



Sparwood **COMMUNITY AND RESOURCE SERVICE GUIDE**

A RESOURCE FOR PARENTS & THEIR CHILDREN

The book is produced by School District #5 – Southeast Kootenay. We are privileged to provide services for children and families on the traditional unceded shared territory of the Ktunaxa People and the chosen home of the Métis.

Sparwood Community Resource and Service Guide

The Sparwood Community Resource and Service Guide is a resource for families living in Sparwood. This Guide is designed to provide residents with information about community agencies, organizations and service providers for families and their children, including area elementary schools, playgrounds, sporting and recreation facilities.

Community Profile

Sparwood is situated in the southeast corner of British Columbia in the heart of the Canadian Rockies on the western slope of the Crowsnest Pass. Just north is Elk Lakes Provincial Park with outstanding landscapes, glaciers, peaks, and lakes. A range of outdoor adventures include hiking, mountain climbing, fishing and wildlife viewing. The nearby golf course offers stunning views as well as first-class golf. A local attraction includes a tour of one of Canada's largest open pit mines. Murals painted on the walls of buildings in the downtown core depict Sparwood's mining and railway history.

Located on Hwy 3, Sparwood is 18 km (11 mi) west of the Alberta/British Columbia border. The nearest United States border crossing is located at Roosville, approximately 97 km (60 mi) to the south-west. Calgary, Alberta is 270 km (162 mi) north-east of Sparwood. North of Sparwood 35 km (22 mi) on Hwy 43 is the community of Elkford and 31 km (19 mi) south of Sparwood on Hwy 3 is the town of Fernie.

Service Agencies and Revenues



Adoptive Families Association of British Columbia (BC)

Contact Information:

Address: #200-7342 Winston Street, Burnaby, British Columbia, V5A 2H1

Telephone: 604-320-7330

Website: <https://www.bcadoption.com/>

North, Okanagan, and Kootenays Regions

Brandi Kennedy

Telephone: 778-897-1466

Email: bkennedy@bcadoption.com

There is no simple blueprint to becoming an adoptive family. However, we do know that families thrive with the advice, support, and kinship of others, so the Adoptive Families Association of BC helps build connections for pre- and post-adoptive families, as well as, for youth in or from foster care. The Association services adoptive parents, birth parents, adoptees and adoption professionals offer personalized support, family events and various opportunities to connect with others at every stage of your journey.

Angel Flight East Kootenay

Contact Information:

Address: PO Box 1616, Fernie, BC V0B 1M0

Phone: 250-430-1188

Website: <https://angelflightek.ca>

Email: info@angelflightek.ca

A fully volunteer run charity providing free air transportation to residents of the East Kootenay to medical appointments in Kelowna.

Each flight is planned based on the individual requirements and appointment times. They do drop offs; same day returns and pick-ups. Their flight days are Tuesday, Wednesday, and Thursday.

Basic limitations:

- You must be able to walk to and board the small light aircraft.
- Due to limited space, we cannot take wheelchairs or walking frames.
- No medical assistance is available during the flight.
- We cannot take people with a communicable illness.
- There are no washroom facilities on the aircraft.

Axis Family Resources

Contact Information:

Address: Kootenays Branch: #24 11th Ave. South, Cranbrook, BC V1C 2P1

Telephone: 250-489-4074 (Cranbrook)

Website: <https://axis.bc.ca/>

Email: axiscommunications@axis.bc.ca

Axis Family Resources Ltd. are a community-based social service agency.

Programs offered by Axis include:

- Specialized Residential Services for children, youth, and adults.
- Addiction Services for Youth
- Foster Parent Support and Training Program
- Outreach Services for Women
- Children Who Witness Abuse Counselling Program
 - Sexual Abuse Intervention Program
 - Youth Transition Services

BC211

Contact Information:

Dial or text 2-1-1

Website: <https://bc211.ca/>

Email: help@bc211.ca

BC211 is a non-profit society that connects people to community, health and government resources for help, where and when they need it.

We deliver information and referral services for community and government programs, including 211, VictimLink, and the Responsible and Problem Gambling Program. We share what we've learned about community needs with non-profit organizations, community organizers, city planners and government to inform community investment and develop or improve public programs and services.

Blind Beginnings

Contact Information:

Address: 227 Sixth Street New Westminster, BC V3L 3A5

Telephone: 604-434-7243 Toll Free: 1-866-736-8620

Website: <https://www.blindbeginnings.ca/>

Email: info@blindbeginnings.ca

Since 2008, Blind Beginnings Society has envisioned a world where seeing things differently inspires limitless possibilities for BC's blind and partially sighted children. Through educational and experiential workshops, pre-employment training, summer camps, recreational activities and individualized counselling, Blind Beginnings offers these youth opportunities to develop skills, confidence and independence.

BC Doctors of Optometry

Rocky Mountain Optometry
Dr. Shane Groeneweg
Dr. Andrea Glover
Dr. Katelyn Rose
Dr. Jeff Mann

Contact Information:

Address: 642 2nd Ave, Fernie, BC, V0B 1M0

Phone: 250-423-4467

Website: <https://rmoptometry.ca/contact/>

Email: admin@rockymountainoptometry.ca

Early Eye Care is Important!

Children's vision has a direct impact on success at school, on the playground, and on the sports field, which makes annual comprehensive eye exams an important part of your child's health care routine.

All children ages 0-18 who reside in BC are eligible for eye examinations, and MSP will help contribute to either all or a portion of the examination cost (depending on the clinic visited).

Bellies to Babies

Contact Information:

Address: 1592 10th Ave, Fernie, BC, V0B 1M0

Telephone: 250-423-4687

Website: <http://www.ferniewomenscentre.com/node/281>

Email: belliestobabies@outlook.com

Bellies to Babies is a free education and support program for pregnant, postpartum, and newly parenting people and their infants.

We offer:

- Drop-ins and social activities
- Prenatal Education
- Nutrition and Health Counselling
- Breastfeeding Support
- Individual Visits with a Registered Nurse/Lactation Consultant (IBCLC) and a Registered Dietitian
- Free Prenatal Vitamins
- Free Vit D drops for Infants
- Food Vouchers
- Referrals and Support
- Opportunity for Parent Connection

All services are confidential.

