



# COMMUNITY AND RESOURCE SERVICE GUIDE

*A RESOURCE FOR PARENTS & THEIR CHILDREN*

## **Cranbrook**

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.

### Cranbrook Community Resource and Service Guide

The Cranbrook Community Resource and Service Guide is a resource for families living in Cranbrook. 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

The City of Cranbrook, located in the Canadian Rockies, is the Kootenay Rockies' largest city and is nestled in a valley with Kootenay National Park to the east and the Purcell Mountains to the west. The region boasts more sunshine than anywhere else in British Columbia. Cranbrook and the surrounding area have golfing, fishing, trails to suit every ability for walking, hiking, and cycling in the summer and an abundance of winter sports are available when the snow season arrives.

Cranbrook is located in the southeast corner of British Columbia at the junction of Hwy 3 and 93/95. It is 32km (20mi) south of Kimberley and 403km (250mi) south-west of Calgary.



# Service Agencies & Resources



## Adoptive Families Association of British Columbia (BC)

### Contact Information:

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

Phone: 604-320-7330

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

### North, Okanagan, and Kootenays Regions

Brandi Kennedy Phone: 778-897-1466

Email: [bkennedy@bcadoption.com](mailto: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](mailto: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.

## ANKORS

### **Contact Information:**

Address: 1324 2<sup>nd</sup> Street N. Cranbrook, BC V1C 5S8

Phone: 250-426-3383

Website: <https://ankors.bc.ca/about/>

Email: [ankorseast14@gmail.com](mailto:ankorseast14@gmail.com)

Mission: To respond to the evolving needs of those living with and affected by HIV/AIDS, Hepatitis C and other blood borne pathogens; and to foster healthy, informed communities.

Mandate: To work from a wellness model, through support and advocacy; harm reduction, prevention, and education; delivery of programs and services that are client-centered and focused on the whole person; and partnerships with others.

## Aquatic Centre – Western Financial Place

### **Contact Information:**

Address: 1777 2<sup>nd</sup> Street N. Cranbrook, BC

Phone: 250-489-0220

Website: <https://westernfinancialplace.ca/aquatics/>

The Cranbrook Aquatic Centre is a multi-use aquatic playground that offers such amenities as an eight lane pool. A nineteen person hot tub and a wave pool. There is also a steam room, dry sauna, one metre spring board, rope swing and a water slide. The lane pool is equipped with stairs and a chair lift and is kept at 83 degrees F, a perfect temperature for either swimming lengths or exercising in. They offer other community programming such as fitness training, babysitters' course, dog training, & more.

## Autism BC

### **Contact Information:**

Address: 3688 Cessna Drive, Richmond, BC

Phone: 604-434-0880

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

Here to empower autistic people and work together to create an inclusive society.

## Autism Community Training

### **Contact Information:**

Address: 3823 Henning Drive, Suite 120B, Burnaby, BC

Phone: 1-866-939-5188

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

Email: [info@actcommunity.ca](mailto:info@actcommunity.ca)

ACT – Autism Community Training specializes in evidence-informed training, research, and resources to support neurodiverse individuals. We provide a comprehensive information portal with 3,000 resources, the [Autism & Intellectual Disability \(AID\) Search](#).

### Autism Funding – Government of BC

**Contact Information:**

Address: PO Box 9776 Stn. Prov. Govt, Victoria, BC V8W 9S5

Phone: 250-387-3530

Website: [Autism funding - Province of British Columbia \(gov.bc.ca\)](https://autismfunding.gov.bc.ca)

Email: [MCF.AutismFundingUnit@gov.bc.ca](mailto:MCF.AutismFundingUnit@gov.bc.ca)

### Axis Family Resources

**Contact Information:**

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

Phone: 250-489-4074 (Cranbrook)

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

Email: [axiscommunications@axis.bc.ca](mailto: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](mailto: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.

