

WELL ON THE WAY

Issue 157

July/August 2016



Summertime and the living is easy...

We wish to thank local artist Patsy Granberg
for her painting of horse and rider in the water.

We wish everyone a safe and enjoyable summer holiday!

SOUTH CARIBOO COMMUNITY PLANNING COUNCIL

Box 607•100 Mile House•BC•V0K 2E0•Phone(250)395-5642•Fax(250)395-5635

Well on the Way newsletter is an initiative by the South Cariboo Community Planning Council (SCCPC). The SCCPC is a non-profit society that creates opportunities for individuals and organizations to develop strategies to deal with issues relevant to our rural community. By building awareness of each others' roles and strengths, of best practices in service provision and improving how we work together, we strengthen the health, safety and sense of belonging for people living in the South Cariboo.

The SCCPC wishes to express appreciation for submissions from the community organizations and individuals who make this publication possible.



Feel free to copy newsletter contents, credit to the South Cariboo Community Planning Council.

A digital version is available at www.100milehouse.com, at the top of the Community Links page.

Suggestions or additions to *Well on the Way* can be emailed to Demian Pettman at demianp@hotmail.com

Deadline for the September/October Issue of *Well on the Way* is Wednesday, August 31.

RCMP/AMBULANCE 911

LOCAL CRISIS RESPONSE
250-395-7600

CHILDREN'S HELPLINE 250-310-1234

-to report abuse and/or neglect of a child (24/7)

KIDS HELP PHONE 1-800-668-6868

- confidential phone counseling service for children and youth and/or their parents (24/7)

YOUTH IN BC 1-866-661-2433

www.youthinbc.com

INTERIOR CRISIS LINE NETWORK

1-888-353-2273

1-888-353-CARE

SEX SENSE LINE 1-800-739-7367

YOUTH AGAINST VIOLENCE

1-800-680-4264

BC ALCOHOL & DRUG INFORMATION & REFERRAL SERVICES 1-800-663-1441

D-TALKS LINE 1-866-658-1221

-info and support for youth and adults on detox issues (9am-8pm)

Poison Control Information Line

1-800-567-8911 (24/7)

HEALTHLINK BC 811

-confidential health information and advice by registered health professionals (nurses available 24/7, pharmacists 5pm-9am, and dietitians 9am-5pm)

VictimLINK & Safe House

1-800-563-0808

-assistance to victims of crime (24/7)
-local Safe House for women and their children

Crimestoppers 1-800-222-8477

This newsletter is produced for the sole purpose of informing the community of general information, events and services available in 100 Mile House and surrounding area. It is intended as a community service and should not be interpreted as an endorsement or exclusion of any particular organization or event. All users are asked to use their own care and judgment with regard to use of this tool. E.&O.E.

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For local help with addictions, call Interior Health Substance Use Services at the South Cariboo Health Centre at 250-395-7676.

Crisis Line for immediate help: 1-888-353-2273

Alcoholics Anonymous

*God Grant Me the Serenity
To Accept the Things I Cannot Change
Courage to Change the Things I Can,
And the Wisdom To Know the Difference*

Meetings

Monday: noon - #61 Dogwood Ave

Tuesday: 8:00pm— United Church, Dogwood Ave

Wednesday: 7:00pm —Psalm 23, 59 Mile
ph 250-459-2220 (Marvin or Shelly)

Thursdays: 7:30pm - 108 Community Hall, upstairs, 4924 Telqua Dr

Sunday: 7:30pm – South Cariboo Community Health Centre
(rear entrance), 555 Cedar Ave

Contacts: 250-791-5286/250-395-4646/250-395-6154

Sunday: 7:00pm - Clinton Senior Centre, 217 Smith Ave
ph 250-459-2214 (ask for Michelle)

Friday: 7:00pm - Little Church on Timothy Lake Road, Lac La Hache
call Pastor Bruce Wilcox at 778-485-5122

AL-ANON

Meetings

Thursday @ 8:00pm South Cariboo Health Centre (rear entrance), 555 Cedar Ave, ph: 250-395-4646.

Wednesday: 7:00pm - Clinton Senior Centre, 217 Smith Ave, ph 250-459-2214 (ask for Michelle)

Narcotics Anonymous

Meetings

Monday @ 2:00– 4:00pm Friendship Centre, behind St. Timothy's.

For more information, call 250-644—3325

quitnowca

Be smoke-free...
quitnow.ca

BC Lung Association
1-877-455-2233

100 MILE HOUSE SELF-HELP CONTACTS

Interior Crisis Line Network

1-888-353-2273

1-888-353-CARE

100 Mile Hospital
250-395-7600

South Cariboo Health Centre
250-395-7676

PHOENIX DETOX CENTRE
(Kamloops)
1-877-318-1177

Check out:

www.heretohelp.bc.ca

www.youthinbc.com

www.mindcheck.ca

A.A. MEETINGS:
250-395-6154
or 791 -5286
or 395-4646

AL-ANON MEETINGS:
250-395-4646

**British Columbia
Responsible & Problem
Gambling Program**
Gambling information and resources
for British Columbians

www.bcresponsiblegambling.ca

24 hr helpline: 1-888-765-6111

enter keywords

Search

UNDERSTANDING
GAMBLING

RESPONSIBLE
GAMBLING

PREVENTION
& EDUCATION

PROBLEM
GAMBLING

GETTING
HELP

RESOURCES
& LINKS

World Suicide Prevention Day is September 10th. On **September 9th** the Suicide Prevention Advisory Committee (250-395-7616) will be holding an event to honour those who have gone before us. If you would like to join us we will be at the Tourist Information Centre parking lot at **6:00pm**. We will walk around the marsh and upon our return have a moment of silence.

If you or someone you know is thinking about hurting themselves or experiencing thoughts of suicide call 911.

It's okay to talk about it.

PARENT SUPPORT GROUP

Last Wednesday of the Month
**Doors Open: 6:30pm Group
from 7:00-8:00pm**

We are a parent-led organization that provides a safe and supportive space for families who encounter the challenges of child and youth mental health issues.

690 2nd Avenue North Williams Lake
CHILD DEVELOPMENT CENTRE

Important Notice

As of June 25, 2015

**100 Mile House Child & Youth Mental Health
INTAKE Services are accessed through our *new*
Child and Youth Mental Health Intake Clinic**

NO appointments, WALK-IN only

This clinic is for intake to Child and Youth Mental Health services and does not apply to youth/families already accessing Child and Youth Mental Health services.

Parents/caregivers of children under 12 are encouraged to arrive on their own as child-minding is not provided. It is recommended that children 12 years of age or older attend the clinic with their parent or guardian.

The location days and times are as follows:

**#4-170 Cedar Ave., 100 Mile House
Thursdays 9:30am – 11:30am & 1:30pm – 3:30pm**

For more information please call 250 395-5633



BRITISH
COLUMBIA

World Suicide Prevention Day - Annually SEPTEMBER 10

Let's talk about suicide...

One of the most devastating occurrences an individual, family and community can experience is the death of a loved one by suicide.

Have you seen any of these Warning Signs?

Each individual's ability to cope with stress is unique; therefore, a person could be at risk of suicide regardless of his or her problems.

The signs of a person at risk of suicide may include:

- Talking about suicide or death as an end to problems
- Any distinct change in behaviour
- Decreased performance at work or school
- Unusual personal withdrawal or isolation
- Sudden increase or decrease in anger, agitation or moodiness
- Depression, feelings of hopelessness and helplessness
- Reckless, risky or self-destructive behaviour
- Recent tragic event
- Taking care of business, hastily writing will
- Arranging for pets, giving away possessions
- Talking about dying suicide, or otherwise ending the pain
- More drug or alcohol use

Emergency Resources to call:

Children's HelpLine

310-1234

Interior Crisis Line Network

1 888 353 2273

100 Mile District General Hospital

250 395 7600

Emergency

9-1-1

How you can HELP

- If you think someone is feeling suicidal – ASK. Talking about suicide is the first step in getting help
- LISTEN
- Try to understand the person's thoughts and feelings
- Let them know you care. Help them find the right people to talk to
- Get support: Family and close friends may be very helpful
- Help the person to remember their strengths
- Learn the warning signs of suicide and find help

Local resources to contact:

Child & Youth Mental Health

250 395 5633

Interior Health-Mental Health &

Substance Use Services

250 395 7676

Web Sites for additional information:

www.heretohelp.bc.ca

www.mindcheck.ca

www.youthinbc.com

sossafetymagazine.com

www.ok2bblue.com

www.suicideinfo.ca

www.kidshelpphone.ca or call 1 800 668 6868

www.fnha.ca/wellnessContent/Wellness/FNHA-Hope-Help-and-Healing.pdf

Family, friends and our caring community are strong resources to support and help someone at risk of suicide.

This can be as simple as noticing and talking to someone who is isolated and lonely, or has recently lost a spouse, child, friend, an important relationship, or even their job.

It takes courage to have this conversation; however it is a first step to learning healthy ways to cope with pain.



We would like to thank the 100 Mile House Free Press and reporter Carol Rooney as well as S.A.F.E.R. Counselling Service, Vancouver Coastal Health, for giving permission to use previously published materials.



Canadian Mental Health Association

South Cariboo

Mental health for all

Our Vision: Mentally healthy people in a health society.

Our Mission: The Canadian Mental Health Association, a nation-wide, volunteer organization, promotes the mental health of all and supports the resiliency of people experiencing mental illness. CMHA accomplishes this mission through advocacy, education, community based research and services.

Services

Community Services include:

Mental Health Education and Information:

- Brochures and resource materials
- Workshops and in-services

Onsite Programs for individuals living with mental illnesses include:

- **Clubhouse Activity Program:** an afternoon program assisting individuals with the development of leisure, recreation and social skills
- **Clubhouse Drop-in Program:** informal program offering social networking opportunities

Outreach Programs:

- Homeless Outreach
- Emergency Outreach Support
- **Supported Living Program:** Accepting referrals from Mental Health Services and/or family physicians to assist with living skills in the home and community

CMHA SCB partners with BC Housing and Interior Health Authority to provide affordable and supportive housing programs.

Contact Us

LOCATION

555-B South Cedar Ave, 100 Mile House
(Between the hospital and Junior High School)

MAILING ADDRESS

Box 876,
100 Mile House, BC, V0K 2E0

TELEPHONE

Cariboo Trail Terrace: 250-395-1050
Administration and Support Services:
250-395-4883

FAX: 250-395-1183

Email: southcariboo@cmha.bc.ca

Website: southcariboocmha.bc.ca



AXIS FAMILY RESOURCES LTD.

At AXIS Family Resources Ltd. our mission is to be the leader in the delivery of community based social services while enhancing the lives of the diverse people we serve, our employees, and our partners.

