



Columbia Valley

COMMUNITY RESOURCE & SERVICE GUIDE

A RESOURCE FOR PARENTS & THEIR CHILDREN

Produced by
COLUMBIA VALLEY EARLY YEARS CENTRE

*"Early Years acknowledges that we deliver services
on the unceded territory of the Ktunaxa people"*

Columbia Valley Community Resource and Service Guide

The Columbia Valley Community Resource and Service Guide is a resource for families living throughout the Columbia Valley. 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 opportunities.

Community Profile

The Columbia Valley is located along the western slopes of the Rocky Mountains with a geographic stretching 100 kilometers north from Spillimacheen, British Columbia to southern BC's Canal Flats area. In between, lay the communities of Brisco, Edgewater, Radium Hot Springs, Wilmer, Panorama, Invermere, Windermere and Fairmont Hot Springs. You will find that many of the services listed in this guide are centrally located in Invermere, however services are provided throughout the Columbia Valley.

There are approximately 9,000 permanent residents in the Columbia Valley. The area is a popular tourist destination because of its beautiful, abundant landscapes and its lakes, parks, hot springs, ski hills and golf courses.

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Service Agencies and Resources



Adoptive Families Association of British Columbia (BC)

Contact Information:

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

Email: info@bcadoption.com

Telephone: 1-877-236-7807

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

Contact Information:

Family Dynamix

Address: 1317 7th Avenue, Invermere, BC

Telephone:

250-342-5566

Website:

www.familydynamix.ca



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, improve or prevent behavioural issues, increase scholastic success and increase a child’s self-esteem as well as her/his resiliency skills.

Akisqnuq First Nation

Contact Information:

Address: 3050 Highway 93/95, Windermere BC V0B 1B0

Telephone: 250-342-6301 (Administration Office)
250-342-6379 (Health Centre)

Hours of Operation:

Monday to Friday 8:30am to 4:30 pm (closed over noon hour)

Band Staff provide education, health, housing, social development, infrastructure, and other services to band members.

Autism Resource Library

Contact Information:

East Kootenay Supported Child Development Regional Office

Address: 20A 12th Avenue North, Cranbrook, BC V1C 3V7

Email: ekscd_admin@ccssebc.com

Telephone: 250-426-4043

Website: www.ccs Cranbrook.ca

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

Membership is free.

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, Box 770, Station K, Toronto, Ontario M4P 2V8

Telephone: 1-844-YES-PLAY 1-844-937-7529

Website: www.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.



I love to swim.

Help me develop physical literacy and I will be

ACTIVE FOR LIFE

ActiveForLife.com/ColumbiaValley

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.



Columbia Basin Alliance for Literacy (CBAL)

Contact Information:

Sandy Kalesnikoff, Community Literacy Coordinator

Email: skalesnikoff@cbal.org

Website: www.cbal.org

Telephone: 250-409-4251

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 life-long 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 Canal Flats and for the Columbia Valley Early Years Coalition. Some important facts about this organization's work include:

- CBAL Windermere partners with School District 6 to manage Strong Start Outreach Programs;
- CBAL facilitates the Baby Goose, Baby Talk program in Invermere at Eileen Madison Primary;
- CBAL supports Books for Babies through the Invermere Public Library, Public Health, and the Columbia Valley Early Years Coalition; 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.

Columbia Valley Early Years Coalition (CVEYC)

Contact Information:

Address: 1317 7th Avenue, Invermere, BC

Telephone: 250-342-5566

Website: www.familydynamix.ca

The Columbia Valley Early Years Coalition (CVEYC) (formerly Windermere Valley Early Childhood Development Team) is an inclusive team that works together, shares expertise and makes the best use of resources in promoting healthy development of children age 0-6 years.

The CVEYC meets on a monthly basis to exchange information and discuss a wide range of early childhood development issues throughout the Columbia Valley. The Coalition Coordinator is a resource for local and regional agencies as well as families with children ages 0-6. The coordinator has access to information and resources to support families in the healthy development of their children.

- **Mission** - The Columbia Valley Early Years Coalition is a strong, inclusive team that works together, shares expertise and makes the best use of resources to promote the healthy development of children aged 0-6 throughout the Columbia Valley.
- **Vision** - The Columbia Valley community recognizes and responds to the unique needs of children and their families.
- **Facebook** - 'LIKE' the CVEYC Facebook to access current and up-to-date children's programming and resources!



Columbia Valley Food Bank

Contact Information:

Address: 201 7th Avenue, Invermere, BC

Telephone: 250-342-0850

Website: www.columbiavalleyfoodbank.ca

Email: coordinatorcvfb@shaw.ca

Hours of Operation:

Tuesday: 1:00pm to 2:00pm

Thursday: 1:00pm to 2:00pm

The Columbia Valley Food Bank is a non-profit society serving residents from Spillimacheen to Canal Flats. The Food Bank is located in Invermere, on 7th Avenue, just below the Summit Youth Hub. Government identification is required for each individual being served.

The Columbia Valley Food Bank partners with School District 6 and the Columbia Valley Early Years Coalition to deliver programs, such as, Healthy Eating and Food for Learning. The Columbia Valley Food Bank is committed to the healthy development of children and youth.

Columbia Valley Libraries

Edgewater Community Library

Address: 5759 St. Claire Street, Edgewater, BC

The Edgewater Community Library is located behind the Edgewater post office and offers a collection of books and resources available for lending. Ask for the key at the post office.

Invermere Public Library

Address: 646 4th Street, Invermere, BC

Website: www.invermere.bc.libraries.coop

Telephone: 250-342-6416

Email: publiclibrary@invermere.net

Hours of Operation:

Monday: 10am to 5:00pm

Tuesday: 10:00am to 5:00pm

Wednesday: 10:00am to 8:00pm

Thursday: 10:00am to 5:00pm

Friday: 10:00am to 5:00pm

Saturday: 10:00am to 2:00pm

Sunday: Closed

The Invermere Public Library welcomes children and families interested in exploring their wonderful collection of children's stories. Books that are not held in the library's permanent collection can often be ordered through the Inter-library Loan program. Contact the librarian for more information.

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Invermere Public Library also offers a variety of free programs for children and their families including:

- Drop-In Story Time
- Lego Play

These programs include stories, songs, finger-plays and crafts. The programs' goal is to introduce children to the library and the pleasure of books.

