

# Health & Development

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## Aboriginal Child & Youth Mental Health Program

Aboriginal Child and Youth Mental Health services are available to infants, children and youth up to 18 years of age who are experiencing mental health challenges. Treatment focuses on providing individual treatment for the youth as well as family support.

Mental health disorders may include anxiety, eating disorders, psychosis, depression, attention deficit disorder (ADD) or attention hyperactivity disorder, bipolar or post traumatic stress disorder.

For more information or to find out if Child and Youth Mental Health services are appropriate for your child, please contact the local office.

For more information, you may want to access the [Orientation to Child, Youth & Family Mental Health and Substance Use Services \(A Guide for Families in the Campbell River and Comox Valley Areas\)](#) which is put together by the [F.O.R.C.E Society for Kids' Mental Health](#)

Ministry of Children and Family Development  
2455B Mansfield Drive  
Courtenay BC

Phone: 250-334-5820

Please note: MCFD office hours are from 9am-12pm, then 1pm-4pm.

## Aboriginal Speech And Language Program

This program is for families and children 0-6 years who are of aboriginal ancestry. It provides support for children who have speech or language needs in a culturally respectful and inclusive way.

A speech and language pathologist can support families (along with teachers and other caregivers) to help children with:

- saying words clearly
- using longer sentences
- talking more smoothly (help with stuttering)
- feeding / swallowing difficulties

This free, flexible program is available Monday through Friday, 8:30-4:30 and services can be offered at the child's home, daycare / preschool or at the office.

For more information, there is also a [Facebook page](#).

Upper Island Women of Native Ancestry  
#105-1509 Cliffe Avenue  
Courtenay BC

[Visit website](#)  
Contact: Janice or Andrea

Phone: 250-331-1638

Email: [aboriginalspeech@cvcda.ca](mailto:aboriginalspeech@cvcda.ca)

[Visit website](#)

## Health Services List (Age 0-5)

This document lists local, provincial and online health resources for families with young children.

[Age 0-5 Health Services List Comox Valley May 2015](#)

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## BC Healthy Kids Program

This program helps low income families with the costs of basic dental care\* and prescription eye wear for their children (under the age of 19).

Phone: 1-800-663-7100

Before beginning treatment, confirm that the dentist or optical provider offers services under the BC Healthy Kids program AND see if there will be additional charges over what the BC Healthy Kids program will cover.

If a family has been approved for MSP premium assistance, they are automatically eligible for Healthy Kids. If you need to apply for Premium Assistance, visit the [Ministry of Health Services website](#) or call 604-683-7151 (Toll free at: 1-800-663-7100.)

If you have questions about your child's teeth and your child is under the age of 6, you may want to contact the [Community Dental Hygienist](#).

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## Canadian Tire Jumpstart

Financial assistance is available for Comox Valley children ages 4 - 18 years in eligible activities. For more information contact [Canadian Tire Jumpstart](#) or your local recreation centre.

[Visit website](#)

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## Community Dental Hygienist (Island Health)

This program is available for parents with children age 0-5 years who may have questions or concerns about their child's teeth.

Some common issues are:

- When should I take my child to the dentist for the first time?
- My toddler refuses to let me brush her teeth. What can I do?
- If my child does need dental work, I'm worried about the cost.\*

The Community Dental Hygienist can help answer questions, do dental screenings, provide fluoride varnish and assist with dental advocacy and support.

[\\*Information on the BC Healthy Kids program](#)

Public Health Nursing (Island Health)  
961 England Avenue  
Courtenay BC

Contact: Kari White

Phone: P 250-331-8520 Ext. 68289

Email: [Kari.White@viha.ca](mailto:Kari.White@viha.ca)

[Visit website](#)

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Autism BC – Comox Valley  
Family Support Group

This group supports families in our community who have children on the autism spectrum.

There is no prerequisite to join and no diagnosis is necessary - only the need for support and a desire to connect with other families. [www.facebook.com/CVAutism](http://www.facebook.com/CVAutism)

The meetings are held at the CVCDA the first Thursday of every month @ 7:00 pm.

Child Development Association  
237 3rd Street  
Courtenay BC

[Visit website](#)

Contact: Amanda Flentjar

Phone: (250)338-4288

Email:

[comoxvalleyautismparentgroup@gmail.com](mailto:comoxvalleyautismparentgroup@gmail.com)

[Visit website](#)

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FamilySmart (F.O.R.C.E  
Society for Kids' Mental  
Health)

FamilySmart is an organization that offers a variety of supports to families whose children may have mental health challenges.

