

# Age 0-5 Health Services, Comox Valley

This document replaces previous documents: "Parenting Skills Education" "Parents' & Kids' Support Groups" "Prenatal/Infant/Toddler Health Resources"



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Service Provider	Program	Description	Contact
ADHD Support Group	ADHD Support Group	<p>Online support group to better understand ADHD. "Let's Change the Way We View ADHD".</p> <p>ADHD Comox Valley is here to support, educate &amp; create a safe place to network about ADHD. Whether you have an ADHD child, you're an ADHD parent, or both! (This group welcomes families from all areas).</p>	<a href="https://www.facebook.com/pages/ADHD-Comox-Valley/1411587389092391">https://www.facebook.com/pages/ADHD-Comox-Valley/1411587389092391</a>
Adult Learning Center	Literacy & Parenting Skills	Sept-June	<p>Judy Brooks Ph: 250-338-9906 1507 McPhee, Courtenay <a href="http://cvalc.ca/">http://cvalc.ca/</a> <a href="mailto:info@cvalc.ca">info@cvalc.ca</a></p>
Anxiety BC	Anxiety Disorders in Children and Teens Webpage	<ul style="list-style-type: none"> <li>AnxietyBC is a small non-profit organization that provides self-help resources on anxiety.</li> <li>If your child has mild to moderate anxiety, or has not been diagnosed with a disorder, <a href="#">click here</a> to learn more general home management strategies.</li> <li>If your child have a diagnosed (or suspected) anxiety disorder, see Anxiety BC's website for descriptions of the following seven anxiety disorders, for an educational video and stories, and for home management strategies.</li> </ul> <p><a href="#">Separation Anxiety Disorder.</a>  <a href="#">Specific Phobias.</a> (including fear of needles)  <a href="#">Social Anxiety Disorder.</a>  <a href="#">Generalized Anxiety Disorder.</a>  <a href="#">Panic Disorder.</a>  <a href="#">Obsessive Compulsive Disorder.</a>  <a href="#">Post Traumatic Stress Disorder.</a></p>	<a href="http://www.anxietybc.com/parent/anxiety.php">http://www.anxietybc.com/parent/anxiety.php</a>

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Service Provider	Program	Description	Contact
BC Centre for Disease Control	ImmunizeBC website	<ul style="list-style-type: none"> <li>Provides detailed information and resources for the general public and for health professionals on immunity, communicable diseases, and vaccination.</li> </ul>	<p><a href="http://www.immunizebc.ca/">http://www.immunizebc.ca/</a></p> <p>For the general public:</p> <ul style="list-style-type: none"> <li>For questions about your family's immunization needs, or to book an immunization appointment, contact your <u>local public health unit</u> or family doctor.</li> <li>For general questions: use ImmunizeBC's <u>Ask Us</u> feature. A nurse will respond to your question within 3 business days. Or speak with a nurse online at ImmunizeBC's <u>Chat feature</u>.</li> <li>For questions about finding your/your child's immunization record, see <u>Ask Us Top 10</u></li> </ul> <p>If you are a health care professional with immunization questions, please contact your <u>local public health unit</u> or visit the <u>Health Professionals</u> section of ImmunizeBC.</p>
BC Children's Hospital and the National Center on Shaken Baby Syndrome	Period of Purple Crying program	<ul style="list-style-type: none"> <li>A DVD and booklet given to all parents after the birth of their baby. Parents can receive it in the hospital, from their midwife, or public health nurse.</li> <li>Explains infant crying, based on child development research.</li> <li>Available in 9 languages.</li> </ul>	<p><a href="http://www.dontshake.org/">http://www.dontshake.org/</a></p> <p><a href="http://www.purplecrying.info/">http://www.purplecrying.info/</a></p>
BC Ministry of Children & Family Development	Child Welfare	<p>If a child tells you they have been abused or neglected - or if you have a reason to believe a child is being harmed - call your local child welfare worker. You do not need proof. Just report what you know.</p>	<p>2455 Mansfield Drive, Courtenay Ph 250.334.5820</p> <p>24-hours Helpline for Children Phone 310-1234 (needs no area code)</p> <p><a href="http://www.mcf.gov.bc.ca/child_protection/pdf/child_welfare_your_role.pdf">www.mcf.gov.bc.ca/child_protection/pdf/child_welfare_your_role.pdf</a></p>
BC Ministry of Health	Baby's Best Chance book	<ul style="list-style-type: none"> <li>Parents' handbook of Pregnancy and Baby Care.</li> <li>Easy to read information based on best practices and evidence, to ensure a healthy pregnancy and baby.</li> <li>First section: information to help support parents during and after pregnancy.</li> <li>Second section: information on getting the best start with your new baby.</li> </ul>	<p>Paper copies (2<sup>nd</sup> revision, 6<sup>th</sup> edition) available from: Island Health Public Health Nursing, your doctor, your midwife, &amp; St. Joseph's Hospital</p> <p>Online English &amp; French versions (4<sup>th</sup> revision, 6<sup>th</sup> edition) available from: <a href="https://www.healthyfamiliesbc.ca/parenting">https://www.healthyfamiliesbc.ca/parenting</a></p>
BC Ministry of Health	BC HealthFiles	<ul style="list-style-type: none"> <li>Fact sheets on many health &amp; safety issues.</li> </ul>	<p><a href="http://www.bchealthguide.org/healthfiles">www.bchealthguide.org/healthfiles</a></p>
BC Ministry of Health	BC HealthGuide Handbook	<ul style="list-style-type: none"> <li>Information</li> <li>Medically approved up-to-date information on many health topics.</li> </ul>	<p>250-331-8520</p> <p>961 England Ave. Courtenay</p> <p>Paper copy available free from the Public Health Nursing Office or any pharmacy.</p> <p>Online: <a href="http://www.bchealthguide.org">www.bchealthguide.org</a></p>

For corrections, additions, or questions, please email Michelle Guthrie, Comox Valley Early Years Coordinator: [early.years@cvcda.ca](mailto:early.years@cvcda.ca) May 2015

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BC Ministry of Health	HealthLink BC	<ul style="list-style-type: none"> <li>▪ Keeps you informed on thousands of topics regarding your health and well-being</li> <li>▪ Open 24/7</li> <li>▪ Non-emergency health information</li> </ul>	<p><a href="http://www.HealthLinkBC.ca">www.HealthLinkBC.ca</a> Phone: 8-1-1 Use the mobile app.</p> <p>For deaf and hearing impaired assistance (TTY), Dial 7-1-1</p>
BC Ministry of Health	Healthy Families BC website	<ul style="list-style-type: none"> <li>▪ Your family's one-stop online resource for health and wellness information.</li> <li>▪ Help to better manage your own health and reduce chronic disease.</li> <li>▪ Focus on four key areas:               <ol style="list-style-type: none"> <li>1. healthy eating,</li> <li>2. healthy lifestyles,</li> <li>3. resources for parents,</li> <li>4. fostering healthy communities.</li> </ol> </li> </ul>	<p><a href="https://www.healthyfamiliesbc.ca/parenting">https://www.healthyfamiliesbc.ca/parenting</a></p>
BC Ministry of Health	Toddler's First Steps book	<ul style="list-style-type: none"> <li>▪ A Best Chance Guide to Parenting Your 6- to 36-Month-Old Child</li> <li>▪ Based on best practices and evidence, Toddler's First Steps has practical information on child development, nutrition, health and wellness, parenting, and safety.</li> </ul>	<p><a href="https://www.healthyfamiliesbc.ca/parenting">https://www.healthyfamiliesbc.ca/parenting</a></p> <p>Paper copies (2nd revision, 2<sup>nd</sup> edition) available from: Island Health Public Health Nursing 961 England Avenue, Courtenay Ph 250.331.8520</p> <p>Online (3<sup>rd</sup> revision, 2<sup>nd</sup> edition) available from: <a href="https://www.healthyfamiliesbc.ca/parenting">https://www.healthyfamiliesbc.ca/parenting</a></p>