Radium Hot Springs Public Library

Address: 4863 Stanley Street, Radium Hot Springs, BC

Email: radiumpubliclibrary@hotmail.com

Telephone: 250-347-2434

Website: www.radium.bc.libraries.coop

Hours of Operation:

Tuesday: 11:00pm to 4:00pm

Wednesday: 11:00am to 5:00pm

Thursday: 11:00am to 5:00pm

Friday: 11:00am to 4:00pm

Saturday: 10:00am to 4:00pm

Sunday & Monday: Closed

The Radium Hot Springs Public Library offers comfortable surroundings for the entire community. The library has wireless internet service, patron computers, e-books, audio services and a local history book prepared and edited by the library entitled "Big Horn, Small Talk."

The children's area was specially designed to stimulate the love of reading in infants through to pre-schoolers with an easily accessible reading area and book displays.

The Board of Directors has prioritized purchasing a large variety of children's books while offering several unique children's programs throughout the year.

Each summer, the library hosts its annual children's Teddy Bear's Picnic held at Radium Park.



Community Action Program for Children (CAPC)

Contact Information:

Email: capcinv@hotmail.com

Telephone: 250-342-3248

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.

In the Columbia Valley, CAPC continues to provide programs to families in Canal Flats. The CAPC Site Coordinator offers programs with a focus on safety education, early development and a healthy, active lifestyle.

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

'Like' Family Dynamix Early Years Centre Facebook page for information about children's community programming and resources.



East Kootenay Addiction Services Society

Contact Information:

Address: 1022 7th Avenue, Invermere BC

Telephone: 250-342-3868

Website: www.ekass.com

The East Kootenay Addiction Service Society provides free and confidential counselling to youth, adults, couples 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 Breastfeeding Mamas!

Contact Information:

Daleen Bybee

Email: daleen.bybee@gmail.com

Telephone: 250-426-0299

Website: www.overtherainbowfamily.com

The East Kootenay Breastfeeding Mamas provide East Kootenay families from pregnancy through childbirth and beyond with lactation consultations, prenatal education, baby wearing education and breastfeeding peer support groups.

East Kootenay Child Care Resource and Referral (EKCCRR)

Contact Information:

Address: 20-B 12 Avenue North Cranbrook, BC

Email: ekccrr@ccssebcb.ca

Telephone: 1-800-661-2445 or 250-426-5677

Website: www.ccr.bc.ca

East Kootenay Child Care Resource and Referral (EKCCRR) links families and child care providers throughout East Kootenay communities including the Columbia Valley, by offering free consultation, support and referral services to families seeking child care.

Child care providers are supported through information, outreach, toy/resource library, newsletters, networking and learning opportunities, such as, workshops.

Families are supported through parenting/child development, information, toy/resource library, child care subsidy support, and general community referrals regarding children and families.

EKCCRR and its communities strive for quality, inclusive child care services that meet the needs of local families and promote the healthy development of children. EKCCRR promotes the right of each child to quality child care, which includes the right to a safe, healthy and nurturing environment.

Family Dynamix Early Years Centre

Contact Information:

Address: Lower Level 926 7th Avenue, Invermere, BC

Email: info@familydynamix.ca

Telephone: 250-688-7194 (Merisa Butler) or 250-342-5566

Website: www.familydynamix.ca

Supporting parents and caregivers of young children ages 0-6.

WE CAN...

- Connect you with other families in the Columbia Valley
- Provide you with child care information
- Provide practical ideas to support your child's growth
- Refer you to personalized support services for you and your child
- Provide support if you have concerns about your child's development
- Outreach services, including: workshops, training, child care subsidy information and RESP information

AND EVERYTHING IN BETWEEN!

Call or email today and we'll help you find the resources you're looking for!

Family Dynamix Association

Contact Information:

Pat Cope, Executive Director
Address: 1317 7th Avenue, Invermere, BC
Email: info@fdx.family
Telephone: 250-342-5566
Website: www.familydynamix.ca

Hours of Operation:

Monday to Thursday: 8:30am to 4:30pm
Closed for lunch: 12:00pm to 1:00pm



Mission

To foster mental, social, physical and financial wellness in the Columbia Valley by providing social supports, counselling, housing and employment services that empower our community to thrive.

Counselling & Support

Resource Library: Find information on family development, personal growth, parenting, abuse and assault, addictions and personal issues.

Community Counselling (fee for service): Relationship, personal growth, grief, loss, anger management and life transitions.

Women's Centre

Lower Level 926 7th Avenue
Invermere BC
phone 250-341-3963
fax 250-341-3953
wrc@familydynamix.ca

Canal Flats Centre

Village Office - Lower level
Canal Flats BC
phone 250-342-5566
fax 250-342-3850
info@familydynamix.ca

Main Office

1317 7th Avenue
Invermere BC
phone 250-342-5566
fax 250-342-3850
info@familydynamix.ca



Family Dynamix Association • Box 2289 Invermere BC V0A 1K0 • www.familydynamix.ca

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Family, Couple, Individual Counselling: Marriage counselling, personal growth, anger management, historic abuse issues, life transitions, work related concerns, fertility issues. Guardian/parent caring for children under 19 years or children under 19 years qualify for this program.

Parenting: Provides resources, referrals and skill development for parents and their caregivers to support them in the healthy development of their children.

Early Years Centres: Provides increase access to services for families with children under 6.

Family Support: Provides information, support and referrals to help strengthen the family unit and keep children safe.

Employment Assistance: Provides support to individuals seeking employment and provides assistance to employers wanting to hire employees.

Respite: Respite services can give caregivers temporary relief for a few hours or for a number of days in or out of your home, depending on need.

Seniors

Columbia Valley Better at Home provides non-medical services for seniors aged 65+ to help them live in their own homes longer. Referrals can come from family, friends, medical personnel or seniors can call themselves. The program coordinator will come and do an assessment with the senior to see what supports they need. These supports range from light housekeeping, friendly visiting, transportation, minor home repairs and light yard work. To get connected to these services please contact the Columbia Valley Better at Home at 250-342-5566.



Active Aging: Supports and builds capacity among vulnerable seniors by increasing physical activity, enabling independence and enhancing social connectedness in their communities.



Violence & Abuse

Women's Information & Safe Homes: Offers safe temporary accommodation and information for women and their children who are fleeing and are vulnerable to domestic abuse. Call 1-800-200-3003 or 250-341-3963.

Children Who Witness Abuse: Provides specialized services to children and youth who have witnessed abuse, threats or violence in their homes.

Women's Outreach: Women who are victims of family violence are provided with support services like housing, transportation to appointments and advocacy.

Women's Counselling: For women who have been physical or sexually abused, or who are survivors of childhood abuse.

