



Kimberley **COMMUNITY AND 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 Secwép̓m̓ec People and the chosen home of the Métis.

Kimberley Community Resource and Service Guide

The Kimberley Community Resource and Service Guide is a resource for families living in the Kimberley 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

Kimberley is the highest city in Canada and was once renowned as the Bavarian City of the Rockies. A former mining town, Kimberley has grown into a lifestyle-choice community and a tourist destination. The Kimberley area includes Skookumchuck, Wasa, TaTa Creek, Marysville, and Wycliffe. Due to its close proximity to Cranbrook, you will find that some services listed in this guide are accessed through its neighbouring community to the south.

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

In 2022, Kimberley was voted B.C.'s best small town.

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Service Agencies and Revenues



Adoptive Families Association of British Columbia (BC)

Contact Information:

Address: #200-7342 Winston Street, Burnaby, British Columbia, V5A 2H1

Telephone: 604-320-7330

Website: <https://www.bcadoption.com/>

North, Okanagan, and Kootenays Regions

Brandi Kennedy

Telephone: 778-897-1466

Email: bkennedy@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:

Telephone (Kimberley): 250-417-7671

Email: capckimberley@ccssebc.com



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.

Axis Family Resources

Contact Information:

Address: Kootenays Branch: #24 11th Ave. South, Cranbrook, BC V1C 2P1

Telephone: 250-489-4074 (Cranbrook)

Website: <https://axis.bc.ca/>

Email: axiscommunications@axis.bc.ca

Axis Family Resources Ltd. are a community-based social service agency.

Programs offered by Axis include:

- Specialized Residential Services for children, youth, and adults
- Addiction Services for Youth
- Foster Parent Support and Training Program
- Outreach Services for Women
- Children Who Witness Abuse Counselling Program
- Sexual Abuse Intervention Program
- Youth Transition Services

BC211

Contact Information:

Dial or text 2-1-1

Website: <https://bc211.ca/>

Email: help@bc211.ca

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

We deliver information and referral services for community and government programs, including 211, VictimLink, and the Responsible and Problem Gambling Program.

We share what we've learned about community needs with non-profit organizations, community organizers, city planners and government to inform community investment and develop or improve public programs and services.

Blind Beginnings

Contact Information:

Address: 227 Sixth Street New Westminster, BC V3L 3A5

Telephone: 604-434-7243 Toll Free: 1-866-736-8620

Website: <https://www.blindbeginnings.ca/>

Email: info@blindbeginnings.ca

Since 2008, Blind Beginnings Society has envisioned a world where seeing things differently inspires limitless possibilities for BC's blind and partially sighted children. Through educational and experiential workshops, pre-employment training, summer camps, recreational activities and individualized counselling, Blind Beginnings offers these youth opportunities to develop skills, confidence and independence.

BC Doctors of Optometry

Contact Information:

Kimberley Vision Care - Dr. Christine Chatten

Address: 75 Deer Park Ave. Kimberley, BC V1A 2J3

Telephone: 250-427-2020

Early Eye Care is Important!

Children's vision has a direct impact on success at school, on the playground, and on the sports field, which makes annual comprehensive eye exams an important part of your child's health care routine.

All children ages 0-18 who reside in BC are eligible for eye examinations, and MSP will help contribute to either all or a portion of the examination cost (depending on the clinic visited).

Bellies to Babies

Contact Information:

Address: 209A 16th Avenue N. Cranbrook, BC V1C 5S8

Telephone: 250-426-2976

Website: <http://www.ccscranbrook.ca/>

Email: b2b.coordinator@ccssebcb.com

Bellies to Babies is a free resource program for pregnant women and families in Kimberley. We offer education and support through the prenatal period and postpartum up to one year. We support our participants by providing drop in group sessions, individual support, nutritious meals, food support, vitamin supplements, as well as maternity and baby items when available. Bellies to Babies is proudly funded by Interior Health, the United Way, and the Community Connection Society of SE BC.

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/>

Canadian Tire Jumpstart Charities is a national charity committed to ensuring kids in need have equal access to sport and recreation. With an extensive, national network of more than 1,000 grantees and 289 local chapters, Jumpstart helps eligible families cover the costs of registration, transportation, and equipment, and provides funding to selected organizations for recreational infrastructure and programming. Supported by Canadian Tire Corporation, Jumpstart has provided more than 2.4 million opportunities for Canadian kids to get in the game since 2005. For more information, visit jumpstart.canadiantire.ca.



Columbia Basin Alliance for Literacy (CBAL)

Contact Information:

Address: 370 Wallinger Ave., Kimberley

Telephone: 250-687-4681 (call or text)

Website: <https://cbal.org/>

Email: kimberleycoordinator@cbal.org

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 others service providers in the community to deliver services and programs for children age 0-6.

CBAL is the administrative agent for the Community Action Program for Children (CAPC) that offers family programs in Kimberley.

Some important facts about this organization's work include:

- CBAL Kimberley partners with School District 6 to manage StrongStart Outreach Programs;
- CBAL facilitates the Baby Goose program in Kimberley at the Early Learning Centre;
- CBAL supports Books for Babies through the Kimberley Public Library, Public Health; and
- 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; or
- Is an adult immigrant or refugee who would like to improve their English language skills.



Community Connections Society of Southeast BC

Contact Information:

Address: 209A 16th Avenue N. Cranbrook, BC V1C 5S8

Administration Telephone: 250-426-2976

Website: <http://www.ccs Cranbrook.ca/>

Email: adminassistant@ccssebcb.com or reception@ccssebcb.com

Community Connections Society of Southeast BC (CCS) is a non-profit charitable organization that provides programs and services to Cranbrook and the East Kootenay Region. Since incorporation in 1982, CCS has provided integrated, accessible social services to individuals and families throughout the East Kootenay Region. To respond to community needs we deliver quality services both directly and through community partnerships. Originally a women's collective (Cranbrook Women's Resource Society) formed to provide safe harbour to women fleeing domestic violence: the agency has grown considerably over the years and has taken in new programs in response to emerging local needs.

CCS manages two hubs of services: Kootenay Child Development Center (KCDC) and Cranbrook Family Connections (CFC). Both hubs are a combination of programs that are managed by CCS and programs/services that our community partners manage, but with whom we share that space and the same philosophy of collaborative service delivery.

Our Programs

Community Action Program for Children: The Community Action Program for Children (CAPC) is federally funded by the Public Health Agency of Canada. CAPC programs serve families/caregivers with children from birth to 6 years of age. CAPC was created in 1993 in response to Canada's agreement to invest in the well being of children, made at the United Nations World Summit for Children in 1990.

CAPC Kimberley

Verena Tarves

Phone: 250-417-7671

Email: capckimberley@ccssebcb.com

Kootenay Child Development Center Location

Office Hours: Monday – Friday 8:30-4:30

16 12th Avenue N, Cranbrook, BC V1C 3V7 (across from Safeway)

Telephone: 250.426-7707

Email: kcdcmanger@ccssebcb.com

Bellies to Babies & Family Resource Programs

Phone: 250-426-2976

email: b2bcoordinator@ccssebcb.com



Kimberley Community Resource and Services Guide

Early Years Services - Kimberley Family Navigation

Call, text or email:

Kimberley Phone: 250-417-7671

Email: capckimberley@ccssebc.com

Early Learning Center, lower level (entrance Higgins Street and Montgomery Avenue)

East Kootenay Child Care Resource & Referral

Phone: 250.426.5677 or Toll Free: 1.800.661.2445

email: ekccrr@ccssebc.com

East Kootenay Infant Development Program

Phone: 250.426.2543 or Toll Free: 1.877.999.2543

email: idp.cbk1@ccssebc.com

East Kootenay Supported Child Development

Phone: 250.426.4043 or Toll Free: 1.866.426.4043

email: ekscd.coordinator@ccssebc.com

Cranbrook Kimberley Hospice Society

Contact Information:

Address: 127C Kootenay St N, Cranbrook BC V1C 3T5

Telephone: 250-417-2019 Toll Free: 1-855-417-2019

Website: <https://www.ckhospice.com/>

Email: info@ckhospice.com

Cranbrook Kimberley Hospice Society offers support services to individuals and their families who are dealing with death and dying. Going through the experience with someone who has the skills to support will ease the journey. Hospice volunteers and staff will walk this walk with you. Our sole purpose is to be there.

