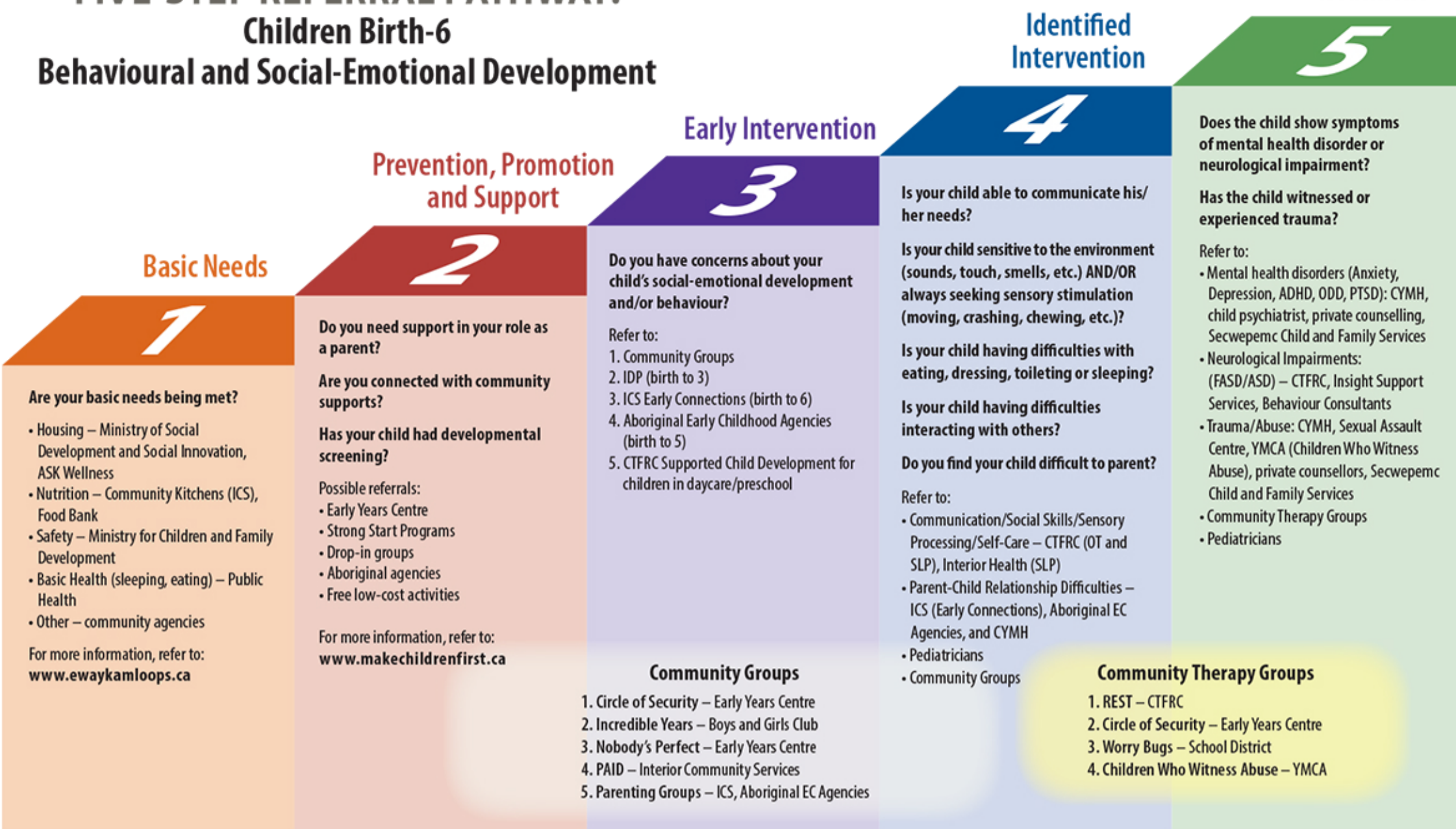


FIVE-STEP REFERRAL PATHWAY: Children Birth-6 Behavioural and Social-Emotional Development

Treatment



Community Groups Information:

Circle of security (COS) is an attachment-based 8 week parenting program for parents of children birth to 8 years of age that teaches parents how to better understand children's needs underneath their behaviours, reflect on their responses, and be more attuned and sensitive in their responses to children. Snacks and child-minding is provided. Registration is through the Early Years Centre.

Incredible Years is an attachment-focused parenting program for parents of children 4 to 8 years old that promotes children's social-emotional competence and reduces behaviour problems. Registration is through the Boys and Girls Club.

Nobody's Perfect is a free program for parents of children birth to 5 years of age. Facilitators will cover a range of topics and guide discussions on concerns that parents may have. Food, child-minding and transportation are provided. Registration is through the Early Years Centre.

PAID is an 11-week-long attachment-focused parent-child program. The information is geared towards families with children birth to 6. Parents are expected to participate and bring one or more children with them as the first half of the group focuses on building attachment through songs and through child led activities. The second half of the group provides parents with the teaching component. There is also one home visit per week where the family support worker can assist the parent in implementing the strategies they have learned that week in group. Registrations are through Interior Community Services.

Regulation of Emotions, Sensations and Thinking (REST) is a 4 week group for parents of preschool to primary age children that offers parents tools to help their children be calmer and more focused, and to help them manage everyday emotions and activity level. Registration is through the Children's Therapy and Family Resource Centre. Cost: \$30 total for all 4 groups.

Worry Bugs is a group for children in Kindergarten and grade 1 who have anxieties and worries. It includes a parent component. Children and parents learn cognitive behavioural strategies to manage anxiety. Registration is through the Henry Grube, SD 73.

Contact Information for Referral Pathway

Aboriginal Agencies

Interior Indian Friendship Society – 250-376-1617
Lii Mischif Otipemisiwak Family and Community Services (Interior Metis) – 250-554-9486
Secwepemc Child and Family Services – 250-314-9669
White Buffalo Aboriginal Health Society and Resource Centre – 250-554-1176

ASK Wellness – 250-376-7558

Behaviour Consultants – see R.A.S.P. list through ACT-BC

Boys and Girls Club – 250-554-5437

Child and Youth Mental Health

South Shore – 250-371-3648

North Shore – 250-554-5800

Child Psychiatrist (Dr. Olabiyi) 778-471-5874

Children Who Witness Abuse Program – 250-376-7800

Children's Therapy and Family Resource Centre – 250-371-4100

Early Years Centre – 250-376-4771

Henry Grube – 250-376-2266

Kamloops Food Bank – 250-376-2252

Insight Support Services – 250-554-0085

Interior Community Services (Early Connections Program) – 250-554-3134

Interior Health – Speech and Language Services – 250-851-7300

IDP (Kamloops Infant Development Society) – 250-371-4140

Ministry of Children and Family Development

South Shore – 250-371-3600

North Shore – 250-554-5800

Child Protection Reports – 1-800-663-9122

Ministry of Social Development and Social Innovation – 1-866-866-0800

Public Health – 250-828-7300

School District 73 – 250-376-2266

Sexual Assault Centre – 250-372-0179

Strong Start Programs (SD 73) – 250-376-2266