



## Community Resources for Families with Children (Tri-Cities)



Child Care and Preschool			
Child Care Licensing	604-587-3936	<a href="http://www.fraserhealth.ca">www.fraserhealth.ca</a>	Responsible for the licensing of child care facilities in Fraser Health
Child Care Subsidy	1-888-338-6622	<a href="http://www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/child-care">www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/child-care</a>	A monthly payment to assist eligible British Columbia families with the cost of child care.
Province of British Columbia, Child Care	1-888-338-6622	<a href="http://www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/child-care">http://www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/child-care</a>	Child care information and resources
YMCA Child Care Resource & Referral	604-931-3400	<a href="https://gv.ymca.ca/Programs/Child-Care/Child-Care-Information-and-Referrals">https://gv.ymca.ca/Programs/Child-Care/Child-Care-Information-and-Referrals</a>	Child care information and referrals; assistance with Child Care Subsidy; referrals to community services and resources
Crisis and Help Lines			
Centralized Provincial Child Protection Reporting	1-800-663-9122	<a href="http://www2.gov.bc.ca/gov/content/safety/public-safety/protecting-children/reporting-child-abuse">http://www2.gov.bc.ca/gov/content/safety/public-safety/protecting-children/reporting-child-abuse</a>	24 hour centralized screening for reporting suspected or imminent abuse of children.
Crisis Line	310-6789 (area code not required)	<a href="http://www.crisislines.bc.ca">www.crisislines.bc.ca</a>	24 hour phone service offering emotional support, information, and resources specific to mental health.
Crisis Line	1-800-suicide (784-2433)	<a href="http://www.crisislines.bc.ca">www.crisislines.bc.ca</a>	24 hours phone service for those who are considering suicide or are concerned about someone who may be.
Fraser Health Crisis Line	604-951-8855	<a href="http://www.options.bc.ca">www.options.bc.ca</a>	Immediate, free and confidential crisis intervention and community resource information to people of all ages.

Helpline for Children	310-1234 (area code not needed)	<a href="http://www2.gov.bc.ca/gov/content/safety/public-safety/protecting-children/reporting-child-abuse">http://www2.gov.bc.ca/gov/content/safety/public-safety/protecting-children/reporting-child-abuse</a>	<i>If you are a child or youth and would like to talk to someone call the Helpline for Children at 310-1234 any time day or night. You do not have to give your name.</i>
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### Early Intervention: Who to call if you have concerns about your child's development

Aboriginal Infant Development (Spirit of the Children)	604-524-9113	<a href="http://www.sotcs.ca/">www.sotcs.ca/</a>	<i>Serves Aboriginal families with children who are at risk for, or who already have, a developmental delay.</i>
Aboriginal Supported Child Development (Spirit of the Children)	604-524-9113	<a href="http://www.sotcs.ca">www.sotcs.ca</a>	<i>Serves Aboriginal families whose children require extra support in their preschool and child care settings.</i>
Autism Community Training	604-205-5467 1-866-939-5188	<a href="http://www.actcommunity.ca">www.actcommunity.ca</a>	<i>Information and referral service that supports individuals with Autism Spectrum Disorder and their families.</i>
Early Intervention Services (SHARE Family & Community Services)	604-540-9161	<a href="http://www.sharesociety.ca">www.sharesociety.ca</a>	<i>Provides speech and language therapy, physical therapy, and occupational therapy services to children birth to age 5 years and their families.</i>
Tri-Cities Public Health	604-949-7200	<a href="http://www.fraserhealth.ca">www.fraserhealth.ca</a>	<i>Speech and language services. Dental information and referrals. Child Development and wellness information. Immunizations.</i>
Infant Development (Kinsight)	604-525-8242	<a href="http://www.sfscl.org">www.sfscl.org</a>	<i>Serves children 0 to 3 yrs. who are at risk for, or who already have, a delay in development.</i>
Key Worker and Parent to Parent Support (Kinsight)	604-525-8242	<a href="http://www.sfscl.org">www.sfscl.org</a>	<i>Assisting families in understanding the unique developmental needs of young children who may have FASD or brain injury that results in similar neuro-developmental needs.</i>
Social Emotional Early Development Services (SHARE Family & Community Services)	604-529-5132	<a href="http://www.sharesociety.ca">www.sharesociety.ca</a>	<i>Serves children from birth to age 6 years with social, emotional, and/or behavioural difficulties and their families.</i>
Supported Child Development (Kinsight)	604-525-8242	<a href="http://www.sfscl.org">www.sfscl.org</a>	<i>Serves families whose children require support in their preschool or child care setting.</i>