Canadian Tire JumpStart Program

Contact Information:

Address: 2180 Yonge Street, PO Box 770, Station K, Toronto, Ontario M4P 2V8

Telephone: 1.844.YES.PLAY (937.7529)

Website: <https://jumpstart.canadiantire.ca/>

Canadian Tire Jumpstart Charities is a national charity committed to ensuring kids in need have equal access to sport and recreation. With an extensive, national network of more than 1,000 grantees and 289 local chapters, Jumpstart helps eligible families cover the costs of registration, transportation, and equipment, and provides funding to selected organizations for recreational infrastructure and programming. Supported by Canadian Tire Corporation, Jumpstart has provided more than 2.4 million opportunities for Canadian kids to get in the game since 2005. For more information, visit jumpstart.canadiantire.ca.

Columbia Basin Alliance for Literacy (CBAL)

Contact Information:

Address: 402 Hwy 3, Unit 1A, Fernie, BC, V0B 1M0

Telephone: 250-946-7257 (call or text)

Website: <https://cbal.org/elk-valley/>

Email: elkvalleycoordinator@cbal.org



Formed in 2001, CBAL is a not-for-profit organization that promotes literacy and lifelong learning throughout the Columbia Basin and boundary regions. CBAL partners with community organizations to develop, promote and deliver services to help citizens of all ages improve their literacy skills, and engage in lifelong learning. In addition to programs and services for adults and school-aged children, CBAL works with others service providers in the community to deliver services and programs for children aged 0-6.

CBAL can help, if you or someone you know:

- Is a parent who wants to learn more about literacy development in young children.
- Is an adult who wants to improve reading, writing, math, English skills or basic computer skills; or
- Is an adult immigrant or refugee who would like to improve their English language skills.

CBAL offers family literacy, child and youth literacy, adult and senior literacy, language services and settlement services.

Columbia Basin Family Resource Society

Contact Information:

Address: 1592 10th Ave. Fernie, BC V0B 1M0

Telephone: 250-423-4687

Website: <https://cbfrs.com/>

24/7 HELP IS AVAILABLE

- East Kootenay Crisis Line: 1-888-353-2273
- Elk Valley Safehomes: 250-946-6004 (for women in violent relationships)
- Kids Help Phone: 1-800-668-6868
- MDRC Centralized Screening: 250-423-5311

Family Services, Support for People with Disabilities, Counselling Programs, Three Sisters Clubhouse, Fellowship Men's Group.

Divisions of Family Practice

Contact Information:

Address: 200 – 201 14th Ave. N. Cranbrook, BC

Telephone: 250-426-4890

Website: <https://divisionsbc.ca/east-kootenay/for-public>

- Register to find a primary care provider.
- Find out more about each of the eight communities that make up the East Kootenays
- Find information on the medical clinics, specialists, and hospitals in the East Kootenays.
- Find links to local and provincial resources.

Elk Valley Hospice Society

Contact Information:

Address: PO Box 670, Fernie, BC, V0B 1M0

Telephone: 250-423-4453 Ext 309

Website: <http://www.elkvalleyhospice.com>

Email: elkvalleyhospice@gmail.com

Elk Valley Hospice Society offers support services to individuals and their families who are dealing with death and dying. Going through the experience with someone who has the skills to support will ease the journey. Hospice volunteers and staff will walk this walk with you. Our sole purpose is to be there.

East Kootenay Addiction Services Society

Contact Information:

Address: 1221-E 7th Ave, Fernie, BC, V0B 2G2

Telephone: 1-877-644-6144

Website: <https://www.ekass.com/>

The East Kootenay Addiction Services Society provides free counselling services to youth, adults, couples and families dealing with their own or someone else's substance use problem. In addition, they assist with referral to approved residential treatment and detox facilities in BC, hold weekly Methadone and Suboxone Clinic, offer harm reduction supplies and education, facilitate school and community educational programs and offer a youth Teen Empowerment and Mastery Program (TEAM) and Rock Solid program.

East Kootenay Infant Development Program

(Sponsored by Community Connections Society of Southeast BC)

Contact Information:

Address: 209A 16th Avenue N. Cranbrook, BC VIC 5S8

Telephone: 250-426-2543 or Toll Free: 1-877-999-2543

Website: <http://ekidp.ccs Cranbrook.ca/>

Email: idp.cbk1@ccs sebc.com

IDP is a home-based family centered program that supports families to encourage their child's optimal level of development. The target population is birth to 3 years of age for those children born with a developmental disability, or who are delayed in one or more developmental areas, or at risk for developmental delay. IDP works closely with Pediatric therapy services, including Speech, Occupational Therapy, Physiotherapy and Pediatricians. There are four consultants who provide services to Cranbrook, Kimberley, Windermere Valley, Canal Flats, Fernie, Sparwood and the Elk Valley.

The East Kootenay Infant Development Program partners with other community agencies such as Bellies to Babies & Young Parent Education program to provide developmental information to these programs. Weekly attendance at these groups allows for promotion of speech and language development using mother goose and opportunities to connect with parents throughout the community.

East Kootenay Midwives

Maternity care in the East Kootenays

Contact Information:

Address: #12-1617 Baker Street Cranbrook, BC VIC 1B4

Telephone: (250) 489-3198

Website: <http://www.eastkootenaymidwives.com/>

Email: ekmidwives@gmail.com

As midwives, our philosophy is that pregnancy is inherently natural.

Our role is to support and provide family-centred care during this pivotal life event.

We offer choice of birthplace (home or hospital) during healthy pregnancy, informed choice discussions and continuity of care.

East Kootenay Inclusive Child Care Support

(Sponsored by Community Connections Society of Southeast BC)

Contact Information:

Address: 209A – 16th Ave. N. Cranbrook, BC V1C 5S8

Telephone: 250-426-2976 Toll Free: 1-866-426-4043

Website: <https://www.ccscranbrook.ca/ek-supported-child-development/>

Email: ekscd.coordinator@ccssebc.com

East Kootenay Inclusive Child Care Support (EKICCS) is funded by the Ministry for Children and Family Development (MCFD) and sponsored by Community Connections Society of Southeast B.C. EKICCS is CARF accredited under Community Services: Child and Youth Services.

REFERRAL PROCESS:

Referrals can be made by the parent or guardian.

Referrals can also be made by the following, with parent or guardian permission:

- A Family Member
- A childcare provider
- A community professional

We provide support services for children birth to 5 years of age who attend a licensed or regulated childcare program (group daycare, preschool, etc.) and require extra support to meet their individual needs and fully participate with their peers because they have a developmental disability or delay.

