



GOLDEN COMMUNITY RESOURCE SERVICE GUIDE



A RESOURCE FOR PARENTS & THEIR CHILDREN

The book is produced by School District #6 – Rocky Mountain. We are privileged to provide services for children and families on the traditional unceded shared territory of the Ktunaxa and Secwépemc People and the chosen home of the Métis.

Golden Community Resource and Service Guide

The Golden Community Resource and Service Guide is a resource for families living in the Golden Area. This Guide is designed to provide residents with information about community agencies, organizations and service providers for families and their children, including area elementary schools, playgrounds, sporting and recreation facilities.

Community Profile

The Golden Area is located at the confluence of the Columbia and Kicking Horse Rivers and the intersection of the Trans Canada (Hwy 1) and the Kootenay–Columbia (Hwy 95) highways. It is nestled amongst six national parks (including Banff, Yoho, Glacier, Mount Revelstoke, Kootenay, and Jasper) and three major mountain ranges including the Rockies, Purcells, and Selkirks. The Area consists of the Town of Golden and Electoral Area A, which comprises the communities of Parson, Nicholson, Donald, Blaeberry, and the town of Field.

There are approximately 8,000 permanent residents in the Golden Area. The area is a popular tourist destination because of its beautiful, abundant landscapes and its lakes, parks, ski hill, bike trails and golf course.

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Adoptive Families Association of British Columbia (BC)

Contact Information:

Address: #200 7342 Winston Street, Burnaby, BC V5G 2H1

Email: info@bcadoption.com

Telephone: 1-866-900-7330

Website: www.bcadoption.com

There is no simple blueprint to becoming an adoptive family. However, we do know that families thrive with the advice, support, and kinship of others, so the Adoptive Families Association of BC helps build connections for pre- and post-adoptive families, as well as, for youth in or from foster care. The Association services adoptive parents, birth parents, adoptees and adoption professionals offers personalized support, family events and various opportunities to connect with others at every stage of your journey.

Ages and Stages Questionnaire (ASQ)

Contact Information:

Golden Child Care Resource & Referral (CCRR)

Address: 423 9th Avenue N, Golden, BC

Telephone: 240-344-4996

Email: kimccrr@gmail.com

Website: <https://agesandstages.com/about-asq/>



Celebrate your child's development!

The first 5 years of a child's development are critical, so the sooner you catch a delay or possible learning issue, the sooner you can help connect children with services and support that will make a real difference. That's why you'll love the Ages & Stages Questionnaires™ (ASQ) - the parent-completed developmental and social-emotional screening tool professionals have trusted for more than 15 years to help pinpoint potential issues early on.

ASQ is a simple questionnaire for parents and caregivers. Based on the child's age, it asks specific questions to help track your child's development in: communication, gross and fine motor functionality, problem solving, personal and social skills.

Early screening and intervention can decrease the need for services and support later in life, prevent behavioural issues, increase scholastic success and increase a child's self-esteem as well as her/his resiliency skills.

Autism Resource Library

Contact Information:

East Kootenay Supported Child Development Regional Office

Address: 20A 12th Avenue N, Cranbrook, BC

Email: ekscdpadmin@shawlink.ca

Telephone: 250-426-4043

Website: www.ccsccranbrook.ca

The Autism Library serves parents, caregivers, paraprofessionals and professionals living and working with autistic children. The library provides books, DVDs, toys, games, therapeutic equipment, learning curriculum and training materials to its members.

Membership is free.

Transportation/coordination is available within East Kootenays, including to Golden families.

British Columbia (BC) Friends of Children

Contact Information:

Email: info@friendsofchildren.ca

Website: www.friendsofchildren.ca

Telephone: 1-866-564-2217

The BC Friends of Children is a non-profit organization that assists families with children who have extraordinary medical needs. The society can assist in three ways:

1. Provide resource information and emotional support;
2. Coordinate efforts with other organizations and service providers; and
3. Offer assistance grants for emergency medical needs

The organization's region covers more than three-quarters of the province, including the East Kootenay area. Aid provided by the BC Friends of Children is not diagnosis-specific. In 2012, the BC Friends of Children supported over 200 East Kootenay and Northern British Columbia children with a variety of diverse medical needs.

Canadian Tire JumpStart Program

Contact Information:

Address: 2180 Yonge Street, PO Box 770, Station K, Toronto, Ontario M4P 2V8

Telephone: 1.844.YES.PLAY (937.7529)

Website: <https://jumpstart.canadiantire.ca/>

One-in-three Canadian families cannot afford to enroll their children in organized sports and/or physical activities (Vision Critical, 2011) which means that many are missing out on the benefits that come with organized play. The Canadian Tire Jumpstart Program is a nationally registered charity dedicated to removing financial barriers so children across Canada have the opportunity to get off the sidelines and into the games.

Whether it's the chance to try a sport for the very first time or to continue with a favorite physical activity, Jumpstart makes it possible for all children to participate. Jumpstart equips children for life because quality physical activity does more than improve health and well being, it helps build confidence, leadership, productivity and creativity for the future.

Jumpstart helps those aged 4-18 by assisting with the costs associated with registration, equipment and/or transportation for sports and physical activity programming.

Jumpstart's unique charity model involves working with an extensive network of 330 local Jumpstart Chapters in communities across Canada, whose members are volunteers and community leaders committed to helping get children active and healthy. These Chapters work collectively with over 3,100 country-wide Jumpstart Community Partners, such as: the local Municipal Parks and Recreation Departments, the local Boys and Girls Clubs and the YMCA/YWCA. The Chapters help willing participants submit applications for Jumpstart funding, as well as, identify those from financially disadvantaged families who would benefit from participating in sports and physical activity programming. These Chapters and community partners play a key role in Jumpstart's success; ensuring funds are directed to those who need it most.

Applications for assistance can typically be submitted each year from January 15th to November 1st (dates may vary depending on the Chapter). The two main goals of funding applicants are: to ensure equitable distribution of funding for Spring/Summer and Fall/Winter activities; and to focus on maximizing the cost and length of participation per activity per child.

For more information on how to apply call 1-877-616-6600 and an operator will assist in connecting you with a representative of a local Jumpstart Chapter in your area who will guide you through the application process. All information received is kept confidential.



Caring for New Kids to Canada

Contact Information:

Website: www.kidsnewtocanada.ca

Caring for New Kids to Canada is intended to help health professionals provide quality care to immigrant and refugee children and youth. The Caring for New Kids to Canada's website provides key resources to help you learn about working with newcomer families. The key areas addressed are:

- **Medical Assessment:** Details on both the clinical and communication aspects of an immigrant or refugee child's first visit with a physician, including history-taking, the physical exam, lab tests and follow-up visits. Also offered are suggestions for health professionals to help build trust with the patient and their family.
- **Using Interpreters:** How do you provide effective care when there is a language barrier between you and your patient or the patient's family? Should children be asked to interpret for their parents? This document provides some guidance.
- **Travel-Related Illness:** Immigrants travel frequently to their home countries to visit relatives and friends. This document discusses potential risks and pre-travel advice.
- **An Overview of Immigrants and Refugees in Canada:** Provides details on recent Canadian immigration patterns, such as top countries of origin. It also describes how the Canadian government classifies immigrants and refugees which is important in understanding health care coverage for newcomers.
- **Cultural Competence:** Describes why health professionals need to be sensitive to differences between their own and their patients' cultural backgrounds and offers suggestions for providing culturally effective care.
- **Case Studies:** Short vignettes intended to help clinicians become more aware of specific issues faced by children and youth new to Canada.
- **Community Resources:** A list of local resources from across Canada that offer settlement and other social services to newcomers. Useful for health care professionals who want to help immigrant and refugees access community support.



Childcare Resource and Referral (CCRR)

Contact Information:

Address: 423 9th St N (next to the Whitetooth Bistro), Golden, BC

Telephone: 250-344-4996

Email: kimccrr@gmail.com

Website: www.goldencommunityresources.ca

Facebook: www.facebook.com/GoldenChildCare

Hours of Operation:

Monday to Thursday: 9:00am to 12:00pm & 1:00pm to 4:00 pm.

Monday evenings by appointment.

CCRR offers:

- Referrals to Licensed and Registered child care programs
- Referrals to community programs that support child development
- Networking opportunities for child care providers and caregivers
- Training for child care providers and early childhood educators
- Newsletter and Early Years program calendar
- Support with the Affordable Child Care Benefit
- No cost toy and resource library
- Access to child care business information: grants, start up resources, facility visits
- Photocopier/Fax/WiFi access

Community Action Program for Children (CAPC)

Contact information:

Email: kimccrr@gmail.com

Telephone: 250-344-4996

CAPC is a federally funded initiative of the Public Health Agency of Canada.

Funding is provided to community coalitions to deliver programs that address the health and development of children age 0-6 years, and to support their families.

It is recognized that communities have the ability to identify and respond to the needs of its children and a strong emphasis is placed on partnerships and capacity building.

The CAPC Site Coordinator offers programs with a focus on safety education, early development and healthy, active lifestyle.

For more information about CAPC and its programs please contact the Site Coordinator.

'Friend' Golden CAPC on Facebook.

Columbia Basin Alliance for Literacy (CBAL)

Contact Information:

Melanie Myers, Community Literacy Coordinator

Email: mmyers@cbal.org

Website: www.cbal.org

Telephone: 250-439-9665

Formed in 2001, CBAL is a not-for-profit organization that promotes literacy and lifelong learning throughout the Columbia Basin and boundary regions.

