



Adoptive Families
Association of BC



Regional resource guide

Connecting you to your community

Updated February 2022

Regional resource guide: Connecting you to your community **Updated February 2022**

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The Adoptive Families Association of BC is a charitable, accredited, non-profit organization offering adoption support, information, and education. Find out more about AFABC at bcadoption.com.

Adoptive Families Association of BC

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Connect with us

You can find us on Facebook, Instagram, and Twitter, as well as through our website! We also have five active Facebook Support Groups, where you can connect with other members of our community to help you along with every step in your adoption journey.

Family Support Workers

Our team of Family Support Workers are experienced adoptive parents, and they're here to support you!

Our Family Support Workers provide free community-based one-to-one support, workshops, and family events to adoptive and waiting parents as well as to people considering adoption.

Find the Family Support Worker in your region online at: bcadoption.com/familysupport

Facebook Support Groups

Join one, or more, of our Facebook Support Groups to connect with the adoption community! To join, search on Facebook or click the links here.

- [AFABC - All Ages Adoptive Parents](#)
- [AFABC - Waiting Parents Group](#)
- [AFABC - FASD and Complex Needs Parent Support](#)
- [AFABC - Adoptive Parents of Indigenous Children](#)
- [AFABC: LGBTQIA2S+ Adoptive Parents Support Network, BC](#)

Facebook Live archive

We're thrilled to host bi-monthly Facebook lives with adoption experts to answer all the questions you may have. Topics range from FASD, changing trends in adoption, inclusive education, transitioning and welcoming your child home, and many more!

Find them online here: facebook.com/bcadopt/videos

Adoption Monthly

Our email newsletter full of events, community news, and adoption stories, as well as occasional other updates from AFABC.

Sign up today at: bcadoption.com/enews



bcadoption.com



info@bcadoption.com



[@bcadopt](https://www.instagram.com/bcadopt)

About this guide



Welcome to our updated Regional Resource Guide! We're gone through and updated the guide with new additions (look for the ***new*** marker), and corrections. This guide is split into five sections: provincial, Coast/Fraser, Kootenays/Thompson-Cariboo/Okanagan, North, and Vancouver Island. This guide focuses on community resources and not-for-profit organizations.

All the links in this guide are clickable! Go directly from this PDF to the website mentioned.

While we've worked hard to find resources in all the regions, we're sure there are some great ones we missed. If you know of a great resource we should include please email us at communications@bcadoption.com and we can look into it. This guide will be updated periodically.

Please note that AFABC does not in any way favour or promote these individuals, groups, or organizations, nor does AFABC endorse any programs, or services that they may provide. AFABC also does not endorse any information that they may distribute. AFABC has not verified the quality of any of these individuals, clinics or agencies, or the credentials of their staff. **We have compiled this list of groups and organizations for your information and to assist you in finding resources.** It is up to you to determine which resource works best for you.

For more than 40 years, AFABC has offered personalized supports, education, resources, family events, and opportunities to connect with others. We know there is no simple blueprint to being a family. We're here for you at **every stage of your journey.**



Provincial

AFABC resources

Adoption Basics

bcadoption.com/abasics

Adoption Basics is an online presentation that answers your top questions about adoption. You'll learn about the adoption programs in BC, the adoption process, and have a chance to reflect on your motivations to adopt.

You can do this presentation any time, at your own pace.

AgedOut.com

AgedOut.com

AgedOut.com is for young adults who were in government care in BC. It's an up-to-date warehouse of information on resources and services available to young adults and a learning tool to help people feel empowered as they leave care.

Education

bcadoption.com/education

Education supports and strengthens families throughout

the adoption journey. Whether you are thinking about adopting, are already parenting, or are a professional in the field, there are courses designed with you in mind. Complete your mandatory adoption education program, participate in one of our online workshops, or view an on-demand webinar—all online!

Online resource centre

bcadoption.com/resources

Our online resource centre is designed to provide adoptive families and adoption professionals access to in-depth information on adoption issues and parenting.

Online support

bcadoption.com/online-support

We host online Caring for Children with Complex Needs, Waiting Parents, Peer Networking for Parents groups, have five Facebook support groups, and are available for online chat.

We also host a range of online Family Events.

Adoption and fostering

New Adoption Centre of BC
adoption-bc.com | 1.800.935.4237

The Adoption Centre of British Columbia is a government-licensed, BC adoption agency providing adoption services throughout BC. They are part of a non-profit society, KCR Community Resources, in the Family and Adoption Services department. They are designated and approved as a competent authority under the Hague Convention on International Adoptions.

Their offices are located in Kelowna, but they serve families throughout BC.

New Akoma Vancouver
facebook.com/akomavancouver

Akoma is a volunteer-run, anti-racist, group for families with

black children, through adoption or by birth, that meets in person monthly. One of the key aims of Akoma is to connect children of African heritage and raise awareness.

***New* BC Foster Parents Association (BCFPA)**

bcfosterparents.ca | 800.663.9999

BCFPA is a provincial organization for foster parents, run by foster parents. They aim to bring together foster caregivers, social workers and other stakeholders working to continuously improve the standard of care for children in our province. For over 50 years, they have consulted about the revision and development of policy and practice within BC's child welfare sector.

***New* Child and Youth Permanency Council of Canada**
adoption.ca | 613.680.2999

The Child and Youth Permanency Council of Canada is a national voice advocating for a permanent supported family for every waiting child and youth in Canada. They support and encourage people along their adoption journey, connecting them to the families and resources they need.

***New* Families with Children from China (FCCBC)**
fccbc.ca

The FCCBC is a network for families in BC that have adopted

children from China. They provide a peer group from children and parents, plan events reflecting the culture of their children's birthplace, provide information and educate about adopting from China, and more!

***New* Federation of BC Youth in Care Networks (FBCYICN)**
fbcyicn.ca | 604.527.7762

The FBCYICN is a youth-driven, peer-based, provincial non-profit organization dedicated to improving the lives of young people in and from care in BC between the ages of 14 and 24.

Their programs create a safe space for youth to come together, build connections, identify challenges and feel at home.

***New* Forget Me Not Family Society**
adoptioncircles.net

The Forget Me Not Family Society is an Adoption Reunion Support Network in the Metro Vancouver area. You will find others who understand what it means to be adopted or to have relinquished a child to adoption. People who "get it" because they've walked in your shoes.

Found Families
foundfamilies.com

Found Families is an organization that provides free family photography sessions, through a

network of volunteers, to families that have recently adopted a child.

Their goal is to help families mark and celebrate this milestone of adoption.

***New* Harambee Cultural Society**
harambee.americommerce.com

The purpose of Harambee Cultural Society is to celebrate the value of transracial families and mitigate the challenges faced by transracially adopted children.

***New* North American Council on Adoptable Children (NACAC)**
nacac.org

NACAC works to ensure all children in foster care have permanent, loving families and adoptive families have the support they need.

***New* Origins Canada**
originscanada.org | 416.400.5730

Origins Canada is a 100% volunteer-run non-profit organization serving people across Canada who have been separated from family members by adoption.

***New* Sunrise Family Services Society**
sunriseadoption.com | 1.888.984.2488

Sunrise Family Services Society is an Accredited Body under the Hague Adoption Convention

and a BC government-licensed adoption agency with offices located in Vancouver and Victoria. They deliver services throughout the province and can help women across Canada wishing to place their child for adoption in BC. Wherever you live their counsellors can assist you to understand adoption rules and processes.

***New* Transracial Adoptee Community (TAC)**

facebook.com/groups/246577889870838/

The TAC is committed towards building community for transracial adoptees in Canada.

TAC is inclusive to all transracial adult adoptees and currently has members of Chinese, Vietnamese, and Korean descent as well as Chinese adoptees adopted by Chinese families.

***New* We Are Adopted**

weareadopted.ca

We Are Adopted is a not-for-profit organization which is dedicated

to serving and forwarding the interests of adopted people of all ages.

Education

Pivot Point Family Growth Centre Inc.

pivotpoint.ca | 1.866.531.4544

Through Distributed Learning, Pivot Point provides a wide range of educational services to students from pre-school through post-secondary and University.

Teacher's Tutoring Service (TTS)

tutor.bc.ca | 604.730.3410

TTS' mandate is to provide students with one-to-one professional tutoring of a consistently high standard at a reasonable rate. All TTS tutors are qualified teachers.

Families

BC Council for Families (BCCF)

bccf.ca | 604.678.8884

BCCF develops and delivers family support resources and training programs to professionals

across the province that focus on prevention, inclusiveness, and building skills and confidence.

They support families and family service practitioners by sharing knowledge and building community connections.

***New* Child and Youth Mental Health (CYMH)**

gov.bc.ca/gov/content?id=2A94E68296D14113970C05B4257E8099

MCFD's CYMH teams are located across BC and provide a range of mental health assessment and treatment options for children and youth (0-18 years of age) and their families at no cost. Their clinics are staffed by mental health clinicians, psychologists, and psychiatrists.

***New* Child Care Resource and Referral Centres (CCRR)**

gov.bc.ca/gov/content?id=C8E1FA43F2124103B2B9B158F97473F1

CCRR centres make it easier for families to find and access responsive and inclusive quality

DID YOU KNOW?

AFABC publishes resource guides and infographics on a wide range of adoption-related topics—all for free! Check out our guides on Adoption & permanency 101, School and adoption, and more!

Our infographics are handy printables that briefly cover topics like Adopt BC Kids: Adoption from foster care, Adoption for family and friends, Adoption-friendly family trees, and more!

All available for free here: bcadoption.com/publications.



licensed and registered child care by providing information, support, resources and referral services to parents and child care providers across the province.

Family Support Institute of BC
familysupportbc.com |
 1.800.441.5403

The Family Support Institute assists and supports families who have a family member with a disability.

***New* Justice Access Centres**
gov.bc.ca/gov/content/justice/about-bcs-justice-system/jac

The Justice Access Centres are the place to come when you need help with family and civil law issues that affect your everyday life, such as separation or divorce, income security, employment, housing or debt. They offer a range of information and services designed to help people find an early and affordable solution.

***New* StrongStart BC**
gov.bc.ca/gov/content/education-training/early-learning/support/programs/strongstart-bc

StrongStart BC programs provide rich learning environments designed for early learning development—language, physical, cognitive, social, and emotional. Qualified early childhood

educators lead learning activities where children find opportunities to make friends and interact with others of similar ages.

Participate with your young child (aged birth to five) in play-based early learning activities—including stories, music and art. At no cost to families, this early learning drop-in program helps prepare children for success in Kindergarten.

Health/wellness/ mental health

British Columbia Schizophrenia Society (BCSS)
bcss.org | 1.888.888.0029

BCSS 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. They 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.

FamilySmart Together
familysmart.ca | 1.855.887.8004

FamilySmart® comes alongside young people and families to provide support, navigation assistance, and information, and then invites them and

professionals to come together to learn with and from each other to enhance the quality of experiences and services for child and youth mental health.