## BC Aboriginal Network on Disability Society (BCANDS)

### **Contact Information:**

Address: 6 – 1610 Island Highway, Victoria, BC V9B 1H8

Phone: 1-888-815-5511

Website: <https://www.bcands.bc.ca/>

Delivers disability and health related programs and services to Indigenous persons, organizations, and communities across BC and Canada. BCANDS provides programs and services to eligible clients and organizations both within Indigenous communities and in urban and rural centres. These include the Indigenous Registered Disability Savings Plan (RDSP) Navigator program, Indigenous Disability Case Management, employment and accessibility programs, monitoring the Convention on the Rights for Persons with Disabilities (CRPD), Jordan's Principle and adjudicating First Nations Persons with Disabilities (PWD) Benefit applications.

## Blind Beginnings

### **Contact Information:**

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

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

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

Email: [info@blindbeginnings.ca](mailto: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

### **Cranbrook Vision Care Optometrists**

Dr. Fredric Robertson  
Dr. Richard Bednarczyk  
Dr. Donald Demarchi  
Dr. Eryn Zorn  
Dr. Kurt Robertson  
Dr. Shane McDonald

#### **Contact Information:**

Address: 1517 Baker Street, Cranbrook, BC

Phone: 250-489-2020

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

### **Kootenay Family Vision Care**

Dr. Whitney Henker  
Dr. Don Henker

#### **Contact Information**

Address: #300 – 1311 2<sup>nd</sup> Street N. Cranbrook, BC

Phone: 778-517-2020

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

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).

## BC Housing

#### **Contact Information:**

Address: 101-4555 Kingsway, Burnaby, BC V5H 4V8

Phone: 1-800-257-7756

Website: <https://www.bchousing.org/>



## Bellies to Babies

### Contact Information:

Address: 22 12<sup>th</sup> Avenue N. Cranbrook, BC

Phone: 250-489-5011

Website: <https://www.facebook.com/p/Bellies-to-Babies-Pregnancy-and-Family-Resource-Program-100064919610749/>

Email: [B2B.coordinator@ccssebc.com](mailto:B2B.coordinator@ccssebc.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 Mental Health Association - Kootenays

### Contact Information:

Address: 100 – 1000 21<sup>st</sup> Ave. N. Cranbrook

Phone: 250-426-5222

Email: [reception@cmhakootenays.org](mailto:reception@cmhakootenays.org)

Website: <https://kootenays.cmha.bc.ca/>

Canadian Mental Health Association Kootenays branch facilitates access to the resources people require to maintain and improve mental health and community integration, build resilience, and support recovery from mental illness.

Services offered include:

- Mental Health Services
- Women Services
- Youth Services
- Housing Services
- Crisis Intervention
- Volunteer Services

### Canadian Tire JumpStart Program

**Contact Information:**

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

Phone: 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](http://jumpstart.canadiantire.ca).

### Canucks Autism Network

**Contact Information:**

Address: 1788 West 8<sup>th</sup> Avenue, Vancouver, BC

Phone: 604-685-4049

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

Programs for individuals on the autism spectrum. Training for community groups.

### Child & Youth Mental Health Outreach Program

**Contact Information:**

Phone: 250-423-0817

Website: <http://www.ewtfs.ca/child-and-youth-mental-health-outreach.html>

Email: [cymhoutreach@gmail.com](mailto:cymhoutreach@gmail.com)

The Child and Youth Mental Health Outreach Program provides services to children and youth under the age of 19 years with mild to moderate mental, emotional, and behavioural difficulties, and their parents or caregivers so they can function to their highest capacity. The Child and Youth Mental Health Outreach Program serves the Elk Valley including Fernie, Sparwood, Elkford and Jaffray.

### CKNW Kids' Fund

**Contact Information:**

Phone: 604-331-2711

Website: [CKNW Kids' Fund \(cknwkidsfund.com\)](http://cknwkidsfund.com)

Email: [cknwkidsfund@corusent.com](mailto:cknwkidsfund@corusent.com)

To enhance the lives of children living with physical, mental, social, and behavioural challenges in BC communities. With the help of our generous donors and sponsors, CKNW Kids' Fund can provide therapies, specialized medical equipment and programs that are crucial to their development.