CBAL partners with community organizations to develop, promote and deliver services to help citizens of all ages improve their literacy skills, and engage in lifelong learning.

In addition to programs and services for adults and school-aged children, CBAL works with other service providers in the community to deliver services and programs for children age 0-6.

Some important facts about this organization's work include:

- CBAL Golden partners with School District 6 to manage Strong Start programming in Golden;
- CBAL facilitates Tech Tutoring, Cyber Seniors and Getting to Know Your iPad Classes – along with many other adult literacy programs;
- CBAL provides Books for Babies in partnership with Public Health;
- CBAL facilitates One 2 One reading in our schools, Family Cooking Programs, Family Music Programs and Youth Programming (Comic Club and Guys Read) – along with many other family literacy programs;
- All programs facilitated by CBAL are free of charge to parents and children.

CBAL can help, if you or someone you know:

- Is a parent who wants to learn more about literacy development in young children;
- Is an adult who wants to improve reading, writing, math, English skills or basic computer skills;
- Is an adult immigrant or refugee who would like to improve their English language skills and/or connect with the Golden community.



East Kootenay Addiction Services Society

Contact information:

Address: 421 9th St N, Golden, BC

Telephone: 250-344-2000

Email: jtelfer@ekass.com

Website/intake: www.ekass.com

Hours of Operation: Monday to Friday: 9:00am to 5:00pm

The East Kootenay Addiction Service Society (Golden) provides free and confidential counselling to youth, adult men, and families dealing with difficulties from their own or someone else's substance use. In addition, EKASS provides referrals to approved programs, community education, outreach, harm reduction and Teen Empowerment and Mastery program (TEAM).

East Kootenay Supported Child Development Programs (SCDP)

Contact Information:

EKSCD Golden Consultant: Ronda Ellery

Telephone: 1-778-687-1793

Email: ekscd.golden@ccssebc.com

Regional Coordinator: Rebecca Mitchell

Telephone: 1-250-426-4043

Website: www.ekscd.ccsranbrook.ca

East Kootenay Supported Child Development supports children with diverse abilities attending a community childcare or preschool program. The goal is to support quality inclusion in community programs, helping children participate along with their peers and reach developmental goals.

EKSCDP has a regional resource lending library that offers a large variety of specialized equipment, toys and resources available to parents, childcare providers, and community partners.

SCDP operates under the principles of inclusion and family-centered practices and uses a multi-disciplinary team approach.

Parents may self-refer, or with parental consent, referral may come from other community service providers.



Equinoxe Virtual Clinic – See a Doctor Online

Contact Information:

Telephone: 1-888-547-5575

Website: <http://clinic.equinoxelifecare.com>

The Equinoxe Virtual Clinic gives you more control over your healthcare. You can quickly and easily video visit a doctor from wherever you are. Powered by Medeo, you can now connect to a doctor in the Equinoxe Virtual Clinic using your computer, iOS or Android device and schedule a confidential video or phone conversation with an Equinoxe Nurse Care Manager, Social Worker or Physician for health, wellness and mental health advice.

Equinoxe's secure clinical call centre provides clinical telephone support, triage and coaching services to Equinoxe's clients.

Every call is documented electronically and all telephone encounters are recorded for quality assurance and clinical compliance purposes.

Connect with Your Doctor in a New Way: Use the Equinoxe Virtual Clinic to follow-up with your doctor online. The clinic helps build an improved relationship with your doctor and increases continuity of care, while making it easier for you to access healthcare.

Doctors Can Attach A Referral To Your Case: Equinoxe connects a growing network of specialists to you. The Equinoxe Virtual Clinic activity stream and file upload capabilities allow the doctor caring for you to refer your case to specialists online. Once a specialist accepts your case, they can provide their opinion, prescribe you a care plan or ask you to visit them in person.

Save time: Renew Your Prescriptions on the Equinoxe Virtual Clinic. Reviewing your medication with your doctor on the Equinoxe Virtual Clinic is so fast and easy. If your care plan includes a prescription you can have it sent straight to your pharmacy.

Sign up for the Equinoxe Virtual Clinic: Our sign up process is quick and secure. When you sign in, we'll send you a text message with a four digit secret code to your cellphone. If your doctor is registered on the Equinoxe Virtual Clinic you can select them from the drop down list.

Golden & Area Seniors' Navigator

Contact information:

Seniors Navigator: Mickey Balas

Telephone: 250-344-6866

Email: mickeybalas22@outlook.com

The Navigator provides a free, comprehensive resource for Golden & Area's older adults, their families and their caregivers which assists them to access assistance and information on senior services available in the community. The program connects people who know what's out there with people who need support, making it easier for seniors and their families to take advantage of the supports which were designed to help them.

Golden Early Years Centre (EYC)

Contact Information:

Address: 423 9th Ave N (next to the Whitetooth Bistro), Golden, BC

Telephone: 250-344-4996

Email: kimccrr@gmail.com

Website: www.goldencommunityresources.ca

Facebook: www.facebook.com/GoldenEarlyYears

Hours of Operation:

Monday to Thursday: 9:00am to 12:00pm & 1:00pm to 4:00 pm

We offer:

- A family friendly play space that welcomes children and caregivers for drop in and play
- Regularly scheduled early learning programming
- Access to child care and community program information
- Parenting support and referrals to enhanced child and family services
- Early developmental screening through the Ages and Stages Questionnaire

Golden Food Bank

Contact information:

Address: 1407-9th Street South, Golden, BC

Telephone: 250-344-2113

Email: info@goldenfoodbank.ca

Office Hours:

Monday to Thursday: 10:00am to 5:00 pm

Shopping Hours:

Tuesday, Wednesday and Thursday: 10:00am to 5:00pm

The Golden Food Bank is a non-profit society serving residents of the Golden Area. The Food Bank is located in Golden, at 1407 9th St S., across from the public pool. They deliver a number of services including local Food Recovery and Emergency Food Hamper programs. To access the Hamper program, Government issued ID is required.

The Golden Food Bank partners with many local community and social services including the Golden Farmers' Market Association to deliver the BC Farmers' Market Nutrition Coupon Program and local schools to deliver programs like Healthy Eating and Food for Learning. They also partner with local food sellers to recover and repurpose healthy food, keeping it out of the landfill.

The Golden Food Bank also has a free public computer and printing station available during office hours. Columbia Basin Alliance for Literacy (CBAL) will be on site Thursday afternoons providing computer support to the public, along with hot soup.



Golden Library/Okanagan Regional Library Branch

Contact Information:

Address: 819 Park Drive, Golden, BC

Telephone: 250-344-6516

Website: www.orl.bc.ca

Email: golden@orl.bc.ca

Hours of Operation:

Tuesday: 10:00am to 5:00 pm

Thursday: 10:00am to 8:00pm

Friday: 10:00am to 5:00pm

Saturday: 10:00am to 5:00pm

The Golden and District Public Library is a welcoming and convenient hub for the entire community.

As part of the Okanagan Regional Library system, members have access to a large collection of books (including large print titles) as well as audiobooks, CDs, DVDs, as well as many online resources and more! The library also offers free Wi-Fi, public access computers, a Makerspace, study spaces, exam invigilation and a bright and welcoming children's section.

The library also offers a variety of free programs for all ages.

Membership is free to residents.

Contact the librarians for more information.



Golden Women's Resource Centre

Contact information:

Address: 419C 9th Avenue N, Golden, BC

Telephone: 250-344-5317

Women's Shelter Crisis Line: 250-344-2101 – available 24/7

Website: www.goldenwomencentre.ca

Hours of Operation:

Monday to Friday: 10:00am to 4:00 pm

The Golden Women's Resource Centre provides direct services and supports to women and girls promoting their safety, empowerment, and equality.

The Golden Women's Resource Centre welcomes ALL women & girls (transgender & cisgender) as well as genderqueer and non-binary people who are comfortable in a space that centres on the experiences of women.

The Women's Centre

The Women's Centre itself is a safe, non-judgemental and respectful space – children and pet dogs are welcome. It is a place for women to come together, get support, access services, relax and unwind, enjoy a cup or tea or coffee, and spend time in our cozy lounge.

Donations and fundraising help make the work we do accessible and possible.

Stopping the Violence Outreach

This program provides support and information to women experiencing relationship abuse (in all its forms – not just physical). Outreach services are confidential, client focused, non-judgmental, and respect each woman's values, beliefs, culture and choices. The goal is to increase safety, and empower women so that they are confident making their own decisions.

This program is funded by the Ministry of Public Safety and Solicitor General.

Golden Women's Shelter

Also known as the Golden Safe Home program.

For women & children fleeing abuse.

Women's Shelter Crisis Line: 250-344-2101 – available 24 hours a day, 7 days a week

Program offers:

- 24 hour crisis line support for women experiencing abuse
- Temporary confidential shelter in Golden for women and children fleeing abuse
- Non-judgmental, supportive crisis counseling
- Referrals to Safe Homes/Transition Houses in other locations
- Safety planning suitable to each person's unique situation

- Advocacy, referral, and accompaniment to other community resources
- Support, encouragement and respect for women's choices

Sexual Assault Response

Emotional support for women that have experienced sexualized violence. Women can give us a call or drop in to speak with someone. We have information surrounding available resources and supports as well as options for reporting.

Third Party Reporting

Third Party Reporting provides a means by which an adult survivor of sexualized violence may report an incident to police while remaining anonymous.

Virtual Legal Clinic

Eligible women are able to meet with a lawyer using video conferencing for one hour of legal help. This is a free service offered by Rise Women's Legal Centre in partnership with the Golden Women's Resource Centre.