HealthLink BC
healthlinkbc.ca | 8-1-1

HealthLink BC provides reliable non-emergency health information and advice in BC. Information and advice are available by telephone, their website, a mobile app, and a collection of print resources.

Kelty Mental Health Resource Centre
keltymentalhealth.ca |
 1.800.665.1822

Helping families across the province navigate the mental health system, listen and offer peer support, and connect them to resources and tools.

***New* National Overdose Response Service (NORS)**
nors.ca | 888-688-6677

NORS is an overdose prevention hotline for Canadians providing loving, confidential, nonjudgmental support for you, whenever and wherever you use drugs.

***New* Shapedown BC**
bcchildrens.ca/our-services/clinics/shapedown-bc | 604.875.2345 ext. 5984

The Shapedown BC program is a family-centred healthy lifestyles



program for children, teens and their families. There are no diets.

Sources Community Resources sourcesbc.ca | 604.531.6226

Sources Community Resources Society is an internationally-accredited, community-based non-profit organization. They have been providing help, encouragement and hope for individuals and families in White Rock, Surrey, Delta, Langley, Prince George, Parksville, and beyond for over 40 years.

Indigenous

New BC Association of Aboriginal Friendship Centres (BCAAFC) bcaafc.com | 250.388.5522

The BCAAFC is the umbrella association for the 25 Friendship Centres throughout BC. They work collaboratively with its member centres and partners to support urban Indigenous people as they realize their vision of health, wellness, and prosperity.

First Nation Health Authority (FNHA) fnha.ca | 1.866.913.0033

The FNHA is responsible for planning, designing, managing

and funding the delivery of First Nations health programs across BC.

Guide to Indigenous organizations and services gov.bc.ca/gov/content?id= 81317D590523458781D84 74FF658C47B

This guide is a resource listing of Indigenous community-based services and organizations.

The guide provides other community service organizations, government ministries and agencies, and non-Indigenous citizens an insight into the scope of Indigenous services and organizations offered in BC.

New Indigenous Caregivers of BC fostercaregiversbc.ca | 250.857.4969

Indigenous Caregivers of BC supports the unique needs of caregivers of Indigenous children, and Indigenous communities with targeted development, recruitment, and training of Indigenous caregiver families with the PRIDE model of practice.

New Indigenous Child & Youth Mental Health (CYMH) Services gov.bc.ca/gov/content?id =0BEBDD31C7FD44D78A58D012 651904D7

Indigenous CYMH Services offers free mental health and wellness services for Indigenous children,

youth, and their families. They strive to offer services that are respectful of your culture and traditions, as well as respect traditional healing.

New Indigenous Perspectives Society: Centre of Excellence in Community Education (IPS) ipsociety.ca | 250.391.0007

IPS offers specialized training programs and services supporting Indigenous children, youth, families and businesses. IPS also provides consulting services strongly grounded in Indigenous worldviews.

Jordan's Principle canada.ca/jordans-principle | 1.855.572.4453

Jordan's Principle makes sure all Indigenous children living in Canada can access the products, services, and supports they need, when they need them.

Funding can help with a wide range of health, social, and educational needs, including the unique needs of children and youth who are Indigenous, belong to the LGBTQ2S+ community, or who have disabilities.

New National Association of Friendship Centres (NAFC) nafc.ca | 877.563.4844

The NAFC represents over 100 Friendship Centres and Provincial/Territorial Associations (PTAs)



from coast-to-coast and make up the Friendship Centre Movement (FCM).

The NAFC seeks to: be a central, unifying body for the FCM; to promote and advocate the concerns of our Member Friendship Centres and PTAs; and to provide important urban Indigenous perspectives to: municipal, provincial, and federal governments, and non-Indigenous civil society organizations.

Métis Community Services of BC (MCSBC)

mcsbc.org | 250.868.0351

MCSBC has a mandate from Métis citizens to provide integrated, holistic, family-centered, wraparound services to all those who need assistance, with special emphasis on Indigenous populations—specifically Métis.

Métis Nation BC (MNBC) | Ministry of Children and Families

mNBC.ca/mNBC-ministries/children-and-families/ | 1.800.940.1150

MNBC’s Ministry of Children and Families supports the delivery of

the best services to Métis children and their families in BC.

LGBTQ2S+

***New* LGBT National Help Center**
glbthotline.org | National Hotline 888-843-4564 | Youth Talkline 800-246-7743

LGBT National Help Center is a non-profit organization that provides vital peer-support, community connections and resource information to people with questions regarding sexual orientation and/or gender identity.

They operate the LGBT National Hotline, the LGBT National Youth Talkline, and the LGBT National Senior Hotline as well as one-to-one online chat, that helps both youth and adults with coming-out issues, safer-sex information, school bullying, family concerns, relationship problems, and more.

Pflag Canada

pflagcanada.ca | 1.888.530.6777

Pflag Canada is a national charitable organization, founded by parents who wished to help themselves and their family members understand and accept their LGBTQ2S+ children.

Pride Education Network
pridenet.ca

The Pride Education Network is a small group of committed educators who have been responsible for the initiation, development, implementation, and advocacy of numerous resources, workshops, policies, and actions in BC, across Canada, and even internationally.

QMUNITY

qmunity.ca

Prideline (Gay and Lesbian Helpline) | Monday to Friday 7am - 10pm) 1.800.566.1170 | Vancouver: 604-684-6869

QMUNITY is a non-profit organization based in Vancouver,



that works to improve queer, trans, and Two-Spirit lives. They provide a safer space for LGBTQ2SAI+ people and their allies to fully self-express while feeling welcome and included.

They also host Prideline, a helpline for LGBTQ2SAI+ people.

Trans Care BC

phsa.ca/transcarebc | 1.866.999.1514

Trans Care BC supports the delivery of equitable and accessible care, surgical planning, and peer and community support for trans people across the province.

Trans Lifeline

translifeline.org | 877.330.6366

Trans Lifeline supports a hotline and provides micro-grants, offering direct emotional and financial support to trans people in crisis.

Trans Rights BC

transrightsbc.ca

This project aims to disseminate human rights information that is accurate, accessible, and relevant to the safety and well-being of trans and gender-diverse individuals and their supportive allies across BC.

Special needs

Asante Centre

asantecentre.org | 1.877.327.71011

The Asante Centre staff address

stressors that can affect development during the periods of pre-conception, pregnancy, and early childhood. Specifically, they specialize in working with families affected by fetal alcohol spectrum disorder (FASD), autism spectrum disorder (ASD), and neuro-developmental disorder related to a complex range of stressors.

AutismBC

autismbc.ca | 1.888.437.0880

AutismBC empowers, supports, and connects the autism community in BC. AutismBC is a non-profit and registered charity that encourages the inclusion and acceptance of the entire autism community.

New BC Association for Child Development and Intervention (BCACDI)

bcacdi.org | 250.826.6683

The BCACDI is a provincial association of agencies that provide child development and therapy services to children and youth with special needs and their families in BC.

Canucks Autism Network (CAN)

canucksautism.ca | 604.685.4049

CAN is dedicated to providing programs to individuals with autism and their families, while promoting acceptance and inclusion through community engagement and training initiatives across BC and beyond.

Community Living BC (CLBC)

communitylivingbc.ca/contact/local-offices | 1.877.660.2522

CLBC is the provincial crown corporation that funds supports and services for adults with developmental disabilities, as well as individuals who have a diagnosis of ASD or FASD and who also have significant difficulty doing things on their own.

Child Development Centres

Find individual centres in your community by searching online.

Child Development Centres exist throughout the province and offer a variety of services including, but not limited to, specialized daycares, skills respite programs, Circles of Security, sensory rooms, and more. They vary by location.

GIRLS CLUB

ingirlsclub.com

GIRLS CLUB is a club for girls with autism and neuro-developmental differences—similar to brownies or guides. Girls Club is also open to trans girls and non-binary kids

Special Olympics BC

specialolympics.ca/british-columbia | 1.888.854.2276

Special Olympics athletes find joy, confidence, and fulfillment—on the playing field and in life. They also inspire people in their communities and elsewhere to



open their hearts to a wider world of human talents and potential.

Special Needs Supports for Families

gov.bc.ca/gov/content?id=8FD89901BF1D4DEDA73BA2284FE328B2

Resources from the Government of BC, including the Provincial Assessment Centre (PAC) Community Living and BC Assessment Centre (CLBC).

Youth

Boys & Girls Club

bgccan.com

Tailored to the needs of communities across the country, the Boys & Girls Clubs national programs tackle relevant social issues, encourage and empower children and youth, and help them set a path for success.

***New* Camp Moomba**
youthco.org/moomba | 604.688.1441

Camp Moomba is a peer support and education program for youth living with, and affected by, HIV in BC. It is a life-changing program

where campers (aged 6 - 17) get to spend a week together in a community where HIV doesn't have to be a secret, and kids can be kids.

Child and Youth Mental Health (CYMH) Walk-in Intake Clinics

gov.bc.ca/gov/content?id=7A47F63419D248FABE810E421BFD4D21

Children and youth can access free and voluntary community-based mental health supports and services in BC—CYMH teams currently have about 100 walk-in intake clinics for children, youth, and their families at convenient locations throughout BC.

Kids Help Phone

kidshelpphone.ca | 1.800.668.6868

Kids Help Phone is Canada's only 24/7, national support service. They offer professional counselling, information and referrals, and volunteer-led, text-based support to young people in both English and French.

apps.kidshelpphone.ca/resourcesaroundme/welcome.html

The second link is a great way to find more resources for youth.

Foundry

foundrybc.ca | 1.833.308.6379

Foundry offers people ages 12-24 health and wellness resources, services, and supports—online and through integrated service centres in communities across BC.

New Peak House

peakhouse.ca | 604.253.2187

Peak House is a voluntary, ten-week, live-in, treatment program for youth experiencing problems with drugs, including alcohol. They operate within the harm reduction spectrum with a trauma informed, client centred, and social justice framework.

The Representative for Children and Youth (RCYBC)

rcybc.ca | 1.800.476.3933

Since 2007, the RCYBC has supported BC's young people and their families in dealing with the provincial child and youth welfare system.

RCYBC also provides oversight to this system and makes recommendations to improve it.

Transition planning for youth and young adults

gov.bc.ca/gov/content?id=DF198B36936A4D9C8896C6331301E490

If you're a young person with a developmental disability, moving to adulthood can be a challenge. A Navigator can help you and your family with the transition.

Youth in BC chat

youthinbc.com | Find the number in your area on their website

24-hour crisis centre call lines and live online chat throughout BC. Connects youth with support, information, and resources.

New Youthspace.ca

youthspace.ca | Text: 778.783.0177

Youthspace.ca is an online crisis and emotional support chat service. They listen without judgment and keep chats confidential and anonymous.