Victim Assistance: Police based program providing support and information to victims of crime and traumatic events. Call 250-342-3937.

Violence is Preventable: Provides an internationally acclaimed, evidence based personal safety and violence prevention program delivered to school aged children and youth.

Sexual Abuse Intervention: Provides specialized services to children and youth who have been sexually abused.

Food & Housing

Good Food Co-op: Provides quality, fresh, nutritious produce purchased in bulk at a savings to families and individuals wanting to improve their health.

Affordable Rental Housing: Provides affordable rental housing to moderate and low income families and individuals in need.

Transition Housing: Provides housing for women and children fleeing domestic violence and who are at risk of homelessness.

Housing Development: An initiative through collaboration and community consultation to create a development plan to increase affordable housing in the Columbia Valley.

Youth

Youth Outreach: Provides mediation and support to youth 12 to 18 years and their families. Supports youth to make healthy lifestyle choices.

Call 250-342-1418.

Life Skills for Youth with Special Needs: Provides resources and parenting support to parents who have children with special needs. Provides life skills education to youth with special needs.



Groundswell – Community Greenhouse

Contact Information:

Address: 1535 14th Street, Invermere, BC

Email: info@groundswellnetwork.ca

Telephone: 250-342-3337

Website: www.groundswellnetwork.ca

Formed in 2000, the Columbia Valley Botanical Gardens (CVBG) focuses on the development of community and school gardens in the Upper Columbia Region. Like the mission of all botanical gardens around the world, the CVBG sought to develop plant collections and gardens that protected plant species and presented them to people to advance our understanding of values associated with biodiversity, spiritual, educational and economic value – essentially showing how plants are an integral part of human survival and quality of all life on earth.

Today, the CVBG is now Groundswell Network Society, but we have not abandoned our roots to the plant world, but rather we have added value and broadened our scope to include all areas of human activity as it affects our sustainable future. Renewable energy, water, food, plants, green transportation, local economic development; these are just a few of the areas Groundswell continues to deliver successful projects at the community level. In reality, all of these projects relate to the living world of which plants are a vital component.

Through the Child’s Eyes

Imagine walking into a warm greenhouse filled with plants that smell good. Ten months out of the year the Community Greenhouse stays a comfortable 15-25 degrees Celsius. Raised beds are growing a variety of vegetables and beautiful flowers. There are benches, tables and chairs, but groups rarely sit because there is so much to do and see. This is the Community Greenhouse learning laboratory.

Throughout the year, people of all ages come to engage in applied sustainable living skills. The Greenhouse offers programming to all ages. From weekly pre-school “plant and play” to evening and weekend course on permaculture, backyard chickens, vermiculture (composting with red wiggler worms), greenhouse design, vegetable growing, cheese and bread making, film nights, farmer’s markets and harvest dinners.

Healthy Kids Program

Contact Information:

Ministry of Social Development and Poverty Reduction

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.



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- **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: 720 Bathurst Street, Toronto, Ontario, M5S 2R4

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.

Hospice of the Columbia Valley

Contact Information:

Address: Frater Landing, Unit 103, 926 – 7th Ave., Invermere, B.C.

Email: info@hospicesociety.com

Telephone: 778-526-5143

Website: www.hospicesocietycv.com

Hospice of the Columbia Valley is a holistic form of palliative care which aims to make the last months of life comfortable and peaceful for patients, their families and their caregivers. Hospice improves quality of life, not only for patients, but also for their family and friends.

The Hospice of the Columbia Valley considers the patient, family, medical representatives, social workers and caregivers as an integral team. Hospice is not a place, it is a concept. The focus is on caring, not curing; on life, not death. Quality of life, family wellness, community involvement and personal dignity are all part of hospice care's compassion and progressive vision.

Infant Development Program

Contact Information:

Telephone: 250-426-2543

Email: idp.invermere@ccssebc.com

Website: ccscranbrook.ca/ek-infant-development

The East Kootenay Infant Development Program is a family-centered service. The program recognizes the family as the constant and most important influence in a child's life. It works with each family to identify their individual needs and assists in finding the resources and support that will be most beneficial to each family.

The East Kootenay Infant Development Program provides information, resources and support for families who have a child between birth and three years of age who:

- Has a diagnosed disability; or
- Is experiencing a developmental delay; or
- Is at risk for a developmental delay.

Program services include:

- Home visits to encourage progress, develop new activities and support parents;
- Information on a wide range of child development topics;
- Developmental monitoring and/or assessments and written reports;
- Consultation and referral to other Early Years Intervention and Therapy services;
- Resource lending library;
- Assistance with preschool or childcare planning and transition; and
- Parenting and/or play groups with other families.

Referrals may come from any source, including self-referral. Family participation is voluntary and free of charge, and information gathered is confidential. Once you are referred to the program, a consultant will arrange to visit you in your home or another location that is convenient and comfortable for you and your child.



Interior Health and Invermere Health Unit

Contact Information:

Address: 850 10th Avenue, Invermere, BC

Telephone: 250-342-2360

Website: www.interiorhealth.ca

Hours of Operation:

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

The Interior Health and Invermere 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 Invermere and District Hospital. Interior Health also administers health services for families such as: pediatric occupational therapists, pediatric physiotherapists and early intervention speech pathologist.

The Invermere 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.

Ktunaxa Kinbasket Child and Family Services (KKCFS)

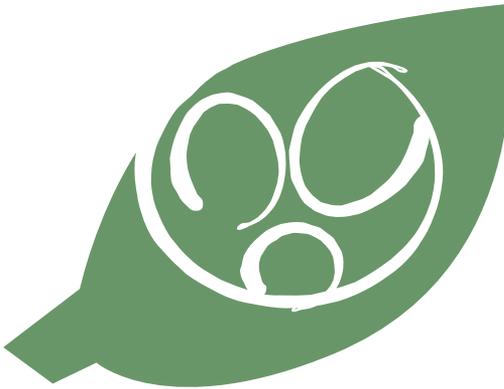
Contact Information:

Telephone: 1-888-489-4563

Website: www.ktunaxa.org

The Ktunaxa Kinbasket Child and Family Services (KKCFSS) provide the following services:

- **Child Protection:** Assessing the safety of Aboriginal Children (First Nation, Métis and Inuit) in the Cranbrook, Kimberly, Creston and Invermere areas, both on- and off-reserve.
- **Cultural Connections:** Provides culturally connective services to Aboriginal families throughout the Kootenays. Services include: researching ancestral history; creating family trees/genograms; creating information on Nations of children in care; facilitating review of Nation information; leading activities at cultural gatherings; providing information; and working with Kinship Care parents, social workers, Bands and associations.



