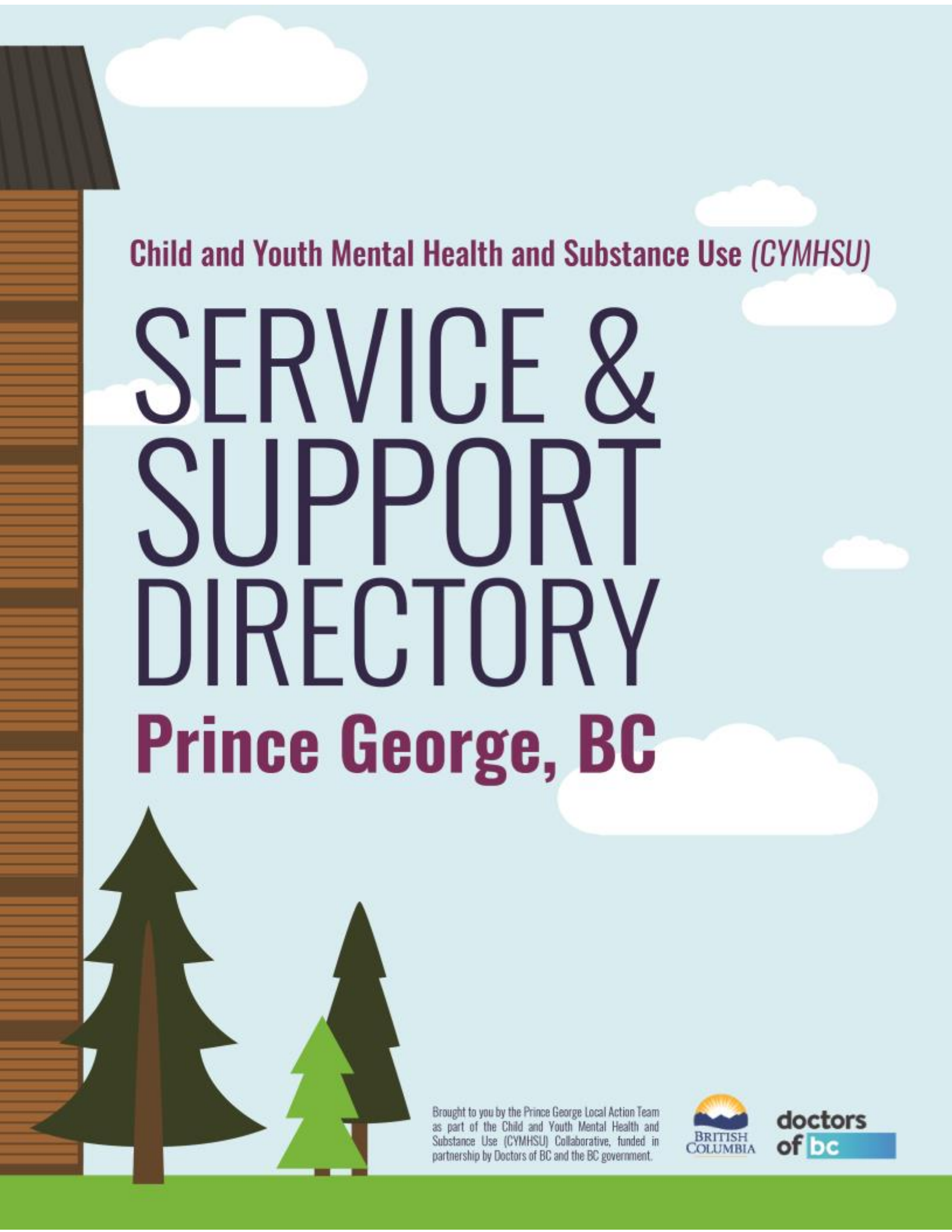




Child and Youth Mental Health and Substance Use (CYMHSU)

SERVICE & SUPPORT DIRECTORY

Prince George, BC

Brought to you by the Prince George Local Action Team as part of the Child and Youth Mental Health and Substance Use (CYMHSU) Collaborative, funded in partnership by Doctors of BC and the BC government.



Doorways to Care: Where to Start



Family Doctor
or
Walk-in Clinic

There are four different types of professionals that families can connect with if they are concerned about their child or youth's mental health.



Public Child
and Youth
Mental Health
and Substance
Use
Professionals



School
Counsellors
and
Psychologists

These professionals can help you learn more about child and youth mental health care and help find the care that's right for you.



Private
Counsellors
and
Psychologists

Remember, if you ever think your child could hurt themselves or others, call 9-1-1 or take them to the hospital emergency room.



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SECTION 1: EMERGENCY RESPONSE

Call 9-1-1 for Ambulance, Police, Fire

Call 9-1-1 for Car 60

A uniform RCMP member and clinical nurse, specializing in mental health, work together offering on-site emotional and mental health assessments, crisis intervention and referrals to appropriate services.

Hours: Noon-9pm

Emergency Room - University Hospital of Northern British Columbia

Address: 1475 Edmonton Street, Prince George, BC, V2M 1S2

Phone: 250-565-2000

Website: www.northernhealth.ca

Hours: Open 24 hours a day, 7 days a week

SECTION 2: ONLINE AND TELEPHONE CRISIS SUPPORT

Crisis Prevention, Intervention & Information Centre for Northern BC

24-Hour Crisis Line: 250-563-1214

Toll Free: 1-888-562-1214

Suicide Line: 1-800-784-2433
(1-800-SUICIDE)

Youth Support Line: 250-564-8336
Toll Free: 1-888-564-8336

Youth Online Chat:
www.northernyouthonline.ca

Kids Help Phone

Kids Help Phone is Canada's only national 24-hour, bilingual and anonymous phone counselling, web counselling, and referrals service for children and youth.

1-800-668-6868

www.kidshelpphone.ca

Health Link BC

Talk to a nurse any time of the day or night and get trusted health information. Dieticians available during weekdays, pharmacists available during evenings.

Call 8-1-1



SECTION 3: PUBLIC CYMHSU SERVICES

(Listed Alphabetically by Organization)

CARRIER SEKANI FAMILY SERVICES

Provides child welfare, family support, parenting, education, counselling, referrals, and health services to Carrier and Sekani members.

Age: All
Cost: No
Referral: No
Address: 987 4th Avenue, Prince George, BC, V2L 3H7
Phone: 250-562-3591
Phone (Toll-free): 1-800-889-6855
Fax: 250-562-2272
Fax (Toll-free): 1-888-554-7244
Website: www.csfs.org

CENTRAL INTERIOR NATIVE HEALTH SOCIETY (NATIVE HEALTH CENTRE)

The Central Interior Native Health Society offers a team of primary health care providers. They recognize the unique health care needs of Aboriginal people and people who live on, or close to, the street. Their goal is to provide culturally safe and pro-active health care that promotes physical, mental, emotional and spiritual harmony. Programs include clinic services, medical services, cultural services, social work services and addiction services.

Age: All
Cost: No
Referral: No
Address: 1110 4th Avenue, Prince George, BC, V2L 3J3 (Patient Entrance: 365 George Street)
Hours: M, T, Th, F: 8:30am-4:30pm W: 1pm-4:30pm; not open on weekends or statutory holidays
Phone: 250-564-4422
Fax: 250-564-8900
Email: info@cinhs.org

COLLEGE OF NEW CALEDONIA COUNSELLING SERVICES

Provides comprehensive counselling and advisory services to assist CNC students and prospective students in successfully achieving their objectives. Deals with educational and career concerns, test anxiety and stress management, career planning and exploration, or personal issues affecting schooling.

Age: Any enrolled student
Cost: Available free to students registered at CNC
Referral: No
Address: Located in the Health and Wellness Centre, 33320 22nd Avenue, Prince George, BC V2N 1P8
Phone: 250-562-2131 ext. 5377
Hours: Please contact front desk for hours

FOUNDRY PRINCE GEORGE

Foundry Prince George is a place where any youth or parent in our community can find easy access to the help they need, when they need it. It is an integrated youth and family initiative that will transform how mental health and substance use services are delivered in Prince George by providing early intervention to support young peoples' wellbeing. Young people can access services by dropping-in or booking an appointment. Services available include Primary Care services (health care), Options for Sexual Health Clinic (sexual health services), mental health information and services, substance use information and services, Family Involvement Worker, and groups. Practical support available include computer access, laundry, food, showers, life skills support, housing support, employment information and support, education information and support

Age: 12-24
Referral: No
Address: 1148 7th Ave, Prince George, BC, V2L 5G6
Hours: 10am-5pm, Monday to Friday
Phone: 236-423-1882
Email: foundry@nbcy.org
Website: foundrybc.ca/princegeorge
FB: Foundrybc

INTERSECT YOUTH AND FAMILY SERVICES

Intersect Youth & Family Services is a non-profit society providing voluntary mental health services for children and youth under the age of 19 years. Flexibility allowing young people to remain connected up to the age of 21 can be arranged under the Provincial Youth Mental Health Transition Protocol Agreement. The agency's multi-disciplinary team brings together a varied range of experience and education to work collaboratively providing assessment and intervention services covering a broad spectrum of evidence-based/evidence-informed therapeutic approaches. Intervention options include individual, group and family therapy with some services offered on an outreach basis in community; the majority of group options are available to those awaiting individual or family therapy or further assessment.