Other resources

bc211

chat.bc211.ca | 2.1.1 (call or text)

BC211 is a non-profit society that connects people to community, health and government resources for help, where and when they need it. They deliver information and referral services for community and government program.

Big Brothers Big Sisters of Canada

bigbrothersbigsisters.ca

Big Brothers Big Sisters enables life-changing mentoring relationships to ignite the power and potential of young people.

New Food Banks Canada

foodbanksCanada.ca/utility-pages/find-a-food-bank

Food Banks Canada is dedicated to helping Canadians living with food insecurity. Their work is focused on maximizing collective impact, strengthening local capacity, and reducing the need for food banks. Find a Food Bank in your area via the link here.

Help for youth and their families

gov.bc.ca/gov/content/family-social-supports/youth-and-family-services/help-for-youth-and-their-families

Resources from the Government of BC for supporting youth with mental health and their families.

Parent Support Services Society of BC (PSS)

parentsupportbc.ca | 1.877.345.9777

PSS offers parenting programs and resources for parents and grandparents across the province of BC. They have specific resources for grandparents raising grandchildren.

New Pacific Post Partum Support Society

postpartum.org | 1.877.345.9777

Telephone support for women, and their families, who are experiencing depression/anxiety/adjustment during pregnancy and/or after the birth or adoption of a child.

Trained facilitators lead groups for mothers, offer lectures and training programs for interested groups and professionals.

New Recreational Respite

recrespite.com/british-columbia/

Recreational Respite works with individuals with disability or mental health and their families who face barriers to participation and social connectivity, in their community.

YMCA

ymca.ca

YMCA programs are offered at more than 1,700 locations across Canada and help people become healthier in spirit, mind, and body.



NEW

FIND YOUR LOCAL NEIGHBOURHOOD HOUSE

Neighbourhood Houses are place-based organizations that focus on a specific community. They offer a range of services for families, children, youth, and seniors.

Associations:

Association of Neighbourhood Houses of BC (ANHBC) Metro Vancouver
anhbc.org | 604.875.9111

Coalition of Neighbourhood Houses Capital Region Vancouver Island
cnhcr.ca | 604.875.9111

Neighbourhood Houses:

Alexandra Neighbourhood House Semiahmoo Peninsula neighbourhood (Surrey)
alexhouse.net | 604.535.0015

Beacon Community Services Southern Vancouver Island and the outer Gulf Islands
beaconcs.ca | 250.658.6407

Burnaby Neighbourhood House Burnaby neighbourhood
burnabynh.ca | South Burnaby House: 604.431.0400 | North Burnaby House: 604.294.5444

Burnside Gorge Community Association Burnside Gorge neighbourhood (Vancouver Island)
burnsidegorge.ca | 250.388.5251

Cedar Cottage Neighbourhood House Kensington/Cedar Cottage neighbourhood (Vancouver)
cedarcottage.org | 604.874.4231

Collingwood Neighbourhood House Renfrew-Collingwood neighbourhood (Vancouver)
cnh.bc.ca | 604.435.0323

Esquimalt Neighbourhood House Esquimalt (Vancouver Island)
enh.bc.ca | 250.385.2635

Fairfield Community Association Fairfield Gonzales neighbourhood (Vancouver Island)
fairfieldcommunity.ca | 250.382.4604

Fernwood Neighbourhood Resource Group Society Fernwood neighbourhood (Vancouver Island)
fernwoodnrg.ca | 250.381.1552

Downtown Eastside Neighbourhood House Downtown Eastside neighbourhood (Vancouver)
dtesnhouse.ca | 604.215.2030

Frog Hollow Neighbourhood House Hastings-Sunrise neighbourhood (Vancouver)
froghollow.bc.ca | 604.251.1225

Gordon Neighbourhood House West End neighbourhood (Vancouver)
gordonhouse.org | 604.683.2554

James Bay Community Project James Bay neighbourhood (Vancouver Island)
jbcpc.bc.ca | 250.388.7844

Kitsilano Neighbourhood House Kitsilano, Dunbar, Arbutus Ridge and Point Grey neighbourhoods (Vancouver)
kitshouse.org | 604.736.3588

Kiwassa Neighbourhood House East Vancouver neighbourhood (Vancouver)
kiwassa.ca | 604.254.5401

Little Mountain Neighbourhood House Riley Park-Little Mountain neighbourhood (Vancouver)
lmnhs.bc.ca | 604.879.7104

Marpole Neighbourhood House Marpole neighbourhood (Vancouver)
marpolenh.org | 604.628.5663

Mount Pleasant Neighbourhood House Mount Pleasant neighbourhood (Vancouver)
mpnh.org | 604.879.8208

North Shore Neighbourhood House North Vancouver neighbourhood
nsnh.bc.ca | 604.987.8138

Oak Avenue Neighbourhood Hub Society Whalley, St Helen's Park, and Cedar Hills neighbourhoods (Surrey)
oanh.ca | 604.582.7088

Oaklands Neighbourhood House Oaklands, Victoria neighbourhood (Vancouver Island)
oaklands.life | 250.370.9101

Quadra Village Community Centre Hillside Quadra neighbourhood (Vancouver Island)
qvcc.ca | 250.388.7696

Saanich Neighbourhood Place Saanich and the surrounding neighbourhoods (Vancouver Island)
snplace.org | 250.360.1148

Sasamat Outdoor Centre Metro Vancouver
sasamat.org | 604.939.2268

Sooke Family Resource Society Southern Vancouver Island
sfrs.ca | 250.642.5152

South Vancouver Neighbourhood House South Vancouver neighbourhood
southvan.org | 604.324.6212



Coast/Fraser

Families

***New* Archway Community Services** *Abbotsford, Mission, Chilliwack, Langley*
archway.ca | 604.859.7681

Archway Community Services offers 90+ programs for community members in Abbotsford, Mission, Chilliwack, and Langley.

Their programs range from addiction centres, to food security services; from mental health assistance, to parenting programs; and more!

***New* The Children's Foundation** *Lower Mainland*
childrens-foundation.org | 604.434.9101

The Children's Foundation aims to improve lives by helping children and their families navigate complex challenges. They offer programs such as intensive programs for children ages 6 to

12 with complex needs, various Respite programs, childcare services, and more.

Deltassist Family and Community Services Society *North Delta, Ladner, Tsawwassen*
deltassist.com | 604.594.3455

Deltassist Family and Community Services Society offers counselling and community-building in the form of workshops, events, senior support, outreach programs, and information services.

***New* Eastside Family Place (ESFP)** *Vancouver*
eastsidefamilyplace.org | 604.255.9841

ESFP offers a comprehensive range of family support programs. Their programs assist parent and caregivers and provide resources and activities that promote children's healthy development and early learning.

Parenting education, workshops,

and early-learning programs are designed to educate, inform, support, inspire and provide you with practical parenting tools and resources.

***New* Family Services of Greater Vancouver (FSVG)** *Metro Vancouver*
fsgv.ca | 604.731.4951

In delivering more than 50 programs, services, and workshops across Greater Vancouver, FSVG helps people develop skills and knowledge, and empowers clients to create positive change in their lives.

From youth experiencing homelessness to families impacted by trauma, their highly trained counsellors, therapists, and staff approach every person with compassion to solve even the most complex challenges.

Locations: Vancouver (E. Broadway and Fraser Street), New

Westminster, Richmond, and Surrey.

***New* Hollyburn Family Services** *Metro Vancouver*
hollyburn.ca | 604.987.8211

Hollyburn provides a range of professional counselling services to individuals, couples and families, supports families of children with Autism Spectrum Disorder and other pervasive developmental disorders, provides residential care for children and adults with developmental disabilities and mental health challenges, and offers training and support to foster parents and extended families.

***New* Langley Children Committee** *Langley*
langleychildren.com

The Langley Children Committee a collaborative partnership of public and non-profit agencies operating in Langley on behalf of children aged 0-12 years.

They offer fun, social, and educational events targeted towards families. They also have many support based events and programs.

***New* Marpole Oakridge Family Place (MOFP)** *Vancouver*
mofp.org | 604.263.1405

MOFP offers a full range of programming providing education, support, and fun for parents and caregivers of children

aged infant to six years old. MOFP also provides Literacy programs and programs for Seniors, and Vulnerable Adults.

***New* Mission Community Services** *Mission*
missioncommunityservices.com | 604.826.3634

Mission Community Services runs the Mission Child Care Resource and Referral (CCRR), Family Place, Family Services, Youth services, and Food Centre and Christmas Bureau.

***New* Sunshine Coast Community Services Society (SCCSS)** *Sunshine Coast*
sccss.ca | 604.885.5881

The SCCSS provides services through more than 30 programs all along the Coast in four key areas: Community Action and Engagement; Together Against Violence; Child and Family Counselling; and Family, Youth and Children's Services.

Their programs support pregnant moms and new parents, families, children, youth, adults, and seniors through crisis response, support programs, housing, and advocacy.

Pacific Community Resources Society (PCRS) *Lower Mainland*
pcrs.ca | Head office: 604.412.7950 | Fraser regional office: 604.951.4821

PCRS has a 36-year history of providing a breadth of quality, accredited social services

across BC, including: education, employment, housing, substance use, mental health, and youth and family support services.

They also have Youth Hubs in Vancouver: the Broadway Youth Resource Centre: 604.709.5720 | byrc@pcrs.ca and Surrey: City Centre Youth Hub: 604.587.8100 | ccyh@pcrs.ca and Newton Youth Hub: 604.592.6200 | nyrcreception@pcrs.ca.

***New* Sea to Sky Community Services Society (SSCS)** *Sea to Sky Corridor*
sccs.ca | Squamish: 604.892.5792 | Pemberton: 604.894.6101

SSCS provides over 40 social service programs, which strengthen individuals and build healthier communities throughout the Sea to Sky Corridor.

Their programs range from Childcare and Child Development to Family and Parenting and Youth Services.

***New* SHARE Family & Community Services Society (SHARE)** *Tri-Cities and New Westminster*
sharesociety.ca | 604.540.9161

SHARE is a non-profit, independent, community based organization providing leadership and programs.

They run programs for children, youth, adults, and seniors, as well as the SHARE Food Bank.

***New* South Vancouver Family Place (SVFP)** *Vancouver*
southvancouverfamilyplace.org | 604.325.5213

The SVFP's mission is to support families with young children in building healthy relationships and community networks, by providing services and programs in a welcoming, nurturing and respectful environment.

They offer a Family Drop-In Program, Parenting Education and Literacy, Adult/Family Support, Food Security and Garden, and Kids Care Preschool.

***New* West Side Family Place** *Vancouver*
westsidefamilyplace.com | 604.738.2819

West Side Family Place serves as a welcoming meeting place for parents, caregivers, and young children.

They offer Play and Learn programs, Parenting Education, 1:1 Parenting Support, and other resources to support families.

