kinsight)	604-525-8242	www.kinsight.org	<i>Serves families whose children require support in their preschool or child care setting.</i>
Family Support and Counselling			
Act 2 Child & Family Services	604-937-7776	www.act2.ca	<i>Provides parent education, family counselling, sexual abuse counselling, and shelter for survivors of domestic violence.</i>
BC 211	211	www.bc.211.ca	<i>Looking for a community or government service? Dial 2-1-1, a multilingual phone and texting service, or visit BC211 online.</i>
Best Beginnings		www.fraserhealth.ca/health-info/pregnancy-and-babies/	<i>Information for expectant parents and families with babies and toddlers up to 2 years of age.</i>
Big Brothers of Greater Vancouver	604-876-2447	www.bigbrothersvancouver.com	<i>Caseworkers match mentors with a Little Brother who has similar interests.</i>
Big Sisters of BC Lower Mainland	604-873-4525	www.bigsisters.bc.ca	<i>Caseworkers match mentors with a Little Sister who has similar interests.</i>
Family Law in BC		www.family.legalaid.bc.ca	<i>Provides information about family law in BC.</i>
Family Smart	604-878-3400	www.familysmart.ca	<i>Peer support, education, system navigation and resources for families with children and youth living with mental health challenges.</i>
Grandparents Raising Grandchildren (Parent Support Services Society of BC)	1-855-474-9777 or Email: GRGline@parentsupportbc.ca	www.parentsupportbc.ca	<i>Assists grandparents and other relatives raising a family member's child with information and resources.</i>
Healthy Babies Program	604-944-2500	www.westcoastfamily.org/healthy-babies-program	<i>A weekly program for pregnant women and women with babies up to 6 months, focused on improving infant and maternal health and well-being through collective cooking and parent education and support.</i>

Immigrant Services Society of BC	604-684-2561	www.issbc.org	<i>Provides a variety of support services for immigrants and refugees.</i>
Information Children	778-782-3548	www.informationchildren.com	<i>Provides information, support and referrals to parents on matters related to the care and well-being of their children.</i>
Kinsight	604-525-9494	www.kinsight.org	<i>Provides a range of services that support healthy development and inclusion.</i>
La Leche League Canada	604-520-4623	www.lllc.ca	<i>Breast feeding, nutrition, weaning, and family life support. Check website for meeting details.</i>
Learning Disabilities Association	1-250-370-9513	www.ldabc.ca	<i>Information and resources to ensure full participation of children, youth and adults with learning disabilities.</i>
Ministry of Children and Family Development, Tri-Cities Neighbourhood Hubs: Aboriginal Team:	604-944-2500 (East Hub) 604-927-4429 (West Hub) 604-933-2073 (Aboriginal)		<i>Child protection and family support services. Provides counselling, supervised access, and family support services in partnership with a variety of community agencies.</i>
Ministry of Children and Family Development - Child and Youth Mental Health Intake Clinic	604-469-7600		<i>Walk in clinic for child and youth mental health services.</i>
Parent Support Services Society	1-855-474-9777	www.parentsupportbc.ca	<i>Promotes health of families by providing support, education, advocacy, research and resources to those in a parenting role.</i>
SHARE Family & Community Services	604-540-9161	www.sharesociety.ca	<i>Provides community based services to families, including counselling, parenting programs, and parent education.</i>
Spirit of the Children	604-524-9113	www.sotcs.ca	<i>Aboriginal non-profit society which works to empower and strengthen Aboriginal families by providing support and resources.</i>
S.U.C.C.E.S.S.	604-468-6000	www.successbc.ca/eng	<i>Provides counselling, information, referrals, and parenting programs to immigrant families in Cantonese, Farsi, Korean and Mandarin.</i>