## Family Support and Counselling

BC 211	211	<a href="http://www.bc211.ca">www.bc211.ca</a>	<i>Looking for a community or government service? Dial 2-1-1, a multilingual phone and texting service, or visit BC211 online.</i>
Act 2 Child & Family Services	604-937-7776	<a href="http://www.act2.ca">www.act2.ca</a>	<i>Provides parent education, family counselling, sexual abuse counselling, and shelter for survivors of domestic violence.</i>
Best Beginnings		<a href="http://www.fraserhealth.ca/health-info/pregnancy-and-babies/">www.fraserhealth.ca/health-info/pregnancy-and-babies/</a>	<i>Information for expectant parents and families with babies and toddlers up to 2 years of age.</i>
Big Brothers of Greater Vancouver	604-876-2447	<a href="http://www.bigbrothersvancouver.com">www.bigbrothersvancouver.com</a>	<i>Caseworkers match mentors with a Little Brother who has similar interests.</i>
Big Sisters of BC Lower Mainland	604-873-4525	<a href="http://www.bigsisters.bc.ca">www.bigsisters.bc.ca</a>	<i>Caseworkers match mentors with a Little Sister who has similar interests.</i>
Family Law in BC		<a href="http://www.familylaw.lss.bc.ca">www.familylaw.lss.bc.ca</a>	<i>Provides information about family law in BC</i>
Family Support (Kinsight)	604-528-3950	<a href="http://www.sfscl.org">www.sfscl.org</a>	<i>Working with families to identify the right level of support needed for them.</i>
Grandparents Raising Grandchildren (Parent Support Services Society of BC)	1-855-474-9777 or Email: GRGline@parentsupportbc.ca	<a href="http://www.parentsupportbc.ca">www.parentsupportbc.ca</a>	<i>Assists grandparents and other relatives raising a family member's child with information and resources.</i>
Healthy Babies Program	604-944-2500	<a href="http://www.westcoastfamily.org/services/healthy-babies">www.westcoastfamily.org/services/healthy-babies</a>	<i>A weekly program for pregnant women and women with babies up to 6 months, focused on improving infant and maternal health and well-being through collective cooking and parent education and support.</i>
Immigrant Services Society of BC	604-684-2561	<a href="http://www.issbc.org">www.issbc.org</a>	<i>Provides a variety of support services for immigrants and refugees.</i>
Information Children	778-782-3548	<a href="http://www.informationchildren.com">www.informationchildren.com</a>	<i>Provides information, support and referrals to parents on matters related to the care and well-being of their children.</i>
La Leche League Canada	778-257-1981	<a href="http://www.lllc.ca/coquitlam">www.lllc.ca/coquitlam</a>	<i>Breast feeding, nutrition, weaning, and family life support. Check website for meeting details.</i>