Health/wellness/ mental health

Raven Song Community Health Centre *Vancouver*
vch.ca/locations-services/result?res_id=1365 | 604.709.6400

Raven Song Community Health Centre offers a range of health

care services for people of all ages. They provide public and community health services, mental health and addiction services, speech therapy, home health services, youth health services, and nutrition services that include public health dietitian, home health dietitian, and ambulatory nutrition care.

The Centre works with community organizations and health care providers, such as your family doctor, to keep you and your community healthy.

REACH Community Health Centre *Vancouver*
reachcentre.bc.ca | 604.251.3000

REACH is a community health centre located in East Vancouver that provides medical, dental, and multicultural services addressing the social determinants of health to the residents of the Grandview-Woodland Area.

Indigenous

Ayas Menmen Child and Family Services *Squamish*
squamish.net/child-family-services/ | 604-985-4111

The purpose of the Ayas Menmen Child and Family Services department is to protect and strengthen the family and to provide peace to the children of Squamish Nation. This is achieved by ensuring that children have safety, protection, security, love,

guidance, spirituality, harmony, healing, and respect in their lives. Child and Family Services equips children and their families with life skills, education, and training in the Squamish language, cultural, social, and family tradition.

***New* Fraser Valley Aboriginal Children and Family Services Society (FVACFSS)** *Fraser Valley*
fvacfss.ca | 604.858.0113

Fraser Valley Aboriginal Children and Family Services Society (FVACFSS) is a fully delegated Aboriginal child welfare agency providing culturally appropriate and holistic services through prevention, community development and child welfare programs to Aboriginal (Status, Non-Status, On Reserve, Off Reserve, Stó:lō and other First

DID YOU KNOW?

The Education department at AFABC recently released our first podcast!

Tune in to hear from Isla, a birth mom; Sam, an adoptee; and Thomas, an adoptive dad. This three-part podcast follows the experience of each character as they navigate their way through placement day.

LISTEN HERE

bcadoption.com/podcasts

Nation, Inuit, and Métis) children, youth and their families residing throughout the Fraser Valley.

***New* Heiltsuk Kaxla Child and Family Services (HKS)** *Bella Bella*
kaxla.org | 604.636.1864

HKS is a non-profit delegated Aboriginal agency that provides voluntary child and family support services in Bella Bella, on the Central Coast of BC.

Metro Vancouver Indigenous Services Society (MVISS)

Metro Vancouver
mviss.ca | 604.255.2394

MVISS provides culturally diverse support services creating a safe and caring environment for people to connect with self and community by healing their trauma to achieve physical, mental, emotional, and spiritual wellbeing grounded in Indigenous wisdom and resilience.

Métis Family Services

Metro Vancouver
metisfamilyservices.ca | 604.584.6621

Métis Family Services is delegated under the Child Family and Community Services Act to provide child protection and family support services to Métis children and families living in the Surrey, Delta, White Rock, and Ladner area; and guardianship, adoption, and resources services to Métis children and

youth placed in foster homes throughout Metro Vancouver.

***New* Spirit of the Children Society** *Metro Vancouver*
sotcs.ca | 866.209.6538

At the Spirit of the Children Society, is dedicated to make positive changes with a vision of family health, community well-being, and cultural prosperity.

They offer children, youth, adult, family, and housing support programs.

***New* Tla'amin Health**
Powell River
tlaaminhealth.com | 866.209.6538

Tla'amin Health provides a full range of primary, secondary, and tertiary health services for community members living within the Tla'amin Nation and to First Nations people in the remote coastal communities in the Powell River area.

As well as health services, they also offer Child, Youth, and Family Services; Traditional Wellness; Early Childhood Development; and more.

Vancouver Aboriginal Friendship Centre Society (VAFCS) *Vancouver*
vafcs.org | 604.251.4844

VAFCS is a charitable organization and emphasizes the philosophies and values of varied Indigenous culture and traditions. VAFCS

helps children, youth, families, adults, and elders maintain their Indigenous cultural ties through various programs and traditional community activities. VAFCS helps Indigenous people access education, housing needs, and support for families. The centre strives to provide holistic and cultural services to all of its community members.

Vancouver Aboriginal Child and Family Services Society (VACFSS) *Vancouver*
vacfss.com | 604.872.6723

VACFSS offer a full spectrum of services encompassing Family Reunification and Preservation, Guardianship, Child Protection, and Residential Resources.

***New* Vancouver Aboriginal Health Society**
Metro Vancouver
vahs.life | 604.254.9949

Vancouver Aboriginal Health Society's mission is to improve and promote the physical, emotional, and spiritual health of individuals,



focusing on the urban Indigenous community in Metro Vancouver.

They offer a range of programs including Family Support Workers, FASD Supported Circle Program, Aboriginal Infant Development Program, and more.

LGBTQ2S+

Fraser Valley Youth Society (FVYS) *Fraser Valley*
fvys.ca | 604.200.3203

The main focus of FVYS is to support LGBTQ2S+ and Allied youth in the Fraser Valley. They connect youth to their peers, their communities, and provide supportive and inclusive help where needed.

Generation Out *Maple Ridge, Pitt Meadows, Tri-Cities*
plea.ca/youth-programs/peer-support/gen-out/ | Maple Ridge/
Pitt Meadows: 604.708.2648 |
Tri-Cities: 604.708.2632

Generation Out drop-in groups are for youth who are lesbian,

gay, bisexual, transgender, two-spirited, or questioning.

PROUD2BE LGBTQ2S+ Support | Family Services North Shore *North Shore*
familyservices.bc.ca/find-support/lgbtq2s-support/ | 604.988.5281
ext. 226

Those who identify as LGBTQ2S+ need a safe place to talk about how that feels—and how hard it can be sometimes. That is why Family Services North Shore created their PROUD2BE programs.

They hold a yearly PROUD2BE conference as well as drop in groups for both youth and parents.

Special needs

***New* inclusion Powell River** *Powell River*
inclusionpr.ca | 604.223.8253

From babies and children at risk of developmental delay, to adults with developmental disabilities living in community, to seniors who want to continue living independently, their programs and services are geared towards creating space for everyone to participate and feel included in their community.

***New* Kinsight** *Tri-Cities and area*
kinsight.org | 604.525.9494

Kinsight works alongside families of children, youth, and adults with developmental delays and

disabilities to set and achieve goals that will increase opportunities for growth, development and greater independence.

They serve the communities of New Westminster, Coquitlam, Port Coquitlam, Port Moody, Anmore and Belcarra.

***New* Pony Pals Therapeutic Riding Association** *Delta*
ponypals.org | 604.590.0097

Pony Pals has been serving the needs of riders in the communities of Delta, Surrey, and surrounding areas since 2009. They are known for their friendly family atmosphere, superb coaching, a great safety record, and user-friendly horses.

***New* Richmond Therapeutic Riding Association (RTR)** *Richmond*
richmondtherapeuticriding.com |
604.241.7837

The RTR provides a quality therapeutic horseback riding program for children and youth with disabilities in order to promote physical, social, and psychological well being.

***New* Southlands Therapeutic Riding Society (STaRS)** *Vancouver*
southlandstherapeuticriding
society.ca | 604.837.2042

STaRS is a registered, non-profit charity that provides therapeutic equestrian opportunities for





individuals living with physical, developmental, cognitive, and/or mental health challenges.

Sunny Hill Health Centre

Metro Vancouver
bcchildrens.ca/our-services/sunny-hill-health-centre | 604.453.8300

Sunny Hill Health Centre provides specialized developmental assessments and rehabilitation services for children, youth, and their families.

***New* The Centre for Child Development** *South Fraser*
the-centre.org | 604.584.1361

The Centre for Child Development of the Lower Mainland works to overcome societal barriers for those with disabilities and empower vulnerable children and families throughout the South Fraser Region.

They provide a wide range of therapeutic services to children with a range of abilities and conditions. Some of their services include Childcare and Preschool, Communication Therapy, the FASD Key Worker program, Early Years program, Eating Skills, and much more.

***New* Valley Therapeutic Equestrian Association (VTEA)** *Langley*
vtea.ca | 604.857.1267

VTEA is a CRA-registered non-profit charitable association that provides medically-approved therapeutic horseback riding and hippotherapy treatments to children and adults of varying abilities.

Youth

BC Centre for Ability *Metro Vancouver*
bc-cfa.org | 604.451.5511

The BC Centre for Ability provides community-based services that enhance the quality of life for children, youth, and adults with diverse abilities and their families.

Aunt Leah's Place *Metro Vancouver*
auntleahs.org | 604.525.1204

Aunt Leah's Place helps prevent children in foster care from becoming homeless and mothers in need from losing custody of their children. To support them on their journey to self-sufficiency, Aunt Leah's provides supported housing, job training, and coaching on essential life skills.

Burnaby Youth Hub (The Hub) *Burnaby*
burnabyyouthhub.org | 604.569.0951

The Hub is a space where youth can access a variety of programs and services to support physical, mental, and sexual health; access to education and employment; capacity building and skill development; and social engagement and empowerment.

Covenant House Vancouver *Vancouver*
covenanthousebc.org | 1.877.685.7474

Covenant House Vancouver offers a clear exit from life on the street to homeless youth. Their carefully designed Continuum of Care includes a Drop-In Centre, a 63-bed Residential Crisis Program, Mental Health Clinicians, and Life Skills training, and more.

Directions Youth Services *Metro Vancouver*
directionsyouthservices.ca | 866.249.6884

Directions Youth Services offers low-barrier programs and services to support youth under the age of 25 who are in crisis or

experiencing homelessness as a result of abuse, neglect, substance use, or mental health challenges.

Foundry: Abbotsford *Abbotsford*
foundrybc.ca/abbotsford |
 604.746.3392

A collaborative community where youth and families can learn, grow, and thrive amid life's challenges.

Foundry: North Shore (North and West Vancouver) *North Shore*
foundrybc.ca/northshore |
 604.984.5060

Foundry North Shore offers young people 12-24 access to mental health and substance use support, primary care, peer support, and social services.

Foundry: Richmond *Richmond*
foundrybc.ca/richmond |
 604.674.0550

Foundry Richmond aims to provide a welcoming, inclusive, and accessible space for young people 12-24 and their families

to find support for their wellness needs.

Foundry: Ridge Meadows
Maple Ridge, Pitt Meadows
foundrybc.ca/ridge-meadows |
 604.380.3133

Foundry Ridge Meadows offers young people 12-24 access to health and social services.

Foundry: Vancouver-Granville
Metro Vancouver
foundrybc.ca/vancouver-granville
 | 604.806.9415

Foundry Vancouver-Granville offers young people 12-24 access to mental health and substance use support, primary care, peer support, and social services.

Summit Youth Centre *Burnaby*
burnaby.ca/Things-To-Do/Community-Centres/Youth-Centres/Summit.html |
 604.268.1369

Summit Youth Centre, located in North Burnaby, is a great place for youth to enjoy computer time, games, art, and other outdoor activities. All programs are free.