These supports include:

- providing families with an opportunity to speak with other families who understand and may be able to offer support or advice on what has worked for them
- providing families and professionals with information, tools, and tips on how to support and assist children with mental health difficulties
- Parent in Residence program: a parent in your community who has lived experience with mental health challenges and who can provide you with resources and support.

For more information, please check out the [Orientation Guide to Child/Youth Mental Health & Substance Use Services \(Comox Valley & Campbell River\)](#) or visit [FamilySmart](#).

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Phone: 1-855-887-8004

Email: [colleen.clark@familysmart.ca](mailto:colleen.clark@familysmart.ca)

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## FASD Key Worker Program

This program assists families with children age 0-19 to understand Fetal Alcohol Spectrum Disorder.

What is does a Key Worker do?

- provide education and information to the child and family, specific to their needs
- assist families in accessing support, health and education services in the community
- provide emotional and practical support to families
- build on each family's strengths and empower them to become the best advocate for their child

How does a family get referred to this program?

- Parents may self-refer without an assessment or at any point during the assessment process.

Although based at the Wachiay Friendship Center, Aboriginal ancestry is not required for this program.

Wachiay Friendship Centre  
1625 McPhee Ave  
Courtenay BC

Contact: Allison

Phone: 250-338-7793, ext. 224

Email: [allison@wachiay.com](mailto:allison@wachiay.com)

[Visit website](#)

Mon - Fri, 9:00 am - 4:30 pm

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## Friday's Child

This program is for families and children under 6 years of age who are of Aboriginal Ancestry.

It is for families of children with extremely challenging behaviours, including FASD (Fetal Alcohol Spectrum Disorder), ADD (Attention Deficit Disorder), ADHD (Attention Deficit Hyperactivity Disorder) and other undiagnosed challenges. Friday's Child is a strengths-based program and teaches parenting, life and advocacy skills.

The format of the program is as follows:

- |               |   |
|---------------|---|
| 9:45 - 10:00  | Arrive at the preschool.  |
| 10:00 - 10:30 | Social time (tea & coffee, playtime for children)                       |
| 10:30 - 10:40 | Circle Time with families   |
| 10:40 - 11:15 | Circle Time for parents, guest speakers while children play with an ECE |
| 11:30 - 12:30 | Family Activity   |
| 12:30 - 1:15  | Lunch (provided)  |
| 1:30          | Wrap up and go home!  |

Aboriginal Head Start  
956 Grieve Ave  
Courtenay BC

Phone: 334-9591

Email: [fridayschild@shaw.ca](mailto:fridayschild@shaw.ca)

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## HealthLink BC Nurses Line

Call 8-1-1 from anywhere in British Columbia to speak with a nurse any time of the day or night. The Physical Activity Line has joined the HealthLink BC Team to expand access to health, nutrition and physical activity services by phone and online. The new name of the department is "Dietitian and Physical Activity Services."

On weekdays, you can speak to a dietitian about nutrition and healthy eating. At night there are pharmacists available to answer medication questions.

Phone: 811

[Visit website](#)

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## Hearing Clinic (Island Health)

The Hearing Clinic staff work with individual clients, professionals and agencies to identify children and eligible adults who are hard of hearing or deaf.

Services include:

- FREE hearing testing for children aged 0-19 years of age
- Hearing aid fitting/dispensing when indicated
- Management and support of children with hearing loss
- Kindergarten hearing screening
- Universal newborn hearing screening, and follow-up when needed.

Some things to watch for with your child are:

- delayed speech, chronic ear infections (more than two per year), unusually attentive to softer sounds, loud voices, etc.

Note: routine monitoring includes a hearing screening at birth. For children with a family history of profound hearing loss, the next routine hearing test is at age three. However, if concerns arise about the child's hearing before age three, he or she can be tested at any time.

Courtenay Hearing Clinic  
#104-501-4th Street  
Courtenay BC

Contact: Megan Williams

Phone: 250-331-8526 or 1-877-370-8699, ext. 68284

[Visit website](#)

Office hours are 8:30 - 4:30, Mon-Fri,  
by appointment.

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## Infant Development Program

This is a program for families with children from birth to 3 years of age who are at risk for, or who may have developmental delays.

How do I use this program? Do I need a referral?

You can self-refer (see contact information on the right) or if you like, a doctor, public health nurse or other community professional can make a referral on your behalf.

What happens once the referral is made?

The Family Advocate (Beth) will contact you and arrange a visit to explain the program. Then, an IDP consultant can come to your home to visit with you and your child. This is where you can talk about your questions and concerns.