FAMILY BASED INTERVENTIONS

The family based intervention program consists of various services that support children, youth and families who are experiencing a broad range of challenges within the family unit. Referral from the Ministry of Children and Family Development is required.

* **Caregiver/Family Support** includes providing information, education, referrals and developing individualized safety and support plans to help improve and maintain child and youth placements.

* **Supervised Access** and/or parental visitation for families referred by the Ministry of Children and Family Development. Visits may take place in the families' homes, in the community, or at the AXIS office.

* **Family Outreach Interventions** are designed to prevent family breakdown due to child protection concerns. Families are assisted with reaching agreements on common goals, planning and facilitating positive meaningful changes which will safely keep families together.

For more information visit AXIS Family Resources on the web at www.axis.bc.ca.

CWWA (CHILDREN WHO WITNESS ABUSE) intervention/prevention program

- ☐ addresses needs of children/youth witnessing violence,
- ☐ available for children and youth aged 3 – 18 years,
- ☐ available for 1-1 or group counseling,
- ☐ available for family group counseling,
- ☐ provides support for caregivers, individuals and groups,
- ☐ provides service for free
- ☐ maintains confidentiality and is participation is voluntary.

Contact: AXIS Family Resources

Children Who Witness Abuse Program

100 Mile House Office

Phone: 250-395-3145, Fax: 250-395-3156

www.axis.bc.ca

HEADSUP GUYS

MEN'S DEPRESSION TAKE ACTION YOU'RE NOT ALONE FOR SUPPORTERS

MEN'S DEPRESSION

<http://headsugguys.ca/mens-depression/>

100 MILE HOUSE COMMUNITY MENTAL HEALTH AND SUBSTANCE USE SERVICES



MANDATE & SERVICES

The mandate of Mental Health & Substance Use Services is to ensure the provision of core mental health and addiction services, which include assessment, treatment, consultation, support and referrals for affected people and their families.

Mental Health & Substance use Services are comprehensive and may provide or coordinate the following types of services:

- urgent/emergent response,
- assessment
- treatment,
- housing ,
- socialization,
- rehabilitation, and
- medication.

These inclusive services are delivered through coordination of care with a variety of agencies, as individuals with mental illness and addictions are sometimes unable to seek out and negotiate care arrangements.



HOURS OF SERVICE

Community Mental Health & Substance Use

Monday to Friday from 8:30am - 4:30pm

Phone.....250-395-7676

Intake and Urgent Response

Intake/crisis response coverage varies.

In the case of a mental health emergency, please contact the hospital or ER department, instead of leaving a telephone message with intake.

Phone.....250-395-7623

100 Mile & District Hospital

24 Hour Emergency

Phone.....250-395-7600

Mental Health and Substance Use Services

South Cariboo Community Health Services

555 Cedar Avenue, PO Bag 399

100 Mile House, BC V0K 2E0

Phone: 250-395-7676

Fax: 250-395-7675



100 Mile House & District Women's Centre Society

Box 1930 #102-475 S. Birch Avenue
100 Mile House, BC V0K 2E0

PH: (250) 395-4093; FAX: (250) 395-4012
Hours: Mon – Thurs, 10:00 am – 4:00 pm
Closed: 11:30 am – 12:30 pm

24 HR SAFE HOUSE PHONE:
1-800-563-0808

Ongoing Programs and Events

Coffee Talk: join us every Tuesday morning from 10:30 – 11:30 for free coffee, free goodies and great conversation with our staff and volunteers.

Soup de Tour: Tuesdays from 12:45-3:00pm

Safe House Program: Women are offered crisis intervention, emotional support and placement in safe housing if required.
Call Victim Link at **1-800-563-0808** 24 hours a day if you need assistance.

Stop The Violence Counselling: If you are a woman and have experienced physical, sexual, emotional or psychological abuse at any point in your life, the STV Counsellor is available to you – free of charge.

Drop-In Support and Education:

Resources referrals, free lending library, free internet, free printing and free faxing
Information on Family Law, protection orders, separation and other family matters.

Emergency Transportation funding – thanks to Canadian Mental Health Association
Emergency Food Cupboard – with thanks to local community members, organizations and businesses

Clothing Closet – free gently used clothing, shoes, linens, and household items available to women in need



Interior Health

Promotion & Prevention Services

Marijean — Street Nurse

- Public Health Outreach
- STI testing
- Harm reduction
- Immunizations
- Referrals

1-888-702-7771 (tollfree)
250-302-5000 (office)
250-305-9645 (cell)

Canadian Red Cross
250-395-9092
(Equipment Loan Services)

**MAKING A
DIFFERENCE**
www.redcross.ca

1 800 668 6868
KidsHelpPhone.ca

Kids Help Phone

- ☆ For ages 20 & under
- ☆ Free, 24/7
- ☆ Anonymous & Confidential
- ☆ Non-judgemental





CFEC OFFERS FREE PROGRAMS TO PROVIDE SUPPORT TO YOU AND YOUR FAMILY

THE CARIBOO FAMILY ENRICHMENT CENTRE HAS SUPPORTED FAMILIES AND COMMUNITY MEMBERS FOR OVER 28 YEARS.



WE OFFER PROGRAMS AT NO CHARGE FOR ALL COMMUNITY MEMBERS:



FAMILY SUPPORTS

Our family support services include: Family Support Workers, FASD/CDBC Keyworker (Complex Developmental Behavioural Conditions: ADHD, ADD, & OCD), Family

Group Conferencing, Family Case Planning, Parent/Teen Mediation, Workshops & Training



COUNSELLING

CFEC offers free counselling for individuals, families, and couples. Our accredited counsellors cover a range of supports, including crisis intervention, couples

counselling, conflict resolution, stress management, anger management, blended families and more. Counselling may be arranged by professional or self-referral.



EARLY YEARS PROGRAMS

CFEC hosts the South Cariboo Early Years Centre, which is your hub to programs and resources for children 0-6, including: the Weekly Pregnancy Outreach/Infant-Toddler

Drop-In Group, Home Visitor Program, Grandparents Support Group, Daddy & Me and more. The South Cariboo Child Care Resource and Referral (CCRR) offers supports to child care providers and parents, including Child Care subsidy and referrals, a resource library, networking & education and more.



YOUTH SERVICES

Youth Employment Services, the Youth Zone, youth outreach, and youth counselling. Cariboo Family Enrichment Centre also hosts a satellite office for Big Brothers Big Sisters

Williams Lake.

CFEC EARLY CARE AND LEARNING CENTRE (*our Daycare*)

Cariboo Family Enrichment Centre operates a child care facility in 100 Mile House. The Early Care & Learning Centre envisions happy healthy children that have their individual needs met based on their unique learning style, experiences and personal knowledge. Our vision is to facilitate continuing learning resulting in responsible, socially engaged individuals. Our certified staff are caring, knowledgeable, and committed to your children.

Programs Available Include:

- Infant & Toddler (ages 0-3)
- 3-5 Years
- Preschool
- Before & After-school
- Out of School

Full-time, part-time, and drop-in care is available. For enrollment rates and more information, please call our Early Care & Learning Centre staff at (250) 395-9351.

FOR MORE INFORMATION ON ANY OF OUR PROGRAMS, PLEASE CALL.

Ph. (250) 395-5155
Fax (250) 395-1811

#1-486 Birch Avenue
PO Box 2427
100 Mile House, BC V0K 2E0

www.cariboofamily.org
cfec@cariboofamily.org



CFEC is accredited by the COA

FREE UPCOMING EVENTS



**CARIBOO FAMILY
ENRICHMENT CENTRE**

Family is what we're all about.



**South Cariboo
Early Years Centre**

Daddy & Me

- RETURNING SEPTEMBER 2016 -
LAST FRIDAY OF THE MONTH 6:00PM-7:30PM
@ THE **100 MILE ELEMENTARY GYMNASIUM**

Come join us
for a free
drop-in play
group, just
for dads and
their children
0-6 years of
age. Grandpas
and Uncles are
welcome!



GAMES - ACTIVITIES - FREE BOOKS
PIZZA PROVIDED!

Pregnancy Outreach & Infant/Toddler
Drop-In Group



Two Special Events This Summer!

**Wednesday July 20th, 11 AM : Walk to Community
Garden (1st & Birch) and Picnic**

**Wednesday August 17th, 10:30 AM: Tour and Pic-
nic at CEEDS Farm (east end of Horse Lake)**

Infant Massage

Sept. 13th - Oct. 11th weekly (Tuesdays)
Participants should register soon!



Call the Cariboo Family Enrichment Centre to
pre-register or learn more!

Grandparent & Caregiver Support Group

For family members, foster
parents and compassionate
community members raising
or providing care for chil-
dren and youth.

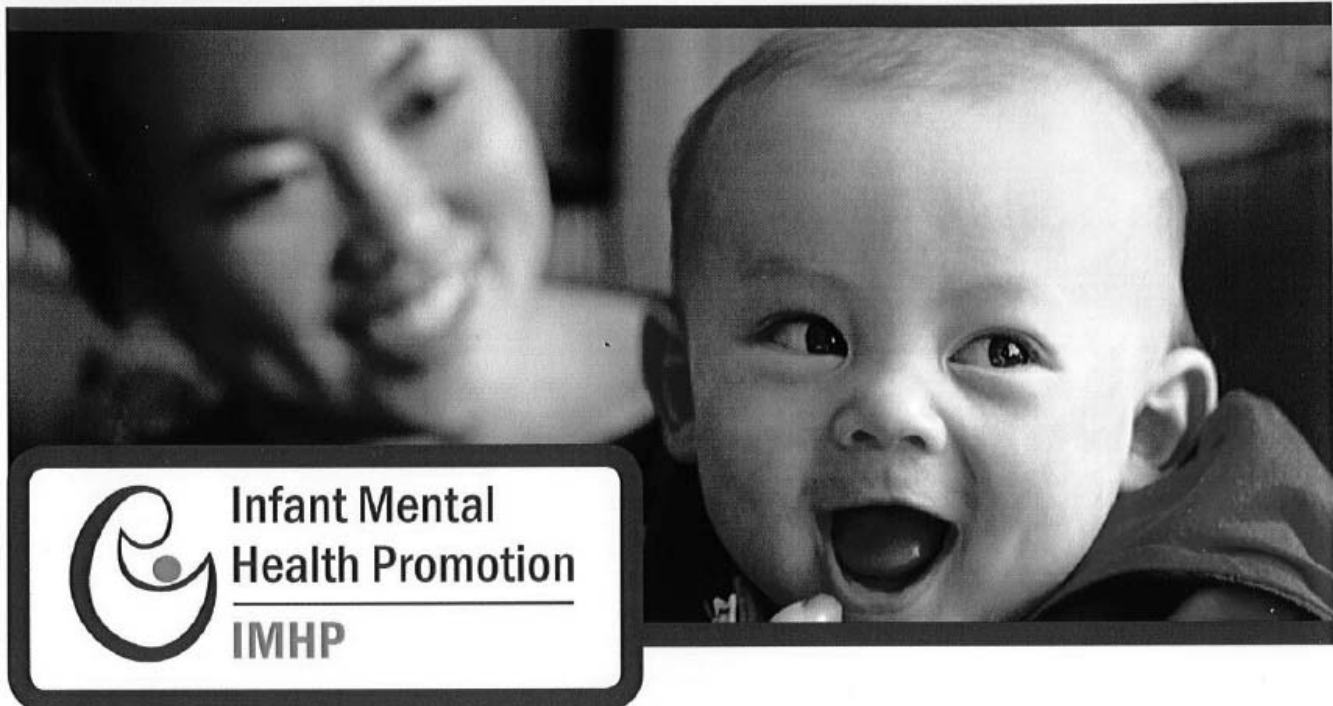
**Returning in
September!**

The 3rd Monday of the
Month, 10:00 AM - 11:00 AM

Free Early Learning Care
provided to children of
group participants!