East Kootenay Addiction Services Society

Contact Information:

Address: 202 - 1617 Baker Street, Cranbrook BC, V1C 1B4

Telephone: 1-877-489-4344

Website: <https://www.ekass.com/>

The East Kootenay Addiction Services Society provides free counselling services to youth, adults, couples and families dealing with their own or someone else's substance use problem. In addition, they assist with referral to approved residential treatment and detox facilities in BC, hold weekly Methadone and Suboxone Clinic, offer harm reduction supplies and education, facilitate school and community educational programs, and offer a youth Teen Empowerment and Mastery Program (TEAM) and Rock Solid program.

East Kootenay Breastfeeding Mamas!

Contact Information:

Contact: Daleen Bybee (IBCLC)
Telephone: 250-426-0299 (call/text)
Facebook.com/breastfeedingmamas
Website: overtherainbowfamily.com



Empowering families to make informed decisions about birthing, breastfeeding and bonding!

Daleen Bybee currently facilitates the Breastfeeding Mamas! group in Cranbrook and Kimberley and oversees the other groups around the East Kootenays. Pregnant and breastfeeding Mamas are welcome to come meet other breastfeeding mothers, learn about breastfeeding and find the support they need to achieve their breastfeeding goals.

Daleen also offers 1:1 breastfeeding support and babywearing education.

East Kootenay Child Care Resource & Referral (EKCCRR)

(sponsored by Community Connections Society of Southeast BC)

Contact Information:

Address: 209A 16th Avenue N. Cranbrook, BC V1C 5S8
Telephone: 250-426-5677 / 1-800-661-2445
Website: <http://ccrr.ccscanbrook.ca/>
Email: ekccrr@ccssecbc.com

We Provide Child Care Information, Referrals and Support to East Kootenay Families, Child Care Providers & Community Partners

For Families:

- Consultations
- Child Care Facility Referrals
- Information on Selecting Quality Child Care
- Toy/Resource Library
- Access to Workshops
- Affordable Child Care Benefit Plan information/Support
- Craft Supplies
- EKCCRR Monthly Bulletin

East Kootenay Infant Development Program

(sponsored by Community Connections Society of Southeast BC)

Contact Information:

Address: 209A 16th Avenue N. Cranbrook, BC V1C 5S8

Telephone: 250-426-2543 or Toll Free: 1-877-999-2543

Website: <http://ekidp.ccs Cranbrook.ca/>

Email: idp.cbk1@ccssebc.com

IDP is a home based family centered program that supports families to encourage their child's optimal level of development. The target population is birth to 3 years of age for those children born with a developmental disability, or who are delayed in one or more developmental areas, or at risk for developmental delay. IDP works closely with Paediatric therapy services, including Speech, Occupational Therapy, Physiotherapy and Paediatricians. There are four consultants who provide services to Cranbrook, Kimberley, Windermere Valley, Canal Flats, Fernie, Sparwood and the Elk Valley.

The East Kootenay Infant Development Program partners with other community agencies such as Bellies to Babies & Young Parent Education program to provide developmental information to these programs. Weekly attendance at these groups allows for promotion of speech and language development through the use of mother goose and opportunities to connect with parents throughout the community.

East Kootenay Midwives

Maternity care in Cranbrook, Kimberley and area

Contact Information:

Address: #12-1617 Baker Street Cranbrook, BC V1C 1B4

Telephone: (250) 489-3198

Website: <http://www.eastkootenaymidwives.com/>

Email: ekmidwives@gmail.com

As midwives, our philosophy is that pregnancy is inherently natural.

Our role is to support and provide family-centred care during this pivotal life event.

We offer choice of birth place (home or hospital) during healthy pregnancy, informed choice discussions and continuity of care.

Family Support Institute of BC

'Families Supporting Families'

Contact Information:

Address: 227 6th Street New Westminster BC V3L 3A5

Telephone: (604) 540-8374 ext. 523. Support line: 1-800-441-5403

Website: <https://familysupportbc.com/>

Email: fsi@fsibc.com

The Family Support Institute of BC (FSI) is a provincial not for profit society committed to supporting families who have a family member with a disability.

FSI is unique in Canada and the only grass roots family-to-family organization with a broad volunteer base.

FSI's supports and services are FREE to any family.



East Kootenay Supported Child Development Program

(sponsored by Community Connections Society of Southeast BC)

Contact Information:

Address: 20A – 12th N. Cranbrook, B.C. V1C 3V7

Telephone: 250-426-4043 Toll Free: 1-866-426-4043

Website: <http://ekscd.ccscranbrook.ca/>

Email: ekscd.coordinator@ccssebc.com

The East Kootenay Supported Child Development Program (EKSCD) is funded by the Ministry for Children and Family Development (MCFD) and sponsored by Community Connections Society of Southeast B.C. EKSCD is CARF accredited under Community Services: Child and Youth Services.

REFERRAL PROCESS:

Referrals can be made by the parent or guardian.

Referrals can also be made by the following, with parent or guardian permission:

- A Family Member
- A child care provider
- A community professional

We provide support services for children birth to 5 years of age who attend a licensed or regulated child care program (group daycare, preschool, etc.) and require extra support to meet their individual needs and fully participate with their peers because they have a developmental disability or delay.

Support services are also provided to the child care program staff so they can better meet the child's individual and developmental needs.

To be eligible for the program, a child must have an identified developmental disability or a delay that is documented in an assessment or through a report from a community professional – e.g. Speech Language Pathologist, Early Childhood Educator, etc. Parents would meet with an EKSCD Consultant to complete a support guide that outlines the kinds of developmental intervention and support the child needs, and identifies the goals the parents want for their child.

Friends of Children

Contact Information:

Address: 16 - 12th Ave N, Cranbrook, BC V1C 3V7

Telephone: 250-420-1759 Toll free: 1-866-564-2217

Website: <https://www.friendsofchildren.ca/>

Email: info@friendsofchildren.ca

Friends of Children is a registered charity providing free and confidential service to Northern BC and East Kootenay families travelling to access medical treatments for their children. Our goal is to relieve emotional and financial strain by assisting with the fuel, accommodation and meal costs associated with these appointments, surgeries and consultations. We may also be able to assist with therapies and specialized equipment related to a child's medical condition.



HealthLinkBC

Contact Information:

Telephone: 8-1-1

Website: <https://www.healthlinkbc.ca/>

HealthLink BC provides reliable non-emergency health information and advice in British Columbia. Information and advice is available by telephone, our website, a mobile app and a collection of print resources. Through our programs and services, you can get the information you need to make decisions for yourself and those you care for. With our website and telephone service, information is available wherever you want it, any time of the day or night, every day of the year.

OUR PRODUCTS AND SERVICES

HealthLink BC brought together some of British Columbia's most trusted and recognized health information services.

You may call HealthLinkBC at 8-1-1 toll-free in B.C., or for the deaf and the hard of hearing, contact us using Video Relay Services (VRS) or Teletypewriter Relay Services (TTY).

Dietitian Services: speak to a registered dietitian from 9am to 5pm Pacific Time, Monday to Friday

Nursing Services: speak to a registered nurse any time, every day of the year for non-emergency, confidential health education and advice

Pharmacist Services: speak to a pharmacist from 5pm to 9am Pacific Time every day of the year

Physical Activity Services: speak to a qualified exercise professional from 9am to 5pm Pacific Time, Monday to Friday

Translation services are available in more than 130 languages. For service in another language, say the language you want (for example say "Punjabi"), and an interpreter will join the call.

Healthy Kids Program

Contact Information:

Telephone: 1-866-866-0800

Website: www.gov.bc.ca/sdpr

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

The Healthy Kids Program is an income-tested program. Your children are eligible for the Healthy Kids Program if your family is eligible for Medical Services Plan (MSP) supplementary benefits and they are under 19 years old.

Dental

Children are eligible for up to a maximum of \$2,000 towards basic dental services every two years. This includes exams, x-rays, fillings, cleanings, and extractions.

Optical

Children are eligible for prescription glasses once a year. This includes lenses and basic frames. MSP covers eye examinations for children.

Hearing

Children are eligible for hearing aids, bone anchored hearing aids, cochlear implants, repairs, and related items. Your audiologist or hearing instrument provider will assess the best option for your child. They then must send in their recommendations for preauthorization. If approved, coverage provides the least expensive, appropriate hearing instrument.

You may be able to get an alternative hearing assistance supplement if your child has permanent profound hearing loss in both ears or won't benefit from a hearing instrument to understand speech.



Healthy Kimberley

Contact Information:

Address: 260 4th Ave Kimberley BC, V1A 2R6

Website: <http://www.healthykimberley.com/>

Email: healthykimberley5210@gmail.com

Healthy Kimberley is dedicated to promoting physical activity and healthy eating. We work to make healthy choices easier and more accessible for all!

