



## Community Resources for Families with Children (Tri-Cities)

### Child Care and Preschool

Child Care Licensing	604-587-3936	<a href="http://www.fraserhealth.ca">www.fraserhealth.ca</a>	<i>Responsible for the licensing of child care facilities in the Fraser Health region.</i>
Affordable Child Care Benefit	1-888-338-6622	<a href="http://www2.gov.bc.ca">www2.gov.bc.ca</a>	<i>A monthly payment to assist eligible British Columbia families with the cost of child care.</i>
Province of British Columbia, Child Care	1-888-338-6622	<a href="http://www2.gov.bc.ca">www2.gov.bc.ca</a>	<i>Child care information and resources.</i>
YMCA Child Care Resource & Referral	604-931-3400	<a href="http://www.gv.ymca.ca/ccrr">www.gv.ymca.ca/ccrr</a>	<i>Child care information and referrals; assistance with the BC Affordable Child Care Benefit; referrals to community services and resources.</i>

### Crisis and Help Lines

Centralized Provincial Child Protection Reporting	1-800-663-9122	<a href="http://www2.gov.bc.ca">www2.gov.bc.ca</a>	<i>24 hour centralized screening for reporting suspected or imminent abuse of children.</i>
Crisis Line	310-6789 (area code not required)	<a href="http://www.crisislines.bc.ca">www.crisislines.bc.ca</a>	<i>24 hour phone service offering emotional support, information, and resources specific to mental health.</i>
Suicide Crisis Line	1-800-suicide (784-2433)	<a href="http://www.crisislines.bc.ca">www.crisislines.bc.ca</a>	<i>24 hour phone service for those who are considering suicide or are concerned about someone who may be.</i>
Fraser Health Crisis Line	604-951-8855	<a href="http://www.options.bc.ca">www.options.bc.ca</a>	<i>Immediate, free and confidential crisis intervention and community resource information to people of all ages.</i>
VictimLinkBC	1-800-563-0808	<a href="http://www.victimlinkbc.ca">www.victimlinkbc.ca</a>	<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)	<a href="http://www2.gov.bc.ca">www2.gov.bc.ca</a>	<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	<a href="http://www.sotcs.ca">www.sotcs.ca</a>	<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	<a href="http://www.sotcs.ca">www.sotcs.ca</a>	<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	<a href="http://www.actcommunity.ca">www.actcommunity.ca</a>	<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	<a href="http://www.sharesociety.ca">www.sharesociety.ca</a>	<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	<a href="http://www.fraserhealth.ca">www.fraserhealth.ca</a>	<i>Speech and language services. Dental information and referrals. Child Development and wellness information. Immunizations.</i>
Infant Development (Kinsight)	604-525-6123	<a href="http://www.kinsight.org">www.kinsight.org</a>	<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	<a href="http://www.kinsight.org">www.kinsight.org</a>	<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	<a href="http://www.sharesociety.ca">www.sharesociety.ca</a>	<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	<a href="http://www.kinsight.org">www.kinsight.org</a>	<i>Serves families whose children require support in their preschool or child care setting.</i>
<b>Family Support and Counselling</b>			
Act 2 Child & Family Services	604-937-7776	<a href="http://www.act2.ca">www.act2.ca</a>	<i>Provides parent education, family counselling, sexual abuse counselling, and shelter for survivors of domestic violence.</i>
BC 211	211	<a href="http://bc.211.ca">bc.211.ca</a>	<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		<a href="http://www.fraserhealth.ca">www.fraserhealth.ca</a>	<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	<a href="http://www.bigbrothersvancouver.com">www.bigbrothersvancouver.com</a>	<i>Caseworkers match mentors with a Little Brother who has similar interests.</i>
Big Sisters of BC Lower Mainland	604-873-4525	<a href="http://www.bigsisters.bc.ca">www.bigsisters.bc.ca</a>	<i>Caseworkers match mentors with a Little Sister who has similar interests.</i>
Family Law in BC		<a href="http://family.legalaid.bc.ca">family.legalaid.bc.ca</a>	<i>Provides information about family law in BC.</i>
Family Smart	604-878-3400	<a href="http://www.familysmart.ca">www.familysmart.ca</a>	<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	<a href="http://www.parentsupportbc.ca">www.parentsupportbc.ca</a>	<i>Assists grandparents and other relatives raising a family member's child with information and resources.</i>
Healthy Babies Program	604-944-2500	<a href="http://www.westcoastfamily.org">www.westcoastfamily.org</a>	<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	<a href="http://www.issbc.org">www.issbc.org</a>	<i>Provides a variety of support services for immigrants and refugees.</i>
Information Children	778-782-3548	<a href="http://www.informationchildren.com">www.informationchildren.com</a>	<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	<a href="http://www.kinsight.org">www.kinsight.org</a>	<i>Provides a range of services that support healthy development and inclusion.</i>
La Leche League Canada	604-520-4623	<a href="http://www.lllc.ca">www.lllc.ca</a>	<i>Breast feeding, nutrition, weaning, and family life support. Check website for meeting details.</i>
Learning Disabilities Association	1-250-370-9513	<a href="http://www.ldabc.ca">www.ldabc.ca</a>	<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	236-468-2373	<a href="http://www2.gov.bc.ca">www2.gov.bc.ca</a>	<i>Walk in clinic for child and youth mental health services.</i>
Parent Support Services Society	1-855-474-9777	<a href="http://www.parentsupportbc.ca">www.parentsupportbc.ca</a>	<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	<a href="http://www.sharesociety.ca">www.sharesociety.ca</a>	<i>Provides community based services to families, including counselling, parenting programs, and parent education.</i>
Spirit of the Children	604-524-9113	<a href="http://www.sotcs.ca">www.sotcs.ca</a>	<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	<a href="http://www.successbc.ca">www.successbc.ca</a>	<i>Provides counselling, information, referrals, and parenting programs to immigrant families in Cantonese, Farsi, Korean and Mandarin.</i>