(250) 395-5155 • 486 BIRCH AVENUE, 100 MILE HOUSE, BC



This training program aims to increase knowledge about infant mental health among all staff within community-based agencies in order to affect a culture shift, to empower individuals to be agents of change in their roles, and to ensure that every child served by their organization has access to the most mental health outcomes possible.

The **Target Audience** for this training may include all program staff that has contact with infants and families, including those involved in:

- Home visiting
- CAPC/CPNP sites
- Head Start
- Public health services
- Child welfare
- Early Childhood Education
- Early Intervention Services such as Infant Development
- Family Support
- Prenatal and Postnatal Care
- Early Learning and Care settings such as Early Years Centres and Family Literacy Centres

Training Dates

- Monday September 12th 2016: Introduction to IMH & Early Development
- Monday September 26th 2016: Understanding Brain Development in the Early Years
- Monday October 3rd 2016: The Importance of Attachment to Development
- Monday October 17th 2016: Temperament
- Monday November 7th 2016: The Development of Regulation in the Early Years
- Monday November 21st 2016: The Impact of Trauma on Development



All sessions will be held at the Cariboo Family Enrichment Centre in the Couch Room from 11:00 AM to 1:00 PM



PREGNANCY OUTREACH & INFANT/TODDLER DROP-IN GROUP

ALL FAMILIES WITH CHILDREN 0-3 ARE WELCOME!

- ♥ Meetings take place in the Couch Room @ CFEC every Wednesday from September through November 2016, 11:00 AM - 12:30 PM
- ♥ A light lunch is provided
- ♥ Early Learning Care provided for children of attendees
- ♥ Meetings feature different speakers:

- ♦ **1st Wednesday:** Janine Friesen, *Community Prevention Worker, Interior Health*
- ♦ **2nd Wednesday:** Kjerstin Dunk, *South Cariboo Infant Development Consultant*
- ♦ **3rd Wednesday:** Erica Henderson, *South Cariboo Early Years Centre Coordinator*
- ♦ **4th Wednesday:** Tracey Fentiman/Virginia Bowman, *Promotion and Prevention, Interior Health*
- ♦ **5th Wednesday:** Nicole Arnold, *Nutritional Consultant*

For more information, please call the Cariboo Family Enrichment Centre at (250) 395-5155.



CARIBOO FAMILY ENRICHMENT



BRITISH COLUMBIA

South Cariboo Early Years Centre



La Leche League

Breast-feeding Support Group meets monthly.

For more details, call Kristi at 396-7403



Do you have children between the ages of 0-6 years?

We can help!

The South Cariboo Early Years Centre provides support to parents and children to help make the most of the early years—ages 0-6. It is well documented this period in children's lives allows them to form a critical foundation for all future learning, behaviour, health and well-being.



World Breastfeeding Week

1 - 7 August 2016

Breastfeeding: A key to Sustainable Development

You can connect with us by visiting in person at 486 Birch Avenue, 100 Mile House, or by:

- calling us at (250) 395-5155
- visiting our *facebook* page
- emailing us at: cfec@cariboofamily.org
- using our Android app from *Google Play*
- visiting us at *StrongStart* or *Kindergym* (please check the Early Years Centre calendar for dates)

If you have questions about:



- Development
- Activities
- Connecting with other parents
- Child care
- Health Information
- Parenting Support
- Kindergarten readiness

...the Early Years Centre is here for you.



Wacky Water Week (Ages 6 - 11)
July 11 - 15 8:30am - 4:30pm \$155

Summer Chefs Week 9 (Ages 8 - 11)
July 18 - 22 9am - 1pm \$140

Earth Art Week (Ages 6 - 10)
July 25 - 29 9am - 12pm \$110

Extreme Ball Week (Ages 6 - 11)
Aug 8 - 12 8:30am - 4:30pm \$155

Outdoor Leadership Camp (Ages 11 - 14)
Aug 15 - 19 9am - 3pm \$150

Summer Hockey Camp Aug 22 - 26

**Contact our Canlan Team at 250-395-1353 or visit our website
at www.icesports.com to find out more or register**



Success By 6

Helping all children succeed for life.



United Way Success By 6® Partners

Erica Henderson—South Cariboo Success By 6 Program Coordinator

ehenderson@cariboofamily.org 250-395-5155

Success By 6® is an early childhood development initiative dedicated to providing all children with a good start in life. It helps to ensure that children ages 0 to 6 develop the emotional, social, cognitive, and physical skills they need as they enter school.

www.successby6bc.ca

Summer Chef's Camp

Summer Chef's Camp
July 18-22 2016 (8-11 yrs)
9am-1pm
\$140+tax (includes supplies)

Kid-friendly meals with a gentle ethnic-flair that are easy to replicate at home.

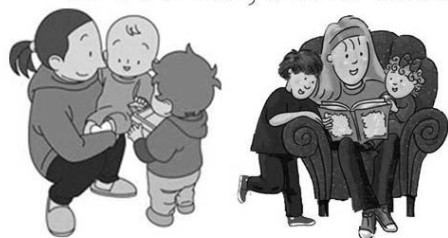
Instructed by Kate Spencer



Call Canlan
250-395-1353
to register!



RED CROSS BABYSITTING COURSE
11+ YRS 9AM-3PM
MONDAY, JULY 11th 2016



Call 250.395.1353 or email
ddeacon@icesports.com to register!



REGISTERING FOR KINDERGARTEN? HAVE YOU CONSIDERED FRENCH IMMERSION?



"I'm learning French because I have a rendez-vous with the world!!"

As a parent or guardian, you don't have to speak French for your child to succeed in French Immersion!!

100 Mile Elementary has a thriving French Immersion program.

Learning another language helps students to strengthen their problem-solving, reasoning and creative thinking skills.

In 100 Mile, students can continue with French Immersion from K through 12, completing their double Dogwood at Peter Skene Ogden.

Register your child at:

100 Mile Elementary School
 145 Birch Avenue, 100 Mile House,
 250-395-2258



CPF Canadian Parents for French

For more information regarding Canadian Parents for French South Cariboo, email us at cpfscouthcariboo@gmail.com

The South Cariboo is a great place to raise children for many...
Lets work together to make it that way for everyone



**"It takes a village
to raise a child"**

Open Invitation to Get Involved

The South Cariboo Early Childhood Development Team (ECDT) invites everyone with an interest in working together to support healthy families to get involved.

Participation and contributions are welcome at all levels, from receiving and contributing information, ideas, and perspective through email, online surveys, attending meetings, and/or joining a subcommittee to achieve concrete goals.

Who are We?

Local community members who share a passionate interest in and commitment to working together to continually improve early childhood services and programs in the South Cariboo.

Vision

"Strong children and families reaching their full potential in an environment of healthy, engaged, informed, and committed parents/caregivers and community that supports family well-being."

Mission

The South Cariboo Early Childhood Development Team works together in the best interests of children, parents/caregivers, and community to: Coordinate services and systems; Research, evaluate, record, and share knowledge and information; and Promote best practices– striving for effectiveness, high standards, and professionalism.

For more information:

Contact the current chairpersons of the *South Cariboo Early Childhood Development Team*:

Shelly Joyner

Early Years Coordinator
School District 27
250-395-9303
shelly.joyner@sd27.bc.ca

Kjerstin Dunk

Infant Development Consultant
School District 27
250-395-5272
south_cariboo_idp@bcinternet.net

Kimberly Vance-Lundsbye

Community member
Parent
250-706-3143
kimberlylundsbye@hotmail.com



Occupational and Physical Therapy Services provided by the Child Development Centre in the 100 Mile House Area

How Occupational Therapy and Physiotherapy Differ:

Although both occupational therapy and physiotherapy help improve the child's quality of life, there are differences. Occupational Therapy (OT) deals more with fine motor skills, visual-perceptual skills, cognitive skills, and sensory-processing deficits, whereas Physiotherapy (PT) deals with pain, strength, joint range of motion, endurance, and gross motor functioning.

Occupational therapists might:

- help children work on fine motor skills so they can grasp and release toys and develop good handwriting skills
- address hand-eye coordination to improve child's play skills (hitting a target, batting a ball, copying from a blackboard, etc.)
- help children with developmental delays learn basic tasks (such as bathing, toileting, getting dressed, brushing their teeth, and feeding themselves)
- help children with behavioral disorders learn self regulation techniques (i.e., instead of hitting others or acting out, using positive ways to deal with frustration and anger)
- teach children with physical disabilities the coordination skills needed to feed themselves, use a computer, or increase the speed and legibility of their handwriting
- evaluate a child's need for specialized equipment, such as wheelchairs, splints, bathing equipment, dressing devices, or communication aids
- work with children who have sensory concerns
- work with children to improve social skills




To make a referral for children's PT and OT services in the 100 Mile House area, please contact Children's Services Programs at Cedar Crest Society 250-395-5278

Therapy is offered to children from birth to age 6 under this contract.

Limited assessment services are available, on a waitlisted basis, for older children and youth.

DROP-IN FACILITY
FOR YOUTH AGES
12-18

WWW.THEYOUTHZONE.CA



THE YOUTH ZONE
100 MILE HOUSE
B.C.

#1-372 TAYLOR WAY (NEXT TO THE PIZZA MAN)

2016 SUMMER HOURS
Thursday & Friday
2:00 PM - 5:00 PM

ACTIVITIES • SNACKS • RESOURCES
COLLABORATION • CARING STAFF

The Youth Zone provides youth with a sense of community by offering a safe, respectful, and consistent environment.

PROGRAM PROVIDED BY:
CARIBOO FAMILY ENRICHMENT CENTRE
WWW.CARIBOOFAMILY.ORG

Ombudsperson Jay Chalke will be in 100 Mile House on July 15, 2015.

He will be present for a free information session **10:30 AM - 11:30 AM** @ the **CARIBOO FAMILY ENRICHMENT CENTRE** as part of the regular Ombudsperson tour to reach communities in B.C and includes educational outreach to community organizations.

