



Drop – Ins (5 yrs. and under)

BABY TIME DROP IN

For parents of children under age one. Siblings welcome.
Weigh-in baby, talk to a public health nurse and meet others
When: Monday (except holidays) 10:00 - 11:30 a.m.
Where: Chilliwack Health Unit, call 604.702.4900.

BREASTFEEDING CLINIC

Drop-In Bring a hungry baby.
When: Tuesdays & Thursdays 1:30 - 2:30 p.m.
Where: Chilliwack Health Unit 604.702.4900.

BROADWAY FAMILY PLACE

Contact: Sherry 792-1631
When: Thursdays 8:30 – 11:00
Where: Eden Mennonite Church, 46551 Chwk Central Rd

DOWNTOWN FAMILY PLACE

Contact: Carol 604.792.1631
When: Mon. - Tues. (10 a. m. - 3 p.m.)
Wed., Thurs. and Fri. (12:30 - 3 p.m.)
Where: 45845 Wellington Street. 604.792.1631

GREENDALE FAMILY PLACE

Contact: Sherry 792-1631
When: Thurs. 9:30 – 12:00
Where: 6550 Sumas Prairie Road

KEKINOW FAMILY PLACE

Contact: Sherry 792-1631
When: Alternate Tuesdays 10:00 a.m.- 2:00 p.m. Hot lunch
Where: Common Room 45555 Knight Road

SARDIS FAMILY PLACE

Contact: Debbie at 604. 847.2235
When: Tuesdays, Wednesday, Thursdays 9:30am -1:00pm
Where: 7112 Vedder Road

YARROW FAMILY PLACE

Contact: Sherry 792-1631
When: Tuesdays and Thursdays from 9:00 – 11:30 a.m.
Where: Yarrow Community School Portable #1

CHWK PUBLIC LIBRARY DROP INS

Family Story Times ages 2-6 ~stories, songs, finger plays and flannel tales. Parents are encouraged to stay with their children and join in the fun Tues, Wed & Thurs 10:30-11am call (604) 792-1941 for details

Pajama Story times for ages 2-6 come in pj's with your favorite stuffy for a fun 'before bed' time. Tuesday 7-7:30

Storytime for Babies for babies birth to 1year and their caregivers. Thur 10:30-11 free but registration is required 792-1941

YARROW PUBLIC LIBRARY –Join Yarrow Library Staff for a half hour of stories, songs, finger plays and flannel tales. These drop-in sessions are suitable for preschool children aged 2 to 6 years. Contact the Yarrow Library for dates and times at 604-823-4664

Prenatal/Postnatal Programs

BETTER BEGINNINGS

Prenatal nutrition and support for women of all ages with additional challenges for healthy pregnancy and birth with 6 month post-partum follow-up.
Contact: Lana at 604.792.1631 or 604.792.8717.

BIRTH COMPANION SERVICE

Support to pregnant women.
Contact: Lana Hergott 604.792.1631.

BUDDY UP FOR BREASTFEEDING

Telephone support program linking breastfeeding mothers to other mothers in the community.
Contact the Health Unit at 604.702.4900.

FIT 4 YOU ~ FREE Exercise for pre & post natal period.
Call Chwk Health Unit for registration & info 604.702-4900

LABOUR SUPPORT SERVICES

Contact: Carmen at 604.701.2511

LaLECHE LEAGUE

Mother-to-mother breastfeeding support.
Nicole 858-6331 Loriza Knapton: 795-7176
Kerri Smith: 793-9013

PRENATAL CLASSES - (Adult and Youth)

Contact the Health Unit at 702.4900 for registration information.

WELCOME WAGON If you are expecting or have a new baby call for free info & gifts. Carol 858.4662

Pregnant & parenting youth (to age 22)

BETTER BEGINNINGS

Prenatal nutrition and support for women of all ages with additional challenges for healthy pregnancy and birth with 6 month post-partum follow-up. Contact: Lana at 604.792.1631 or 604.792.8717

FUTURES offering support and learning opportunities including high school completion for pregnant and parenting youth and their children. Call 604.792.9277 loc 252 for schedule and info (School District #33) www.futuresd33.ca (Young Parent Program)

PRENATAL CLASSES

For expectant young parents. Series runs 4 - 5x/year.
Contact: Duty Nurse at 604.702.4900. to register

ADVOCACY HOTLINE

For parents to help resolve problems between home and school.
Contact: 604.702.2903.

