

Community Resources for Families with Children (Tri-Cities)

Child Care and Preschool			
Child Care Licensing	604-587-3936	fraserhealth.ca	Responsible for the licensing of child care facilities in the Fraser Health region.
Affordable Child Care Benefit	1-888-338-6622	www2.gov.bc.ca	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	www2.gov.bc.ca	Child care information and resources.
YMCA Child Care Resource & Referral	604-294-1109	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	www2.gov.bc.ca	24 hour centralized screening for reporting suspected or imminent abuse of children.
Canadian Mental Health Association	310-6789 (area code not required)	cmha.ca	24 hour phone service offering emotional support, information, and resources specific to mental health.
Suicide Crisis Line	1-800-SUICIDE (784-2433)	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	options.bc.ca	Immediate, free and confidential crisis intervention and community resource information to people of all ages.
VictimLinkBC	1-800-563-0808	victimlinkbc.ca	Provides information and referral services to all victims of crime and immediate crisis support to victims of family and sexual violence.
Helpline for Children	310-1234 (area code not required)	www2.gov.bc.ca	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.
Early Intervention: Who to call if you have concerns about your child's development			
Aboriginal Infant Development (Spirit of the Children)	604-524-9113	sotcs.ca	Serves Aboriginal families with children who are at risk for, or who already have, a developmental delay.
Aboriginal Supported Child Development (Spirit of the Children)	604-524-9113	sotcs.ca	Serves Aboriginal families whose children require extra support in their preschool and child care settings.
Autism Community Training	604-205-5467 1-866-939-5188	actcommunity.ca	Information and referral service that supports individuals with Autism Spectrum Disorder and their families.
Early Intervention Services (SHARE Family and Community Services)	604-540-9161	sharesociety.ca	Provides the following: speech and language therapy, physical therapy, and occupational therapy.
Tri-Cities Public Health	604-949-7200	fraserhealth.ca	Speech and language services. Dental information and referrals. Child Development and wellness information. Immunizations.
Infant Development (Kinsight)	604-521-8078	kinsight.org	Serves children birth to 3 years who are at risk for, or who already have, a delay in development.

Key Worker and Parent to Parent Support (Kinsight)	604-525-6123	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	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)	604-521-8078	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	act2.ca	<i>Provides parent education, family counselling, sexual abuse counselling, and shelter for survivors of domestic violence.</i>
United Way BC Helpline Services	211	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>
Big Brothers of Greater Vancouver	604-876-2447	bigbrothersvancouver.com	<i>Caseworkers match mentors with a Little Brother who has similar interests.</i>
Big Sisters of BC Lower Mainland	604-873-4525	bigsisters.bc.ca	<i>Caseworkers match mentors with a Little Sister who has similar interests.</i>
Family Law in BC	604-408-2172	family.legalaid.bc.ca	<i>Provides information about family law in BC.</i>
Family Smart	604-878-3400	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	parentsupportbc.ca	<i>Assists grandparents and other relatives raising a family member's child with information and resources.</i>
Health Link BC		healthlinkbc.ca	<i>Print resources on a variety of child safety topics</i>
Healthy Babies Program	604-944-2500	westcoastfamily.org	<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	issbc.org	<i>Provides a variety of support services for immigrants and refugees.</i>
Information Children	778-782-3548	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	kinsight.org	<i>Provides a range of services that support healthy development and inclusion.</i>
La Leche League Canada	604-520-4623	lllc.ca	<i>Breast feeding, nutrition, weaning, and family life support. Check website for meeting details.</i>
Learning Disabilities Association	1-250-370-9513 info@ldabc.ca	ldac-acta.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	604-944-2500 (East Hub) 604-942-4672 (West Hub) 604-933-2073 (Aboriginal)	www2.gov.bc.ca	<i>Child protection and family support services. Provides counselling, supervised access, and family support services in partnership with a variety of community agencies.</i>
Parent Support Services Society	1-877-345-9777	parentsupportbc.ca	<i>Promotes health of families by providing support, education, advocacy, research and resources to those in a parenting role.</i>