Ktunaxa Kinbasket Child & Family Services Society

- **Family Support:** Designed to assist individuals or families to increase their ability to fulfill their responsibility for caring for children in a culturally and holistic manner. These services are delivered on a 1:1 or group setting and can include: youth mentorship; parenting support; connection to other community resources; life skills; coaching; connecting families; and building/developing family plans and goals.
- **Justice Services:** Working with youth and adults who are in need of legal assistance.
- **Paq'mi Nuq'yuk:** Meaning “blossoming or busting up from the ground” in the Ktunaxa language, “Paq'mi Nuq'yuk” was the name given to the Aboriginal Early Years programs by KKCFSS Elder's Advisory Committee.
The program includes the delivery of Early Years programs to both on and off reserve Aboriginal families with children age 0-6 years throughout the Ktunaxa Nation Territory. The goal of the program is to create easy and accessible services to cater to the needs of each unique family. The KKCFSS provides outreach services to families and Aboriginal-supported child development services.
This program is by self-referral. The program welcomes all First Nations, Métis and Inuit families. Contact the program to find out more details on the services offered.
- **Reconnection Services:** Provides reconnection services to Aboriginal families throughout the Kootenays. Service includes: gathering for children in care; facilitating reunifications; facilitating the involvements of family and community in developing plans for children in care or children being placed in adoption; linking families with communities; organizing visits between child and extended family; and organizing visits to cultural events.
- **Social Work:** Delegated under the Child and Family Community Service Act to provide child and family services that require a social work assessment, such as: referral to prevention and support services within and outside KKCFSS, respite support, daycare referral, care agreements and child protection services.
- **Sacred Family Circle:** Service includes: consulting with social workers and other professionals involved with the family; assessing in conjunction with social worker(s)/parents/children who will be invited to the circle and why; one-on-one preparation with all participants; organizing transportation; accommodations and meals for out-of-town participants; facilitating sacred family circles; arranging a meeting space for a shared meal and the beginning of the circle; and organizing and facilitating a follow-up circle.

Ministry of Child and Family Development (MCFD)

Contact Information:

Address: 625 4th Street, Invermere, BC

Telephone: 250-342-4367

Website: www.mcfcd.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 Invermere Field Unit Office provides direct service 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 Poverty Reduction

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)

Contact Information:

Rocky Mountain School District No. 6 (RMSD6)
Windermere Zone Elementary Schools
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.

Rocky Mountain Behaviour Analysts

Where abilities have room to grow

Contact Information:

Address: 108 B 7th Ave S, Cranbrook BC, V1C 2J4
Telephone: 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.

Services we provide:

Intensive behavior intervention, early intervention, transition planning, tutoring for school aged children, consulting for families and school, teen and young adult life skill coaching, community setting options in Cranbrook, behaviour and safety plans for families and school settings.

We provide one to one and small group options in a site based program in Cranbrook and 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.

Services areas:

Cranbrook and surrounding areas

Funding options include:

Autism funding, private funding.



Now serving Invermere

Rocky Mountain Behaviour Analysts

Shaken Baby Syndrome Prevention Program (SBSPP)

Contact Information:

Address: 850 10th Avenue, Invermere, BC

Telephone: 250-342-2360

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:

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 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.



Shuswap First Nation Band

Contact Information:

Address: 4846 Athalmer Road, Invermere BC

Telephone: 250-341-3678

Website: www.shuswapband.net

Email: health@shuswapband.net (health services)

The Health Centre offers nursing assessments, case management, home visits, pre-and post natal care, sexual health education, non-insured health benefits, chronic disease management, and referrals.

StrongStart Windermere Outreach Programs

Contact Information:

Website: www.cbal.org

Telephone: 250-409-4251

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) throughout the Columbia Valley. Please contact the Community Literacy coordinator for more information.



Success by 6

Contact Information:

Website: www.successby6bc.ca

Success by 6 is an early childhood development (ECD) initiative of the United Way and is dedicated to providing all children with a great start in life. The initiative is made possible by the provincial partnership between the Credit Unions of BC, the Ministry of Children and Family Development, and the United Way.

The program aims to build and enhance communities through engaging citizens in early childhood development, and funding programs that strengthen services for young children and their families. In the East Kootenay's, Success by 6 provides funding to seven of the region's community ECD committees and the Ktunaxa Nation Early Years program.

Success By 6
Helping all children succeed for life.



United Way Success By 6® Partners

Supported Child Development Programs (SCDP)

Contact Information:

Siri Tilling, Supported Child Development

Telephone: 250-342-9552

Website: www.ekscd.ccs Cranbrook.ca

The Supported Child Development Programs (SCDP) offer a regional support service for children age 0-12 who attend a licenced 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-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.



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.

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

Email: ekccrr@shawlink.ca

Telephone: 1-800-661-2445

Website: www.ccr.bc.ca

The Community Care Licensing Branch

Website: www.hls.gov.bc.ca/ccf/

Licensed Child Care Providers

abcdefghijklmnopqrstuvwxyz

Beddie's Babies Family Childcare

Contact: Leanne Beddie
Address: 985 Westridge Dr., Invermere, BC
Telephone: 250-342-6607
Email: leannebeddie@hotmail.com

Beddie's Babies childcare offers a family first loving childcare experience to children ages 12months-8yrs. We are open Monday-Friday 7:00am-4:45pm. Children are encouraged to build skills through a variety of indoor and outdoor activities involving fine and gross motor skill development. Play based learning is the focus. Healthy food is served daily for all snacks and lunch. We take into consideration each child's unique needs and endeavour to provide an experience away from home that encourages growth in a safe loving environment.

Creative Cubs

Address: Unit 2-7585 Main St W, Radium Hot Springs
Telephone: 250-409-4953
Email: admin@creativecubs.ca

Hours of Operation:
Monday to Thursday: 8:00am to 5:00pm

Group Care Program for children aged 30 months to 5 years.

Creative Cubs is a play based learning centre with additional curriculum added into circle times/table top activities that includes learning without tears. We create a space that is inclusive to all children through each of our play spaces, equipment, and physical set up of the environment. Each child has an opportunity to find their interests and build on their skills. Our learning environment is created to support all children's development levels, cultural differences and needs a this is crucial to setting children up for success. Each of our staff members are qualified and passionate about learning and providing the best quality childcare we can offer.