Jay will discuss his office's wide role and service to British Columbians, and meet with staff to answer any specific concerns they might have about complaint resolution process, administrative fairness principles, or other guidance we can offer organizations.

Often, community service organizations benefit from knowing how this process works, and particularly when clients concerns can be referred to our office.

The CFEC is located at #1-486 Birch Avenue, 100 Mile House. Please RVSP @ 250-395-5155.

Save the date for the SCCPC AGM!!

September 15 - lunch will be served (special thanks to Legal Services Society and Ken Tassell).

12pm—1:30pm @ Canlan

Be sure to have your membership in by August 15th.




Horse Lake Community Farm Co-op

Family Farm Day

Sunday, August 7
11am - 3pm

nature walk, garden tours, hay wagon ride
Snacks & Refreshments Available
call 250-395-3580 for more info

Directions: Take Horse Lake Road 24 kms.
Turn left on Doman, 1km to the farm on the left

Come see what the farm is all about

Pinwheel Education Series: free, inclusive monthly education events, providing learning opportunities for the public on key mental health and healthy living topics, and a forum where people can engage in dialogue with experts and persons with lived experience. For further details and to access recordings of past Pinwheel events on the website check out: keltymentalhealth.ca/pinwheel



ADHD & Navigating School Life

Date: Tuesday – July 19, 2016

Time: 12-1pm

Join others from our community to hear these presentations followed by Q&A from the audience in the MCFD boardroom in 100 Mile House. Feel free to bring your lunch.

Call 250-395-5642 for more information.

Announcements:

- **Stresslr:** A free web app that provides a fun and engaging way for children ages 9-11 to learn about stress! Children follow along with Stresslr, a friendly robot, to understand what causes them stress, how they react to it, and to develop healthy strategies to cope with stress in their everyday lives. Visit stresslr.ca
- **Mindshift** is an app designed to help teens and young adults cope with anxiety. You can download the free MindShift app through the iTunes store or Google Play.
- **mindcheck.ca** is a youth and young adult-focused interactive website where visitors can get support that includes: education, self-help tools, website links, and help connecting to local resources.
- **WalkAlong** is a community where young Canadians can explore their mental health amongst their peers, providing information and links to resources for friends & family members - www.walkalong.ca
- **Mindfulness for Teens** : website provides information, tools, and resources to help you get started - mindfulnessforteens.com
- Visit the website for additional resources for youth and families.

Questions?

Call: 1-800-665-1822

Email: kellycentre@bcmhs.bc.ca

Visit: www.keltymentalhealth.ca



KELTY MENTAL HEALTH RESOURCE CENTRE
ADDRESS: BC Children's Hospital Site
Mental Health Building #85 (Heather & 30th)
Room P3-302, 3rd Floor
4500 Oak Street, Vancouver, BC V6H 3N1

PHONE: 604-875-2084
FAX: 604-875-3688
TOLL FREE: 1-800-665-1822
EMAIL: kellycentre@bcmhs.bc.ca
WEBSITE: keltymentalhealth.ca

Support to Family Care Network

- ★ Supports Community Foster Parent Groups as they build peer supports, identify goals and work on action plans to achieve their goals
- ★ Co-ordinate the delivery of the 53-hour Foster Parent Education Program for each community
- ★ Co-ordinate other training for each community such as Safe Babies, Non-Violent Crisis Intervention training, First Aid or other relevant training
- ★ Provide support during protocol procedures or assist foster parents to find another person to support them during a protocol
- ★ Deliver Pre-Service training to new foster parents or potential foster parents
- ★ Build community connections and partnerships to meet the needs of foster parents

If you have any questions don't hesitate to call!

Sharon Stolz @ 250 392-6842

or email: [sstolz@interiorcommunityservices.bc.ca](mailto:ssstolz@interiorcommunityservices.bc.ca)



Welcomes you to

Support to Family Care Network



100 Mile Caregivers Support Group

Meet every 2nd and 4th Thursday of the month at 10:30am in the basement of St Timothy's Anglican Church, located at the corner of Horse Lake Road and Blackstock Road.

Call Roz Green, at 250-395-1945 for more information.

www.thecaregivernetwork.ca

The Caregiver Network broadcasts programming for the benefit of caregiving Canadians.

Started in 2004 as a pilot project, TCN is now Canada's largest tele-learning network for family caregivers offering content on a broad range of health and wellness issues. We strive to share ideas, information, and resources that affect meaningful change.





Looking for a Local

- Counsellor? - Massage Therapist?
- Seniors or Youth services?

www.cariboochilcotin.fetchbc.ca

FETCH: For Everything That's Community Health

Your free online community health & wellness resource directory

Homelessness Task Force

CMHA – South Cariboo Branch coordinates donations for people with challenges obtaining furnishings and household effects. If you can donate gently-used or even new items, this would be most helpful. Arrange a time to drop off items, by calling Kathy, Tues or Thurs 11:30–1pm. Please respond if you are a volunteer with a truck willing to help with moving.

Clients are also in need of food and any donations such as canned fruit, canned chicken, tuna, ham, canned milk, cereal, soup, peanut butter, bread and a deep freeze (~ 2' deep x 3' wide).

CMHA-SCB is located at 555B South Cedar Ave, just south of the Junior High school and beside the ambulance station.

Call 250-395-4883



CANADIAN MENTAL
HEALTH ASSOCIATION
ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE

BELOW THE BELT

SUPPORT GROUP IS HERE TO LISTEN

*If you have been
diagnosed with or suffer from...*

- Prostate Cancer
- Colorectal Cancer
- Diverticulitis
- Testicular Cancer
- Bladder Cancer
- Ostomies
- Crohn's
- Colitis
- Non-Hodgkins Lymphoma

...and just want to talk to someone?

PLEASE CONTACT US:

Reg
250-791-9235

Martin
250-791-5540

Chris
250-791-6616

NEED SOMEONE TO TALK TO?

INTERIOR CRISIS LINE NETWORK

1-888-353-2273

1-888-353-CARE

CHECK OUT:

www.heretohelp.bc.ca

www.youthinbc.com

www.mindcheck.ca



www.heretohelp.bc.ca

heretohelp

Mental health and substance use
information you can trust

Cedar Crest Society for Community Living

410 Cedar Avenue, P.O. Box 1197

100 Mile House, British Columbia, V0K 2E0

Telephone: 250 395-4643 Fax: 250 395-4686 Email: cedar_crest@bcinternet.net



A Summary of Programs

On Behalf of the Provincial Government:

1. Infant Development Program; Funded by Ministry of Children and Family Development (M.C.F.D.) for children 0 – 3 at risk for developmental delays.
2. Supported Child Development; Funded by MCFD for children 0 – 19 who require extra supports in child care and community settings.
3. Services to Children and Youth with Special Needs; funded by MCFD for children with a diagnosis of a developmental disability.
4. Summer Programs for Children and Youth with Special Needs; funded by MCFD
5. Autism Services; funded by MCFD through families who are eligible and choose the Society to provide an interventionist.
6. Community Based Inclusion Programs for Adults; funded by Community Living British Columbia (C.L.B.C.) for adults with a developmental disability to encourage access to, and inclusion in, their community.
7. Employment Programs for Adults; funded by C.L.B.C. this program provides supports to adults who are interested in working or acquiring work related skills.
8. Outreach Programs for Adults; funded by C.L.B.C. this program provides services to individuals who are living independently and require supports to manage their affairs.
9. Individual Support Programs for Adults; funded by C.L.B.C. this program provides individualized services to individuals to assist them to meet their goals.
10. Personal Supports Initiatives for Adults. This program is funded by C.L.B.C. and is available to individuals who meet the program criteria. It is intended to support adults with Autism or F.A.S.

Society Initiatives

- a. We operate the Thrift Shop and use proceeds to support programs offered by the Society.
- b. We award a Scholarship to a graduating student from P.S.O. and hope to expand this program to recognize students leaving elementary schools who have assisted in the inclusion of fellow students.
- c. We provide recreational and other opportunities for our target population.
- d. We provide financial support for extra activities in Special Needs Classes.
- e. We respond to written requests from other charitable groups to assist with their work.

**For more information on the work of the Society and how you can help,
please contact us at 250 395 4643.**

The Canadian Council of the Blind 100 Mile House & District White Cane Club

A social and support group for blind and visually impaired persons

We offer encouragement, resource information, recreation, and personal experience dealing with vision loss. Everyone is welcome. Our White Cane Club has been in 100 Mile House for 22 years and we are here to help. We usually meet the first Thursday of each month.

Please call for more details or if we can be of service to you.

Marilyn @ 250 396 4070 | Kathy @ 250 395 4547 | Lori @ 250 395 2452

www.ccbnational.net



Disability Alliance BC (formerly BC Coalition of People with Disabilities)

- **Disability Tax Credit:** The disability tax credit (DTC) is a non-refundable tax credit that helps persons with disabilities or their supporting persons reduce the amount of income tax they may have to pay. Being eligible for the DTC can also open the door to other government programs such as the child disability benefit. For more information, go to www.cra.gc.ca/dtc, or phone 1-800-959-8281
- **On the Website, visit our Blog:** Read our latest bulletins and announcements;
- **Find Help,** by accessing our programs and services.
- **Check out our online Library:** View and download free publications.
- **Transition Magazine:** available online.
- **Have you signed up for Our Voice, our monthly e-newsletter?**
If you would like to receive it please sign up on our website.
Don't forget to "like" us on Facebook and follow us on Twitter.
- **www.disabilityalliancebc.org**



we are all
connected

Community Literacy Services

Literacy is a fundamental building block for managing our lives—it has a huge impact on family, health, work and community.

Do you know someone who...

- Struggles with reading, writing or math
- Would like to go back to school, but doesn't know how
- Is scared of computers, but wants to learn
- Hides their literacy issue
- Always "forgets their glasses"
- Doesn't pay much attention to written materials, will "do it later" or acts like it's not important

We're here to help. Let others know about us!

For families & children...

Bright Red Bookshelves

- Free books for kids
 - Locations: CFEC; MCFD; South Cariboo Recreation Centre; Canim Lake; most rural schools
- Call Mel @ 250-945-4199**

Books for Babies

- Book bags for newborns' families from Interior Health Nurses at immunization
 - Books for toddlers from the CRD Library
- Call Shelly @ 250-395-9303**

Parent Education

- Reading to your children
 - Games and projects you can do to help your child
 - Pre-writing activities for pre-school age children
- Call Lory @ 250-395-0655**

For service providers...

