

# Parenting Support Resources

Child and Youth Mental Health and Substance Use [CYMHSU]

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| <b>Nobody's Perfect</b><br>(for parents with children under 6 yrs)  | <b>Comox Valley Family Services Association</b><br>(Healthy Families Program)<br>🔗 <a href="https://valleychild.ca/services/nobodys-perfect-parenting-program">https://valleychild.ca/services/nobodys-perfect-parenting-program</a>                                       | 📞: (250) 871-7577                                      |
| <b>Triple P Parenting Program</b><br>(2-12 yrs or 9-16 yrs)   | <b>Comox Valley Transition Society</b><br>🔗 <a href="http://cvts.ca/portfolio-item/triple-p-positive-parenting-program">http://cvts.ca/portfolio-item/triple-p-positive-parenting-program</a>  | 📞: (250) 897-0511<br>ext. 108                          |
| <b>Confident Parents, Thriving Children</b><br>(3-12 yrs)   | Family-focused, telephone-based coaching service for reducing mild to moderate behavioural problems<br>🔗 <a href="https://www.cmha.bc.ca/how-we-can-help/children-families/confidentparents">https://www.cmha.bc.ca/how-we-can-help/children-families/confidentparents</a> | *Requires a referral from a primary care practitioner* |
| <b>Friends For Life Parent Program</b><br>(4-7 yrs or 9-14 yrs)   | An evidence based anxiety prevention and resiliency program available online for parents<br>🔗 <a href="http://www.friendsparentprogram.com">http://www.friendsparentprogram.com</a>  |  |
| <b>Parenting Without Power Struggles</b><br>(8-12 yrs)<br>Parents in the Know (> 12)<br>Parents Together Support Group (> 12) | <b>Boys &amp; Girls Club</b><br>(Classes / Support Groups for Parents)<br>🔗 <a href="http://www.bgccvi.com">http://www.bgccvi.com</a>  | 📞: (250) 338-7141                                      |
| <b>Parent Teen Mediation</b>  | <b>Ministry of Children and Families (MCFD)</b>  | 📞: (250) 335-2343                                      |
| <b>Young Parent Program</b>   | c/o Vanier Secondary School<br>Expectant and parenting students in high school<br>🔗 <a href="http://tntls.com/?page_id=25">http://tntls.com/?page_id=25</a>  | 📞: (250) 338-8445                                      |
| <b>Support Group for Parents / Caregivers of Teens with Substance Use</b>   | <b>John Howard Society</b><br>Weekly support group meets Thursday nights<br>🔗 <a href="http://www.jhsni.bc.ca">http://www.jhsni.bc.ca</a>  | 📞: (250) 338-7341                                      |
| <b>Grandparents Raising Grandchildren</b>   | <b>Child Development Association</b><br>Peer support meets weekly<br>🔗 <a href="https://cvcda.ca">https://cvcda.ca</a>   | (Intake)<br>📞: (250) 338-4288                          |
| <b>Support for Parents/Caregivers on Hornby and Denman Islands</b>  | <b>Hornby and Denman Community Health Care Society</b><br>Youth & Family Counselling<br>🔗 <a href="http://hornbydenmanhealth.com">http://hornbydenmanhealth.com</a>  | 📞: (250) 898-0247                                      |
| <b>Comox Valley Early Years Centre</b><br>Support for Children 0-6 yrs  | <b>Comox Valley Early Years Centre</b><br>Services/Supports for parents with children 0-6 yrs<br>🔗 <a href="http://www.valleychild.ca">http://www.valleychild.ca</a>   | (Intake)<br>📞: (250) 650-3288                          |
| <b>THE FORCE</b><br>Society for Kids' Mental Health   | Provides peer parent support and helps parents to navigate the mental health/substance use system<br>• Also offers "In the Know" educational series<br>🔗 <a href="http://www.forcesociety.com">http://www.forcesociety.com</a>   | 📞: 1 (855) 887-8004                                    |