



Community Resources for Families with Children (Tri-Cities)



Child Care and Preschool			
Child Care Licensing	604-587-3936	www.fraserhealth.ca	Responsible for the licensing of child care facilities in Fraser Health
Child Care Subsidy	1-888-338-6622	www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/child-care	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	http://www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/child-care	Child care information and resources
YMCA Child Care Resource & Referral	604-931-3400	https://gv.ymca.ca/Programs/Child-Care/Child-Care-Information-and-Referrals	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	http://www2.gov.bc.ca/gov/content/safety/public-safety/protecting-children/reporting-child-abuse	24 hour centralized screening for reporting suspected or imminent abuse of children.
Crisis Line	310-6789 (area code not required)	www.crisislines.bc.ca	24 hour phone service offering emotional support, information, and resources specific to mental health.
Crisis Line	1-800-suicide (784-2433)	www.crisislines.bc.ca	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	www.options.bc.ca	Immediate, free and confidential crisis intervention and community resource information to people of all ages.

Helpline for Children	310-1234 (area code not needed)	http://www2.gov.bc.ca/gov/content/safety/public-safety/protecting-children/reporting-child-abuse	<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	www.sotcs.ca/	<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	www.sotcs.ca	<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	www.actcommunity.ca	<i>Information and referral service that supports individuals with Autism Spectrum Disorder and their families.</i>
Early Intervention Services (SHARE Family and Community Services)	604-525-8242	http://sharesociety.ca	<i>Provides the followings: speech and language therapy, physical therapy, and occupational therapy</i>
Tri-Cities Public Health	604-949-7200	www.fraserhealth.ca	<i>Speech and language services. Dental information and referrals. Child Development and wellness information. Immunizations.</i>
Infant Development (Simon Fraser Society for Community Living)	604-525-8242	www.sfscl.org	<i>Serves children birth to 3 years who are at risk for, or who already have, a delay in development.</i>
Social, Emotional Early Development Services (SHARE Family and Community Services)	604-529-5132	www.sharesociety.ca	<i>Serves children with social, emotional, or behavioural difficulties, who may also have developmental challenges.</i>
Supported Child Development (Simon Fraser Society for Community Living)	604-525-8242	www.sfscl.org	<i>Serves families whose children require support in their preschool or child care setting.</i>

Family Support and Counselling

BC 211	211	www.bc211.ca	<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	www.act2.ca	<i>Provides parent education, family counselling, sexual abuse counselling, and shelter for survivors of domestic violence.</i>
Best Beginnings		www.fraserhealth.ca/health-info/pregnancy-and-babies/	<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	www.bigbrothersvancouver.com	<i>Caseworkers match mentors with a Little Brother who has similar interests.</i>
Big Sisters of BC Lower Mainland	604-873-4525	www.bigsisters.bc.ca	<i>Caseworkers match mentors with a Little Sister who has similar interests.</i>
Family Law in BC		www.familylaw.lss.bc.ca	<i>Provides information about family law in BC</i>
Grandparents Raising Grandchildren (Parent Support Services Society of BC)	1-855-474-9777	www.parentsupportbc.ca GRGline@parentsupportbc.ca	<i>Assists grandparents and other relatives raising a family member's child with information and resources.</i>
Healthy Babies Program	604-944-2500	www.westcoastfamily.org/services/healthy-babies	<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	www.issbc.org	<i>Provides a variety of support services for immigrants and refugees.</i>
Information Children	778-782-3548	www.informationchildren.com	<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	604-520-4623	www.lllc.ca/coquitlam	<i>Breast feeding, nutrition, weaning, and family life support. Check website for meeting details.</i>
Learning Disabilities Association	1-250-370-9513	www.ldabc.ca	<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 Tri-Cities Aboriginal Team	604-944-2500 (East Hub) 604-927-4429 (West Hub) 604-933-2073 (Aboriginal)		<i>Child protection and family support services. Provides counselling, supervised access, and family support services in partnership with a variety of community agencies.</i>
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	www.parentsupportbc.ca	<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	www.sharesociety.ca	<i>Provides community based services to families, including counselling, parenting programs, and parent education.</i>
Simon Fraser Society for Community Living	604-525-9494	www.sfscl.org	<i>Provides a range of services that support healthy development and inclusion.</i>
Spirit of the Children	604-524-9113	www.sotcs.ca	<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	www.success.bc.ca	<i>Provides counselling, information, referrals, and parenting programs to immigrant families in Cantonese, Farsi, Korean and Mandarin.</i>
Family Smart - Formerly The F.O.R.C.E. Society for Kids Mental Health	604-878-3400	www.familysmart.ca	<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)		http://tricitiesecd.ca/parents/programs-parents/	<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	www.tricitytransitions.com	<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	www.westcoastfamily.org	<i>Provides intensive parent support and education programs to families with children aged 0-15.</i>