Community Literacy Coordination

- Advice and consultation
 - Collaboration to address in-house literacy issues and needs
 - Training and professional development opportunities
 - Direct literacy support for your clients at your site
- Call Lory @ 250-395-0655 or Shelly at 250-395-9303**

For adults... **FREE**

PAL (Partner Assisted Learning)

- Long-term support
 - For adults ready to improve reading, writing and math
 - Trained volunteer tutors
 - Tutor-learner matches
 - Meet one to two hours per week
- Call Lory @ 250-395-0655**

Literacy Outreach

- Short-term support
 - One-to-one and group
 - Overcome literacy challenges
 - Forms, applications, letters, finances, and more...
- Call Lory @ 250-395-0655**

ESL (English as a Second Language)

- Improve your vocabulary, grammar, and conversation skills in a group or one-to-one
 - Field trips to become more familiar with your community
 - Book club and movie nights
- Call Anita @ 250-706-7763**

Settlement Assistance Services

- Community orientation/Immigration support
 - Assistance with citizenship forms
 - Assistance with other government forms (driver's license, medical services, etc.)
 - Cultural adjustment support
- Call Kimberly @ 250-706-3143**

Group Tutoring Cafés

- Pursue your goals in a supportive group setting
 - Learn computer basics
 - Upgrading, refreshing your knowledge, or completing adults graduation requirements
- Call Lory @ 250-395-0655**



Cariboo Chilcotin Partners for Literacy

Call 250-945-4199 in 100 Mile House & 250-392-8161 in Williams Lake
Visit our website www.caribooliteracy.com or email us at info@caribooliteracy.com

We gratefully acknowledge financial support from the Ministries of: Advanced Education, Innovation and Technology; Education; Jobs, Tourism & Skills Training; CIC & Decoda Literacy

WorkBC

Employment Services Centre



*Are you involved with a **Not for Profit** organization in the South Cariboo?*

Did you know that Community Employment Services WorkBC offers a range of services including:

Wage Subsidy
Free Volunteer Postings
Labour Market Information
Free Job Postings
Networking Opportunities
Free Meeting Space
Customized Employment

Call our employer services team at 250-395-5121,
see our website: www.hortonventures.com,
or come by 808 Alpine Ave., 100 Mile House
for more information.



The Employment Program of British Columbia is funded by
the Government of Canada and the Province of British Columbia



Stemete7uw'i: A Gathering Place Friendship Centre

Sculpture made by:
Dean Ross, Timberking carver



**AN EXCELLENT
FRIENDSHIP
CENTRE IN THE
SOUTH CARIBOO**

Phone: Call Rob at 250-945-5259

stemete7uwifriendship@gmail.com

We're on Facebook too



July and August Calendar

Drop In: Weekdays 10:00 to 2:00

Narcotics Anonymous: Every Monday at 2:00.

Crib, board games and soup! Between 11:00 and 2:00 every Friday. We have foosball!

Library: We have a selection of interesting books to read and borrow as well as magazines and newspapers.

Music: Drop by if you'd like to play some music. We have a guitar, fiddle, trumpet and an organ which you're welcome to use. Stemete7uw'i will gratefully receive donations of musical instruments.

Special movie presentation: July 6th. Highway of Tears. Written and directed by Mathew Smiley this 2015 film tells about the missing or murdered women along the 724 kilometer stretch of highway in Northern B.C. Viewers will discover what the effects of generational poverty, residential schools, systemic violence and high unemployment rates have done to First Nation communities and how they tie in with the missing and murdered women. Seating is limited. Call us at 250 945 5259 to reserve. Admission by donation. 7:00 showing. Discussion to follow. Refreshments and snacks.

Stemete7uw'i A Gathering Place Friendship Centre

At the corner of Horse Lake and Blackstock Rd.
(Behind St. Timothy's Church)

106B Blackstock Road

Box 1030

100 Mile House, BC V0K 2E0

Phone: 250-945-5259

E-mail: stemete7uwifriendship@gmail.com



Williams Lake to Host 40th Annual Elders Gathering

JULY 12—14, 2016

Chilliwack: Preparations are already underway for what organizers expect will be the largest gathering of First Nations Elders from across British Columbia. The Tl'etinqox (Anaham) Government is hosting the Elders Gathering under the theme *River Unity, River Spirit* – “Keepers of the land and water” at the Cariboo Memorial Recreation Centre and Thompson Rivers University from July 12 – 14.

This year's event kicks off in true Cariboo style with the Wild Wild West Rodeo on July 11 at the Williams Lake Stampede Grounds where in 1970 the Tl'etinqox People put on a rodeo for then Prime Minister Pierre Trudeau. Plans are in the works to invite the current Prime Minister Trudeau to share in the fun and excitement.

Also new this year is the Cultural Tent City, which will showcase the culture of the Tsilhqot'in, Shuswap and Carrier Peoples of the Cariboo Chilcotin. People visiting the Tent City will be treated to exhibits and displays highlighting the language, culture and traditions of these local First Nations.

The Chair of this year's Gathering Committee, Cecil Grinder, is excited about hosting the milestone event. “In the true spirit of our Peoples, First Nations from throughout the Cariboo region are joining together to host more than 3,000 Elders from across British Columbia. I also welcome the financial support of the federal and provincial governments and invite corporate sponsors to join us in this great opportunity to share the culture and traditions that have sustained our Peoples for thousands of years on these sacred lands.”

Over the past 40 years the Elders Gathering has become the premier event for celebrating and sharing the heritage of BC First Nations so registration fills up fast. To sign up or for information on this year's entire event, including registration forms for the Arts and Craft exhibition, please visit www.eldersgathering.ca.

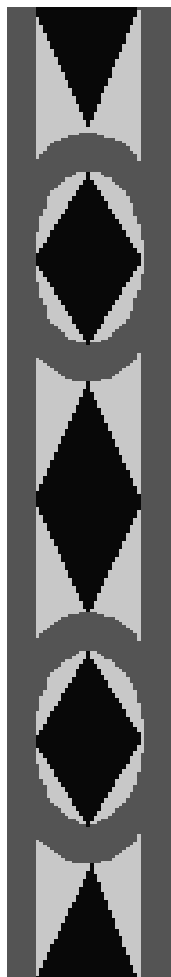
- 30 -

For more information contact:

Cecil Grinder, Chair 40th Elders Gathering
(250) 394-4240 or cgrinder@tletinqoxin.ca

Dianne Garner, Director Elders Society
(604) 798-4519 or 40elders@telus.net

Annual BC Elders Gathering Society | #7- 7201 Suite 116 Vedder Rd, Chilliwack, BC V2R 4G5 | 604-798-4519



Canim Lake Band - Restorative Justice Program and Legal Services Society Partnership

Since the summer of 2011, the Canim Lake Band has been providing legal services to its members through a Community Partnership Agreement between the Canim Lake Wellness Center (Justice Program) and the Legal Services Society (LSS).

The legal services are available to on- and off-reserve band members, and aboriginal people from other local bands. Services include:

- Advertise the LSS services available
- Supply & distribute LSS legal education and information
- Help people to contact LSS & use their online resources
- Refer people to apply for legal aid in various ways
- Participate in LSS conferences or community-based conferences
- Promote and provide law-related community development
- Liaise with community groups & organizations to improve awareness of LSS services

Since the program began in August 2011, it has improved legal assistance to the local community. It is a source that community members can rely on for accurate information, confidentiality, and one-on-one assistance.

Contact: Ken Tassell, Canim Lake Band, Restorative Justice/LSS Community Partner, Legal Services Representative Tel:250-397-2502, fax:250-397-2598

Also providing resources, information, and guidance navigating the Legal System in Clinton from 9am to 11am, every 2nd & 4th Monday of the month on the 2nd floor of the Government Building.

Call 250-397-2502, or cell 250-395-6572

E-mail: k.tassell@canimlakeband.com

LEGAL AID “SERVING YOU ACROSS BC”

Providing legal representation and advice, as well as legal information and referrals.

Representation by a lawyer may be available for financially eligible people with:

- criminal charges
- serious family problems
- child protection matters
- immigration problems

Legal advice is also available from duty counsel lawyers in most courthouses.

For free publications, legal information, and referrals to other resources in your community, contact your nearest legal aid location or visit BC's legal aid website: <http://www.legalaid.bc.ca/>

For comprehensive information about family law, including do-it-yourself guides, visit the Family Law in BC website: www.familylaw.bc.ca

To apply for legal aid: Contact our call centre

Greater Vancouver: 604-408-2172

Elsewhere in BC: 1-866-577-2525

Nearest office: Williams Lake: (250)398-7359 (call for addresses and hours)

Legal Advocacy

Legal Information & Assistance for Women, Men & Families



DO YOU NEED HELP WITH...

**Income Assistance
Disability
Pensions
Tenancy
Debt Issues
Employment**

IF YOU ANSWERED YES TO ANY OF THESE...

WE CAN HELP YOU!

Phone: 250-706-2040



Women's Contact Society

Funded By:

**THE LAW
FOUNDATION
OF BRITISH COLUMBIA**

Women's Centre

The 100 Mile House and District Women's Centre Society is able to assist men and women seeking to access legal aid services from the Legal Services Society (LSS) by providing educational materials, applying for legal aid, assisting with filling out forms and assisting those using the LSS website and ClickLaw.

Additionally, free ½ hour LSS advocacy appointments are available on Mondays. You can get help filling out forms for court, get legal information or be referred to other community partners. To book an appointment, please call the 100 Mile House and District Women's Centre Society at 250-395-4093.

What: FREE ½ hour appointment for LEGAL AID (LSS advocacy)

When: every Monday (except holidays)

Time: 11 am to 2 pm (1/2 hour slots)

Location: #228 - 475 S. Birch Ave
(South Cariboo Business Centre)

The Women's Centre also offers pro bono legal clinics in conjunction with Access Justice from Vancouver, BC, which provides clients with half an hour of free legal advice with a lawyer. Appointment times are always between noon and 2 pm.

To book an appointment, call the Women's Centre at 250-395-4093 or Access Justice directly at their toll-free number at 1-877-762-6664.

Share-a-meal has been running for several years, and is an important campaign to help feed the less fortunate. Please consider donating any amount and all year round to participating restaurants in our town:

- El Caballo
- BJ's Donut
- Blue Sky
- Smilies
- Smitty's
- Cindy's, 108 Mall
- Hungry Bear
- Chartreuse Moose
- The Bicycle Tree
- The Firehouse Diner

HOW IT WORKS:



When paying for your meal, let the cashier know you wish to pay for an extra meal.

