

## Childcare and School Resources:

- There are many community programs and programs in schools that may be able to help your children through a difficult time.

Resource	Services	Good to Know
<b>Tri-City Transitions Society</b> tricitytransitions.com 604-941-7111	Children Who Witness Abuse counselling program.	
<b>Kids Help Phone</b> kidshelpphone.ca 1-800-668-6868	24/7 counselling help from trained professionals on the phone for youth up to age 20.	Live chat available on weekends.
<b>Act II Child and Family Services (Tri-Cities Office)</b> act2.ca 604-937-7776	Provides counselling to children and youth that have emotional and behavioural issues arising from traumatic events.	Sexual abuse counselling may be self-referral; all other counselling requires a referral through MCFD.
<b>SHARE Family &amp; Community Services Society</b> sharesociety.ca	Offers various counselling, social, and skills development services for children and parents.	Includes parent & tot drop-ins, parent groups, early childhood development facilities, groups for children with special needs
<b>KidSport Tri-Cities</b> kidsporttricity.ca 604-341-0241	Provides financial assistance for registration fees and equipment for organized sports to kids aged 18 and under.	
<b>JumpStart</b> jumpstart.canadiantire.ca	Funding for registration and equipment costs to help kids join sports and activities.	
<b>Kids Up Front Foundation</b> kidsupfrontvancouver.com 604-266-5437	Entertainment, educational and recreational opportunities through the distribution of unused tickets to children.	
<b>Variety</b> variety.bc.ca	Help with paying for items or services to help children with special needs.	
<b>StrongStart BC</b> sd43.bc.ca/Programs/ StrongStart 604-937-6381	Participate with your young child (aged birth to five) in play-based early learning activities – including stories, music and art on a no-cost drop-in basis.	
<b>Tri Cities Early Childhood Development Committee (ECD)</b> tricitysecd.ca	Information, resources, events, and programs for parents of young children. Includes	

	support groups for mothers.	
<b>Tri Cities Middle Childhood Matters (MCM)</b> tricitiesmcm.org	Information, resources, events, and programs for parents of children ages 6-12.	
<b>SUCCESS</b> successbc.ca 604-468-6000 (Tri-City Centre) 604-270-8233 (Cantonese) 604-270-8222 (Mandarin)	Multicultural child and family services targeted towards immigrant families, including services in Farsi, Korean, Cantonese, and Mandarin.	
<b>ACCESS Youth Outreach Services Society</b> accessyouth.org 604-525-1888 (Main Office)	School and after school programs for youth, as well as community outreach.	
<b>Port Coquitlam Youth Services</b> pocoyouth.com 604-927-7938 (Offside Youth Centre) 604-927-7962 (Hyde Away Youth Centre)	Hyde Away Youth Centre and Offside Youth Centre. Recreation, employment, summer and spring break programs, and social groups for children and youth.	
<b>Plea Community Services</b> plea.ca 604-871-0450 (Main Office)	Mentoring, outreach, addiction services, education and employment services, and programs for youth.	Also offer parent support, parent/teen mediation, and “Generation Out” drop-in group for LGBTQ+ youth.
<b>QMUNITY – BC’s Queer Resource Centre</b> qmunity.ca 604-684-5307	Free counselling, support programs, and referrals for LGBTQ+ youth.	
<b>Youth Against Violence Line</b> youthagainstviolenceline.com 1-800-680-4264 TTY 604-875-0885	24/7 multilingual support line helping young people take an active role in preventing violence amongst their peers.	
<b>Mind Your Mind</b> mindyourmind.ca	Website by youth for youth, with info, resources and the tools to help youth manage stress, crisis, and mental health	
<b>Coquitlam Libraries</b> library.coquitlam.bc.ca	Resources, reading clubs, and family activities in Coquitlam.	
<b>Terry Fox Library (Port Coquitlam)</b> fvrl.bc.ca	Resources, reading clubs, and family activities in Port Coquitlam.	
<b>Port Moody Library</b> Library.portmoody.ca	Resources, reading clubs, and family activities in Port Moody.	