Age: 0-19
Cost: No
Referral: No
Intake: Walk-in service, Monday to Friday 9:00 am - 11:00 am, except statutory holidays
Address: 1294 3rd Ave, Prince George, BC, V2L 3E6
Hours: 8:30am to 4:30pm Monday to Friday
Phone: 250-562-6639
Fax: 250-562-4692
Email: info@mail.intersect.bc.ca
Website: www.intersect.bc.ca

NORTHERN HEALTH (NH)

COMMUNITY GENERALIST TEAM (NH)

The mental health and addiction community programs outside of Prince George offer services that include a combination of the CRU, CAST, and COAST functions with multi-disciplinary teams, as well as some specialty services; i.e. youth addictions counselling and referral, elderly services counselling, early psychosis, eating disorders, vocational and recreational rehab, etc.

Age: 13-18
Cost: No
Referral: No
Phone: 250-565-2668
Hours: 8:30am-4:30pm

BLUE PINE PRIMARY HEALTH CARE CLINIC (NH)

The Blue Pine Primary Health Care Clinic was created to address the needs of the population of Prince George who do not currently have access to a Family Physician or Nurse Practitioner. Although patients with a wide range of needs are seen at the clinic, the focus of the clinic is to provide care to people who need more support than a regular family doctor's office is able to offer. We have a team of health professionals that includes Family Physicians, Nurse Practitioners, a Mental Health Clinician and a Social Worker who work together to support the diverse care needs of our patients.

Age: All
Cost: No
Referral: Self or community referral
Address: 102-1302 7th Avenue, Prince George, BC, V2L 3P1
Phone: 250-596-8100
Fax: 250-596-8101

EATING DISORDER CLINIC (NH)

Provides assessment, consultation and counselling services for individuals and their families throughout the Northern Health Region, local support to those clients who are not living in Prince George through their local support professionals - family doctor, dietitian, counsellor as well as tertiary referrals to St Paul and BCCH Eating Disorders Programs.

Age: 13+ with younger referrals accepted as required
Cost: No
Referral: Accepts self-referral or referrals by healthcare professionals
Address: 1308 Alward Street, Nechako Centre, 2nd Floor, Prince George, BC, V2M 7B1
Phone: 250-565-7479
Fax: 250-649-7662

FAMILY MEDIATION SERVICES (PARENT – TEEN MEDIATION SERVICES) (NH)

A service that provides an impartial third party, to assist parents and teens in working together to communicate in order to gain a shared understanding and to develop agreements to address their problems.

Age: 12-18
Cost: Free for youth in high school between 12- 18yrs
Referral: Referrals can come from community agencies, schools, MCFD, or a youth and caregivers/parents can self-refer.
Phone: 250-649-4820
Fax: 250-562-4694



NECHAKO YOUTH TREATMENT CENTER (NH)

Provides a safe, supportive environment for youth, male or female aged 13-18, who are currently suffering from the misuse of drugs and/or alcohol and wish to deal with their substance abuse problems. This is a residential program and youth are supervised 24 hr/day. Voluntary admission, group therapy and individual counselling, recreational activities, crafts and life-skills training

Age: 13-18
Cost: No
Referral: Referrals can come from community agencies, schools, MCFD, or a youth and caregivers/parents can self-refer.
Address: 1308 Alward Street, Prince George, BC, V2M 7B1
Phone: 250-565-2881
Fax: 250-565-2883

AIDS PREVENTION PROGRAM/NEEDLE EXCHANGE (NH)

Walk-in only. Offers information, testing, needle exchange, condoms and counselling. Offers STD/STI, HIV, pregnancy and PAP testing. Emergency contraceptive pill (Morning after pill), hepatitis testing, vaccines for Hepatitis A and B.

Age: 13+
Cost: No
Referral: No
Address: 1108 3rd Avenue, Prince George, BC, V2L 3E5
Phone (Clinic): 250-564-1727
Walk-in Clinic hours: Monday-Saturday: 1:00pm-6:00pm
Phone (Outreach Vehicle): 250-960-9777
Outreach Vehicle Hours: Mon - Sat 7:00 pm- 11:00 pm.

PUBLIC HEALTH NURSE ON-CALL LINE (NH)

Public health information and referral phone line staffed by Public Health Nurses.

Age: All
Cost: No
Referral: No
Phone: 250-565-7476
Hours: Calls will be answered or returned Monday to Friday 9am-4:30pm

PHYSICIANS & FAMILY DOCTORS

Family doctors (Physicians) provide general medical care for people of all ages, often doing so over the lifetime of the individual or the family. The family doctor is able to provide mental health care, and make referrals for specialized mental health care as needed. To find a family doctor in Prince George, please visit the website below.

Age: All
Cost: No
Referral: No
Website: www.bcdoctordirectory.ca/prince-george

NATIVE HEALING CENTRE/ABORIGINAL CHILD AND YOUTH WELLNESS PROGRAM (PGNFC)

Providing counselling, groups and workshops for children, youth and adults. Mental Health Clinicians, Addictions Counsellors, Psychiatry and Psychology are available. Culturally competent service and cultural opportunities. Crisis drop-in counselling available daily.

Age: All
Cost: No
Referral: Self-referral or community referral
Address: Prince George Native Friendship Centre, 1600 – 3rd Avenue, Prince George, BC, V2L 3G6
Hours: Monday-Friday 8:30am-4:30 pm (closed Thursdays between 1pm-4:30pm)
Phone: 250-564-4324
Fax: 250-614-7727
Email: nhc@pgnfc.com
Website: www.pgnfc.com/

SCHOOL COUNSELLORS (SD57)

Counselling services are provided at all secondary and junior secondary schools. Elementary counsellors are available at some elementary schools. All counselling services are under the direct supervision of the principals of the schools to which they are assigned. Contact your child/youth's school for more information.

Age: School Age Children and Youth
Cost: No
Referral: No

SOS SOCIETY (SURPASSING OUR SURVIVAL)

Assists adults, youth, and children who have experienced sexual abuse and/or sexual violence. Also provides education to individuals and organizations. Counselling services are also available for people ages 14 and older who have experienced the trauma of childhood sexual abuse or sexual assault.

Age: 3+
Cost: No
Referral: No
Address: 193 Quebec Street, Prince George, BC V2L1W1
Phone: 250-564-8302
Fax: 250-564-8303
Website: www.sossociety.net

KIDS KONNECTION (SOS)

Counselling program for children aged 3-13 who have experienced sexual abuse. Also provides family support and community prevention and education programs.

Age: 3-13
Cost: No
Referral: No

UNIVERSITY OF NORTHERN BRITISH COLUMBIA (UNBC)

UNBC ACCESS RESOURCE CENTRE FOR STUDENTS WITH DISABILITIES

Support services and advocacy for UNBC students with documented learning, physical, psychiatric disabilities or chronic illness. Services available to students registered at UNBC.

Age: Any enrolled student
Cost: No cost for UNBC students
Referral: No
Address: Rm 10-1048, 3333 University Way, Prince George, BC, V2N 4Z9
Hours: Monday to Friday 8:30 a.m. to 4:30 pm, Summer hours' change
Coordinator Phone: 250-960-6711
E-mail: arc@unbc.ca
Website: www.unbc.ca/access-resource-centre

UNBC WELLNESS CENTRE

Confidential services for UNBC students including managing short and longer-term illness or health problems, information on a variety of health, wellness and lifestyle topics, and managing personal healthy lifestyle changes. Services available to students registered at UNBC

Age: Any enrolled student
Cost: No cost for UNBC students
Referral: No
Counselling Services Hours: 9am-4pm, Monday-Friday
Counselling Services Location: Room 5-196, 3333 University Way, Prince George, BC, V2N 4Z9
Counselling Services Phone: 250-960-6369
Health Services Hours: 9am - 4pm Monday-Friday
Health Services Location: Room 5-106, 3333 University Way, Prince George, BC, V2N 4Z9
Health Services Phone: 250-960-6370

WALK-IN CLINICS

The Nechako Medical Clinic and Salveo Family Medicine Clinic accept patients on a walk-in basis and with no appointment. Walk-in clinics offer treatment for minor illness and injuries that aren't serious enough or urgent enough for emergency rooms. Often open every day and outside regular family doctor hours. See website below or local Yellow Pages for Walk-in Information in Prince George

Age: All
Cost: No
Referral: No
Website: www.moveupprincegeorge.ca/live/healthcare/



SECTION 4: SPECIALIZED CYMHSU SERVICES

(Listed by Subject)

Assessment

ADOLESCENT PSYCHIATRY ASSESSMENT UNIT (NH)

The Adolescent Psychiatric Assessment Unit [APAU] is a six-bed inpatient assessment and crisis stabilization unit for youth aged 12-18 years of age, living within the Northern Health Region. Referrals are accepted on an ongoing basis from family doctors, emergency departments, Community Mental Health and Addictions Clinicians, and MCFD in the Northern Health Region; however, collateral referral information, and support for the referral from a family doctor is required. Referrals are processed through a committee and triaged to the appropriate service.