What is offered in the IDP program?

- developmental screening and monitoring
- therapy consultation
- service coordination
- a toy and book lending library
- a consultant for children and families of Aboriginal ancestry

As this program is family-centered, families decide what kind of support they need and participation is voluntary.

Child Development Association  
237 3rd Street  
Courtenay BC

[Visit website](#)  
Contact: Laurel

Phone: 250-338-4288, Ext. 225

Email: [advocate@cvcda.ca](mailto:advocate@cvcda.ca)

[Visit website](#)

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## KidSport Comox Valley

KidSport is a community-based sport funding program that provides grants for children under the age of 18 to participate in a sport season of their choice.

Grants are up to a maximum of \$300. To print off an application, please visit the [KidSport Comox Valley website](#). The completed application can be dropped off at Courtenay City Hall.

Courtenay City Hall  
830 Cliffe Avenue  
Courtenay BC

Phone: 250-338-7714

Email: [kidsportcomox@gmail.com](mailto:kidsportcomox@gmail.com)

[Visit website](#)

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## Occupational Therapy

This program provides assessment, treatment and intervention strategies for children from birth to school age who need extra support.

What is occupational therapy?

Occupational therapy is about skills and abilities. For children, this would involve help with play & social skills and abilities such as balance, fine motor skills and hand-eye coordination.

How do I use this program? Do I need a referral?

You can refer yourself (see contact information on the right) or if you like, a doctor, public health nurse or another community professional can make a referral on your behalf.

Child Development Association  
237 3rd Street  
Courtenay BC

[Visit website](#)  
Contact: Laurel

Phone: 250-338-4288, Ext. 225

Email: [advocate@cvcda.ca](mailto:advocate@cvcda.ca)

[Visit website](#)

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## Physical Therapy

This program provides assessment, treatment and intervention strategies for children from birth to school age who need extra support.

What is physical therapy?

Physical therapy is about gross motor development - strength, balance, coordination and movement skills such as throwing a ball and riding a bike.

How do I use this program? Do I need a referral?

You can refer yourself (see contact information on the right) or if you like, a doctor, public health nurse or another community professional can make a referral on your behalf.

Child Development Association  
237 3rd Street  
Courtenay BC

[Visit website](#)

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## Right from the Start (Island Health)

The Right from the Start program offers support for pregnant women and new mothers, their babies, children and families.

A public health nurse works in partnership with you and your care team, offering services that include:

- free health and pregnancy information
- education and support
- referrals to community resources specific to your individual needs

For more information or to register online, visit the Island Health Right from the Start [registration page](#). You can also contact Public Health Nursing to get more information about the program.

Public Health Nursing (Island Health)  
961 England Avenue  
Courtenay BC

Phone: 250-331-8520

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## Child & Youth Mental Health Services

Child and Youth Mental Health (CYMH) services are available to infants, children and youth up to 18 years of age who are experiencing mental health challenges.

Mental health disorders may include anxiety, eating disorders, psychosis, depression, attention deficit disorder (ADD) or attention hyperactivity disorder, bipolar or post traumatic stress disorder.

For more information or to find out if Child and Youth Mental Health services are appropriate for your child, please contact the local office.

For more information, you may want to access the [Orientation to Child, Youth & Family Mental Health and Substance Use Services \(A Guide for Families in the Campbell River and Comox Valley Areas\)](#) which is put together by the [F.O.R.C.E Society for Kids' Mental Health](#)

Ministry of Children and Family Development  
2455B Mansfield Drive  
Courtenay BC

Phone: 250-334-5820

Please note: the MCFD office is open from 9am - 12pm then 1pm -4pm.

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## Children & Youth with Special Needs Team

Ministry of Children and Family Development  
2455B Mansfield Drive  
Courtenay BC

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## Speech & Language Therapy

Speech-language therapy (also called speech-language pathology) for children helps with language difficulties, [stuttering](#) and voice problems.

Some of these concerns may include a child who:

- is difficult to understand
- is 2 years old and not talking
- does not seem to understand language
- struggles with certain sounds or words
- is embarrassed or frustrated when talking

To refer a child for speech therapy, you can call the Child Development Association and ask to speak with the Family Advocate, Beth. If you like, a doctor, public health nurse or another community professional can make a referral on your behalf.

