

Pre-Natal Wellness Education is offered in conjunction with YMCA-YWCA to expectant women and their partners with the goal of wellness in pregnancy and after child birth. Fun activities include fitness, healthy lifestyle and nutrition, body image, stress management and information on community resources.

Family Resource Program is a parent-child drop in open to all. The group is offered in Kelowna, in conjunction with the Kelowna Child Care Society, and on the Westside. It provides an opportunity for parents to enjoy creative fun with their children, connect with other parents, access a toy lending library and receive information on community resources.

Parent Talk is a weekly drop-in forum offered at four locations across the Central Okanagan. Parents discuss and learn about various parenting topics while their children engage in creative fun and play activities.

Strong Start Centre at AS Matheson Elementary is an exciting program that offers early learning for preschool children and their families. The program is offered in collaboration with the Clubhouse Child Care Centre.

Parent Education Courses provide an avenue for parents and caregivers to build knowledge, skills and confidence in positive parenting techniques. Courses include 'Strengthening Your Step/Blended Family', 'Siblings without Rivalry', 'S.T.E.P./ Young Children (0-5 Y), Elementary-Aged Children and Teens.



INVEST IN KIDS BC

The Bridge Youth and Family Services is the BC Affiliate for Invest in Kids, a national research



based non-profit organization that develops quality parenting resources and training, with a focus on the early years. We offer these resources and professional training to parents and professionals across BC to help enhance their skills and core competencies.

For information visit www.investinkids.ca

REFERRALS

At present, a number of our services are available by referral only; however, many of our groups are open to general registration. For more specific information on accessing our services, please visit our website at **www.thebridgeservices.ca** and click on Services or contact us by phone.

FUNDERS

The Bridge Youth & Family Services wishes to thank all of our funders for making it possible for us to support children, youth and families.

- BC Association of Family Resource Programs
- Central Okanagan Foundation
- Interior Health Authority
- Invest in Kids National
- Kiwanis Clubs
- Ministry of Children and Family Development
- Ministry of Education
- Private Donations
- Public Health Agency of Canada
- Service Canada
- Success by Six

GET INVOLVED

There are many opportunities to get involved! Become a member, join a project advisory group, volunteer, explore future employment, sponsor/ donate to our programs. To learn more about these opportunities and our programs please contact us.




The Bridge Youth & Family Services
1829 Chandler Street / Kelowna, BC V1Y 3Z2
Visit www.thebridgeservices.ca
Email: info@thebridgeservices.ca
Phone: 250.763.0456 / Fax: 250.763.4910

THE BRIDGE
Youth & Family Services

**Helping Children
and Youth Become
Healthy Adults**





Helping Children & Youth Become Healthy Adults

The Bridge Youth & Family Services has been offering services to children and families in British Columbia, since 1969.

The Bridge Youth & Family Services is a registered non-profit organization governed by a volunteer Board of Directors and implements programs with the help of many highly dedicated and experienced staff and service volunteers. We are fully accredited by the Council on Accreditation for Children and Families. Accreditation attests that the Society meets or exceeds international standards of best practice.

YOUTH AND FAMILY SUPPORT

Family Counselling promotes healthy children and families through the enhancement of communication, education and relationship building skills.

Youth Transitions

provides counselling support to young people who are developing and enhancing the life management skills necessary for a competent transition to adulthood. Counselors assist participants in accommodation searches, financial and time management, household maintenance, educational and career planning and employment.

Kids in Control Group is an 8 week program offered to children, ages 6-13, who have family members experiencing mental health issues.

The group is provided information, education and support and children are empowered with skills to manage and understand the effects of mental health challenges.

Peer Support Group provides a safe and supportive environment for young people living with mental health issues. The group meets weekly and is supported to enhance interpersonal relationships, identify networks of support and to promote community awareness through participation in social and recreational activities.

CAREGIVER SUPPORT

Transition Suites Program recruits, trains and supports individuals and families who provide accommodation and mentorship for youth learning to live independently in a self-contained suite within their home.

Short Stay Housing (Transitions) is for youth who are withdrawing from substance use. The agency trains and supports individuals who provide care and supervision within their homes, which are located in Vernon, Kelowna and Penticton.

Foster Home Support Program is designed to support the important work and contribution of foster parents. Support workers provide training, education and assistance to them including debriefing, mediation, crisis management and prevention.

RESIDENTIAL

Lawrence Avenue Residence provides high quality residential care for youth who find the experience of daily living challenging. The residence offers a safe, caring, positive, structured environment and individualized programming to build on each youth's strengths.

The Path provides support for youth who are moving from a group home setting to a family care home and offers them opportunities to experience greater independence while receiving ongoing support within the family home. The program supports the foster parents in providing a warm and positive living environment for these youth.

PARENT EDUCATION AND SUPPORT

Special Deliveries, Giggles and Hugs and Tots Making Tracks are weekly pre and post natal groups offered in collaboration with public health nursing. Parents enhance their parenting skills through songs and rhymes, interactive play activities, nutrition education and discussions on various positive parenting themes. Participants enjoy a nutritious meal and expectant women receive food vouchers and prenatal vitamins.