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BC Ministry of Social Development and Social Innovation	Healthy Kids Program	<ul style="list-style-type: none"> <li>The Healthy Kids Program helps low-income families with costs associated with basic dental care and prescription glasses for their children.</li> <li>Dependent children under 19, in families approved for premium assistance by the Medical Services Plan (MSP) are automatically registered with the Healthy Kids Program.</li> <li><u>Dental</u> - Children are eligible for \$1400 of basic dental services every two years. This coverage includes services such as exams, x-rays, fillings, cleanings and extractions. Dentists can advise families of other services that may be covered.</li> <li><u>Optical</u> - Children are eligible for prescription eyeglasses (lenses and basic frames) once in a twelve-month period. Children's eye examinations are covered by MSP.</li> <li><u>Before any dental or optical services begin</u>, families need to show their child's BC government issued identification with their personal health number on it to their dentist or eye specialist who will confirm the child's eligibility under the Healthy Kids Program.</li> <li>The Province pays dental and optical professionals directly for the services children receive.</li> <li>Additional charges over and above what the Healthy Kids Program will cover are the responsibility of the family.</li> </ul>	<p><a href="http://www.eia.gov.bc.ca/factsheets/2005/healthy_kids.htm">http://www.eia.gov.bc.ca/factsheets/2005/healthy_kids.htm</a></p> <p>Ministry of Social Development and Social Innovation Info Line: 1 866 866-0800</p> <p>If you are receiving Ministry services and do not have a Person ID or Social Insurance Number, or for all general inquiries, enter your 10 digit phone number, then press option 3, and then press option 2.</p>
Breastfeeding Inc.		<ul style="list-style-type: none"> <li>Aims to empower parents by ensuring they receive the most up-to-date information to assist them with their breastfeeding baby.</li> <li>Resources to help diagnose breastfeeding concerns, treat pain, milk supply issues, concerns around babies' health as related to feeding, and help to prevent future problems.</li> <li>Free information sheets, video clips, and articles.</li> <li>Resources created by Dr. Jack Newman and Lactation Consultant Edith Kernerman.</li> </ul>	<p><a href="http://www.breastfeedinginc.ca/">http://www.breastfeedinginc.ca/</a></p>
Breastfeeding Peer Support Network		<ul style="list-style-type: none"> <li>Connects new mothers with peers experienced in breastfeeding for support.</li> </ul>	<p><a href="http://www.breastfeedingcomoxvalley.com">www.breastfeedingcomoxvalley.com</a></p>

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Service Provider	Program	Description	Contact
Canadian Mental Health Association	Bounce Back Program	<ul style="list-style-type: none"> <li>An evidence-based program to help adults experiencing symptoms of mild to moderate depression, low mood, or stress, with or without anxiety.</li> </ul> <p>Bounce Back offers two forms of help.</p> <ol style="list-style-type: none"> <li>A DVD video (available in English, Mandarin, &amp; Cantonese) providing practical tips on how to recognize and deal with depressive symptoms.</li> <li>A workbook-based program with phone coaching (in English, French, or Cantonese). Bounce Back community coaches teach problem-solving and other skills to overcome difficulties such as inactivity, unhelpful thinking, worry, and avoidance. Access to the coaching component requires a doctor's referral.</li> </ol>	<p><a href="http://www.cmha.bc.ca/how-we-can-help/adults/bounceback">http://www.cmha.bc.ca/how-we-can-help/adults/bounceback</a></p> <p>If you are interested in Bounce Back, please talk to your family doctor.</p>
Canadian Mental Health Association, BC Division.	Strongest Families BC	<ul style="list-style-type: none"> <li>An effective, accessible educational service for families of children with mild to moderate behaviour problems (ages 3 to 12).</li> <li>Delivered to parents and/or caregivers via phone in the comfort and privacy of their own homes at times that are best for the family, and at no cost.</li> <li>Addresses disruptive behaviour and attention deficit difficulties in pre-school and school age children, behaviours that often present challenges at home, school and in social or recreational settings.</li> <li>Trained coaches give weekly guidance and telephone support to families as they work their way through the program. Coaches and parents work together to solve problems as parents apply new skills in their daily lives.</li> </ul>	<p>Ask physician for a referral.</p> <p><a href="http://www.cmha.bc.ca/how-we-can-help/children-families/strongestfamilies">http://www.cmha.bc.ca/how-we-can-help/children-families/strongestfamilies</a></p>
Child and Youth Mental Health		<ul style="list-style-type: none"> <li>Counselling service for children age 5-19 years and their parents</li> <li>Anxiety, depression, etc.</li> <li>Office hours: Mon-Fri, 8:30-4:30</li> </ul>	<p>2955 Mansfield Drive, Courtenay Ph: 250.334.5820 (ask for "Intake")</p>

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Children's Health Foundation of Vancouver Island Bear Essentials Program		<ul style="list-style-type: none"> <li>Helps families cover unexpected or extraordinary expenses related to their children's health issues and/or disabilities.</li> <li>Referrals to the program are accepted from health professionals working with Island Health or one of the Foundation's qualified community partners.</li> <li>A family is eligible when all four of the following criteria are met:               <ol style="list-style-type: none"> <li>Application is for a child or youth aged 0-19 years, and his/her family;</li> <li>Child/youth is a resident of Vancouver Island or the Gulf Islands;</li> <li>Family resources are insufficient to cover the items in this application; and</li> <li>The maximum funding of \$1,000 per child per lifetime has not been exceeded.</li> </ol> </li> </ul>	<p><a href="http://childrenshealthvi.org/">http://childrenshealthvi.org/</a></p> <p>Anita Brassard, Manager of Community Engagement, receives applications from community organizations that act as Children's Health Foundation - Bear Essentials partners. For more information contact 250-702-6131 or <a href="mailto:anita.brassard@viha.ca">anita.brassard@viha.ca</a></p> <p>Island Health staff who wish to connect clients to the Bear Essentials Program can enquire through their manager.</p> <p>Managers needing more information can contact Heather Smith, phone 250-616-5959, <a href="mailto:heather.d.smith@viha.ca">heather.d.smith@viha.ca</a></p>
Children's Health Foundation of Vancouver Island Jeneece Place Program		<ul style="list-style-type: none"> <li>a home away from home for families whose children need medical care in Victoria</li> <li>owned and operated by Children's Health Foundation of Vancouver Island</li> <li>located on the grounds of Victoria General Hospital.</li> </ul>	<p>For more information, please visit the website: <a href="http://www.jeneeceplace.org">www.jeneeceplace.org</a></p>
Comox Military Family Resource Centre   Centre de ressources pour les familles militaires de Comox	Family Health Liaison	<ul style="list-style-type: none"> <li>For families of currently serving Canadian Armed Forces members.</li> <li>Help to locate primary health care resources during the first year of a posting to the Comox Valley.</li> <li>No cost.</li> <li>Military families can self-refer.</li> </ul>	<p>Nancy Callaghan  <a href="mailto:nancy.callaghan@forces.gc.ca">nancy.callaghan@forces.gc.ca</a>  <a href="mailto:comoxmfrc@gmail.com">comoxmfrc@gmail.com</a>            1575 Military Row, Lazo, BC   CB,            Phone: 250-339-8211, local/ poste 6655            1-888-246-0222  <a href="http://www.familyforce.ca">www.familyforce.ca</a>  <a href="http://www.familyforce.ca">http://www.familyforce.ca</a></p>
Comox Valley Child Development Association		<ul style="list-style-type: none"> <li>For children age birth-5 years at risk for developmental delays</li> <li>Physiotherapy</li> <li>Occupational therapy</li> <li>Speech therapy</li> <li>Supported child development</li> <li>Infant development</li> <li><a href="http://www.cvcda.ca/">http://www.cvcda.ca/</a></li> <li>Office hours: Mon-Fri, 8:30-4:30</li> </ul>	<p>Kim Griffiths            Ph: 250-338-4288, ext 225            237 3<sup>rd</sup> St., Courtenay</p>