Here are some websites with good information on speech and language development:

[American Speech-Language-Hearing Association](#)

[Speech-Language & Audiology Canada](#)

[BC Association of Speech/Language Pathologists & Audiologists](#)

For screening tools:

[Home Speech Home](#)

For materials to help you work with your child at home:

[Speech Language Therapy](#)

Child Development Association  
237 3rd Street  
Courtenay BC

[Visit website](#)  
Phone: 250-338-4288

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## Speech Services (Island Health)

For children under the age of 6 who are not meeting speech milestones or if the parent has concerns about their child's speech.

Island Health (Hearing, Speech & Nutrition Services)  
104-501-4th Street  
Courtenay BC

Contact: Pearl Morin or Anne Gardner  
Phone: 250-331-8526

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## Supported Child Development Program

All families have similar hopes and dreams for their children - that they will be happy, have friends, enjoy learning and live meaningful lives. For young children with extra support needs, inclusive child care provides an optimal environment for children to achieve these goals and maximize their potential.

### What is Supported Child Development?

It helps children successfully participate in the childcare setting of their parent's choice.

### Who can use this program?

Children from birth to age 12 with developmental delays, exceptional health care needs and mental or physical or behavioural challenges.

### Do I need a referral to use this program?

You can call the Child Development Association and ask to speak to someone about the Supported Child Development program. If you like, a doctor, public health nurse or another community professional may make a referral on your behalf by contacting the Child Development Association.

### What happens at first?

A Supported Childcare Consultant will meet with you to determine the support needs of your child.

### Financial Support

Low and middle income parents may apply to the Ministry of Children and Family Development for child care subsidy and the special needs supplement.

Child Development Association  
237 3rd Street  
Courtenay BC

[Visit website](#)  
Contact: Laurel

Phone: 250-338-4288, Ext. 225

Email: [advocate@cvcda.ca](mailto:advocate@cvcda.ca)

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## The Autism Program

This program provides individualized services for children and youth with a diagnosis of Autism Spectrum Disorder.

What are the services?

Services include one to one support, small social groups and a 2-week summer camp for teens.

How do I apply for this program?

When your child has received an autism diagnosis, you should receive a binder full of information, including an Application for Autism Funding form. You will need to complete this form and meet with a social worker from the Ministry of Children and Families Development. (MCFD). Once this is done, please give us a call and we can work together to create an intervention plan that best fits your child and family.

Is there a cost to this program?

The fees for this program can be paid through Autism funding from MCFD or by families.

How do I connect with other families?

The Comox Valley Parent / Family Autism Support group meets on the first Thursday of every month at the Child Development Association. *Check it out on the calendar!*

Child Development Association  
237 3rd Street  
Courtenay BC

[Visit website](#)

Contact: April Statz

Phone: 250-338-4288, Ext. 245

Email: [april@cvcda.ca](mailto:april@cvcda.ca)

[Visit website](#)

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## Public Health Nursing (Island Health)

Public Health Nursing has a number of different health services that are provided in homes, schools and various community settings.

The services include:

- [Immunizations](#)
- [Right from the Start](#) prenatal registration program
- [Prenatal classes](#)
- new baby visits
- breastfeeding support, including a [drop-in group](#) on Thursday mornings
- universal bilirubin screening program

Information for families about newborn and young children's health, nutrition, growth and development, baby blues and postpartum depression, is also available.

Public Health Nursing (Island Health)  
961 England Avenue  
Courtenay BC

Phone: 250-331-8520

[Visit website](#)

# Health & Development

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Immunizations (Island Health)

To book an appointment for your child's immunizations or to speak with a Public Health Nurse, please phone 250-331-8520.

Appointments at the Comox Valley Health Unit are available:

- Monday afternoons
- Tuesday mornings
- Wednesday evenings
- Friday mornings

If it is not possible to book an appointment ahead of time, there is a drop-in clinic on Thursday afternoons from 1:00pm -3:00pm at the Health Unit.

Please note: there are clinics offered in outlying areas such as Black Creek, Denman and Hornby Islands. For dates and times, please call the Health Unit.

Public Health Nursing (Island Health)  
961 England Avenue  
Courtenay BC

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Prenatal Classes (Island Health)

Prenatal classes are taught by childbirth educators and cover topics such as labour, delivery and breastfeeding.

As classes can fill up quickly, it is important to register as soon as you can, even if you are early on in your pregnancy.

Registration is done through the Right From the Start program and can be completed [online](#). If you would like to speak to someone about the program, please contact Public Health Nursing.

Public Health Nursing (Island Health)  
961 England Avenue  
Courtenay BC

Phone: 250-331-8520

Email: [rfts@viha.ca](mailto:rfts@viha.ca)