

COMMUNITY SUPPORTS (Supports in our community to call)

<p>FETCH http://centralokanagan.fetchbc.ca/</p>	<p>-a vast database of Central Okanagan community resources, some of which are listed in the community supports below.</p>
<p>ARC PROGRAMS 513 Bernard Ave, Kelowna, BC V1Y 2A7 (250) 763-2977 https://arcprograms.com/</p>	<p>ARC Programs offers Drug and Alcohol counselling for students. Referrals can come from parents, teachers, administrator or students themselves. For more information, see your school counselor.</p> <ul style="list-style-type: none"> ARC Alcohol & Drug Tutorial Links (4 videos): https://www.youtube.com/watch?v=GbB2fe9JjyA&index=1&list=PLMRKxYiJoMs3eM4X-zm3YJH6FvEps04SA
<p>THE BRIDGE YOUTH AND FAMILY SERVICES #8-2604 Enterprise Way. Kelowna BC 250-763-0456 www.thebridgeservices.ca email: info@thebridgeservics.ca</p>	<p>The Bridge Youth and Family Services is a not-for-profit charity that provides innovative quality programming for Children, youth and families.</p> <p>Services include family counselling, addiction services, children and youth counselling, support, and Parenting support.</p>
<p>CANADIAN MENTAL HEALTH ASSOCIATION https://cmhakelowna.com 504 Sutherland Ave. Kelowna, BC, V1Y 5X1 250-861-3644</p>	<p>Canadian Mental Health Association (CMHA) – Kelowna provides resources for people to maintain and improve mental health and community integration, build resilience, and support recovery from mental illness.</p>

<p>CHILD & YOUTH MENTAL HEALTH (CYMH)</p> <p>1340 Ellis Street, Kelowna, BC</p> <p>(778) 699-2272</p> <p>http://centralokanagan.fetchbc.ca/service.html?i=268</p>	<ul style="list-style-type: none"> • Child & Youth Mental Health offers community mental health support for youth in B.C. <p>WALK-IN CLINIC: CYMH offers children, youth and their families walk-in service twice a week where children and youth can receive a same-day initial assessment by a trained professional in a confidential environment. *No referral needed.</p> <p>Drop-In: Tuesdays & Thursdays 9am - 11am</p> <p>https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health</p>
<p>ELIZABETH FRY SOCIETY</p> <p>649 Leon Ave</p> <p>Kelowna BC V1Y 9S3</p> <p>250-763-4613</p> <p>www.empowerific.com</p>	<p>Support for sexual abuse and assault. Mission is to provide preventative and intervention services for women and children.</p>
<p>FAMILY SMART</p> <p>Toll free 1-(855)-887-8004</p> <p>www.familysmart.ca</p> <p>email: info@familysmart.ca</p>	<p>Helps families and youth navigate mental health support systems in our community.</p>
<p>KELOWNA COMMUNITY RESOURCES- KCR</p> <p>620 Leon Avenue,</p> <p>Kelowna BC,</p> <p>V1Y 9T2</p> <p>Monday - Friday 8:30-</p> <p>250-763-8008</p> <p>www.kcr.ca</p>	<p>KCR is a not for profit agency fostering diversity, collaboration and resourcefulness by tailoring services to meet community, family and individual needs.</p>

KI-LOW-NA FRIENDSHIP SOCIETY

442 Leon Avenue

Kelowna BC

V1Y 6J3

250-763-4905

www.kfs.bc.ca

The Ki-Low-Na Friendship Society will provide 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 Aboriginal cultural distinctiveness.

RECONNECT

250-868-8541 ext. 4

250-869-4433 (Gayle)

250-870-7231 (Jessica)

250-859-2524 (Victoria)

**Leave a message. All three workers check the voicemail and someone will return your call.*

RECONNECT is a program of the Okanagan Boys and Girls Clubs that provides outreach, support, referral, mediation and advocacy for high-risk youth that are homeless or at-risk of homelessness, aged 13 to 18 years. Reconnect offers mobile youth workers who can come to the youth (ie: meet at a Tim Hortons or other mutually agreed upon location) for services and supports. Parents may contact for more information. Provides short-term service to youth 13-18.