All meals will be distributed by the Cariboo Family Enrichment Centre, Women's Centre, and Loaves and Fishes



JUSTICE THROUGH KNOWLEDGE

FOR IMMEDIATE RELEASE

June 1, 2016

New Website Helps BC Residents with Everyday Legal Problems

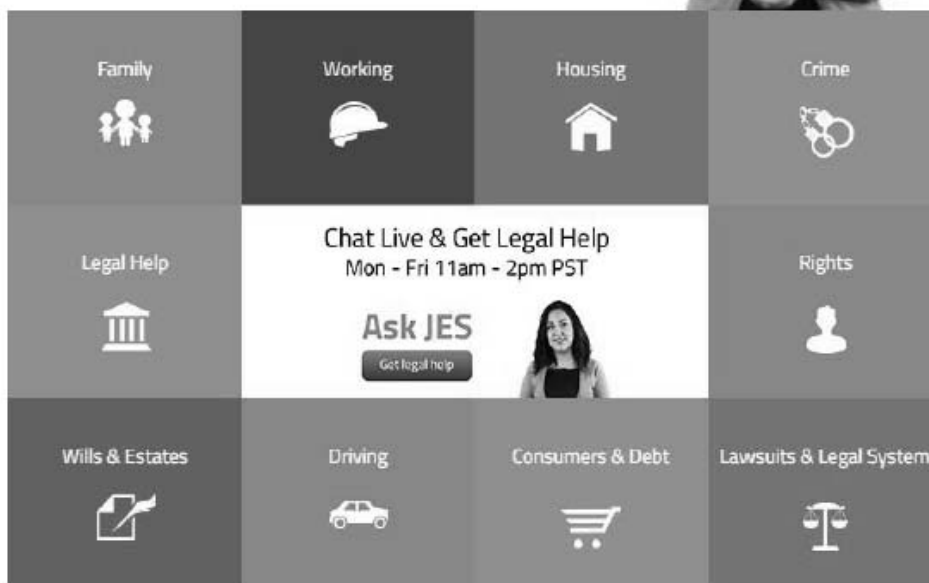
The Justice Education Society of BC (JES) is pleased to announce the launch of their new website: www.JusticeEducation.ca. With this site, the Society is introducing a range of new information and services that will help improve the legal capability of British Columbians.

From the home page, site visitors are greeted by JES - a virtual assistant. "In life, sometimes everyday issues can become legal problems", she explains. "I'm here to help you get the information you need". And she does exactly that, in a number of ways.

To start, users are invited to select their issue from one of 10 legal topics. The list includes everyday issues like working, housing, family, and crime. The virtual assistant provides some basic information about the selected topic, and then site users can get more information from 36 legal help guides, 158 info sheets and 93 videos.

All the info sheets have Google Translate, which converts the text to one of 100 different languages. This feature alone makes JusticeEducation.ca the most accessible legal information websites in Canada, but the site provides even more innovation.

Weekdays, from 11am to 2pm, site users can click "Ask JES" to ask questions about any of the 10 legal topics. Answers are provided by live chat. During offline hours, users can submit their question plus their email address to receive an answer.



100 Mile House Victim Services

100 Mile House Victim Services provides services to victims of all types of crime, regardless of whether or not they have reported the crime to the police or been involved in the criminal justice system.

Justice System Related Services include:

- Provide information to victims about their rights under the Victims of Crime Act (VOCA) and the Canadian Victim Bill of Rights (CVBR)
- Obtain, provide or arrange for victims to receive case specific that they may be entitled to, including the status of the investigation and any court process
- Provide information about the Criminal Justice System process
- Assist victims to work collaboratively with justice system personnel such as police and Crown Counsel
- Accompany victims to meetings with criminal justice system personnel
- Court orientation/preparation, and accompany victims to court
- Assist with completion of Victim Impact Statements

Other services provided include:

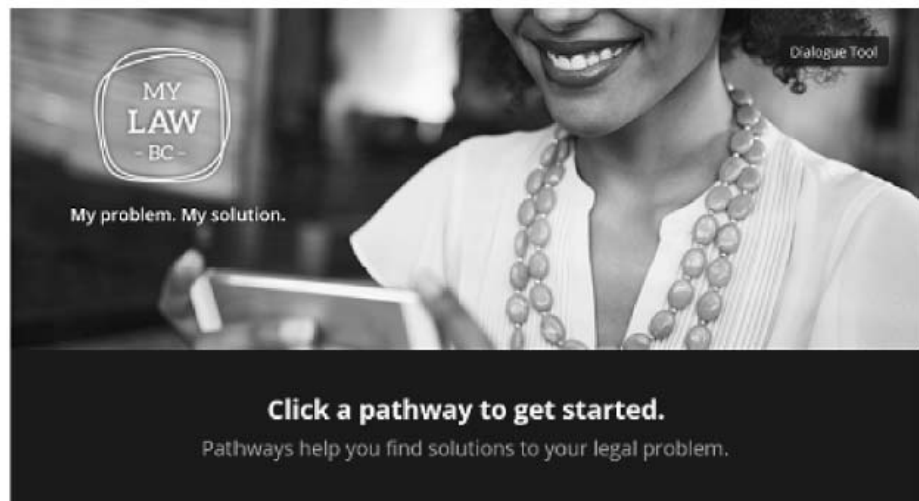
- Emotional and practical support
- Information and referrals to other agencies or counselling supports
- Safety planning

For more information, or to schedule an appointment, please contact the program at
250-395-0456

If there is no one available to take your call, please leave a message on the confidential voice mail and someone will return your call as soon as possible.

The program is located at 841 Alder Avenue, 100 Mile House, BC

VANCOUVER—A new website from the Legal Services Society (LSS), BC's legal aid provider, will help people deal with everyday legal issues ranging from family breakdown and family violence to preparing wills and powers of attorney, and what to do when mortgage payments are missed. The goal is to empower people to take action on their own and connect them to services when additional help is warranted.



“The [MyLawBC website](#) is one way we are responding to the access-to-justice crisis in BC. It provides reliable online legal help with common legal problems. But it’s more than that, the site’s interactive tools tailor the information to the user,” said LSS CEO Mark Benton.

Your Rights and Access to Help If You Are a Victim of Crime

You have rights during the criminal justice process if you are a victim of crime.

For more information see www.victimlinkbc.ca, www.canada.ca, or speak to police, victim services, or Crown Counsel.

Under the British Columbia *Victims of Crime Act*:

Your right to general information

If you are a victim of crime, British Columbia's *Victims of Crime Act* gives you the right to receive information about:

- victim services available to you;
- benefits and financial assistance for criminal injury;
- how the criminal justice system works; and
- your rights to privacy.

Your right to information about the offence

If you are a victim of crime, you have a right, on request, to receive information from the criminal justice system including:

- status of the police investigation;
- charges laid against the accused;
- outcome of court appearances; and
- where applicable, length of sentence, and location of the convicted offender.

Your right to privacy

If you are a victim of crime, you have rights under the *Freedom of Information and Protection of Privacy Act*:

- to apply for access to information about yourself that is held in justice system files; and
- to know what information obtained about you is protected from unauthorized use or disclosure.

Your right to financial assistance and benefits

If you or your immediate family member are the victim of a violent crime in British Columbia, the *Crime Victim Assistance Act* gives you the right to apply for benefits through the Crime Victim Assistance Program to help offset financial loss and assist in dealing with the impact of violent crime.

Your right to provide a Victim Impact Statement

If you are a victim of crime, you have the right to provide information to the court about how the crime has impacted you.

Under the Canadian *Victims Bill of Rights*:

If you are a victim of certain offences, including all offences under the *Criminal Code*, the federal *Canadian Victims Bill of Rights* provides you with the following rights. There are limitations to exercising these rights including that they must be exercised in a manner that is not likely to interfere with the proper administration of justice.

Your right to information

Victims have the right on request to receive general information about the criminal justice system, the victim services and programs available to them, including restorative justice programs, and their right to file a complaint if they believe their rights have been denied or infringed. Victims can also request certain case specific information about the status and outcome of the investigation and prosecution.

Your right to protection

Victims have the right to have their security and privacy considered at all stages of the criminal justice process, and to have reasonable and necessary protection measures from intimidation and retaliation. Victims also have the right to ask for a testimonial aid or to have their identity protected when appearing as a witness at court appearances.

Your right to participation

Victims have the right to present victim impact statements and have them considered in court. Victims also have the right to express their views about decisions that affect their rights.

Your right to restitution

Victims have the right to have the court consider making a restitution order and have an unpaid restitution order entered as a civil court judgment.



Ministry of
Justice

Lac La Hache O.A.P.O, #176

EVENTS HELD AT PIONEER CENTRE:

- ⇒ Meetings: 1st Wednesday at 10:30am.
Membership is \$12/yr for 40+
- ⇒ Mon, 1:30pm: Rounds & Square
Dancing - Fran 396-4072
- ⇒ Tues, 9:30am: Aerobics -Gale 396-7381
- ⇒ Tues, 10:30am: Pilates - Gale 396-7381
- ⇒ Wed, 1pm: Cards — Wendy 706-9937
- ⇒ Thurs, 11am: Zumba – Gale
- ⇒ Thurs, 8:30am: TOPS – Marcia 396-4875
- ⇒ Every 4th Sunday Bluegrass Jam
Session, 1pm - 4pm. Call to confirm,
Cal 396-4989
- ⇒ Interested in Square dancing?
Call Laverne 396-7322

For more info:

Contact Helen 396-4311 or Judy 396-7298

For bookings, contact Frances 396-4169



Creekside Seniors Centre Cariboo Elders Building & Recreational Society



250-395-3919

PO Box 418, 100 Mile House, B.C. V0K 2E0

100 Mile House Hospital Ladies Auxiliary

Meet the 1st Wednesday
of the month in the
Multipurpose Room of the
South Cariboo Health Centre.

New Members Welcome!

50 Plus? Come join the fun!

Current Activities

Monthly Meetings - 2nd Wednesday 10:30 a.m.

Pool - Monday, Wednesday, Friday 9:00 a.m.

Carpet Bowling - Monday and Wednesday 12:45 p.m.

Crib - Tuesday 12:45 p.m.

Bridge - Friday 12:45 p.m.

Tai Chi - Monday, Tuesday and Thursday 9:00 a.m.

Individual rooms available for public rental. Call 250-395-3346

**Attention: Veterans and currently serving and
Canadian Forces Members!
DO YOU NEED ASSISTANCE?**

**The Royal Canadian Legion 100 Mile
House Branch #260 can assist you.
We can assist with Disability Claims,
Widows and Dependants Claims and
other awards, programs, and benefits.
Emergency Assistance can be given
through the Royal Canadian Legion
100 Mile House Branch Poppy Fund
for qualifying Ex-service personnel
and their dependants for
emergency purposes.**

**For more information contact:
David Taylor, Branch Service Officer
Royal Canadian Legion, Branch 260
100 Mile House
Phone: 250-395-2511**

Hospice

**Check out the Hospice
Library of Books, Tapes,
Videos, DVD's and
Handouts.**

South Cariboo Health Centre

250-395-7680

For more information

Mill Site / Fischer Place Auxiliary Meeting

**Meet the 1st Thursday
of the month at 10:30.
In the boardroom at Mill Site Place.
Call Carol England for details:
250-395-6018**

100 MILE DISTRICT PALLIATIVE CARE SOCIETY

555 Cedar Avenue

(Located in the South Cariboo Health Centre)

BAG 399 100 Mile House, BC V0K 2E0

Phone: 250-395-7680

Fax: 250-395-7675

Email: 100molehospice@shawbiz.ca

Website: 100miledistricthospice.org

*"Simple Gifts: Hands, Hearts
and Presence for
the dying and the bereaved"*

About us:

Hospice is a community based non-profit volunteer Society that provides trained volunteers to offer social, emotional and spiritual support to people living with or dying with an advanced illness and their family.