Urban Native Youth Association (UNUA) *Metro Vancouver*
unya.bc.ca | 604.254.7732

UNYA strives to support Indigenous youth by providing advocacy, preventative, and support services that respond to their immediate and long-term needs.



AFABC's virtual support sessions

Waiting Parents Group:

This is for anyone from those considering adoption to those in the matching process, and meets the **3rd Monday of each month**. This is a learning and networking group, and will have themes.

Caring for Children with Complex Needs:

This is for parents of children with FASD or other complex needs and meets the **2nd Tuesday of every second month**. This is a learning group and will have themes.

Peer Networking Group:

For people who are currently parenting and looking for peer support. This group discussion runs **every 4th Thursday**.

bcadoption.com/online-support



NEW ADOPTION FUNDING

There are various resources available to adoptive families to help pay for benefits, supports, and more.

Post Adoption Assistance gov.bc.ca/gov/content?id=B8E50A16BCF24EDFB715A87406804C18

There are two programs adoptive families can apply for. One is a monthly maintenance and the other is for services. Ask your Social Worker about qualifications.

Indigenous families can apply:

The First Nations Health Authority benefits program fnha.ca

The program can cover dental, vision care, pharmacy, and more.

Jordan's Principle funding canada.ca/en/indigenous-services-canada/services/jordans-principle/submit-request-under-jordans-principle-step-1.html

Jordan's Principle responds to unmet needs of First Nations children no matter where they live in Canada.

Indigenous Services Canada (ISC) sac-isc.gc.ca

Aboriginal Legal Aid in BC
aboriginal.legalaid.bc.ca

All families can apply:

Registry of Autism Service Providers (RASP) gov.bc.ca/gov/content?id=666C07A0AC6A4456B237268D60F370BF

The RASP is a list of professionals who have the experience and education to offer programs for children with autism.

At Home Program gov.bc.ca/gov/content?id=32856CC38824450DA43C8CA5639A4AE0

The At Home Program is designed to support children and teens with a severe disability or complex health care needs.

Canadian Tire Jumpstart jumpstart.canadiantire.ca

Jumpstart helps kids overcome financial and accessibility barriers to sport and recreation in an effort to provide inclusive play for kids of all abilities.

Affordable Child Care Benefit gov.bc.ca/gov/content?id=FCC7ACF3C7BC4C0D8D56CA75D07F66E5

The Affordable Child Care Benefit is a monthly payment

to help eligible families with the cost of child care.

Early Intervention Program Early Childhood Intervention Programs gov.bc.ca/gov/content?id=D5D0929FE5F340BFB0A05825BD0E3E7A

Services for infants and young children who show signs of—or who are at risk of having—a developmental delay or disability.

Travel Assistance Program (TAP BC) gov.bc.ca/gov/content?id=73E82081B6C94982BAA90D785535EFF6

The TAP BC program helps alleviate some of the transportation costs for eligible BC residents who must travel within the province for non-emergency medical specialist services not available in their own community.

Healthy Kids gov.bc.ca/gov/content?id=C54BB1F7256944F3A0376D275D1ACBF2

The Healthy Kids Program provides coverage for basic dental treatment, optical care and hearing assistance to children in low-income families, who are not in receipt of income assistance, disability assistance or hardship assistance.

Autism funding gov.bc.ca/gov/content?id=252DFC49D4AB4F3BAEDE15EC19649C5A
Autism funding helps pay for eligible services or supports that promote skill development for children living with autism.

FASD & Key Worker Support Services bc-cfa.org/programs/fasd-key-worker-support/
Keyworkers aim to enhance and maintain the stability of families, and to support inclusion of children and youth in family, school, and community life.

Access card access2card.ca
The Access 2 card is for people of all ages and types of permanent disabilities who require the assistance of a support person at hundreds of venues across Canada.

Disability Tax Credit canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/disability-tax-credit
The DTC is a non-refundable tax credit that helps persons with disabilities or their supporting persons reduce the amount of income tax they may have.

CKNW Kids Fund cknwkidsfund.com
Provides grants for essential specialized medical equipment, therapies, and programs for at-risk youth.

Meet the Saunders family

As a toddler, Jennifer Magnuson was adopted: now, she and her wife Jenn are second-generation adoptive parents to a seven-year-old boy. Jennifer and Jenn took the time to speak with AFABC about their adoption experience.

What's your best bit of advice for families considering adopting?

Throw everything you think you know about parenting out the window and take the information you've been given through the education process with a grain of salt. Your job now is to know and understand your child(ren) and become the expert on them. Never let anyone tell you what they will/won't be capable of, they have a whole life ahead of them and with unconditional love and support they will grow to amaze you.

Can you tell us about one high point and one challenging point in your adoption experience?

A high point for us was having a cultural match. I was raised white, in a white family; we were matched

With unconditional love and support they will grow to amaze you.

with a Mi'kmaq/Métis child and are able to raise him, nurture him, learn, and grow together within our shared culture.

A challenge was definitely going through the transition process as a queer family. As an out and proud couple, it was a very challenging first year as our son learned to accept us as his.



Can you tell us a bit about your experience with the adoption process overall?

Adoption is needed and can be beautiful, the process to adopt was not in our experience. I would caution to only move forward with adoption if you have a very strong support system that are all knowledgeable of the process, people who can offer you breaks and time for self care. Move forward with a thick skin and an understanding that although the process can feel more like an interrogation process from homestudy until the final papers are complete, it's temporary.

How has AFABC made a difference to your family?

It's been a great support. It ended up giving us an amazing opportunity to meet a fellow queer adoptive mama and she and her kids have become family.

Is there anything else you'd like to add?

Our experience in adoption isn't everyone's. Even though we may not have had the best experience, it doesn't mean we wouldn't do it again. We have an amazing little boy we are lucky to call son because of adoption.



Kootenays/Thompson-Cariboo/Okanagan

Education

Adult Special Education programs—Okanagan College Okanagan
okanagan.bc.ca/Adult-Special-Education

The Adult Special Education programs at Okanagan College provide the support students need to reach their full potential. The programs are part of a life progression—integrated where possible—teaching independence and encouraging interest in a lifetime of learning and working within the community.

Insight Support Service Kamloops
insightsupportservicesandeducationprogram.ca | 250.554.0085

Insight Support Services offers

an alternative choice for students from Kindergarten to Grade 12 with social and emotional regulation challenges and diverse learning needs. It is a space for individuals and families to feel heard, understood, and valued—a safe place where we all belong.

Families

ARC Programs South Okanagan, Kootenays
arcprograms.com | 250.763.2977

ARC Programs is a multi-service community agency, based in Kelowna and operating in communities of the Central and South Okanagan Valley, as well as the Kootenays. ARC Programs is committed to providing the highest quality services, and has achieved the Accreditation of our programs by the Rehabilitation Accreditation Commission

(CARF), under the Child and Youth Services Standards.

Axis Family Resources Ltd.
North and Interior
axis.bc.ca | 1.877.392.1003

Axis Family Resources delivers community social services, specializing in providing community-based programs, resources, and opportunities for families seeking support.





***New* Cariboo Family Enrichment Centre Society (CFEC) South Cariboo**
cariboofamily.org | 250.395.5155

The CFEC offers mental health supports, family services, youth services, and early years resources and services. They also run the Raven Youth Activity Centre and other youth services.

Central Okanagan Family Hub/ Early Years Centre (COFH) Okanagan
cofh.ca | 250.826.6264

The COFH is a one-stop-shop for supports and services for families. It is a welcoming second home for families to connect with each other and to community supports.

Children's Therapy & Family Resource Centre Kamloops
kamloopschildrenstherapy.org | 1.855.370.4100

The Children's Therapy & Family Resource Centre is an accredited, non-profit agency owned and operated by the Thompson Nicola Family Resource Society. They provide therapy for children with identified need (up to age 19) and support these children, their

families, and the communities in which they live.

Columbia Basin Family Resource Society Columbia Basin
cbfrs.com | 250.423.4687

The society will provide support and assistance to families in the Fernie and Columbia Basin area as well as providing programs and services that will encourage safe and healthy families. The society may also carry on education and research related to families.

Community Connections Revelstoke
community-connections.ca | 250.837.2920

Community Connections Revelstoke Society is a non-profit organization providing social support and services.

***New* Kamloops Infant Development Society Greater Kamloops and surrounding area**
kamloopsinfantdevelopment.ca | 250.371.4140

The Infant Development Program serves families of children from birth to three years old, who are at risk for, or who already have a delay in development.

Kamloops Family Resources Society Kamloops
kfrs.ca | 250.377.6890

Kamloops Family Resources Society is a non-profit society and registered Canadian charity. At their Family Tree Family Centre, families enjoy a warm and respectful environment where they find support in each other, in visiting professionals, and in the caring staff who understand how to connect people with the help they need.

Kootenay Family Place Kootenays
kootenayfamilyplace.org | 250.365.8448

Kootenay Family Place is a registered non-profit organization with charitable status whose staff is passionate about serving the needs of children, youth, and families throughout the West Kootenay Boundary region.

Kootenay Kids Society Nelson
kootenaykids.ca | 250.352.6678

Kootenay Kids Society supports and strengthens families. They deliver a wide range of programs and services including licensed child care, Indigenous family programs, resources for child



care providers, physiotherapy and occupational therapy for young children, parent education programs, and opportunities for families to meet socially and connect.

Interior Community Services (ICS) Kamloops and Interior
interiorcommunityservices.bc.ca | 250.554.3134

ICS is a non-profit accredited multi-service agency providing supported programming to people of all ages.

Nelson Community Services
 Nelson
servicesfyi.ca | 250.352.3504

NCS is a multi-service, multi-funded non-profit agency that supports the well-being of families, youth, and individuals in the community by providing counselling, housing, support, and outreach services.

North Kootenay Lake Community Services Society
 Kaslo
nklcss.org | 250.353.7691

North Kootenay Lake Community Services Society offers various counselling, family support, and a family centre out of their Kaslo office, among other services.

North Okanagan Youth Family Services Society (NOYFSS)
 Okanagan
noyfs.org | 250.545.3572

NOYFSS provides a broad range of social programs reflecting the dynamic needs of the community that strengthen, nurture, and protect the healthy development of our children, youth, and families.

The Shuswap Family Centre
 Salmon Arm
familyresource.bc.ca | 250.832.2170

The Shuswap Family Resource and Referral Society supports children and youth, individuals, and families, and provides referrals and connections for various services in the community and area.

Trail Family and Individual Resource Centre (FAIR) Society
 Trail
trailfair.ca | 250.364.2326

Trail FAIR Society provides free, confidential services in the Greater Trail area. They offer 19 community programs offered by staff and volunteers in five service locations.

