





Parenting Support Resources

Children and Youth Matter - Comox Valley

*If you offer specialized supports or services in the topics below, please send us an [email](mailto:) to be considered for this resource list.

<p>Nobody's Perfect (for parents with children under 6 yrs)</p>	<p>Comox Valley Family Services Association (Healthy Families Program) https://www.comoxvalleyfamilyservices.com/programs--2/healthy-families-program</p>	<p> (250) 871-7577</p>
<p>Touchpoints Parenting Program</p>	<p>Comox Valley Child Development Association https://www.cvcda.ca/groups/</p>	<p>touchpoints@cvcda.ca</p>
<p>Confident Parents, Thriving Children (3-12 yrs)</p>	<p>Family-focused, telephone-based coaching service for reducing mild to moderate behavioural problems https://welcome.cmhacptk.ca/</p>	<p>*Requires a referral from a primary care practitioner*</p>
<p>Parent Teen Mediation</p>	<p>Ministry of Children and Families (MCFD)</p>	<p> (250) 335-2343</p>
<p>Parenting Without Power Struggles (8-12 yrs) Parents in the Know (> 12) Parents Together Support Group (> 12)</p>	<p>Boys & Girls Club (Classes / Support Groups for Parents) https://www.bgccvi.com/pwps/</p>	<p> (250) 338-7141</p>
<p>Young Parent Program</p>	<p>Today 'N' Tomorrow Learning Society c/o Vanier Secondary School Expectant and parenting students in high school https://tntls.com/programs/</p>	<p> (250) 338-8445</p>
<p>Support Group for Parents / Caregivers of Teens with Substance Use</p>	<p>John Howard Society Weekly support group meets Thursday nights http://www.jhsni.bc.ca</p>	<p> (250) 338-7341</p>
<p>Autism Spectrum Private Assessments Self-referrals (by parents and carers)</p>	<p>Andrea Stelnicki – Child Psychologist Variety Children's Charity - Funding for private autism assessments for children/youth up to 19 years old. Click here to access application form</p>	<p>Compass Clinic: (604) 709-3515 Child Development Assoc. april@cvcda.ca</p>
<p>Grandparents Raising Grandchildren</p>	<p>Comox Valley Transition Society & Comox Valley Child Development Centre Peer support meets weekly https://cvts.ca/grandparents-raising-grandchildren/</p>	<p> (250) 338-4288 (Intake)</p>
<p>Support for Parents/Caregivers on Hornby and Denman Islands</p>	<p>Hornby & Denman Community Health Care Society Youth & Family Counselling https://hornbydenmanhealth.com/child/youth-counselling-parent/caregiver-support</p>	<p> (250) 898-0247</p>
<p>FamilySmart Society for Kid's Mental Health</p>	<p>Provides peer parent support and helps parents to navigate the mental health/substance use system • Also offers "In the Know" educational series https://familysmart.ca/</p>	<p> 1 (855) 887 8004</p>
<p>Valley Child Website Support for Children 0-6yrs</p>	<p>Supports and services for parents with children 0-6yrs https://valleychild.ca/</p>	<p> (250) 650-3288</p>
<p>Aboriginal Speech and Language Program (<7 yrs)</p>	<p>Upper Island Women of Native Ancestry Individual and small group speech-language intervention available for children up to 7 years of age who have aboriginal ancestry (no cost). https://uiwona.ca/programs/aboriginal-speech-language-program/</p>	<p> (250) 871-7577</p>
<p>Adolescent Outpatient Services Comox Valley Wellness Centre (14-18 yrs)</p>	<p>Individual therapy and parent counselling for adolescents experiencing serious psychiatric difficulties, such as difficult to treat depression, anxiety disorders, eating disorders, or thought disorders.</p>	<p>Families can access directly  (250) 331-5963</p>