

Free or Low-Cost Family Activities

F - Free • C - Cost • D - Drop-In • R - Registration

Weekdays

Arthur Hatton StrongStart (F/R/D)

8:30 am – 11:30 am
Arthur Hatton Elementary
315 Chestnut Ave • 250-376-7217

Marion Schilling StrongStart (F/R/D)

8:45 am – 11:45 am
Marion Schilling Elementary
2200 Park Dr • 250-372-2027

South Sa-Hali StrongStart (F/R/D)

8:45 am – 11:45 am
South Sa-Hali Elementary
1585 Summit Dr • 250-374-2451

AE Perry StrongStart (F/R/D)

8:30 am – 11:30 am
AE Perry Elementary
1380 Sherbrooke Ave • 250-376-6224

YMCA Child Interactive Play & Learn Drop-In Centre (F/D)

9 am – noon
John Tod Centre
435 McGowan Ave • 250-376-4771

Parent-Child Mother Goose (F/R)

Various times and locations • 250-554-3134 (ext 582)
www.interiorcommunityservices.bc.ca

Preschool Skate (F/D)

Various times and locations • 250-828-3387
www.kamloops.ca/facilities/publicskating-events

City of Kamloops Pools (C/R)

Various times and locations • 250-828-3655
www.kamloops.ca/facilities/pools

Monday

Under the Eagles Wing (F/R)

10 am – 12:30 pm
Kamloops Aboriginal Family Development Ctr
2355 Parkcrest Ave • 250-376-1617

Family Tree Drop-In Center (F/D)

9 am - 1 pm • 283 West Victoria Street • 250-377-6890

Tiny Tunes (F/D)

10:15 am • North Kamloops Library
693 Tranquille Rd • 250-554-1124
Downtown Kamloops Library
100 – 465 Victoria St • 250-372-5145
www.tnrdrlib.bc.ca

Healthy Beginnings (F/D)

2:00 pm – 4:00 pm
John Tod Centre
435 McGowan Ave • 250-554-3134

Tuesday

Parenting Program (R)

9:30 am – noon
Kamloops Aboriginal Family Development Ctr
2355 Parkcrest Ave • 250-554-3134

Children's Museum (F)

9:30 am – 4 pm • 207 Seymour St • 250-828-3576
www.kamloops.ca/museum

Wednesday

Family Tree Drop-In Center (F/D)

9 am – 1 pm • 283 West Victoria St • 250-377-6890

Infant Massage (R)

1:30 – 2:30 pm
Kamloops Aboriginal Family Development Ctr
2355 Parkcrest Ave • 250-376-1617

Prenatal Class (R)

10:30 am - noon
Kamloops Aboriginal Family Development Ctr
2355 Parkcrest Ave • 250-376-1617

Tiny Tunes (F/D)

10:15 am • Kamloops Library • 100 – 465 Victoria St
www.tnrdrlib.bc.ca • 250-372-5145

Rock a Bye Baby (F/R)

10:15 am • North Kamloops Library
693 Tranquille Rd • 250-554-1124

Children's Museum (F)

9:30 am – 4 pm • 207 Seymour St • 250-828-3576
www.kamloops.ca/museum

Thursday

Parent & Tot (F/D)

10:30 am – noon
Kamloops Aboriginal Family Development Ctr
2355 Parkcrest Ave • 250-376-1617

Dad's Cultural Group (F/R)

3 pm – 4 pm
Kamloops Aboriginal Family Development Ctr
2355 Parkcrest Ave • 250-376-1617

Family Tree Drop-In Center (F/D)

9 am – 1 pm • 283 West Victoria Street • 250-377-6890

Kamloops Art Gallery (F)

10 am – 9 pm
101 – 465 Victoria Street • 250-377-2405
www.kag.bc.ca

Big Little Science Centre (C/D)

\$2/child • \$5/adult • max \$10/family • \$35/family/year
3 pm – 5 pm
655 Holt St (Call for summer hours) • 250-554-2572