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Comox Valley Child Development Association	Autism Parent Support Group	<ul style="list-style-type: none"> <li>▪ This group supports families in our community who have children on the autism spectrum.</li> <li>▪ There is no prerequisite to join and no diagnosis is necessary - only the need for support and a desire to connect with other families.</li> <li>▪ The meetings are held on the first Wednesday of the month. The first hour 6:30-7:30 is for families only and then from 7:30-8:30 the meeting is open to scheduled speakers and other community resources.</li> </ul>	<p>Ph: 250-338-4288, ext 225 237 3<sup>rd</sup> St., Courtenay</p> <p>Email: <a href="mailto:Comoxvalleyautismparentgroup@gmail.com">Comoxvalleyautismparentgroup@gmail.com</a></p> <p>Website: <a href="http://www.comoxvalleyautismsupportgroup.com">www.comoxvalleyautismsupportgroup.com</a></p>
Comox Valley Child Development Association	Autism Program	<ul style="list-style-type: none"> <li>▪ Referral is via Family Doctor, to Pediatrician, to Vancouver Island Child assessment Network's Autism Team.</li> </ul>	<p>Ph: 250-338-4288, ext 225 237 3<sup>rd</sup> St., Courtenay</p>
Comox Valley Child Development Association	Grandparents Raising Grandchildren Support Group	<ul style="list-style-type: none"> <li>• For grandparents raising their grandchildren.</li> <li>▪ Facilitated open, ongoing support group.</li> <li>▪ Registration required</li> <li>▪ Mondays, 10:00am-11:30am</li> </ul>	<p>Lee Bjarnason Ph: 338-4288, ext 223 237 3<sup>rd</sup> St., Courtenay</p>
Comox Valley Child Development Association	Comox Valley Early Years Centre and Valley Child website	<ul style="list-style-type: none"> <li>• The Early Years Centre opened in 2014 as part of new provincial initiative aimed at improving access to resources and programs for families with children under 6 years of age.</li> <li>• The <a href="http://www.valleychild.ca">www.valleychild.ca</a> website is a family-oriented online resource that lists Early Years programs and resources, including contact and location information</li> </ul>	<p>Michelle Guthrie Comox Valley Early Years Centre Coordinator</p> <p>Comox Valley Child Development Association 237 Third Street, Courtenay Phone: 250-338-4288, Ext. 239 Fax: 250-338-9326 Email: <a href="mailto:early.years@cvcda.ca">early.years@cvcda.ca</a></p> <p><a href="http://www.valleychild.ca">www.valleychild.ca</a></p>



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Comox Valley Family Services Association	Community Action Program for Children (CAPC)	<ul style="list-style-type: none"> <li>• For parents with children from age 2 years up to age 6 years</li> <li>• Groups and one-on-one support</li> <li>• Education and community referrals</li> <li>• Community guest speakers</li> <li>• Emergency food hampers, Farmer's Market coupons</li> <li>• Clothing sharing shelves</li> <li>• Car seat technician</li> <li>• Little Learners Library program</li> <li>• Fun and engaging children's activities</li> <li>• HOP summer picnics</li> <li>• Lunch provided at groups</li> <li>• Transportation available</li> <li>• Group meets Thursdays 10:00am-11:30am, at Ecole Puntledge Park Elementary School, 401 Willemar Ave., Courtenay</li> </ul>	<p>Ph: 250-871-7575 or 250-871-7577</p> <p>For information, please drop-in to: Healthy Families Program Office: 1507C McPhee Ave, Courtenay</p>
Comox Valley Family Services Association	Healthy Babies Prenatal Nutrition Program	<ul style="list-style-type: none"> <li>• For pregnant women &amp; moms with babies age 0-6 months</li> <li>• Groups and one-on-one support</li> <li>• Prenatal education and community referrals</li> <li>• Breastfeeding support and education</li> <li>• Community guest speakers</li> <li>• Prenatal vitamins, \$10 food coupon, Emergency food hampers, Farmer's Market coupons</li> <li>• Baby-clothing sharing shelves</li> <li>• Car seat technician</li> <li>• Little Learners Library program</li> <li>• Lunch provided at groups</li> <li>• Transportation available</li> <li>• Group meets Tuesdays, 10am-12noon, at 1415 Cliffe Ave. Courtenay</li> </ul>	<p>Ph: 250-871-7577 or 250-871-7575</p> <p>For information, please drop-in to: Healthy Families Program Office: 1507C McPhee Ave. Courtenay</p>

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Comox Valley Family Services Association	Stay n Play	<ul style="list-style-type: none"> <li>• For parents with children age 4 months-1 year</li> <li>• Groups and one-on-one support</li> <li>• Education and community referrals</li> <li>• Community guest speakers</li> <li>• Breastfeeding support and education</li> <li>• Emergency food hampers, Farmer's Market coupons</li> <li>• Clothing sharing shelves</li> <li>• Car seat technician</li> <li>• Little Learners Library program</li> <li>• Playtime</li> <li>• HOP summer picnics</li> <li>• Lunch provided at groups</li> <li>• Transportation available</li> </ul>	<p>Ph: 250-871-7577 or 250-871-7575</p> <p>For information, please drop-in to: Healthy Families Program Office: 1507C McPhee Ave. Courtenay</p>
Comox Valley Father Involvement Network		<ul style="list-style-type: none"> <li>• For anyone interested in promoting fathers.</li> <li>• Planning "Kids &amp; Dads Activity Days"</li> <li>• Meets quarterly at Comox Valley Aboriginal Head Start</li> </ul>	<p><a href="mailto:cvahsnetworking@shaw.ca">cvahsnetworking@shaw.ca</a> Ph 250-334-2477</p>
Comox Valley Pregnancy Care Centre		<ul style="list-style-type: none"> <li>• For pregnant women</li> <li>• Education, referrals, pregnancy testing.</li> <li>• Maternity and baby wear.</li> <li>• Post-abortion counselling</li> <li>• Mon-Fri, 11:00 a.m. - 4:00 p.m</li> </ul>	<p>Ph: 250-334-0058 <a href="mailto:cvpregcare@shaw.ca">cvpregcare@shaw.ca</a> <a href="http://www.cvpregcare.ca">www.cvpregcare.ca</a> 785 6<sup>th</sup> St., Courtenay</p>
Comox Valley Toy Library Society (CVTLS)		<ul style="list-style-type: none"> <li>• A non-profit society offering an affordable and environmentally conscious alternative by lending toys to families and caregivers of young children.</li> <li>• Large collection of items for ages 0-5: swings, exersaucers, activity tables, musical toys, ride-ons, blocks, puzzles, games, learning toys, etc.</li> <li>• Membership \$20/year (fee can be waived for those experiencing financial hardship)</li> <li>• Sat: 1:00 p.m. - 3:00 p.m.</li> <li>• Tues: 10:00 a.m. - 11:00 a.m.</li> <li>• Tues: 1:00 p.m. - 2:00 p.m.</li> <li>• Check website for possible time changes</li> </ul>	<p><a href="http://cvtoylibrary.weebly.com">cvtoylibrary.weebly.com</a> <a href="mailto:cvtoylibrary@gmail.com">cvtoylibrary@gmail.com</a></p> <p>Volunteer Co-ordinator: Andrea Woodrow</p>
Comox Valley Transition Society	Bridging Employment	<ul style="list-style-type: none"> <li>• Open For women who have experienced abuse or violence</li> </ul>	<p>Ph: 250-897-0511 #202-576 England Ave., Courtenay</p>

