

KAMLOOPS FAMILY SERVICES Contact Information

PREGNANT? NEW FAMILY? CARING FOR YOU AND YOUR BABY

Interior Community Services.....	250-554-3134
Baby's Head Start & First Steps	
Interior Health – <i>Healthy from the Start</i> Universal Prenatal Registry	
Ask questions/Get Support • www.interiorhealth.ca/HealthyFromTheStart	1-855-868-7710
Kamloops Aboriginal Friendship Society.....	250-376-1617
Kamloops YMCA-YWCA Early Years Centre/Child Care Resource & Referral.....	250-376-4771
La Leche League (info on local resources).....	1-800-665-4324
Mothers for Recovery.....	250-377-6890
Public Health Maternity Care.....	250-851-7362
Pre/Post Natal Mental Health Services.....	250-851-7450
Public Health.....	250-851-7300
• Breastfeeding Centre	• Immunization
• Child Care Licensing	• Lift the Lip (Dental Clinic)

LOOKING FOR SPECIALIZED INFORMATION AND SUPPORT?

Child & Youth Mental Health (North Shore).....	250-554-5800
Child & Youth Mental Health (South Shore).....	250-371-3648
Children's Therapy & Family Resource Centre.....	250-371-4100
Occupational & Physiotherapy, Speech & Language, Autism Diagnostic Clinic, Family Resources, Supported Child Development, Kamloops Autism Program	
Insight Support Services.....	250-554-0085
• Autism Supports	• Family Support Services
• Behaviour Consultation	• FASD Key Worker
Kamloops Infant Development Program.....	250-371-4140
Public Health (Speech, Audiology, Nutrition, Dental, Nursing).....	250-851-7300
Secwepemc Child & Family Services.....	250-314-9669
White Buffalo Aboriginal Health Society & Resource Centre.....	250-554-1176

LOOKING FOR FAMILY EDUCATION & SUPPORT?

Boys and Girls Club - Family Development Programs.....	250-554-5437
Children's Therapy & Family Resource Centre.....	250-371-4100
Family Tree Family Centre.....	250-377-6890
Insight Support Services.....	250-554-0085
Interior Community Services.....	250-554-3134
• Early Connections	• Healthy Beginnings
• Families First	
Kamloops Aboriginal Friendship Society.....	250-376-1617
Kamloops Infant Development Program.....	250-371-4140
Kamloops YMCA/YWCA Child Care Resource and Referral / Early Years Centre.....	250-376-4771
• Early Learning Centre	• Nobody's Perfect Parent Program
• Child Care Resource & Referral	
Lii Michif Otipemisiwak Family and Community Services (Interior Métis).....	250-554-9486
Make Children First.....	250-554-3134
Secwepemc Child & Family Services.....	250-314-9669
White Buffalo Aboriginal Health Society & Resource Centre.....	250-554-1176

DO YOU HAVE A QUESTION ABOUT SAFETY?

BCAA Car Seat Information.....	1-877-247-5551
Kamloops RCMP.....	250-828-3000
Safe Start Injury Prevention Program.....	1-888-331-8100

LOOKING FOR PLAY, EARLY LITERACY & PROGRAM OPPORTUNITIES?

Boys & Girls Club - Bright Red Book Bus (July & August @ various locations and parks). Call for schedule.....	250-554-5437
City of Kamloops Parks and Recreation Services.....	250-828-3500
Family Tree Drop-In Program (downtown).....	250-377-6890
Kamloops Early Language & Literacy Initiative (KELLI).....	250-554-3134
• Parent-Child Mother Goose Programs	
Kamloops YMCA/YWCA Child Care Resource and Referral / Early Years Centre.....	250-376-4771
• Toy & Resource Lending Library	• Baby Rhyme Time
• Interactive Early Learning Drop In Centre	• Locomotion time
Lii Michif Otipemisiwak Family and Community Services.....	250-554-9486
StrongStart Programs (Drop-In):	
• A.E. Perry Elementary.....	250-376-6224
• Arthur Hatton Elementary.....	250-376-7231
• Marion Shilling Elementary.....	250-372-7795
• Summit Elementary.....	250-372-1224
• Haldane Elementary (Chase).....	250-679-3269
• Raft River Elementary (Clearwater).....	250-674-2218
• Barriere Elementary.....	250-672-9916
Thompson-Nicola Regional District Library System	
• Kamloops Library.....	250-372-5145
• North Kamloops Library.....	250-554-1124