## City of Cranbrook

**Contact Information:**

Address: 40 – 10<sup>th</sup> Avenue S. Cranbrook

Phone: 311 or 1-800-728-2726

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

## Columbia Basin Alliance for Literacy (CBAL)

**Contact Information:**

Address: 19A 9<sup>th</sup> Avenue S. Cranbrook, BC

Phone: 250-420-7596

Website: <https://cbal.org/cranbrook/>

Email: [info@cbal.org](mailto:info@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.

## Community Connections Society of BC

**Contact Information:**

Address: 209A 16<sup>th</sup> Avenue N. Cranbrook, BC

Phone: 250-426-2976

Website: <https://www.ccscanbrook.ca/ccs-programs-at-209a-16th-ave-n/>

Programs include:

- [Better at Home](#)
- [Cranbrook Women's Resource Centre](#)
- [Community Partner Program](#)
- [Family Law Advocate](#)
- [Poverty Law Advocate](#)
- [Homeless Outreach and Prevention](#)
- Step Beyond
- [Housing Connect](#)

## Community Living British Columbia

**Contact Information:**

Address: 200 – 1212 2<sup>nd</sup> Street N. Cranbrook, BC

Phone: 250-426-1282 or 1-877-660-2522

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

CLBC, a crown corporation, works with individuals, families, services providers, community, and government partners to help people have lives filled with possibilities in welcoming communities.

## Cranbrook Food Bank Society

**Contact Information:**

Address: 1624 Industrial Rd. 2

Phone: (250) 426-7664

Email: [coordinator@cranbrookfoodbank.ca](mailto:coordinator@cranbrookfoodbank.ca)

Website: [www.cranbrookfoodbank.ca](http://www.cranbrookfoodbank.ca)

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.

## Cranbrook Kimberley Hospice Society

**Contact Information:**

Address: 127C Kootenay Street N. Cranbrook, BC VIC 3T5

Phone: 250-417-2019

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

Email: [info@ckhospice.com](mailto:info@ckhospice.com)

Cranbrook Kimberley Hospice Society exists to accept death as a part of life. We support individuals and families during the dying and grieving process. Our vision is to provide the best ongoing hospice care in the Cranbrook and Kimberley area through consistent and responsive services and to advocate for all hospice and palliative services.

## Cranbrook Public Library

**Contact Information:**

Address: 1212 2<sup>nd</sup> Street N. Cranbrook, BC V1C 4T6

Phone: 250-426-4063

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

Email: [staff@cranbrookpubliclibrary.ca](mailto:staff@cranbrookpubliclibrary.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.

## Cranbrook Women's Resource Centre

**Contact Information:**

Address: 209A 16th Avenue N. Cranbrook

Phone: 250-426-2978

Website: <https://www.ccscanbrook.ca/cranbrook-womens-resource-centre/>

The Women's Resource Centre provides advocacy, lay counselling, information and referrals. The Women's Centre works to improve the status of women and their families through direct service provision and by advocating for social and systemic change.

Our Mission: To be a visible leader in the East Kootenay Communities, providing programs and services which holistically enhance the well-being of the diverse people of our region while working towards social and systemic change.

Our Vision: The Vision of Community Connections Society is inclusive, healthy communities where all people live well, and the right of self-determination is honoured.

Other Services include:

- Free clothing store
- Taxi vouchers to medical appointments and food bank
- Resource referrals and free publications
- Individual support and lay counselling
- Assistance with Income Assistance and other applications
- Free hygiene products
- Access to legal services

## Deaf, Hard of Hearing and Deaf-Blind Well Being Program

### Contact Information:

Address: 1450 – 605 Robson Street, Vancouver, BC V6B 5J3

Phone: <https://disabilityalliancebc.org/contact-us-new-looking/> Please check here for a specific service phone number as there are many.

Website: <https://deafwellbeing.vch.ca/>

Provides accessible mental health services for Deaf, Hard of Hearing, & Deaf-Blind children and youth, adults and older adults throughout the province of British Columbia.