Support services are also provided to the childcare program staff so they can better meet the child's individual and developmental needs.

To be eligible for the program, a child must have an identified developmental disability or a delay that is documented in an assessment or through a report from a community professional – e.g., Speech Language Pathologist, Early Childhood Educator, etc. Parents would meet with an EKICCS Consultant to complete a support guide that outlines the kinds of developmental intervention and support the child needs and identifies the goals the parents want for their child.

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East Kootenay Child Care Resource & Referral

Address: 20-B 12th Avenue North, Cranbrook, BC

Telephone: 250.426.5677 Toll Free: 1.800.661.2445

Website: <http://ccrr.ccscanbrook.ca/>

Email: adminassistant@ccssecb.com

For Families

- Consultation
- Child Care Facility Referrals
- Information on Selecting Quality Child Care
- Tree To/Resource/Equipment Lending Library
- Access to Workshops and Training Sessions
- Affordable Child Care Benefit Program Information/Support
- Access to Non-Toxic Craft Supplies
- EKCCR Monthly Bulletin
- Low-Cost Laminating Service Available Every Tuesday

For Child Care Professionals

- Recruitment and Registration of License-Not-Required Child Care Providers
- Consultation
- Professional Development, Networking and Training Sessions
- Support Visits
- Referrals
- Affordable Child Care Benefit Program Information/Support
- EKCCR Monthly Bulletin
- Free Toy/Resource/Equipment Lending Library
- Access to Non-Toxic Craft Supplies
- Low-Cost Laminating Service Available Every Tuesday

For Community Partners

- Consultation
- Professional Development, Networking and Training Sessions
- Referrals
- Affordable Child Care Benefit Program Information/Support
- EKCCR Monthly Bulletin
- Free Toy/Resource/Equipment Lending Library
- Access to Non-Toxic Craft Supplies
- Low-Cost Laminating Service Available Every Tuesday

Elk Valley Preschool Speech-Language Program

Through School District No. 5

Contact Information:

Fernie, BC

Telephone: 250-430-7026

Email: lesley.runzer@sd5.bc.ca

Working with children birth to school entry in the Elk Valley with communication difficulties.

Elkford Women's Task Force Society

Contact Information:

PO Box 742, Elkford, BC V0B 1H0

Telephone: 250-865-2031

Email: ewtf@telus.net

Website: <http://www.ewtfs.ca/>

The Elkford Women's Task Force is a charitable, non-profit, that has been providing services to women, children, and families in the Elk Valley since 1991. We are the administration society to programs including Child and Youth Mental Health Outreach Program, Elk Valley Safe Homes, Elk Valley PEAVE program, Elk Valley HPP Shelter Assistance for Women, Elkford Play School and the Early Years Committee.

Family Support Institute of BC

'Families Supporting Families'

Contact Information:

Address: 227 6th Street New Westminster BC V3L 3A5

Telephone: (604) 540-8374 ext. 523. Support line: 1-800-441-5403

Website: <https://familysupportbc.com/>

Email: fsi@fsibc.com

The Family Support Institute of BC (FSI) is a provincial not for profit society committed to supporting families who have a family member with a disability.

FSI is unique in Canada and the only grass roots family-to-family organization with a broad volunteer base.

FSI's supports and services are FREE to any family.

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Fernie Women's Resource Centre

Contact Information:

Address: 1592 10 Ave. Fernie

Telephone: 250-423-4687

Website: <http://www.ferniewomenscentre.com/>

Since 1979, the Fernie Women's Centre has been serving the communities of the Elk Valley which include Fernie, Sparwood, Elkford and the South Country. Our aim is to raise the status of women, act as a referral and drop-in centre, offer support to women and their families, and to inform and educate the public around issues concerning women. The Fernie Women's Centre will strive for equality and justice for all women and work for the removal of barriers to women's full economic, social, cultural, legal, and political participation.

Fernie Women's Resource Centre is the administrative agent for the Community Action Program for Children (CAPC) that offers family programs in the Elk Valley.

Friends of Children

Contact Information:

Address: 16 - 12th Ave N, Cranbrook, BC V1C 3V7

Telephone: 250-420-1759 Toll free: 1-866-564-2217

Website: <https://www.friendsofchildren.ca/>

Email: info@friendsofchildren.ca

Friends of Children is a registered charity providing free and confidential service to Northern BC and East Kootenay families travelling to access medical treatments for their children. Our goal is to relieve emotional and financial strain by assisting with the fuel, accommodation and meal costs associated with these appointments, surgeries and consultations. We may also be able to assist with therapies and specialized equipment related to a child's medical condition.



HealthLinkBC

Contact Information:

Telephone: 8-1-1

Website: <https://www.healthlinkbc.ca/>

HealthLink BC provides reliable non-emergency health information and advice in British Columbia. Information and advice are available by telephone, our website, a mobile app and a collection of print resources. Through our programs and services, you can get the information you need to make decisions for yourself and those you care for. With our website and telephone service, information is available wherever you want it, any time of the day or night, every day of the year.

OUR PRODUCTS AND SERVICES

HealthLink BC brought together some of British Columbia's most trusted and recognized health information services.

You may call HealthLinkBC at 8-1-1 toll-free in B.C., or for the deaf and the hard of hearing, contact us using Video Relay Services (VRS) or Teletypewriter Relay Services (TTY).

Dietitian Services: speak to a registered dietitian from 9am to 5pm Pacific Time, Monday to Friday

Nursing Services: speak to a registered nurse any time, every day of the year for non-emergency, confidential health education and advice.

Pharmacist Services: speak to a pharmacist from 5pm to 9am Pacific Time every day of the year

Physical Activity Services: speak to a qualified exercise professional from 9am to 5pm Pacific Time, Monday to Friday.

Translation services are available in more than 130 languages. For service in another language, say the language you want (for example say "Punjabi"), and an interpreter will join the call.

Healthy Kids Program

Contact Information:

Telephone: 1-866-866-0800

Website: www.gov.bc.ca/sdpr

The Healthy Kids Program provides coverage for basic dental treatment, optical care and hearing assistance to children in low-income families, who are not in receipt of income assistance, disability assistance or hardship assistance.

The Healthy Kids Program is an income-tested program. Your children are eligible for the Healthy Kids Program if your family is eligible for Medical Services Plan (MSP) supplementary benefits, and they are under 19 years of age.