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Comox Valley Transition Society	Children Who Witness Abuse	<ul style="list-style-type: none"> <li>• Children 3-19 years who have witnessed abuse</li> <li>▪ Individual counseling</li> <li>▪ Information and support for moms with children age 0-19 years</li> </ul>	<p>Ph: 250-897-0511 #202-576 England Ave., Courtenay</p>
Comox Valley Transition Society	Lilli House	<ul style="list-style-type: none"> <li>▪ Residential facility for women leaving abusive relationships.</li> <li>▪ Short-term stay.</li> <li>▪ Children to age 18 years (of both sexes) welcome to stay with their moms.</li> <li>▪ Addictions beds also available to any adult female. Call for information.</li> </ul>	<p>Ph: 250-338-1227</p>
Comox Valley Transition Society	Reclaiming our Lives	<ul style="list-style-type: none"> <li>▪ Open group For women who have experienced abuse or violence</li> </ul>	<p>Ph: 250-897-0511 #202-576 England Ave., Courtenay</p>
Comox Valley Transition Society	Women's Counseling Program	<ul style="list-style-type: none"> <li>▪ Individual counseling for women who are experiencing or have experienced abuse</li> </ul>	<p>Ph: 250-897-0511 #202-576 England Ave., Courtenay</p>
Comox Valley Transition Society	Women's Crisis Line	<ul style="list-style-type: none"> <li>• For women seeking help with issues related to abusive relationships</li> <li>• Available 24/7</li> </ul>	<p>Ph: 250-338-1227</p>
Comox Valley Transition Society	Women's Drop-in	<ul style="list-style-type: none"> <li>▪ Lunch provided</li> <li>▪ Get linked to community resources</li> <li>▪ Street nurse</li> <li>▪ For women who are experiencing homelessness and/or deep poverty</li> </ul>	<p>Ph: 250-897-0511 #202-576 England Ave., Courtenay</p>
Compassionate Friends		<ul style="list-style-type: none"> <li>▪ Grief education,</li> <li>▪ Friendship</li> <li>▪ Understanding</li> <li>▪ Anyone who has experienced the death of a child</li> <li>▪ Meets the 2nd Wed, of every month</li> </ul>	<p>Ph: Judy 250-923-2485 or 250-923-6205 Or Eileen at 250-285-2434 Black Creek Community Hall 2001 Black Creek Rd., Black Creek</p>
Courtenay Recreation Center	Little Cruisers	<ul style="list-style-type: none"> <li>▪ For parents and babies age 7 months-14 months.</li> <li>▪ Support and socialize, guest speakers.</li> <li>▪ Drop-in. No registration required.</li> <li>▪ \$1.00 drop-in fee</li> <li>▪ Wed, 10:00-11:15 am</li> </ul>	<p>Ph: Chris Chapple: 250-339-0194 <a href="mailto:chrischapple@shaw.ca">chrischapple@shaw.ca</a> Lewis Center, 489 Old Island Hwy 250-338-5371</p>

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# Age 0-5 Health Services, Comox Valley

Service Provider	Program	Description	Contact
F.O.R.C.E. Society for Kids' Mental Health		<ul style="list-style-type: none"> <li>▪ The F.O.R.C.E. Society for Kids' Mental Health is a provincial organization that provides 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.</li> <li>▪ The F.O.R.C.E. also provides families and professionals with information, tools, and tips on how to support and assist children with mental health difficulties.</li> </ul>	<p><a href="http://www.forcesociety.com">www.forcesociety.com</a>            email: <a href="mailto:colleen@forcesociety.com">colleen@forcesociety.com</a>            phone: 1-855-887-8004            Twitter: @ColleenFORCEPIR</p> <p>Corporate Address:            Box 91697, West Vancouver BC V7V 3P3</p>
Facts of Life Line		<ul style="list-style-type: none"> <li>▪ For everyone</li> <li>▪ Confidential information on sexuality, birth control, relationships, &amp; sexually transmitted infections.</li> <li>▪ Mon-Fri, 9am-9pm</li> <li>▪ Sat, 10am-2pm</li> </ul>	<p>Ph: 1-800-739-7367  <a href="http://www.wontgetweird.com">www.wontgetweird.com</a></p>
Family Justice Services	Parenting After Separation Workshops	<ul style="list-style-type: none"> <li>▪ For parents before, during, or after separation.</li> <li>▪ 3 hour workshop.</li> <li>▪ Topics include: court system, child support, custody, stages of separation, effect on children, developing a parenting plan, relationship with ex-spouse.</li> </ul>	<p>Ph: 897-7556 or            Diane at 339-5615            Various locations</p>
Family Literacy Outreach Program		<ul style="list-style-type: none"> <li>• A family literacy program that has three components: healthy eating, adult learning, and family literacy.</li> <li>• Held at Glacier View Learning Center</li> <li>• Families begin the program with a simple, healthy meal provided by LUSH Valley. Then the adults have an option of participating in one of two learning groups: Upgrading or Parenting.</li> <li>• Children engage in early learning activities with qualified childcare providers.</li> <li>• The afternoon ends with circle and story time.</li> </ul>	<p>Danielle Hoogland            Ph: 250-897-2623  <a href="mailto:dhoogland@shaw.ca">dhoogland@shaw.ca</a></p>
HealthLink BC		<ul style="list-style-type: none"> <li>▪ For everyone.</li> <li>▪ Confidential health information and advice.</li> <li>▪ Translation services available in over 130 languages.</li> <li>▪ Medically approved up-to-date health information from               <ul style="list-style-type: none"> <li>• Registered Nurses, 24-hours.</li> <li>• Pharmacists, 5 p.m.-9 a.m. daily.</li> <li>• Dieticians&lt; Mon-Fri, 9am-5pm</li> </ul> </li> </ul>	<p>Ph. 8-1-1            Hearing Impaired Ph: 7-1-1</p> <p>Translation services            Ph: 1-866-215-4700</p> <p><a href="http://www.healthlinkbc.ca">www.healthlinkbc.ca</a></p>

For corrections, additions, or questions, please email Michelle Guthrie, Comox Valley Early Years Coordinator: [early.years@cvcda.ca](mailto:early.years@cvcda.ca) May 2015

