

Parenting Support Resources

Child and Youth Mental Health and Substance Use [CYMHSU]

<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/services-and-programs/healthy-families-program/pages/nobody-s-perfect-parenting-program</p>	<p>☎ (250) 871-7577</p>
<p>Triple P Parenting Program (2-12 yrs or 9-16 yrs)</p>	<p>Comox Valley Transition Society http://cvts.ca/portfolio-item/triple-p-positive-parenting-program</p>	<p>☎ (250) 897-0511 ext. 108</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) http://www.bgccvi.com</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 http://tntls.com/?page_id=25</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>Grandparents Raising Grandchildren</p>	<p>Comox Valley Transition Society & Comox Valley Child Development Centre Peer support meets weekly https://cvts.ca/portfolio-item/grandparents-raising-children/</p>	<p>☎ (250) 338-4288 (Intake)</p>
<p>Support for Parents/Caregivers on Hornby and Denman Islands</p>	<p>Hornby and Denman Community Health Care Society Youth & Family Counselling http://hornbydenmanhealth.com</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>