Health/wellness/mental health

Interior Health—Developmental Disabilities Mental Health (DDMH) Locations across the region
actcommunity.ca/resource/2921

The DDMH program provides

mental health services for individuals aged 14 years or older who have developmental disabilities. The program is delivered by Interior Health staff located throughout the Interior Health region including psychiatrists specializing in developmental disability issues, psychiatric nurses, and behavioral consultants.

Nelson Cares Society (NCARES)
 Nelson
nelsoncares.ca | 250.352.6011

NCARES supports a wide variety of community programs and services including affordable rental housing; an emergency shelter; residential and employment services for adults with disabilities; legal information; and victim services.

Indigenous

***New* Aboriginal Child & Family Services Office for Kamloops**
 Kamloops
gov.bc.ca/gov/content?id=82B1CEF915CE434BB332473073785BB2 | 250.554.9486

Provides Child Protection and Aboriginal Services for the Kamloops area.

Circle of Indigenous Nations Society (COINS) West Kootenay
coinations.net | 250.231.4968

COINS provides programs rooted in Indigenous practices that strengthen cultural connection

and support holistic healing and learning.

***New* Kamloops Aboriginal Friendship Society (KAFS) Urban**
Tk'emlúps te Secwepemc Territory
kafs.ca | 250.376.1991

The KAFS was established in 1972 and is a charitable organization with a status free open-door policy. They encourage everyone to drop into our location, meet our friendly staff, and learn more about our programs. All the programs at the KAFS are free, confidential, and provided in a positive safe environment.

Ki-Low-Na Friendship *Kelowna*
kfs.bc.ca | 250.763.4905

The Ki-Low-Na Friendship Society provides for the mental, emotional, physical, and spiritual well-being of all peoples through the development of community-based services, while encouraging the community to preserve, share, and promote Indigenous cultural distinctiveness.



Ktunaxa/Kinbasket Child and Family Services *Cranbrook*
ktunaxa.org/five-pillars/ktunaxa-kinbasket-child-family-services/ | 250.489.4563

The Ktunaxa Kinbasket Child and Family Services is committed to working collaboratively with Indigenous families and communities of the Ktunaxa Traditional Territory, to help increase their ability and to help fulfill their responsibilities for caring for their children in a culturally relevant manner.

North Okanagan Friendship Center Society (NOFCS) *Vernon*
vernonfirstnationsfriendshipcentre.com | 250.542.1247

NOFCS is a place where people can meet for social, recreational, cultural, and education activities. There are diverse programs that offer support and many opportunities for prevention, counselling, prenatal care, early childhood development, youth and elder programs, housing for young people (19 – 30 years), and employment and training programs.

Ooknakane Friendship Centre *Kelowna*
friendshipcentre.ca | 250.490.3504

The Ooknakane Friendship Centre is an Indigenous not-for-profit society that is committed to providing holistic, culturally-driven programs, and services

designed to support, educate, and strengthen people of all nations.

***New* Secwépemc Child and Family Services Agency (SCFSA)**
Seven Secwépemc communities and Kamloops area
secwepemcfamilies.org | 250.314.9669

SCFSA is responsible for the delivery of effective and efficient services that protect the rights of children, ensure their safety, and maintain their connection to family, culture, and community.

LGBTQ2S+

Columbia Valley Pride *Invermere*
columbiavalleypride.org

Columbia Valley Pride exists within the territories of the Ktunaxa and Secwepemc Nations, and the Columbia Valley Métis Association and serves the LGBTQ2iA+ people in these communities.

Fernie Pride Society *Fernie*
fernierpride.ca

The Fernie Pride Society supports and connects the LGBTQ2S+ community in the Elk Valley. They host monthly connectivity events, maintain relationships with local and regional groups and organizations, work with local schools and organizations to find opportunities within their organizations to support and connect LGBTQ2S+ youth, and more.

Kelowna Pride *Kelowna*
kelownapride.com

Kelowna Pride is a not-for-profit organization that supports the queer communities of Kelowna and beyond. They work to ensure equal rights and representation for every person of diverse sexual and gender identities.

Kootenay Pride *Kootenays*
facebook.com/kootenaypride | 250.505.7410

Bringing together all members of the LGBTQ2S+ community and their allies throughout the Kootenays for over 20 years!

LGBTQ/2S Rainbow Families of Vernon BC and Area *Vernon-area*
facebook.com/groups/328598551012136/ | 250.777.3088

A North Okanagan and Shuswap group for parents, grandparents, and other caregivers who identify as LGBTQ2S+ and/or who are raising LGBTQ2S+ identified children, youth, and young adults.

South Okanagan Similkameen Pride Society (SOS PRIDE) *Penticton*
sospride.ca

SOS PRIDE aims to bring communities together all across the 2SLGBTQIA+ spectrum to provide support, awareness, education, and social events.

Special needs

***New* Cariboo Chilcotin Child Development Centre (CCCDCA)** *Williams Lake*
ccchild.org | 250.392.4481

The CCCDCA provides assessments as well as education and assistance to children who require extra supports.

FASD Okanagan Valley Assessment and Support Society *Okanagan*
fasdokanagan.ca | 250.938.5022

FASD Okanagan is interested in increasing resilience and reducing harm by advancing how people understand and respond to FASD. Through advocacy, community engagement, and building community capacity through education seminars. They aim to reduce the incidence of FASD and ensure people who are affected by FASD have the support they need to lead positive, meaningful lives.

***New* Kamloops Therapeutic Riding Association (KTRA)** *Kamloops*
ktra.ca | 250.554.3811

KTRA provides therapeutic horseback riding to individuals with disabilities. In addition to their programs for people with physical and psychological disabilities, KTRA has been offering Equine assisted therapeutic lessons to youth at risk in our community.

Kootenay Career Development Society (KCDS) *Kootenays*
kcds.ca | Nelson: 1.877.952.6200 | Castlegar: 1.855.365.6515 | Trail: 250.512.3001

From employment readiness programs and supports to training opportunities, the KCDS team is here to help both job seekers and employers meet their goals.

Okanagan Ability Centre (OAC) *Okanagan*
okanaganabilitycentre.com | 250.762.7790

OAC is a private facility that provides diagnostic assessments and consultation services for children, youth, and adults experiencing a wide range of challenges and differences.

***New* NONA Child Development Centre (NONA)** *North Okanagan*
nona-cdc.com | 250.549.1281

NONA's mission is to strengthen the abilities of children with special needs and to enhance opportunities for them to participate in their community.





They offer autism services, infant development programs, the FASD Key Worker program, therapy programs, and more.

***New* Penticton and District Society for Community Living (PDSCL)** *Penticton*
pdscl.org | 250.493.0312

PDSCL is a non-profit organization dedicated to supporting people with diverse abilities in Penticton



and surrounding communities. They provide support and services for people with intellectual disabilities, seniors, low-income adults, and families.

***New* Shuswap Children's Association** *Salmon Arm*
shuswapchildrens.ca | 250.833.0164

The Shuswap Children's Association is a non-profit agency providing services to children with developmental delays, behavioral concerns, and support needs.

Youth

Freedom Quest *Kootenays*
freedomquestyouthservices.ca | 1.877.304.2676

Provides free, community-based, client-centred, low-barrier,

confidential, voluntary, and non-judgmental services and programming to youth and families who have been negatively impacted by substance.

Other resources

Castlegar and District Community Services Society *Castlegar*
cdcss.ca | 250.365.2104

Provides assistance, counselling and support, and works for social change in our communities.

Kamloops Family Resource Society *Kamloops*
makechildrenfirst.ca/parents/community-resources/kamloops-family-services/

Resources in the Kamloops area for families, children, and youth.



North

Families

Axis Family Resources Ltd.

North and Interior, see website for locations

axis.bc.ca | 1.877.392.1003

Axis Family Resources delivers community social services, specializing in providing community-based programs, resources, and opportunities for families seeking support.

South Fort George Family Resource Centre (SFGFRC)

Prince George

sfgfrc.com | 250.614.9449

SFGFRC is a neighborhood based facility that offers programs

and activities to promote the health and wellbeing of families and individuals of all ages and incomes in a friendly, family-centred environment.

***New* Northwest Child Development Centre Society (NWDCS)**

Vanderhoof to Atlin

nwcdc.ca | 1.855.947.4122

The NWDCS offers family-centred health and social services to support the growth and development of children, youth, and families in the communities from Vanderhoof to Atlin. They work collaboratively with various community partners and professionals to provide resources

for all families.

***New* South Peace Child Development Centre (SPCDC)**

Dawson Creek

spcdc.ca | 250.782.1161

The SPCDC offers programs to support your child's growth and development. Alongside parents, their services provide guidance to assist the child to reach their maximum potential in all areas of development. They can also help with resources, referrals and direct intervention.

Health/wellness/ mental health

Northern Health: Services and Facilities *Region-wide*

northernhealth.ca/services/mental-health-substance-use/services-by-community

List of resources provided by Northern Health, organized by community and region.

DID YOU KNOW? We run a free online presentation called Adoption Basics that answers all your top questions about adoption. You'll learn about the adoption programs in BC, the adoption process, and have a chance to reflect on your motivations to adopt. You can take this online interactive info session any time, at your own pace.

Check it out today! bcadoption.com/abasics



Haida Gwaii Health:
Mental Health *Haida Gwaii*
haidagwaiihealth.ca/services/mental-health-addiction/

Mental health resources provided by Haida Gwaii Health.

Indigenous

Aboriginal Family Services
Dawson Creek
facebook.com/Aboriginal-Family-Services-341400505929235 |
 250.782.1169

Aboriginal Family Services promotes and provides respectful and confidential services to Indigenous families and the Dawson Creek community.

Carrier Sekani Family Services
Prince George
csfs.org | 1.800.889.6855

Provides holistic health and wellness services for Carrier and Sekani people in North Central BC.

Kermode Friendship Society
Terrace
kermodefrendship.ca |
 1.866.635.4906

The Kermode Friendship Society offers culturally sensitive, quality programs and services to the

Indigenous community members and the community-at-large.

Nenan Dane zaa Deh Zona Family Services Society (Nenan)
Northeast
nenan.ca | 1.866.637.2151

Nenan is a group of dedicated professionals, focused on strengthening healthy families by creating appropriate, child-centred Indigenous systems of support that honour and meaningfully engage children and families. Their services link directly to the distinct culture, traditional practices, and language of each family.

Nezul Be Hunuyeh Child and Family Services *North-central*
nezulbehunuyeh.ca | Fort St.
 James: 1.866.996.0015 | Prince
 George: 1.855.562.0790

Nezul Be Hunuyeh is a Delegated Aboriginal Agency (DAA) established to provide child and family services to the communities of Tl'azt'en and Nak'azdli.

Nisga'a Child and Family Services (NCFS) *Northwest*
nisgaanation.ca/about-ncfs |
 1.866.633.0888

NCFS works to ensure the spiritual, physical, mental, emotional, and

cultural well-being of all Nisga'a children and families.

