

## FREE AND LOW-COST GUIDE FOR EARLY YEARS 3 TO 6 YEARS (C=COST, R=REGISTRATION, D=DROP-IN)

### HELP IN CARING FOR YOU OR YOUR FAMILY

**Interior Community Services** 250-554-3134

\*PAID \*Early Years Family Navigation \*Early Connections  
\*Mount Paul Community Food Centre

**YMCA Early Years Centre/Childcare Resource & Referral** 250-376-4771

**Kamloops Aboriginal Friendship Society** 250-376-1296

\*Under the Eagles Wing \*Moms Pops & Tots

**Secwepemc Child & Family Services** 250-314-9669

\*Early Years Intervention Specialist \*Aboriginal Infant Development  
\*Aboriginal Supported Child Development \*Early Years Enrichment

**Kamloops Family Resource Society ("The Tree")** 250-377-6890

\*FoodShare \*Drop-In \*Counseling

**Public Health** 250-851-7300

\*Breastfeeding Clinic \*Child Care Licensing  
\*Immunization \*Lift the Lip (Dental clinic) \*Maternity Care

**Kamloops Food Bank** 250-376-2252

**La Leche League** <https://www.lllc.ca>

### SPECIALIZED INFORMATION AND SUPPORT

**Public Health** 250-851-7300

\*Speech \*Audiology \*Nutrition \*Dental \*Nursing

**Children's Therapy and Family Resource Centre** 250-371-4100

\*Occupational Therapy \*Physiotherapy \*Speech & Language

**Kamloops Infant Development Society** 250-371-4140

**Kamloops Immigrant Services** 778-470-6101

\*Programs for Newcomers and Immigrants

**Kamloops Family Resource Society ("The Tree")** 250-377-6890

\*FoodShare \*Drop-In \*Counseling

**Child and Youth Mental Health**

North Shore 250-554-5800 South Shore 250-371-3648

**Child and Youth Support Needs (CYSN)** 250-371-3684

**Insight Support Services** 250-554-0085

\*Autism Supports \*Behaviour Consultation \*FASD Key Worker

\*Family Support Services

**Kamloops Family Justice Centre** 250-828-4688

**Parents Legal Centre** 250-434-0063

**ASK Wellness** 250-376-7558

**Hopewell** 250-376-4646

**Elizabeth Fry Society** 250-374-2119

### CITY OF KAMLOOPS PROGRAMS (C)(R)

**City of Kamloops Activity Guide and Registration** 250-828-3500

**City of Kamloops Parks, Recreation & Culture Services** 250-828-3500

### SCHOOL DISTRICT AND KINDERGARTEN INFORMATION

<https://www.sd73.bc.ca/en/schools-programs/resources/Register-for-School/Welcome-to-Kindergarten-2024.pdf>

### FAMILY ACTIVITIES AND SUPPORT

**John Tod YMCA Early Years Centre** 250-376-4771

\*Early Learning Centre \*Nobody's Perfect Parenting Program  
Parent-Child Mother Goose (various times and locations)

**Interior Community Services** 250-320-2937

\*Healthy Beginnings Playgroup

**YMCA Swimming Lessons (C/R)** 250-372-7725

**BGC – Family Development Programs** 778-220-7346

**Kamloops Family Resource Society ("The Tree")** 250-377-6890

**Kamloops Aboriginal Friendship Society** 250-376-1296

**Lii Michif Otipemisiwak Family & Community Services** 250-554-9486

**Secwepemc Child & Family Services** 250-314-9669

### INFORMATION ABOUT HEALTH OR SAFETY

**Public Health** (general questions and support) 250-851-7300

**Health Link BC** 811

\*Registered Nurse \*Pharmacist \*Dietician \*Register for healthcare waitlist

**Ministry of Children and Family Development** 800-663-9122

**Secwepemc Child & Family Services** 250-314-9669

**RCMP Victim's Information Line** 800-563-0808

**BC 211** [www.bc211.ca](http://www.bc211.ca) 211

**BC Kids Helpline** 250-310-1234

**YMCA Women's Emergency Shelter** 250-374-6162

**YMCA Stopping the Violence Outreach Services** 250-320-3110

**Poison Control** 800-567-8911

**Qwemtsin Health Society** 250-314-6732

**BCAA Car Seat Information** 877-247-5551

Free Car Seat Safety Checks at John Tod YMCA 250-376-4771

### PLAY AND EARLY LITERACY

**John Tod YMCA Early Learning Centre** 250-376-4771

\*Toy and Resource Lending Library \*Interactive Early Learning

\*Drop-in Centre

**Thompson-Nicola Regional Libraries**

\*Kamloops Library 250-372-5145 \*North Kamloops Library 250-554-1124

**BGC – Bright Red Book Bus** 778-220-7346

\*July and August at various locations \*Cozy Cubs (2-5 years)