ANN DAVIS SOCIETY Provides support & services to those affected by abuse or violence, emergency shelter for women and children, individual, group & family counseling for men, women and children. www.annDavis.org 604.792.2760

BUILDING HEALTHY RELATIONSHIPS

Couples Communication Weekend Workshops at UCFV
Contact Carol 604.792.2760.

CHILD CARE RESOURCE & REFERRAL

A service for parents needing child care referrals & information for childcare providers
604.792.4267 www.childcarechoices.ca

Child-Parent-Relationship Training Group - a research-based, 10 week parenting course that teaches parents how to use some of the same skills that play therapists use to help children who are experiencing social, emotional, and behavioural problems. For parents with children pre-school and kindergarten age. information or to register call Eryn Wicker at 604.795.8481

CHILLIWACK FAMILY PLANNING CLINIC

Drop-in Tuesdays 4:45 - 6:45 p.m. (except holidays).
Phone 604.824.PLAN for more info

CHILLIWACK YOUTH SERVICES

Offering services and support for youth and their families
Call: 604.792.6632.

CRISIS PREGNANCY CENTER

Free pregnancy test & help for those facing a crisis pregnancy.
When: 10:00 am – 4:00 pm Mon., Wed. & Fri.
11:00 am – 3:00 pm Tues. Thurs.
Where: 9301 Nowell Street Phone: 604.795.3043.

EFFECTIVE PARENTING (Systematic Training for Effective Parenting - STEP) For info and to register for upcoming programs –
Contact: Mary or Janine (Public Health) at 604.702.4900
Carol Dorn (Family Place) 604.792.1631

FAMILIES FIRST Parent instruction groups with individual support offered (no cost). Some child-minding & transportation assistance provided. Contact: Sandy at 604.793.7225

FAMILIES IN MOTION

Family literacy program for families with 3 & 4 year olds. Adult educational and career preparedness, beginner computer studies and upgrading. Virtues Parenting Program and free preschool.
Contact: Janet Skulsky at 604.792.1631

IMMIGRATION SERVICES Parenting information, referrals and support. 45938 Wellington Avenue call Donna: 604.792.7376

INFANT DEVELOPMENT PROGRAM

Provides home based services to children aged 0-3 years that have or are at risk for delayed development.
Playgroup Thursday 9:30 – 11:00 a.m Contact: 604.824.8760

KIDS IN ACTION - Provides trained volunteers to assist children with special needs to participate year round in sport, recreation and leisure activities in their community
Contact: Leona Fountain 604.824.8760. ext. 315

MILITARY FAMILY RESOURCE CENTRE

Provides programs & services to military & community families.

Call 604.858.1195 www.mainlandbcmfrc.com

NOBODY'S PERFECT

For parents of children 0–5 years.
Child care and transportation available.
Carol 604.792.1631. in Yarrow Carol 604.792.0907

NURTURING FATHERS PROGRAM

For information call Sandy Dorn at 604.793.7228

PARENTING ANXIOUS KIDS educational group for parents who have anxious children of all ages. To register or for info call Eryn at 604.795.8481

PARENTING PRACTICALLY (for parents of 12-15 year olds) this therapist-led group helps parents with hands-on, practical and applicable strategies. For info and start dates, call Eryn at 604.795.8481

PARENTING PRE-SCHOOL CHILDREN THROUGH COLLABORATION collaborative problem solving group for parents of children who display possible opposition defiance or ADHD behaviors. To register or for info call Eryn at 604.795.8481

PARENTS TOGETHER A mutual help, support and information group for parents of 'acting out' teenagers.
When: Tuesday evenings 7:00 – 9:30.
Contact: Jen Bailey at 604.792.4267, ask for voice mail 302

PARENT TO PARENT

One on One parenting support. For info call 1.800.298.1777

PARENTING WITH A PURPOSE

A program for parents of children (age 5-11) with challenging behaviors. Contact: Roy MacIntyre at 604.795.8481

SARDIS DOORWAY- for Single Mothers & Children

Physical, emotional, intellectual and spiritual support for single mothers with preschool children. Lunch, workshops, licensed child minding - free. Wednesdays 9:30-12:30
Contact: Heather Rempel 604.819.6556

SINGLE PARENTS IN NEED (SPIN)

Lunch, childcare, workshops, and teen activities.
When: Second Saturday each month from 11:30a.m. – 2:00 pm
Contact: Elisabeth at 604.792.0401 or Jane at 604.792.7611

SPEECH & LANGUAGE CLINIC

For parents of children 0 to 5 years with concerns about child's communication, and have not been referred to clinic. Talk with a speech-language pathologist, and learn how to help your child.
When: Last Wed. each month 9:00 a.m. to noon
Where: Chilliwack Health Unit at 604.702.4944.