Age: 12-18 years

Cost: No

Referral: Yes by family doctors, emergency departments, community mental health and addictions clinicians, and Ministry of Child and Family Development.

Address: UHNBC 3rd Floor, 1475 Edmonton Street, Prince George, BC, V2M 1S2

Phone: 250-565-2575

Fax: 250-565-2661

NORTHERN HEALTH ASSESSMENT NETWORK (NH)

The Northern Health Assessment Network (NHAN) is a provincial program that serves all of Northern BC through outlets in eight different communities. The program provides assessments and diagnoses for children and youth who are suspected of having an Autism Spectrum Disorder (ASD) or any other Complex Developmental Behavioural Conditions (CDBC) which includes Fetal Alcohol Spectrum Disorder (FASD).

Age: 0-19

Cost: No

Referral: Yes (talk to family doctor about your concerns – the family doctor may refer your child/youth to a pediatrician or psychiatrist or to the CDBC)

Phone: 250-649-4834

Website: www.bvcdc.ca/programs/complex-developmental-behavioural-conditions/#sthash.Zk2oySFc.dpuf

CHILD DEVELOPMENT CENTRE (CDC)

The CDC helps children prepare for greater success when they enter school and beyond by assisting with their social, emotional, physical, cognitive, and communication skills. The CDC offers pediatric assessments and therapy for preschool aged children in the areas of speech, occupational therapy, and physiotherapy. The Centre further provides limited physiotherapy to school aged children and occupational therapy support for children with mobility challenges up to age 19.

Age: 0-19

Cost: No

Referral: Yes, anyone can refer a child to the Centre with the child's parent/legal guardian's consent.

Address: 1687 Strathcona Avenue, Prince George, BC, V2L 4E7

Phone: 250-563-7168

Fax: 250-563-8039

Email: enquiries@cdcpq.org

Website: www.cdcpq.org

Autism

AUTISM BC (ABC)

Autism BC community support group in Prince George provides essential opportunities to connect and network with other individuals whose lives are affected by ASD. Information and support services offered by phone, e-mail or in person. Presentations and workshops on various autism related topics are free of charge to any school, business, institution or organization that would like one. Additionally, a small resource library of books, DVDs and VHS videos on a variety of autism topics is available to borrow from free of charge by any interested person.

Age: All
Cost: No
Referral: No
Address: #201 – 1685 3rd Ave., Prince George, BC, V2L 3G5
Contact: Corey Walker
Phone: 250-961-7620
E-mail: cwalker@autismbc.ca

FAMILY GROUP (ABC)

The Family Group meets the 2nd Wednesday of the month from September to June at 7:00pm. Every month a different guest speaker presents on a topic of interest to parents of children with autism. Free childcare is provided by a behaviour interventionist.

Age: Families with children 0-18
Cost: No
Referral: Yes

SOURCES COMMUNITY RESOURCE SOCIETY

Sources has BCBA supervised and credentialed staff that provide a variety of services to people with autism and pervasive developmental disorders and their families. Includes a variety of consultation services, behavioural support, and training. Resource library of books, videos, and equipment is available to anyone.

Age: 6-19
Cost: No
Referral: MCFD
Address: 1596 3rd Ave, Prince George, BC, V2L 3G4
Phone: 250-561-1194
Website: sourcesbc.ca

B.A.S.I.C. PROGRAM (SOURCES)

Source's B.A.S.I.C. program works with individuals who require specialized instruction to develop skills. We usually work with people with autism and use their autism funding however, because this is a fee-for-service program we are able to work with anyone who has funding to pay for the program as any child would benefit from our services. We also provide training to families and organizations who work with people with disabilities and/or behaviour problems.

Age: All
Cost: Fee for service can be paid through Autism funding
Referral: Referrals can come from any source, including self-referrals

T&K BEHAVIOURAL INTERVENTIONISTS LTD.

Organization offering life skills training for children with Autism and developmental disorders. Also provides family support and social skills group for clients.

Referral: Yes
Contact: Kalma Arnett
Phone: 250-613-2947
Email: kalma@tkbehavioural.ca
Website: www.tkbehavioural.ca/





Behavioural Disorders

CONFIDENT PARENTS: THRIVING KIDS (CMHA)

A family-focused phone-based coaching service effective in reducing mild to moderate behavioural problems and promoting healthy child development in children ages 3-12. Through a series of 6 to 14 weekly coaching sessions, along with exercises and workbooks, trained coaches empower parents and/or caregivers to learn effective skills and techniques that support social skills and cooperation in their child.

Age: 3-12
Cost: No
Referral: Yes, from your family doctor or pediatrician
Website: www.cmha.bc.ca/programs-services/confident-parents-thriving-kids/

SOURCES COMMUNITY RESOURCE SOCIETY

See page 11

T&K BEHAVIOURAL INTERVENTIONISTS LTD.

See page 11

Child Protection

CHILD PROTECTION INTAKE UNIT (MCFD)

Responds to child protection reports to ensure that child abuse is prevented and that children are protected from abuse and neglect.

Age: 0-18
Cost: No
Referral: No
Address: 1441 - 7th Ave., Prince George, V2L 3P3
Phone: 250-645-4105 or 250-645-4124
Central Intake: 1-800 663-9122
Fax: 250-565-4216

NORTHERN HEALTH SCAN (SUSPECTED CHILD ABUSE & NEGLECT) CLINIC

Multidisciplinary team assessment for suspected child abuse and neglect.

Age: 0-18 years
Cost: No
Referral: Yes, by the Ministry of Children and Family Development, RCMP, Physician, Nurse Practitioner, and Delegated Aboriginal Authorities
Address: 4186 15th Ave, Prince George, BC, V2M 1V8, Canada
Phone: 250-565-2120

Developmental Disabilities

AIMHI

Provides support services to adults who have developmental disabilities and children who have special needs and their families. Advocates for the protection of rights in the interest of equality.

Age: All
Cost: No
Referral: No
Address: 950 Kerry St, Prince George, BC, V2M 5A3
Phone: 250-564-6408
Fax: 250-564-6801
Email: aimhi@aimhi.ca

DEVELOPMENTAL DISABILITIES MENTAL HEALTH TEAM (NH)

The DDMH program provides assessment, consultation, and short-term treatment services to individuals 14 or older who meet the diagnostic criteria for a developmental disability (IQ of 70 or below) and who have a mental illness and/or challenging behaviours.

Age: 14+
Cost: No
Referral: Yes (by Community Response Unit, physicians, and community agencies, Northern Health)
Phone (Mental Health and Addiction Services): 250-565-2668
Phone (University Hospital of Northern BC): 250-565-2000

SOURCES COMMUNITY RESOURCE SOCIETY

See page 11

B.A.S.I.C. PROGRAM (SOURCES)

See page 11

T&K BEHAVIOURAL INTERVENTIONISTS LTD.

See page 11

SUPPORTED CHILD DEVELOPMENT (CDC)

Supported Child Development Program offers a variety of services to support community child care programs to include all children, regardless of abilities. Community programs include family and group daycare's, preschool and after school care settings. Services include assisting families in finding child care programs which best meet their needs. Children who require extra support include children with developmental delays, exceptional health care needs, challenging behaviours, mental or physical challenges, communication delays, emotional and behaviour challenges.

Age: 0-12
Cost: No
Referral: Yes, anyone can refer a child to the Centre with the child's parent/legal guardian's consent.
Address: 1687 Strathcona Avenue, Prince George, BC, V2L 4E7
Phone: 250-563-7168
Fax: 250-563-8039
Email: enquiries@cdcpq.org
Website: www.cdcpq.org

Eating Disorders

EATING DISORDER CLINIC (NH)

Provides assessment, consultation and counselling services for individuals and their families throughout the Northern Health Region, local support to those clients who are not living in Prince George through their local support professionals - family doctor, dietitian, counsellor as well as tertiary referrals to St Paul and BCCH Eating Disorders Programs.