Dental

Children are eligible for up to a maximum of \$2,000 towards basic dental services every two years. This includes exams, x-rays, fillings, cleanings, and extractions.

Optical

Children are eligible for prescription glasses once a year. This includes lenses and basic frames. MSP covers eye examinations for children.

Hearing

Children are eligible for hearing aids, bone anchored hearing aids, cochlear implants, repairs, and related items. Your audiologist or hearing instrument provider will assess the best option for your child. They then must send in their recommendations for preauthorization. If approved, coverage provides the least expensive, appropriate hearing instrument.

You may be able to get an alternative hearing assistance supplement if your child has permanent profound hearing loss in both ears or won't benefit from a hearing instrument to understand speech.



Hope Air

Contact Information:

Address: 207 - 124 Merton St, Toronto, ON M4S 2Z2

Phone: 416-222-6335 Toll-free: 1-877-346-HOPE (4673)

Website: <https://hopeair.ca/>

Email: mail@hopeair.ca

Hope Air is Canada's only national charity providing free travel and accommodations for Canadians in financial need who must access medical care far from home.

Interior Health and Sparwood Primary Health Care

Contact Information:

Address: 570 Pine Avenue, Sparwood BC V0B 2G2

Telephone: 250-425-6212 (main)

Website: <https://www.interiorhealth.ca/locations/sparwood-primary-health-care>

This is one of ten Primary Health Care Centres available within Interior Health communities. Primary Health Care Centres have a more comprehensive and coordinated approach to healthcare delivery.

Each centre has an interdisciplinary healthcare team that provides a range of services in a single site – i.e., a checkup with your family doctor, a visit to a physiotherapist, pharmacist, or public health nurse. The selection of services offered in each Primary Health Care Centre reflects the unique needs of its community.

Offers a wide range of services to children and their families such as;

- [Acquired Brain Injury Services](#)
- [Adult Day Services](#)
- [Baby Talk Parenting Classes](#)
- [BC Early Hearing Program](#)
- [Caregiver Support](#)
- [Child and Youth Immunization Program](#)
- [Choice in Support for Independent Living](#)
- [Community Care Clinic](#)
- [Community Nursing Services](#)
- [Community Nutrition Services](#)
- [Community Respiratory Therapy](#)
- [Complex Health Case Management](#)
- [Emergency Health Services](#)
- [Health Services for Community Living](#)
- [Holter Monitor](#)
- [Home Support](#)
- [Immunization Services](#)
- [Postpartum Care](#)
- [Prenatal Services](#)
- [Primary Health Care](#)
- [Pulmonary Diagnostics](#)
- [Radiology \(X-ray\)](#)
- [Rehabilitation](#)
- [School Immunization](#)
- [School Nursing Support Services](#)
- [Social Work Services](#)
- [Telehealth](#)
- [Tuberculin Skin Testing \(TST\) - Non-publicly Funded](#)
- [Tuberculin Skin Testing \(TST\) - Publicly Funded](#)

Therapeutic Rehabilitation for East Kootenay Kids – TREKK

Contact Information:

Telephone: 1-250-420-2298

Email: TREKK@interiorhealth.ca

TREKK is a team-based group of clinicians which include physiotherapists, occupational therapists, and the intake service coordinator. Our mission is to provide a comprehensive and collaborative PT/OT service that is designed to improve quality of life for children with a variety of special needs in the East Kootenay. Services are provided in schools, in the child's home, or in daycare. Anyone can refer a child, provided they have consent from the parent(s)/guardian(s).

Kelty Mental Health Resource Centre

Contact Information:

Address: BC Children's Hospital

Healthy Minds Centre, Entrance #85, Room P3-302, 3rd floor,
4500 Oak Street, Vancouver, BC V6H 3N1

Telephone: 604-875-2084 Toll-Free: 1-800-665-1822

Website: <https://keltymentalhealth.ca/>

Email: keltycentre@cw.bc.ca

We provide mental health and substance use information, resources, and peer support to families across BC. We also provide information and resources to people of all ages with an eating disorder or disordered eating concern. All of our services are free of charge, and you can reach us over the phone, by email, or by Zoom video call (please contact us to arrange).

Our approach:

It is important to recognize that mental health challenges are common. At some point in our lifetime, most of us will either struggle with a mental health challenge ourselves or know someone who is affected by one.

At the Kelty Centre, we believe that whether or not a person has been diagnosed with a mental illness, everyone can experience mental well-being.

Approximately 75% of mental health challenges begin before the age of 24, and connecting children, youth, and families to appropriate mental health services and supports is key to improved treatment and outcomes.

What we offer:

- Peer support from FamilySmart Parent Peer Support workers
- Information and resources on a wide range of mental health and substance use

Service Agencies and Resources

challenges affecting children and youth, as well as how to support your child's mental wellbeing.

- Help navigating the mental health and substance use system.
- Options for support, treatment and networks in BC.
- Resources for individuals of any age with an eating disorder or a disordered eating concern.
- Free educational events and webinars for parents and caregivers, and school professionals.

Ktunaxa Kinbasket Child and Family Services

Contact Information:

Address: 7472 Mission Road, Cranbrook, BC V1C 7E5

Telephone: (250) 489-4563 After Hours: 1-800-663-9122 or 250-310-1234

Website: <https://kkcfss.org/>

Ktunaxa Kinbasket Child & Family Services (KKCFSS) is a non-profit Delegated Aboriginal Agency governed by the Ktunaxa Nation Council Social Sector Board. KKCFSS' supports and services are available, by professional or self-referral, to self-identifying Indigenous children, youth, and families living throughout the Ktunaxa Traditional Territory.

Our integrated, multi-disciplinary teams deliver holistic services through the following key programs areas:

- Intake and Child Protection
- Guardianship and Family Delegated Services
- Kinship and Residential Care
- Aboriginal Family Support Services
- Prevention, Early Intervention and Therapies
- CYMH Wellness and Family Counselors
- Early Years Program
- Reconnection and Cultural Support
- Justice Support Services
- Aboriginal Youth Services
- Admin Support Services and Maintenance

Involvement of Family, Culture and Community are encouraged through all programs.