Northwest Inter-Nation Family and Community Services Society (NIFCS) *Northwest*
nifcs.org | Terrace: 1.888.310.3311 |
 Prince Rupert: 250.622.2514

NIFCS is an Indigenous based agency that provides family support, guardianship, and caregiver services to seven First Nations communities in the Northwest region of BC.

Prince George Native Friendship Centre (PGNFC) *Prince George*
pgnfc.com | 250.564.4324

The PGNFC services the needs of Indigenous people residing in the Prince George area and improves the quality of life in the community as a whole.

LGBTQ2S+

North Peace Pride Society
North Peace
northpeacepridesociety.ca

The North Peace Pride Society works to empower, celebrate, and promote inclusivity and respect among people of all sexual orientations and gender identities within the North Peace area.

Prince George Pride

Prince George

facebook.com/yourpridepg

The pride organization for the Prince George community.

Quesnel Pride Quesnel

facebook.com/QuesnelPride

Quesnel Pride Society is a registered non-profit serving the LGBTQ2S+ community in Quesnel and surrounding areas.

Prince Rupert Pride Prince Rupert

facebook.com/PRPride2014

Prince Rupert finds its Pride! A social media hangout for those living in Prince Rupert looking for a place to connect with other LGBTQ2S+ members at large.

Smithers Pride Society Smithers

smitherspride.com

The Society initiates, creates, sponsors, and develops educational and cultural activities and events, which promote the development, visibility, and pride of greater LGBTQ2S+ communities of Smithers.



ADOPTIVE FAMILIES ASSOCIATION OF BC

Terrace Pride Terrace

facebook.com/TerracePridePals

Terrace Pride is a place for 2SLGBTQIA+ (and allies) in Terrace to find a community.

Special needs

AiMHi Prince George

aimhi.ca | 250.564.6408

AiMHi provides advocacy, supports and services to people who have special needs and their families.

Fort St. John Association for Community Living (FSACL)

Fort St. John

fsjacl.com | 250.787.9262

FSACL has contracts with Community Living BC to provide services to adults with developmental disabilities. They provide services in the Fort St. John and District area.

Terrace and District Community Service Society (TDCSS) Terrace

tdcss.ca | 250.635.3178

TDCSS provides essential community services such as child, youth, and family services; youth centre; counseling; and more.

Youth

Community Bridge Fort St. John

communitybridge.ca | 250.785.6021

Community Bridge offers counselling and support services

and will adapt their services to best suit the needs of those they serve. Their services are free of charge to individuals, families, children, and youth.

Connaught Youth Centre

Prince George

connaughtyouthcentre.ca | 250.561.1467

The Connaught Youth Centre is a public facility within the City of Prince George for youth and community sports, education, and both public and private events.

Foundry: Terrace Terrace

foundrybc.ca/terrace | 250.635.5596

Foundry Terrace is offering young people 12-24 access to mental health and substance use support, primary care, peer support, and social services.

Haida Gwaii Health: Child & Youth Mental Health Haida Gwaii

haidagwaiihealth.ca/services/child-youth-services/

List of resources for children and youth in Haida Gwaii.

Intersect Youth & Family

Services Prince George

intersect.bc.ca | 250.562.6639

Intersect Youth & Family Services provides voluntary counselling for children and youth under the age of 19, offering a wide variety of programs to clients and their families at no cost.

Other resources

Kitimat Community Services Society (KCSS) *Kitimat*
kitimatcommunityservices.ca |
866.632.6581

KCSS offers adult literacy programs, victim services, employment services, and operates the local youth centre.

North Peace Family SuperPark Facility *Fort St. John*
npsuperpark.com | 250.785.5401

A registered non-profit that offers indoor play and programs to families in the community.

***New* Robson Valley Community Services**
McBride, Valemount
robsonvalleycommunityservices.org | 1-844-324-2004

Robson Valley Community Services is dedicated to strengthening all individuals, families, and communities by providing programs and services, and by collaborating within a rural environment. They have a wide range of children, youth, and family programs.



Looking to volunteer? AFABC wants you!

Our volunteers help us make a difference for families, children, and youth across BC! They tell us that they gained valuable experience, met interesting people, and enjoy the satisfaction of giving back in their communities. No matter how much time you have to give, or what skills you are looking to share—we would love to talk to you about joining our volunteer team!

Learn more: bcadoption.com/volunteer



Vancouver Island

Families

Community Options for Children and Families

South Island

cofc.ca | 250-380-6363

Community Options is a welcoming, innovative organization that provides a wide range of services to people with developmental disabilities, their families and their caregivers on South Vancouver Island. They work in partnership with other organizations, individuals, and government to ensure the inclusion of all people in our community.



New Comox Valley Family

Services *Comox Valley and surrounding areas*

comoxvalleyfamilyservices.com | 250.338.7575

Comox Valley Family Services offers support services that can help families, children, and other community members.

New Cowichan Family Life

Cowichan Valley

cowichanfamilylife.org | 250.748.8281

The agency provides affordable peer counselling services and community groups, early learning and literacy for kids 0-5 and their families, and programs to support school aged children in their social and emotional development and well-being.

Family Services of Greater Victoria (FSGV) *Greater Victoria*
fsgv.org | 250.386.4331

FSGV provides support for all family members facing

change and challenges in their relationships.

Greater Nanaimo Early Years Partnership (GNEYP)

Greater Nanaimo area

nanaimoearlyyears.org | 250.816.1699

The GNEYP is a diverse group of engaged community partners who are committed to improving the health and development of children ages pre-natal to six in the Greater Nanaimo area.

Nanaimo Child Development Centre (NCDC)

Central Island
nanaimocdc.com | 250.753.0251

The NCDC provides support, assessment, and therapeutic





services to nearly 1,900 children and their families in Ladysmith, Nanaimo, Lantzville, Gabriola Island, and the Protection Island areas each year.

***New* Pacific Centre Family Services** Colwood, Langford, and Sooke

pacificcentrefamilyservices.org | 1.866.478.8357

The Pacific Centre Family Services Association promotes dignity and quality of life for families and individuals across Greater Victoria, especially on the West Shore, through education, counselling and creative programming. They offer a wide range of vital services for people dealing with substance use, mental health issues, and day-to-day life challenges.

The Hope Centre Gabriola Island
gabriolahopecentre.com | 250.247.8730

The Hope Centre is designed to touch the lives of individuals and families as they face the challenges

of: parenting, creating healthy families, being a new mother, being a single parent, raising better babies, setting boundaries for children, teens, and adults, youth leaders in training, the after school program, peer helpers program, and much more.

Saanich Neighbourhood Place (SNP) Saanich
saanichneighbourhoodplace.com | 250.360.1148

SNP is a non-profit organization that delivers a wide range of programming aimed at helping families access resources and supports they feel they need, in a barrier-free environment and within their own neighbourhoods.

Society of Organized Services (SOS) Central Island
sosd69.com | 250.248.2093

SOS is a not-for-profit, registered Canadian Charity. Since 1968, SOS has responded to the needs of individuals and families in District 69 (Qualicum-area). SOS provides

30 programs and services to all ages, including programs that meet basic needs, as well as programs that promote healthy living and social connections. The SOS Thrift Shop is the key funder of SOS.

***New* Sooke Family Resource Society (SFRS)** Southern Vancouver Island
sfrs.ca | 778.426.0506

Since 1984, SFRS has worked alongside the communities of Southern Vancouver Island to enhance the strength, connection and resiliency of individuals, children, families and youth.

They offer Early Years programs, Child Care Resource and Referral, Youth Services, Family Services, services for Adults with Disabilities, and more.

Sources Oceanside Resource Centre Central and North Island
sourcesbc.ca | 250.752.6766

Sources Oceanside Resource Centre helps children, youth, and

families. Our services are offered at no cost and can be accessed through self-referral as well as by referral from government and community agencies.

Health/wellness/ mental health

Children's Health Foundation of Vancouver Island *Vancouver Island*
islandkidsfirst.com | 250.940.4950

Assisting Vancouver Island residents with early child development, youth mental health, children and youth living with complex needs, and more.

Island Health *Vancouver Island*
islandhealth.ca/our-services

List of services and programs provided by Island Health.

You can also find services specific to child and youth:

islandhealth.ca/our-services/children-youth-services

Mental Health Recovery Partners Society *Central Island*
mhrp.ca | 250.760.6031

Supports individuals living with mental illness and their families and friends by providing education and support.

***New* North Island Crisis and Counselling Centre Society (NICCCS)** *North Island*
nicccs.org | 250.760.6031

The NICCCS is a community-based, not-for-profit charitable organization. They offer a broad range of counselling and support services children, youth, and adults that are mostly free of charge.

***New* Queen Alexandra Centre for Children's Health** *Vancouver Island*

islandhealth.ca/our-locations/hospitals-health-centre-locations/queen-alexandra-centre-childrens-health | 250.519.5390

The Queen Alexandra Centre for Children's Health caters to kids and youth struggling with physical and mental health challenges.

Vancouver Island Crisis Society (VICS) *Vancouver Island, the islands of the Salish Sea, and the mainland communities between Powell River and Rivers Inlet*
vicrisis.ca | 1-888-494-3888

The VICS is committed to providing accessible voice, text, and chat crisis intervention and suicide prevention services, including post-vention programs.





Indigenous

***New* Island Métis Family & Community Services Society**
Vancouver Island
metis.ca | 250.391.9924

Serving the Métis community living on Vancouver Island, British Columbia since 1996. Their programming centres around child safety and family wellness.

***New* House of Friendship Society** *Cowichan Valley*
hofduncan.org | 250.391.9924

The House of Friendship Society provides a cultural bridge between the Aboriginal and non-Aboriginal cultures in the Cowichan Valley.

They provide a central facility where counseling, information and referral services are provided, and where meetings, educational and recreational activities may take place.

Kw'umut Lelum Child and Family Services *Vancouver Island*
kwumut.org | 1-800-613-1777

Kw'umut Lelum Child and Family Services is an Indigenous based agency located in Snuneymuxw territory that provides caregiving services and community programs and services to nine Indigenous

communities on Vancouver Island.

Nanaimo Aboriginal Centre
Nanaimo
nanaimoaboriginalcentre.ca | 250.585.0947

The Nanaimo Aboriginal Centre focuses on education, culture, and family. While all programs and services are designed with the urban Indigenous community in mind, all of the programs and services are open to anyone living in Nanaimo.

***New* NIL TU,O Child and Family Services Society** *Southern Vancouver Island*
niltuo.ca | 1.888.744.1422

NIL TU,O Child and Family Services Society serves and supports seven First Nation Communities: the Beecher Bay, Pauquachin, Tsartlip, Songhees, Tsawout, Tseycum, and T'sou-Ke First Nations.

They are a Delegated Aboriginal Agency and also have Family Strengthening Programs, Caregiver programs, and more.