Learning Disabilities Association	1-250-370-9513	<a href="http://www.ldabc.ca">www.ldabc.ca</a>	<i>Information and resources to ensure full participation of children, youth and adults with learning disabilities.</i>
Ministry of Children and Family Development, Tri-Cities Neighbourhood Hubs:	604-944-2500 (East Hub) 604-927-4429 (West Hub)		<i>Child protection and family support services. Provides counselling, supervised access, and family support services in partnership with a variety of community agencies.</i>
Aboriginal Team:	604-933-2073 (Aboriginal)		
Ministry of Children and Family Development - Child and Youth Mental Health Intake Clinic	604-469-7600		<i>Walk in clinic for child and youth mental health services.</i>
Parent Support Services Society	604-669-1616	<a href="http://www.parentsupportbc.ca">www.parentsupportbc.ca</a>	<i>Promotes health of families by providing support, education, advocacy, research and resources to those in a parenting role.</i>
SHARE Family & Community Services	604-540-9161	<a href="http://www.sharesociety.ca">www.sharesociety.ca</a>	<i>Provides community based services to families, including counselling, parenting programs, and parent education.</i>
Kelty Mental Health Resource Centre	604-875-2084	<a href="http://www.keltymentalhealth.ca">www.keltymentalhealth.ca</a>	<i>Provides mental health and substance use information, resources &amp; support to children.</i>
Spirit of the Children	604-524-9113	<a href="http://www.sotcs.ca">www.sotcs.ca</a>	<i>Aboriginal non-profit society which works to empower and strengthen Aboriginal families by providing support and resources.</i>
S.U.C.C.E.S.S.	604-468-6000	<a href="http://www.success.bc.ca">www.success.bc.ca</a>	<i>Provides counselling, information, referrals, and parenting programs to immigrant families in Cantonese, Farsi, Korean and Mandarin.</i>
Family Smart	604-878-3400	<a href="http://www.familysmart.ca">www.familysmart.ca</a>	<i>Peer support, education, system navigation and resources for families with children and youth living with mental health challenges.</i>
Tri-Cities Parent Education Programs (Parent-Child Mother Goose , Nobody's Perfect Parenting, etc)		<a href="http://tricitiesecd.ca/parents/programs-parents/">http://tricitiesecd.ca/parents/programs-parents/</a>	<i>For a list of community based parent education opportunities visit the Tri-Cities Early Childhood Development website.</i>

Tri-Cities Transition Society	604-941-7111	<a href="http://www.tricitytransitions.com">www.tricitytransitions.com</a>	<i>Programs for individuals who have experienced abuse, as well as lay counselling, parenting groups, and workshops.</i>
Westcoast Family Centres Society	604-944-2500	<a href="http://www.westcoastfamily.org">www.westcoastfamily.org</a>	<i>Provides intensive parent support and education programs to families with children aged 0-15.</i>
YWCA Single Mothers' Support	604-895-5800	<a href="http://www.ywcavan.org">www.ywcavan.org</a>	<i>Offers a range of individual and group services to assist, empower and inform single moms.</i>
<b>Food &amp; Housing</b>			
BC Housing	604-433-2218	<a href="http://www.bchousing.org">www.bchousing.org</a>	<i>Rental assistance program for working families with children. Visit the website to learn how to apply.</i>
Food Skills for Families	604-944-2500	<a href="http://www.westcoastfamily.org">www.westcoastfamily.org</a>	<i>For Tri-Cities parents interested in learning about meal planning, getting quality groceries on a budget and cooking.</i>
Food Bank (Tri-Cities)	604-931-2451	<a href="http://www.sharesociety.ca/food-bank">www.sharesociety.ca/food-bank</a>	
Free and Low Cost Food Directory		<a href="http://www.fraserhealth.ca/health-info/health-topics/healthy-eating/free-and-low-cost-food-directory/free-and-low-cost-food-directory">www.fraserhealth.ca/health-info/health-topics/healthy-eating/free-and-low-cost-food-directory/free-and-low-cost-food-directory</a>	<i>Visit the website to download a list of free and low cost food programs available to Tri-Cities residents.</i>
Quest Food Exchange		<a href="http://www.questoutreach.org">www.questoutreach.org</a>	<i>Offers access to affordable and healthy food for those facing barriers through not-for-profit grocery markets. Clients need a referral to access this service.</i>
<b>Health Services &amp; Supports</b>			
Anxiety BC	604-620-0744	<a href="http://www.anxietybc.com">www.anxietybc.com</a>	<i>Resources and information for those living with anxiety.</i>
BC Healthy Kids Program	1 866 866-0800	<a href="http://www2.gov.bc.ca/gov/content/health/managing-your-health/healthy-women-children/child-teen-health/dental-eyeglasses">http://www2.gov.bc.ca/gov/content/health/managing-your-health/healthy-women-children/child-teen-health/dental-eyeglasses</a>	<i>Children of low-income families can get help with basic dental care and prescription eyewear costs through the Healthy Kids Program.</i>