## Disability Alliance BC

### Contact Information:

Address: 1450 – 605 Robson Street, Vancouver, BC V6B 5J3

Phone: <https://disabilityalliancebc.org/contact-us-new-looking/> Please check here for a specific service phone number as there are many.

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

Our mission is to support people, with all disabilities, to live with dignity, independence and as equal and full participants in the community. We champion issues impacting the lives of people with disabilities through our direct services, community partnerships, advocacy, research, and publications. Services include;

- [Advocacy Access Program](#)
- [Tax AID DABC](#)
- [Access RDSP](#)
- [Our Disability Law Clinic](#)
- [Right Fit Program](#)
- [The Community and Residents Mentors Association \(CARMA\)](#)
- [Workshops](#)
- [Accessibility Projects](#)
- [Accessible Organizations](#)

## Disability Planning - Plan Institute

### Contact Information:

Address: 217 – 4388 Still Creek Drive, Burnaby, BC

Phone: 1-844-311-7526 (disability Planning Hotline)

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

We engage in social innovation through community-based projects and partnerships that help to improve the lives of those living with disabilities. We offer educational initiatives designed for individuals, families, and organizations, including workshops, courses, retreats, publications and resources.

## Disability Tax Credit (DTC) – Government of Canada

### Contact Information:

Phone: 1-800-959-8281

Website: <https://www.canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/disability-tax-credit.html>

The disability tax credit (DTC) is a non-refundable tax credit that helps people with disabilities, or their supporting family member, reduce the amount of income tax they may have to pay.

If you have a severe and prolonged impairment, you may apply for the credit. If you are approved, you may claim the credit at tax time.

By reducing the amount of income tax you may have to pay, the DTC aims to offset some of the extra costs related to the impairment.

## Divisions of Family Practice

### Contact Information:

Address: 200 – 201 14<sup>th</sup> Ave. N. Cranbrook, BC

Phone: 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.

## East Kootenay Addiction Services Society

### Contact Information:

Address: 202 – 1617 Baker Street, Cranbrook, BC V1C 1B4

Phone: 1-877-489-4344

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 Child Care Resource & Referral

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

Phone: 250.426.5677 Toll Free: 1.800.661.2445

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

Email: [adminassistant@ccssebc.com](mailto:adminassistant@ccssebc.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



## 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

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

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

Email: [ekscd.coordinator@ccs sebc.com](mailto:ekscd.coordinator@ccs sebc.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.

## East Kootenay Infant Development Program (Sponsored by Community Connections Society of Southeast BC)

### Contact Information:

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

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

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

Email: [idp.cbkl@ccssebcb.com](mailto:idp.cbkl@ccssebcb.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.

## Elk Valley Grad Dress Program

### Contact Information:

Contact: Your Youth Care Worker at your local high school

Email: [amanda.culver@sd5.bc.ca](mailto:amanda.culver@sd5.bc.ca)

Free grad dresses (and some suits and dress shirts) for any student, regardless of circumstances.

## Encompass Pregnancy Care - Cranbrook

Address: 1311 2<sup>nd</sup> Street N. Unit 230, Cranbrook, BC

Phone: 250.420-2323

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

### For Families

- High-quality pregnancy care
- Newborn care

## Family and Social Supports – Government of BC

### Contact Information:

Website: <https://www2.gov.bc.ca/gov/content/family-social-supports>

Services and information topics include:

- Helpline for children
- Poverty reduction strategy
- Youth and Family Services
- Benefits and affordability
- ChildCareBC
- Seniors
- Foster caregiving and kinship care
- Services for people with disabilities
- Income assistance
- Borrowing money
- Data, monitoring & quality assurance
- Services for Youth
- Accessibility
- Single parent employment initiative
- Policy search

## Family Support Institute of BC

'Families Supporting Families'

### Contact Information:

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

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

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

Email: [fsi@fsibc.com](mailto: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.