# Age 0-5 Health Services, Comox Valley

Service Provider	Program	Description	Contact
HealthLink BC	Dietician Service	<ul style="list-style-type: none"> <li>▪ For everyone.</li> <li>▪ Speak to a registered dietitian.</li> <li>▪ Translation services available in over 130 languages on request.</li> <li>▪ Mon-Fri, 9am-5pm</li> </ul>	<p>Ph: 8-1-1 Ph. 7-1-1- for hearing impaired assistance <a href="http://www.dialadietitian.org">www.dialadietitian.org</a></p>
Hornby & Denman Community Health Care Society	Child, Youth, and Family Counselling	<ul style="list-style-type: none"> <li>▪ Free and open to Hornby and Denman parents and caretakers of children and youth up to age 19 years.               <ul style="list-style-type: none"> <li>• Mon - Fri</li> </ul> </li> <li>▪ Call for details.</li> </ul>	<p>Ph: 250-898-0247 1965 Sollans Rd., Hornby Island <a href="mailto:mike@hornbydenmanhealth.com">mike@hornbydenmanhealth.com</a></p>
Hornby & Denman Community Health Care Society	Parent Group	<ul style="list-style-type: none"> <li>• Free and open to Hornby and Denman parents and caretakers of children and youth up to age 19 years.</li> <li>• Phone for details regarding time</li> </ul>	<p>Ph: 250-898-0247 1965 Sollans Rd., Hornby Island <a href="mailto:mike@hornbydenmanhealth.com">mike@hornbydenmanhealth.com</a></p>
Immigrant Welcome Centre of the Comox Valley	Book Club	<p>For all International newcomers and families, (English speaking &amp; non-English speaking).</p> <ul style="list-style-type: none"> <li>• Book Club at Vancouver Island Regional Library, 300 6<sup>th</sup> Street, Courtenay</li> <li>• 6:30-7:45 pm</li> <li>• one Thurs per month</li> <li>• Sept-June</li> <li>•</li> </ul>	<p>Settlement Coordinator, Phone 250-338-6359 Unit C (Upstairs Suite), 1001 Lewis Ave., Courtenay <a href="http://www.immigrantwelcome.ca">www.immigrantwelcome.ca</a> Facebook: Immigrant Welcome Centre of the Comox Valley Email: <a href="mailto:admin@immigrantwelcome.ca">admin@immigrantwelcome.ca</a> Office hours: Mon - Fri, 8:30-4:30</p>
Immigrant Welcome Centre of the Comox Valley	Conversation Group	<p>For all International newcomers and families, (English speaking &amp; non-English speaking).</p> <ul style="list-style-type: none"> <li>• at Vancouver Island Regional Library, 300 6<sup>th</sup> Street, Courtenay</li> <li>• Fridays, 10:00-11:30am</li> <li>• Sept-June</li> </ul>	<p>Settlement Coordinator, Phone 250-338-6359 Unit C (Upstairs Suite), 1001 Lewis Ave., Courtenay <a href="http://www.immigrantwelcome.ca">www.immigrantwelcome.ca</a> Facebook: Immigrant Welcome Centre of the Comox Valley Email: <a href="mailto:admin@immigrantwelcome.ca">admin@immigrantwelcome.ca</a> Office hours: Mon - Fri, 8:30-4:30</p>
Immigrant Welcome Centre of the Comox Valley	Meaningful Media Night	<p>For all International newcomers and families, (English speaking &amp; non-English speaking).</p> <ul style="list-style-type: none"> <li>• Meaningful Media Nights at North island College, 2300 Ryan Road, Courtenay. For room number, call the Immigrant Welcome Centre.</li> <li>• 5:00-8:00 pm</li> <li>• one Thurs per month</li> <li>• Sept-June</li> </ul>	<p>Settlement Coordinator, Phone 250-338-6359 Unit C (Upstairs Suite), 1001 Lewis Ave., Courtenay <a href="http://www.immigrantwelcome.ca">www.immigrantwelcome.ca</a> Facebook: Immigrant Welcome Centre of the Comox Valley Email: <a href="mailto:admin@immigrantwelcome.ca">admin@immigrantwelcome.ca</a> Office hours: Mon - Fri, 8:30-4:30</p>

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# Age 0-5 Health Services, Comox Valley

Service Provider	Program	Description	Contact
Immigrant Welcome Centre of the Comox Valley	One-to-one service	<p>For all International newcomers and families, (English speaking &amp; non-English speaking).</p> <ul style="list-style-type: none"> <li>• One-to-one service by appointment</li> <li>• Employment services</li> <li>• Citizenship classes</li> <li>• Housing information</li> <li>• Citizenship, immigration, and refugee protection support</li> <li>• Health and health care information</li> <li>• Income tax preparation</li> <li>• Connections to local resources</li> <li>• Help to access groups and build friendships</li> <li>• Guest speakers and workshops</li> <li>• Interpreter and translation services</li> <li>• Resource library.</li> </ul>	<p>Settlement Coordinator, Phone 250-338-6359            Unit C (Upstairs Suite), 1001 Lewis Ave., Courtenay  <a href="http://www.immigrantwelcome.ca">www.immigrantwelcome.ca</a>            Facebook: Immigrant Welcome Centre of the Comox Valley            Email: <a href="mailto:admin@immigrantwelcome.ca">admin@immigrantwelcome.ca</a>            Office hours: Mon - Fri, 8:30-4:30</p>
Immigrant Welcome Centre of the Comox Valley	Outdoor Recreation	<p>For all International newcomers and families, (English speaking &amp; non-English speaking).</p> <ul style="list-style-type: none"> <li>• for families with children</li> <li>• from birth to age 5 years</li> <li>• "HOP Summer Picnics"</li> <li>• and "ESL Adventures"</li> <li>• July-August</li> </ul>	<p>Settlement Coordinator, Phone 250-338-6359            Unit C (Upstairs Suite), 1001 Lewis Ave., Courtenay  <a href="http://www.immigrantwelcome.ca">www.immigrantwelcome.ca</a>            Facebook: Immigrant Welcome Centre of the Comox Valley            Email: <a href="mailto:admin@immigrantwelcome.ca">admin@immigrantwelcome.ca</a>            Office hours: Mon - Fri, 8:30-4:30</p>
Infant Development Program of BC (IDP)		<ul style="list-style-type: none"> <li>▪ For parents concerned about their child's development</li> <li>▪ Self- or professional-referral.</li> <li>▪ By Appointment</li> </ul>	<p>Kim Griffiths            Ph: 250-338-4288, ext 225            Comox Valley Child Development Association            237 3<sup>rd</sup> St., Courtenay</p>

# Age 0-5 Health Services, Comox Valley

Service Provider	Program	Description	Contact
Island Deaf and Hard of Hearing Centre (IDHHC)	Deaf and Hard-of-Hearing Services	<ul style="list-style-type: none"> <li>▪ A non-profit social service organization</li> <li>▪ Please visit the website for all the details on programs, staff and services.</li> <li>▪ Head Office in Victoria, Branch Office in Nanaimo.</li> <li>▪ Nanaimo office serves Comox Valley). Nanaimo Office has 3 programs:               <ol style="list-style-type: none"> <li>1. Hearing Loss Resource (among other things, assists with ordering and purchasing technical aids),</li> <li>2. Family and Community Program (provides support for families and individuals in their home communities on an as-needed basis),</li> <li>3. Employment Services (under the Employment Program of BC (EPBC), Ministry of Social Development and Social Innovation)</li> </ol> </li> <li>▪ Interpreting Services If an individual uses American Sign Language (ASL) and needs interpreting services, Some interpreting services are government funded, others are fee for service.</li> <li>▪ American Sign Language ASL education</li> <li>▪ Contact Alex Walker for home-based ASL instruction. For families with hard of hearing members.</li> </ul>	<p>Website: <a href="http://www.idhhc.ca">www.idhhc.ca</a></p> <p>Nanaimo office Phone: 1-877-424-3323 or 1-250-753-0999</p> <p>Interpreting Services Coordinator for Vancouver Island: Breanna O'Donnell Victoria IDHHC office. Phone 1-800-667-5448.</p>
Island Health	Dental Programs	<ul style="list-style-type: none"> <li>▪ Smiles First clinics; dental screenings, fluoride varnish</li> <li>▪ Dental advocacy and support</li> <li>▪ For parents with children age 0-5 years.</li> </ul>	<p>Ph 250.331.8520, Ext 68289</p> <p>961 England Ave, Courtenay</p>