OTHER IMPORTANT PHONE NUMBERS & HELP LINES

Emergency Help.....	911
24 hour Crisis Call Line.....	1 888-353-2273
BC Kids Help Line.....	250-310-1234
Child & Youth Mental Health (North Shore).....	250-554-5800
Child & Youth Mental Health (South Shore).....	250-371-3648
Health Link BC.....	811
• Registered Nurse, Pharmacist, Dietician	
Ministry of Children & Family Development.....	250-371-3600
Poison Control.....	1-800-567-8911
Public Health (general question and support).....	250-851-7300
RCMP Victims Services.....	250-828-3223
Royal Inland Hospital.....	250-374-5111
Victims Information Line.....	1-800-563-0808
Y Women's Emergency Shelter.....	250-374-6162

ABORIGINAL SERVICES

Kamloops Aboriginal Friendship Society.....	250-376-1617
Lii Michif Otipemisiwak Family and Community Services (Interior Métis).....	250-554-9486
Qwemtsin Health Society.....	250-314-6732
Secwepemc Child & Family Services.....	250-314-9669
White Buffalo Aboriginal Health Society & Resource Centre.....	250-554-1176

For more information contact **Make Children First**
250-554-3134

www.makechildrenfirst.ca

FREE OR LOW COST Family Activities (F-Free, C-Cost, D-Drop-In, R-Registration)

WEEKDAYS

AE Perry StrongStart (F/R/D).....	8:30 am - 11:30 am	AE Perry Elementary - 1380 Sherbrooke Ave	250-376-6224
Arthur Hatton StrongStart (F/R/D)	8:30 am - 11:30 am (M,T,Th,F) • 12 - 3 pm (Wed) Arthur Hatton Elementary - 315 Chestnut.....		250-376-7217
Boys & Girls Club – Bright Red Book Bus (F/D)	July & August	Various times and locations. Call for schedule	250-554-5437
City of Kamloops Pools (C/R)	Various times and locations	www.kamloops.ca/swim.....	250-828-3655
Marion Schilling StrongStart (F/R/D)	8:45 am - 11:45 am.....	Marion Schilling Elementary - 2200 Park Dr	250-372-2027
Parent-Child Mother Goose (F/R)	Various times and locations.....	www.interiorcommunityservices.bc.ca	250-554-3134
Public Skate (C/D)	Various times and locations.....	www.kamloops.ca/arenas	250-828-3335
Summit Elementary StrongStart (F/R/D).....	8:30 am - 11:30 am	Summit Elementary - 425 Monarch Crt	250-372-1224
YMCA-YWCA Interactive Early Learning Drop In Centre (F/D) 9:00 am - 12:00 pm.....		John Tod Centre - 150 Wood St	250-376-4771

MONDAY

Family Tree Drop-In Center (F/D).....	9:00 am - 12:00 pm	657 Seymour Street.....	250-377-6890
Healthy Beginnings (F/D).....	9:45 am - 11:45 am.....	Kamloops Aboriginal Friendship Society - 2355 Parkcrest Ave	250-554-3134
Tiny Tunes (F/D).....	10:30 am	North Kamloops Library - 693 Tranquille Road • www.tnrndlib.ca	250-554-1124
Tiny Tunes (F/D).....	10:30 am	Kamloops Library 100-465 Victoria St • www.tnrndlib.ca	250-372-5145
Under the Eagles Wing (F/D).....	10:00 am - 12:00 pm	Kamloops Aboriginal Friendship Society - 2355 Parkcrest Ave	250-376-1617
YMCA-YWCA Interactive Early Learning Drop In Centre Baby Locomotion Time(F/D)			

11:00 am - 12:00 pm (pre-crawlers to new-walkers) • John Tod Centre - 150 Wood St 250-376-4771

TUES

Big Little Science Centre (C/D).....	10:00 am - 4:00 pm	655 Holt Street (Call for summer hours) • www.blscs.org	250-554-2572
Family Tree Drop-In Center (F/D).....	9:00 am - 12:00 pm	657 Seymour Street.....	250-377-6890
Kamloops Museum & Archives (D/R/C/by donation)	9:30 am - 4:30 pm	207 Seymour Street • www.kamloops.ca/museum.....	250-828-3576
Parenting Program (F/D)	9:30 am - 12:00 pm	Kamloops Aboriginal Friendship Society - 2355 Parkcrest Ave	250-554-3134
YMCA-YWCA Drop In Baby Rhyme Time (F/D)	11:30 am - 12:30 pm	John Tod Centre - 150 Wood St.....	250-376-4771

