



Tri-Cities Resource List for Families with Children, Birth – Six



Agency Name	Contact	Website	Services
Multi-Service Agencies			
Immigrant Services Society of BC	604-684-2561	https://issbc.org/	Provides a variety of support services for immigrants and refugees.
SHARE Family & Community Services	604-540-9161	https://sharesociety.ca/	Provides community based services to families, including counselling, parenting programs, and parent education.
Spirit of the Children	604-524-9113	https://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	https://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.
Westcoast Family Centres	604-944-2500	http://westcoastfamily.org/	Provides intensive parent support and education programs to families with children aged 0-15. Tri-City Family Navigators specialize in supporting parents and caregivers with children ages 0-6 years.
Child Care and Preschool			
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.
Child Care Licensing	604-587-3936	https://www.fraserhealth.ca/health-topics-a-to-z/child-care	Responsible for the licensing of child care facilities in the Fraser Health region.

YMCA Child Care Resource & Referral	604-931-3400	https://www.gv.ymca.ca/ccrr	Child care information and referrals; assistance with the Affordable Child Care Benefit; referrals to community services and resources.
Crisis and Help Lines			
Canadian Mental Health Association	310-6789 (area code not required)	https://cmha.ca/	24 hour phone service offering emotional support, information, and resources specific to mental health.
Centralized Provincial Child Protection Reporting	1-800-663-9122	https://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.
Fraser Health Crisis Line	604-951-8855 or text 9-8-8	https://www.options.bc.ca/program/fraser-health-crisis-line	Immediate, free and confidential crisis intervention and community resource information to people of all ages.
Helpline for Children	310-1234 (area code not required) or text 686868	https://www2.gov.bc.ca/gov/content/safety/public-safety/protecting-children/reporting-child-abuse	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.
Kids Help Phone	1-800-668-6868	https://kidshelpphone.ca/	Toll-free, confidential and anonymous telephone and online counselling and referral service for young people up to age 20, available 24 hours a day, seven days a week
START Team	1-844-START11 (1-844-782-7811)	https://www.fraserhealth.ca/Service-Directory/Services/mental-health-and-substance-use/mental-health---child-and-youth-services/start-team---short-term-assessment-response-treatment	Fraser Health's START program provides assessment and intervention services to children and teens (ages 6-18) experiencing a mental health crisis. Monday-Friday, 9am to 9 pm; Weekends and Holidays: Noon to 9 pm
Suicide Crisis Line	1-800-SUICIDE (784-2433)	https://www.crisislines.bc.ca/	24 hour phone service for those who are considering suicide or are concerned about someone who may be.
VictimLinkBC	1-800-563-0808	https://www2.gov.bc.ca/gov/content/justice/criminal-justice/victims-of-crime/victimlinkbc	Provides information and referral services to all victims of crime and immediate crisis support to victims of family and sexual violence.

Early Intervention: Who to call if you have concerns about your child's development			
Spirit of the Children: Infant Development & Aboriginal Supported Child Development	604-524-9113	https://sotcs.ca/	Serves Aboriginal families with children who are at risk for, or who already have, a developmental delay. Serves families who require extra support in their preschool and child care settings.
Autism Community Training	604-205-5467 1-866-939-5188	https://www.actcommunity.ca/	Information and referral service that supports individuals with Autism Spectrum Disorder and their families.
SHARE Family & Community Services: Social Emotional Early Development Services & Early Intervention Therapies (Intake/Referrals)	604-927-4416	https://sharesociety.ca/	Serves children from birth to age 6 years with social, emotional, and/or behavioural difficulties and their families. Additionally provides speech and language therapy, physical therapy, and occupational therapy.
Kinsight: Infant Development, Supported Child Development & Key Worker and Parent to Parent Support	604-525-9494	https://kinsight.org/	Serves children birth to 3 years who are at risk for, or who already have, a delay in development. Serves families whose children require support in their preschool or child care setting. Assists families in understanding the unique developmental needs of young children who may have FASD or brain injury that results in similar neuro-developmental needs.
Family Support and Counselling			
Act 2 Child & Family Services	604-937-7776	https://www.act2.ca/	Provides parent education, family counselling, sexual abuse counselling, and shelter for survivors of domestic violence.
Anxiety BC	604-620-0744	https://www.anxietycanada.com/	Resources and information for those living with anxiety.
Big Brothers of Greater Vancouver	604-876-2447	https://www.bigbrothersvancouver.com/	Caseworkers match mentors with a Little Brother who has similar interests.
Big Sisters of BC Lower Mainland	604-873-4525	https://www.bigsisters.bc.ca/	Caseworkers match mentors with a Little Sister who has similar interests.
Child & Youth Mental Health		https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/mental-health-intake-clinics	Provides children, youth and families with intakes clinics to receive mental health services and supports.
Family Law in BC	604-408-2172	https://family.legalaid.bc.ca/	Provides information about family law in BC.