Age: 13+ with younger referrals accepted as required
Cost: No
Referral: Accepts self-referral or referrals by healthcare professionals
Address: 1308 Alward Street, Nechako Centre, 2nd Floor, Prince George, BC, V2M 7B1
Phone: 250-565-7479
Fax: 250-649-7662

Financial Assistance

NORTHERN BC, FRIENDS OF CHILDREN SOCIETY

Assists families with children in extraordinary medical need by offering financial assistance, providing information, emotional support and coordinating efforts with other organizations and service providers

Age: 0-18
Cost: No
Referral: No
Address: Room 107/108 - 490 Quebec Street, Prince George, BC, V2L 3G6
Mailing Address: PO Box 2463, Prince George, BC, V2N 2S6
Phone: 250-564-2217
Phone (Toll Free): 1-866-564-2217
Email: info@friendsofchildren.ca
Website: www.friendsofchildren.ca



Gender (see Sexual Health)

Grief and Loss

RAINBOWS FOR ALL CHILDREN

Rainbows for All Children is a facilitated peer support program that helps guide children, teens and adults through times of loss such as divorce, death and other crises, healing the hurt and restoring hope. The program is active in several locations throughout the Diocese of Prince George.

Age: All
Cost: No
Contact: Diocesan Director, Sr. Irene Baker
Phone: 250-562-3477
Website: www.rainbowspg.com
Email: rainbowspg@shawcable.com

RAINBOWS PRINCE GEORGE

Grief and loss program for 5-15 year old's who are experiencing a painful transition from death, divorce, separation, abandonment, or neglect. Two-13-week sessions/year.

Age: 5-15
Cost: No
Address: 1506 Ferry Avenue, Prince George, BC, V2L 5H2
Phone: 250-563-2551

SUNBEAMS - GRIEF SUPPORT PROGRAM (CDC)

Grief and loss affect all people regardless of their age and level of development. Children often do not have the skills to be able to recognize, express or accept their grief. The Rainbows program helps children develop the skills to grow beyond the pain of loss they are experiencing. Children will also get the opportunity to offer support to their peers as part of the Sunbeams program which will help to build the children's self-esteem and enable children to form trusting relationships with their peers. Program facilitators include our Early Childhood Education staff and our Family Resource Worker.

Age: Preschool Age children
Cost: No
Referral: Yes, anyone can refer a child to the Centre with the child's parent/legal guardian's consent
Address: PG Child Development Centre, 1687 Strathcona Avenue, Prince George, BC, V2L 4E7
Phone: 250-563-7168
Fax: 250-563-8039
Email: enquiries@cdcpq.org
Website: www.cdcpq.org

Infant Mental Health

ABORIGINAL INFANT AND FAMILY DEVELOPMENT PROGRAM (PGNFC)

The Aboriginal Infant and Family Development Program (AIFDP) is a family-centered environment for expectant families and those with children ages birth through six.

Age: Families with children aged 0-6
Cost: No
Referral: No
Address: 138 George Street, Prince George, BC V2L 1P9
Phone: 250-564-5941
Fax: 250-564-5946

ABORIGINAL INFANT DEVELOPMENT OUTREACH (PGNFC)

The outreach team is a group of dedicated individuals with various backgrounds including: psychology, counselling, child development, early childhood education special needs as well as experience and training with ages 0-3.

The program offers home visits with the intent to monitor developmental progress and to provide information and referrals for any needs the families may have.

Age: Families with children aged 0-6
Cost: No
Referral: No

BUILDING BLOCKS (PGNFC)

A AIFDP program to empower parents to the best of their ability to educate and nurture their children as well as themselves.

Age: Families with children aged 0-6
Cost: No
Referral: No

ABORIGINAL SUPPORTED CHILD DEVELOPMENT PROGRAM (PGNFC)

Aboriginal Supported Child Development Program (ASCD) is intended for children who need extra support to be included in any child care setting, because they have a developmental delay or disability in physical, cognitive, communicative or social/emotional/behavioural areas.

Age: 0-18
Cost: No
Address: 1600 – 3rd Avenue (2nd Floor), Prince George, BC, V2L 3G6
Phone: 250-564-3568 Ext 234
Fax: 250-614-7732
Website: www.pgnfc.com

INFANT DEVELOPMENT PROGRAM (AIMHI)

Program services children from birth to three years of age who are at risk for, or who may have a delay in development. Your participation is voluntary. Children aged birth to three years, delayed in one or more skill area, children with a diagnosed disability, at risk for potential delays, parents with questions/concerns

Age: 0-3
Cost: No
Referral: Yes, by parent, doctor, health nurse, etc.
Address: 950 Kerry St, Prince George, BC, V2M 5A3
Phone: 250-564-6408
Fax: 250-564-6801
Email: aimhi@aimhi.ca

INTERSECT YOUTH AND FAMILY SERVICES

See page 7

EARLY INTERVENTION THERAPY PROGRAM (CDC)

Providing pediatric therapy for children with special needs and developmental delays including physiotherapy, occupational therapy and speech language pathology

Age: Birth to school entry, who have, or are at risk for, a developmental delay or disability
Cost: No
Referral: Yes
Address: 1687 Strathcona Avenue, Prince George, BC, V2L 4E7
Phone: 250-563-7168
Fax: 250-563-8039
Email: enquiries@cdcpq.org
Website: www.cdcpq.org

Learning Disabilities

LEARNING DIFFICULTIES CENTRE OF BC

The Learning Difficulties Centre of BC provides training and tutoring, using individualized, multisensory approaches in developing reading, writing, spelling and math skills, while promoting awareness and distributing information, to support children and adults affected by learning difficulties.

Age:
Cost: Yes
Referral: No
Address: 785 Patricia Blvd, P.O. Box 1068, Prince George, BC, V2L 4V2
Phone: 250-564-8011
Fax: 250-564-8055
E-Mail: information@thelcdc.com





Legal

NATIVE COURT WORKER - YOUTH AND FAMILY ADVOCATES

Provides crisis counselling, intervention, advocacy on behalf of clients to address conflict between families and the Ministry of Children and Family. Refers Aboriginal people to appropriate education, legal, social and community resources available.

Age: 13+
Cost: No
Referral: No
Phone: 855-221-1184
Phone (Toll Free): 1-877-811-1190 Ext.321
Fax: 866-963-0131
E-mail: nccabc@nccabc.net

PRO BONO LAW CLINIC (PGNFC)

Free consultation with a local lawyer available.

Age: 13+
Cost: No
Referral: Self-referral
Address: 1600-3rd Avenue, Prince George, BC, V2L 3G6
Phone: 250-564-4324
Fax: 250-614-7727
Website: www.pgnfc.com

Parents and Caregivers

There are many services and supports available to parents and caregivers which are not listed here. For more information about these services please refer to The Village (below) or contact a CYMHSU professional.

THE VILLAGE: PARENT, GRANDPARENT & CAREGIVER RESOURCE (PSSS)

The Village is a comprehensive registry of programs, resources and services for parents in the community produced by Parent Support Services Prince George. To submit your Prince George program, or to receive The Village, please contact Parent Support Services.

Age: All
Cost: No
Referral: No
Address: PO Box 21106, Spruceland R.P.O West Central St. Prince George, BC, V2M 2A5
Phone: 250-962-0600
Email: parentnorth@shaw.ca
Website: www.parentsupportbc.ca

Pediatricians

Pediatricians are medical doctors with specialized knowledge for the medical care of infants, children and adolescents, usually up until 18 years of age. Pediatricians can help with mental health needs of the infant, child or adolescent, and can also provide a referral to other mental health resources as needed

Age: 0-18
Cost: No
Referral: Yes, by Family Doctor or Emergency Room

Pregnancy (see Sexual Health)

Psychosis

EARLY PSYCHOSIS INTERVENTION (NH)

The EPI program provides assessment, treatment, case management, groups, and medication management for individuals experiencing first break psychotic episodes as well as individual, family, and community education.

Age: Referral specific, typically 12+
Cost: No
Referral: Accepts self-referral or referrals by healthcare professionals, community agencies, schools, and MCFD.
Address: 1308 Alward Street, Prince George, BC, V2M 7B1
Phone: 250-649-7660
Website: northernhealth.ca/YourHealth/MentalHealthAddictions/ProgramDescriptions/EarlyPsychosisIntervention.aspx

Psychiatrists

Psychiatrists are medical doctors, and specialize in mental health, including substance use disorders. Psychiatrists are qualified to assess both the mental and physical aspects of psychological problems, and can provide psychiatric assessments. Psychiatric help can be sought for many reasons: some sudden, such as panic attacks, frightening hallucinations, thoughts of suicide or hearing voices, and others more long-term, such as feelings of sadness, hopelessness, or anxiousness that affect the day to day life of the individual.

Age: All
Cost: No
Referral: Yes, by Family Doctor or Emergency Room

Schizophrenia

BC SCHIZOPHRENIA SOCIETY

British Columbia Schizophrenia Society is a non-profit organization founded in 1982 by families and friends of people with schizophrenia. Since then, BCSS has grown into a province-wide family support system. We are dedicated to supporting each other, educating the public, raising funds for research and advocating for better services for people with schizophrenia and other serious and persistent mental illness.

Age: All
Cost: No
Referral: No
Location: 1117-6th Avenue, V2L 4S6
Phone: 250-561-8033
Email: kimdixon@bcsspg.org
Website: www.bcsspg.org/

F.A.M.I.L.I.E.S.