The Food Recovery Depot

Telephone: 250-427-7981

Website: www.healthykimberley.com

Email: frdcoordinator@healthykimberley.com

Also:

Facebook-Healthy Kimberley page, Food Recovery Depot Group

Instagram: @foodrecoverydepot

The Healthy Kimberley Food Recovery Depot opened its doors in November 2018 and works to make the healthy choice more accessible while diverting food 'waste' from the landfill. As of January 2022, over 205,000 lbs of whole foods have been recovered from local grocery stores, retailers, farms & backyard gardens.

After our trained team diligently sorts this food "fit to eat but not fit for sale", it is distributed to our community through local agencies, such as the Kimberley Helping Hands Food Bank, local schools, Blarhmont Early Learning Centre, Home Support Nursing, Seniors Helping Seniors, Bellies to Babies Pregnancy Outreach, among others. Since April 2020, over 17,000 servings of frozen meals have been made by contracted chefs using primarily recovered food & distributed via our agency partners.

Food deemed inedible is distributed to local farms.

The excess food available at the end of each week is available at our Open to Public, Fridays from 11:30 - 12:30, where everyone is welcome.

The Food Recovery Depot is located on the lower level of the Kimberley Health Centre (260-4th Ave).

Some Tips to help extend the longevity of your food:

- Add a pinch of salt to milk! Dairy products can often still be safe to consume up to 2 weeks past Best Before date. When milk is close to or past date, adding a pinch of salt as soon as you open it helps keep it from spoiling for longer.

- Rinse strawberries in vinegar! Soak strawberries in vinegar water (1 tsp vinegar to 1 L water) when you bring them home from the store, then place paper towel and return to package for fridge storage. They don't retain the vinegar taste and will last days longer.

Service Agencies and Resources

- Mold that grows on fruit can contain carcinogenic properties. Discard all berries within 1 inch of mold in a package to keep the other unaffected berries healthy. Always rinse berries before eating.

- Stale bread is great for croutons! Cut in cubes and roast in oven at low temperature (200-250 F), stirring every 10 minutes until golden and crunchy. Cool and add to your favourite soups and salads. If there is mold on your bread, discard the whole loaf & do not eat.



Hope Air

Contact Information:

Address: 207 - 124 Merton St, Toronto, ON M4S 2Z2

Phone: 416-222-6335 Toll-free: 1-877-346-HOPE (4673)

Website: <https://hopeair.ca/>

Email: mail@hopeair.ca

Hope Air is Canada's only national charity providing free travel and accommodations for Canadians in financial need who must access medical care far from home.

Interior Health and Kimberley Health Centre and Home Support

Contact Information:

Address: 260 - 4th Avenue, Kimberley BC V1A 2R6

Telephone: 250-427-2215(main)

Website: <https://www.interiorhealth.ca/locations/kimberley-health-centre-home-support>

This is one of ten Primary Health Care Centres available within Interior Health communities. Primary Health Care Centres have a more comprehensive and coordinated approach to healthcare delivery.

Each centre has an interdisciplinary healthcare team that provides a range of services in a single site – i.e. a checkup with your family doctor, a visit to a physiotherapist, pharmacist, or public health nurse. The selection of services offered in each Primary Health Care Centre reflects the unique needs of its community.

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

- **Breastfeeding Clinics and Support:** Public Health Nurses are available to provide free one-on-one consultation for women experiencing difficulties with breastfeeding.
- **Community Nutrition Services:** Public Health Dietitians (PHD) are Registered Dietitians who work with community groups, early childhood programs, school districts, organizations, health professionals, educators and local governments to support and promote healthy eating and food security. Our work aims to improve access to healthy food, improve people's food skills, support healthy eating environments, and promote the social and cultural aspects of eating. We accomplish this through providing consultation on food policy development, supporting the development of new programs and services, and promoting healthy eating and food security initiatives. Public Health Dietitians also provide training and resources to support community partners, health professionals, and Interior Health staff to provide up to date healthy eating information.
- **Immunization:** In British Columbia, immunizations are available to protect all children from serious diseases. Children can be immunized at local Health Centres, scheduled school immunization clinics or by an immunizing pharmacist (children 5 years of age and older).
- **Interior Health Children's Assessment Network (IHCAN):** Interior Health Children's Assessment Network provides assessment and diagnostic services for children and youth with autism spectrum disorder, fetal alcohol spectrum disorder and other complex developmental conditions. A referral from a medical professional is needed. Assessment services are delivered by a combination of Interior Health staff and contracted services located throughout the Interior Health region.

- **Perinatal Counselling Services:** Perinatal Counselling Services are for pregnant women or new mothers experiencing or at risk of mental health or substance use concerns. All approaches take into consideration the safety of the mother and infant. Services may include: Screening & diagnosis, individual & group counselling, referrals to other community services & support networks.
- **Postpartum Care:** Postpartum contact and assessment is provided to all new families in Interior Health. Further follow-up is available and provided as necessary by Public Health Nurses, or by referral to other appropriate services.
- **Speech-Language Pathology: Infant, Toddler & Pre-Schooler (0-5yrs):** Speech-Language Pathology clinics for children from infancy to kindergarten entry are located in several communities through Interior Health. Speech-Language Pathology is part of Interior Health's Early Childhood Development program. Find the referral form on the Interior Health Infant and Child Health Services page under Speech and Language.



Interior Health Infant & Children Health Services (0-5 Years)

Speech and Language: Early detection and support can help a child having difficulties with speech and language to match their peers by the time they start kindergarten. Our community speech-language pathologists help families support the communication development of their children from birth to school entry. Services may include education, assessment, and intervention in a variety of settings. Support may occur individually or in groups. These services are provided for infants and children up to school entry.

Cleft Lip and Palate Clinic: The Cleft Lip and Palate Clinic is a service to help families coordinate the surgeries, assessments, therapies, and monitoring that their child may require. The clinic runs in the spring and fall of each year at the Interior Health Community Health and Services Centre in Kelowna. Families are called to visit with our full cleft lip and palate team for the first time when their baby is approximately 18-24 months of age. The coordinator of the service will get in touch with the family at the time the referral is received to answer questions and provide information. This service is available for children and youth from birth to age 19 who live in the Interior region of British Columbia. This service is covered by the Medical Services Plan.

Dental Health

Begin dental care early with good prenatal dental health. Daily oral care should start before your baby has teeth. Wiping your baby's gums with a clean, wet baby facecloth once a day will make it easier for you and your baby once teeth come through. Baby teeth can last until the teens and are very important for:

- Eating
- Proper jaw development
- Guiding adult teeth into place
- Speaking clearly
- Looking good

Allied Dental Health Program

Cranbrook Health Centre

20-23 Avenue South, Cranbrook BC, V1A 5V1

Telephone: 250-420-2231 (Cranbrook)

Telephone: 250-427-2215 #3 (Kimberley)

Dental staff focus dental services to children 0-6 years of age in various community settings (e.g. Health Centres, Child Development Centres, Community Agencies, Friendship Centers, Schools). Services include risk assessments for dental decay, fluoride varnish clinics, school surveys, presentations targeting high-risk groups and vulnerable populations, preschool/daycare kits. Dental staff can be reached and appointments made at your local health center.

Dental Resource Kit for Young Children is available to all licensed daycares/ preschools/ kindergartens targeted for children 3-5 years of age. It contains story book, videos, activities, and parent take-homes.

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.

Lift the Lip is offered at the Kimberley Health Centre once per month. Call the reception desk for an appointment 250-427-2215 #3

Early Hearing Program

Under the provincial BC Early Hearing Program (BCEHP) all newborns in Interior Health can now have their hearing screened shortly after birth, either in hospitals or the community. In Interior Health the program is offered in 16 birthing hospitals and community sites.

Infants that do not pass their hearing screening will be referred for comprehensive hearing testing to one of four diagnostic sites in Interior Health.

If a child is found to have a permanent hearing loss, the BCEHP currently provides hearing aids as required, along with intervention and communication support services. The program is available for children from birth to the age of five.

Immunization

It is important to get your child vaccinated. Getting your child vaccinated, and vaccinated on time, is one of the most important things that you can do to make sure that they are protected from diseases like whooping cough, meningitis, and chickenpox.

Nutrition

Breastfeeding gives your baby the best start for optimal growth and is recommended to two years and beyond. At around six months of age, your baby will be ready to start solid foods. How you feed your baby and young child is just as important as what you feed them. Start family meals early, role model healthy eating, and support your child as they learn to eat and accept new foods.

Visit HealthLinkBC, Healthy Eating for Infants and Toddlers for information on:

- Breast and formula feeding
- Baby's first foods
- Feeding your toddler
- Allergy and food safety information

Handouts are available in up to eight languages. On-line nutrition assessment tools are also available for toddlers and preschoolers.