## Federation of Community Social Services of BC

### Contact Information:

Address: 102 – 739 Kings Road, Victoria, BC V8T 1W4

Phone: 250-480-7387

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

Email: [info@fcssbc.ca](mailto:info@fcssbc.ca)

The Federation is a provincial umbrella organization and do not provide direct services. However, they know lots of great organizations that do!

## Foundry East Kootenay (Opening soon)

### Contact Information:

Address: Cranbrook

Website: [www.foundrybc.ca](http://www.foundrybc.ca)

<https://foundrybc.ca/eastkootenay/>

Email: [foundry@ktunaxa.org](mailto:foundry@ktunaxa.org)

Our mission is to support young people in living a good life. This mission was co-created by a diverse group of youth, families, caregivers, staff, and services providers across the province. Foundry is a province-wide network of integrated health and wellness services for young people ages 12-24.

Our integrated services make it possible for young people to access five core services in one convenient location: mental health care, substance use services, physical and sexual health care, youth, and family peer supports, and social services.

Download the Foundry BC app!

## Friends of Children

### Contact Information:

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

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

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

Email: [info@friendsofchildren.ca](mailto: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:

Phone: 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 Phone, 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 Phone 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:

Phone: 1-866-866-0800

Website: [www.gov.bc.ca/sdpr](http://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](mailto: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.

## Inclusion BC

### **Contact Information:**

Address: 227 6<sup>th</sup> Street, New Westminster, BC V3L 3A5

Phone: 1-800-618-1119

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

Email: [info@inclusionbc.org](mailto:info@inclusionbc.org)

Inclusion BC is a non-profit provincial organization that advocates for the rights and opportunities of people with intellectual disabilities and their families. We are a federation of members that include people with intellectual disabilities, their families and organizations that serve them.

## Interior Health and Cranbrook Urgent and Primary Care Centre (UPCC)

### **Contact Information:**

Address: 1311 2<sup>nd</sup> Street N, Unit 230, Cranbrook, BC

Phone: 250-420-2323 (main)

Website: <https://www.interiorhealth.ca/locations/cranbrook-urgent-and-primary-care-centre-upcc>

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;

- Minor injuries
- Sprains & strains
- Infections
- Less serious child illness and injury
- High fever
- Cuts, wounds, or skin conditions

## 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  
Phone: 604-875-2084      Toll-Free: 1-800-665-1822  
Website: <https://kelymentalhealth.ca/>  
Email: [kelycentre@cw.bc.ca](mailto:kelycentre@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 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

## Kid's Help Phone

### Contact Information:

Phone: 1-800-668-6868 or text 686868  
Website: <https://kidshelpphone.ca/>



## KidSport BC

### Contact Information:

Website: <https://kidsportcanada.ca/british-columbia/provincial-fund/>

Email: [kidsport@sportbc.com](mailto:kidsport@sportbc.com)

- Children 18 and younger could be eligible for up to \$400 per child, per calendar year (January – December).
- Sport activities must be affiliated with the member sport organizations of Sport BC and demonstrate a sustained sport experience for a minimum of 6 weeks and include at least one session per week. <https://kidsportcanada.ca/british-columbia/who-do-we-fund/>
- Camps, equipment, travel to playoffs, fundraising, championships, and dance do not qualify.

## Ktunaxa Kinbasket Child and Family Services

### Contact Information:

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

Phone: (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.

## La Lèche League Canada

### **Contact Information:**

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

Phone: 289-660-5900

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

Email: [office@LLLC.ca](mailto: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

Phone: 604-875-2373 ext. 5519

Website: [www.live5210.ca](http://www.live5210.ca)

Email: [info@live5210.ca](mailto: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.

## Mental Health Support Line

### **Contact Information: (Central Office)**

Phone: 310-6789

If you or a loved one is in crisis, please call Mental Health Support Line or 911 emergency services.