Ktunaxa Kinbasket
Child & Family
Services Society

La Leche League Canada

Contact Information:

Address: La Leche League Canada National Office PO Box 147 Pickering ON L1V 2R2

Telephone: 289-660-5900

Website: <https://www.lllc.ca/>

Email: office@LLLC.ca

La Leche League Canada is a registered charity that provides mother-to-mother/parent-to-parent/peer support for pregnant women, new parents and beyond. We are parents like you who have breastfed or chestfed our own children and now volunteer to support others to reach their goals. As volunteer Leaders we are accredited within La Leche League Canada after a detailed training program and have access to current scientific and legal information to help support others.

Live 5210

Contact Information: (Central Office)

Address: BC Children's Hospital Research Institute

A4-196 950 West 28th Ave Vancouver, BC V5Z 4H4

Telephone: 604-875-2373 ext. 5519

Website: www.live5210.ca

Email: info@live5210.ca

Live 5-2-1-0 is an initiative that partners with communities across British Columbia to promote healthy behaviours among children. The evidence-based Live 5-2-1-0 message promotes four simple guidelines for raising healthy children. Through the Live 5-2-1-0 message, we support communities as they take action across all sectors to build environments where the healthy choice is the easy choice for kids.

Check out the Live 5-2-1-0 App

Building healthy habits just got easier! The Live 5-2-1-0 App makes goal setting fun for kids and helps them build habits around healthy eating, being active every day, spending less time on screens, and more. Download today to Live 5-2-1-0 every day! Available from the App Store and Google Play.



Métis Early Years Program

Contact Information:**Kootenay and Northern Region Early Years Navigator**

Jocelyn Stuart

Telephone: 250-304-5200

Website: <https://www.mnbc.ca/>

Email: jstuart@mnbc.ca

The Métis Family Connections Program was developed by Métis National British Columbia for Métis families with children birth to 8 years. The goal of the Métis Family Connections Program is to connect Métis families to their community and culture and link them to early years programs and services in their community.

The Miyoopimatisihk (Wellbeing) Program was developed by Métis Nation British Columbia (MNBC) for families with Métis children birth to 8 years. Métis families can apply for, and access services funded directly by MNBC. A wide range of services, programs and products, including but not limited to: Respite care, Speech therapy, Assessments, Medical equipment, Mental health support, Educational & Cultural support.

The Imagination Library is a literacy program for Métis children birth to 4 years. Métis children that are registered in the program receive free, age-appropriate books each month. Please see the website for the registration form.

Ministry of Children and Family Development

Contact Information:

Address: 341 2nd Ave, Fernie, BC, V0B 1M0

Phone: 1-250-423-5311

Website: www.gov.bc.ca/cfd

Email: mcf.info@gov.bc.ca

The Ministry of Children and Family Development's primary focus is to support all children and youth in British Columbia to live in safe, healthy, and nurturing families and be strongly connected to their communities and culture. The Ministry is also responsible for developing universal, affordable, accessible, quality, and inclusive childcare. The Ministry supports the well-being of children, youth and families in British Columbia by providing services that are accessible, inclusive, and culturally respectful.

The Cranbrook office provides service to families including child protection, family services, child and youth mental health, youth justice, guardianship, and child and youth special needs.

Muddy Moose Occupational Therapy

Contact Information:

Address: 9351-2785 Commercial Drive, Vancouver, BC V5N 4C5

Telephone: (250) 520-2002

Website: <https://www.muddymoose.co/>

Email: janie@muddymoose.co

Mud Club: Online Occupational Therapy for Kids with Autism

Our Minecraft hosted, strengths-based therapy brings kids together through creative play. Mud Club is a space that empowers the autistic voice through collaboration and community. A game changer for your therapy approach!

An online occupational therapy program using Minecraft Education Edition to help kids learn and practice new skills with peers. Engagement in Mud Club earns members Skills Coins which can be redeemed for OT tools (see the Rewards Catalog) delivered right to their door!

Mud Club welcomes kids of all neurodiversities (or “all kinds of minds”) but especially aims to support autistic kids between the ages of 7 and 16 years. Mud Club is available to families in British Columbia and Ontario, Canada. Although gaming is a common interest, it is not a pre-requisite to join the program!

Natal Supplement

Contact Information:

BC Employment and Assistance Program

Telephone: 1-800-663-7867

Website: <https://www2.gov.bc.ca/gov/content/governments/policies-for-government/bcea-policy-and-procedure-manual/health-supplements-and-programs/natal-supplement>

A natal supplement is provided to pregnant recipients and to family units with a child under the age of seven months. This supplement is intended to assist in meeting extra costs associated with prenatal and postnatal expenses.

A monthly natal supplement is provided to pregnant recipients of income assistance, disability assistance, or hardship assistance and to family units with a dependent child under the age of seven months.

The natal supplement is not contingent on any special dietary requirements.

Children in the home of a relative (CIHR) are eligible for the natal supplement.

Pacific Post-Partum Support Society

Contact Information:

Address: 200 - 7342 Winston St. Burnaby, BC V5A 2H1

Toll-free: (855) 255-7999

Telephone/Text: 604-255-7999

Website: <https://postpartum.org/>

Email: admin@postpartum.org

When we nurture mothers, we nurture the whole family...

Supporting Mothers and Families

Our mission is to end the isolation and distress experienced by many women and their families with the profound life change that accompanies the birth or adoption of a child.

We provide telephone support, weekly women's support groups, partner education sessions, community trainings and resource materials.



Parent Advisory Committees (PACs)

Contact Information:

Frank J Mitchell Elementary School

101 Blue Spruce Cres, P.O. Box 345, Sparwood, BC, V0B 2G0

Telephone: 250-425-7818

Website: <https://www.sd5.bc.ca/school/fjmes/Pages>

Email: fjmes.mailing@sd5.bc.ca

Sparwood Secondary School

Address: 101 Pine Spur

Telephone: 250-425-6666

Website: <https://www.sd5.bc.ca/school/sss>

Email: sss.mailing@sd5.bc.ca

Each school in the SD5 has a Parent Advisory Committee (PAC), which takes an active role in supporting, encouraging and improving the quality of education and the well-being of students. The PACs are comprised of elected parent representatives who give input on school-based decisions, help provide parents with a greater understanding of the school, and work to unify efforts of being parents and teachers.

Parent Support Services Society of British Columbia

Contact Information:

Address: 204-5623 Imperial St. Burnaby, BC V5J 1G1

Website: <https://www.parentsupportbc.ca/services/support-line/>

Email: grgline@parentsupportbc.ca

Are you juggling home, work, at home education and possibly childcare? Are the new changes stressful and taking a toll on your emotional and mental health? Do you need space to talk it out?