STRONG PARENTS for parents of children previously or currently enrolled on Strong Resiliency Groups. For info call Eryn at 604.795.8481

SUPPORTED CHILD DEVELOPMENT is an inclusive, family centered, community based program that assists families who have children with extra support needs to access child care that meets their family needs. Info 604-824-8760 ext 245

SUPERVISED ACCESS VISITS

Contact Bobbi at Ann Davis Services 604.792.2760

WALK-IN FAMILY/INDIVIDUAL COUNSELLING

Offered at Ann Davis Transition Society call 604.792.2760
9475 Williams Street Tues 6:00–8:00

Programs & Supports for School Aged Children

BIG BROS/BIG SISTERS matches adults with children (usually from single parent homes) who can benefit from the extra one-to-one support. Call 858-0828 for info

BOYS ONLY & GIRLS ONLY CLUBS
clubs run at Chilliwack YMCA (604-792-3371)
& Youth Services (604-792-6632 ext 27) call for info

CHWK CHURCHES many churches offer mid week programs for children and youth. For info on programs in your neighborhood call Dave at 604.792-3988

CHILLIWACK YOUTH GAMES GUILD
second Thurs of month at Chwk Library. ages 11-18.
drop-in 5-8:30. FREE pizza & pop. Call Susan 604.793.7238

EXTREME CRAFTING for grade 7-12. 6:30-8:30 Thurs eve at the Library. FREE but must pre register.
For info call Susan at 604.793.7283

LEISURE AQUATICS recreation, lessons and volunteer opportunities for children, youth and adults.
Call 792-7946 for info and schedule

SEXUAL ABUSE COUNSELING support for children and their families who are dealing with the impact of sexual abuse. Assessment, support and advocacy services for child and non-offending family members.
Call 604.792.4367 (Chwk Community Services)

STRONG RESILIENCY GROUPS weekly group that help encourage and strengthen a child's emotional & social resiliency- aim to increase their 'bounce-back' power to deal with tough situations. Topics include feelings, anxiety, anger management, clear thinking etc. 5 groups target a specific age group from preschool to grade 12. call Eryn for info at 604.795.8481

YES – YOUTH EXTRA SUPPORT for at-risk youth 9-19, managing anger, assertiveness, conflict resolution, parent-teen and teen-school mediation, developing social and work skills, tutoring to help youth re-enter or remain in school. Summer & winter program includes formal and informal group work and work experience.
Call Steve at Ann Davis for info 604.792.2760

YMCA youth leadership development and recreation programs. Call 604.792.3371 for info

YOUTH & FAMILY COUNSELING
Assisting families to develop solutions and reach their family goals. Referral from Ministry for Children & Family Development.
604.792.4267 for info

YOUTH SERVICES Support & Counseling services, in-school supports recreational activities, suicide prevention, , outreach to street-involved youth, skill building groups and other programs and activities. 45904 Victoria Avenue, Chilliwack 604.792.6632

Aboriginal Programs

ABORIGINAL ALL DAY KINDERGARTEN PROGRAM afternoon instruction with a cultural focus for

aboriginal children. Language, cultural, cooking and fieldtrips. Students bused to one of 3 classes.
Call Nerine for info at 604.824.6173

ABORIGINAL EDUCATION DEPARTMENT SD33
For more information call Nerine Graham
604-701-617 Kipp Conference Centre

MEN'S WELLNESS CIRCLE register at 604.701.0119

PARENT EMPOWERMENT PROGRAM
Xyolhemeylh Chilliwack Outreach office
46130 Yale Road 604.701.0117

STO:LO NATION SUPPORTED CHILD DEVELOPMENT PROGRAM - Service provider for aboriginal families living in Chilliwack call 604.824.3200.