Pregnancy and Baby Health Guide	604-520-4420	fraserhealth.ca	Information for your pregnancy and parenting journey.
Salvation Army	1-800-725-2769	salvationarmy.ca	Provides community and family services.
SHARE Family & Community Services	604-540-9161	sharesociety.ca	Provides community based services to families, including counselling, parenting programs, and parent education.
Spirit of the Children	604-524-9113	sotcs.ca	Aboriginal non-profit society which works to empower and strengthen Aboriginal families by providing support and resources.
S.U.C.C.E.S.S.	604-468-6000	successbc.ca	Offers programs and services in the areas of newcomer settlement, English-language training, employment and entrepreneurship, family, youth and seniors programming, health education, community development, housing and senior care.
Tri-Cities Resources for Parents	tckm.mcm@gmail.com	tricityskidsmatter.ca/resources	View child development charts, utilize the interactive community resource map and find resources on how you can unplug and connect.
Tri-City Transitions Society	604-941-7111	tricitytransitions.com	Programs for individuals who have experienced abuse, as well as lay counselling, parenting groups, and workshops.
Westcoast Family Centres	604-944-2500	westcoastfamily.org	Provides intensive parent support and education programs to families with children aged 0-15.
Westcoast Family Centres: Tri-Cities Family Navigators	family.nav@westcoastfamily.org		Support for parents and caregivers with children ages 0-6 years.
YWCA Single Mothers' Support	604-895-5849	wcavan.org	Offers a range of individual and group services to assist, empower and inform single moms.
Food & Housing			
BC Housing	604-433-2218	bchousing.org	Rental assistance program for working families with children. Visit the website to learn how to apply.
YWCA Housing	604-282-3113	wcavan.org	Provides housing for single women and their dependent children.
Rent Bank (Tri-Cities)	604-540-9161	sharesociety.ca	Provides support to keep low to moderate-income individuals and families housed
Food Bank (Tri-Cities)	krissie.sondles@sharesociety.ca	sharesociety.ca	Provides direct food support to supplement the diets of hundreds of individuals and families each week in the Tri-Cities.
Free and Low Cost Food Directory		fraserhealth.ca	A list of free and low cost food programs available.
Quest Food Exchange	604-602-0186	questoutreach.org	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.
Health Services & Supports			
Anxiety BC	604-620-0744	anxietybc.com	Resources and information for those living with anxiety.
BC Healthy Kids Program	1 866 866-0800	www2.gov.bc.ca	Children of low-income families can get help with basic dental care and prescription eyewear costs through the Healthy Kids Program.
Eagle Ridge Hospital	604-461-2022	fraserhealth.ca	Community hospital serving the residents of Coquitlam, Port Coquitlam, Port Moody, Anmore and Belcarra.
Healthlink BC	811 (or 711 for deaf & hearing impaired)	healthlinkbc.ca	Speak to a health services navigator to find health information or be connected with a registered nurse, dietitian or pharmacist.
Kelty Mental Health Resource Centre	604-875-2084	keltymentalhealth.ca	Free resources related to mental health challenges and disorders.

Pacific Post Partum Support Society	604-255-7999	postpartum.org	<i>Offers telephone support and support groups for women suffering from depression after giving birth/adopting a child.</i>
Prenatal and Perinatal Classes	604-527-5472	douglascollege.ca	<i>Offers in-person and online prenatal and perinatal classes.</i>
Tri-Cities Public Health	604-949-7200	fraserhealth.ca	<i>Speech and language services. Dental information and referrals. Child Development and wellness information. Immunizations.</i>
Walk-in Medical Clinic Search		healthlinkbc.ca	<i>Non-emergency health care services on a walk-in basis.</i>
Libraries			
	City Centre: 604-554-7323		<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>
Coquitlam Public Library	Poirier: 604-937-4141	coglibrary.ca	
Terry Fox Library (Port Coquitlam)	604-927-7999	fvrl.bc.ca	
Port Moody Public Library	604-469-4575	portmoodylibrary.ca	
Recreation			
Coquitlam Parks, Recreation and Culture Services	604-927-4FUN (4386)	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	portmoody.ca	
Port Coquitlam Recreation Department	604-927-PLAY (7529)	portcoquitlam.ca	
Place Maillardville	604-933-6166	placemaillardville.ca	<i>Youth & family drop-in programs, special events, adult fitness classes and french programs for all ages.</i>