Tri-Cities Resources for Parents		www.tricitieskidsmatter.ca/resources	<i>View child development charts, utilize the interactive community resource map and find resources on how you can unplug and connect.</i>
Tri-City Transitions Society	604-941-7111	www.tricitytransitions.com	<i>Programs for individuals who have experienced abuse, as well as lay counselling, parenting groups, and workshops.</i>
Westcoast Family Centres	604-944-2500	www.westcoastfamily.org	<i>Provides intensive parent support and education programs to families with children aged 0-15.</i>
Westcoast Family Centres - Tri-Cities Family Navigators	604-944-2500 family.Nav@westcoastfamily.org		<i>Support for parents and caregivers with children ages 0-6 years.</i>
YWCA Single Mothers' Support	604-895-5849	www.ywcavan.org	<i>Offers a range of individual and group services to assist, empower and inform single moms.</i>
Food & Housing			
BC Housing	604-433-2218	www.bchousing.org/home	<i>Rental assistance program for working families with children. Visit the website to learn how to apply.</i>
YWCA Housing	604-282-3113	ywcavan.org/programs/ywca-housing	<i>Provides housing for single women and their dependent children.</i>
Food Bank (Tri-Cities)	604-931-2451	sharesociety.ca/share-food-bank	
Free and Low Cost Food Directory		www.fraserhealth.ca/health-topics-a-to-z/free-and-low-cost-food-directory#.X4YPXshKiUI	<i>A list of free and low cost food programs available.</i>
Quest Food Exchange		www.questoutreach.org	<i>Offers access to affordable and healthy food for those facing barriers through not-for-profit grocery markets. Clients need a referral to access this service.</i>
Health Services & Supports			
Anxiety BC	604-620-0744	www.anxietybc.com	<i>Resources and information for those living with anxiety.</i>

BC Healthy Kids Program	1 866 866-0800	www2.gov.bc.ca/gov/content/health/managing-your-health/healthy-women-children/child-teen-health/dental-eyeglasses	<i>Children of low-income families can get help with basic dental care and prescription eyewear costs through the Healthy Kids Program.</i>
Eagle Ridge Hospital	604-461-2022	www.fraserhealth.ca	<i>Community hospital serving the residents of Coquitlam, Port Coquitlam, Port Moody, Anmore and Belcarra.</i>
Healthlink BC	811 (or 711 for deaf & hearing impaired)	www.healthlinkbc.ca/servicesresources/811/	<i>Speak to a health services navigator to find health information or be connected with a registered nurse, dietitian or pharmacist.</i>
Kelty Mental Health Resource Centre	604-875-2084	www.keltymentalhealth.ca	<i>Free resources related to mental health challenges and disorders.</i>
Pacific Post Partum Support Society	604-255-7999	www.postpartum.org	<i>Offers telephone support and support groups for women suffering from depression after giving birth/adopting a child.</i>
Prenatal Classes	604-527-5472	www.douglascollege.ca	
Tri-Cities Public Health	604-949-7200	www.fraserhealth.ca	<i>Speech and language services. Dental information and referrals. Child Development and wellness information. Immunizations.</i>
Walk-in Medical Clinic Search		www.healthlinkbc.ca/find/	<i>Non-emergency health care services on a walk-in basis.</i>

Libraries

Coquitlam Public Library	City Centre 604-554-7323 Poirier 604-937-4141	www.coqlibrary.ca	<i>Check out your local library and see what services and programs are available to you. Drop-in story times are available for babies, toddlers, and preschoolers. Visit their websites or call for scheduling information.</i>
Terry Fox Library (Port Coquitlam)	604-927-7999	www.fvrl.bc.ca	
Port Moody Public Library	604-469-4575	www.portmoodylibrary.ca	

Recreation

Coquitlam Parks, Recreation and Culture Services	604-927-4FUN (4386)	www.coquitlam.ca	<i>Park, Recreation and Culture programs have so much to offer families! There are drop-in programs, gyms, pools, skating rinks and much more! Visit their website and see what's available to you and your family!</i>
Port Moody Parks and Recreation	604-469-4556	www.portmoody.ca	
Port Coquitlam Recreation Department	604-927-PLAY (7529)	www.portcoquitlam.ca	
Place Maillardville Community Centre	604-933-6166	www.placemaillardville.ca	<i>Youth & family drop-in programs, special events, adult fitness classes and french programs for all ages.</i>