Girlz Group

Girlz Group is a FREE after school program for girls in grades 5, 6, & 7. This program is designed to empower girls, promote independent thinking, building self-esteem, confidence and positive relationships. Through fun and interesting projects, conversations, activities, we explore a variety of topics that interest girls.

Donations and fundraising make this program possible!

Computers & Internet

We have three public computers available for women to use for free during our hours of operation. Come on in to check your e-mail, go on Facebook, work on your resume, search for jobs, surf the internet, and more.

Resource Library

Choose from over three hundred books to read in our cozy lounge or borrow a book you'd like to take home with you. Our library has a great choice of topics to read up on. Advance your feminist knowledge with one of our selections of feminist writings, empower yourself with one of our self-assistance books, or read an inspirational novel. We also have a fantastic selection of books that cover health and nutrition, parenting, pregnancy, body image, addictions and more.

Clothing Exchange

The Good Karma Clothing Exchange is located in the front section of the Golden Women's Resource Centre. This is a free store, and women are welcome to browse and take what they can use. There is women's clothing, and small household items available.

Golden Women's Shelter

Also known as the Golden Safe Home program.

Contact Information:

Office: 419C 9th Avenue N, Golden, BC

Shelter: undisclosed

Women's Shelter Crisis Line: 250-344-2101 – available 24/7

Website: www.goldenwomencentre.ca/womens-shelter/

Hours of Operation:

Office Hours: Monday to Friday: 10:00am to 4:00 pm

The shelter is available 24 hours a day, 7 days a week.

For women and children fleeing abuse.

Program offers:

- 24 hour crisis line support for women experiencing abuse
- Temporary confidential shelter in Golden for women and children fleeing abuse
- Non-judgmental, supportive crisis counseling
- Referrals to Safe Homes/Transition Houses in other locations
- Safety planning suitable to each person's unique situation
- Advocacy, referral, and accompaniment to other community resources
- Support, encouragement and respect for women's choices

This program is funded by BC Housing.

Golden Family Center

**Contact information:**

Address: 421 9th Avenue N, Golden, BC

Telephone: 250-344-2000

Email: gfc@goldenfamilycenter.bc.ca

Website: www.goldenfamilycenter.bc.ca

Hours of Operation:

Monday to Friday: 8:30am to 12:00pm and 1:00pm to 4:30pm

Closed Tuesday mornings and some Friday afternoons.

Lunch and evening appointments are available upon request.

Services – for more detailed information, check out our website:

Intake

Please email or phone and ask for an intake appointment. An intake appointment usually takes between 30-45 minutes. Youth can access services on their own, if they feel ready.

Parenting & Family Support

Support for parents and caregivers on a range of parenting issues.

Infant Development

Support for families who have children from birth to three years of age who are at risk for - or who already have - a delay in their development.

Child & Youth Support

Support for children or youth to increase their resiliency so that they can successfully manage issues on their own.

Youth Counselling

One-to-one counselling for youth on a range of social and emotional issues.

Family and Individual Counselling – Adults

Our counselling program for families, couples and individuals is for parents and guardians who are caring for children and youth under 19 years of age, and for individuals and couples who are expecting or planning a family.

Parenting

- Family issues and parenting concerns
- Challenges of living in a step-family or blended family
- Challenges of being a new parent
- Concerns about attachment with your child
- Gender identity questions

Issues that affect parenting:

- Marital or relationship problems
- Anxiety
- Depression
- Coping with loss and change
- Trauma
- Feeling hopeless or thinking about suicide
- Anger management
- Stress management

Drop-in Counselling Clinic

Free and private drop-in counselling appointments for adults and older youth every Wednesday.

Brief Therapy

Counselling program for individuals and couples who are not actively parenting children or youth.

Stopping the Violence

Counselling for women who have experienced sexual assault, violence in relationships, childhood abuse and/or violence, and who are 19 years of age or older, or who are under 19 and are leading an adult lifestyle.

- SAIP – Sexual Abuse Intervention Program
- Specialized assessment and treatment services to children and youth under the age of 19 who have been sexually abused (also provides support to their families or caregivers).
- Specialized assessment, treatment, and consultation services for children under 12 years of age who present sexual behaviour problems, even when there is no clarity around the cause (also provides support to their families or caregivers).

Peace

Counselling for children and youth aged 4 to 18, who have been impacted by abuse, and who have witnessed abuse, assault, threats or violence in the home (also provides supportive services to the their families or caregivers).

Substance Use services – Adults

Counselling and support services for families, couples and individuals – both youth and adults – who are dealing with the impact of substance use or addictions in their life.

Substance Use Outreach Services – Youth

Support for youth who are impacted by their own or someone else's substance use

Co-located at the Family Center: East Kootenay Addictions Services Society

- **Substance Use Services c–** Intake through EKASS website: www.ekass.com
- Youth and Young Adults
- Men's Services

Golden Hospice Services - Home Health Services

Access home and community care and chronic disease management program with a single phone number.

Contact Information:

Telephone: 1-800-707-8550

Care Management Services

- Community nursing, occupational therapy, physiotherapy, dietician, social work and respiratory therapy
- Home support for activities of daily living such as personal care, special exercises, medication assistance and in home respite
- Adult day services
- Eligibility assessment for funded assisted living and long-term care homes

Care Management Services

- Diabetes

Palliative Care Services

- Community nursing, social work and hospice care

Acquired Brain Injury Services

Golden Hospice Society

Contact Information:

Address: 1401 9th Street S, Golden, BC

Telephone: 250-344-6300 or 250-344-5756

Facebook Page: www.facebook.com/Golden-Hospice-Society-1642714595978632

Email: goldenhospicehelps@gmail.com

The trained volunteers of the Golden Hospice Society provide companionate support to individuals and families facing a terminal diagnosis.

Golden and District Hospital - Hospice

Contact Information:

Address: 835 - 9th Avenue S, Golden, BC

Telephone: 250-344-5271

Website: <https://www.interiorhealth.ca/services/hospice>

Healthy Kids Program

Contact information:

Ministry of Social Development and Social Innovation

Telephone: 1866-866-0800

Website: <http://www.gov.bc.ca/sdpr>

The BC Healthy Kids Program helps low-income families with the costs of basic dental care, prescription eyewear and hearing assistance for their children. Eligible clients include children under 19 years of age who have coverage for Medical Services Plan (MSP) supplementary benefits through the Ministry of Health.

Coverage under the Healthy Kids Program

- **Dental** - Children are eligible for \$2,000 of basic dental services every two years. This includes services such as exams, x-rays, fillings, cleanings and extractions. Your dentist can advise you of other services that may be covered. Emergency dental treatment for the immediate relief of pain is also available if the child's two-year limit has been reached.
- **Optical** - Children are eligible for prescription eyeglasses (lenses and basic frames) once in a 12- month period. Children's eye examinations are covered by MSP.
- **Hearing** - Children are eligible for: Hearing aids, Bone anchored hearing aids, Cochlear implants, Repairs and Related items. An Alternative Hearing Assistance Supplement may be available if your child cannot benefit from a hearing instrument for the purpose of speech comprehension. Contact the Healthy Kids Program at 1-866-866-0800 for further information.

How to access services under the Healthy Kids Program

To use services under the BC Healthy Kids Program you will need to show your child's BC Care Card or BC Services Card to your provider. Your dentist, optical provider or audiologist/hearing instrument provider will confirm coverage with the program contractor before each appointment.



HealthLinkBC

Contact information:

Telephone: 8-1-1

Website: www.healthlinkbc.ca/servicesresources/811

8-1-1 is a free-of-charge health information and advice phone line available in British Columbia. The phone line is operated by HealthLinkBC, which is part of the Ministry of Health. By calling 8-1-1, you can speak to a health services representative, who can help you find health information and services; or connect you directly with a registered nurse, a registered dietitian or a pharmacist. Any one of these healthcare professionals will help you get the information you need to manage your health concerns or those of your family.

HealthLinkBC provides the following services:

- **Nurses:** At any time of the day or night, every day of the year, you can call 8-1-1 to ask a registered nurse your health questions. Our nurses are available to help you with non-emergency health concerns, to discuss symptoms and procedures and recommend whether you should see a health care provider in person.
- **Pharmacists:** You can call 8-1-1 to talk to a pharmacist about your medication questions. Our pharmacists are on call at 8-1-1 when your community pharmacist may be unavailable - every night from 5 pm to 9 am.
- **Dietitians:** Registered dietitians are available to answer your healthy eating and nutrition questions by phone at 8-1-1, or you can Email a HealthLinkBC Dietitian. Our dietitians are available from 9am to 5pm Monday to Friday.
- **Health Services Representatives:** When you call 8-1-1, you will speak to a health services representative who will direct your call to the HealthLinkBC service that fits your needs. Our health services representatives can also help you find your way in the B.C. health care system. Whether you are looking for the closest walk-in clinic, travel clinic, or want to know where to take your child for immunizations, the Navigation Services team at HealthLinkBC will direct you to the services you need, closest to where you live. Our health services representative can also answer your questions about the B.C. Smoking Cessation Program, and register you for Nicotine Replacement Therapy (NRT). For more information, call 8-1-1 or visit our B.C. Smoking Cessation program web page.
- **Translation Services:** 8-1-1 provides translation services on request in more than 130 languages.

Hope Air

Contact information:

Address: 207-124 Merton Street, Toronto, Ontario, M4S 2Z2

Email: mail@hopeair.ca

Telephone: 1-877-346-4673

Website: www.hopeair.ca

Hope Air provides free flights for individuals and families who are in financial need to travel to healthcare not accessible in their local area.