- Parent Teen Mediation.
- Residency Issues.
- Alcohol and Drug Referrals.
- One on One Support/Counseling.
- Hygiene and contraceptive education and products.
- Street Outreach

WEB BASED SUPPORTS

<p>ANXIETY CANADA https://anxietycanada.com/</p>	<p>Anxiety Canada is a non-profit organization whose mission is to increase awareness and promote education of anxiety disorders. There is an entire section dedicated to youth, tips for parents of all ages, and a wealth of helpful information! Topics include:</p> <p>Anxiety 101 How to Chill Facing Fears Healthy Habits Thinking Right Common Problems (test anxiety, fear of needles, trouble sleeping, panic attacks, etc.)</p>
<p>CANADIAN VIRTUAL HOSPICE www.mygrief.ca</p>	<p>Description- Losing someone is hard. Mygrief.ca will help you understand and work through your grief. It was developed by families and grief experts and there are stories from people who have "been there." BC programs and services also linked to this website.</p>
<p>CHILD ANXIETY NETWORK http://www.childanxiety.net/</p>	<p>Anxiety disorders are one of the primary mental health problems affecting children and adolescents today. Given the wide range of stressors associated with growing up, it is important that our children have appropriate skills for coping with anxiety and other difficult emotions. The Child Anxiety Network (American based website) was created by Dr. Donna Pincus and is designed to provide thorough, user-friendly information about child anxiety. The Child Anxiety Network is also designed to provide direction for those who are not sure where to turn when they think their child or a child they know may need professional help to cope with anxiety.</p>
<p>CHILD & YOUTH MENTAL HEALTH https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health</p>	<p>Complete list of the Government of BC mental health resources.</p>

<p>COLLABORATIVE MENTAL HEALTH CARE http://www.shared-care.ca/toolkits</p>	<p>Child and youth mental health "toolkits" that provide resources and information on a wide variety of mental health related issues.</p>
<p>COPING WITH SELF-HARM- A GUIDE FOR PARENTS AND CAREGIVERS https://jersey.police.uk/media/354331/coping-with-self-harm-brochure.pdf</p>	<p>An informational resource for parents and caregivers aimed at helping parents, family members, friends cope when a young person is self-harming.</p>
<p>ERASE = expect, respect and a safe education https://www2.gov.bc.ca/gov/content/erase</p>	<p>Every child deserves an education free from discrimination, bullying, harassment, intimidation and violence. The ERASE (Expect Respect and A Safe Education) Bullying strategy is part of the Province of British Columbia's efforts to personalize learning and supports for all students.</p>
<p>JACK.ORG www.jack.org/resources</p>	<p>A variety of mental health resources including topics such as – depression, anxiety, suicide, self-harm etc.</p>
<p>KELTY EATING DISORDERS https://keltyeatingdisorders.ca/</p>	<p>Kelty Eating Disorders connects you with resources and information for every stage of the eating disorder journey.</p>

APP BASED SUPPORTS (Download Apps onto your personal device)

DESTRESSIFY APP (stress relief app)	Addresses 5 areas of stress prevention: Practices for calming the mind, emotional balance, relaxation, energizing exercises and achieving joy.
HEADSPACE APP (mindfulness)	Meditation has been shown to help people stress less, focus more and even sleep better. Headspace is meditation made simple. We'll teach you the life-changing skills of meditation and mindfulness in just a few minutes a day.
INSIGHT TIMER APP	Home to thousands of free guided meditations on topics such as self-compassion, nature and stress.
LIFELINE APP	The LifeLine App is the National free Suicide Prevention and Awareness App that offers access and guidance to support for those suffering in crisis and those who have suffered the devastating loss of a loved one from suicide. The LifeLine App also provides awareness education and prevention strategies to guide people in crisis all across the globe
MINDSHIFT APP	This App is from Anxiety BC and is the #1 psycho-educational app in the WORLD right now! Designed to help teens and young adults cope with anxiety. This App includes strategies to help you take charge of your anxiety.