Partners with the BC Schizophrenia Society of Prince George as well as the Activity Centre for Empowerment to help support ALL individuals and their families living with any type of mental illness including schizophrenia, bi-polar disorder, depression and anxiety disorders.

Age: All
Cost: No
Referral: No
Location: 1117-6th Avenue, V2L 4S6
Phone: 250-561-8033
Email: kimdixon@bcsspg.org

FAMILY SUPPORT GROUP (F.A.M.I.L.I.E.S)

A support group for all family members affected by any mental illness

Age: All
Cost: No
Referral: No
Location: University Hospital of Northern BC, Room 410
Date and Time: Meets the 1st and 3rd Wednesday of the month from 6:30-8pm

TEENS IN CONTROL (F.A.M.I.L.I.E.S)

The focus of this support group is to help teens cope with and understand their parent's mental illness. The group runs in a relaxed social setting. One of the greatest benefits of the group is that teens get the support of other teens who share their unique experience.

Age: 13+
Cost: No
Referral: No





Schools

SCHOOL DISTRICT NO. 57 (SD57)

ABORIGINAL EDUCATION SOCIAL WORK TEAM (SD57)

School District No. 57 has seven Aboriginal Education Social Workers who are located in a total of 8 schools (5 elementary schools and 3 high schools). The role of the Aboriginal Education Social Worker is extensive. Sample services provided by members of the Aboriginal Education Social Work team include: advocacy for students; connecting with families and guardians; increasing self-esteem; anxiety reduction; connecting community agencies; sexual health risk reduction, prevention and intervention; delivering group and classroom workshops to proactively address social issues and provide pro-social education

Age: School Age Children and Youth
Cost: No
Referral: Yes
Address: #102, 155 McDermid Drive, Prince George, BC, V2M 4T8
Phone: 250-562-4843 Local 211
Email: ahendrickson@sd57.bc.ca
Website: www.sd57.bc.ca/school/abed/Programs/pages/social-work-program.aspx

DISTRICT BEHAVIOURAL TEAM (SD57)

Three District Behaviour Teams have been established and are comprised of a District Behaviour Specialist, Youth Care Worker and an Educational Assistant. In Prince George, they provide direct service in elementary schools to students experiencing severe social-emotional difficulties and consultative services to Secondary schools

Age: School Age Children and Youth
Cost: No
Referral: Yes
Address: John McInnis Centre, 3400 Westwood Drive, Prince George, BC, V2N 1S1
Phone: 250-561-9235 local 2201
Website: www.sd57.bc.ca/Programs/DistrictDepts/SSS/Pages/default.aspx

STUDENT SUPPORT SERVICES (SD57)

Additional specialized services are available to all schools in the district. These services are provided by a variety of specialist staff including: District Behaviour Teams, District Behaviour Specialists, District Resource teacher, Teachers of the Visually Impaired, Teachers of the Hearing Impaired, Occupational Therapists, Speech-Language Pathologists, School Psychologists, Homebound Teacher, etc.

Age: School Age Children and Youth
Cost: No
Referral: Yes
Address: John McInnis Centre, 3400 Westwood Drive, Prince George, BC, V2N 1S1
Phone: 250-561-9235 local 2201
Website: www.sd57.bc.ca/Programs/DistrictDepts/SSS/Pages/default.aspx

Sexual Health

ABORIGINAL INFANT AND FAMILY DEVELOPMENT PROGRAM (PGNFC)

See page 14

AIDS PREVENTION PROGRAM/NEEDLE EXCHANGE (NH)

See page 8

PREGNANCY CARE CENTRE

We offer pregnancy tests and options peer counselling, along with ongoing help and empowerment. We provide information and answer questions about pregnancy issues and choices, fetal development, abortion procedures and risks, parenting, and adoption planning/birth-parent advocacy. We also support people struggling after an abortion.

Age: During Pregnancy
Cost: No
Referral: No
Address: #210-575 Quebec Street, Prince George, BC
Hours: Tue: 3pm to 7pm, Wed, Thu, Fri: 12pm to 4pm (Other Appointments times can be arranged)
Cell: 250-981-2444 (24 hours a day, 7 days a week)
Office: 250-562-4464
Email: info@pgpcc.ca
Email: confidential@pgpcc.ca

ELIZABETH FRY SOCIETY (EFRY)

There are many kinds of violence against women including sexual, spiritual, cultural, physical verbal financial psychological and emotional abuse. The Elizabeth Fry Society assists women, children and youth advocating on their behalf by providing counselling services and education, as well as social and legal support programs.

Age: All
Cost: No
Referral: No
Address: 1575 – 5th Avenue, Prince George, BC, V2L 3L9
Phone: 250-563-1113
Fax: 250-563-8765
Website: www.pgefry.bc.ca/

YOUNG PARENT PROGRAM (EFRY)

We are a program for youth under the age of 20 who are pregnant or parenting and would like access to individual support; parenting support and information, peer group activities, and exploration of educational opportunities. We offer free, fun family outings and activities, as well as daycare. Outreach workers and family development services provide support and assistance with life skills, housing, and accessing mental health and addictions services. Our partnership with School District No. 57 provides access to educators and school counsellors.

Age: 13-20
Cost: No
Referral: No

KIDS KONNECTION (SOS)

See page 9

OPT YOUTH SEXUAL HEALTH CLINIC

Free, confidential health clinic for youth of all ages, genders and orientations. Provides; birth control, morning after pill, STD/STI and pregnancy testing, and education and counselling on a variety of issues including relationships, nutrition, self-esteem, and substance abuse

Age: Youth
Address: 1444 Edmonton St, Prince George, BC, V2M 6W5
Phone: 250-565-7477
Fax: 250-565-7377
Drop-in Hours: Thu 3:00 p.m. - 5:30 p.m.
For booking, please call: 250 565-7381



TRANSGENDER HEALTH CLINIC

The Northern Transgender Health Clinic was formed in August 2015 to support a growing need for trans care in Northern BC. The clinic provides medical care and support to transgender individuals. These services are offered by our inter-professional team, which includes physicians, nurse practitioners, nurses, social workers, mental health clinicians and pharmacists. We also collaborate with pediatricians, psychiatrists and psychologists when applicable to support the assessment and transition process. Our goal is to provide safe, effective and timely care to transgender patients, as well as increase awareness of transgender health issues in our community.

Age: All
Cost: Covered under MSP (Medical services plan)
Referral: No
Address: Blue Pine Clinic, Suite 102- 1302 7th Ave, Prince George, BC, V2L 3P1
Phone: 250-596-8100
Fax: 250-596-8101
Appointment: Yes

Substance Use

AL-ANON

Al-Anon family groups offer understanding and support to families and friends of problem drinkers

Age: All
Cost: No
Referral: No
Phone: 250-561-3244
Email: district27alanon@gmail.com
Website: www.district27alanon.ca/

ALATEEN

Alateen group it is for youth ages 11 - 18 that live with a person who's drinking affects them.

Age: 11-18
Cost: No
Referral: No
Location: First Baptist Church south basement, 483 Gillett Street, Prince George, BC, V2M 2T6
Date and Time: Wednesday's at 7pm.

ALCOHOLICS ANONYMOUS

12-step support group for those wishing to stop drinking. Daily meetings. Phone for schedule of current meetings

Age: Youth +
Cost: No
Referral: No
Phone: 250-564-7550
Address: Various Locations
Website: aa-meetings.com/aa-meetings/aa-canada/BritishColumbia/PrinceGeorge.htmlBoard

NATIVE HEALING CENTRE/ABORIGINAL CHILD AND YOUTH WELLNESS PRORAM (PGNFC)

See page 8

NARCOTICS ANONYMOUS

Twelve-step support group program for people addicted to any drug, including alcohol.

Age: Youth +
Cost: No
Referral: No
Hours: Daily Meetings. Phone for schedule of meeting times.
Location: Varies
Phone (Toll-free): 1-888-543-2499
Website: www.bcna.ca/index.php?category=contact

NECHAKO YOUTH TREATMENT CENTER (NH)

See page 8

YOUTH COMMUNITY OUTPATIENT SERVICE (NH)

The program provides outreach to youth with co-occurring mental health issues and addictions through assessment, individual and group therapy, case management, life skills training, recreational activities, and family support.

Age: 12-18
Cost: No
Referral: Yes (by Community Response Unit, Physician, self, family or school)
Address: 1308 Alward Street – 2nd Floor, Prince George, BC, V2M 7B1
Phone: 250-649-7660
Fax: 250-649-7662

Victim Services

ABORIGINAL VICTIM SERVICES (PGNFC)

Information and supports available, including assistance with applications, court support and information about your rights as a victim.