Vision: Since a child's eyes are constantly in use in the classroom and at play, undiagnosed vision concerns can seriously affect a child's abilities, success, and confidence at school.

Therapeutic Rehabilitation for East Kootenay Kids – TREKK

Contact Information:

Telephone: 1-250-420-2298

Email: TREKK@interiorhealth.ca

TREKK is a team-based group of clinicians which include physiotherapists, occupational therapists, and the intake service coordinator. Our mission is to provide a 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. Services are provided in schools, in the child's home, or in daycare. Anyone can refer a child, provided they have consent from the parent(s)/guardian(s).

Kelty Mental Health Resource Centre

Contact Information:

Address: BC Children's Hospital

Healthy Minds Centre, Entrance #85, Room P3-302, 3rd floor,
4500 Oak Street, Vancouver, BC V6H 3N1

Telephone: 604-875-2084 Toll-Free: 1-800-665-1822

Website: <https://keltymentalhealth.ca/>

Email: keltycentre@cw.bc.ca

We provide mental health and substance use information, resources, and peer support to families across BC. We also provide information and resources to people of all ages with an eating disorder or disordered eating concern. All of our services are free of charge, and you can reach us over the phone, by email, or by Zoom video call (please contact us to arrange).

Our approach:

It is important to recognize that mental health challenges are common. At some point in our lifetime, most of us will either struggle with a mental health challenge ourselves, or know someone who is affected by one.

At the Kelty Centre, we believe that whether or not a person has been diagnosed with a mental illness, everyone can experience mental well-being.

Approximately 75% of mental health challenges begin before the age of 24, and connecting children, youth, and families to appropriate mental health services and supports is key to improved treatment and outcomes.

What we offer:

- Peer support from FamilySmart Parent Peer Support workers
- Information and resources on a wide range of mental health and substance use

challenges affecting children and youth, as well as how to support your child's mental well being.

- Help navigating the mental health and substance use system.
- Options for support, treatment and networks in BC.
- Resources for individuals of any age with an eating disorder or a disordered eating concern.
- Free educational events and webinars for parents and caregivers, and school professionals.

Kimberley Family Navigation

Contact Information:

Address: 1850 Warren Avenue, Kimberley, BC

Telephone or text: 250-417-7671

Email: capckimberley@ccssebc.com

Family Navigation is a call-in, email, or in person service to guide and support families who are expecting, or have children 0-6 years of age.

Do you have a question or concern about services, supports or resources for your family?

The Family Navigator will:

- Connect you with services to assist in your unique family circumstance.
- Provide follow up support to your family.

Kimberley Helping Hands Food Bank Society

Contact Information:

Address: 340 Leadenhall Street, Kimberley BC V1A 2B1

Telephone: (250) 427-5522

Email: hhfb5522@gmail.com

Facebook: Kimberley Helping hands Food Bank Society

The Food Bank's mission is to provide healthy nutritional food to the needy within our designated area. PLEASE, CALL IF YOU NEED ASSISTANCE WITH FOOD SECURITY.

Kimberley Public Library

Contact Information:

Address: 115 Spokane Street, Kimberley, BC, V1A 2E5

Telephone: 250-427-3112

Website: <http://kimberley.bc.libraries.coop/>

Email: staff@kimberleylibrary.net

Support Your Library! Use the library!

There is no better way to keep the Library running strong in your community than to use the service.

Sign out a book, a magazine, read a newspaper, research with our trusted sites, fix your vehicle with the help of online manuals. Borrow a DVD or sign out an audiobook for your trip. There is more to your library than you think!

Looking for more information? Our databases have lots of professional information not necessarily found through the Web. We also have loads of recommended websites. Check out our Online Resources page for more information.

Please check the website for current program offerings.

Kimberley Transit System

Contact Information:

Address: 125-C Slater Road NW, Cranbrook, BC V1C 4M4

Telephone: 250-427-7400

Website: <https://www.bctransit.com/kimberley/home>

BC Transit offers three bus routes, a Kimberley Cranbrook bus service, a Kimberley Cranbrook Commuter Bus, and a free shuttle from downtown Kimberley to the Kimberley Alpine Resort (operating December through April).

The Kimberley Transit System offers the following additional services:

On-Request offers pick-up and drop-off service as an extension of a fixed-route. Any location within your transit system qualifies. All customers are eligible to use this service. On-Request service is limited to two per trip. Priority is given to the first to call and people with mobility challenges.

Health Connections provides communities with accessible transportation options to non-emergency medical appointments.

Ktunaxa Kinbasket Child and Family Services

Contact Information:

Address: 7472 Mission Road, Cranbrook, BC V1C 7E5

Telephone: (250) 489-4563 After Hours: 1-800-663-9122 or 250-310-1234

Website: <https://kkcfss.org/>

Ktunaxa Kinbasket Child & Family Services (KKCFSS) is a non-profit Delegated Aboriginal Agency governed by the Ktunaxa Nation Council Social Sector Board. KKCFSS' supports and services are available, by professional or self-referral, to self-identifying Indigenous children, youth, and families living throughout the Ktunaxa Traditional Territory.

Our integrated, multi-disciplinary teams deliver holistic services through the following key programs areas:

- Intake and Child Protection
- Guardianship and Family Delegated Services
- Kinship and Residential Care
- Aboriginal Family Support Services
- Prevention, Early Intervention and Therapies
- CYMH Wellness and Family Counselors
- Early Years Program
- Reconnection and Cultural Support
- Justice Support Services
- Aboriginal Youth Services
- Admin Support Services and Maintenance

Involvement of Family, Culture and Community are encouraged through all programs.



Ktunaxa Kinbasket
Child & Family
Services Society

La Leche League Canada

Contact Information:

Address: La Leche League Canada National Office PO Box 147 Pickering ON L1V 2R2

Telephone: 289-660-5900

Website: <https://www.lllc.ca/>

Email: office@LLLC.ca

La Leche League Canada is a registered charity that provides mother-to-mother/parent-to-parent/peer support for pregnant women, new parents and beyond. We are parents like you who have breastfed or chestfed our own children and now volunteer to support others to reach their goals. As volunteer Leaders we are accredited within La Leche League Canada after a detailed training program and have access to current scientific and legal information to help support others.

Live 5210

Contact Information: (Central Office)

Address: BC Children's Hospital Research Institute

A4-196 950 West 28th Ave Vancouver, BC V5Z 4H4

Telephone: 604-875-2373 ext. 5519

Website: live5210.ca

Email: info@live5210.ca

Live 5-2-1-0 is an initiative that partners with communities across British Columbia to promote healthy behaviours among children. The evidence-based Live 5-2-1-0 message promotes four simple guidelines for raising healthy children. Through the Live 5-2-1-0 message, we support communities as they take action across all sectors to build environments where the healthy choice is the easy choice for kids.

Check out the Live 5-2-1-0 App

Building healthy habits just got easier! The Live 5-2-1-0 App makes goal setting fun for kids and helps them build habits around healthy eating, being active every day, spending less time on screens, and more. Download today to Live 5-2-1-0 every day! Available from the App Store and Google Play.



Métis Early Years Program

Contact Information:**Kootenay and Northern Region Early Years Navigator**

Jocelyn Stuart

Telephone: 250-304-5200

Email: jstuart@mnbc.ca

Website: <https://www.mnbc.ca/>

The Métis Family Connections Program was developed by Métis National British Columbia for Métis families with children birth to 8 years. The goal of the Métis Family Connections Program is to connect Métis families to their community and culture and link them to early years programs and services in their community.

The Miyoopimatisihk (Wellbeing) Program was developed by Métis Nation British Columbia (MNBC) for families with Métis children birth to 8 years. Métis families can apply for and access services funded directly by MNBC. A wide range of services, programs and products, including but not limited to: Respite care, Speech therapy, Assessments, Medical equipment, Mental health support, Educational & Cultural support.

The Imagination Library is a literacy program for Métis children birth to 4 years. Métis children that are registered in the program receive free, age-appropriate books each month. Please see the website for the registration form.

Ministry of Children and Family Development

Contact Information:

Address: 201 - 1212 2nd St. North, Cranbrook, BC, V1C 4T6

Phone: 1-250-426-1514

Website: www.gov.bc.ca/cfd

Email: mcf.info@gov.bc.ca

The Ministry of Children and Family Development's primary focus is to support all children and youth in British Columbia to live in safe, healthy and nurturing families and be strongly connected to their communities and culture. The Ministry is also responsible for developing universal, affordable, accessible, quality and inclusive child care. The Ministry supports the well-being of children, youth and families in British Columbia by providing services that are accessible, inclusive, and culturally respectful.