WEDNESDAY

Big Little Science Centre (C/D).....	10:00 am - 4:00 pm	655 Holt Street (Call for summer hours) • www.blscs.org	250-554-2572
Drop in Playgroup (F/D).....	9:00 am - 11:00 am.....	Secwepemc Child and Family Services Agency - 300 Chilcotin Rd.....	250-314-9669
Family Tree Drop-In Center (F/D).....	9:00 am - 12:00 pm	657 Seymour Street.....	250-377-6890
Infant Massage (R)	1:30 pm - 2:30 pm	Kamloops Aboriginal Friendship Society - 2355 Parkcrest Ave	250-376-1617
Kamloops Museum & Archives (D/R/C/by donation)	9:30 am - 4:30 pm	207 Seymour Street • www.kamloops.ca/museum.....	250-828-3576
Prenatal Class (R).....	10:30 am - 12:00 pm	Kamloops Aboriginal Friendship Society - 2355 Parkcrest Ave	250-376-1617
Rock a Bye Baby (F/R)	10:30 am	North Kamloops Library - 693 Tranquille Road • www.tnrndlib.ca.....	250-554-1124
Tiny Tunes (F/D).....	10:30 am	Kamloops Library 100 - 465 Victoria Street • www.tnrndlib.ca.....	250-372-5145

THURSDAY

Big Little Science Centre (C/D).....	10:00 am - 4:00 pm	665 Holt Street • (Call for summer hours) • www.blscs.org	250-554-2572
Dad's Cultural Group (F/R)	3:00 pm - 4:00 pm.....	Kamloops Aboriginal Friendship Society - 2355 Parkcrest Ave	250-376-1617
Family Tree Drop-In Center (F/D)	9:00 am - 12:00 pm	657 Seymour Street.....	250-377-6890
Kamloops Art Gallery (F).....	10:00 am - 9:00 pm	101-465 Victoria Street • www.kag.bc.ca	250-377-2405
Kamloops Museum & Archives (D/R/C/by donation)	9:30 am - 4:30 pm	207 Seymour Street • www.kamloops.ca/museum.....	250-828-3576
Parent & Tot (F/D)	10:00 am - 12:00 pm	Kamloops Aboriginal Friendship Society - 2355 Parkcrest Ave	250-376-1617
Preschool Storytime (F/R).....	1:30 pm	Kamloops Library 100 - 465 Victoria Street.....	250-372-5145

FRIDAY

Big Little Science Centre (C/D).....	10:00 am - 4:00 pm	655 Holt Street (Call for summer hours) • www.blscs.org	250-554-2572
Connexions Morning Coffee House (D/C)	9:30 am - 11:30 am	700 Hugh Allan Drive.....	250-828-1114
Family Storytime (F/D).....	10:30 am	North Kamloops Library - 693 Tranquille Road	250-554-1124
Friday Family Nights (F/R).....	5:30 pm - 7:30 pm.....	Boys and Girls Club @ John Tod Centre - 150 Wood Street.....	250-554-5437
Friday Family Fun with Literacy (F)	6:00 pm - 7:30 pm	For dates and location visit: www.interiorcommunityservices.bc.ca	250-554-3134
Kamloops Museum & Archives (D/R/C/by donation)	9:30 am - 4:30 pm	207 Seymour Street • www.kamloops.ca/museum.....	250-828-3576
Preschool Storytime (F/R).....	10:30 am	Kamloops Library 100 - 465 Victoria Street	250-372-5145

SATURDAY

Big Little Science Centre (C/D).....	10:00 am - 4:00 pm	655 Holt Street (Call for summer hours) • www.blscs.org	250-554-2572
Chapters Craft & Storytime (F).....	11:00 am - 12:00 pm.....	#4 - 1395 Hillside Drive.....	250-377-8468
City of Kamloops Pools (C/R)	Various times and locations	www.kamloops.ca/swim.....	250-828-3655
Kamloops Museum & Archives (D/R/C/by donation)	9:30 am - 4:30 pm	207 Seymour Street • www.kamloops.ca/museum.....	250-828-3576
Parent-Child Mother Goose (F/R)	Various times and locations	www.interiorcommunityservices.bc.ca	250-554-3134
Public Skate (C/D)	Various times and locations	www.kamloops.ca/arenas	250-828-3335

SUN

City of Kamloops Pools (C/R)	Various times and locations	www.kamloops.ca/swim.....	250-828-3655
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