

Resources

Community Centre Services and Drop-Ins

Fernwood NRG <https://fernwoodnrg.ca/events-directory/calendar/>

Best Babies: Tuesdays 11:00-1:00; Wednesdays or Thursdays 11:30-1:30; register at bestbabies@fernwoodnrg.ca or call 250-580-3579

Mother's Circle: Tuesdays from 4-5:30 (Jan 13-Feb 24) Register at ema@heartfeltpath.ca

Family Drop-In: Mondays to Thursdays from 9:30-11:00am (Jan 12 – April 30) no registration necessary

Nobody's Perfect: Free Parenting Peer-Support; Mondays from 11:30-1:00 (Feb 2-March 16) Register at bestbabies@fernwoodnrg.ca

Saanich Neighborhood Place: <https://www.snplace.org/calendar.html>

Best Babies: Saanich Neighborhood Place: Tuesdays 10am-1:30

Young Parent Play & Connect: Mondays 9:30-11:00; parents under 30, referrals possible, social support worker present

Dad & Tot Drop In: Saturdays 9:30-11:00

Nobody's Perfect: Free Parenting Peer-Support: Mondays 12:30-2:00; Register at vanessa@snplace.org

Esquimalt Neighborhood House: <https://www.enh.bc.ca/calendar/>

Best Babies: Mondays 12-2pm; contact 250-385-2635 ext 204 to register

Best Families: Mondays 10:30am-12:30pm; for families with babies 0-12 months; to register call 250-385-2635 ext 204

Everyone Welcome Playgroup: Thursdays 10:30am-11:45am; For families with children 0-5 years old. Sign up weekly. Parents can learn/get resources on positive parenting, child development etc.

Mom Talk: Tuesdays 11:30-12:45; For moms with babies newborn to active (or 12 months); Lunch provided; Sign up weekly online through Esquimalt Neighborhood Place website.

Sooke And West Shore: <https://www.sfrs.ca/programs/family-services>

Family Support Program: Offer one-on-one support and mentoring to improve parenting, confidence, self-sufficiency. To speak with a support worker call (Sooke) 250-642-5152. (West Shore) 250-216-7453

Sooke Family Resource Society: <https://www.sfrs.ca/programs/early-years-services>

Parent and Child Playgroup: Mondays and Wednesdays 9:30-11:00am. For families with children 0-6 years old.

Family Support Group: parent-child play group in Sooke: every other Thursday 10:00-12:00pm, call 250-642-5152 to register.

Dad's Group: discussion group for dads, open to all who identify as a dad or are in a fathering role. (Sooke) 2nd Wednesday of the month 6:30-8:00

Wale Rd: <https://www.sfrs.ca/programs/west-shore-early-years-services>

Parent and Tot Playgroup: Tuesdays and Fridays 9:30-11:00. For families 0-6 years old: Register: eholler@sfrs.ca

Tummy Time Baby Group: Thursday 9:30-11:00. Family resource coordinator present, family support worker available; For parents with children under 12 months old

Counselling:

Island Perinatal Counselling Program: www.crdperinatal.ca; Traci McGee and colleagues, can offer sliding scale with intern counsellors

Pacific Perinatal Foundation: Infertility, Grief and Loss Counselling: Partial or full funding for up to 5 counselling sessions with a counsellor registered with their foundation
<https://pacificperinatalfoundation.com/get-support/counselling/>

Mental Wellness and Counselling Benefit (MWC): 22 hours of counselling through FNHA approved provider list for Status First Nations peoples. Provider list:
<https://www.fnha.ca/Documents/FNHA-First-Nations-Health-Benefits-Mental-Health-Provider-List.pdf>

Citizens Counselling: Sliding scale counselling based on income; Offer individual, couples counselling; Support groups on Anger, Shame etc.
<https://citizenscounselling.com/services/#Services>

Sooke Resource Centre: Caring for Community counselling program: Accessible counselling: 50min session is \$25, Couples sessions are 50min for \$40
<https://www.sfrs.ca/programs/counselling>

Sooke Resource Centre: Single Session Walk-In Counselling Services: Monday, Tuesday, Thursday from 10am-2:00pm. Walk-in to 100-6772 Waddams Way or Call: 250-642-5152

Reproductive Mental Health:

BC Women's Reproductive Mental Health: accepts referrals from across the province for people who are pregnant and up to 8 months postpartum.
<https://www.bcwomens.ca/health-professionals/refer-a-patient/reproductive-mental-health>

Pacific Postpartum Support Society: www.postpartum.org; support groups that meet in-person and online for postpartum people and their partners

CAMH Perinatal Mood and Anxiety Disorders:
<https://www.camh.ca/en/professionals/treating-conditions-and-disorders/perinatal-mood-and-anxiety-disorders/perinatal-mood---resources>

Postpartum Support International: www.postpartum.net international, multi-lingual support groups and resources; training programs for care providers

RACE Line: Monday - Friday 8am-5pm - Rapid Access to Consultative Expertise
<https://www.raceconnect.ca/get-raceapp>

CBT Groups

MindSpace CBT: Free, 6-8 group psychoeducation sessions (Referral from FP necessary): Raising Resilient Kids; CBT Skills Foundations for Mental Health; Skills for Success: ADHD Skills for Adults

Crisis Lines

Kuu-Us Crisis Line Society 1-800-588-8717

Metis Crisis Line - Metis Nation of BC 1-833-METISBC (1-833-638-4722)

First Nations and Inuit Hope For Wellness 1-855-242-3310

Crisis Lines BC - 1-800-SUICIDE (1-800-784-2433)

Help Starts Here BC 1-800-784-2433