Services of support are also offered to family members through their grief. There is no cost for Hospice services.

We are a proud member of the Canadian and B.C. Hospice Palliative Care Associations.

We adhere to the norms and standards of care of the national and provincial organizations.

In partnership with the 100 Mile House Palliative Care team, we are committed to "Helping people with a terminal illness live to the fullest until they die and to help their loved one to be supported in their grief?"

Services:

LIBRARY

STRESS RELIEF IN PALLIATIVE CARE

AND BEREAVEMENT

GRIEF SUPPORT

ANTICIPATORY AND BEREAVEMENT PACKAGES

PALLIATIVE CARE SUITE

PALLIATIVE CARE EQUIPMENT FOR HOME

AND FACILITIES USE

**OFFICE HOURS: Monday, Tuesday, & Wednesday
from 8:30 am – 11:30 am**

All other times by appointment

Phone messages are monitored



COME TO THE COMMUNITY KITCHEN *AND* HAVE SOME FOOD!



LOCATED AT THE VALLEY ROOM BEHIND THE LODGE (BEHIND RED ROCK)

Summer 2016 Community Kitchen Schedule

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DATES

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All workshops and suppers take place on the following Fridays:

- July 8th, 2016
- July 22nd, 2016
- Aug 12th, 2016
- Aug 26th, 2016

ATTENDANCE BY DONATION:

Whatever you can afford- proceeds go to rental of the Valley Room venue

DAILY AGENDA

.....

10:00 AM - 3:00 PM:

Workshops: Processing community food recovery, kitchen food skills (new skill each date)

3:00 PM - 5:00 PM:

Round table discussion regarding the South Cariboo Food Security and Food Sovereignty Plan (South Cariboo Food Security Charter)

5:00 PM - 7:00 PM:

Stone Soup Community Supper (Families encouraged to attend!)

EVERYONE WELCOME! Please REGISTER FOR WORKSHOPS by contacting CFEC Reception at (250) 395-5155 or cfec@cariboofamily.org.

SPONSORED BY: The South Cariboo Food Security Committee, The Agri-Culture Enterprise Centre Society, and the Cariboo Family Enrichment Centre. For more information, contact Rita (250-706-5577, manager@theagcentre.ca) or Lisa (250-395-5155, ldapaoli@cariboofamily.org)





FREE DROP-IN
IMMIGRATION & CITIZENSHIP INFORMATION
IN THE 100 MILE HOUSE COMMUNITY PLACE GARDEN




FRIDAYS IN JULY 9:30-11AM
Kimberly at 250-706-3143 or
KIMBERLY@CARIBOOLITERACY.COM

**Free Immigrant
Settlement Services**

School Calendar

July 1 - Sept. 5 : Summer holiday

www.sd27.bc.ca

- English as a Second Language
- Citizenship Application & Process
- Permanent Residency Questions
- Community Information/Orientation
- And more!





**Lift Your Spirit
Renovate
Your
Body**

www.taoist.org

Canada



**Call 250-706-3143 or email
kimberly@caribooliteracy.com to
book an appointment.**

DAILY FOOD SECURITY SERVICES

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
**SATURDAY
•
SUNDAY**

Emergency Food Cupboard
9:00 AM - 4:00 PM
Cariboo Family Enrichment Centre

Emergency Food Cupboard
9:00 AM - 4:00 PM
Cariboo Family Enrichment Centre

Emergency Food Cupboard
9:00 AM - 4:00 PM
Cariboo Family Enrichment Centre

Emergency Food Cupboard
9:00 AM - 4:00 PM
Cariboo Family Enrichment Centre

Emergency Food Cupboard
9:00 AM - 4:00 PM
Cariboo Family Enrichment Centre

1-800-GET-U-FED
(1-855-438-8333)

Food Bank Open
(1st & 3rd Tuesdays)
10:00 AM - 2:00 PM
100 Mile House Food Bank

Loaves & Fishes Outreach
9:30 AM - 2:20 PM
Loaves & Fishes

StrongStart Dinner (Families
With Children Ages 0-6 Only)
4:00 PM - 7:00 PM
100 Mile Elementary School

Farmers' Market
(May - September)
8:30 AM - 1:30 PM
South Cariboo Farmers Market

Access to food on Saturdays
from 10:00 AM - 6:00 PM
and Sundays from
1:00 PM - 6:00 PM

Soupe De Tour
(1st & 3rd Tuesdays)
10:00 AM - 2:00 PM
100 Mile House Food Bank

Soupe de Tour (Frozen/Take
Home)
9:30 AM - 2:20 PM
Loaves & Fishes

Pregnancy Outreach/Infant
Toddler Drop-In Group Lunch
(Families With Children 0-3 Only)
11:00 AM - 12:30 PM
Cariboo Family Enrichment Centre

StrongStart Dinner (Families
With Children Ages 0-6 Only)
4:00 PM - 7:00 PM
Horse Lake Elementary School

Friday Night Dinner (Youth
Ages 12-18 Only)
9:00 AM - 4:00 PM
Cariboo Family Enrichment Centre



Loaves & Fishes Outreach
550 Exeter Truck Rd, 100 Mile House
(250) 395-2708

South Cariboo Farmers' Market
Birch and 3rd St, 100 Mile House
(Friday mornings, May to September)

The Youth Zone
#1-372 Taylor Way, 100 Mile House
(250) 395-3636

Cariboo Family Enrichment Centre
#1-486 Birch Ave, 100 Mile House
(250) 395-5155

100 Mile House Food Bank Society
199 Seventh St, 100 Mile House
(250) 395-3923

FROZEN MEAL PROGRAM

MEALS PREPARED BY THE ROE LAKE & DIST. REC. COMMISSION,
AVAILABLE FOR \$4 EACH AT THE CARIBOO FAMILY ENRICHMENT
CENTRE (486 BIRCH AVENUE, 100 MILE HOUSE)

Donations of fresh and
non-perishable foods,
as well as cash, can be
made to most of these
programs. Please phone
to make arrangements.

The 100 Mile House
Food Bank Society
can be contacted
for emergency food
hampers by calling
(250) 395-3923

Parkside


Parkside Art Gallery, located at 401 Cedar Ave. (next to the Centennial Park south access) invites the public to drop by and enjoy their changing shows and gift shop. Open Tuesday to Friday, 10am-4pm; and Saturday, 12pm-4pm.



SCHEDULE:

- ☞ Continuing to Aug. 13th: "Gathering", the Cariboo Artists' Guild 36th Annual Show and Sale
- ☞ Aug. 19—Sept. 17: "Shades of Nature" photography from Women in Focus.
- ☞ Oct. 1 & 2: Mixed-medium workshop with Jeanne Krabbendam, at Lac la Hache Community Hall; please contact estellaerickson@hotmail.com
- ☞ Visit Parkside Art Gallery's website and newsletter for details.

401 Cedar Avenue
Box 1210, 100 Mile House, BC, V0K 2E0
Phone: 250-395-2021
Email: parksidecentre@shaw.ca
www.parksideartgallery.ca




SPECIAL EVENT

How to Download Library e-Books

Every Tuesday

2:30 – 4:30 pm

The 100 Mile House Library will be hosting workshops on how to borrow and download library eBooks.



The class will explain how to download e-Audio and e-Books from the British Columbia Libraries catalogue. The steps on how to download the software needed— authorize your device and sign out and manage your eBooks.

Please bring your device and or Laptop.

FREE EVENT-NO REGISTRATION NEEDED.

Kindle Readers are not compatible with this workshop

For further information contact ggigliotti@cariboo.bc.ca or phone 250-395-2332

www.cln.bc.ca

GARDEN TOUR

JULY 16, 2016

Tickets \$20

children accompanied by an adult are free

This year the Garden Tour will take you to homes and gardens where food production, sustainability, re-wilding and xeriscaping are the priorities.

Registration 8-11 am
at the Valley Room behind the Lodge



South Cariboo Events

southcaribootourism.ca

- Every Friday, 8:30am-1:30pm, South Cariboo Farmers' Market. 100 Mile Community Hall, May—September.
- Every Saturday, Interlakes Farmers Market will be held every Saturday at the Interlakes business area and across the highway from the Loon Bay Craft Market. June - September. Call Jackie at 250-593-2185.
- July 8, 9, 10: Canim Lake Traditional Powwow. Alcohol and drugfree event. Contact Stacy Archie 250-397-0135
- July 9: Lone Butte Rocks Days, 10am-3pm. Kids zone, Lone Butte 4H petting zoo, various vendors at the Community Hall, all businesses are involved with sales, the Historical Association will hold their annual garage sale in the Water Tower park. There will be the annual "poker-run" with prizes for the top hands, the Fire Dept will have an Open House and children are welcome to go for a ride in a fire truck, archery, weaving... downtown Lone Butte
- July 15-17: Hot July Nights. Fri, 6:30pm A&W 100 Mile Cruzers Car Club Cruise; Sat, Canlan Arena, Poker Run Registration at 2:00pm; Birch Avenue, 6-9 pm; Sun, 9-2, Centennial Park, 100 MILE HOUSE. Visit hotjulynights.ca
- July 16: Garden Tour, Agri-Culture Enterprise Center Society; tickets available at the Farmers' Market and selected outlets or by phone at 250-791-6631
- July 16 & 18: Big Horn Archery Club Traditional Shoot Only at the 99 Mile Snowmobile Site. www.bighornarchery.com
- July 22-24: 5th Annual Hootstock Festival has something to interest and engage everyone. Featuring everything from Bluegrass to dance performances, Storytellers and Poets, Bands and Electronica workshop, vendors and food. Everyone is welcome with great vibe and setting, including art exhibition inside Historical Schoolhouse. Kids are free. www.hootstock.com
- July 23: Psalm 23 Society SWING FOR FREEDOM Charity Golf Classic at the 108 Resort. Tickets \$100 (all funds raised go to the Psalm 23 Society Recovery Programs). Call Marvin Declare 604-835-0855 or email: psalm23society@shaw.ca for info
- July 24-30: The Great Cariboo Ride. Bring your own horse and ride with us as we explore the Big Bar Mountain/China Gulch areas on our Grand Finale Ride. www.greatcaribooride.com
- July 30-31: BCRA 25th ANNUAL INTERLAKES RODEO hosted by the Interlakes Community Association
- July 31: Dave Abbs & Square Dancing at the Flying U Ranch (2016 Summer Line Up) Enjoy an evening of live music and square dancing! TO RSVP CALL 250-456-7717 or EMAIL: reservations@flyingu.com
- Aug 6-7: REDNECK OLYMPICS, 11am-3pm at Forest Grove Community Hall. Pie-eating contest, hubcap toss, best-dressed & Barn Dance with live band, RIDING SHOTGUN, 7PM, tickets \$5, 250-706-4177. Sun, Redneck Regatta at Ruth Lake, proceeds for Ruth Lake Park. 9am-12pm Boat building, lunch 1pm, Races Begin. Info: Lion Corey Robertson call/text 250-706-0655
- Aug 19-21: Classic Hunter/Jumper Show, Outriders grounds. Come out and enjoy the Beauty of the Horses. More information contact Krista 250-395-0404 or Cat 250-644-4388. www.100mileoutriders.com
- Aug 27-28: South Cariboo Annual Garlic Festival, Lac La Hache. Contact: Jeannette McCrea Festival Director, 250-395-3568. For more info www.garlicfestival.ca

Emergency Notification System

To register, visit your local government's website.