Parent Support Line 1-877-345-9777 ext.100 (Toll-free across BC)

Grandparents Raising Grandchildren/Kinship Care Support Line provides support, advocacy and resource information to grandparents and other relatives raising a family member's child as well as to service providers and allies.

The support line serves callers from across the province and is staffed by two part-time advocates trained in advocacy, social work, family law, and government services related to child welfare and kinship caregiving.

Our services to kinship caregivers are confidential and ongoing. Call the Grandparents Raising Grandchildren Support Line for help to:

Navigate complex service systems such as the Ministry of Children and Family Development

Overcome information barriers; to find the answers, assistance, and resources needed to prevent or solve problems.

Identify benefits and services that will support the whole family.

Grandparents Raising Grandchildren/Kinship Care Support Line 1-855-474-9777 (Toll-free across BC)

PEACE for Children and Youth Experiencing Violence Canadian Mental Health Association for the Kootenays

Contact Information:

Address: PO Box 742, Elkford, BC V0B 1H0

Telephone: Phone: 250-865-2031

Website: <http://www.ewtfs.ca/elk-valley-peace.html>

Email: elkvalleypeaceprogram@gmail.com

The Prevention, Education, Advocacy, Counselling and Empowerment (PEACE) Program for Children and Youth Experiencing Violence is a free, confidential program across BC for children and youth aged 3 to 18 who have experienced violence. The program is offered in either group or individual counselling sessions.

PEACE Programs support children and youth to:

- Understand what violence is, the impact that violence in the home has on children and youth, that they are not alone, and that violence is not their fault.
- Identify support networks and develop a safety plan.
- Identify their feelings and express them in healthy ways.
- Recognize their strengths and increase their self-confidence.
- Develop problem solving and coping skills.

Rocky Mountain Behaviour Analysts

Contact Information:

Address: 30 11th Ave South Cranbrook, BC V1C 2P1 Telephone: 1-778-517-5771

Website: <https://rockymountainbehaviouranalysts.com/>

Email: rockymountainbehaviouranalysts@gmail.com

We provide a variety of services for children and youth diagnosed with a developmental condition such as Autism spectrum disorder, ADD/ADHD, Down syndrome, FASD, selective mutism.

We have clinic settings in Cranbrook, Kimberley, Creston, Invermere, Golden, Elk Valley, and provide outreach in surrounding areas.

We provide one to one and small group options in a site-based program as well as in-home and community settings in surrounding areas.

Our Behaviour Consultants are able to create and modify individual plans and programs. This ensures the best possible intervention so individuals can get the most from their time here.

Prevent Shaken Baby Syndrome BC

Contact Information:

Address: 4480 Oak Street, F503, Vancouver B.C. V6H 3V4

Telephone: 604-875-2000 ext 5100

Website: <https://dontshake.ca/>

Email: karen.sadler@bcchr.ca

Prevent Shaken Baby Syndrome BC (PSBSBC) works to prevent shaken baby syndrome through province-wide community-based education.

Using a child development model, the Period of Purple Crying © focuses on infant crying, especially inconsolable crying and its connection to shaken baby syndrome.

Program materials address three basic concepts:

1. Shaking any infant or child is very dangerous.
2. Early infant crying and even colic is a normal part of infant development; and
3. Frustration over early infant crying is the most common trigger for shaking and infant or child.

The program's goals are to create a cultural change in parents' understanding and response to infant crying, and to reduce the number of cases of abusive head trauma by 50 percent.

Schools

Elementary:

Frank J Mitchell Elementary School (K-6)

Address: 101 Blue Spruce Cres, Sparwood, BC, V0B 2G2

Telephone: 250-425-1718

Website: www.sd5.bc.ca/fjmes

High School:

Sparwood Secondary School (7-12)

Address: 101 Pine Spur, Sparwood, BC, V0B 2G2

Telephone: 250-425-6666

Website: www.sd5.bc.ca/sss



Sparwood Food Bank

Contact Information:

Address: 125D Centennial Square (PO Box 682), Sparwood, BC V0B 2G0

Telephone: (250) 427-5522

Email: sparwoodfoodbank@gmail.com

Facebook: Sparwood Food Share

The Food Bank's mission is to provide healthy nutritional food to the needy within our designated area. PLEASE, CALL IF YOU NEED ASSISTANCE WITH FOOD SECURITY.

Sparwood Public Library

Contact Information:

Address: 110 Pine Ave, Sparwood, BC, V0B 2G0

Telephone: 250-425-2299

Website: <https://sparwood.bc.libraries.coop/>

Email: jb@sparwoodlibrary.ca

Support Your Library! Use the library!

There is no better way to keep the Library running strong in your community than to use the service.

Sign out a book, a magazine, read a newspaper, research with our trusted sites, fix your vehicle with the help of online manuals. Borrow a DVD or sign out an audiobook for your trip. There is more to your library than you think!

Looking for more information? Our databases have lots of professional information not necessarily found through the Web. We also have loads of recommended websites. Check out our Online Resources page for more information.

Please check the website for current program offerings.

Sparwood Community Resource and Services Guide

StrongStart Sparwood

Contact Information:

Christine Watson, StrongStart Facilitator

Address: 101 Blue Spruce Cres, Sparwood, BC, V0B 2G2

Telephone: 250-425-7818

Website: <https://www.facebook.com/sparwoodstrong.start> (need to ask to join the group)

Email: christine.watson@sd5.bc.ca

StrongStart centres are early learning programs designed to support the success of children when they enter kindergarten. StrongStart programs are for parents and caregivers of children under five years of age.

StrongStart offers qualified early childhood educators, activities that promote learning and healthy development and opportunities to meet other parents and caregivers within the community. Furthermore, the program offers information on parenting, child development, community resources and school readiness.

Programs runs from 9:00am-12:00pm Monday - Friday (following school schedules). Please contact the Community Literacy coordinator for more information.

Wellbeing

British Columbia Mental Health and Addictions

Contact Information:

Call 9-1-1 if you are in an emergency.

For mental health support, call:

CRISIS LINE..... 1-800-SUICIDE (1-800-784-2433)

MENTAL HEALTH SUPPORT LINE..... 310-6789 (no area code needed)

Everyone’s journey to wellbeing is different – whether you are on a personal journey or are supporting someone who is facing mental health or substance use challenges.