Age: All
Cost: No
Referral: Self-referral
Address: 1600-3rd Avenue, Prince George, BC, V2L 3G6
Phone: 250-564-4324
Fax: 250-614-7727

CHILDREN WHO WITNESS ABUSE (EFRY)

Provides services for children ages 3-18 exposed to domestic violence.

Age: 3-18 years
Referral: Yes
Address: 1575, 5th Avenue, Prince George, BC, V2L 3L9
Phone: 250-563-1113
Fax: 250-563-8765
Website: www.pgefry.bc.ca/

SPECIALIZED VICTIM SUPPORT SERVICES (EFRY)

We provide a range of services and assistance, including counselling, information, support and referrals to victims of childhood sexual assault, recent survivors of sexual assault, criminal harassment, partner violence and sexual assault.

Age: 19+ and mature minors
Cost: No
Referral: No
Address: 1575, 5th Avenue, Prince George, BC, V2L 3L9
Phone: 250-563-1113
Fax: 250-563-8765
Website: www.pgefry.bc.ca/

RCMP VICTIM SERVICES

Victims of crime and people suffering from other traumas have needs they cannot always meet on their own. Prince George RCMP Victim Services offers support 24/7 to victims of crime and trauma and this can take many forms: emotional support, referrals to appropriate agencies, crisis intervention, criminal justice information and court orientation/accompaniment

Age: All
Cost: No
Referral: Yes
Address: 455 Victoria Street Prince George, BC, V2L 0B7
Phone: RCMP Non-emergency line 250-561-3300



Youth in Care

AXIS FAMILY RESOURCES

Multi-service agency that provides services in the areas of foster parent support and training, specialized care homes for youth, intensive support to youth working towards independence, and parent education. Satellite offices throughout BC.

Cost: No
Referral: Yes (by Ministry of Child and Family Development)
Address: 185 Quebec St, Prince George, BC, V2L 1W1
Phone: 250-564-9064
Toll-free: 1-877-392-1003
Website: www.axis.bc.ca/

SPECIALIZED RESIDENTIAL SERVICES

Axis Family Resources Ltd. has been providing Specialized Residential Services since 1992 for children, youth and adults with behavioural challenges related to mental health, addictions, offending behaviours and compromising medical conditions including Fetal Alcohol Spectrum Disorder (FASD), Complex Developmental Behavioural Conditions (CDBC), developmental disabilities and autism.

Cost: No
Referral: Yes (by Ministry of Child and Family Development)

AXIS FAMILY SERVICES

Families who take part in Axis Family Services are typically experiencing stress due to behaviour challenges presented by children or youth, special needs of children and youth, addiction and mental health issues on the part of different family members, domestic violence, neglect, and poverty. In Prince George, we offer Family Based Supports, which includes Family Support and Key Worker Support for families dealing with FASD.

Cost: No
Referral: Yes (by Ministry of Child and Family Development)

CARRIER SEKANI FAMILY SERVICES

See page 6

CHILD AND FAMILY SERVICES OFFICE (MCFD)

Social workers specializing in services and support to foster children, foster parents, receiving homes, and group homes. Information and training material available on fostering.

Age: All
Cost: No
Referral: Yes
Business Line: 250-565-4151
Address: 1011 4th Ave, Prince George, BC V2L 3H9

MILIEU FAMILY SERVICES

The Complex Care Community Residential Resource (CCRR) operated by Milieu Family Services has five beds and will stabilize, assess and support children and youth in care (aged 7-18) who have a variety of special and complex needs. Workers are trained to deal with extreme behaviours that may be the result of previous traumatic events in a youth's life. Staff use a variety of techniques to help calm and stabilize the youth and then teach them, and foster parents, behaviour management techniques that can be used at home. Staff also have access to trained professionals such as psychologists and psychiatric staff on an as needed basis should behaviours escalate to a point where more intensive help is needed.

Age: 7-18
Cost: No
Referral: Yes (by MCFD)
Email: info@milieu.ca
Website: www.milieu.ca

NEZUL BE HUNUYEH

Provides many services to families of the Tl'azt'en and Nak'azdli communities including support, intervention, assessment and referral.

Age: All
Cost: No
Referral: Yes
Address: 1444 9 Ave, Prince George, BC, V2L 5N9
Phone: 250-561-0790

Youth Justice

YOUTH FORENSIC PSYCHIATRIC SERVICES

Assessments and a full range of treatment services for young offenders.

Age: 12-18
Cost: No
Referral: Yes
Phone: 250-565-7115
Fax: 250-565-7119
Address: 1594 – 7th Avenue, Prince George, BC, V2L 3P4

Youth Resource Centers

YOUTH AROUND PRINCE RESOURCE CENTRE

Youth around Prince (YAP) is a youth-led downtown resource center for all youth in Prince George. We offer front-line services such as showers, laundry, a kitchen, phone, mailing address, photocopier, fax machine, and computer access free of charge. Many agencies within YAP offer different programs and opportunities such as pre-employment training, youth-led forum theatre, one-on-one and group counselling, and more. Can connect youth to MCFD, Northern Health, SD57, Intersect, CASEY, Street Spirits and more.

Age: 13-24
Referral: No
Address: 1160 7 Ave, Prince George, BC, V2L 5G6
Hours: Monday-Friday 8:30am - 4:30Ppm
Phone: 250-645-4010
Email: youth@nbcy.org
Website: www.youtharoundprince.org/#home
FB: Youth Around Prince



SECTION 5: PRIVATE COUNSELLORS AND PSYCHOLOGISTS

(Publicly funded Counsellors and Psychologist are listed in Section 3 and 4)

AMBROSE, HOLLY

Registered Psychologist provides therapy to children, youth, and families.

Cost: Yes, contact for rates
Referral: No
Address: Suite 317, Victoria Medical Building, 1669 Victoria St., Prince George, BC, V2L 2L5
Phone: 250-962-8075

AROHA COUNSELLING AND CONSULTING

Counselling services, specializing in trauma counselling, critical incident debriefing, life transitions, parent/teen conflicts, marriage counselling and family blending.

Age: 8+
Cost: Yes, contact for rates
Referral: No
Phone: 250-640-2706
Address: 209-1717 3rd Ave, Prince George, BC, V2L 3G
Hours: 11am-6pm

BEDFORD INTEGRATIVE THERAPEUTIC SERVICES LTD.

Multidisciplinary practice including Massage therapy, Osteopathic manual practitioner and Counselling. Registered Clinical Counsellor and Canadian Clinical Counsellor.

Age: 11+
Cost: \$100/hour for RCC and \$90/hour for CCC
Referral: No
Address: #310-1705 3rd Avenue, Prince George, BC, V2L 3G7
Phone: 250-640-9027

BRAZZONI & ASSOCIATES

Private counselling services for individuals, couples, and families. Provides training through workshops designed to meet the needs of companies/agencies. Provides critical incident stress management, employee assistance programs, and First Nations consultation and therapy services throughout northern BC.

Age: All
Cost: Yes, contact for rates
Referral: No
Address: Suite 301 - 1705 3rd Avenue, Prince George, BC, V2L 3G7
Phone: 250-614-2261
Fax: 250-561-7097

BUTLER, JANICE

Registered Social Worker provides individual, family and group therapy and is specialized in the areas of child therapy using play and expressive activities.

Age: All
Cost: Yes, contact for rates
Referral: No
Address: #217, 1717 3rd Ave, Prince George, BC, V2L 3G7
Phone: 250-563-1156

CHARIS COUNSELLING SERVICES

Brian Bulgin, M. Ed provides counselling for individuals and couples

Cost: Yes, contact for rates
Referral: No
Office: 250-562-7882
Cell: 250-617-2181
Email: chariscs@telus.net
Website: www.chariscounselling.ca/

COMMUNITY COUNSELLING CENTRE

The Community Counselling Centre (CCC) provides personal counselling to community members in Prince George and the surrounding area. More specifically, the CCC offers counselling services to adolescents and adults who are experiencing interpersonal, emotional, social, and life transition difficulties. Qualified UNBC Master of Education Students who are advanced in their course work and/or are completing their clinical hours provide services with direct supervision.

Age: 12+
Cost: \$10.00 for one hour, and is on a sliding fee scale
Referral: No
Address: 1310 3rd Avenue
Hours: September until July, with no scheduled appointments during the month of August. Sessions may be booked Monday to Friday, generally from 12:00pm until 7:00pm.
Phone: 250-960-6457
Email: ccc@unbc.ca

DIOCESE OF PRINCE GEORGE

Offers religious education programs for children and adults, resource library, counselling, and sacramental records.

Age: All
Cost: No
Referral: No
Website: www.pgdiocese.bc.ca/

HARDY PSYCHOLOGICAL SERVICES

Age: All
Cost: Yes, contact for rates
Referral: No
Address: 103-1268 5th Ave, Prince George, BC, V2L 3L2
Phone: 250-596-7792
Fax: 250-596-7795

MG COUNSELLING SERVICES

Michelle Gagnon, Canadian Certified Counsellor and Professional Member of the Canadian Counselling and Psychotherapy Association. Along with a private practice Michelle is registered with the Crime Victim Assistance Program, First Nations Health Authority, and Morneau Shepell (EFAP). Provides professional counselling services in person or via telephone, Skype and/or FaceTime. Free 30-minute consultation provided to discuss concerns and therapeutic approaches available.