Eagle Ridge Hospital	604-461-2022	<a href="http://www.fraserhealth.ca">www.fraserhealth.ca</a>	<i>Community hospital serving the residents of Coquitlam, Port Coquitlam, Port Moody, Anmore and Belcarra.</i>
Healthlink BC	811 (or 711 for deaf & hearing impaired)	<a href="http://www.healthlinkbc.ca/services/resources/811/">www.healthlinkbc.ca/services/resources/811/</a>	<i>Speak to a health services navigator to find health information or be connected with a registered nurse, dietitian or pharmacist.</i>
Kelty Mental Health Resource Centre	604-875-2084	<a href="http://www.keltymentalhealth.ca">www.keltymentalhealth.ca</a>	<i>Free resources related to mental health challenges and disorders.</i>
Pacific Post Partum Support Society	604-255-7999	<a href="http://www.postpartum.org">www.postpartum.org</a>	<i>Offers telephone support and support groups for women suffering from depression after giving birth/adopting a child.</i>
Prenatal Classes	604-527-5472	<a href="http://www.douglascollege.ca">www.douglascollege.ca</a>	
Tri-Cities Public Health	604-949-7200	<a href="http://www.fraserhealth.ca">www.fraserhealth.ca</a>	<i>Speech and language services. Dental information and referrals. Child Development and wellness information. Immunizations.</i>
Walk-in Medical Clinic Search		<a href="http://www.healthlinkbc.ca/find/">www.healthlinkbc.ca/find/</a>	<i>Non-emergency health care services on a walk-in basis.</i>

### Libraries

Coquitlam Public Library	City Centre 604-554-7323 Poirier 604-937-4141	<a href="http://www.coqlibrary.ca">www.coqlibrary.ca</a>	<i>Check out your local library and see what services and programs are available to you. Drop-in story times are available for babies, toddlers, and preschoolers. Visit their websites or call for scheduling information.</i>
Terry Fox Library (Port Coquitlam)	604-927-7999	<a href="http://www.fvrl.bc.ca">www.fvrl.bc.ca</a>	
Port Moody Public Library	604-469-4577	<a href="http://www.library.portmoody.ca">www.library.portmoody.ca</a>	

### Parent/Caregiver and Child Drop-In Programs

Baby and Me, Coquitlam	604-944-2500	<a href="http://www.westcoastfamily.org">www.westcoastfamily.org</a>	<i>A drop in program for infants 0 to 12 months and their parents or caregivers. Call or visit the website for scheduling details.</i>
Baby's First Two Years Drop In, Coquitlam	604-933-6166	<a href="http://www.placemaillardville.ca">www.placemaillardville.ca</a>	<i>Free drop in for parents, grandparents and babies 0-2 yrs. Call for scheduling details.</i>

*Circle of Friends Family Resource Program, James Park Elementary Annex, Port Coquitlam	604-931-3400	<a href="https://gv.ymca.ca">https://gv.ymca.ca</a>	<i>Free drop in program for parents and caregivers with children aged 0-5 yrs. Call for scheduling details.</i>
Everything Parent & Baby (0-18 months)	604-933-6166	<a href="http://www.placemaillardville.ca">www.placemaillardville.ca</a>	<i>Free program for expectant parents and new parents and babies. Learn from guest speakers on various topics.</i>
*Family Drop-in, Place Maillardville, Coquitlam	604-933-6166	<a href="http://www.placemaillardville.ca">www.placemaillardville.ca</a>	<i>Free program for newborns to 5 years old and their guardians. Call for scheduling details.</i>
*Harbour View Family Resource Program, Coquitlam	604-939-1020	<a href="http://www.step-by-step.ca">www.step-by-step.ca</a>	<i>Free drop-in for parents/caregivers and their young children birth to 6 years. Call or visit the website scheduling details.</i>
Hlúlú Aboriginal Early Childhood Drop-In Program, Meadowbrook Elementary	604-524-9113	<a href="http://www.sotcs.ca">www.sotcs.ca</a>	<i>For children 0-6 whose families have an Aboriginal heritage. Call or visit the website for scheduling details.</i>
*Multicultural Family Drop-in Resource Program, Henderson Place, Coquitlam	604-468-6000	<a href="http://www.successbc.ca/eng/services/family/360-multicultural-family-resource-centre">http://www.successbc.ca/eng/services/family/360-multicultural-family-resource-centre</a>	<i>Free parent and tot drop in with services in Cantonese, Mandarin, Korean, and Farsi. Call or visit the website for scheduling details.</i>
New Beginnings Program	604-937-3830	<a href="http://www.sharesociety.ca">www.sharesociety.ca</a>	<i>A program for Government-Assisted Refugee families with children from birth to 5 years who are living in the Tri-Cities.</i>
Old Orchard Play Pals, Port Moody	604-939-1020	<a href="http://www.step-by-step.ca">www.step-by-step.ca</a>	<i>Free drop-in for parents/caregivers and their young children birth to 6 years. Call or visit the website for scheduling details.</i>
SHARE Clarke Street Family Resource Centre, Port Moody	604-936-3900	<a href="http://www.sharesociety.ca">www.sharesociety.ca</a>	<i>Free parent participation drop-in for children 6 and under. Call or visit the website for scheduling details.</i>
*SHARE Mountain View Family Resource Centre, Coquitlam	604-540-9161	<a href="http://www.sharesociety.ca">www.sharesociety.ca</a>	<i>Free parent participation drop-in for children 6 and under. Call for visit the website for scheduling details.</i>
*Tri-Cities Family Place, Victoria Drive, Port Coquitlam	604-945-0048 or 604-942-4672	<a href="https://www.facebook.com/tcfp2/">https://www.facebook.com/tcfp2/</a>	<i>Drop-in for parents/caregivers and young children. Call for scheduling details.</i>
*Tri-Cities Family Place, Manning Avenue, Port Coquitlam	604-945-0048 or 604-942-4672	<a href="https://www.facebook.com/tcfp2/">https://www.facebook.com/tcfp2/</a>	<i>Drop-in for parents/caregivers and young children. Call for scheduling details.</i>