STO:LO NATION Family & Preschool Program
Programs for Aboriginal children 0 to 6 years and their parents. Family Programs; Centre time; Home-visiting; Virtues, Infant Massage; and Educational workshops. Programs are free and transportation is provided. Contact: Mary at 604.824.6505

STOP (Stop oppressive patterns) 2 hr session on Tues eve
Register at 604.701.0119

XOLHEMET TRANSITION HOUSE
call 604.858.0468 24 hours per day

Support Groups

CHILLIWACK SEIZURE/EPILEPSY SUPPORT
Contact: Donna 604.792.4133 or Val at 604.858.3390

CHILLIWACK TWINS CLUB
Support and social for parents of twins and multiples.
Contact Cheryl at 604.795.2545 chryl_mueller@yahoo.ca

DOWN SYNDROME SUPPORT GROUP Parent evenings & preschool play groups visit
www.fvdss.blogspot.com Katrina at 793-0019

E.P.I.C. PARENT SUPPORT GROUP
For parents or caregivers of children with mental and/or physical challenges. Parent directed, confidential and informal.
When: Second Tuesday evenings each month starting at 7:00 p.m.
Contact: Danena Toth 604.794.5947

FV EPILEPSY SUPPORT SOCIETY
Resources and support.
Phone Laura Ugolini at 604.852.2686. ext.245

HARD OF HEARING ASSOCIATION
Serving children & their families.
Contact Janet at 604.794.3772

POST ABORTION PEER SUPPORT
A safe place for women to deal with negative feelings surrounding a past abortion. Contact: 604.795.3043 (confidential).

RAISING RELATIVE'S CHILDREN support & education. 3rd Tuesday of month at Chwk Public Library for info chwkearlyyears@shaw.ca



Chilliwack Public Library

Family Story times half hour of stories, songs, finger plays and flannel tales. Parents are encouraged to stay with their children and join in the fun!

Tuesdays: Sept 25 - Oct 23 - 10:30-11am

Wed: Sept 26 - Oct 24 - 10:30-11am

Thurs: Sept 27 - Oct 25 - 10:30-11am

Pajama Story times: come in pajamas and bring a favorite stuffy to these half hour evening story times

Tuesdays Sept 25 - Oct 23 7:00 - 7:30 pm

Storytime for Babies Thursdays Nov 8-29

Bring your baby, aged newborn to one year old from 0:30 to 11:00 am for these unique story times that introduce our tiniest library users and their parents to the world of children's literature, song, rhyme and rhythm. Please register in person or call 792-1941



Yarrow Public Library

half hour of stories, songs, finger plays and flannel tales drop-in sessions for preschool children aged 2 to 6 years Call the Yarrow Library for dates & times 604-823-4664

Monday, Oct 22 10:30 – 11:30 pm Chwk Library
Join Children's illustrator Werner Zimmerman, author of *Farmer Joe Goes to the City; Farmer Joe's Hot Day,* and *Finster Frets.* Children in grades 3 to 5, their parents and all who are interested are welcome to attend

October 15 Welcome Wagon Baby Shower:

free evening for moms to be. Doors open at 6:30 at Best western Rainbow Country Inn. call Kathy to register for your free ticket at 604-824-4968

International Children's Day Events 2007

Nov 19 Kids & Cake in the Council Chamber

2pm Families are invited to come and have cake with Mayor Clint Hames and his council members in the Council Chamber at City Hall.

Nov 24 International Children's Peace Festival

Full day of events at the Chwk YMCA (Hocking Ave) from 1-4. Fun for the whole family. Watch the newspaper for details.

Bridging the Gap: session begins on September 5/07 (new reg closes Sept 26). Program is a 16-week pre-employment program for women who

are survivors of abuse. Bridging is open to all women. There is no need for the clients to be on Employment Assistance. If you have any questions please feel free to call Cindy, Gwen or Rosalind at 604-866-1027

For **volunteer opportunities in Chilliwack** contact Cari at Volunteer Chwk 792-4267 or www.comserv.bc.ca & click on Volunteer Chilliwack and follow the prompts

Fluoride Varnish Program to Prevent Tooth Decay

Fluoride varnish applications are offered to children 0-4 years of age who are at risk for tooth decay and who are not attending a dental office for regular preventive care. Fluoride varnish is available at the health unit and at various community settings in the Chilliwack area. Please contact the Public Health Dental Staff at the Chilliwack Health Unit (604-702-4900) for more information.

Universal Newborn Screening

About 1 to 3 of every 1000 newborns have hearing loss at birth that can be detected by universal newborn hearing screening. Without newborn screening, it is not easy to identify a young baby with a hearing loss, as only 50% of infants have identified risk factors and most (90%) of infants born with hearing loss have two hearing parents.

As part of the BC Early Hearing Program (BCEHP), an early screening and intervention province-wide program, hearing screening is offered to all infants born at Chilliwack General Hospital. Infants missed in hospital and infants who need further assessment are tracked and offered services through their local public health Audio logy clinic.

For more information on BCEHP visit <http://www.phsa.ca/AgenciesServices/Service/s/BCEarlyHearingPrgrs/default.htm>.