Dragonfly Discovery Centre

Address: 818 12th Street, Invermere, BC

Telephone: 250-270-0058

Email: www.dragonflydiscoverycentre@gmail.com

Website: www.dragonflydiscoverycentre.com

The multi-age child care facility offers an enriched environment for play, learning, nurturing and care. The centre has a guinea pig, a dwarf hamster, bunnies and a garden, to build compassion and earth stewardship. Social development and creativity are encouraged as children are free to choose from a variety of fine and gross motor activities. The facility is open Monday to Friday, and also offers afterschool care.



Little Badgers

Address: Akisqnuq First Nations- Eva Joseph Centre Hwy 93/95, Windermere, BC

Telephone: 250-342-6331

Email: little.badger.windermere@gmail.com

Website: www.littlebadgersearlylearning.com

Programs include:

Badger Cubs: Children age 19 months-3 years, one educator for every four children.

Little Badgers Nature Preschool: Children age 3-5 years.

Little Badger Daycare: Children age 3-5 years, one educator for every eight children.

Big Badgers Out-of-School Care: Children attending school can spend the afternoons at Little Badgers with their peers.

Aboriginal HeadStart: this program is open all Aboriginal, Metis, and Inuit families with children 0-6 years old. Focusing on Culture & Language, Education, Health Promotion, Nutrition, Parent and Family Involvement, Social Support.

Mountain Ridge Early Learning Program (ELP)

Telephone: 250-688-2797

Email: info@mountainridgeacademy.ca

Website: www.mountainridgeacademy.ca

The early learning program at Mountain Ridge Academy has been designed with the goals of social, emotional, intellectual, physical and musical development of each individual child. We believe in a hands-on approach to learning for children while encouraging them to broaden their personal experiences. Together, teachers and students create a respectful, caring and peaceful environment.

Our program offers Montessori-inspired education with a daily curriculum focusing on kindergarten readiness. This includes math, language and phonetic pre-reading activities, social studies, science and nature, health, and safety and nutrition. Mountain Ridge Academy also offers daily elements of music and movement, as well as weekly education in German. Each day includes plenty of outdoor time to play and discover nature, while meeting the physical needs of each child.

The program welcomes children ages 30 months to school age.

Playhouse Daycare – Sue Statham

Address: 9244 Water Street, Wilmer, BC

Telephone: 250-342-9348

Email: playhousedaycare@shaw.ca

Playhouse Daycare is owned and operated by Sue Statham. The centre focuses on play-based learning. The Playhouse Daycare emphasizes healthy physical development by promoting healthy eating and provides child-friendly (hot) meals and snacks to those enrolled in the program. Children are further encouraged to participate in outdoor play. Playhouse Daycare is open from 7:00am to 5:30pm.

Playhouse Daycare Programs

- Group Care: Children age 0 months to 12 years



Sonshine Children's Centre

Address: 326 10th Avenue, Invermere, BC

Telephone: 250-341-6224

Email: manager@sonshine.ca

Website: www.lwac.ca/sonshine/

Sonshine Children's Centre is a community initiative by the Lake Windermere Alliance Church. Our philosophy is to provide a learning environment with Bible-based values for children (ages 9 months to 12 years).

The Centre's teachers and facilitators are licensed educators who believe that each child is blessed with gifts and talents and should be loved and nurtured.

At Sonshine, children take part in age-appropriate activities to help them develop intellectually, socially, physically, emotionally and creatively.

Sonshine Children's Centre offers the following programs:

- **Infant and Toddler Care:** Children age 9-30 months, one educator for every four children.
- **Group Care:** Children age 3-5 years, one educator for every eight children.
- **Preschool Program:** 3 year-old children focus on communication and social interaction while 4 year-olds care taught necessary skills to prepare them for kindergarten.

Sonshine Children's Centre encourages honest and open communication between parents, children and staff.

The Centre is open 8:00am to 5:00pm Monday to Friday. Parents are invited to visit the Centre and meet the staff.



Windermere Valley Child Care Society (WVCCS)

Address: 620 4th Street, Invermere, BC
Telephone: 250-342-3168
Email: wvccs@telus.net

Established in 1975, The Windermere Valley Child Care Society (WVCCS) is a non-profit society whose mission is to provide a safe and loving environment where children can grow to their fullest potential while helping to build a solid foundation that prepares them for their next step in life.

The Society's philosophy is to offer quality programming that meets all the children's developmental needs. Each child grows at their own level, so the program is designed to support them in a loving manner.

Windermere Valley Child Care Society programs include:

- **Infant and Toddler Care:** Children age 0-36 months, one educator for every four children (7:00am to 6:00pm).
- **Group Care:** Children age 3-5 years, one educator for every eight children (7:00am to 6:00pm).
- **Preschool Program:** 3 year-old classes, Monday and Thursday from 9:00am to 11:30am and 4 year-old classes Tuesday, Wednesday, and Friday from 9:00am to 12:00pm.
- **Out-of-School Program:** Children attending school can spend afternoons with their peers (3:00pm to 6:00pm – with full days on Holidays).

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 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.



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/ColumbiaValley

Black Star Studios

Contact Information:

Address: 1021 7th Ave, Invermere, BC

Email: info@blackstarstudios.ca

Telephone: 250-342-6663

Website: www.blackstarstudios.ca

Black Star Studios offers fun and educational summer and after school art programs using clay, paint and paper mache for unlimited, creatively inspirational possibilities. For more info drop by or contact the Studio at your convenience.



Columbia River Paddle

Contact Information:

Address: Athalmer Boat Launch, 25 Laurier Street, Athalmer BC

Telephone: 250-342-7397

Website: www.columbiariverpaddle.com

Hours of Operation:

7 days a week 9:00am to 6:00pm Seasonal

Kayak, canoe and SUP Rentals, Guided Tours.

Columbia Valley Recreation (CVREC)

Contact Information:

Email: info@cvrec.ca

Website: www.cvrec.ca

Columbia Valley Recreation is your connection to sports, leisure and recreational opportunities in the Columbia Valley. CVREC is a joint project between the College of the Rockies and the District of Invermere. Participating groups may list events free-of-charge.

For more information, visit the CVREC website. The website is updated regularly.

Columbia Valley Figure Skating Club

Contact Information:

Leanne Beddie

Email: beddie@telus.net

Telephone: 250-342-6607

The Columbia Valley Figure Skating Club offers Skate Canada programs including: Canskate, Canpower Skate and Starskate. The Club also offers skating lessons throughout the fall and winter months to those who are at least 2 years of age.