Interior Health and Golden Health Unit

Contact Information:

Address: 835 - 9th Avenue S, Golden, BC

Telephone: 250-344-3001

Website: www.interiorhealth.ca

Hours of Operation:

Monday to Friday: 830am to 4:30pm (closed from noon to 1:00)

The Interior Health and Golden Health Unit promote healthy lifestyles and provide needed health services in a timely, caring and efficient manner to the highest professional and quality standards. Interior Health operates the Golden and District Hospital. Interior Health also administers health services for families such as: pediatric occupational therapists, pediatric physiotherapists and early intervention speech pathologist.

The Golden Health Centre offers a wide range of services to children and their families including:

- **Ages and Stages Questionnaire:** The Community/Public Health Nurses screen children at six months of age for any developmental delays with the ASQ resources. Further, with the initiative of the Columbia Valley Early Years Coalition, nurses will also provide a second screening to children at 18 months. Children who are at risk of developmental delays at this age will be referred to the Infant Development Program.
- **Breastfeeding Support:** Breastfeeding is the healthiest way to feed your baby. There are many benefits to breastfeeding for both mother and baby. The community nurses offer at-home visits to support new parents with breastfeeding while also offering additional information on other important topics.

Dietician Services: Interior Health Dietitian services provide nutrition expertise to ensure quality nutrition care and support for you, your family and broader health care team. Furthermore, Interior Health has a Community Nutritionist who works with community groups, early childhood programs, school districts, organizations, healthy professionals, educators and local government to support and promote healthy eating at a broader population and policy level.

Early Hearing Screening: Early detection of hearing loss, followed by early and comprehensive intervention, makes a significant difference to the quality of life for an individual. Interior Health Audiology focuses on prevention services for people age 0-19 years residing in the Columbia Valley.

Healthy from the Start: The program offers information and resources to promote healthy pregnancy. Whether you're planning on becoming pregnant or in week 28 of your pregnancy, it's nice to have resources available to help answer your questions.

Immunization: Vaccines work! They save lives and prevent illness by protecting individuals and communities from the spread of disease. Although the routine immunization schedule starts with infants at two months of age, immunizations are important throughout the life span. Protect yourself and your loved ones, make sure that everyone is up-to-date with all recommended vaccines for their age.

Parental Services: Information to help you during your pregnancy and preparation for the birth of your baby. This program aims to support you and your family through a safe and satisfying pregnancy, birth and postpartum experience.

School Health: This program aims to create healthy schools. Interior Health believes that a healthy school contributes to the safety and health of our children and our youth. Working together, we can create the healthiest schools possible. Parents of school-aged children can contact us for information about their child's health.

Speech and Language Pathologist: Early detection and support can help a child having difficulties with speech and language to match their peers by the time they start kindergarten. Speech and language pathologists will help with pronunciation, language comprehension and use, social communication and voice, hearing, or stuttering problems. Anyone can refer a child from birth to pre-school age, with the parents' consent. Families with children who are about to enter kindergarten should contact the school district for service.

Lift the Lip/Fluoride Varnish Program: For children 12-47 months of age. This free program provides preventive education and fluoride varnish applications for children within this age that meet the eligibility requirements.



Métis Nation Columbia River Society

Contact Information:

Address: 801 10th Ave S, PO Box 4041 V0A 1H0, Golden, BC

Email: metisnationcolumbiariver@gmail.com

Hours of Operation:

Tuesday, Wednesday and Thursday: 10:00 am to 2:00 pm

The Métis Nation Columbia River Society offers cultural, navigational and support services for all Indigenous peoples in Golden and Area A, BC

Ministry of Child and Family Development (MCFD)

Contact Information:

Address: 1104 9th Street S, Golden, BC

Telephone: 250-344-7773

Website: www.mcf.gov.bc.ca

MCFD promotes and develops the capacity of families and communities to care for and protect vulnerable children and youth. MCFD supports healthy child and family development to maximize the potential of every child in British Columbia. The Golden Office provides direct services to families including: family support, child protection, youth mental health, adoption, children with special needs and youth justice and outreach services.



Monthly Natal Supplement

Contact Information:

Ministry of Social Development and Social Innovation

Telephone: 1-866-866-0800

Website: www.eia.gov.bc.ca

- The BC Employment and Assistance Program's monthly Natal Supplement is \$45 per month.
- The Natal Supplement is provided to expectant women on income assistance and families with infants up to seven months old.
- The supplement is intended to provide better pre- and post-natal nutrition for healthier mothers and their babies.
- It may be used to purchase items such as nutritious food as well as clothing and baby equipment.
- The BC Employment and Assistance Program also provides enriched infant formula for dependent children under 12 months of age where a medical condition requires the use of specialized formula or there is a risk of disease being transmitted through the mother's breast milk.



Pacific Post-Partum Support Society

Contact Information:

Address: 200-7342 Winston Street, Burnaby, BC

Telephone: 1-855-255-7999

Website: www.postpartum.org

Are you experiencing any of the following feelings after the birth or adoption of a child?

- Crying for no apparent reason
- Numbness
- Feeling of helplessness
- Frightening or intrusive thoughts
- Feeling overly concerned for your child
- Depression that may range from sadness to thoughts of suicide
- Anxiety or panic attacks
- Feelings of inadequacy or inability to cope
- Anger or aggression
- Sleeping problems
- Feelings of resentment towards baby or other family members
- The feeling that something is not right

Experienced postpartum counsellors offer telephone support, information and referrals six days a week.

If your youngest child is under three years, or if you are currently pregnant and you have any of the above feeling, we can help. Self-referrals are welcome.



Parent Advisory Committees (PACs)

Most schools in the Rocky Mountain School District 6 and Conseil Scolaire Francophone 93 has a Parent Advisory Committee (PAC), which takes an active role in supporting, encouraging and improving the quality of education and the well-being of students. The PACs are comprised of elected parent representatives who give input on school-based decisions, help provide parents with a greater understanding of the school, and work to unify efforts of being parents and teachers.

Contact Information:

Golden Zone Elementary and Secondary Schools

Rocky Mountain School District 6:

Alexander Park Elementary School

PAC Website: apes.sd6.bc.ca/for-families/parent-advisory-council

Lady Grey Elementary School

PAC Website: lges.sd6.bc.ca/for-families/parent-advisory-council

Nicholson Elementary School

PAC Website: nes.sd6.bc.ca/for-families/parent-advisory-council

Golden Secondary School

PAC Website: gss.sd6.bc.ca/for-families/parent-advisory-council

Conseil Scolaire Francophone 93:

Ecole La Confluence

PAC Website: laconfluence.csf.bc.ca/parents-eleves/ape/accueil



RCMP Victim Services

Contact information:

Address: 1419 11th Avenue N, Golden, BC

Telephone: 250-344-3920

Email: goldenvs@eastlink.ca

Website: www.goldencommunityresources.ca/victim-services

Hours of Operation:

Monday to Friday: 8:30am to 2:30pm

Appointments are available after office hours. Please call Victim Services during office hours, or email Victim Services to book an appointment.

Working under the direction of the Royal Canadian Mounted Police (RCMP), Victim Services provides information, referrals, practical and emotional support to victims of crime and trauma.

In Golden, the Victim Service worker is located in the RCMP detachment and can be contacted by calling the detachment or dropping by the detachment during office hours.

Victims of crime or trauma do not need a referral to access Victim Services. If you feel you are a victim of crime or trauma, or are unsure and just have questions, please call or drop in and someone will assist you.

Rocky Mountain Behaviour Analysts

Now Serving Golden

Contact Information:

Telephone: 1-778-517-5771

Email: rockymountainbehaviouranalysts@gmail.com

Website: www.rockymountainbehaviouranalysts.com

We provide a variety of services for individuals diagnosed with a developmental condition such as Autism spectrum disorder ADD/ADHD, Down syndrome, FASD, selective mutism.

Services we provide in the East Kootenays:

- Intensive behaviour intervention, Autism Therapy
- Early intervention
- Transition planning
- Tutoring for school aged children
- Consulting for families and school
- Teen and young adult life skill coaching
- Behaviour and safety plans for families and school settings
- Vocational skills and job coaching
- One on one tutoring and therapy for children and youth through online school programs
- We are able to connect families with Respite workers and provide supports

We provide one to one and small group options in a site-based program in Cranbrook as well as in-home and community settings in other areas.

Our Onsite Behaviour Consultant is able to create and modify individual plans and programs. This ensures the best possible intervention so individuals can get the most from their time here.

We have clinic settings in Cranbrook, Kimberley, Creston, Invermere, Golden, Elk Valley, and provide outreach in surrounding areas.

Funding options include: Autism funding, private funding.



Now serving Invermere

Rocky Mountain Behaviour Analysts

Seniors - Golden Better at Home

Contact information:

Program Coordinator: Lynne Romano

Telephone: 250-272-0291

Email: lynne.cdc@gmail.com

Website: <http://www.goldencommunityresources.ca/seniors.html>

Website: www.betterathome.ca

The Golden Better at Home provides non-medical services for seniors aged 65+ to help them live independently longer. Referrals can come from family, friends, medical personnel or seniors.

The program coordinator will do an assessment with the senior to see what support they need. These supports range from light housekeeping, friendly visiting, transportation, grocery shopping, transportation, library deliveries, prepared meal services, prescription pick-up/delivery, group activities, minor home repairs and light yard work. There is a fee for some services, including housekeeping, with a subsidy provided for low income seniors; however many services are free to all seniors.