Preschool Storytime (F/R)

1:30 pm • Kamloops Library
100 – 465 Victoria St • 250-372-5145

Children's Museum (F)

9:30 am – 4:00 pm • 207 Seymour St • 250-828-3576
www.kamloops.ca/museum

Friday

Connexions Morning Coffee House (D/C)

9:30 am – 11:30 am
700 Hugh Allan Dr • 250-828-1114

Friday Family Nights (F/R)

5:30 pm – 7:30 pm • Boys and Girls Club of Kamloops
McArthur Island (register by Thursday at 5 pm)
250-554-5437

Friday Family Fun with Literacy (F)

6:00 – 7:30 pm • 250-554-3134 (ext 582)
For dates and location visit
www.interiorcommunityservices.bc.ca

Big Little Science Centre (C/D)

\$2/child • \$5/adult • max \$10/family • \$35/family/year
3 pm – 5 pm
655 Holt St (Call for summer hours) • 250-554-2572

Family Storytime (F/D)

10:15 am • North Kamloops Library
693 Tranquille Rd • 250-554-1124

Preschool Storytime (F/R)

10:15 am • Kamloops Library
100 – 465 Victoria St • 250-372-5145

Children's Museum (F)

9:30 am – 4 pm • 207 Seymour Street • 250-828-3576
www.kamloops.ca/museum

Saturday

Parent-Child Mother Goose (F/R)

Various times and locations • 250-554-3134 (ext 582)
www.interiorcommunityservices.bc.ca

Chapters Craft and Storytime (F)

11 am – noon • 4 – 1395 Hillside Drive • 250-377-8468

Preschool Skate (F/D)

Various times and locations • 250-828-3387
www.kamloops.ca/facilities/publicskating-events

City of Kamloops Pools (C/R)

Various times and locations • 250-828-3655
www.kamloops.ca/facilities/pools

Big Little Science Centre (C/D)

\$2/child • \$5/adult • max \$10/family • \$35/family/year
10 am – 4 pm
655 Holt St (Call for summer hours) • 250-554-2572

Children's Museum (F)

9:30am-4:00pm • 207 Seymour St
www.kamloops.ca/museum • 250-828-3576

Sunday

City of Kamloops Pools (C/R)

Various times and locations
www.kamloops.ca/facilities/pools • 250-828-3655

Preschool Skate (F/D)

Various times and locations • 250-828-3387
www.kamloops.ca/facilities/publicskating-events

Family Storytime (F/D)

1 pm (Oct - Apr) • Kamloops Library
100 – 465 Victoria Street • 250-372-5145

Kamloops Family Services Contact Information

Pregnant? Caring For You and Your Baby

Interior Community Services 250-554-3134
 • *Baby's Head Start & First Steps*

Interior Health – Healthy from the Start
 Prenatal Registry
 Ask questions / get support 1-855-868-7710
 www.interiorhealth.ca/HealthyFromTheStart

Interior Indian Friendship Society 250-376-1617

La Leche League
 (info on local resources) 1-800-665-4324

Mothers for Recovery 250-377-6890

Public Health Maternity Care Program
 250-851-7362

Pre/Post Natal
 Mental Health Services 250-851-7450

Public Health 250-851-7300
 • *Child Health Clinics*
 • *Lift the Lip (dental clinic)*
 • *Breastfeeding Centre*
 • *Immunization*
 • *Next Step Drop-In*

Looking for Information and Support with Special Needs?

Child & Youth Mental Health 250-371-3648

Children's Therapy & Family
 Resource Ctr 250-371-4100
 • *Occupational & Physiotherapy, Speech & Language, Autism Diagnostic Clinic, Family Resources, Supported Child Development, Kamloops Autism Program*

Insight Support Services 250-554-0085
 • *Fetal Alcohol Spectrum Disorder (FASD)*

Interior Health Nursing
 Support Services 250-851-7300
 • *Referrals and assessments*

Kamloops Infant
 Development Program 250-371-4140

Presented by:



Lii Mischif Otipemisiwak Family and Community
 Services (formerly Interior Metis) 250-554-9486
 • *FASD Support Group*

Public Health (Speech, Audiology,
 Nutrition, Dental) 250-851-7300

White Buffalo Aboriginal Health
 Society & Resource Centre 250-554-1176

Looking for Child Care or Preschool?

