

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	250-376-1296
Kamloops YM/YWCA Early Years Centre/Child Care Resource & Referral	250-376-4771
La Leche League (info on local resources).....	1-800-665-4324
Lii Michif Otipemisiwak Family and Community Services	250-554-9486
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 • Child Care Licensing • Immunization • 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 • Behaviour Consultation • FASD Key Worker • Family Support Services	
Kamloops Infant Development Program.....	250-371-4140
Lii Michif Otipemisiwak Family and Community Services.....	250-554-9486
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	250-376-1296
Kamloops Infant Development Program.....	250-371-4140
Kamloops YM/YWCA Child Care Resource & Referral / Early Years Centre.....	250-376-4771
• Child Care Resource & Referral • Early Learning Centre • Nobody's Perfect Parent Program	
Lii Michif Otipemisiwak Family and Community Services	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?

BCCA 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, Recreation & Cultural Services	250-828-3500
Family Tree Drop-In Program (downtown)	250-377-6890
Kamloops Early Language & Literacy Initiative (KELLI)	250-376-4771
• Parent-Child Mother Goose Programs	
Kamloops YM/YWCA Child Care Resource & Referral / Early Years Centre	250-376-4771
• Toy & Resource Lending Library • Baby Rhyme Time • Interactive Early Learning Drop In Centre	
• Locomotion Time • Kamloops Early Language & Literacy Initiative	
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
• Beattie Elementary	250-374-0608
• Haldane Elementary (Chase)	250-679-3269
• Raft River Elementary (Clearwater).....	250-674-2218
• Barriere Elementary	250-672-9916
Thompson-Nicola Regional Library	
• 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 211 • www.bc211.ca	211
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	1-800-663-9122
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	250-376-1296
Lii Michif Otipemisiwak Family and Community Services	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
Beattie StrongStart (F/R/D).....	8:30 am - 11:30 am.....	Beattie Elementary - 492 McGill Rd.....	250-374-0608
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.....	John Tod Centre - 150 Wood St.....	250-376-4771
Public Skate (C/D).....	Various times and locations.....	www.kamloops.ca/arenas.....	250-828-3335
YM/YWCA Interactive Early Learning 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 St.....	250-377-6890
Healthy Beginnings (F/D).....	9:45 am - 11:45 am.....	Kamloops Aboriginal Friendship Society - 125 Palm St • www.kafs.ca.....	250-376-1296
Prenatal Class (R).....	1:00 pm - 2:30 pm.....	Kamloops Aboriginal Friendship Society - 125 Palm St • www.kafs.ca.....	250-376-1296
Tiny Tunes (F/D).....	10:30 am.....	North Kamloops Library - 693 Tranquille Rd • www.tnrl.ca.....	250-554-1124
Tiny Tunes (F/D).....	10:30 am.....	Kamloops Library 100-465 Victoria St • www.tnrl.ca.....	250-372-5145
Under the Eagles Wing (F/D).....	10:00 am - 12:00 pm.....	Kamloops Aboriginal Friendship Society - 125 Palm St • www.kafs.ca.....	250-376-1296
YM/YWCA 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

TUESDAY

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 St.....	250-377-6890
Kamloops Museum & Archives (D/R/C/by donation).....	9:30 am - 4:30 pm.....	207 Seymour St • www.kamloops.ca/museum.....	250-828-3576
Parenting Program (F/D).....	9:30 am - 12:00 pm.....	Kamloops Aboriginal Friendship Society - 125 Palm St • www.kafs.ca.....	250-376-1296
Tiny Tunes (F/D).....	10:30 am.....	North Kamloops Library – 693 Tranquille Rd • www.tnrl.ca.....	250-554-1124
YM/YWCA Baby Time (F/D).....	11:45 am - 12:30 pm (birth to crawling).....	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).....	10:00 am - 12:00 pm.....	Secwepemc Child & Family Services Agency - 300 Chilcotin Rd • www.secwepemcfamilies.org.....	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).....	10:30 am - 12:00 pm.....	Kamloops Aboriginal Friendship Society - 125 Palm Street • www.kafs.ca.....	250-376-1296
Kamloops Museum & Archives (D/R/C/by donation).....	9:30 am - 4:30 pm.....	207 Seymour St • www.kamloops.ca/museum.....	250-828-3576
Rock a Bye Baby (F/R).....	10:30 am.....	North Kamloops Library - 693 Tranquille Rd • www.tnrldlib.ca.....	250-554-1124

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 - 125 Palm St • www.kafs.ca.....	250-376-1296
Family Tree Drop-In Center (F/D).....	9:00 am - 12:00 pm.....	657 Seymour St.....	250-377-6890
Kamloops Art Gallery (F).....	10:00 am - 9:00 pm.....	101-465 Victoria St • www.kag.bc.ca.....	250-377-2405
Kamloops Museum & Archives (D/R/C/by donation).....	9:30 am - 4:30 pm.....	207 Seymour St • www.kamloops.ca/museum.....	250-828-3576
Parent & Tot (F/D).....	10:00 am - 12:00 pm.....	Kamloops Aboriginal Friendship Society - 125 Palm St • www.kafs.ca.....	250-376-1296
Storytime and Craft (ages 3-5) (F/D).....	10:30 am.....	Kamloops Library 100 - 465 Victoria St • www.tnrl.ca.....	250-372-5145

FRIDAY

Big Little Science Centre (C/D).....	10:00 am - 4:00 pm.....	655 Holt St (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 Dr.....	250-828-1114
Friday Family Nights (F/R).....	5:30 pm - 7:30 pm.....	Boys and Girls Club @ John Tod Centre - 150 Wood St.....	250-554-5437
Kamloops Museum & Archives (D/R/C/by donation).....	9:30 am - 4:30 pm.....	207 Seymour Street • www.kamloops.ca/museum.....	250-828-3576
Storytime and Craft (ages 3-5) (F/D).....	10:30 am.....	North Kamloops Library - 693 Tranquille Rd • www.tnrl.ca.....	250-554-1124

SATURDAY

Big Little Science Centre (C/D).....	10:00 am - 4:00 pm.....	655 Holt St (Call for summer hours) • www.blscs.org.....	250-554-2572
Chapters Craft & Storytime (F).....	11:00 am - 12:00 pm.....	#4 -1395 Hillside Dr.....	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 St • www.kamloops.ca/museum.....	250-828-3576
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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