The Cranbrook office provides service to families including: child protection, family services, child and youth mental health, youth justice, guardianship, and child and youth special needs.

Muddy Moose Occupational Therapy

Contact Information:

Address: 9351-2785 Commercial Drive, Vancouver, BC V5N 4C5

Telephone: (250) 520-2002

Website: <https://www.muddymoose.co/>

Email: janie@muddymoose.co

Mud Club: Online Occupational Therapy for Kids With Autism

Our Minecraft hosted, strengths-based therapy brings kids together through creative play. Mud Club is a space that empowers the autistic voice through collaboration and community. A game changer for your therapy approach!

An online occupational therapy program using Minecraft Education Edition to help kids learn and practice new skills with peers. Engagement in Mud Club earns members Skills Coins which can be redeemed for OT tools (see the Rewards Catalog) delivered right to their door!

Mud Club welcomes kids of all neurodiversities (or “all kinds of minds”), but especially aims to support autistic kids between the ages of 7 and 16 years. Mud Club is available to families in British Columbia and Ontario, Canada. Although gaming is a common interest, it is not a pre-requisite to join the program!

Natal Supplement

Contact Information:

BC Employment and Assistance Program

Telephone: 1-800-663-7867

Website: <https://www2.gov.bc.ca/gov/content/governments/policies-for-government/bcea-policy-and-procedure-manual/health-supplements-and-programs/natal-supplement>

A natal supplement is provided to pregnant recipients and to family units with a child under the age of seven months. This supplement is intended to assist in meeting extra costs associated with prenatal and postnatal expenses.

A monthly natal supplement is provided to pregnant recipients of income assistance, disability assistance, or hardship assistance and to family units with a dependent child under the age of seven months.

The natal supplement is not contingent on any special dietary requirements.

Children in the home of a relative (CIHR) are eligible for the natal supplement.

Nobody's Perfect

Contact Information:

Address: 209A 16th Avenue N. Cranbrook, BC V1C 5S8

Telephone: 250-426-2976

Website: <http://nobodysperfect.ccs Cranbrook.ca/>

Email: b2b.coordinator@ccsbc.com

There are no perfect children or perfect parents. We can only do our best, and we all need help sometimes.

Do you have questions about parenting your little one? Would you like to talk with other parents who are experiencing the same things you are? Come join us for Nobody's Perfect, a program for parents with children from birth to age five, where you decide the topics discussed. Share real life experiences and learn from two trained parenting educators. Network with other parents and support each other as you navigate the early years of parenting young children.

Pacific Post-Partum Support Society

Contact Information:

Address: 200 - 7342 Winston St. Burnaby, BC V5A 2H1

Toll-free: (855) 255-7999

Telephone/Text: 604-255-7999

Website: <https://postpartum.org/>

Email: admin@postpartum.org

When we nurture mothers, we nurture the whole family...

Supporting Mothers and Families

Our mission is to end the isolation and distress experienced by many women and their families with the profound life change that accompanies the birth or adoption of a child.

We provide telephone support, weekly women's support groups, partner education sessions, community trainings and resource materials.



Parent Advisory Committees (PACs)

Contact Information:

Rocky Mountain School District No. 6 (RMSD6)

Address: 620 4th Street, P.O. Box 430, Invermere, BC, V0A 1K0

Telephone: 250-342-9243

Website: www.sd6.bc.ca

Each school in the RMSD6 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.

Parent Support Services Society of British Columbia

Contact Information:

Address: 204-5623 Imperial St. Burnaby, BC V5J 1G1

Website: <https://www.parentsupportbc.ca/services/support-line/>

Email: grgline@parentsupportbc.ca

Are you juggling home, work, at home education and possibly childcare? Are the new changes stressful and taking a toll on your emotional and mental health? Do you need space to talk it out?

Parent Support Line 1-877-345-9777 ext.100 (Toll-free across BC)

Grandparents Raising Grandchildren/Kinship Care Support Line provides support, advocacy and resource information to grandparents and other relatives raising a family member's child as well as to service providers and allies.

The support line serves callers from across the province and is staffed by two part-time advocates trained in advocacy, social work, family law, and government services related to child welfare and kinship caregiving.

Our services to kinship caregivers are confidential and ongoing. Call the Grandparents Raising Grandchildren Support Line for help to:

Navigate complex service systems such as the Ministry of Children and Family Development

Overcome information barriers; to find the answers, assistance, and resources needed to prevent or solve problems

Identify benefits and services that will support the whole family.

Grandparents Raising Grandchildren/Kinship Care Support Line 1-855-474-9777 (Toll-free across BC)

PEACE for Children and Youth Experiencing Violence

Canadian Mental Health Association for the Kootenays

Contact Information:

Address: 100 – 1000 21st Ave. North Cranbrook, BC V1C 5L9

Telephone: Phone: 250-426-5222

Website: <https://kootenays.cmha.bc.ca/programs-services/peace/>

Email: reception@cmhakootenays.org

The Prevention, Education, Advocacy, Counselling and Empowerment (PEACE) Program for Children and Youth Experiencing Violence is a free, confidential program across BC for children and youth aged 3 to 18 who have experienced violence. The program is offered in either group or individual counselling sessions.

PEACE Programs support children and youth to:

- Understand what violence is, the impact that violence in the home has on children and youth, that they are not alone, and that violence is not their fault.
- Identify support networks and develop a safety plan.
- Identify their feelings and express them in healthy ways.
- Recognize their strengths and increase their self-confidence.
- Develop problem solving and coping skills.

Rocky Mountain Behaviour Analysts

Contact Information:

Address: 30 11th Ave South Cranbrook, BC V1C 2P1

Telephone: 1-778-517-5771

Website: <https://rockymountainbehaviouranalysts.com/>

Email: rockymountainbehaviouranalysts@gmail.com

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

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

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

Our Behaviour Consultants are 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.

Prevent Shaken Baby Syndrome BC

Contact Information:

Address: 4480 Oak Street, F503, Vancouver B.C. V6H 3V4

Telephone: 604-875-2000 ext 5100

Website: <https://dontshake.ca/>

Email: karen.sadler@bcchr.ca

Prevent Shaken Baby Syndrome BC (PSBSBC) works to prevent shaken baby syndrome 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 address three basic concepts:

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

StrongStart Kimberley

Contact Information:

Kayla Wilson, Community Literacy Outreach Coordinator

Address: 1850 Warren Ave. Kimberley

Telephone: 250-687-4681 (call or text)

Website: <https://cbal.org/>

Email: kimberleycoordinator@cbal.org

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). Please contact the Community Literacy coordinator for more information.

Summit Community Services Society

Contact Information:

Address: 125 - 10th Ave South, Cranbrook, BC V1C 2N1

Telephone: 778-481-5450 (Kimberley)

Website: <https://www.summitfamily.ca/>

Summit Community Services Society is dedicated to promoting community well being by providing a continuum of quality, accessible, client-centred support and intervention services in a respectful manner.

Kimberley Programs

First Steps Daycare

For infant toddlers from birth to 36 months. First Steps is the only daycare in the area to take babies out for stroller rides during their nap times.

Address: 570 Mark Street, Kimberley, BC V1A 2B8

Phone: (250) 427-3876

Second Steps Daycare

For children aged 3-5 years. Children are accompanied by staff on field trips (also using the local bus system) to visit locations such as Fort Steele, Cranbrook's water park, the local library, and Kimberley's Platzl.

Second Steps works with the Supported Child Development team to effectively support children exhibiting challenging behaviours in order to be an inclusive program that is appropriate for all children needing care.

Address: 1850 Warren Avenue, Kimberley, BC V1A 1S1

Phone: (250) 427-3386

The Beehive After-School Program

Located at Marysville School, this service is for all children from ages 5-12.

Address: 546 - 309 Avenue, Marysville BC

Phone: (250) 427-8780



Supported Child Development Programs (SCDP)

Contact Information:

Phone: 250-426-2976 Toll Free: 1-866-426-4043

Website: <http://ekscd.ccs Cranbrook.ca/>

Email: ekscd.coordinator@ccssebc.com

The Supported Child Development Programs (SCDP) offer a regional support service for children age 0-12 who attend a licensed or regulated child care program and require extra support to meet their individual developmental needs to fully participate with their peers. Furthermore, the program provides a variety of support services to the individual's childcare program to better meet the child's personal needs. SCDP has a regional resource lending library that offers a large variety of specialized equipment, toys, videos and books available to parents, childcare providers and community partners.

SCDP operates under the principles of inclusion and family-centred practices and uses a multi-disciplinary team approach. Parents may self-refer, or with parental consent, referral may come from other community service providers.