To get connected to these services, please contact the program coordinator.

Shaken Baby Syndrome Prevention Program (SBSPP)

Contact Information:

Address: 835 - 9th Avenue S, Golden, BC

Telephone: 250-344-5271

Website: www.interiorhealth.ca

This Shaken Baby Syndrome Prevention Program (SBSPP) works to prevent shaken baby syndrome (the Period of Purple Crying) through province-wide community-based education.

Using a child development model, the Period of Purple Crying © focuses on infant crying, especially inconsolable crying and its connection to shaken baby syndrome. Program materials, which are distributed at birthing hospitals to parents of newborns, include a booklet and 10-minute DVD that address three basic concepts:

- Shaking any infant or child is very dangerous;
- Early infant crying and even colic is a normal part of infant development; and
- Frustration over early infant crying is the most common trigger for shaking infant or child.

The program's goals are to create a cultural change in parents' understanding and response to infant crying, and to reduce the number of cases of abusive head trauma by 50 percent.

Social Justice Advocate

Contact Information:

Address: Work BC Office, 421 9 Ave N #205, Golden, BC

Telephone: 250-439-9325

Website: www.goldenced.ca/social-justice-advocate

Email: advocate@goldenced.ca

The Social Justice Advocate is available to support you when you are faced with difficult circumstances and will connect you to the information and resources you need.

What to Expect:

- Individualized support that is free and confidential
- A welcoming and non-judgemental environment

Hours of Operation:

Drop-in and/or appointments on Thursdays from 10:00 am to 5:00 pm.

Please note that on other weekdays, the Advocate will remain available by phone or by email.

StrongStart Golden Outreach Programs

Program Information/Feedback:

Melanie Myers, Community Literacy Coordinator

Email: mmyers@cbal.org

Telephone: 250-439-9665

Website: www.cbal.org

Registration Contact:

Jen Elliott, Secretary - Alexander Park Elementary School

Email: jennifer.elliott@sd6.bc.ca

Telephone: 250-344-5513

StrongStart centres are early learning programs designed to support the success of children when they enter kindergarten. StrongStart programs are for parents and caregivers of children under five years of age.

StrongStart offers qualified early childhood educators, activities that promote learning and healthy development and opportunities to meet other parents and caregivers within the community. Furthermore, the program offers information on parenting, child development, community resources and school readiness.

Programs run Monday - Friday (following school schedules) 9:15am - 11:45 am

The program is delivered at Alexander Park Elementary School, 1000 14 Avenue S, Golden, BC.

Therapeutic Rehabilitation for East Kootenay Kids – TREKK

Contact Information:

Telephone: 250-420-2298

TREKK is a team-based group of clinicians which include physiotherapists, and occupational therapists, and the intake service coordinator.

Mission Statement

To provide a consultative, comprehensive and collaborative PT/OT service that is designed to improve quality of life for children with a variety of special needs in the East Kootenay.

Vision Statement

To become a valued, well-defined and integrated Pediatric Rehabilitation service that is accessible, sustainable and evidence informed.

Physiotherapy can help with:

- Sitting, crawling, walking
- Jumping, hopping and walking
- Throwing, catching, and kicking a ball
- Trike/bike riding
- Complex joint and muscle problems
- Standing frames and walking aids

Occupational Therapy can help with:

- Feeding, bathing, dressing, and using the toilet
- Pencil skills: coloring, drawing, printing and writing
- Cutting skills
- How a child interprets what they see
- Using technology to help a child
- Splinting

Eligibility Criteria

Anyone can refer a child, (parents, relatives, doctors, health care professionals, teachers etc.), provided they have the consent from the parent(s)/guardians(s). Must be a BC Resident between the ages of 0-19 currently residing in the East Kootenay area that includes School Districts 5 and 6.



WorkBC Centre

Contact information:

Address: 205-421 9th Avenue N, Golden, BC

Telephone: 250-344-5413

Email: info-golden@workbc.ca

Website: www.workbccentre-golden.ca

Hours of Operation:

Tuesday: 11:00am to 6:00pm (closed from 2:00pm to 3:00pm)

Wednesday to Friday: 9:00am to 4:00pm (closed from 12:00pm to 1:00pm)

Services

- Job board of available job vacancies
- Employment counselling services
- Job search assistance and workshops
- Short term training
- Columbia Basin Trust Training Fee Support program
- Training, wage subsidy and self-employment program

Quality Child Care Checklist

Research has shown that the first six years of a child's life are the most important part of learning cognitive, physical, social, creative and emotional skills. For many children, child care providers are a large part of those formative years; therefore, quality child care access is critical.

Children who have established positive relationships with their child care provider are happier and comfortable in their child care setting. This is a great indicator of quality child care.

The Quality Child Care Checklist includes the following:

1. Staff and program facilitators with up-to-date first aid and CPR training in case of emergency.
2. Character references, indicating that practitioners genuinely enjoy interacting with children, can make children feel secure while providing the necessary individual attention.
3. Medical references, indicating that they are mentally and physically capable of caring for children.
4. Develop policies to cover child care guidance, nutrition, vacation, arrival/ departure, fees, health, and safety.
5. Ongoing education to understand children's differences; be able to recognize behaviours that indicate that a child may need additional support or referral services.
6. Criminal Record Check of all staff or people over the age of 12 who work/ reside at the facility.
7. Liability insurance coverage for the providers and children.
8. Vehicle insurance coverage for transportation of providers and children.
9. Licensed child care provider access to building/fire inspection reports as well as any/all licensing reports.
10. All child care providers are required to follow the legal ratios of staff/ facilitators-to-children.

Age-appropriate programming covering a variety of interests and developmental levels, including both indoor and outdoor activities.

Contact Information:

Golden CCRR

Email: goldencrr@gmail.com

Telephone: 250-344-4996

Website: www.crr.bc.ca

The Community Care Licensing Branch

Website: www.interiorhealth.ca/information-for/businesses/community-and-child-care-providers

Licensed Child Care Providers



Beate's Playcorner

Contact: Beate Sutter

Address: PO Box 870, 602 11th St. S. Golden, BC V0A 1H0

Telephone: 250-344-2685

Email: bemis@telus.net

Licensed Family Child Care (7 spaces), Ages 1 to 12 years

6:30am to 5pm Monday through Friday

8am to 5pm Monday through Friday

Year round

Cheryl's Family Daycare

Contact: Cheryl Gottler

Address: 1429-11th Ave. N. Golden, BC V0A 1H2

Telephone: 250-344-8147

Email: rcdvgottler@persona.ca

Licensed Family Child Care (7 spaces), Ages 2 to 5 years

8am to 5pm Monday through Friday

Contact child care for vacation schedule

Golden Child Daycare

Contact: Tyler and Pamela Tetrault

Address: 818 9th St. N. Golden, BC V0A 1H1

Telephone: 250-344-5585

Email: info@goldenchilddaycare.ca

www.goldenchilddaycare.ca

Multi Age Care (8 spaces/program) birth to 12 years

Year round

Jenn's Play House

Contact: Jenn Isaac

Address: PO Box 4063, 1203 Alexander Dr. Golden, BC V0A 1H0

Telephone: 250-344-6955

Email: jenn69is@hotmail.com

Licensed Family Child Care (7 spaces), Ages 1 to 12 years

Year round

Kellie's Family Daycare

Contact: Kellie Gulliford

Address: 1515 Fir Cres. Golden, BC V0A 1H6

Telephone: 250-344-8292

Email: tkgullifords@gmail.com

Licensed Family Child Care (7 spaces), Ages 1 to 12 years

9am to 5pm, Tuesday through Friday

Follows school calendar

Mountain Child Early Learning + Care Centre

Contact: Kathleen Holton, Director

Address: PO Box 746, 1000 14th Ave. S. Golden, BC V0A 1H0

Telephone: 250-439-9324

Email: mountainchild.gcrs@gmail.com

Licensed Group: Under 3 years, 2.5 years to School Age

School Age, Preschool programs

Year round, closed on statutory holidays

Tracey's Family Daycare

Contact: Tracey Balas

Address: PO Box 626, 507 9th St. S. Golden, BC V0A 1H0

Email: tbalas@telus.net

Licensed Family Child Care (7 spaces), Ages birth to 6 years

6am to 4pm Monday through Friday

Year round, closed on statutory holidays and 2 weeks in summer



Registered License Not Required

Carol Miller

Telephone: 250-344-2850

Email: smiller@persona.ca

Rebecca Heinemann

Telephone: 250-939-8928

Email: heinemann.rebecca@gmail.com

Budding Minds - Nature Based Discovery Program

Contact Information:

Website: www.buddingmindsdiscovery.com

Email: info@buddingmindsdiscovery.com

This outdoor program is positioned in beautiful Golden, BC, where two rivers intersect, and the children are protected by the majestic Rockies, Selkirk, and Purcell mountain ranges. Budding Minds offers children the opportunity to develop a deep sense of wonder and appreciation for the natural world. All of their senses are used to explore their surroundings by being in relationship with, connecting to, and respecting their community and environment.

Programs offered:

- Early Years Discovery Program (ages 3-5)
- After School Discovery Program (ages 5-9)
- Summer Camp Program (ages 3-5)

Arts, Recreation and Sporting Organizations



10 ways raising a physically literate child is like raising a reader

By: Richard Monette

In late August I picked up a local paper in a coffee shop. Looking at all the “back to school” inserts, my heart sank. “Summer is coming to an end,” I whispered as I scanned the advertising for binders, calculators, and sharpies.