Tillicum Lelum Aboriginal Friendship Centre *Nanaimo*
tillicumlelum.ca | 250.753.4417

Provides essential services to the urban Indigenous population of

Nanaimo and area.

Victoria Native Friendship Centre (VNFC) *Greater Victoria*
vnfc.ca | 250.384.3211

VNFC provides services to an estimated 20,000 Indigenous people living off-reserve in the Greater Victoria area, as well as the 5,000 residents from the Indigenous communities in the Southern Vancouver Island region, in addition to a sizable Indigenous population from across Canada.

***New* Wachiay Friendship Centre** *Comox Valley*
wachiay.org | 250.338.7793

The Wachiay Friendship Centre delivers more than 50 programs and services to Aboriginal and non-Aboriginal people.

They offer services such as: Aboriginal Early Childhood Education, Aboriginal Family Navigator, Aboriginal Parenting Support Worker, FASD Key Worker, and more.

LGBTQ2S+

Victoria Pride Society (VPS) *Greater Victoria*
victoriapridesociety.org

Victoria Pride is a not-for-profit organization of volunteers that is

dedicated to supporting Greater Victoria's LGBTQ2S+ communities.

Special needs

***New* ETRA Therapeutic Riding Association (ETRA)** *Central Vancouver Island*
etra.ca | 250.947.0297

ETRA is a registered, charitable, not-for-profit association staffed by volunteers for physically and mentally challenged children, youth, and adults from Central Vancouver Island communities.

***New* Campbell River and District Association for Community Living (CRADACL)** *Campbell River*
cradacl.bc.ca | 250.286.0391

CRADACL is a non-profit organization whose purpose is to advocate for services and/or provide services for people with special needs, and their families, who live in the Campbell River area.

They have a variety of adult services, as well as an FASD Key Worker program, Supported Child Development Program, Youth in Transition program, and more.

***New* Comox Valley Therapeutic Riding Society (CVTRS)** *Comox Valley*
cvtrs.com | 250.338.1968

CVTRS is a centre of excellence for

equine-led therapeutic activities, and the organization of choice for service users, volunteers and donors. They provide unique equine-led therapy to enhance the lives of children and adults living with diverse abilities.

***New* Cowichan Therapeutic Riding Association (CTRA)** *Cowichan Valley*
ctra.ca | 250.746.1028

The CTRA provides therapeutic riding and equine-based therapeutic services for persons with disabilities. They promote and facilitate access to horses as a therapeutic alternative, recreational/sport opportunity, and agent of well-being in the lives of all participants.

***New* Salt Spring Therapeutic Riding Association (SSTRA)** *Salt Spring Island*
sstra.ca | 778.426.0506

The SSTRA's program is designed for individuals from kindergarten to retirement, with a variety of mental, physical, and emotional challenges.

***New* Victoria Therapeutic Riding Association (VTRA)** *Greater Victoria area*
vtra.ca | 778.426.0506

VTRA provides a therapeutic riding experience to children and adults with diverse abilities throughout the Greater Victoria area.

Youth

***New* Cowichan Valley Youth Services Society** *Cowichan Valley*
cvyouth.ca | 250.748.0232

Cowichan Valley Youth Services Society provides free counselling and various outreach and support services for youth age 13-18 and their families in the Cowichan Valley.

Victoria Youth Clinic Society (VYC) *Victoria*
victoriayouthclinic.ca | 250.383.3552

VYC is a not-for-profit organization that provides integrated and comprehensive primary health care services, including mental health and addiction care for youth aged 12 to 24 years.

Youth Core *Victoria*
youthcore.ca

Youth Core was created by the Youth Service Provider Network to be an online hub for youth to connect to programs, events, services, and networks. Youth Core is managed by members of the City of Victoria Youth Council. This platform provides a safe and inclusive place for youth living in Victoria, BC to easily access support and a myriad of local opportunities. Their vision is to empower youth to engage with their communities and realize their potential to make a difference.

***New* Victoria Youth Empowerment Society (YES)**

Capital region

vyes.ca | 250.383.3514

YES offers a wide range of youth services, including: youth and family counselling, referrals, assessments, specialized interventions, a missing youth system, assistance with health issues, advocacy, meeting basic needs (shelter, food, clothing, hygiene etc.), emergency crisis response (including emergency/crisis shelter services), life skills training, consultation and assistance with issues related to addictions, mental health, employment, housing, education, and much more.

Other resources

Beacon Community Services

South Island

beaconcs.ca | 250-658-6407

A community-based charity, Beacon staff and volunteers work to help people and improve lives across southern Vancouver Island, on Salt Spring, and the outer Gulf Islands, through a wide range of programs and services.

Foster Parent Support Services Society (FPSSS) Vancouver Island

fpsss.com | 1.888.922.8437

The FPSSS is a non-profit grassroots organization whose purpose is to administer support and education services to family

care network caregivers within the Vancouver Island Region.

***New* John Howard Society of North Island**

North Vancouver Island

jhsni.bc.ca | 250.286.0611

The John Howard Society of North Island provides services to youth, children, adults, and families with diverse needs.

Their programs include child and youth mentoring; behavioural support, youth and family conflict resolution, and collaborative planning programs; independent living for youth programs; substance use counselling and support; mental health programs; and many more.

NARSF Programs Ltd. Nanaimo

narsf.org | 250.754.2773

NARSF provides a range of innovative health, harm-reduction, and counseling services to individuals, children, youth, and families.

***New* Westcoast Community Resources Society (WCRS)**

Westcoast Vancouver Island

wcrs.ca | 250.726.2343

The WCRS is a non-profit organization which believes that every person in the community should have access to resources to enhance and improve their well-being.

They deliver a range of free and



confidential services from The Coastal Community Services Hub in Ucluelet and from their office in Tofino. Their programs operate in all west coast communities.

Some of their programs include: Women's counselling, child, youth, special needs and family counselling; Outreach services; Transition Housing; and more!

EXPLORE VICTORIA

Did you know you can borrow passes to local museums and attractions from the library? In partnership with local organizations, the Greater Victoria Public Library gives library cardholders the opportunity to enrich mind and body with hands-on experiences at cultural institutions and recreational centres. Examples of passes available: Butterfly Gardens, Maritime Museum, Craigdarroch Castle, Robert Bateman Centre, and more! If don't have a library card yet, don't worry, they're free! Just visit any GVPL branch.

gvpl.ca/virtual-branch/culture-recreation-passes



***NEW* POST SECONDARY FUNDING**

AFABC Resources

AFABC is proud to offer bursaries for young adults with connections to foster care, adoption, and permanency. These bursaries assist in covering costs of tuition and/or costs directly related to post-secondary programs.

Currently, bursaries are available to applicants who are current or former youth in government (foster) care; and youth who have joined their family by legal adoption or other forms of permanency.

Learn more: bcadoption.com/bursary

Visit AgedOut.com for more information on education options for youth in and from care: agedout.com/education

Find more scholarships for youth who have a connection to adoption: bcadoption.com/other-scholarships-and-bursaries

Government funding

Agreements with Young Adults

Youth who have been in foster care or had a Youth Agreement may qualify for the Agreements with a Young Adult (AYA) program to help cover the cost of things like housing, child care, tuition, and health care while they go to school or do job training, or attend rehabilitation, mental health, or life skills programs.

Learn more: gov.bc.ca/gov/content?id=26F90C367E4846D491225B38B79F7930

Provincial Tuition Waiver Program

The Provincial Tuition Waiver Program supports BC students who are former youth in care who are attending either full-time or part-time studies at a BC public post-secondary institution, Native Education College or one of 10 eligible union trades training centres.

Learn more: studentaidbc.ca/explore/grants-scholarships/provincial-tuition-waiver-program

Youth educational assistance fund for former youth in care

This program provides grants of \$5,500 per program year to former BC youth in care students between 19 and 24 years of age. Students may receive a maximum of four grants.

Learn more: studentaidbc.ca/explore/grants-scholarships/youth-educational-assistance-fund-former-youth-care

More resources to find funding

Education Planner BC: educationplannerbc.ca/plan/finance/scholarship

National Educational Association of Disabled Students: disabilityawards.ca

Provincial Scholarship Programs Information: gov.bc.ca/gov/content/education-training/k-12/support/scholarships/provincial-scholarships

BC Scholarships: bcscholarships.ca

Meet the Roberts family

Jennie Roberts and her husband Lawrence weren't expecting to become parents a second time around. But when Lawrence attended a Chief & Council meeting and learned that there was a need for Indigenous adoptive families, Jennie knew what they needed to do.

Jennie and Lawrence, who are members of the Tzeachten Nation, began the adoption process and were eventually matched with their three kids, a sibling group. Though the Roberts' children are Indigenous, they had not had access to their culture while in care. Moving into an Indigenous home was a culture shock for the Roberts' kids. The kids quickly started participating in cultural activities and joined clubs specifically for Indigenous youth, like the Indigenous youth soccer league. "They're learning about their culture," Jennie explains of her kids' journey. "They're learning to accept themselves as Indigenous children."

The process hasn't always been easy. Jennie's kids took a long time to adjust to the fact that their needs will

“It takes a village to raise a child. Well, that's what our village does.”

be taken care of in Jennie and Lawrence's home. For Jennie, it's all about building trust. "It was a matter of them learning they're not going anywhere, we're not going anywhere," Jennie explains. It has taken about three years for their kids to start to develop that trust, an experience Jennie relays is not uncommon for adoptive families. But every child is different: Jennie's daughter, who was seven when she was adopted, settled in right away. Jennie's two boys, who were seven and ten when they were adopted, adjusted more slowly.

Jennie is grateful that all three of her children have

reached the point where they are feeling a sense of stability. External supports helped with the process

of bonding. Jennie and Lawrence's social worker connected them with AFABC, and a Wendy's Wonderful Kids Recruiter helped get the kids ready for the process of adoption by helping them understand what this change would look like. The Robertses also ended up getting a respite worker, who met with the new family weekly and helped them begin to work as a unit. Having external support was essential, recalls Jennie. Though Jennie and Lawrence had raised five biological children, the process of adopting felt different. "We hadn't experienced children with such trauma," explains Jennie.

Going into their fourth year as a family, Jennie is happy that her kids have the support of a loving and caring family and cultural community. There are always adults watching out for the kids, says Jennie, which the kids both love and hate. Jennie and Lawrence's youngest biological child is twenty, so the three younger children have plenty of adults to make sure they stay out of trouble. "There's not much you can do without people seeing," says Jennie, laughing. While the journey hasn't always been easy, Jennie and Lawrence didn't have to do it alone. "It takes a village to raise a child," says Jennie. "Well, that's what our village does."

If Jennie were to give advice to prospective adoptive parents? "Don't hesitate because you're older," says Jennie. "[Adoption] is a great experience for older people as well. I definitely recommend more mature people trying out and seeing what it's like to be an adoptive parent. It's great."





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