## Métis Early Years Program

### Contact Information:

#### Kootenay and Northern Region Early Years Navigator

Jocelyn Stuart

Phone: 250-304-5200

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

Email: [jstuart@mnbc.ca](mailto: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 Miyoopimatishihk (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: 201 – 1212 2<sup>nd</sup> Street N. Cranbrook, BC VIC 4T6

Phone: 250-426-1514

Website: [www.gov.bc.ca/cfd](http://www.gov.bc.ca/cfd)

Email: [mcf.info@gov.bc.ca](mailto: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 services 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

Phone: (250) 520-2002

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

Email: [janie@muddymoos.co](mailto:janie@muddymoos.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

Phone: 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.

## Nexus Community Support Society

Address: 39 13<sup>th</sup> Avenue S. Cranbrook, BC V1C 2V4

Phone: 250-426-7588

Website: <https://nexussupport.ca/blog/>

Email: [admin@nexussupport.ca](mailto:admin@nexussupport.ca)

We are a registered charity that supports all people in the Kootenays to have connections for life. Our services provide support for living, work and community inclusion.

## Pacific Post-Partum Support Society

### Contact Information:

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

Toll-free: (855) 255-7999

Phone/Text: 604-255-7999

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

Email: [admin@postpartum.org](mailto: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 Phone support, weekly women's support groups, partner education sessions, community training and resource materials.



### Parent Advisory Committees (PACs)

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 the efforts of being parents and teachers.

#### **Contact Information:**

Please find your school in this document under Schools. supplement.

### 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](mailto: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)**

## Prevent Shaken Baby Syndrome BC

### Contact Information:

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

Phone: 604-875-2000 ext. 5100

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

Email: [karen.sadler@bcchr.ca](mailto: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.

## Provincial Outreach Program for Autism & Related Disorders (POPARD)

### Contact Information:

Address: 4746 57<sup>th</sup> Street, Delta, BC V4K 3C9

Phone: 604-946-3610

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

Email: [info@autismoutreach.ca](mailto:info@autismoutreach.ca)

POPARD is a Ministry of Education program providing services to schools in BC for students with autism spectrum disorder (ASD). We provide consultation, training and support services to all public and independent schools across the province of BC with a primary focus on increasing the capacity of school district staff to support students with autism spectrum disorder (ASD).

## Provincial Outreach Program for Fetal Alcohol Spectrum Disorder (POPFASD)

### Contact Information:

Address: 3400 Westwood Drive, Prince George, BC V2N 1S1

Phone: 250-645-4333

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

Email: [info@fasdoutreach.ca](mailto:info@fasdoutreach.ca)

The Provincial Outreach Program for Fetal Alcohol Spectrum Disorder (POPFASD) is funded by the **British Columbia Ministry of Education** and has been in existence since 2006. We are located in Prince George, British Columbia and hosted by **School District No. 57**. A multi-district **Steering Committee** offers advice, direction, and feedback. The mandate of our program is to increase educators' capacity to meet the learning needs of students with Fetal Alcohol Spectrum Disorder.

We share current research, ideas, strategies, training and resources in order to build capacity in school districts for students with FASD and their teachers. We also liaise with designated POPFASD **District Partners** from each district; this allows us to communicate through one key individual from each district regarding in-service and support need.

## Realm

Address: 1510 2<sup>nd</sup> Street N. Cranbrook, BC V1C 3L2

Phone: 250-426-3393

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

Email: [hello@realmbc.ca](mailto:hello@realmbc.ca)

We are a dedicated team of professionals focused on the provision of services that empower individuals with diverse abilities to develop and maintain autonomy within their community. As an organization we strive to truly hear the individual, learn the challenges they may face and work together in the development of a unique strategy to teach and implement, and develop skills to maintain independence.

## Rocky Mountain Behaviour Analysts

### Contact Information:

Address: 30 11th Ave South Cranbrook, BC V1C 2P1

Phone: 1-778-517-5771

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

Email: [rockymountainbehaviouranalysts@gmail.com](mailto: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 can create and modify individual plans and programs. This ensures the best possible intervention so individuals can get the most from their time here.