# Age 0-5 Health Services, Comox Valley

Service Provider	Program	Description	Contact
Island Health	Hearing Clinic / Audiology	<ul style="list-style-type: none"> <li>▪ FREE hearing testing for children aged 0-19 years of age</li> <li>▪ Hearing aid fitting/dispensing when indicated</li> <li>▪ Management and support of children with hearing loss</li> <li>▪ Kindergarten hearing screening</li> <li>▪ Universal newborn hearing screening, and follow-up when needed.</li> </ul> <p>Things to watch for: delayed speech, chronic ear infections (more than two per year), unusually inattentive to softer sounds, loud voice, et cetera.</p> <p>Children born to parents with profound hearing loss receive periodic hearing assessments, due to family history. (First seen at newborn hearing screening, than typically next assessment is at age 3 years). Routine monitoring includes a hearing screening at birth. For children with the "family history" risk factor, the next routine hearing test is at age three. However, if before age three, concerns arise about the child's hearing, the child can be tested at any time.</p> <ul style="list-style-type: none"> <li>• Mon-Fri, 8:30-4:30, by appointment</li> </ul>	<p>Ph: 250- 331-8526 #104-501 4<sup>th</sup> St, Courtenay</p> <p>1-877-370-8699 ext 68284</p> <p>Pediatric Audiologist: Megan Williams</p>
Island Health	Mental Health & Substance Use Services	<p>Assessment and treatment for adults experiencing mental health and substance use issues</p> <ul style="list-style-type: none"> <li>• Mon-Fri, 8:30-4:30</li> <li>• Closed 12:15 to 1:45</li> </ul>	<p>Ph:250- 331-8524 941C England Ave., Courtenay</p>
Island Health	Pregnancy Passport booklet	<ul style="list-style-type: none"> <li>▪ Your own health record for pregnancy, birth and early newborn period.</li> <li>▪ Will help you understand what to expect with your pregnancy care and help you think about how to care for yourself and your baby.</li> <li>▪ Keep your own record of check-ups and tests</li> <li>▪ Pick up your copy from the Public Health Nursing office or from your physician or midwife.</li> </ul>	<p>Island Health Public Health Nursing office: Ph: 250-331-8520 961 England Ave. Courtenay</p>



# Age 0-5 Health Services, Comox Valley

Service Provider	Program	Description	Contact
Island Health	Public Health Nursing	<ul style="list-style-type: none"> <li>▪ For everyone</li> <li>▪ Information &amp; support for prenatal, newborn, breastfeeding, &amp; child health concerns.</li> <li>▪ Health promotion &amp; disease prevention, including immunization services.</li> <li>• 8:30-4:30, Mon-Fri</li> <li>• Newborn follow-up continues on Saturdays and statutory holidays</li> </ul>	<p>Ph 250-331-8520 961 England Ave. Courtenay</p> <p><a href="http://www.rightfromthstart.viha.ca">www.rightfromthstart.viha.ca</a></p>
Island Health	Public Health Nursing , Infant Feeding and New Parent Support Line	Weekends only, to speak with a Public Health Nurse If you get voicemail, leave a message and a public health nurse will return your call within 24 hours.	Phone: 1-855-339-6825
Island Health	<b>Public Health Nursing</b> , Right from the Start program	<ul style="list-style-type: none"> <li>▪ Health services to pregnant women, new moms, babies, and children to age two.</li> </ul> <p>To register for this program,</p> <ul style="list-style-type: none"> <li>▪ electronically complete a registration form, via our website: <a href="http://www.rightfromthstart.viha.ca">www.rightfromthstart.viha.ca</a></li> <li>▪ or drop in to the Public health Nursing office to pick up a registration form.</li> </ul>	<p>Ph 250-331-8520 961 England Ave. Courtenay</p> <p><a href="http://www.rightfromthstart.viha.ca">www.rightfromthstart.viha.ca</a></p>
Island Health	Public Health Nursing, Breastfeeding Resource Nurses	<ul style="list-style-type: none"> <li>• Breastfeeding resources and support for breastfeeding mothers</li> <li>• Phone: Mon-Fri, 8:30-4:30</li> <li>• Drop-in Clinic: Thurs, 10:00-12:00pm</li> </ul>	<p>Ph: 250-331-8520 961 England Ave, Courtenay</p>
Island Health	Public Health Nursing, Childhood Immunization Program	<ul style="list-style-type: none"> <li>• Phone Mon-Fri, 8:30-4:30 to book an appointment.</li> </ul>	<p>Ph 250.331.8520 961 England Avenue, Courtenay</p>
Island Health	Public Health Nursing, Prenatal Classes	<ul style="list-style-type: none"> <li>▪ For pregnant women, and their partners &amp;/or support persons.</li> <li>▪ As soon as you know you are pregnant, call Island Health's Public Health Nursing office to register for classes.</li> <li>▪ Variety of classes available</li> <li>▪ Call the Public Health Nursing office to confirm class times</li> </ul>	<p>Ph: 250-331-8562 (Mon-Fri, 8:30-4:30)</p> <p>After hours, leave a message at ph: 898-2232</p> <p>961 England Ave. Courtenay</p>

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# Age 0-5 Health Services, Comox Valley

Service Provider	Program	Description	Contact
Island Health	Speech Services	<ul style="list-style-type: none"> <li>▪ If child does not meet speech milestones, or if the parent has any concerns, then refer to Speech Services.</li> <li>▪ For children born to a parent with hearing loss, a speech referral is not automatic. It depends on the environment that the child grows up in, (e.g. whether or not the child attends daycare).</li> <li>• Mon-Fri, 8:30-4:30</li> </ul>	<p>phone 250.331.8526 #104-501 4<sup>th</sup> St, Courtenay</p> <p>Speech Language Pathologists: Pearl Morin and Anne Gardner</p>
Kid's Help Phone		<ul style="list-style-type: none"> <li>• 24/7 phone line for children and youth aged 5 to 20.</li> <li>• Speak to a professional counsellor,</li> <li>• Free, confidential, anonymous</li> <li>• They can also refer you to local services and resources.</li> <li>• Available in English and French.</li> </ul>	Phone: 1-800-668-6868
Kirsten Werner RMT	Baby Massage Classes	<ul style="list-style-type: none"> <li>• A fun interactive class for parents and babies to learn the benefits and techniques of baby massage.</li> <li>• For babies under 1 year of age.</li> <li>• Led by Kirsten Werner, registered massage therapist (RMT), doula and infant massage instructor</li> </ul>	<p>Kirsten Werner RMT 250-897-6258 <a href="http://www.kirstenwerner.com">www.kirstenwerner.com</a></p> <p>For information about upcoming classes or private lessons, check website: <a href="http://www.kirstenwerner.com">www.kirstenwerner.com</a></p>
La Leche League		<ul style="list-style-type: none"> <li>▪ For breastfeeding mothers</li> <li>▪ Breastfeeding information and support</li> <li>▪ 4<sup>th</sup> Fri of every month</li> </ul>	<p>Ph: Dominique:250.703.0039 <a href="mailto:mcgrady@shaw.ca">mcgrady@shaw.ca</a> <a href="http://www.lalecheleaguecanada.ca">www.lalecheleaguecanada.ca</a> Gill 250-9416450 <a href="mailto:maisieingrey@hotmail.com">maisieingrey@hotmail.com</a></p>
Lactation Consultant Services Private		<ul style="list-style-type: none"> <li>• For breastfeeding mothers.</li> <li>• Consultation.</li> <li>• Equipment available for rent or purchase.</li> <li>• By appointment</li> </ul>	<p>Deborah Kozlick: Ph: 250-338-4810</p>
Lactation Consultant Services. Private		<ul style="list-style-type: none"> <li>• International Board Certified Lactation Consultant (IBCLC).</li> <li>• Support for families through tongue tie and breastfeeding as well as many other breastfeeding issues.</li> </ul>	<p>Katie McNiven Ph: 250-702-2692 <a href="mailto:katiemcniven.ibclc@gmail.com">katiemcniven.ibclc@gmail.com</a>, and <a href="http://www.breastfeedingcomoxvalley.com">www.breastfeedingcomoxvalley.com</a>.</p>