Age: 12+
Cost: Yes, contact for rates
Referral: No
Phone: 778-675-1300
Email: mgagnon@mgcounsellingservices.com
Website: www.mgcounsellingservices.com/
FB: MG Counselling Services

NORTHERN CENTRE FOR INTEGRATIVE MEDICINE

Naturopathic medicine is a distinct primary health care system that blends modern scientific knowledge with traditional and natural forms of medicine. Naturopathic medicine is the art and science of disease diagnosis, treatment and prevention using natural therapies including botanical medicine, clinical nutrition, hydrotherapy, homeopathy, naturopathic manipulation, Traditional Chinese Medicine, acupuncture, and lifestyle counselling. A Naturopathic Doctor is a primary care practitioner that seeks to restore and maintain optimum health in their patients by emphasizing nature's inherent self-healing process

Age: All
Cost: Yes, contact for rates
Referral: No
Address: 1811 Victoria Street, Suite 206, Prince George, BC, V2L 2L6
Phone: 250-649-0886
Phone (Toll free): 1-866-623-6486
Fax: 250-649-0866
Email: office@ncim.ca





NORTHERN COUNSELLING & EMDR

Northern Counselling and EMDR is a private practice committed to caring and providing the highest quality of professional confidential therapeutic competence. Mr. Frantisek Anderko is passionate about strengthening relationships and providing a caring and compassionate place to support the emotional, mental, physical, and spiritual well-being of his clients. He offers confidential counselling services to adults, youth, couples, and families regarding a variety of mental health issues and relational struggles. Counselling is available in English, Italian and Slovak language. Clients with extended health care coverage (Employee Assistance Program (EAP), Employee & Family Assistance Program (EFAP) are welcome.

Age: Youth+
Cost: Yes, contact for rates
Referral: No
Address: 1717 3rd Avenue, Unit 213, Prince George, BC, V2L 3G7
Phone: 250-997-1755
Email: northerncounsellingemdr@gmail.com
Skype: northerncounselling
Website: www.northerncounsellingemdr.com

REPIPHANY

It's not always easy being a teenager these days. Aside from the usual pressures that come with moving into adulthood, today's teen is faced with more academic and social pressures, and far fewer supportive resources. Anxiety, anger, depression and despair often lead to an increased prevalence of unhealthy coping strategies: among them, school avoidance, self-harm (cutting), eating disorders, and drug use. Sitting in a stuffy office with another serious adult who they think "doesn't get it" may only continue to reinforce how alone they feel in the world. Repiphany counsellors have a fun, open and kind approach which includes more activity based therapeutic practice. Teenage clients quickly feel comfortable and relaxed enough to open up and learn new skills to deal with their emotions.

Age: Teens
Cost: Yes, contact for rates
Referral: No
Address: 114-1705 3rd Avenue, Prince George, BC, V2L 3G7
Phone: 778-881-0892
Email: Christina.bianchini@gmail.com
Website: www.repiphany.com

WALMSLEY & ASSOCIATES

Professional counselling services for individuals, couples and families as well as children and teens. Services cover a variety of issues such as, grief and loss, stress and anxiety, depression, drug and alcohol abuse, anger, couple & marital, accidents, emotional trauma, career and work.

All: 5+
Cost: Yes, contact for rates
Referral: No
Address: 1512 Queensway Street, Prince George, BC, V2L 1L7
Phone: 250-564-1000
Phone (Toll-free): 1-800-481-5511
Website: www.walmsley.ca

YOUTH FOR CHRIST

Christian organization offering lifestyle and crisis counselling for youth and their families. Also offers recreational programs, family conferences, and lifestyle counselling at all high schools.

Age: Youth
Cost: No
Referral: No
Address: 2113 Ogilvie St S #202, Prince George, BC, V2N 1X2
Mailing Address: P.O. Box 1806, Stn. A, Prince George BC, V2L 4V7
Phone: 250-562-7110
Email: info@princegeorgeyfc.ca
Website: www.princegeorgeyfc.ca

SECTION 6: PREVENTION AND EDUCATION

BIG BROTHERS/BIG SISTERS

Adult friendship and guidance for children, aged 7-18. A number of different programs are available. Volunteers undergo a screening process.

Age: 7-18

Cost: No

Referral: Child and youth referrals can come from parents/guardians, social workers, school counsellors and other helping professionals. Teachers and other school staff make referrals for the In-School Mentoring Program.

Address: 777 Kinsmen Place, Prince George, BC, V2M 6Y7

Phone: 250-563-7410

Website: www.bbbsp.org.ca/

CANADIAN MENTAL HEALTH ASSOCIATION (CMHA)

CMHA facilitates access to the resources people require to maintain and improve mental health and community integration, build resilience and support recovery from mental illness

Address: 1152-3rd Avenue, Prince George, BC, V2L 3E5

Phone: 250-564-8644

Toll Free Phone: 1-800-555-8222

Fax: 250-564-6155

Email: reception@cmhagp.ca

Website: www.princegeorge.cmha.bc.ca

ASIST TRAINING (CMHA)

Applied Suicide Intervention Skills Training (ASIST) is for everyone 16 or older—regardless of prior experience—who wants to be able to provide suicide first aid.

Age: 16+

Cost: Yes

BLUEWAVE: FOR YOUTH

Many BC youth are struggling with mental health and substance use problems. We know the teen years are when mental health and substance use problems often show up for the first time. That's why Blue Wave is working to provide youth with skills and support to face challenges in their lives. Blue Wave offers two main programs:

LIVING LIFE TO THE FULL FOR YOUTH (CMHA)

Living Life to the Full for Youth is a 12-hour course that teaches skills for dealing with life's challenges. In 8 fun sessions, the course looks at worry, low mood, isolation, healthy thinking, problem solving, confidence, and anger management. The course has been shown to improve mood and well-being and reduce stress and anxiety. Its group format provides social support and reduces isolation.

Age: High school age youth

Cost: Yes

Website: www.bluewavebc.ca/our-programs/living-life-to-the-full-for-youth/

JANICE LEE BLUE WAVE BURSARY

This post-secondary bursary program is open to BC youth under the age of 20 who have experienced a significant mental health or substance use problem.

Age: Youth under 20

Website: www.bluewavebc.ca/janice-lee-blue-wave-bursary/

CONFIDENT PARENT: THRIVING KIDS (CMHA)

See page 12

ENJOY YOUR BABY (CMHA)

The course is for any new mother facing stress, low mood or anxiety who could use skills training support to make positive changes in her life and really enjoy parenthood.

Age: New Mothers

Cost: Yes

MENTAL HEALTH FIRST AID FOR YOUTH (CMHA)

This is a training course provided throughout the northern region, where participants learn how to provide initial help to people who are showing signs of a mental health problem or experiencing a mental health crisis.

Age: 15+

Cost: Yes



SAFETALK TRAINING (CMHA)

safeTALK is a half-day alertness training that prepares anyone over the age of 15, regardless of prior experience or training, to become a suicide-alert helper.

Age: 15+
Cost: Yes

COMMUNITY AGAINST SEXUAL EXPLOITATION OF YOUTH (CASEY)

CASEY increases awareness of issues of sexual exploitation throughout the entire community including professionals, the general public, and youth. Involved in prevention and education activities. Members of the community come together to act as agents of change.

Age: Youth+
Cost: No
Business Line: 250-565-6260
Fax: 250-564-8900
Address: 1160-7th Ave, Prince George, BC, V2L 5G6
Email: caseyprincegeorge@gmail.com

CRISIS PREVENTION, INTERVENTION & INFORMATION CENTRE FOR NORTHERN BC

Provides crisis intervention, suicide prevention, resource information, education and confidential peer support for the people of Northern BC.

Age: All
Cost: No
Referral: No
Address: 5th Floor - 1600 3rd Ave, Prince George, BC, V2L 3G6
Business Phone: 250-564-5736 (Emergency numbers listed in emergency response section)
Business Hours: 9:00am-5:00 pm, Monday-Friday
Fax: 250-563-0815
Email: executive.director@crisis-centre.ca
Website: www.crisis-centre.ca/

DRUGS AND ORGANIZED CRIME AWARENESS SERVICE – RCMP NORTH DISTRICT

Provides factual information, substance abuse education, and prevention programs on substance abuse issues.