All lessons take place at the Eddie Mountain Memorial Arena in downtown Invermere, so please contact the club for more information and program schedules.



Columbia Valley Otter Swim Club

Contact Information:

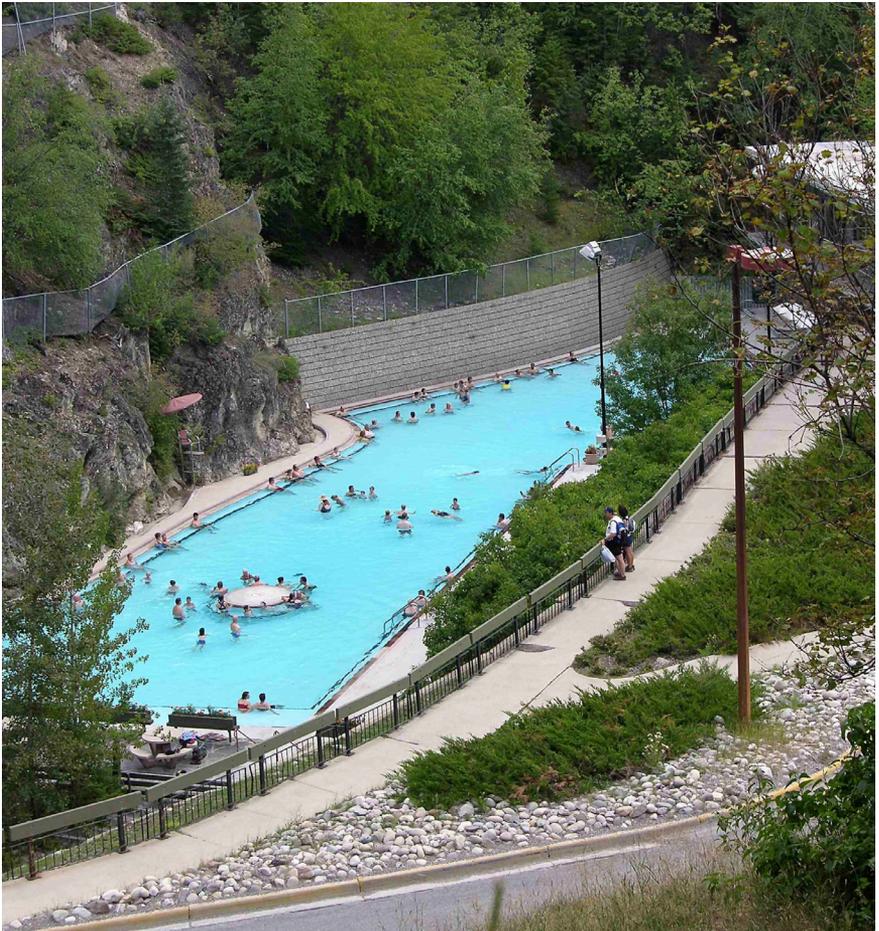
Email: cvotters@hotmail.com

Website: www.columbiavalleyswim.com

Established in 1992, the Columbia Valley Otter Swim Club is a non-profit organization dedicated to providing swim programs for all ages. The Club offers a variety of options from Red Cross training to pre-competitive swim club.

The beautiful Radium Hot Springs Pools in Kootenay National Park is the only Club in Canada that offers swimming programs outdoors year round. The Club also offers lessons at local beaches during the summer months.

Visit the Club's website for more information.



Columbia Valley Youth Soccer

Contact Information:
Website: www.cvrec.ca

Columbia Valley Youth Soccer organizes and promotes soccer in the Columbia Valley. With programs running from April to June each year, children age 5 and up are invited to register and play in the House league.

League Teams are based out of Edgewater, Invermere, Windermere and Canal Flats (depending on registration numbers).

Visit the Columbia Valley Recreation website for more information.



I love to catch.

Help me develop physical literacy and I will be

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ActiveForLife.com/ColumbiaValley

Fairmont Ski School

Contact Information:

Fairmont Hot Springs Resort
5225 Fairmont Resort Road, Fairmont Hot Springs, BC
Telephone: 250-345-6037
Website: www.fairmonthotsprings.com

The Ski School at Fairmont Hot Springs offers a variety of programs including: private lessons, Kid's Adventure Club, Snowbirds, the Nancy Greene, Free Ride Ski and the RBC Riders Program.

Fairmont Hot Springs is a family-friendly ski resort and a great hill to either learn or fine-tune your ski or snowboarding skills. The Fairmont Fun Club for Kids honours our philosophy that children learn best with other children, under the guidance of our Certified Ski and Snowboard Instructors.



I love to run.

Help me develop physical literacy and I will be

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Peaks Gymnastics Centre

Contact Information:

9458 Westside Rd, Invermere BC V0A1A0

Email: info@peaksgymnastics.com

Telephone: 250 270 0273

Instagram: [peaksgymnastics](https://www.instagram.com/peaksgymnastics)

Website: peaksgymnastics.com

Peaks Gymnastics offers a variety of programs from crawling to adults! We also offer Women's artistic competitive gymnastics, Parkour, birthday parties, and private lessons!

- **Mini Tots:** crawling to 2 years old.
- **Parent and Tot:** 2-3 years old.
- **Cricketts:** 3-4 years old.
- **Tumble Bug:** 5-6 years old.
- **Recreational:** 6+
- **Pre-Teen:** 10+
- **High School:** 12+
- **Adult:** 18+
- **Competitive:** 5+
- **Parkour:** 5+



I love to balance.

Help me develop physical literacy and I will be

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Invermere Curling Club

Contact Information:

Address: 509 13th Street, Invermere, BC

Telephone: 250-342-3315

Website: www.curlinginvermere.ca

The Invermere District 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 as a year-round facility responsive to the needs of the community leagues and programs for all ages and abilities, contact us for more information on a league for you and your family.

Invermere Judo Club

Contact Information:

Address: 646 4th Street, Invermere, BC

Email: invermerejudo@gmail.com

Website: www.invermerejudo.ca

The Invermere Judo Club has been in operation since the late 1960's under the direction of the Head Instructor (Sensei), Hermann Mauthner. It is a non-profit club which runs through volunteer efforts of coaches, parents and community members. The club is a member of Judo BC and Judo Canada and offer recreational and competitive judo for all ages and skill levels.

Laird School Climbing Wall - Public Climbing

Contact Information:

Herb Weller

Telephone: 250-688-5228

Indoor rock climbing for all levels of ability, from first timers to seasoned rock climbers. Open Friday-Sunday from 5:00pm to 8:00pm. Private parties available upon request.