YWCA Single Mothers' Support	604-895-5800	www.ywcavan.org	<i>Offers a range of individual and group services to assist, empower and inform single moms.</i>
Food & Housing			
BC Housing	604-433-2218	www.bchousing.org	<i>Rental assistance program for working families with children. Visit the website to learn how to apply.</i>
Budget Gourmet	604-944-2500	www.westcoastfamily.org	<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	www.sharesociety.ca/food-bank	
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	<i>Visit the website to download a list of free and low cost food programs available to Tri-Cities residents.</i>
Quest Food Exchange		www.questoutreach.org	<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>
Health Services & Supports			
Anxiety BC	604-620-0744	www.anxietybc.com	<i>Resources and information for those living with anxiety.</i>
BC Healthy Kids Program	1 866 866-0800	http://www2.gov.bc.ca/gov/content/health/managing-your-health/healthy-women-children/child-teen-health/dental-eyeglasses	<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	www.fraserhealth.ca	<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)	www.healthlinkbc.ca/services-resources/about-8-1-1	<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	604-875-2084	www.keltymentalhealth.ca	<i>Free resources related to mental health challenges and disorders.</i>
Pacific Post Partum Support Society	604-255-7999	www.postpartum.org	<i>Offers telephone support and support groups for women suffering from depression after giving birth/adopting a child.</i>
Prenatal Classes	604-527-5472	www.douglascollege.ca	
Tri-Cities Public Health	604-949-7200	www.fraserhealth.ca	<i>Speech and language services. Dental information and referrals. Child Development and wellness information. Immunizations.</i>
Walk-in Medical Clinic Search		www.healthlinkbc.ca/find/	<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	www.coqlibrary.ca	<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	www.fvrl.bc.ca	
Port Moody Public Library	604-469-4577	www.library.portmoody.ca	

Parent/Caregiver and Child Drop-In Programs

Baby and Me, Coquitlam	604-944-2500	www.westcoastfamily.org	<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	www.placemaillardville.ca	<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	https://gv.ymca.ca	<i>Free drop in program for parents and caregivers with children aged 0-5 yrs. Call for scheduling details.</i>

*Family Drop-in, Place Maillardville, Coquitlam	604-933-6166	www.placemaillardville.ca	<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	www.step-by-step.ca	<i>Free drop-in for parents/caregivers and their young children birth to 4 years. Call or visit the website scheduling details.</i>
Hlúlu Aboriginal Early Childhood Drop-In Program, Meadowbrook Elementary	604-524-9113	www.sotcs.ca	<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	http://www.successbc.ca/eng/services/family/360-multicultural-family-resource-centre	<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: The Tri-Cities Early Years Refugee Project	604-937-3830	www.sharesociety.ca	<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	www.step-by-step.ca	<i>Free drop-in for parents/caregivers and their young children birth to 4 years. Call or visit the website for scheduling details.</i>
SHARE Clarke Street Family Resource Centre, Port Moody	604-540-9161 or 604-529-5149	www.sharesociety.ca	<i>Free parent participation drop-in for children 5 and under. Call or visit the website for scheduling details.</i>
*SHARE Mountain View Family Resource Centre, Coquitlam	604-540-9161 or 604-529-5149	www.sharesociety.ca	<i>Free parent participation drop-in for children 5 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		<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		<i>Drop-in for parents/caregivers and young children. Call for scheduling details.</i>
Strong Start Centres		www.sd43.bc.ca	
*Birchland Elementary	604-941-3428		<i>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.</i>
*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

**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 and www.tricitysecd.ca.*

Recreation

Coquitlam Parks, Recreation and Culture Services	604-927-4FUN (4386)	www.coquitlam.ca	<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 Coquitlam Parks and Recreation	604-927-PLAY (7529)	www.portcoquitlam.ca	
Port Moody Parks and Recreation	604-469-4556	www.portmoody.ca	

For an updated version of this resource visit:

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