On the last page a little card intended for parents caught my attention: “How to raise a reader”. After reading it I realized that I could easily replace the word “reader” with the words “physically literate child”.

So, to celebrate the collective sigh of relief from parents, also known as “back to school time”, here are 10 ways helping your child become a better reader and someone who loves to read are similar to helping them develop physical literacy and a love of being active:

1. Make reading/physical literacy a family value.

Kids are born to play. They are born to run, jump, and skip. They learn by emulating what they see around them. Play as a family. Go out and enjoy learning new skills, activities, and games.

2. Let them read what they enjoy/do the physical activities they enjoy.

Pleasure is the greatest incentive. Kids will do what they enjoy. They will also enjoy what they are good at. This means that they might repeat a game over and over. Support and reward all games, sport, or activity your kids enjoy. And make sure you play with them.

3. Be sure they are reading/playing at an appropriate level.

Remember one simple rule as you support your child in activities and sports: every kid must do the right things at the right times under the right conditions. You don't expect your first-grader to read Shakespeare, so don't push them into doing physical activities that they are not ready to do. More importantly, don't enroll them in programs that might be beyond their age. Instead, keep play simple and age-appropriate.

4. Don't use reading/physical activity as a punishment.

I cringe when I see a coach or a PE teacher use physical activities as a punishment (“10 push ups for being last.”). Reverse the

trend. Promote play, games, and activities as a reward. As something special to be cherished.

5. Give books/equipment as a gift Gifts are special. They spark excitement and kids' imaginations. Try to give your child toys that will encourage them to be active and promote the joy of playing.

6. Let your kids see you read/be active for fun.

You have a powerful modeling effect on your child. If your child sees you enjoying being active, then they will see games, activities, and sport as a normal and worthwhile part of life.

7. Don't over-correct, don't over-practice.

One way to make certain your kids will resent reading is by pushing them to read perfectly too early. The same applies to their love of being active. Mistakes are a critical part of developing as a reader or becoming a physically literate child. Support, encourage, and guide your child.

8. Point out words/physical activity everywhere.

Humans are born to move. We are physical beings. From

the prima ballerinas to top athletes, we love to see great displays of physical aptitude. But don't forget the everyday display of skills. Encourage your child to recognize these skills everywhere. Point out every-day examples of physical ability: "Look at that firefighter climbing the ladder. What skills does she need to do that?"

9. Set aside time for kids to read/be active on their own.

Free play is essential for kids. Be sure to encourage them to play by themselves without a tablet or computer.

10. Fun, fun, and more fun.

Not every child will become an avid reader or a world-class athlete. However, both literacy and physical literacy are fundamental to the development of your kids. Most youngsters are born with the capacity to read and move well, but like any other skill, it must be learned and repeated on a regular basis so that it becomes second nature. Fun and enjoyment are the secret ingredients to learning new skills.



Active for Life is a non-profit organization committed to helping parents raise happy, healthy, physically literate kids. For more articles like this one, please visit ActiveForLife.com

Dogtooth Climbing Gym

Contact Information:

Address: 102-806 9th Street N, Golden, BC

Website: www.dogtoothgym.com

Email: info@dogtoothgym.com

Telephone: 250-344-6444

Hours of Operation:

Sunday to Thursday: 4pm to 9pm

Friday: 4pm to 7pm

Saturday: 2pm to 7pm

Our indoor rock climbing facility offers top rope climbing and bouldering all under one roof. All ages and levels of ability are welcome, from first timers to seasoned rock climbers.

Our walls include challenging corners, aretes, overhangs and we have a bouldering cave.

We offer Lessons, Birthday Parties, Team Building Sessions, Summer Camps and Youth Programs.

Dolphins Swim Club

Contact Information:

Website: www.goldendolphinsswimclub.org

Email: goldendolphinssc@gmail.com

Throughout the history of the Golden Dolphins Swim Club, parents have administered the club, organized social activities and run swim meets.

The Golden Dolphins is a team-oriented swim club that teaches and trains the competitive swim strokes and offers opportunities for competition in a challenge-by-choice environment. Swimmers focus on individual skills, goal setting and continued personal improvement. Our experienced coaches provide a fun, supportive and safe setting for regular training sessions.

Activities take place at the Golden Municipal Swimming Pool.



Golden Aerials

Contact Information:

Charlotte Gavura

Facebook: www.facebook.com/goldenaerials

Email: goldenaerials@gmail.com

Telephone: 250-344-1254

Golden Aerials offers Aerial Silks Lessons for Youth and Adults. A great form of activity to strengthen core and develop creativity in movement.

Golden Curling Club

Contact Information:

Address: 1412 9 Street S, Golden, BC (between the Golden and District Arena and the Golden Swimming Pool)

Website: <https://clubs.curling.io/en/clubs/1122-golden-curling-club>

Email: goldencurling@gmail.com

Telephone: 250-344-5461

The Golden Curling Club was established in 1894 and is the oldest curling club in BC and the oldest club west of Winnipeg. The Golden Curling Centre provides a welcoming, affordable environment for people of all ages and abilities to build friendships, sportsmanship and skill development through the sport of curling. The Centre operates in the fall and winter months with leagues and programs for all ages and abilities. Contact us for more information on a league for you and your family.

Golden Figure Skating Club

Contact Information:

Facebook: www.facebook.com/Golden-Figure-Skating-Club-717037628390749/

Email: goldenfsclub@gmail.com

The Golden Figure Skating Club offers Skate Canada programs including: Canskate and Starskate. The Club offers skating lessons throughout the fall and winter months to those who are at least 4 years of age, they must be able to stand on the ice unattended.

All lessons take place at the Golden & District Centennial Arena in downtown Golden, so please contact the Club for more information and program schedules.

Golden Minor Hockey

Contact Information:

Website: www.goldenhockey.com

Email: goldenminorchockey@gmail.com

Golden Minor Hockey organizes and promotes hockey in the Golden area. With programs running from September to March each year, children age 5 and up are invited to register and play in the House league.



Golden Minor Soccer

Contact Information:

Website: www.goldenminorsoccer.com

Email: gmsapres2015@gmail.com

Golden Minor Soccer organizes and promotes soccer in the Golden area. With programs running from April to June each year, children age 4 and up are invited to register and play in the House league.

Golden Nordic Ski Club

Contact Information:

Dawn Mountain Nordic Centre

Address: 1690 Hector Trail, Golden, BC

Website: www.goldennordicclub.ca

Email: info@goldennordicclub.ca

The Golden Nordic Ski Club offers 33 kms of groomed trails for all skill levels; from those who are just starting out on skis to more advanced skiers seeking a strenuous workout.

We also run great programs and lessons for the whole family to enjoy during the winter season.

Our Bunnies, Jackrabbit, Track Attack, and Teen Program offer a fun way for your kids to get out in the snow with our fully qualified and NCCP certified coaches. Your kids will learn essential ski techniques, critical coordination, and balance skills through games and challenges, while developing a love for being on their skis! They will also love to be outside and active in the winter environment, putting them on the right path for a healthy lifestyle. Most importantly they will have, hopefully, a lot of Fun!

Golden Region Youth Centre

Contact Information:

Lynne Romano

Address: 513 9 Avenue N, Golden, BC

Email: lynne.cdc@gmail.com

Telephone: 250-272-0291

The Golden Region Youth Center GRYN exists to create and enhance opportunities for youth lead by youth in the community. Youth are empowered by engaging in the planning of programs, maintaining and supporting their center. Youth will have the opportunity to participate in safe, cultural, educational and fun activities that do not already exist in the community.

The Youth Center, as part of the GRYN, is a free, fun and respectful space for those 12-18 to drop-in or be a part of all of our programs.

Drop-in

Meet old friends, make new ones, play pool, play games, sing karaoke, listen to music, try an art project, have good conversations, help shape your youth centre, help shape your community. Pool table, Wi-Fi, music, chalkboard walls, healthy snacks.

Monday and Tuesday 6-8 at the Youth Center and Wednesdays at the Rec Plex.

Jam Night

Local musicians will host and guide aspiring talent during jam night. Instruments and sound equipment is provided or personal gear can be hooked up to our existing sound system. All levels and genres are welcome with an emphasis on a safe and supportive audience.

Movie Night

A large screen, comfortable seating and popcorn are provided. Special thanks to Kicking Horse Video for the continued donation of movies.

Other events and programming (karaoke, climbing, drumming, art) are offered and to keep in touch and get the schedule you need to get yourself on the email list at gryn.golden@gmail.com.

Golden Youth Centre Shared Space

Any group, business or individual is encouraged to contact the Youth Centre to use the space. The space is centrally located downtown with large windows to generate public awareness. Everything can be moved to fit specific needs. We have a lounge area for comfortable gatherings, tables that join to create business style meetings, projector and screen for presentations, easy to use sound board with hanging speakers and Wi-Fi. There is also a kitchen area with fridge, sink and appliances with a bathroom at the back. Donations are accepted to help support the activities at the Centre.

Please contact us by phone, e-mail or stop in to see what we have to offer first hand.

Golden Shotokan Karate

Contact Information:

Address: 818 9 Street N, Golden, BC

Facebook: www.facebook.com/Golden-Dojo-1556860131212690

Email: info@iskfgolden.bc

Telephone: 250-439-8036

Golden Dojo is home to “Golden Shotokan Society” which is an active member of ISKF Canada (International Shotokan Karate Federation), and Family Yoga. It is operating under the direction of Sensei Tyler.