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.

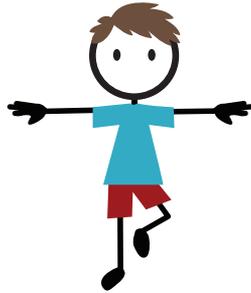
Physical literacy is about developing the fundamental movement skills that all children need, such as running, hopping, throwing, catching and jumping. These movement skills in turn give kids the confidence to participate in different physical activities, sports, and games.

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/ColumbiaValley

Lake Windermere Whiteway

The Whiteway was created in 2006 by the Toby Creek Nordic Ski Club. The Whiteway was developed to connect the communities along Lake Windermere during the winter months. It offers 2 access points: one at Kinsmen beach in Invermere and one at Windermere Beach.

In 2014 the Lake Windermere Whiteway was named the world's longest skating trail by Guinness World Records. At over 30km in length, this multi-use trail offers ice-skating as well as groomed skate and classic cross-country ski trails.

The Whiteway provides winter sports enthusiasts an incredible facility, adding to the already abundant list of winter activities available in the stunning Columbia Valley.

The Whiteway stays in world-class shape through each season thanks to maintenance performed by the Toby Creek Nordic Ski Club. The club asks for a small donation fee of \$5 per use which can be deposited in the drop boxes at the information kiosks along the trail.

Music for Young Children (MFYC)

Contact Information:

Tanya DuBois

Email: tanyadubois@shaw.ca

Telephone: 250-341-1432

Website: www.myc.com

Empowering children, enriching families!

Music for Young Children (MFYC) is the only child-centred music learning system that integrates keyboards, creative movement, rhythm, ear training, sight-reading, music theory and composition. Discover the joy of Music for Young Children!



Rocky Mountain Martial Arts

Contact Information:

Address: 4846 Athalmer Road, Invermere

Telephone: 250-688-1451

Beginner kids Mondays and Wednesdays at 4:00pm.

Advanced kids Mondays and Wednesdays at 4:45pm

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.

Summit Youth Centre Hub

Contact Information:

Address: 201 7th Ave. Invermere BC

Email: summit.centre@gmail.com

Telephone: 250-342-3033

Website: www.invermeresummiyouthcentre.org

Hours of Operation:

Monday: LGBTQ 5:00pm - 10:00pm

Tuesday - Friday: 2:00pm to 10:00pm

It is The Hub in Invermere where youth ages 12 through 18 can meet, hang out and enjoy some good times with friends. The Hub provides a bully free, drug free and alcohol free environment led by marvelous staff dedicated to the well-being of Columbia Valley's Youth. Afternoon and evening activities available at the Hub include a fully immersive VR "cube". Foosball, video games, movies, board games and much more. The Hub is run as a drop in centre, ensuring that any youth is welcome to come and drop in commitment free.

Toby Creek Nordic Ski Club

Contact Information:

Website: www.tobycreeknordic.ca/programs

The Toby Creek Nordic Ski Club offers great programs for the whole family to enjoy during the winter season. All the programs are based on Cross Country BC and the National Coaching Certification Programs skill development criteria. Highly qualified, certified coaches are available to keep skiers striding and gliding with ease.

Programs include: The Rabbit Ski Lessons (3-9 years old), Track Attack Racing Program (9+ years old), Adult Learn to Ski, Classic and Skate Ski Clinics, Social Ski and Ski S’Kool Elementary Program.

Valley Fitness Centre

Contact Information:

Address: 722 14th Street, Invermere, BC

Email: info@shapeupinvermere.com

Telephone: 250-342-2131

Website: www.valleyfitnesscentre.ca

Valley Fitness Centre is owned and operated by the Valley Fitness Society. The Society is a registered non-profit organization. VFC is the only indoor fitness facility in the greater Invermere area. Our qualified staff is accredited by the British Columbia Parks & Recreation Association.

What “non-profit” means for you: all profits earned are put right back into improvements to VFC. We want to keep our members happy and coming back for years to come! As a non-profit organization, we welcome grants and private donations to purchase new equipment, and make other improvements to our Centre.

Child care is now available, contact the Centre for more information.

Windermere Valley Minor Ball Association

Contact Information:

Website: www.cvrec.ca

The Windermere Valley Minor Baseball Association was first formed in 1992 to provide a quality baseball and softball program for children ages 4-18.

Windermere Valley Minor Hockey Association (WVMHA)

Contact Information:

Website: www.windermerevalleyminorhockey.com

Located in southeastern British Columbia, alongside Lake Windermere, the Windermere Valley Minor Hockey Association (WVMHA) takes pride in providing kids with a great opportunity to learn hockey, while making friendships and gaining lifelong skills along the way.

The Association appreciates all those parents who support their kids in getting them to and from practices, league games and tournaments. The Association also recognizes all the Coaches and Managers who spend a great deal of time developing and mentoring young athletes and arranging games to put their new found skills to the test.



Schools



Rocky Mountain School District 6 – Windermere Zone Elementary Schools

Schools in the Windermere Valley are a part of the Rocky Mountain School District Number 6, Windermere Zone.

Telephone: 250-342-9243

Website: www.sd6.bc.ca

Edgewater Elementary School

Kindergarten to Grade 7

Address: 5813 Sinclair Avenue, Edgewater, BC

Telephone: 250-347-9543

Website: www.sd6.bc.ca/ess

Eileen Madson Primary School

Kindergarten to Grade 3

Address: 2001 15th Avenue, Invermere, BC

Telephone: 250-342-9315

Website: www.sd6.bc.ca/emps

J.A. Laird Elementary School

Grade 4 to Grade 7

Address: 1202 13th Avenue, Invermere, BC

Telephone: 250-342-6232

Website: www.sd6.bc.ca/jales

Martin Morigeau Elementary School

Kindergarten to Grade 7

Address: 4891 Beatty Avenue, Canal Flats, BC

Telephone: 250-349-5665

Website: www.sd6.bc.ca/mmes

Windermere Elementary School

Kindergarten to Grade 7

Address: 4747 Government Street, Windermere, BC

Telephone: 250-342-6640

Website: www.sd6.bc.ca/wes

Columbia Valley Parks and Playgrounds



Edgewater

Edgewater Community Park: 4818 Selkirk Avenue

Edgewater Elementary School: 5813 Sinclair Avenue



I love to hop.

Help me develop physical literacy and I will be

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ActiveForLife.com/ColumbiaValley

Radium Hot Springs

Park: Corner of Park Drive East and St. Joseph Street

Park: Corner of Kirk Street and Rivercrest Road

Radium Hot Springs:
5420 Highway 93
Swim programs offered for children and adults year-round.