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# Age 0-5 Health Services, Comox Valley

Service Provider	Program	Description	Contact
Ministry of Children and Family Development	Infant Mental Health	<ul style="list-style-type: none"> <li>▪ Services for infants age 0-5 years and their caregiver(s),</li> <li>▪ To support optimal development and reduce risk.</li> <li>▪ Promote regulation, mutual regulation; strengthen/develop secure attachment, to provide nurturing, contingent, and developmentally appropriate care.</li> <li>▪ Infant Mental Health Consultant: Anne Davidson</li> <li>• Mon-Fri, 8:30-4:30</li> <li>▪</li> </ul>	<p>Referrals must go through the Child Development Association 237 3<sup>rd</sup> Street., Courtenay Ph: 250.338.4288</p>
Mother Goose English Language Learning (E.L.L.)		<ul style="list-style-type: none"> <li>• This program is for English Language Learners and their young children.</li> <li>• It is an opportunity for families to enjoy Early Literacy activities as well as to practice speaking and listening to English.</li> </ul>	<p>Carlene Steeves 250-338-5396 <a href="mailto:Carlene.steeves@sd71.bc.ca">Carlene.steeves@sd71.bc.ca</a> Program takes place at Courtenay Elementary</p>
Newborn & Maternity Helpline		<ul style="list-style-type: none"> <li>• For new and expecting parents</li> <li>• Connects callers with Public Health Nursing Services</li> <li>• 24-hours</li> </ul>	<p>Ph: 250-331-8520</p>
Options for Sexual Health Clinic (OPT)		<ul style="list-style-type: none"> <li>• For everyone.</li> <li>• Low cost birth control.</li> <li>• Emergency Contraceptive Pill "Plan B".</li> <li>• Pregnancy testing,</li> <li>• STD/HIV testing.</li> <li>• Hepatitis B vaccine.</li> <li>• Education &amp; counseling</li> <li>• Tues, 6pm-8pm</li> <li>• Thurs, 4pm-6pm</li> </ul>	<p><a href="http://www.optionsforsexualhealth.org">www.optionsforsexualhealth.org</a> Ph: 1-800-739-7367 Local Ph: 250-331-8572 961 England Ave., Courtenay</p>
PacificCARE Child Care Resource & Referral Program		<ul style="list-style-type: none"> <li>• For all parents</li> <li>• Child care resource and referral</li> <li>• Parent support with subsidy applications, child care referrals.</li> <li>• Support for Childcare providers</li> <li>• No appointment necessary.</li> <li>• Walk-ins welcome</li> </ul>	<p>Ph: 250-338-4288 237 3<sup>rd</sup> St. Courtenay</p>
Parent Help Line		<ul style="list-style-type: none"> <li>▪ For everyone</li> <li>• Available 24/7</li> </ul>	<p>Ph: 1-888-603-9100</p>

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# Age 0-5 Health Services, Comox Valley

Service Provider	Program	Description	Contact
Parent Teen Mediation		<ul style="list-style-type: none"> <li>▪ For parents &amp; teens.</li> <li>▪ Confidential.</li> <li>▪ Conflict mediation.</li> <li>▪ Assistance with crisis situations, such as run-aways.</li> <li>▪ Sponsored by Ministry for Children &amp; Family Development (MCFD).</li> <li>• Learn mediation skills to improve family communication &amp; understanding</li> <li>• 24-hour phone line.</li> <li>• Calls returned within 24 hours</li> </ul>	<p>Mediator Jenn Errico            Mediator Adrian Symonds            Ph: 335-2343  <a href="mailto:Adrian@artsforpeace.org">Adrian@artsforpeace.org</a>            Visits at client's location of choice,            at home or in community</p>
Psychology Foundation of Canada	Kids Have Stress Tool, program and booklet	<ul style="list-style-type: none"> <li>• A program to help parents, caregivers and educators become more aware of children's stress, and to help children develop effective ways of dealing with stress.</li> <li>• Used in many preschool and school settings to help alleviate stress and encourage positive social and emotional development.</li> <li>• At the website, download the booklet: "Kids Have Stress Tool: Ideas, Tips and Strategies for Parents of Preschoolers"</li> <li>• Available 24/7</li> </ul>	<p><a href="http://www.kidshavestresstoo.org">www.kidshavestresstoo.org</a></p>
Public Health Agency of Canada	Immunizations and Vaccines	<ul style="list-style-type: none"> <li>• Gives credible, science-based advice about vaccines.</li> <li>• Works with national and international public health experts to ensure the safest and most effective vaccine programs for all Canadians.</li> </ul>	<p><a href="http://www.phac-aspc.gc.ca/im/index-eng.php">http://www.phac-aspc.gc.ca/im/index-eng.php</a></p>
St. Joseph's Hospital	Hospital Tours	<ul style="list-style-type: none"> <li>▪ Hospital tours for prenatal parents.</li> <li>• Free.</li> <li>• Friday at noon</li> <li>▪ Please call to confirm</li> </ul>	<p>Ph: 250-339-2242            2137 Comox Ave., Comox</p>

# Age 0-5 Health Services, Comox Valley

Service Provider	Program	Description	Contact
St. Joseph's Hospital	Pastoral Care	<ul style="list-style-type: none"> <li>• For everyone</li> <li>• The Pastoral Care personnel are here to assist you in reaching and/or maintaining a healthy state of spiritual well-being.</li> <li>• Visits and discussions on topics important to you upon request.</li> <li>• Non-denominational services of prayer and/or counselling from one specializing in ministry to the sick.</li> <li>• Available 24/7</li> </ul>	<p>Pastoral Care and Ethics Coordinator Stephen Hill Ph: 250-339-1474</p> <p><a href="http://www.sjghcomox.ca/pastoral_care.php">http://www.sjghcomox.ca/pastoral_care.php</a></p>
Strong Start (SD.71) (drop-ins) (various locations)		<ul style="list-style-type: none"> <li>▪ For parents &amp; children birth-5 years</li> <li>▪ Play and learn together, circle time, games</li> <li>▪ Drop-in</li> <li>▪ Healthy snacks provided</li> </ul> <p>Travelling StrongStart:</p> <ul style="list-style-type: none"> <li>• Aspen Elementary School - Tues &amp; Thurs: 8:45am-11:45am</li> <li>• Royston Elementary School - Mon &amp; Fri: 8:30am-11:30am</li> <li>• Puntledge Park Elementary School - Wed: 8:45am-11:45am</li> </ul> <ul style="list-style-type: none"> <li>• Courtenay Elementary School</li> <li>• Ph: 338-5396</li> </ul> <ul style="list-style-type: none"> <li>• Brooklyn Elementary School</li> <li>• Ph:334-5500</li> </ul> <ul style="list-style-type: none"> <li>• Queneesh Elementary School</li> <li>• Ph: 334-4089</li> </ul> <ul style="list-style-type: none"> <li>• Cumberland Elementary School</li> <li>• Ph: 336-8521</li> </ul>	<p>Phone or see website for more information (Sept - June)</p> <p><a href="http://web.sd71.bc.ca/strongstart/">http://web.sd71.bc.ca/strongstart/</a></p>