## Schools

### **Elementary**

Amy Woodland Elementary School (K – 6)

911 6<sup>th</sup> Street S. Cranbrook, BC VIC 1L6

Phone: 250-426-7258

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

Email: [awes.mailing@sd5.bc.ca](mailto:awes.mailing@sd5.bc.ca)

Gordon Terrace Elementary School (K – 6)

Address: 1200 5<sup>th</sup> Avenue S. Cranbrook, BC VIC 2H1

Phone: 250-426-8248

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

Email: [gtes.mailing@sd5.bc.ca](mailto:gtes.mailing@sd5.bc.ca)

Highlands Elementary School (K – 6)

Address: 3300 7<sup>th</sup> Street S. Cranbrook, BC VIC 5G3

Phone: 250-489-4391

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

Email: [hes.mailing@sd5.bc.ca](mailto:hes.mailing@sd5.bc.ca)

Kootenay Christian Academy (K-12)

1200 Kootenay St. N.

Cranbrook, BC VIC 5X1

Phone: 250-426-0166

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

Email: [secretary@kcademy.ca](mailto:secretary@kcademy.ca)

Kootenay Orchards Elementary School (K – 6)

Address: 1301 20<sup>th</sup> Ave. S. Cranbrook, BC VIC 4H6

Phone: 250-426-8551

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

Email: [koes.mailing@sd5.bc.ca](mailto:koes.mailing@sd5.bc.ca)



## Schools continued

Pinewood Elementary School (K – 6)  
Address: 40 Pinewood Ave. Cranbrook, BC V1C 5X8  
Phone: 250-426-6201  
Website: <https://www.sd5.bc.ca/school/pes>  
Email: [pes.mailing@sd5.bc.ca](mailto:pes.mailing@sd5.bc.ca)

St. Mary's Catholic Elementary School (K-g)  
1701 5<sup>th</sup> Street S.  
Cranbrook, BC V1C 1K1  
Phone: 250-426-5017  
Website: <https://www.stmarysschool.ca/>  
Email: [stmary@shaw.ca](mailto:stmary@shaw.ca)

Steeple Elementary School (K – 6)  
Address: 700 24<sup>th</sup> Avenue N. Cranbrook, BC V1C 5P6  
Phone: 250-426-3352  
Website: <https://www.sd5.bc.ca/school/ses>  
Email: [ses.mailing@sd5.bc.ca](mailto:ses.mailing@sd5.bc.ca)

T.M. Roberts Elementary School (K – 6)  
Address: 10 Wattsville Rd. Cranbrook, BC V1C 2A4  
Phone: 250-489-4575  
Website: <https://www.sd5.bc.ca/school/tmres>  
Email: [tmres.mailing@sd5.bc.ca](mailto:tmres.mailing@sd5.bc.ca)



## Schools continued

### **Middle**

Laurie Middle School

Address: 1808 2<sup>nd</sup> Street S. Cranbrook, BC VIC 1C5

Phone: 250-426-5291

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

Email: [lms.mailing@sd5.bc.ca](mailto:lms.mailing@sd5.bc.ca)

Parkland Middle School

Address: 1115 2<sup>nd</sup> Avenue S. Cranbrook, BC VIC 2B4

Phone: 250-426-3327

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

Email: [pms.mailing@sd5.bc.ca](mailto:pms.mailing@sd5.bc.ca)

### **Secondary/High**

Mount Baker Secondary School

Address: 1410 Baker Street, Cranbrook, BC VIC 1B2

Phone: 250-426-5241

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

Email: [mbss.mailing@sd5.bc.ca](mailto:mbss.mailing@sd5.bc.ca)

Kootenay Discovery School

Address: 3300 7<sup>th</sup> Street S. Cranbrook, BC VIC 5G3

Phone: 250-489-4391

Website: [www.kootenaydiscoveryschool.com](http://www.kootenaydiscoveryschool.com)

Email: [kds.mailing@sd5.bc.ca](mailto:kds.mailing@sd5.bc.ca)