For assistance, please contact:

Cariboo Regional District –
cariboord.ca or call 250-392-3351

Toll free 1-800-665-1636

District of 100 Mile House –
100milehouse.com or call 250-395-2434



	300 South Highway 97	Tel: 250-395-7832
	PO Box 1600	Fax: 250-395-7837
	100 Mile House, BC	Office Hours: Monday to Friday
	V0K 2E0	8:30 am to 4:30 pm
		Closed for lunch, 12:00 to 1:00 pm

- Application and Relocation of Manufactured Homes
- Applications for Birth, Death, and Marriage Certificates, Marriage Licenses
- BC Hydro Payments
- BCeID Point of Service
- Business Information and Referrals
- Child Care Subsidy Program
- Commissioner for Taking Affidavits
- Company Name Searches and Registrations
- Community Access Terminals
- Fish and Wildlife Licenses
- Freedom of Information
- Legal Services Society
- Lien Searches
- Freedom of Information Land Title Searches
- Logging Tax Payments
- Lottery Licenses
- Medical Services Plan Registration and Payments
- Mineral Titles Online
- OneStop Business Registration
- Pesticide Exams
- Public Gaming Licenses and Applications
- Residential Tenancy Information
- Rural Property Tax
- Voter Information
- Wills Search and Notice Applications

For federal programs and services, a Service Canada representative is onsite every 2nd Monday of the month for drop in service in Boardroom 'A' at Service BC / Front Counter BC office, 9:30—3:30, closed for lunch.



SUMMER FAMILY SURVEY LINK

Just a reminder to everyone about the Summer Family Survey. We would like to encourage as many people as possible to do the survey, and pass along the link to their friends and neighbours so that we have a lot of input.

The link will be active until August 31st, and Shelly Joyner (SD27) will be compiling the feedback and making it available to the community in September.

<https://www.surveymonkey.com/r/summerfamilysurvey2016>

The survey is confidential, but anyone who is interested in being more active at the ECDT or putting their name forward for further conversation is welcome to include their contact info when they submit the survey.

Thanks!

Brought to you by the South Cariboo Early Childhood Development Team
(see page 17 for more information)

IN TOWN TRANSIT SERVICE

100 Mile Transit operates a bus with a regular route around 100 Mile House. Handi-Dart service is available during the day, please call to arrange.

103 Mile Lake and the 108 Mile Ranch
~ 4 times per day, Monday to Friday.

On Thursdays, if there is a booking, pick-up at Lac La Hache at 9:30am at the post office or the gas station. The bus arrives in 100 Mile House at approximately 10:30am. The return trip leaves at 1:40pm arrives back in Lac La Hache about 2:25pm.

Phone **250 395-2834** 24-hours in advance to book a seat.

OUT OF TOWN TRANSIT SERVICE

100 Mile House to Williams Lake

Monday / Wednesday / Friday

A flexible schedule to work with your appointment time in Williams Lake

Give 24 hour notice for this convenient service.

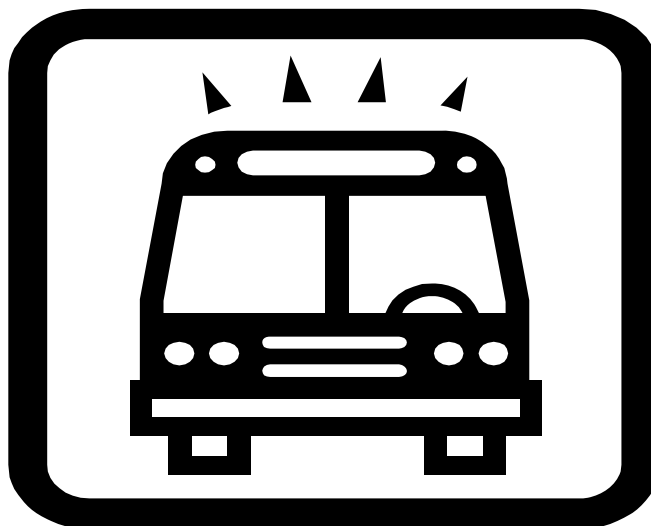
Transit Info: 250 395-2834

Williams Lake to Kamloops

ONLY ON Mondays (except Stat holidays)

The bus will leave Williams Lake at 7:30am, arrive in 100 Mile House around 9:00am, next stop is Clinton at 9:45am, then in Cache Creek at 10:15am arriving in Kamloops at 11:30am. The return bus leaves Kamloops at 3:00pm.

For Transit Info: 1-866-933-7812 or visit their website at www.busonline.ca



Northern Health Connections is a travel service for patients needing out-of-town medical appointments.

100 Mile House to Vancouver:

Sunday / Tuesday / Thursday

HOW?

After your doctor refers you for a medical service outside your community:

- 1) Check the [NH Connections bus schedule](#)
- 2) Book your medical appointment to coordinate with the bus schedule.

- 3) **Call 1-888-647-4997 to reserve your seat.**

Please have your Care Card number and appointment information ready.

Passengers traveling on NH Connections will be charged a nominal fee. There are no taxes or fees on any NH Connections fares.

For more information visit the Northern Health website: <http://www.northernhealth.ca/YourHealth/NHConnectionsmedicaltravelservice>

Or contact the Reservations office

at 1-888-647-4997

Or email NHConnections@northernhealth.ca

BUS PASS PROGRAM: Find out if you qualify for a reduced-cost, annual Bus Pass for low-income seniors and individuals receiving disability assistance. For inquiries or applications call: 1-866-866-0800 or visit www.eia.gov.bc.ca/programs/bus-pass

Save the date for the SCCPC AGM!!
September 15 - lunch will be
served (special thanks to Legal
Services Society and Ken Tassell).
12pm—1:30pm @ Canlan
Be sure to have your membership
in by August 15th.

What does the South Cariboo Community Planning Council do?

The South Cariboo Community Planning Council (SCCPC) is a not-for-profit society that has been serving people in 100 Mile House and area for over 24 years. The SCCPC creates opportunities for individuals and organizations to develop strategies that deal with issues relevant to our rural community. We strengthen the health, safety and sense of belonging for people living in the South Cariboo by:

- Strengthening relationships to promote and actively encourage collaborative community partnerships
- Increasing community capacity by working collaboratively towards sustainable community-based solutions and strategies
- Maintaining current and accessible knowledge of community information, resources and connections
- Collecting and communicating information on community strengths, weaknesses, opportunities and threats (SWOT) from a rural perspective to set priorities that address service gaps and to make specific, practical recommendations
- Creating awareness of best practices in service provision
- Advocating for services that have been identified as a priority for people living in the South Cariboo to increase the health, safety and sense of belonging.
- Supporting community proposals and initiatives consistent with our community priorities and Council principles

The SCCPC is best known for three ways of working with our partners in community:

- Publishing the “Well on the Way” newsletter – available on-line and by paper copy
- Administering an e-mail broadcast to 175+ recipients, and
- Facilitating a monthly discussion table from September to June

The above initiatives are only made possible through the generous support we receive from:

The Cariboo Regional District

District of 100 Mile House

Ministry of Children & Family Development (office and communications)

Cedar Crest Society for Community Living (In town newsletter delivery services)

Newsletter Sponsors – Thank-you

Donations of supplies, photocopying, advertising & web site exposure from the community

Membership Dues and Newsletter Subscriptions



Want to know more? Please give the Executive Coordinator, Marna Forsyth call at 250-395-5514
 email : southcariboocommunityplanning@gmail.com

SOUTH CARIBOO COMMUNITY PLANNING COUNCIL

...working together to build a safer, healthier, more inclusive community

➤ 100 Mile Development Corp. (South Cariboo Visitor Centre)	250-395-5353
➤ 100 Mile District Hospice & Palliative Care Society	250-395-7680
➤ 100 Mile House & District Women's Centre	250-395-4093
➤ 100 Mile House Victim Services	250-395-2456
➤ Axis Family Resources Ltd	250-395-3145
➤ Bridge Lake Community School Society	250-593-0042
➤ BC Cancer Agency Prevention Programs	250-706-4161
➤ Canadian Mental Health Association - South Cariboo Branch	250-395-4883
➤ Canadian Parents for French - South Cariboo Branch	250-395-2258
➤ Canim Lake Wellness Centre	250-397-2502
➤ Canlan Ice Sports	250-395-1353
➤ Cariboo Chilcotin Child Development Centre Association	250-392-4489
➤ Cariboo Chilcotin Partners for Literacy	250-945-4199
➤ Cariboo Family Enrichment Centre	250-395-5155
➤ Cariboo Friendship Society - Aboriginal Wellness Program	250-398-6831
➤ Cedar Crest Society for Community Living	250-395-4643
➤ Central Interior Regional Arts Council	250-305-4464
➤ District of 100 Mile House	250-395-2434
➤ Emergency Support Services (ESS)	250 706 2720
➤ Horton Ventures Inc	250-395-5121
➤ Interior Health - Community Integrated Services	250-395-7676
➤ Interior Health - Mental Health & Substance Use	250-395-7676
➤ Ministry of Children & Family Development	250-395-5633
➤ R.C.M.P. – 100 Mile House Detachment	250-395-2456
➤ St. Timothy's Anglican Church	250-395-4241
➤ School District #27 - Student Support Services	250-395-2493
➤ South Cariboo Agri-Culture Enterprise Centre Society	778-482-2216
➤ South Cariboo Chamber of Commerce	250-395-6124
➤ South Cariboo Sustainability Society	250-791-7284
➤ Stemete7uw'i Friendship Centre	250-706-9305
➤ Thompson Rivers University—100 Mile House Campus	250-395-3115

There are also several individual supporting members not listed above.