Invermere

Cartwright Park: Cartwright Street (Athlmer)

Columbia Valley Park: Pineridge Mountain Resort
Offers pickleball, beach volleyball, Par 3 golf training, and a children's fun centre.

Eileen Madson Primary School: 2001 15th Avenue

Kinsmen Beach and Park: 1701 Beach Drive.
Invermere's largest beachfront park on scenic Lake Windermere. The park includes beach area, concession, showers and change rooms, the Pynelogs Cultural Centre, Botanical Gardens and linear trail around Dorothy Lake and the NEW Rotary Splash Pad!

James Chabot Provincial Park: Athlmer Road.
Nestled between the towering peaks of the Purcell and Rocky Mountains, this day-use area provincial park is situated at the north end of 15 kilometers long Windermere Lake.

A broad, sandy beach backed with open, grassy play areas offers pleasant surroundings for families who enjoy lakeshore recreation. Windsurfing, canoeing, kayaking and swimming are popular activities. There is also an adventure playground and a volleyball court.

Lions Neighbourhood Park: 751 12th Avenue, 12th Avenue near 9th Street.

Mount Nelson Athletic Park: 14th Street near 15th Avenue.
Soccer and baseball fields with a skateboard park and a field house including change rooms/washrooms and concessions.

Rotary Ball Park and Tennis Courts: 1720 4th Avenue (at Dorothy Lake near Windermere Lake).

Tunnacliffe Neighborhood Park: 4th Avenue.

Westside Neighbourhood Park: 15th Avenue.

Wilmer Community Park: Starke Avenue (Wilmer).

Windermere

Windermere Elementary School: 4747 Government Street.

Windermere Public Beach: Selkirk Street at Fairmont Street.

Operated by the Windermere Community Association, this community beach is located on the eastern shore of Lake Windermere and offers green space complete with picnic tables, public washroom facilities, a children's playground and a swimming area.

Fairmont Hot Springs

Fairmont Hot Springs Resort: 5225 Fairmont Resort Road.

The resort is open year-round, offering unlimited access to the legendary, all natural hot springs and fun resort activities for all ages.

Canal Flats

Canal Flats Community Park: Dunn Street.

Martin Morigeau Elementary School: 4891 Beatty Avenue.

Local Government



Village of Radium Hot Springs

4836A Radium Boulevard
PO BOX 340
Radium Hot Springs, BC, V0A 1M0
250-347-6455
www.radiumhotsprings.ca

District of Invermere

914 8th Avenue
PO BOX 339
Invermere, BC, V0A 1K0
250-342-9281
www.invermere.net

Village of Canal Flats

8853 Grainger Road
PO BOX 159
Canal Flats, BC, V0B 1B0
250-349-5462
www.canalflats.com

Regional District of East Kootenay – Columbia Valley Office Area F and Area G

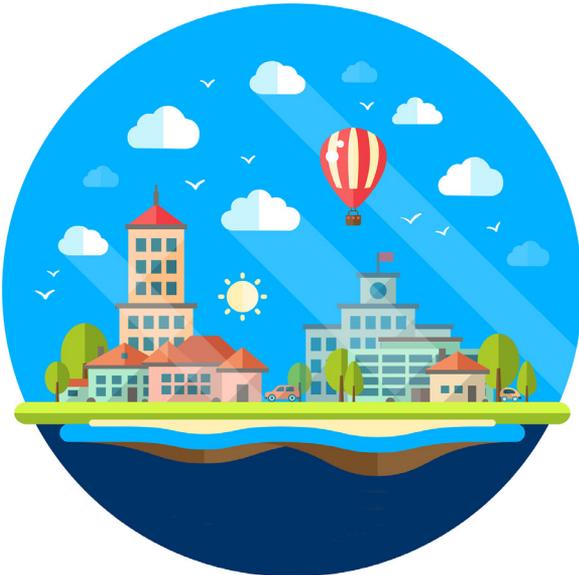
4956 Athalmer Road
PO BOX 2319
Invermere, BC, V0A 1K0
250-342-0063
www.rdek.bc.ca

Shuswap Band

PO BOX 2847
Invermere, BC, V0A 1K0
250-341-3678
www.shuswapband.net

Akisknuk First Nation

3050 Highway 93/95
Windermere, BC, V0B 2L2
250-342-6301
www.akisknuk.org



Emergency Numbers

Children’s Help Line.....	310-1234
Women’s Help and Shelter Line	1-800-200-3003
Emergency Human Resources	1-866-866-0800
Emergency: Police, Fire, Ambulance.....	911
Columbia Valley RCMP Administration	250-342-9292
Support for Victims of Crime.....	1-800-563-0808
Food Bank	250-342-0850
Poison Control.....	1-800-567-8911

Health Services

HealthLinkBC.....	811
Invermere and District Hospital.....	250-342-9201
Public Health Unit.....	250-342-2360
Invermere Medical Clinic	250-342-9206
Chisel Peak Medical Clinic.....	250-341-6900
Options for Sexual Health	1-800-739-7367
Invermere Mental Health	250-342-2363
Family Dynamix Association.....	250-342-5566

Children & Youth Services

Youth Outreach Worker	250-342-5566
Substance Abuse Prevention Worker	250-342-9213
School Based Youth Support Worker	250-342-9213
Ministry of Child and Family Development	250-342-4367
Child and Youth Mental Health.....	250-342-4367
Family Dynamix Association, Children’s Counselling	250-342-5566
(bullying, self-esteem, anxiety, coping and grieving)	

Counselling Services

Sexual Abuse Intervention Program	250-342-5566
Children Who Witness Abuse	250-342-5566
Relationship, Grief, Loss, Parenting and Personal Growth	250-342-5566
Addictions	250-342-3868
Mental Health.....	250-342-2363

Women's Services

Counselling	250-342-5566
Women's Resource Centre	250-341-3963
Women's Safe Home Program	250-341-3963
Kootenay Transition House.....	1-800-200-3003

Government Services

Services BC	250-342-4260
Work BC Columbia Valley Employment Centre	250-341-6889

First Nations Services

Akisknuk Band Office.....	250-342-6301
Akisknuk Health Centre	250-342-6379
Shuswap Band Office.....	250-341-3678



A Special Thank You To Our Sponsors:



Early Years
Centre

To become a sponsor please contact the
Columbia Valley Early Years Coordinator at 250-342-5566



Produced by



Early Years
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