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**Strong Start Centres**[www.sd43.bc.ca](http://www.sd43.bc.ca)

*Birchland Elementary	604-941-3428
*Bramblewood Elementary	604-552-0313
*Cedar Drive Elementary	604-941-3481
*Central Elementary	604-941-0355
*Coquitlam River Elementary	604-942-0241
*Hazel Trembath Elementary	604-941-0571
*Maillard Middle	604-931-3574
*Meadowbrook Elementary	604-464-5813
*Moody Middle	604-461-7384
*Mundy Road Elementary	604-936-4271
*Riverview Park Elementary	604-945-7004
*Roy Stibbs Elementary	604-939-2486
*Seaview Elementary	604-936-9991

*Strong Starts are free drop-in early learning program for children aged 0-5 accompanied by a parent or caregiver. There are 13 Strong Start Centres in School District 43.*

*\*Indicates a participating site of the Tri-Cities Early Years Centre. Supported by the Tri-Cities Early Childhood Development Committee and hosted and coordinated by SHARE Family and Community Services, this network of 20 neighbourhood-based locations offered by several partners ensures that “every door is an open door” for families to find the services they need for their young children. Parents and caregivers with children from birth to age six can get more information, including the locations of the 20 Tri-Cities sites and program schedules, at [www.sharesociety.ca](http://www.sharesociety.ca) and [www.tricitiesecd.ca](http://www.tricitiesecd.ca).*

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**Recreation**

Coquitlam Parks, Recreation and Culture Services	604-927-4FUN (4386)	<a href="http://www.coquitlam.ca">www.coquitlam.ca</a>	<i>Park, Recreation and Culture programs have so much to offer families! There are drop-in programs, gyms, pools, skating rinks and much more! Visit their website and see what's available to you and your family!</i>
Port Moody Parks and Recreation	604-469-4556	<a href="http://www.portmoody.ca">www.portmoody.ca</a>	<i>Providing inclusive recreation and cultural experiences to build a healthy, engaged community. Experience it!</i>
Port Coquitlam Recreation Department	604-927-PLAY (7529)	<a href="http://www.experienceit.ca">www.experienceit.ca</a>	<i>Youth &amp; family drop-in programs, special events, adult fitness classes and french programs for all ages.</i>
Place Maillardville Community Centre	604-933-6166	<a href="http://www.placemaillardville.ca">www.placemaillardville.ca</a>	

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For an updated version of this resource visit:

<https://gv.ymca.ca/Programs/Child-Care/Child-Care-Information-and-Referrals>  
<http://tricitiesecd.ca/resources/>