# Age 0-5 Health Services, Comox Valley

Service Provider	Program	Description	Contact
Today 'n Tomorrow Young Parent Program	Teddies n Toddlers Program	<ul style="list-style-type: none"> <li>▪ For parents attending secondary programs</li> <li>▪ Parenting support &amp; education</li> <li>▪ Childcare</li> <li>▪ Health Services</li> <li>▪ Throughout the year</li> <li>▪ Contact us for details</li> </ul>	<p>Ph: 250-338-8445  <a href="mailto:ypp@tntls.com">ypp@tntls.com</a></p> <p>Held at G.P. Vanier Secondary School            4830-B Headquarters Rd., Courtenay</p>
Triple P Positive Parenting Program		<ul style="list-style-type: none"> <li>▪ For parents of children age 2-12 years.</li> <li>• Assists parents to improve their parenting skills &amp; build positive relationships with their children</li> <li>• Phone for details</li> </ul>	<p>Patti Curtis            Ph: 897-0511, ext 30            Various locations  <a href="http://www.triplepvip.ca/">http://www.triplepvip.ca/</a></p>
Upper Island Women of Native Ancestry, Comox Valley Aboriginal Head Start	Comox Valley Aboriginal Child and Family Outreach Worker	<ul style="list-style-type: none"> <li>▪ This program is for families of Aboriginal children aged 0-6.</li> <li>▪ Some of the services offered are: connecting families to established programs, services or agencies in the community, facilitating parent groups on topics commonly requested by families, providing no-cost resource kits that address a particular parenting need</li> </ul>	<p>Susan Guthrie-Dick            Ph: 250-465-8087  <a href="mailto:aboriginaloutreach@shaw.ca">aboriginaloutreach@shaw.ca</a></p>
Upper Island Women of Native Ancestry, Comox Valley Aboriginal Head Start	Early Years Aboriginal Program	<ul style="list-style-type: none"> <li>▪ This program is for children of Aboriginal Ancestry, Status, Non-Status, Metis, and Inuit who are between birth and 3 years of age.</li> <li>▪ It is available 3 mornings a week and includes meals and assistance with transportation. There are 6 major components: Culture &amp; Language, Nutrition, Education, Health Promotion, Social Support, and Parental Involvement</li> <li>▪ This program is parent-participation.</li> </ul>	<p>Program Location:            Courtenay Elementary School</p> <p>Terry Loudon            Ph: 250-465-9944  <a href="mailto:cveyap@shaw.ca">cveyap@shaw.ca</a></p>

# Age 0-5 Health Services, Comox Valley

Service Provider	Program	Description	Contact
Upper Island Women of Native Ancestry, Comox Valley Aboriginal Head Start	Friday's Child Program	<ul style="list-style-type: none"> <li>▪ For parents &amp; grandparents. And for aboriginal children (not necessarily status) with extra challenges.</li> <li>▪ Family-focused, support, guest speakers, talking circle, social time, &amp; education in a confidential safe environment.</li> <li>▪ Special Needs Support Worker guides children's activities.</li> <li>▪ Not drop-in. Requires 4-5 week commitment.</li> <li>▪ Transportation &amp; lunch provided.</li> <li>▪ Self- or professional-referral.</li> <li>• Fri 10:00 am - 1:30 pm               <ul style="list-style-type: none"> <li>• Sept-June</li> </ul> </li> </ul>	<p>Ph: 250-465-2066  <a href="mailto:fridayschild@shaw.ca">fridayschild@shaw.ca</a></p> <p>956 Grieve Ave., Courtenay</p>
Upper Island Women of Native Ancestry, Comox Valley Aboriginal Head Start	Speech and Language Pathologist	<ul style="list-style-type: none"> <li>▪ Serves the Comox Valley area</li> <li>▪</li> </ul>	<p>Janice Forsey  <a href="mailto:aboriginalspeech@cvcda.ca">aboriginalspeech@cvcda.ca</a></p>
Vancouver Island Crisis Line		<ul style="list-style-type: none"> <li>▪ For everyone.</li> <li>▪ 24 hours every day.</li> <li>▪ Support and referral.</li> <li>▪ Suicide assessment.</li> <li>▪ Crisis Intervention Nurse.</li> <li>▪ Available 24/7</li> </ul>	<p>Ph: 1-888-494-3888  <a href="http://www.viccrisis.ca">www.viccrisis.ca</a></p>

# Age 0-5 Health Services, Comox Valley

Service Provider	Program	Description	Contact
Wachiy Friendship Center	FASD Key Worker program	<p>Key Workers...</p> <ul style="list-style-type: none"> <li>assist families with children ages 0-19 to understand FASD.</li> <li>provide education and information specific to the needs of the child and family.</li> <li>are familiar with community resources, assist families in accessing support, health and education services and are involved in the development of local support services.</li> <li>provide emotional and practical support to families.</li> <li>recognize that each family is unique and understand their role as one that builds on a family's strengths,</li> <li>strive to empower the family to become their own best advocates for their child.</li> </ul> <p>Aboriginal ancestry not required. Not restricted to families whose child qualifies for, or completes an FASD assessment. Parents may self-refer to the program without an assessment, or at any point during the assessment process.</p> <ul style="list-style-type: none"> <li>Mon—Fri, 9:00 am - 4:30 pm</li> </ul>	<p>allison@wachiy.com ext:224 FASD Key Worker Family Support</p> <p>1625 B McPhee Ave., Courtenay, B.C. Ph: 250-338-7793 ext:227 Fax: 250-338-7287 <a href="http://www.wachiy.org/">http://www.wachiy.org/</a></p>
Waiting for the Bus		<ul style="list-style-type: none"> <li>Play and art based family literacy activities</li> <li>For pre-school aged children and their parent(s) or guardian(s)</li> <li>At Glacier View Learning Centre on Thursdays from 1:00-2:00pm</li> </ul>	Colleen Friendship <a href="mailto:colleen.friendship@sd71.bc.ca">colleen.friendship@sd71.bc.ca</a>
Western Institute for the Deaf and Hard of Hearing	Deaf and Hard-of-Hearing Services	<p>Programs &amp; services in...</p> <ul style="list-style-type: none"> <li>audiology,</li> <li>employment counselling,</li> <li>sign language interpreting,</li> <li>communication devices.</li> </ul>	<p><a href="http://www.widhh.com/">http://www.widhh.com/</a> 125 West 7th Ave, Vancouver, BC, V6K 1X9 Phone: 604-736-7391 TTY: 604-736-2527 E-mail: <a href="mailto:info@widhh.com">info@widhh.com</a></p>

For corrections, additions, or questions, please email Michelle Guthrie, Comox Valley Early Years Coordinator: [early.years@cvcda.ca](mailto:early.years@cvcda.ca) May 2015