



Boys & Girls Clubs
of Central Vancouver Island

HELPFUL RESOURCES FOR FAMILIES

EMERGENCY

Police, Fire, Ambulance	911
Vancouver Island Crisis Line (also offers live chat online & texting services)	1 888 494 3888 (www.vicrisis.ca)
Children's Help Line	250-310-1234

LOCAL RESOURCES IN THE COMOX VALLEY

Aids Vancouver Island Advocacy and support programs for clients and prevention information for schools and community.	250-338-7400
Blade Runners Program for youth (16-30) experiencing barriers to employment.	250-334-4138 (Ext. 229)
Child & Youth Mental Health (MCFD) Provides treatment and support to children & youth under 19 affected by mental health issues.	250-334-5820
Children Who Witness Abuse Program (CVTS) Counselling services for children and youth who have been exposed to violence in relationships.	250-897-0511
Community Based Victim Services (CVFS) Provides services to victims of sexual abuse, sexual assault, domestic violence & harassment.	250-338-7575
Comox Family Military Resource Centre Offers programs and services to meet the unique need of military families.	250-339-8211 (Ext. 7128)
Comox Valley Community Justice Centre A restorative justice alternative to the formal justice system.	250-334-8101
Comox Valley Girls Groups (12-14) (15-16) (17-21) (CVTS) Groups for girls to share their experiences and learn healthy strategies for issues affecting their lives.	250-897-5568
Comox Valley Nursing Centre Provides chronic disease support and health info. Nurse drop-in service offered at scheduled times.	250-331-8502
F.O.R.C.E Society For Kids' Mental Health, Parent-in-Residence A parent with lived experience who assists other parents with support, mentorship & resources.	1 -855-887-8004
Grandparents Raising Grandchildren (CVCDA) Support group for grandparents who are raising grandchildren.	250-338-4288 (CDC)
John Howard Society	250-338-7341
Youth Substance Use Services (Wendy M./Gary) Provides assessment, treatment and counselling services for youth and families.	250-338-7341
Youth Outreach Worker (Jenne) Service to connect at-risk youth to resources and healthy activities. Safe after hours contact.	cell 250-218-0483
Kidstart A mentoring program which provides trained adult volunteers to support children one-on-one.	250-338-7341
Lilli House Provides safe, comfortable shelter for women fleeing abuse & for their children.	250-338-1227
LINC Youth Centre & Skatepark Provides recreation & life skills programs & drop-in access to a facility designed for 11-18 yr olds	250-334-8138
Mental Health & Substance Use Services (Adult) Provides services for adults concerned about mental health or substance misuse.	250-331-8524
Parenting Programs, Boys & Girls Clubs of Central Vancouver Island Group education and support programs for parents and caregivers of youth aged 8-18. Parents Together (Ongoing group for parents of teens) Parenting Without Power Struggles (10 week program for parents of preteens offered 3 times a year) Parents in the Know (10 week group program for parents of teens offered once each year)	250-338-7141

Parent/Teen Mediation (Jenn or Adrian) A mediation and conflict resolution program for teens and their parents.	250-335-2343
Public Health Nursing Provides health promotion, testing & referrals, immunizations & other health support services.	250-331-8520
Rainbows Grief support program for children (5-11) affected by divorce, separation and death.	250-339-3966
St. Joseph's Hospital Adolescent Outpatient Outreach (David S.) Ongoing intervention services for youth with serious mental health issues. Suicide Intervention (Up to 19th Year) (David H.) Short-term support services for youth who experience suicidal feelings, depression & isolation.	250-339-1525 250-702-6880
Triple P Positive Parenting Program (CVTS) Group based education program for parents of children aged 2-12 and 9-16.	250-897-0511
Victims' Services (RCMP) Provides information, referral and support to victims of crime and tragedy.	250-334-5932
Wachiay Friendship Centre Provides a range of programs for youth, adults and families rooted in the philosophies of First Peoples.	250-338-7793

ONLINE RESOURCES

Digital Media Resources	
PrevNet (Canada's Authority on Cyberbullying) http://www.prevnet.ca/	
MediaSmarts (Canada's Centre for Digital Media Literacy) http://mediasmarts.ca/	
Mental Health Resources	
Anxiety BC (A Canadian leader in evidence-based resources on anxiety) Provides my anxiety plans (MAPs) to understand and manage anxiety. Resources include educational videos & the MindShift app. http://www.anxietybc.com/	
The F.O.R.C.E Society For Kids' Mental Health Evidence-based information, tools and resources relating to kids' mental health for professionals, parents and youth. http://www.forcesociety.com/ Downloadable Guide for Families in the Campbell River and Comox Valley Areas http://www.forcesociety.com/resources	
Parenting After Separation	
An online course to help parents make informed decisions about their separation, putting the children's needs first. http://parenting.familieschange.ca/	
Parenting Websites	
Neufeld Institute (Gordon Neufeld PhD & author of "Hold on to Your Kids") Aims to help make sense of kids to the adults responsible for them. http://neufeldinstitute.org/parent-education/	
Dr. Dan Siegel (author of "Parenting from the Inside Out" & "Brainstorm") Resources to support parenting, based on a scientifically grounded, integrated view of human development. http://www.drdansiegel.com/	
Sexual Health	
Island Sexual Health Sexual health and education resources for parents, caregivers and other adults http://www.islandsexualhealth.org/parents/	
Beyond the Talk Island Sexual Health's education program to provide accurate sexual health information for youth, including a texting service. http://beyondthetalk.ca/	
Substance Use	
Substance Use Resources (VIHA site with multiple links to helpful websites for parents and youth) http://www.viha.ca/youth-substance-use/resources.htm	