

# Parenting

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## CAPC (Community Action Program for Children)

This drop-in group is for families with children under 5 years of age. It is part of the Healthy Families program, offered through Comox Valley Family Services Association.

It is an opportunity for parents to:

- connect with other parents and caregivers in a supportive, learning environment
- learn more about children's health, safety, nutrition, growth and development
- access clothing sharing shelves & emergency food hampers
- talk with community guest speakers while the children enjoy crafts, play and a variety of early learning activities

Transportation is available and a healthy lunch is always provided.

*If you are attending this group for the first time, please contact the Healthy Families program to pre-register.*

For this group's schedule, please visit the [event page](#).

Courtenay Elementary School  
Courtenay BC

Phone: 250-871-7577 or 250-871-7575

[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 CVFDA 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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## 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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## Grandparents Raising Grandchildren Support Group

This group offers support and information resources for grandparents and other extended family members in the community.

It is co-facilitated by the Child Development Association and the Comox Valley Transition Society but you don't have to be involved with either of these agencies in order to attend.

For this group's schedule, please visit the [event page](#).

Child Development Association  
237 3rd Street  
Courtenay BC

[Visit website](#)

Contact: Diana Paige or Lee Bjarnason

Phone: 250-897-0511 or 250-338-4288

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## Healthy Babies Prenatal Nutrition Program

This group is for pregnant women and new mothers with their babies (up to the age of 6 months) who are looking for extra support during pregnancy and with breastfeeding.

There are guest speakers and a Public Health Nurse at each group. Other resources include:

- sharing shelves
- prenatal vitamins
- emergency food hampers
- \$10 gift cards
- individual and group support

Transportation is available and a healthy lunch is always provided.

For dates and times of this group, please visit the [event page](#).

Comox Valley Family Services Association  
1415 Cliffe Ave  
Courtenay BC

Phone: 250-871-7577 or 250-871-7575

[Visit website](#)

Drop-ins are most welcome!

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## New Discoveries (Drop-In)

This drop-in group is for parents with children between the ages of birth to 5 years.

New Discoveries has several programs during the week:

- Mondays: drop in and bake or paint with your kids.
- Thursdays: Home with a Heart program (registration required)
- Fridays: lunch & drop in.

All of the programs are free, however space is sometimes limited.

Salvation Army Community Church  
1580 Fitzgerald  
Courtenay BC

[Visit website](#)

Contact: Brandi

Phone: 250-338-8221

Email: [brandi@cvsalarmy.ca](mailto:brandi@cvsalarmy.ca)

[Visit website](#)

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# Parenting

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## Nobody's Perfect Parenting Program

The Nobody's Perfect Parenting Program is designed for parents who might be in particularly stressful situations, such as being a single parent, having a low income or feeling isolated.

The program provides parents of children from birth to age 5 with:

- A safe place to build on their parenting skills
- An opportunity to learn new skills and concepts
- A place to interact with other parents who have children the same age

In the Comox Valley, Nobody's Perfect parenting groups are offered at various times throughout the year. To ask about upcoming groups or for more information, please call or email Comox Valley Family Services Association.

The [BC Council for Families](#) website, which coordinates the Nobody's Perfect program in British Columbia is also an excellent resource for parenting, child development and family information.

Phone: 250-871-7575

Email:  
[comoxvalley.nobodysperfect@gmail.com](mailto:comoxvalley.nobodysperfect@gmail.com)

[Visit website](#)

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## Toddler Time

This interactive parent-child support group is for families with children 1 - 2 years of age. It is an opportunity for parents to:

- connect with other parents and caregivers in a supportive, learning environment
- learn more about children's health, safety, nutrition, growth and development
- access clothing sharing shelves & emergency food hampers
- talk with community guest speakers while the children enjoy crafts, play and a variety of early learning activities

Transportation is available and a healthy lunch is always provided.

*If you are attending this group for the first time, please contact the Healthy Families program to pre-register.*

For dates and times of upcoming groups, please visit the Valley Child [Event Calendar](#).

Courtenay Elementary School  
Courtenay BC

Contact: Healthy Families program

Phone: 250-871-7577 or 250-871-7575

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## Triple P Parenting Program

Triple P is a Positive Parenting Program that promotes good communication and strong relationships between parents and children.

The Comox Valley Transition Society coordinates the Triple P Program for the Comox Valley, working in cooperation with other community agencies including Public Health, Comox Valley Boys and Girls Club and the Salvation Army.

The Triple P groups run several times per year; for upcoming sessions, please see contact information on the right.

Varies  
Courtenay BC

Phone: 250-897-0511, ext. 30

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## Dad's Night Out (Valley Dad's)

A night to celebrate time for children and their dads! Kids grab your dad, grandpa or male caregiver and join us each Wednesday of the month for Dad's Night Out. Check out the [events page](#) for location, each week is different. 5:30 - 7:00 pm

Sponsored by Success by 6 and LUSH Valley.

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## Young Parents Program

Today 'N' Tomorrow Learning Society  
4830 Headquarters Rd  
Courtenay BC

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