Wellbeing.gov.bc.ca was created because:

People from all over British Columbia should have the tools necessary to navigate accessing the services and resources they need. And sometimes you may not know where to start.

People need access to the right supports, at the right time, that meet them where they are at, easily and quickly.

Wellness Together Canada Mental Health and Substance Abuse Support

Immediate Crisis Support: Text WELLNESS to 741741

Wellness Together Canada was created in response to an unprecedented rise in mental health and substance use concerns due to the COVID-19 pandemic, with funding from the Government of Canada. As a country, we are facing challenges at a scale we've never seen before, from social isolation and financial insecurity to substance use concerns and racial inequality.

Work BC Employment Services Centre East Kootenay

Contact Information:

Website: www.ekemployment.org/

EK Employment Centres offer workshops for people who want to learn more about finding a job and starting work. Services and Supports are available for job seekers and for employers. Visit our website for more information on hours, locations, services and supports.

Wildsight Elk Valley

Contact Information:

Address: 632 2nd Ave, Fernie, BC, V0B 1M0

Telephone: 250-423-3322

Website: <https://wildsight.ca/branches/elkvalley/>

Email: elkvalley@wildsight.ca

Wildsight Elk Valley is an environmental conservation organization that aims to empower environmentally responsible citizenry. We make positive contributions to the communities of Elk valley through a variety of local education, conservation, and regeneration projects.

Licensed Child Care Providers



Quality Child Care Checklist

Research has shown that the first six years of a child's life are the most important part of learning cognitive, physical, social, creative, and emotional skills. For many children, childcare providers are a large part of those formative years; therefore, quality childcare access is critical.

Children who have established positive relationships with their childcare provider are happier and comfortable in their childcare setting. This is a great indicator of quality childcare.

The Quality Child Care Checklist includes the following:

1. Staff and program facilitators with up to date first aid and CPR training in case of emergency.
2. Character references, indicating that practitioners genuinely enjoy interacting with children, can make children feel secure while providing the necessary individual attention.
3. Medical references, indicating that they are mentally and physically capable of caring for children.
4. Develop policies to cover childcare guidance, nutrition, vacation, arrival/ departure, fees, health, and safety.
5. Ongoing education to understand children's differences; be able to recognize behaviours that indicate that a child may need additional support or referral services.
6. Criminal Record Check of all staff or people over the age of 12 who work/ reside at the facility.
7. Liability insurance coverage for the providers and children.
8. Vehicle insurance coverage for transportation of providers and children.
9. Licensed childcare provider access to building/fire inspection reports as well as any/all licensing reports.
10. All childcare providers are required to follow the legal ratios of staff/ facilitators-to-children.
11. Age-appropriate programming covering a variety of interests and developmental levels, including both indoor and outdoor activities.

East Kootenay Child Care Resource & Referral

Address: 20-B 12th Avenue North, Cranbrook, BC
Telephone: 250.426.5677 Toll Free: 1.800.661.2445
Website: <http://ccrr.ccs Cranbrook.ca/>
Email: adminassistant@ccs sebc.com

For Families

- Consultation
- Child Care Facility Referrals
- Information on Selecting Quality Child Care
- Tree To/Resource/Equipment Lending Library
- Access to Workshops and Training Sessions
- Affordable Child Care Benefit Program Information/Support
- Access to Non-Toxic Craft Supplies
- EKCCR Monthly Bulletin
- Low-Cost Laminating Service Available Every Tuesday

Resources for Child Care Providers

<https://www.interiorhealth.ca/information-for/businesses/community-and-child-care-providers/resources-for-child-care-providers>

ChildCareBC

<https://www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children>

Families can now save up to \$550 more per child, per month on their licensed child care costs. New child care spaces are opening, and more early learning professionals are being training, making child care more accessible than ever.

- How to access child care
- Child care savings
- Find out how much you can save
- Affordable Child Care Benefit

Affordable Child Care Benefit

1.888.338.6622

Extended Hours 8:30 am to 7:00 pm (PDT)

You may be eligible for the Affordable Child Care Benefit Plan (ACCB) for childcare costs. How much you receive depends on:

Your net family income

The number of children requiring childcare, their ages and the amount of childcare each child requires.

The type of care you choose.



Metis Child Care Benefit Program

Contact Information:

Address: 421 Pine Ave, Sparwood, BC V0B 2G0

Phone: 1.800.940.1150

Website: metisearlyyears@mnbc.ca

The Metis Child Care Benefit (MCCB) is a monthly benefit to help Metis families with the cost of childcare. The Metis Child Care Benefit supplement childcare costs up to a maximum of \$500.00 per child, per month. Funding is paid directly to the childcare provider.

Before you apply, you will need:

To be an MNBC Citizen and provide your citizenship number or have an active application with the registry.

Your child/children to be enrolled in the Metis Family Connections Program.

To have applied to the Affordable Child Care Benefit program prior to application.

To have completed the Child Care Provider form completed by the Parent/Legal Guardian and Child Care Provider. (This form will be provided during the application process)

Sparwood Treehouse Daycare

Contact Information:

Address: 421 Pine Ave, Sparwood, BC V0B 2G0

Phone: 250-425-4443

Website: <https://www.sparwoodtreehousedaycare.com/>

Email: sparwoodtreehousemanager@gmail.com

Sparwood Treehouse Daycare is open from 6:00 a.m. to 5:30 p.m. Monday to Friday except for STAT Holidays. Sparwood Treehouse Daycare prides itself on providing a healthy working environment for our hard working and dedicated staff. To preserve the mental health and well-being of our staff and to avoid burnout, Sparwood Treehouse Daycare has scheduled closures each year. The Centre Closures List is included in the Child Registration Package. Any scheduled closure days that are not indicated on the Centre Closures List will be communicated to parents via email as well as indicated on the monthly child attendance calendars, these closures will be reserved for Professional Development Days

A Place to Play Daycare

Contact Information:

Address: 156 Spruce Ave, Sparwood, BC V0B 2G0

Telephone: (250) 425-9121

Email: a_place_to_play2017@outlook.com

Website: <https://www.facebook.com/p/A-Place-To-Play-100057653280492/>

Childcare facility that provides care to children aged 6 months to 12 years.

Laugh & Learn Sparwood Kids Corp.