Wellbeing

British Columbia Mental Health and Addictions

Contact Information:

Call 9-1-1 if you are in an emergency.

For mental health support, call:

CRISIS LINE..... 1-800-SUICIDE (1-800-784-2433)

MENTAL HEALTH SUPPORT LINE..... 310-6789 (no area code needed)

Everyone's journey to wellbeing is different – whether you are on a personal journey or are supporting someone who is facing mental health or substance use challenges.

Wellbeing.gov.bc.ca was created because:

People from all over British Columbia should have the tools necessary to navigate accessing the services and resources they need. And sometimes you may not know where to start.

People need access to the right supports, at the right time, that meet them where they are at, easily and quickly.

Wellness Together Canada

Mental Health and Substance Abuse Support

Immediate Crisis Support: Text WELLNESS to 741741

Wellness Together Canada was created in response to an unprecedented rise in mental health and substance use concerns due to the COVID-19 pandemic, with funding from the Government of Canada. As a country, we are facing challenges at a scale we've never seen before, from social isolation and financial insecurity to substance use concerns and racial inequality.

Work BC Employment Services Centre East Kootenay

Contact Information:

Website: www.ekemployment.org/

EK Employment Centres offer workshops for people who want to learn more about finding a job and starting work. Services and Supports are available for job seekers and for employers. Visit our website for more information on hours, locations, services and supports.

Wildsight Kimberley Cranbrook

Contact Information:

Address: 97 Wallinger Ave Kimberley BC V1A 1Y6

Telephone: 250-427-2535

Website: www.wildsight.ca/kimcran

Email: kimcran@wildsight.ca

Wildsight Kimberley Cranbrook is an environmental conservation organization that aims to empower environmentally responsible citizenry. We make positive contributions to the communities of Cranbrook and Kimberley through a variety of local education, conservation, and regeneration projects. These include, but are not limited to, the Kimberley Community Garden, Kimberley Farmers' Market, Apple Capture Program, and Camp Odyssey.

The Kimberley Community Garden on Rotary Drive is a demonstration garden intended to teach and nurture the skills to grow food in your own backyard. The gate is open to the public throughout the growing season and everyone is welcome to use the space. Visitors will find a diverse range of fruits, vegetables, herbs, and perennials planted in the garden as well as communal tools in the open shed. There is also a gazebo and composting bin in the garden. Each season's harvest, that is not consumed by garden users, is donated to those in need with the help of the Kimberley Food Recovery Depot.

The Kimberley Farmers' Market is an annual summer market that brings local food producers, craftspeople, artisans, and musicians together on Thursday evenings along Howard Street. The market provides direct access to locally harvested and sustainably grown foods and food products and regional artworks. Its vibrant and inclusive environment nourishes the community in many ways. The nutrition coupon program is another way the market connects families with local food by identifying those in need and providing weekly food coupons for use at the market.

The Apple Capture Program diverts local Kimberley and Cranbrook fruit from becoming wildlife attractants or food waste while helping locals keep up with their fruit harvest. We achieve this through a community tree share board that tracks fruit-bearing trees; community pick and press events that collect from those trees and process juice; and with an equipment loan program that offers pruning, harvest and processing equipment.

Camp Odyssey is a popular nature-based summer day camp that provides children in Cranbrook and Kimberley with access to structured outdoor activities and free play. Hiking, exploring, gardening, crafts, games, and wilderness skills are a few of the many activities that take place in a safe environment. Day camps and weeklong camps for various age groups run in July and August.





Photo Credit - Trixie Pacis



Photo Credit - Trixie Pacis

Licensed Child Care Providers

abcdefghijklmnopqrstuvwxyz
lmnopqrst
uvwxyz

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

For more information contact:

East Kootenay Child Care Resource and Referral

Address: 20-B 12th Avenue North, Cranbrook, BC

Telephone: 250.426.5677 Toll Free: 1.800.661.2445

Website: <http://ccrr.ccscranbrook.ca/>

Email: adminassistant@ccssebc.com

Resources for Child Care Providers:

<https://www.interiorhealth.ca/information-for/businesses/community-and-child-care-providers/resources-for-child-care-providers>

Childcare BC - Province of British Columbia (gov.bc.ca)



Buddies on 7th

Contact Information:

Address: 469 7 Ave, Kimberley, BC V1A 2W9

Telephone: 250-427-3105

Located in the Kimberley Townsite and offering snacks, kindergarten pick up from Lindsay Park School. For children ages 0-12.

First Steps Daycare

Contact Information:

Address: 570 Mark St, Kimberley, BC V1A 2B8

Telephone: (250) 427-3876

Website: <https://www.summitfamily.ca/daycare-programs>

For infant toddlers from birth to 36 months. First Steps is the only daycare in the area to take babies out for stroller rides during their nap times.

Kimberley Independent School

Contact Information:

Address: 73 101 Chapman Camp, Kimberley, BC, V1A 1A5

Telephone: 250.427.1779

Website: <https://www.kis.ca/>

Email: principal@kis.ca

The Kimberley Independent School provides licensed part-time or full time Child Care Programs. The Bears Den, The Foxes Hollow and The Owls Nest are staffed by qualified and caring Early Childhood Educators and Assistants.

Children are welcomed to be who they are, in an environment which is designed to allow them the most interaction possible.

Relationships are encouraged within each class, and within the school via KIS house activities and buddy reading. Community involvement includes Food Bank collections, Wildsight presentations, caring for our adopted section of Rails to Trails and trips to facilities such as the Kootenay River Trout Hatchery, Kimberley Public Library, and various local businesses.

K.I.S. provides supervised extended care for all registered childcare children from 3:00pm – 5:30pm, Monday to Friday.

Purcell Preschool and Daycare

Contact Information:

Address: 8687 Highway 95A Kimberley, BC V1A 3M3

Telephone: 250-427-3969

Website: <https://purcellpreschool.ca/>

Email: info@purcellpreschool.ca

Purcell Preschool is open to children aged 6 months – 5+ years in three cohorts: a Conventional Preschool/Daycare Program, a Forest Preschool Program, and an Infant-Toddler program.

We are located in the former Meadowbrook Elementary School and share the building and surrounding campus space with Conseil scolaire francophone (CSF), a French-language elementary school.

We foster and encourage a nurturing, play-based learning environment with natural and opened-ended materials that help promote self-directed learning and interaction. A well-rounded program will be implemented to help support each child's developmental needs.

Second Steps Daycare

Contact Information:

Address: 1850 Warren Avenue, Kimberley, BC V1A 1S1

Telephone: (250) 427-3386

Website: <https://www.summitfamily.ca/daycare-programs>

For children aged 3-5 years. Children are accompanied by staff on field trips (also using the local bus system) to visit locations such as Fort Steele, Cranbrook's water park, the local library, and Kimberley's Platzl.

Second Steps works with the Supported Child Development team to effectively support children exhibiting challenging behaviors in order to be an inclusive program that is appropriate for all children needing care.

Arts, Recreation and Sporting Organizations





Columbia Basin Environmental Education Network (CBEEN)

Have you ever dressed a toddler to go outside in the winter? It can feel like a marathon, or like dressing an octopus - the snowpants, jacket, toque, mitts and boots... and now the baby is crying. So why do we go outside? It is easier to stay inside, close to snacks, toilets and toys right!? It can be, but the benefits for our bodies and minds (children and parents!) are worth it because we are more physically active, we are calmed by the gentle breeze and smell of evergreens, we meet our neighbours and find secret climbing trees. Yes, there are challenges to getting out the door but remember how it feels when you actually do. Keep the following tips in mind as you plan to get outside with your children.

Stay close to home. When children are young a puddle is a lake, a small hill is a mountain, and a few trees is a jungle. Sometimes it is great to try a new park across town but young children can find adventure everywhere! Walking around the block with a toddler is an eye-opening experience, they see the world from a completely different perspective. It also opens up opportunities to meet neighbours and develop a stronger sense of community and belonging for your family.

Keep it natural. Manufactured playgrounds are the go-to when considering where to meet-up with other families but they can be limiting for play. Natural spaces offer many different opportunities for children to play, from collecting cones to splashing in the creek to playing house under the trees, the sensory, social and physical benefits to play with and in nature cannot be beat by plastic and metal playgrounds. Remember, you don't need to go far, find your nearby nature and invite friends!

Keep it connected. Find the families who also want to go outside. On the days that it is especially challenging to get out, knowing that there will be other families outside with you can make all the difference. Start an outdoor playgroup and organize casual, no sign-up necessary events in local natural areas or parks. Encourage your existing playgroup to get outside, they will thank you!