Tri-Cities Resources for Parents		<a href="http://www.tricitieskidsmatter.ca/resources">www.tricitieskidsmatter.ca/resources</a>	<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	<a href="http://www.tricitytransitions.com">www.tricitytransitions.com</a>	<i>Programs for individuals who have experienced abuse, as well as lay counselling, parenting groups, and workshops.</i>
Westcoast Family Centres	604-944-2500	<a href="http://www.westcoastfamily.org">www.westcoastfamily.org</a>	<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	<a href="http://www.ywcavan.org">www.ywcavan.org</a>	<i>Offers a range of individual and group services to assist, empower and inform single moms.</i>
<b>Food &amp; Housing</b>			
BC Housing	604-433-2218	<a href="http://www.bchousing.org">www.bchousing.org</a>	<i>Rental assistance program for working families with children. Visit the website to learn how to apply.</i>
YWCA Housing	604-282-3113	<a href="http://ywcavan.org">ywcavan.org</a>	<i>Provides housing for single women and their dependent children.</i>
Rent Bank (Tri-Cities)	604-529-5146	<a href="http://sharesociety.ca">sharesociety.ca</a>	<i>Provides support to keep low to moderate-income individuals and families housed</i>
Food Bank (Tri-Cities)	604-931-2451	<a href="http://sharesociety.ca">sharesociety.ca</a>	
Free and Low Cost Food Directory		<a href="http://www.fraserhealth.ca">www.fraserhealth.ca</a>	<i>A list of free and low cost food programs available.</i>
Quest Food Exchange		<a href="http://www.questoutreach.org">www.questoutreach.org</a>	<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>
<b>Health Services &amp; Supports</b>			
Anxiety BC	604-620-0744	<a href="http://www.anxietybc.com">www.anxietybc.com</a>	<i>Resources and information for those living with anxiety.</i>

BC Healthy Kids Program	1 866 866-0800	<a href="http://www2.gov.bc.ca">www2.gov.bc.ca</a>	<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	<a href="http://www.fraserhealth.ca">www.fraserhealth.ca</a>	<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)	<a href="http://www.healthlinkbc.ca">www.healthlinkbc.ca</a>	<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	<a href="http://www.keltymentalhealth.ca">www.keltymentalhealth.ca</a>	<i>Free resources related to mental health challenges and disorders.</i>
Pacific Post Partum Support Society	604-255-7999	<a href="http://www.postpartum.org">www.postpartum.org</a>	<i>Offers telephone support and support groups for women suffering from depression after giving birth/adopting a child.</i>
Prenatal Classes	604-527-5472	<a href="http://www.douglascollege.ca">www.douglascollege.ca</a>	
Tri-Cities Public Health	604-949-7200	<a href="http://www.fraserhealth.ca">www.fraserhealth.ca</a>	<i>Speech and language services. Dental information and referrals. Child Development and wellness information. Immunizations.</i>
Walk-in Medical Clinic Search		<a href="http://www.healthlinkbc.ca">www.healthlinkbc.ca</a>	<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	<a href="http://www.coqlibrary.ca">www.coqlibrary.ca</a>	<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	<a href="http://www.fvrl.bc.ca">www.fvrl.bc.ca</a>	
Port Moody Public Library	604-469-4575	<a href="http://www.portmoodylibrary.ca">www.portmoodylibrary.ca</a>	

## Recreation

Coquitlam Parks, Recreation and Culture Services	604-927-4FUN (4386)	<a href="http://www.coquitlam.ca">www.coquitlam.ca</a>	<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	<a href="http://www.portmoody.ca">www.portmoody.ca</a>	
Port Coquitlam Recreation Department	604-927-PLAY (7529)	<a href="http://www.portcoquitlam.ca">www.portcoquitlam.ca</a>	
Place Maillardville Community Centre	604-933-6166	<a href="http://www.placemaillardville.ca">www.placemaillardville.ca</a>	<i>Youth &amp; family drop-in programs, special events, adult fitness classes and french programs for all ages.</i>

---