Higher Ground Sports

Contact Information:

Address: 501 9th Avenue N, Golden, BC

Telephone: 250-344-7980

Website: www.highergroundsports.ca

Hours of Operation:

Monday to Thursday: 9am to 5pm

Friday and Saturday: 9am to 7pm

Sunday: 12pm to 6pm

Summer rentals: SUPs, Mountain bikes, Townies and BMX/Dirt jumpers.

Winter rentals: Touring ski/splitboard gear, Avalanche safety gear (transceiver, probe, shovel), Snow-shoes, Nordic/XC packages and Fatbikes.

Kicking Horse Gymnastic Club

Contact Information:

Address: 907 10th Street N, Golden, BC

Website: www.khgyim.weebly.com

Email: khgym@hotmail.com

Telephone: 250-439-9759

The Kicking Horse Gymnastic Club offers a variety of programs from crawling to adults:

- Parent & Tot: from 18 months to 3 years old
- Preschool: 4-5 years old
- Recreational (Beginner/Intermediate/Advanced): 5-15 years old
- Competitive
- Trampoline & Tumbling
- Adult 18+

Special Olympics - British Columbia

Contact Information:

Telephone: 604-737-3078

Toll Free: 1-888-854-2276

Email: info@specialolympics.bc.ca

Website: www.specialolympics.bc.ca

Special Olympics is humanity's greatest classroom, where lessons of ability, acceptance and inclusion are illuminated on fields of play by our greatest teachers – the athletes.

Special Olympics BC offers summer and winter sports for ages eight and up, youth programs for ages two to 18, a year-round fitness program, and athletic health initiatives.

Stages School of Dance

Contact Information:

Website: www.stagesschoolofdance.com/golden-studio

Email: stagesschoolofdance@shaw.ca

Telephone: 250-426-6735

Stages School of Dance offers a variety of program, from child to adult:

- Combo Classes (ages 3-5 yrs.) – Ballet / Tap, or Ballet /Accordance, or Ballet/ Jazz
- Beginner Tap (ages 5-7 yrs.)
- Beginner Jazz (ages 5-7 yrs.)
- Ballet (ages 5 yrs. & up) -Pre-Primary, Primary, Grades 1-8, Intermediate Foundation, Intermediate 1 & 2, Advanced 1 & 2, Solo Seal
- Hip-Hop/ Street Jazz (ages 6 to adult)
- Jazz – (ages 5 to adult) Junior 1-3, Pre-Intermediate 1-3, Intermediate 1-3, Advanced 1-2
- Tap – (ages 5 to adult) Junior 1-3, Pre-Intermediate 1-3, Intermediate 1-3, Advanced 1-2
- Contemporary Jazz (ages 9 yrs. to adult)
- Modern Dance – Students must have at least 4 years training in classical ballet to enroll in Modern
- Lyrical Jazz – Pre-Intermediate 2-3, Intermediate 1-3, Advanced 1-2
- Acrodance- 5 yrs. & up
- Musical Theatre – Ages 6-18 Years
- Teen Contemporary Jazz- For the teen dancer who does not have previous training
- Adult variety class –(Jazz, contemporary Jazz, Tap, Hip Hop & Ballet) genre's changes every four weeks to allow adults to enjoy training in all styles

Telus Winter Sports School - Kicking Horse Mountain Resort

Contact Information:

Address: 1500 Kicking Horse Trail, Golden, BC

Website: www.kickinghorseresort.com/purchase/telus-winter-snow-school

Email: mountainschool@kickinghorseresort.com

Telephone: 250-439-5467

The ski school at Kicking Horse Mountain Resort offers a variety of programs including: private lessons, kids group lessons and Free Ride ski and snowboard. The instructors at the Telus Winter Sports School are eager to help you get the most out of this mountain.



Town of Golden - Recreation Services

Contact Information:

Telephone: 250-344-1622

Website: <http://www.golden.ca/Departments/Recreation-Services.aspx>

Email: rec.booking@golden.ca

As a community, we've built numerous facilities that, when added all up, exceed many of the services offered at a five star resort. Even better, no special tag is required to play in our facilities!

We offer recreation programs such as swimming, ice skating, winter walking, drop-in sports and parent & tot play.

Please explore the links on our webpage to find out more about some of our key facilities that make up the playful nature of our community.

Zoe's Colour Cove

Contact Information:

Telephone: 250-344-1654

Website: www.zoescolourcove.com

Email: zoescolourcove@gmail.com

At Zoe's Colour Cove I believe that everyone is creative and has an artistic talent waiting to be developed.

All for art & Art for all

Paint classes for all skill levels.

If you can sign your name, throw a ball, or tie your shoelaces, you can learn how to paint. Let me teach you!

Classes:

- Tiny Artists - under 5
- Young Artists - ages 5 to 12
- Aspiring Artists - 13 years and up
- Paint n Sip - adults 19 +
- Virtual Classes - all ages
- Book your own party

register @ zoescolourcove.com



8 ways to tell if your child is physically literate

By: Jim Grove

How do you know if your child is developing physical literacy? Here are eight simple tests. If you answer yes to a question, chalk one up for physical literacy. If you answer no, your child probably needs some attention in that area.

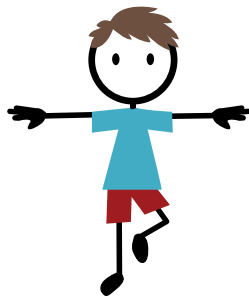
Physical literacy is about developing the fundamental movement skills that all children need, such as running, hopping, throwing, catching and jumping. These movement skills in turn give kids the confidence to participate in different physical activities, sports, and games.

1. Forward roll

Can your child do a forward roll on the floor? The forward roll is a basic gymnastic movement that shows your child has developed a reasonable degree of flexibility and coordination, as well as proprioception (knowing where the body is as it moves through space).

2. One-leg balance test

Ask your child to stand on one foot for 30 seconds. Get them to put their hands on their hips and lift the knee of their non-standing leg as high as possible. If they start hopping all over the place or falling over, they need to work on balance. Then try the other foot.

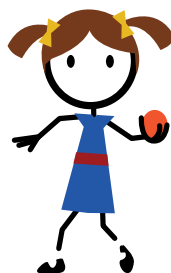


3. Swim (comfortable in water)

Can your child swim? Swimming is at the core of water sports and is an essential skill for lifetime safety around the water (important when you consider that 75% of our planet's surface is covered in water).

4. Throw a ball

It may seem a bit corny, but the ability to throw a ball is a good measure of a child's overall coordination, and it's an essential skill used in many sports.



5. Strike an object

Can your child hit a ball with a bat? A puck with a hockey stick? A badminton bird with a racquet?

6. Land from jumping

Watch your child as they jump from a low bench or your deck. Do they land with their knees aligned above their feet and sink smoothly into a squat? Or do their knees collapse inwards and their legs wobble around?

7. Flat-footed squat

Can your child do a flat-footed squat from a standing position and then stand up again? This movement indicates flexibility, coordination, balance, and strength.

8. Confidence to try sports

Is your child confident when trying new physical activities or sports? Kids who have a reasonable degree of physical literacy are eager to try new sports and activities.

Physical literacy is one of the most important gifts we can give our children. By developing physical literacy, children gain the skills and the confidence to be active for life.



Active for Life is a non-profit organization committed to helping parents raise happy, healthy, physically literate kids. For more articles like this one, please visit ActiveForLife.com

Base Health & Wellness

Contact Information:

Address: 715-15th Street S, Golden, BC

Telephone: 250-344-1142

Email: jenn@basehealthandwellness.com

Website: www.basehealthandwellness.com

Hours of Operation:

Studio is open 30 minutes prior to each class.

Monday: 5:45 am - 1:00 pm, 4:00 pm - 7:30 pm

Tuesday: 6:30 am - 1:00 pm, 5:00 pm - 8:00 pm

Wednesday: 5:45 am - 1:00 pm, 2:00 pm - 3:00 pm

Thursday: 6:30 am - 1:00 pm, 4:00 pm - 7:30 pm

Friday: 5:45 am - 8:30 am

Saturday: Closed

Sunday: 8:30 am - 9:45 am

Providing the best fitness, exercise and movement services to inspire wellness of mind, body and heart for everyone!

WE'RE HERE TO HELP

- Have you ever been in a fitness class or at the gym and wondered "Am I doing this right?"

NEED ATTENTION? YOU GOT IT . . .

- You can relax as all our classes feature a low participant to coach ratio so you get the coaching and attention you need.

FITNESS LEVELS FOR ALL

- Our classes are also designed for all fitness levels. Every workout can be scaled, which means we can make it easier or harder for you to keep you challenged and help you achieve your goals.

Golden's Gym

Contact Information:

Address: 806 9th Street North - Unit 101, Golden, BC

Telephone: 1-866-496-2470

Website: www.goldensgym.ca

Hours of Operation:

24 hours/7 days a week Member Access

Front Desk Hours

Monday to Thursday: 1:00 pm to 6:00 pm

Saturday: 1:00 pm – 4:00 pm

Friday and Sunday: Closed

We all know that life doesn't always follow the schedule we want; which is why we feel it's so important that our facility be available to you 24 hours a day, 365 days a year.

Our multi-level facility carries an extensive range of equipment for all types of training, including:

- Functional Training
- Crossfit
- Powerlifting
- Bodybuilding
- Cardio

On site amenities:

- Free Wi-Fi
- Lockers
- Private Shower

Services:

- Personal Training
- Nutrition Coaching
- Meal Planning

Shape Up Fitness

Contact Information:

Address: RECPLEX, 1310 9 St S, Golden, BC

Email: shape.up.fitness@hotmail.com

Facebook: www.facebook.com/shapeupwithnicki

Fitness Classes with Nicki, in person or online. Be Fit for Life!

