

RESOURCES FOR PRENATAL FAMILIES (C=COST, R=REGISTRATION, D=DROP-IN, F=FREE)

weekdays	Kamloops Museum and Archives (C- by donation)	Tuesday – Friday 9:30 am-4:30 pm	207 Seymour Street	250-828-3576
	YMCA BC / Kamloops Interactive Early Learning Centre (F/D)	9:30 am-11:30 am (M, T, W, F)	John Tod Centre – 150 Wood Street	250-376-4771
	YMCA BC / John Tod Lending Library	8:00 am – 4:00 pm (M, T, W, F) 8-6 (Th) 8-12 (Sat) (phone front desk when outside)	John Tod Centre – 150 Wood Street	250-376-4771
Monday	Kamloops Family Resource Society (“The Tree”) Drop-In Centre (F/D)	9:00 am – 1:00 pm	657 Seymour Street	250-377-6890
Tuesday	Kamloops Family Resource Society (“The Tree”) Drop-In Centre (F/D)	9:00 am – 1:00 pm	657 Seymour Street	250-377-6890
Wednesday	Kamloops Family Resource Society (“The Tree”) Drop-In Centre (F/D)	9:00 am – 1:00 pm	657 Seymour Street	250-377-6890
Thursday	Kamloops Art Gallery (F)	10:00 am – 8:00 pm	101-465 Victoria Street www.kag.bc.ca	250-377-2405
	Kamloops Family Resource Society (“The Tree”) Drop-In Centre (F/D)	9:00 am – 1:00 pm	657 Seymour Street	250-377-6890
Friday	Kamloops Museum and Archives (C- by donation)	10:30 am-11:30 am	207 Seymour Street	250-828-3576
	Kamloops Family Resource Society (“The Tree”) Mothers for Recovery (F/R)	9:30 am-11:00 am	657 Seymour Street	250-377-6890
Saturday	Kamloops Museum and Archives (C- by donation)	9:30 am-5:00 pm	207 Seymour Street	250-828-3576

HELP IN CARING FOR YOU OR YOUR FAMILY

Interior Community Services	250-554-3134
*Baby's Head Start (before 32 weeks gestation) *Families First (after 32 weeks gestation)	
*Early Years Family Navigation *Mount Paul Community Food Centre	
YMCA Early Years Centre/Childcare Resource & Referral	250-376-4771
Kamloops Aboriginal Friendship Society	250-376-1296
Lii Michif Otipemisiwak Family & Community Services	250-554-9486
Secwepemc Child & Family Services	250-314-9669
Kamloops Family Resource Society ("The Tree")	250-377-6890
*Mothers for Recovery *FoodShare *Drop-In	
*Counseling *Healthy Pregnancy Care Program	
Public Health	250-851-7300
*Breastfeeding Clinic *Child Care Licensing *Maternity Care	
Kamloops Food Bank	250-376-2252

SPECIALIZED INFORMATION AND SUPPORT

Kamloops Immigrant Services	778-470-6101
*Programs for Newcomers and Immigrants	
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
La Leche League	https://www.lllc.ca
Hopewell Clinic & Pregnancy Centre	(250) 376-4646

INFORMATION ABOUT HEALTH OR SAFETY

Public Health (general questions and support)	250-851-7300
BC Public Health Pregnancy Information 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	211
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

PRENATAL INFORMATION

Pregnancy Hub (online)	
Early Pregnancy Access to Care and Triage Clinic	250-318-3861
Prenatal Wellness at the YMCA(R)	250-376-4771
Pregnancy and Parent Learning Centre (online)	
Healthy from the Start	1-855-868-7710

FAMILY ACTIVITIES AND SUPPORT

John Tod YMCA Early Years Centre	250-376-4771
*Early Learning Centre *Nobody's Perfect Parenting Program	
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

PRENATAL MENTAL HEALTH SUPPORTS

Kamloops Mental Health	250-851-7450
*Perinatal Counselling Program (0-12 months postpartum)	
Interior Community Services	250-320-2937
*Post Partum Connections Support Group	
Pacific Postpartum Support Society	604-255-7999
*Phone Support *Text Support *Online Resources	
Postpartum Support International Website	800-944-4773
Perinatal Mental Health Supports	310-6478
Pregnancy and Infant Loss Support Centre (online)	1-888-910-1551
*Text, call, or email support	
YMCA Prenatal Wellness (R)	250-376-4771

PRENATAL PHYSICAL MOVEMENT

Yoga Now (R)(C)	yoganowkamloops@gmail.com
*Prenatal Yoga	
Kamloops Hot Yoga (R)(C)	Sahali: 250-374-7426
*Prenatal Yoga	
	Brocklehurst: 778-470-6121
Movement Collective (R)(C)	movementcollectiveyka@gmail.com
*Prenatal Barre	
Interior Community Services	50-554-3134
*Baby Steps (R)	