Tools and Resources. Sometimes it helps to have a few tools to support exploration in nature.

- The Columbia Basin Environmental Education Network (www.cbeen.ca) is a great local organization which supports environmental education in schools and communities. View their list of resources here: <https://cbeen.ca/education-resources/>
- The Outdoor Learning Store, a social enterprise run by CBEEN, has curated materials to help explore nature, visit the early years collection here: <https://outdoorlearningstore.com/grade-level/early-years/>.
- In The Outdoor Learning Store is the incredible Big Book of Nature Activities – there are dozens of great ideas in here for making your outdoor time interesting and engaging for children and caregivers alike: <https://outdoorlearningstore.ca/product/the-big-book-of-nature-activities-a-year-round-guide-to-outdoor-learning/>
- Your local school districts have compiled a listing of some great ideas for taking your children outdoors here: <https://kbee.ca/activities/>



BeyondCode STEM Education Lab

Contact Information:

Telephone: 250-602-9235

Website: <https://beyondcode.ca/>

Email: Hello@beyondcode.ca

Beyondcode provides children and adults with quality courses in coding, Game development, artificial intelligence, Drones, Robotics and 3d printing.

We also have learning opportunities in entrepreneurship, digital media, digital music, 3d design, and much more.

Girl Guides of Canada

Contact Information:

Website: <https://www.girlguides.ca/WEB/BC/>

The girl-driven approach is the “how” of the new Girls First program. The girl-driven approach means that girls are in the driver’s seat, choosing what they want to get out of Guiding. Informed by best practices in youth engagement, it empowers each girl to become everything she wants to be.

Girls First program activities have been developed in a way that allows girls to take the lead in age appropriate ways. Because the program areas are consistent through every level, girls will develop their confidence and decision-making skills as they move from branch to branch. Guiders have practical strategies to meet girls where they’re at while supporting their growth and leadership.

Branches include Sparks for ages 5-6, Brownies for ages 7-8, Guides for ages 9-11, Pathfinders for ages 12-14, and Rangers for ages 15-17.

The websites directs you to local branches where you can register online.

Jitterbugs Music

Contact Information:

Address: 395 Marsden Street (Across From the Skate Park)

Telephone: (250) 908-0581

Website: <http://jitterbugsmusic.ca/>

Email: info@jitterbugsmusic.ca or info@elizabethjorgensen.com

Jitterbugs is a program designed to increase a child’s love for music through singing, dancing, playing instruments and more. The aim of Jitterbugs Music is to have fun while learning the foundations of music. With Jitterbugs, you can be certain that music will be present in your child’s life for many years to come! Come and see how music will light up your child’s life.

Kimberley Alpine Resort

Contact Information:

Address: PO Box 40, 301 North Star Blvd, Kimberley, BC, V1A 2Y5

Telephone: Office: 1 (250) 427-4881

Reservations: Toll Free: 1 (800) 258-7669

Website: <https://skikimberley.com/>

Email: information@skircr.com

The Telus Winter Sports School offers a variety of learn to ski or snowboard opportunities in both group and private instructional settings. The Wild Horse Childcare Centre offers first come, first served childcare for children ages 18 months to 6 years old. The Childcare Centre offered a variety of ski instruction options, depending on instructor availability.

Kimberley Aquatic Centre

Contact Information:

Address: 520 Archibald Street

Telephone: 250-427-2983

Website: <https://www.kimberley.ca/community/recreation/aquatic-centre>

Email: kacinfo@kimberley.ca

The Aquatic Centre is a fully accessible building featuring a 25-metre, 5-lane lap pool with a competition diving board, a leisure pool with fun water features including a teacup spray waterfall and lazy river, a hot tub, steam room, outside deck and the multi-purpose meeting room is a great place to hold your next birthday party or meeting.

Lessons and after school programs are offered for all ages. Please visit the website for up-to-date information and current offerings.

Kimberley Curling Club

Contact Information:

Address: 523 Archibald St. Kimberley BC

Website: <https://curlkimberley.ca/>

Email: curlkimberley@gmail.com

The Kimberley Curling Club offers curling leagues for children ages 7 and up. Curling begins in late October and goes through to March.

Registration costs include equipment and instruction. The club offers an introductory session in the fall so children can try it out prior to registration. Groups looking for a new activity are welcome to contact the club to organize a time to give curling a try.

Kimberley Little League

Contact Information:

Website for registration: <https://kootenay-little-league.sportssignup.com/site/>

Email: kootenaylittleleague@gmail.com

For ages 4 and up: Our focus is on learning the game, teamwork and respect for others.

We appreciate and rely on our many volunteer coaches and parents to operate.

Kimberley Minor Hockey

Contact Information:

Address: PO Box 73 Kimberley, BC V1A 2Y5

Website: <https://www.kimberleyminorhockey.com/>

Email: kimberleyminorhockey@hotmail.com

The purposes of the Association are:

- To encourage and foster among players, coaches and citizens at large, both good sportsmanship and citizenship.
- To maintain and encourage interest and activity in Minor Hockey.
- To encourage and promote competition for the members.
- To be responsible for all ice time where Kimberley Minor Hockey Association players are involved.



Kimberley Nordic Club Jackrabbits

Contact Information:

Address: Box 464 Kimberley, BC V1A 3B9

Kiosk Phone Number: 1-250-427-9300 (active only in ski season from about Nov. 1)

Website: <https://www.kimberleynordic.org/>

Email: kimberleynordic@gmail.com

Jack Rabbits is a “learn-to-ski” program with a focus on fun and skills development for young skiers aged 4 and up. Kids will learn the basics of cross-country skiing through games and structured coaching. The emphasis is on encouraging children to enjoy this wonderful sport and to pursue it as a lifetime activity, recreationally or competitively.



Kimberley Seahorse Swim Club

(BC Summer Swimming Association)

Contact Information:

Address: 205 - 2323 Boundary Road, Vancouver, British Columbia, CA

Website: <http://www.bcsummerswimming.com/clubs/6594>

Email: **Dave Dunnet, Regional Director - Kootenay via website**

See also: Kimberley Seahorse Swim Club Facebook page.

Swim club for ages 4 and up through swim season from May - August.



Kimberley Skating Club

Contact Information:

Address: Civic Centre, 525 Archibald St, Kimberley, BC V1A 1N3

Website: <https://www.kimberleyskating.com/>

Email: **via website or Facebook page**

Kimberley Skating Club (Formerly North Star Skating Club), runs the Skate Canada programs: CanSkate, StarSkate and PowerSkate program for ages 3 to 200.

CanSkate, Skate Canada's learn to skate program, is one of the most sought-after skating programs in the world. CanSkate was developed by experts to teach the fundamentals of skating in a progressive and sequential manner. Designed for beginners of all ages, the focus is on fun, participation and basic skill development. Participants earn ribbons and badges as skills are mastered. Skaters are taught in a group lesson format by a NCCP certified professional coach, assisted by trained program assistants.

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.

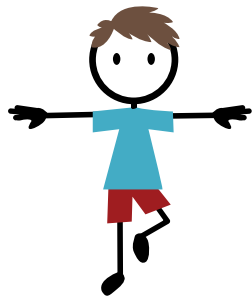
Physical literacy is about developing the fundamental movement skills that all children need, such as running, hopping, throwing, catching and jumping. These movement skills in turn give kids the confidence to participate in different physical activities, sports, and games.

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.



Kimberley Soccer Association

Contact Information:

Website: <http://www.kimberleysoccer.com/>

Email: info@kimberleysoccer.com

Facebook: Kimberley Soccer Association

The Kimberley Soccer Association provides youth soccer training in the Kimberley area from 4 - 18 years of age.



www.healthykimberley.com

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 everyday 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.

Scouts Canada (1st Kimberley Scout Group)

Contact Information:

Telephone: 1-888-855-3336

Website: www.scouts.ca

Facebook: Scouts Canada-Kimberley

Scouts Canada is the country's leading youth organization. For more than 100 years, we have brought a world of adventure, outdoor experience and friendship to 17 million Canadian youth.

Scouts have a lot of fun discovering new things and experiences they wouldn't have elsewhere. Along the way, they develop into capable, confident and wellrounded individuals, better prepared for success in the world.

Scouting offers a world where you can discover the best in yourself and the best in others. Dollar for dollar, our programs provide significant value, run yearround and take youth on adventures they will remember for a lifetime!

Visit the Scouts Canada website for schedule and registration information.



Special Olympics - British Columbia

Contact Information:

Telephone: 604-737-3078 Toll Free: 1-888-854-2276

Website: www.specialolympics.bc.ca

Email: info@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.