Family Smart	1-855-887-8004	https://familysmart.ca/	Peer support, education, system navigation and resources for families with children and youth living with mental health challenges.
Information Children	778-782-3548	https://www.informationchildren.com/	Provides information, support and referrals to parents on matters related to the care and well-being of their children.
Kelty Mental Health Resource Centre	604-875-2084	https://keltymentalhealth.ca/	Free resources related to mental health challenges and disorders.
Learning Disabilities Association	1-613-238-5721	https://www.ldac-acta.ca/	Information and resources to ensure full participation of children, youth and adults with learning disabilities.
Ministry of Children and Family Development - Tri-Cities	604-927-4429	https://www2.gov.bc.ca/gov/content/family-social-supports/data-monitoring-quality-assurance/find-services-for-children-teens-families/sda-coquitlam-lougheed-hwy	Child protection and family support services. Provides counselling, supervised access, and family support services in partnership with a variety of community agencies.
Parent Support Services Society & Grandparents Raising Grandchildren	1-877-345-9777	https://www.parentsupportbc.ca/	Promotes health of families by providing support, education, advocacy, research and resources to those in a parenting role. Assists grandparents and other relatives raising a family member's child with information and resources.
Primary Care Network Short-term Counselling Support Services	604-540-9161 ext. 206	https://sharesociety.ca/primary-care-network-counselling-and-support-services	Short-term counselling with mild to moderate mental health concerns or substance use concerns. Referral required from a Doctor or Nurse Practitioner
Salvation Army	1-800-725-2769	https://salvationarmy.ca/	Provides community and family services.
Tri-Cities Resources for Parents	tckm.mcm@gmail.com	https://www.tricitykidsmatter.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	https://www.tricitytransitions.com/	Programs for individuals who have experienced abuse, as well as peer counselling, parenting groups, and workshops.
United Way BC Helpline Services	211	https://bc.211.ca/	Looking for a community or government service? Dial 2-1-1, a multilingual phone and texting service, or visit BC 211 online.

YWCA Single Mothers' Support	604-895-5849	https://ywcavan.org/	Offers a range of individual and group services to assist, empower and inform single moms.
Food & Housing			
BC Housing	604-433-2218	https://www.bchousing.org/	Rental assistance program for working families with children. Visit the website to learn how to apply.
YWCA Housing	604-895-5800	https://ywcavan.org/programs/housing	Provides housing for single women and their dependent children.
Rent Bank (Tri-Cities)	604-540-9161	https://sharesociety.ca/tri-cities-share-rent-bank	Provides support to keep low to moderate-income Tri-Cities individuals and families housed.
Food Bank (Tri-Cities)	604-540-9161	https://sharesociety.ca/share-food-bank	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		https://www.fraserhealth.ca/health-topics-a-to-z/free-and-low-cost-food-directory	A list of free and low cost food programs available.
Peoples Pantry	236-867-7377	https://thepeoplespantry.ca/	Partners with food retailers and food businesses who are facing excess food that typically would end up in the landfill, serves food insecure families.
Quest Food Exchange	604-602-0186	https://www.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			
BC Healthy Kids Program	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	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	https://www.fraserhealth.ca/Service-Directory/Locations/Port-Moody/eagle-ridge-hospital	Emergency Department. Community hospital serving the residents of Coquitlam, Port Coquitlam, Port Moody, Anmore and Belcarra.
Find a Doctor BC		https://www.findadoctorbc.ca/	Search online for family doctors who are accepting new patients in BC
Find an Interpreter	604-736-7012	https://www.fraserhealth.ca/employees/clinical-resources/diversity-services/find-an-interpreter	Connect with an interpreter to help facilitate language communication between families and health services.