Address: 4020 - 5th Avenue, Prince George, BC, V2M 7E7
Phone: 250-561-3128

PARTY PROGRAM: PREVENT ALCOHOL AND RISK-RELATED TRAUMA IN YOUTH

To promote injury prevention through vivid clinical reality, enabling youth to recognize risk, make informed choices and identify potential consequences about activities and behaviours

Age: High School Age Youth
Cost: No
Address: 1475 Edmonton Street, Prince George, BC, V2M 1S2
Hours: Every Thursday during the school year from 9:00 a.m. - 2:30 p.m.
Email: lynnprimus@northernhealth.ca
Website: www.pgpartyprogram.ca

PRINCE GEORGE YOUTH ACTION TEAM

The Prince George Youth Action Team is a group of youth and young adults who participate in and create community activities to promote mental health and wellness; support schools with anti-stigma and mental health promotion; provide local organizations and businesses 'Youth Approval'; and provide a safe and fun atmosphere for youth.

Age: 15-26
Cost: No
FB: PG Youth Action Team
Instagram: @pgyouthactionteam

QUEER STRAIGHT ALLIANCE

The Library QSA is a safe space for Lesbian, Gay, Bisexual, Transgender, Two-Spirit, Queer, Questioning and Straight teens and teens with LGBTQ families. Teen friends and allies are welcome. The Library QSA is a city-wide group open to all youths in grades 8-12 in Prince George and area. Every other Tuesday, 7-8:30pm.

Age: Youth
Cost: No
Address: 888 Canada Games Way, Prince George, BC, V2L 5T6
Phone: 250-936-9251 ext 206
Email: mcruckshank@pgpl.ca
Website: www.pgpl.ca/events/library-qa or www.facebook.com/groups/librarygsa/

RECONNECT YOUTH VILLAGE

Reconnect Youth Village is a Ministry of Children and Family Development (MCFD) contracted program providing voluntary youth-centered service; provide safe, secure, stable and nurturing emergency drop-in shelter services, and daily integrated service programming to street involved and/or high-risk youth. Outreach staff can refer youth and their families to appropriate resources within the community for medical, educational, counselling, treatment, or financial services.

Age: Youth
Cost: No
Address: 171 George Street, Prince George, BC, V2L 1P8
Phone: 250-562-2538
Fax: 250-564-1432
Website: www.pgnfc.com/programs_services.html

YOUTH FOR CHRIST

Christian organization offering lifestyle and crisis support for youth and their families. Also offers recreational programs, family conferences, and lifestyle counselling at all high schools.

Age: Youth
Cost: No
Referral: No
Address: 2113 Ogilvie St S #202, Prince George, BC, V2N 1X2
Mailing Address: P.O. Box 1806, Stn. A, Prince George, BC, V2L 4V7
Phone: 250-562-7110
Email: info@princegeorgeyfc.ca
Website: www.princegeorgeyfc.ca

YMCA PRINCE GEORGE

Though the world may be unpredictable, one thing remains certain – the YMCA is, and always will be dedicated to building healthy, confident, secure and connected children and youth, families and communities. Offers lots of great programs for children, youth and families, including youth leadership programs.

Age: All
Cost: Yes
Address: PO Box 1808, 2020 Massey Drive, Prince George, BC, V2L 4V7
Phone: 250-562-9341
Fax: 250-564-2474



SECTION 7: ONLINE RESOURCES

ALATEEN

Strength and hope for friends and families of problem drinkers

Age: Youth

Website: www.al-anon.org/for-alateen

ANXIETY BC

A Canadian leader in developing online, self-help, and evidence-based resources on anxiety and anxiety disorders. We have produced over 50 videos on YouTube and actively promote dialogue and exchange information on anxiety and anxiety disorders via our Facebook page.

Age: All

Website: www.anxietybc.com/

F.O.R.C.E SOCIETY

The F.O.R.C.E. Society for Kids' Mental Health was founded as a provincial organization to provide families with an opportunity to speak with other families who understand and can offer support and/or information on services they know about and/or have accessed. The F.O.R.C.E. also developed tools and resources to assist both families and professionals supporting and assisting children and youth experiencing mental health challenges.

Age: Youth and Caregivers

Website: www.familysmart.ca/

FRIENDS PARENT PROGRAM

BC FRIENDS and the FORCE Society for Kids' Mental Health have partnered to offer parent workshops in addition to developing an online parent program that provides FRIENDS information to families. Resources include videos of FRIENDS in action at home and school, a parent information workshop, downloadable activities, tips sheets, other mental health resources, and much more. The FRIENDS program is designed to prevent anxiety, increase resilience and improve life skills in children. It's an evidence-based international program that has been licensed for use in B.C. public and independent schools.

Age: Geared to Parents

Website: www.friendsparentprogram.com/

HERE TO HELP

Here to Help is a website of the BC Partners for Mental Health and Addictions Information

Website: www.heretohelp.bc.ca/

JACK.ORG

The only national network of young leaders transforming the way we think about mental health.

Age: Youth

Website: www.jack.org/

KELLY MENTAL HEALTH RESOURCE CENTRE

Child and youth information about mental health and mental illness

Age: All

Website: www.keltymentalhealth.ca

MIND CHECK

Youth information about mental health and mental illness

Age: Youth

Website: www.mindcheck.ca/

MINDFULNESS FOR TEENS

Being a teen can be really stressful! Mindfulness is a powerful way to handle stress, and live life more fully. You can be mindful anytime, anywhere, no matter what you're doing. This website provides information, tools, and resources to help you get started.

Age: Youth

Website: www.mindfulnessforteens.com/

MIND YOUR MIND

Mind Your Mind is a space for youth and young adults (14-24) to find support when going through tough times.

Age: 14-24

Website: www.mindyourmind.ca/

YOUR LIFE COUNTS

Reaching out for help is often the most difficult thing to do when you're feeling low but no matter what you're going through, the Your Life Counts Online Lifeline is available to you at no cost. It's a safe place for you to share your worries / concerns with us confidentially and anonymously as you feel comfortable... we're here to listen and respond to you one on one... we'll take you seriously and help you as best we can. We're here for YOU!

Age: Youth+

Website: www.yourlifecounts.org/

YOUTH SPACE

Youthspace.ca is made up of a community of volunteers who are here to support you – whatever you are going through. All volunteers are trained in emotional support, crisis response, and ASIST Suicide First Aid. We won't give you advice, or tell you what to do because we believe you know you best! We work to empower you to live your healthiest life. We will support you in the moment, encourage you to explore your thoughts, feelings, fears, options, ideas, and resources.

Age: Youth

Website: www.youthspace.ca/



SECTION 8: APPS FOR MENTAL HEALTH

MindShift

A great tool for anxiety available on iPhone and Android, developed by Anxiety BC. It teaches relaxation skills, develops new thinking, and suggests healthy activities. Designed for youth but useful to anyone.

BC Health Service Locator

The BC Health Service Locator App helps you find walk in clinics, hospitals, emergency rooms, immunization locations, after-hours pharmacies, and laboratory services near you.

BellyBio Interactive Breathing

Wonderful biofeedback device that monitors your breathing and plays sounds reminiscent of ocean waves when you relax. Great for anxiety and stress. iPhone only.

Positive Activity Jackpot

A unique augmented reality tool that uses the functionality of a smartphone in an innovative way. Combines a professional behavioral health therapy for depression called pleasant event scheduling (PES) with activities available in the user's location, mapped with GPS. For Android only.

Take a Break! Guided Meditations for Stress Relief

From the excellent developers of relaxation apps at Meditation Oasis comes this free app to quickly recharge. Listen to a seven-minute Work Break or 13-minute Stress Relief recording with or without music or nature sounds. iPhone or Android.

Previdence

An assessment tool that allows users to check for symptoms of depression, anxiety, relationship issues, drug and alcohol issues, and other problems and makes recommendations for action. iPhone only.

Operation Reach Out

This lifesaving app for iPhone and Android was developed by the military to prevent suicide. Recorded videos and menu options help users assess their thinking and reach out for help in crisis.

Relax with Andrew Johnson Lite

Great guided meditation session for relaxation, helpful with anxiety and stress as well as a sleep aid. Available in Android and iPhone versions.

T2 Mood Tracker

Tracks symptoms of depression, anxiety, PTSD, traumatic brain injury, stress and general well-being. Useful to share with clinicians and chart recovery. Another excellent app developed by the Department of Defense National Center for Telehealth and Technology (see their complete list), for Android and iPhone.

Relax and Sleep Well with Glenn Harold

Twenty-minute guided meditation with music to help you fall asleep. Relaxing and gentle. For iPhone and Android.



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The CYMHSU Service and Support Directory is distributed quarterly via email.

Correspondence regarding the content, accuracy and distribution of this directory can be sent to Shari Wallace, PG LAT Project Lead, shari.wallace@alumni.unbc.ca

The Child and Youth Mental Health and Substance Use (CYMHSU) Collaborative is funded by the Shared Care Committee in partnership with the General Practice Services and Specialist Services Committees; all are Joint Collaborative Committees of Doctors of BC and the BC government. The goal of the Collaborative is to increase timely access to integrated services and supports for children, youth and families struggling with mental health and substance use issues.