**Kamloops Early Language and Literacy Initiative (KELLI)** 250-376-4771

**StrongStart Programs**

\*AE Perry Elementary 250-376-6224

\*Arthur Hatton Elementary 250-376-7217

\*Beattie Elementary 250-374-0608

\*Marion Schilling Elementary 250-372-2027

# FREE AND LOW-COST GUIDE FOR EARLY YEARS 3 TO 6 YEARS (C=COST, R=REGISTRATION, D=DROP-IN)

<b>weekdays</b>	AE Perry StrongStart (F/R/D) Arthur Hatton StrongStart (F/R/D) Beattie StrongStart (F/R/D) Marion Schilling StrongStart (F/R/D) BGC - Bright Red Book Bus (F/D) Kamloops Museum and Archives (C-by donation) YMCA BC Play care (C/D) membership required YMCA BC / Kamloops Interactive Early Learning Centre (F/D) YMCA BC / John Tod Lending Library	8:30 am - 11:00 am 8:30 am - 11:30 am 8:30 am - 11:30 am 8:30 am - 11:30 am July & August Tuesday – Friday 9:30 am - 4:30 pm M-F 8:50am – 1:00pm M&W 5:00 pm-7:00pm 9:30 am - 11:30 am (M, T, W, F) 8:00 – 4:00pm (M, T, W, F) 8-6 (Th) 8-12 (Sat) (phone front desk when outside)	AE Perry Elementary – 1380 Sherbrooke Avenue 250-376-6224 Arthur Hatton Elementary - 315 Chestnut Avenue 250-376-7217 Beattie Elementary – 492 McGill Road 250-374-0608 Marion Schilling Elementary – 2200 Park Drive 250-372-2027 Various times and Locations. Call for schedule 250-554-5437 207 Seymour Street 250-828-3576 Downtown Kamloops YMCA – 400 Battle Street 250-372-7725 John Tod Centre – 150 Wood Street 250-376-4771 John Tod Centre – 150 Wood Street 250-376-4771
<b>Mon</b>	The Tree Drop-In Centre (F/D) KAFS Under the Eagles Wing (F/D)	10:00 am – 1:00 pm 10:00 am – 12:00 pm	657 Seymour Street 250-377-6890 Kamloops Aboriginal Friendship Society – 125 Palm Street 250-376-1296
<b>Tues</b>	BIG Little Science Centre (C/D) Kamloops Family Resource Society Drop-In Centre (F/D) TNRL Tiny Tunes (F/D) Baby Locomotion – YMCA BC / Kamloops (F)	9:00 am – 1:00 pm (M, W) 9:00 am - 3:00 pm (T, Th) 9:00 am – 1:00 pm 10:30 am – 11:00 am 11:45 am - 12:30 pm	458 Seymour Street (Call for summer hours) www.blscs.org 250-554-2572 657 Seymour Street 250-377-6890 North Kamloops Library – 693 Tranquille Road 250-554-1124 John Tod Centre – 150 Wood Street 250-376-4771
<b>Wed</b>	BIG Little Science Centre (C/D) SCFS Drop in Playgroup (F/D) Kamloops Family Resource Society Drop-In Centre (F/D) Baby Time – YMCA BC/Kamloops (F) TNRL Teeny Tiny Storytime (F)	9:30 am – 5:00pm 10:00 am – 12:00pm 9:00 am – 1:00 pm 11:45 am - 12:30 pm (newborns to pre-crawlers) 10:40 am – 11:00 am	458 Seymour Street (Call for summer hours) www.blscs.org 250-554-2572 Secwepemc Child & Family Services – 300 Chilcotin Road 250-314-9669 657 Seymour Street 250-377-6890 Jon Todd Centre 150 Wood Street 250-376-4771 Aberdeen Mall Tiny Library
<b>Thurs</b>	BIG Little Science Centre (C/D) Kamloops Art Gallery (F) Kamloops Family Resource Society Drop-In Centre (F/D) KAFS Moms, Pops and Tots (F/D)	9:30 am – 5:00 pm 10:00 am – 8:00 pm 9:00 am – 1:00 pm 10:00 am – 12:00 pm	458 Seymour Street (Call for summer hours) www.blscs.org 250-554-2572 101-465 Victoria Street www.kag.bc.ca 250-377-2405 657 Seymour Street 250-377-6890 Kamloops Aboriginal Friendship Society– 125 Palm Street 250-376-1296
<b>Fri</b>	BIG Little Science Centre (C/D) Kamloops Museum and Archives (C-by donation) TNRL Storytime and Craft (ages 3-5) F/D) Family Resource Society Mothers for Recovery (F/R)	9:30 am – 5:00 pm 10:30 am - 11:30 am 9:30 am - 11:30 am 9:30 am - 11:00 am	458 Seymour Street (Call for summer hours) www.blscs.org 250-554-2572 207 Seymour Street 250-828-3576 North Kamloops Library – 693 Tranquille Road 250-554-1124 657 Seymour Street 250-377-6890
<b>Sat</b>	BIG Little Science Centre (C/D) Chapters Storytime (F) TNRL Family Fun Zone (F) Kamloops Museum and Archives (C-by donation) YMCA BC Play care (C/D)	9:30 am – 5:00 pm 1:00 pm – 3:00 pm 10:00 am – 12:00 pm 9:30 am - 4:30 pm 9:00 am - 11:00 am	458 Seymour Street (Call for summer hours) www.blscs.org 250-554-2572 4-1395 Hillside Drive 250-377-8468 Downtown Kamloops Library 250-372-5145 207 Seymour Street 250-828-3576 Downtown Kamloops YMCA – 400 Battle Street 250-372-7725