Contact Information:

Address: 102 – 1290 Ponderosa Dr, Sparwood, BC, V0B 2G2

Website: <https://laughandlearnsparwood.ca>

Email: laughandlearnsparwood@gmail.com

Laugh and Learn Sparwood is for children to do just that.... Where they laugh through a play-based curriculum in a nurtured safe environment and learn to grow and develop skills to make sense of the community around them.

- Mixed media curriculum using BC Early Learning framework, to set children up for success.
- We celebrate all moments & milestones.
- Licensed Program
- Supporting Ages 3-9 years old
- Before and after school care
- playschool
- Friday off School and Summer/Winter/Spring Break Camps

Arts, Recreation and Sporting Organizations





Columbia Basin Environmental Education Network (CBEEN)

Have you ever dressed a toddler to go outside in the winter? It can feel like a marathon, or like dressing an octopus - the snowpants, jacket, toque, mitts and boots... and now the baby is crying. So why do we go outside? It is easier to stay inside, close to snacks, toilets and toys right!? It can be, but the benefits for our bodies and minds (children and parents!) are worth it because we are more physically active, we are calmed by the gentle breeze and smell of evergreens, we meet our neighbours and find secret climbing trees. Yes, there are challenges to getting out the door but remember how it feels when you actually do. Keep the following tips in mind as you plan to get outside with your children.

Stay close to home. When children are young a puddle is a lake, a small hill is a mountain, and a few trees is a jungle. Sometimes it is great to try a new park across town but young children can find adventure everywhere! Walking around the block with a toddler is an eye-opening experience, they see the world from a completely different perspective. It also opens up opportunities to meet neighbours and develop a stronger sense of community and belonging for your family.

Keep it natural. Manufactured playgrounds are the go-to when considering where to meet-up with other families but they can be limiting for play. Natural spaces offer many different opportunities for children to play, from collecting cones to splashing in the creek to playing house under the trees, the sensory, social and physical benefits to play with and in nature cannot be beat by plastic and metal playgrounds. Remember, you don't need to go far, find your nearby nature and invite friends!

Keep it connected. Find the families who also want to go outside. On the days that it is especially challenging to get out, knowing that there will be other families outside with you can make all the difference. Start an outdoor playgroup and organize casual, no sign-up necessary events in local natural areas or parks. Encourage your existing playgroup to get outside, they will thank you!

Tools and Resources. Sometimes it helps to have a few tools to support exploration in nature.

- The Columbia Basin Environmental Education Network (www.cbeen.ca) is a great local organization which supports environmental education in schools and communities. View their list of resources here: <https://cbeen.ca/education-resources/>
- The Outdoor Learning Store, a social enterprise run by CBEEN, has curated materials to help explore nature, visit the early years collection here: <https://outdoorlearningstore.com/grade-level/early-years/>.
- In The Outdoor Learning Store is the incredible Big Book of Nature Activities – there are dozens of great ideas in here for making your outdoor time interesting and engaging for children and caregivers alike: <https://outdoorlearningstore.ca/product/the-big-book-of-nature-activities-a-year-round-guide-to-outdoor-learning/>
- Your local school districts have compiled a listing of some great ideas for taking your children outdoors here: <https://kbee.ca/activities/>



10 ways raising a physically literate child is like raising a reader.

By: Richard Monette

In late August I picked up a local paper in a coffee shop. Looking at all the “back to school” inserts, my heart sank. “Summer is coming to an end,” I whispered as I scanned the advertising for binders, calculators, and sharpies.

On the last page a little card intended for parents caught my attention: “How to raise a reader”. After reading it I realized that I could easily replace the word “reader” with the words “physically literate child”.

So, to celebrate the collective sigh of relief from parents, also known as “back to school time”, here are 10 ways helping your child become a better reader and someone who loves to read are similar to helping them develop physical literacy and a love of being active:

1. Make reading/physical literacy a family value.

Kids are born to play. They are born to run, jump, and skip. They learn by emulating what they see around them. Play as a family. Go out and enjoy learning new skills, activities, and games.

2. Let them read what they enjoy/do the physical activities they enjoy

Pleasure is the greatest incentive. Kids will do what they enjoy. They will also enjoy what they are good at. This means that they might repeat a game over and over. Support and reward all games, sport, or activity your kids enjoy. And make sure you play with them.

3. Be sure they are reading/playing at an appropriate level. Remember one simple rule as you support your child in activities and sports: every kid must do the right things at the right times under the right conditions. You don’t expect your first grader to read Shakespeare, so don’t push them into doing physical activities that they are not ready to do. More importantly, don’t enroll them in programs that might be beyond their age. Instead, keep play simple and age appropriate.

4. Don’t use reading/physical activity as a punishment.

I cringe when I see a coach, or a PE teacher use physical activities as a punishment (“10

pushups for being last.”). Reverse the trend. Promote play, games, and activities as a reward. As something special to be cherished.

5. Give books/equipment as a gift
Gifts are special. They spark excitement and kids’ imaginations. Try to give your child toys that will encourage them to be active and promote the joy of playing.

6. Let your kids see you read/
be active for fun

You have a powerful modeling effect on your child. If your child sees you enjoying being active, then they will see games, activities, and sport as a normal and worthwhile part of life.

7. Don’t over-correct, don’t
over-practice

One way to make certain your kids will resent reading is by pushing them to read perfectly too early. The same applies to their love of being active. Mistakes are a critical part of developing as a reader or becoming a physically literate child. Support, encourage, and guide your child.

8. Point out words/physical

activity everywhere

Humans are born to move. We are physical beings. From the prima ballerinas to top athletes, we love to see great displays of physical aptitude. But don’t forget the everyday display of skills. Encourage your child to recognize these skills everywhere. Point out every- day examples of physical ability: “Look at that firefighter climbing the ladder. What skills does she need to do that?”

9. Set aside time for kids to
read/be active on their own

Free play is essential for kids. Be sure to encourage them to play by themselves without a tablet or computer.

10. Fun, fun, and more fun

Not every child will become an avid reader or a world-class athlete. However, both literacy and physical literacy are fundamental to the development of your kids. Most youngsters are born with the capacity to read and move well, but like any other skill, it must be learned and repeated on a regular basis so that it becomes second nature. Fun and enjoyment are the secret ingredients to learning new skills.



School District 5

SOUTHEAST KOOTENAY



Ministry of
Education