Spirit Rock Climbing Centre

Contact Information:

Address: 110 Deer Park Avenue V1A 2J4 Kimberley, British Columbia

Telephone: (250) 427-7200

Website: <https://www.spiritrockclimbing.com/>

Email: info@spiritrockclimbing.com

Spirit Rock started by playing a role in modernizing Kimberley's Platzl, and we continue to work closely with the community and other businesses in this amazing and vibrant city. We have a selection of regular community programs, work with the local schools, and offer prizes at many community events. We are family focused, with a focus on creating a great, accessible environment for youth. Spirit Rock is proud to have won the Youth Friendly Business Award from Kimberley Chamber of Commerce for three years.



Yamabushi Warrior Arts

Contact Information:

Telephone: (250) 602-9235

Website: <https://yamabushi.ca/>

Email: sensei@yamabushi.ca

Facebook: Yamabushi Warrior Arts

Our complete system of self-defence involves a range of recognized Martial Arts disciplines for Kids, Youth, and Adults, ages 4 to adult. We have built a supportive and inclusive community where you can pursue technical Martial Arts training in a safe and respectful environment. At YamaBushi you will receive constant encouragement to achieve improved health, fitness and self-empowerment regardless of age, experience or ability.

Schools



Purcell Pre-school and Daycare

ECE-led preschool programming in the morning (8:00 am – 12:00 pm) for children ages 3-5.

Forest Preschool program: outdoor oriented program for children ages 4-5.

Address: 8687 BC-95A, Kimberley, BC V1A 3M3

Telephone: 250-427-3969

Website: <https://purcellpreschool.ca/>

Primary and Elementary:

École Kimberley Kindergarten - Grade 3

Address: 8687 Highway 95A, Kimberley, BC V1A 3M3

Telephone: 250-432-1095

Website: <https://kimberley.csf.bc.ca/>

Marysville Elementary School Kindergarten-Grade 3

Address: 546 309 Ave, Kimberley, BC V0B 1Z0

Phone: 250-427-2241

Website: <https://mes.sd6.bc.ca/>

Lindsay Park Elementary School Kindergarten-Grade 3

Address: 602 Salmo St, Kimberley, BC V1A 2M8

Telephone: 250-427-2255

Website: <https://lpes.sd6.bc.ca/>

Kimberley Independent School Pre-Kindergarten-Grade 9

Address: 73 101 Ave, Kimberley, BC V1A 1A5

Telephone: 250-427-1779

Website: <https://www.kis.ca/>

Middle School:

McKim Middle School Grades 4-7

Address: 689 Rotary Dr, Kimberley, BC V1A 1E4

Telephone: 250-427-2283

Website: <https://mms.sd6.bc.ca/>

High School:

Selkirk Secondary School Grades 8-12

Address: 405 Halpin Street, Kimberley, BC V1A 2H1

Telephone: 250-427-4827

Website: <https://sss.sd6.bc.ca/>

Kimberley Alternate School Grades 8-12

Address: 570 Mark Street, Kimberley, BC V1A 2B8

Telephone: 250-427-5371

Website: <https://kas.sd6.bc.ca/>

City of Kimberley Parks and Playgrounds



Baseball and Soccer Fields

Rotary Park - Rotary Drive at McKenzie Street.

Coronation Park - 4th Avenue, behind Centennial Centre.

Central Park - 308 Avenue and 303 Street in Marysville

Purcell Park - Jim Ogilvie Way in Marysville

Children's Playgrounds

Rotary Park – Rotary Drive at McKenzie Street. Public washrooms are open seasonally.

Lois Creek Park – intersection of Moyie Street and 5th Avenue.

Triangle Park - 401 Cranbrook Street

Stemwinder Drive Park

Lion's Park - 770 330 Street

Most school grounds have playgrounds.



Splash Park

The Rotary Splash Park is located on Rotary Drive in the Rotary Park grounds. It is open from 9:00 am to 8:00 pm daily during summer months.



Bike and Skateboard Park

The Skate Park and Mountain Bike Skills Park are located at the corner of Rotary Drive and Marsden Street, and are open from 7:00 am to 10:00 pm.

They are easily accessible from downtown, and there is ample parking available for park and trail users. There is no charge for park use or parking.

Outdoor Rinks

Kimberley's outdoor ice rinks are open yearly and are weather-permitting. Rinks are available for community use, free of charge. The condition of the rinks is changeable due to weather conditions. No play is permitted after 10:00 pm.

The season begins when weather conditions permit, usually from mid-December until mid-March.

Townsite Outdoor Rink is located at the corner of 6th Avenue and Moyie Street.

Swan Park Rink is located at the corner of Swan Avenue and Diamond Street. It is maintained by local volunteers.

Garden Park Rink is located at the end of Dewolfe Avenue and is maintained by local volunteers.



Trail Network

Kimberley Nature Park

The spectacularly diverse Kimberley Nature Park is one of Canada's largest urban parks, covering 800 hectares of land and featuring over 100 kilometres of trails. The park rises from an elevation of 975 metres along St. Mary Lake Road to over 1600 metres on the shoulder of North Star Mountain – displaying hills, ridges, valleys, and plateaus along the way. Trails vary from wide and gently sloping to narrow, steep single track. The Kimberley Nature Park is great for hiking and biking in the warmer months, and skiing and snowshoeing in the winter.

Lois Creek Trails

The Lois Creek Trails, adjacent to the Townsite and Morrison subdivisions, are a mixture of double and single track trails weaving through mature forest, rock outcroppings, and along Lois Creek. These trails are popular for hiking and biking in the warmer months, and skiing and snowshoeing in the winter.

NorthStar Rails to Trails

The NorthStar Rails to Trails is a former railway track between Kimberley and Cranbrook that has been converted into a paved trail for walking, running, biking, and blading. It features gentle grades and spectacular views of the Steeples range, the St. Mary's River, and the Purcell range. The Kimberley trailhead is located across the street from the Aquatic Centre, behind Rotary Drive. A few parking lots and outhouses are located near the trail between Marysville and Cranbrook.



Lions Trail, Volksmarch Trail, and Mark Creek Trail

The Lions, Volksmarch, and Mark Creek Trails connect Kimberley and Marysville, offering a variety of scenic walking and biking paths in the creek valley and along hillsides.

Kimberley Nordic Centre

The Kimberley Nordic Centre is an exceptional cross-country ski facility located near the Kimberley Alpine Resort. In the winter, it features over 30 kilometres of snowcat-groomed trails, including single and double-track classic trails and skate lanes, accommodating skiers of all levels. The facility boasts a modern 1200 square foot lodge, washrooms, and a waxing hut, as well as a 3.3 kilometre lit loop for nighttime skiing. In the warmer months, the Kimberley Nordic Club trails are great for hiking and biking, and the network joins with the Kimberley Nature Park.

Local Government



City of Kimberley

City Hall
340 Spokane Street
Kimberley, BC. V1A 2E8
Phone: 250.427.5311
Website: <https://kimberley.ca/>

Ktunaxa Nation

220 Cranbrook Street
Cranbrook British Columbia
Phone: 250-489-2464
Toll Free: 1-800-480-2464
Website: <https://ktunaxa.org/>

Rocky Mountain Métis Association

Cranbrook/Kimberley/Creston BC
<https://cranbrookmetis.com>

Regional District of East Kootenay

Cranbrook (Main) Office
19 - 24th Avenue South
Cranbrook, BC V1C 3H8
Phone: 250-489-2791 or 1-888-478-7335 (BC/AB)
Website: <https://rdek.bc.ca/>

Emergency Numbers

Emergency: Police, Fire, Ambulance.....	911
Poison Control.....	1-800-567-8911
Children's Help Phone	1-800-668-6868
Children's Help Line (Province of BC).....	310-1234
Mental Health Support Line (Province of BC)	310-6789
Immediate Mental Health Crisis Support.....	Text WELLNESS to 741741
Crisis line	1-800-SUICIDE (1-800-784-2433)
VictimLink BC (support for victims of crime)	call/text 1-800-563-0808
Kimberley Helping Hands Food Bank	250-427-5522
Non-emergency RCMP Kimberley Detachment.....	250-427-4811

Health Services

HealthLinkBC	811
Kimberley Health Centre.....	250-427-2215
Kimberley Medical Centre.....	250-427-4861
East Kootenay Regional Hospital	250-426-5281
Cranbrook Options for Sexual Health Clinic	250-426-3995
Canadian Mental Health Association for the Kootenays.....	250-426-5222

Children and Youth Services

Child and Family Services Office Cranbrook (Province of BC)	250-426-1514
Canadian Mental Health Association Youth Outreach.....	250-426-7477