Kamloops YMCA-YWCA Child Care
 Resource & Referral 250-376-4771
 • *Preschool and Child Care Information*
 • *Child Care Subsidy Support and Information*
 • *Toy Lending Library*

Looking for Family Education and Support?

Boys and Girls Club - Family Support ... 250-554-5437

Children's Therapy &
 Family Resource Centre 250-371-4100

Family Tree Family Centre 250-377-6890

Interior Community Services 250-554-3134
 • *Families First, Early Connections, Healthy Beginnings*

Interior Indian Friendship Society 250-376-1617

Kamloops Infant
 Development Program 250-371-4140

Kamloops YMCA-YWCA
 Child Care Resource & Referral 250-376-4771

Lii Mischif Otipemisiwak Family and Community
 Services (formerly Interior Metis) 250-554-9486

Make Children First 250-554-3134

Next Steps Drop-In
 (Public Health Clinic) 250-851-7300

Secwepemc Child & Family Services 250-314-9699

White Buffalo Aboriginal Health Society
 & Resource Centre 250-554-1176

Looking For Play, Early Literacy and Program Opportunities?

City of Kamloops Parks, Recreation and
 Cultural Services 250-828-3500

Family Tree Drop-In Program
 (downtown) 250-377-6890

Healthy Beginnings 250-554-3134

Kamloops Early Language & Literacy
 Initiative (KELLI) 250-554-3134
 • *Parent-Child Mother Goose Programs*

Kamloops YMCA-YWCA Child Interactive Play &
 Learn Drop-In Centre 250-376-4771
 • *Toy Lending Library*
 • *Parent-Child Interactive Centres*

Lii Mischif Otipemisiwak Family and
 Community Services (formerly Interior Metis)
 North Shore 250-554-9486

StrongStart Programs (Drop-In):
 A.E. Perry Elementary 250-376-6224
 Arthur Hatton Elementary 250-376-7231
 Marion Shilling Elementary 250-372-7795
 South Sa-Hali Elementary 250-374-2451
 Haldane Elementary (Chase) 250-679-3269
 Raft River Elementary (Clearwater) .. 250-674-2218
 Barriere Elementary 250-672-9916

Thompson-Nicola Regional District Library System
 Kamloops Main Branch 250-372-5145
 North Kamloops Branch 250-554-1124

Other Important Phone Numbers and Help Lines

Emergency Help 911

24 hour Crisis Call Line 1-888-353-2273

BC Kids Help Line 250-310-1234

Child & Youth Mental Health 250-371-3648

Health Link BC 811
 • *Registered nurse, pharmacist, dietician*

Ministry of Children &
 Family Development 250-371-3600

Poison Control 1-800-567-8911

RCMP Victims Services 250-828-3223

Royal Inland Hospital 250-374-5111

Victims Information Line 1-800-563-0808

Y Women's Emergency Shelter 250-374-6162

Do You Have a Question About Safety?

BCAA Car Seat Information 1-877-247-5551

Kamloops RCMP 250-828-3000

Safe Start
 Injury Prevention Program 1-888-331-8100

Aboriginal Services

Interior Indian Friendship Society 250-376-1617

Lii Mischif Otipemisiwak Family and Community
 Services (formerly Interior Metis) 250-554-9486

Qwemtsin Health Society 250-314-6732

Secwepemc Child & Family Service 250-314-9699

White Buffalo Aboriginal Health
 Society & Resource Centre 250-554-1176

www.makechildrenfirst.ca

For more information contact
Make Children First at
250-554-3134 Local 301 & 327