Fraser Health Virtual Health	1-800-314-0999	https://www.fraserhealth.ca/patients-and-visitors/fraser-health-virtual-care	Talk to a nurse about health care concerns directly via phone or video, 10 am to 10 pm, seven days a week
Fraser Northwest Health Connect Registry	Call 811	https://www.healthlinkbc.ca/health-connect-registry/fraser-northwest	Registry to join the waitlist for a family doctor or nurse practitioner
Healthlink BC	811 (or 711 for deaf & hearing impaired)	https://www.healthlinkbc.ca/more/contact-us/8-1-1	Speak to a health services navigator to find health information or be connected with a registered nurse, dietitian or pharmacist.
Pathways Medical Care Directory		https://fraser-northwest.pathwaysbc.ca/	Online community services directory for health resources in the Tri-Cities
Tri-Cities Public Health	604-949-7200	https://www.fraserhealth.ca/Service-Directory/Locations/Port-Moody/tri-cities-public-health-unit	Immunizations. Speech and language services. Dental information and referrals. Child Development and wellness information.
Urgent and Primary Care Centre	604-469-3123	https://www.fraserhealth.ca/Service-Directory/Service-At-Location/F/9/urgent-and-primary-care-centre--port-moody	Access to same-day, urgent, non-emergency health care. For patients who require medical attention within 12 to 24 hours.
Walk-in Medical Clinic Search		https://www.healthlinkbc.ca/health-services/search-services-your-area	Non-emergency health care services on a walk-in basis. Use https://medimap.ca/ to see current wait times for Walk-in Clinics
Libraries			
Coquitlam Public Library	City Centre: 604-554-7323 Poirier: 604-937-4141	https://www.coqlibrary.ca/	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.
Terry Fox Library (Port Coquitlam)	604-927-7999	https://fvrl.bibliocommons.com/locations/PC	
Port Moody Public Library	604-469-4575	https://www.portmoodylibrary.ca/en/index.aspx	
Maternity / Postpartum			
Best Beginnings Program		https://bestbeginnings.fraserhealth.ca/default.aspx	Registration form to get connected to public health services to pregnant individuals, new parents, babies and children up to age 2
Fraser Northwest Maternity Hub		https://www.maternityhub.ca/	Online resources for maternity and newborn care in the Tri-Cities

Healthy Babies Program	604-944-2500	https://westcoastfamily.org/services/healthy-babies/	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.
La Leche League Canada	604-520-4623	https://www.lllc.ca/	Breast feeding, nutrition, weaning, and family life support. Check website for meeting details.
Pacific Post Partum Support Society	604-255-7999	https://postpartum.org/	Offers telephone support and support groups for women suffering from depression after giving birth/adopting a child.
Pregnancy and Baby Health Guide	604-520-4420	https://www.fraserhealth.ca/health-topics-a-to-z/pregnancy-and-baby	Information for your pregnancy and parenting journey.
Prenatal and Perinatal Classes	604-527-5472	https://www.douglascollege.ca/continuing-education/prenatal-program/prenatal-classes	Offers in-person and online prenatal and perinatal classes.
Recreation			
Coquitlam Parks, Recreation and Culture Services	604-927-4FUN (4386)	https://www.coquitlam.ca/	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.
Port Moody Parks and Recreation	604-469-4556	https://www.portmoody.ca/en/index.aspx	
Port Coquitlam Recreation Department	604-927-PLAY (7529)	https://www.portcoquitlam.ca/	
Family Drop-In and Resource Programs	604-931-3400		Scan the QR code to view a link to the YMCA CCRR's Tri-Cities Family Drop-In and Resource Programs sheet, updated quarterly.

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