

Parenting Support Resources

Child and Youth Mental Health and Substance Use [CYMHSU]

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