Programs include:

- Lunch Crunch 8 Week Challenge
- Fit Mama 8 Week Challenge
- Shape Up Online Fitness

Schools



Golden Zone Elementary and Secondary Schools

Schools in the Golden Area are part of the Rocky Mountain School District Number 6 and the Conseil Scolaire Francophone de la Colombie-Britannique 93.

Rocky Mountain School District 6

Telephone: 250-342-9243

Website: sd6.bc.ca

Alexander Park Elementary School

Kindergarten to Grade 3

Address: 1000 14th Avenue S, Golden, BC

Telephone: 250-344-5513

Website: apes.sd6.bc.ca

Lady Grey Elementary School

Grade 4 to to Grade 7

Address: 620 9th Street S, Golden, BC

Telephone: 250-344-6317

Website: lges.sd6.bc.ca

Nicholson Elementary School

Kindergarten to Grade 7

Address: 737 Nicholson Frontage Road, Golden, BC

Telephone: 250-344-2370

Website: nes.sd6.bc.ca

Golden Secondary School

Grade 8 to Grade 12

Address: 1500 9th Street S, Golden, BC

Telephone: 250-344-2201

Website: gss.sd6.bc.ca

Golden Alternate School

Grade 8 to Grade 12

Address: 902 9th Street, Golden, BC

Telephone: 250-344-4532

Website: gas.sd6.bc.ca

Conseil Scolaire Francophone de la Colombie-Britannique 93

Telephone: 604-214-2600

Website: csf.bc.ca

Ecole La Confluence

Kindergarten to Grade 7

Address: 820, 11th Avenue S, Golden, BC

Telephone: 236-536-2075

Website: laconfluence.csf.bc.ca

Golden Area Parks, Playgrounds & Recreation Facilities



Town of Golden

Website: www.golden.ca/Departments/Recreation-Services.aspx

Alexander Drive Park: Alexander Drive (back alley), Golden, BC

- Playground
- Picnic area
- Ice rink



Canyon Ridge Park: Deer Ridge Road/Stoney Lane, Golden, BC

- Playground
- Ice rink

Confluence Park Area: Fisher Road, Golden, BC

- Picnic area
- Boat launch

Dogwood Park: 511-515 6 Street S, Golden, BC

Also known as the “Train Park”, Dogwood Park is a great place to host family picnics. Complete with a picnic shelter, tables, basketball court and playground equipment including: swings, slides and a variety of games, in a residential area close to Kicking Horse River and Rotary Trails.

Edelweiss Slough: 1509 11 Avenue N, Golden, BC

- Wildlife viewing
- Nature Trail

Golden and District Centennial Arena: 1410 9 Street S, Golden, BC

- Ice rink
- Dry floor
- Concession
- Washrooms
- Change rooms
- Lounge

Golden Community Resource and Services Guide

Golden Curling Club: 1412 9 Street S, Golden, BC

- Four curling sheets
- Licensed lounge
- Washrooms

Golden Swimming Pool: 1408 9 Street S, Golden, BC

- Lane pool
- Wading pool
- Gusher's Spray Park
- Picnic area

Keith King Memorial Park: 1501 Maple Drive, Golden, BC

- Soccer field
- Baseball field
- Playground
- Concession
- Washrooms

Kinsmen Park: 10 Street S/9 Avenue S, Golden, BC

Also known to community members as the "Clown Park", this large, grassy park is in a residential area and is equipped with picnic tables, trees, a water fountain, washrooms, swing sets and playground equipment.

Kumsheen Park: 802 10 Avenue S, Golden, BC

- Picnic area

Mount 7 Rec Plex: 1310 9 Street S, Golden, BC

- Community Gymnasium
- Outdoor fitness centre
- Freeride skatepark
- Basketball court
- Ice rink
- Tennis/pickleball courts
- Pump track
- Washrooms

Golden Area Parks, Playgrounds & Recreation Facilities

Reflection Lake: Reflection Lake Road, Golden, BC

- Wildlife viewing
- Pic nic area
- Motocross track
- Rodeo grounds
- Interpretive kiosk
- Ice skating
- Cross country skiing
- Access to mountain biking trails



Spirit Square: Town Centre, Golden, BC

- Fountain and gardens
- Special events location
- Washrooms

CSRD Area A

Website: www.csr.bc.ca/services/parks-recreation/parks-listing

Cedar Lake Recreation Site: 1400 Cedar Lake FSR, Golden, BC

Day-use at Cedar Lake Rec Site offers two beaches, a picnic site, swimming, small craft use, parking and toilet facilities. One beach accommodates hand-launching small watercraft for exploring and fishing the small lake. A small parking area nearby accommodates several vehicles with boat trailers. It is recommended that visitors wear protective footwear when swimming, wading, or boat-launching.

The 22-site primitive campground (no water, no electricity) is perfect for tenting and 4x4 campers; a few sites accommodate larger RV units. The Campground is open May 1 to October 15 annually and is pet-friendly. The beaches and picnic areas are lakeside with separate parking and a vault toilet. Sites are available on a first come, first serve basis.

Kicking Horse Mountain Resort Park: 1566 Kicking Horse Trail, Golden, BC

Enjoy this beautiful park just across the street from the Golden Eagle Express chairlift at Kicking Horse Mountain Resort. This is the highest elevation of all CSRD Parks and it includes picnic tables and benches to take in the spectacular views, or to enjoy a picnic. There is a vault toilet and a playground, as well as a grassed free play area.

Golden Community Resource and Services Guide

Moonraker Trails: 1400 Cedar Lake FSR, Golden, BC

Moonraker Trails are located on the west bench of the Columbia River across from the Town of Golden, the recreational trails span over 50 km perfect for mountain biking, hiking, and equestrian use. Recent improvements have been made in partnership with the Golden Cycling Club and the Ministry of Forests, Lands and Natural Resource Operations.

Visit the Golden Cycling Club to view Moonraker Trail info and other trail information for Golden (goldencyclingclub.com).

Parson Community Recreation Park: 3612 Hwy 95, Parson, BC

Parson Community Recreation Park is a year-round recreation park. In summer, visitors play tennis, baseball, beach volleyball and basketball. There is also a playground equipped with spinners, swings, a slide, and musical instruments for the children's enjoyment.

A regulation-sized skating rink and sledding hill is popular with families throughout the winter months. There is a warming hut and outdoor picnic shelter, fire pit and lights for evening use of the rink. A concession stand is available for use during community events (community members looking to use the concession should apply for a park permit).

Tom Kelley Memorial Park: 1703 Oberg Johnson Rd, Blaeberry, BC, BC

Tom Kelley Memorial Park is a place for the whole family. The imaginative play structure and swings made from tree trunks and roots are one-of-a-kind, climb-on artful play structures. The slide, net, fireman's pole and climbing rings are installed in a whimsical wooden structure that prompts imaginative play. Sheltered by a state-of-the-art sun shade, this is the perfect place to play in the sun, rain or snow.

It's great spot to spread out family picnic while the kids pedal in the pump park, practice soccer skills on the mini-field, or create their own games. Parking, a vault toilet and a garbage receptacle are maintained for public convenience.

Local Government



Town of Golden

810 9 Avenue S, Golden, BC
PO Box 350
250-344-2271
www.golden.ca

Electoral CSRD Area A

555 Harbourfront Drive NE, Salmon Arm, BC
PO Box 978
250-832-8194
www.csr.bc.ca/areas/electoral-area-a



Emergency Numbers

Children's Help Line - 24/7	310-1234
Women's Shelter Crisis Line - 24/7	250-344-2101
Emergency Human Resources	1-866-866-0800
Emergency: Police, Fire, Ambulance	911
Golden RCMP Administration	250-344-2221
RCMP Victim Services	250-344-3920
Food Bank	250-344-2113
Mental Health Support Line - 24/7	310-6789
Suicide Help Line - 24/7	1-800-SUICIDE (784-2433)
Youth Crisis Line - 24/7	1-800-661-3311
East Kootenay Crisis Line:	tel: 1-888-353-2273
Ministry of Child and Family Development - Report child abuse and neglect:	1-800-663-9122
Poison Control - 24/7	1-800-567-8911

Health Services

Health Link BC - 24/7	811
Golden and District Hospital	250-344-5271
Golden Medical Clinic	250-344-2211
Options for Sexual Health	1-800-739-7367
Golden Family Center	250-344-2000
Golden Women's Resource Centre	250-344-5317

Children and Youth Services

Youth Outreach Worker 250-344-2000

Substance Abuse Prevention Worker 250-344-2000

School Based Youth Support Worker 250-344-2201

Ministry of Child and Family Development 250-344-7773

Child and Youth Mental Health 250-344-7773

Golden Family Center, Children’s Counselling 250-344-2000
(bullying, self-esteem, anxiety, coping and grieving)

Counselling Services

Sexual Abuse Intervention Program 250-344-2000

Children Who Witness Abuse 250-344-2000

Relationship, Grief, Loss, Parenting and Personal Growth 250-344-2000

Addictions 250-344-2000

Mental Health 250-344-2000

Women’s Services

Counselling 250-344-2000

Golden Women’s Resource Centre 250-344-5317

Women’s Safe Home Program 250-344-5317

Women’s Shelter Crisis Line - 24/7 250-344-2101

Government Services

Services BC 250-344-7550

Work BC 250-439-9325