### **Post Secondary**

College of the Rockies

Address: 2700 College Way, Cranbrook, BC

Phone: 250-489-2751

Website: <https://cotr.bc.ca/about-us/campuses/cranbrook/>



## StrongStart Centres

- Amy Woodland StrongStart

**Contact Information:**

Nicole Green, StrongStart Facilitator

Address: 911 6<sup>th</sup> Street S. Cranbrook, BC VIC 1L6

Phone: 250-426-7258

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

Email: [nicole.green@sd5.bc.ca](mailto:nicole.green@sd5.bc.ca)

**Schedule**

Mondays & Tuesdays from 12:15pm - 2:45pm

Wednesday Evenings with Marion Caws from 5pm - 6:30pm

Wednesdays & Thursdays from 9:00am - 11:30am

- Steeples Elementary StrongStart

**Contact Information:**

Nicole Green, StrongStart Facilitator

Address: 700 24<sup>th</sup> Ave. N. Cranbrook, BC VIC 5P6

Phone: 250-426-3352

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

Email: [nicole.green@sd5.bc.ca](mailto:nicole.green@sd5.bc.ca)

**Schedule**

Mondays & Tuesdays from 9:00am - 11:30am

Tuesday Evenings with Marion Caws from 5pm - 6:30pm

Wednesdays & Thursdays from 12:15pm - 2:45pm

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.

## Summit Community Services Society

### Contact Information:

Address: 125 10th Avenue S. Cranbrook, BC

Phone: 250-489-3114

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

Email: [ed@summitfamily.ca](mailto:ed@summitfamily.ca)

Summit Community Services Society is a non-profit society and a registered charitable organization based in Cranbrook, BC dedicated to promoting community well being by providing a continuum of quality, accessible, client-centred support, childcare, and intervention services.

### Mandate

- To provide therapeutic counselling services to individuals, children, families, and groups to address a wide range of needs arising from trauma and loss.
- To provide quality childcare through all daycare programs from infant/toddler to preschool to after school care.
- To provide a continuum of support services to groups including victims of crime and/or traumatic loss, seniors, underserved men and other individuals, children, families, and groups to address the widest possible range of needs.
- To provide intervention services that will increase client resiliency and coping skills to improve satisfaction with life and their ability to contribute to their community.
- To lead the way in Early Childhood Education programming, staff support/development and innovations in care and support of families
- To advocate for individuals, children, families, and groups to help ensure their needs are being addressed and their rights are acknowledged.
- To provide referrals for individuals, families, and groups to ensure that their needs are addressed.
- To provide resources that may assist clients and service providers in addressing needs of both individuals and the community.
- To educate the public and create awareness on significant wellness and social issues.

## Therapeutic Rehabilitation for East Kootenay Kids – TREKK

### Contact Information:

Phone: 250-420-2298

Email: [TREKK@interiorhealth.ca](mailto: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).

## 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 ..... I-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.

## Windy Ridge Autism Services

#### **Contact Information:**

Address: 46 13<sup>th</sup> Ave. S. Cranbrook, BC

Phone: 250-919-0809

Website: [Autism Services | Windy Ridge Autism Services | Cranbrook](#)

Email: [info@windyridge@gmail.com](mailto:info@windyridge@gmail.com)

Specializing in neurodiversity affirming and Autistic informed practice.

## Work BC Employment Services Centre East Kootenay

#### **Contact Information:**

Website: [www.ekemployment.org/](http://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 Kimberley Cranbrook

### **Contact Information:**

Address: 97 Wallinger Ave. Kimberley, BC V1A 1Y6

Phone: 250-427-2535

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

Email: [kimcran@wildsight.ca](mailto:kimcran@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.

## 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.



## 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

## East Kootenay Child Care Resource & Referral

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

Phone: 250.426.5677 Toll Free: 1.800.661.2445

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

Email: [adminassistant@ccsebc.com](mailto:adminassistant@ccsebc.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

Contact for current list of licensed and unlicensed day care providers.

## Metis Child Care Benefit Program

**Contact Information:**

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

Phone: 1.800.940.1150

Website: [metisearlyyears@mNBC.ca](mailto: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)

## Resources for Child Care Providers

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

## 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 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 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 (<https://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/>

