

Youth Support Resources

24-Hour Support Services			
VictimLink BC	Toll-free, 24/7, confidential, information and referral services to all victims of crime and crisis support to victims of family and sexual violence	Call: 1-800-563-0808 Text: 604-836-6381 TTY: 604-875-0885 Email: VictimLinkBC@bc21.ca	
Youth Against Violence	24/7 anonymous support for youth	Call: 1-800-680-4264 Text: 604-836-6381 TTY: 604-875-0885 Email: info@youthagainstviolceline.com	
Kids Help Phone	Free telephone counselling for children and youth	Call: 1-800-668-6868 Online Chat: Wed-Sun, 3 – 11pm www.kidshelpphone.ca	
Local Crisis Line	24/7 telephone crisis intervention	Call: 1-888-353-CARE (1-888-353-2273)	
Suicide Crisis Line	emotional support, suicide intervention and resources	Call: 1-800-SUICIDE (1-800-784-2433) TTY: 1-866-872-0113 Online Chat: Every night, Noon – 1am www.youthinbc.com	
Mental Health Crisis Line	emotional support, information and resources specific to mental health	310-6789 (no area code)	
Youth Space *not 24-hr service	Provides a safe place for Canadian youth under 30 years of age to access emotional support, resources, and crisis response	SMS Text Chat: 778-783-0177 Online Chat: Every night, 6pm – 12am www.youthspace.ca	
Youth Online Resources: www.needhelpnow.ca www.cybertip.ca www.legalrightsfor youth.ca www.bullyingcanada.ca www.loveisrespect.org www.drugcocktails.ca	Youth Mental Health Resources: www.mindcheck.ca www.mindyourmind.ca www.heretohelp.bc.ca www.keltymentalhealth.ca www.youth.anxietybc.com	Safety Apps: Aspire bSafe Circleof6	Wellness Apps: Mindshift Happify Healthy Minds Mental Workout Insight Timer

ARC Programs Youth Support Groups	
Phone: 250-763-2977	Website: www.arcprograms.com
<p>ARC Programs is a multi-service community agency, based in Kelowna and operating in communities of the central and South Okanagan Valley, as well as the Kootenays. ARC Programs is committed to providing the highest quality services, and has achieved the Accreditation of our programs by the Rehabilitation Accreditation Commission (CARF), under the Child and Youth Services Standards.</p> <p>Changes: Youth Alcohol and Drug Program Our program provides a range of alcohol and drug services in school and community settings including but not limited to: substance misuse, assessment, prevention and early intervention services, brief counselling intervention, intensive individual treatment, referral and case management within the addictions/mental health system of care, aftercare planning and support services, parent consultation and education Age: 12 – 18 years old Referral: Open referral system (self, community service providers, family members, GP’s, etc. can contact the program manager or counsellors directly).</p>	
<p>ARC Programs Phone: 250-763-2977 Email: arcprograms@arcprograms.com Office Hours: Monday – Friday, 8:30am – 5:30pm Location: 513 Bernard Ave, Kelowna, BC V1Y 6N9 Website: www.arcprograms.com</p>	

The Bridge Youth Support Programs	
Phone: 250-763-0456	Email: info@thebridgeservices.ca
<p>The Bridge Youth & Family Services Society is a not-for-profit, registered charity that has provided innovative and quality programming to the children, youth and families of the Central Okanagan since 1969. To fulfil its mission to build healthy and positive lives through counseling, education and support, The Bridge Youth & Family Services currently focuses on five broad service areas, which include: Parenting Education and Support; Addictions Services (Withdrawal Management and Intensive Residential Treatment); Children, Youth and Family Counselling; Residential, Foster Home and Caregiver Support; Youth and Young Adult Outreach and Transition Services.</p> <p>Youth Detox The Bridge offers youth Detox program based on the wellness wheel model and provides residential beds to safely withdraw from substances. Our program focuses on the whole person: physical, emotional, cultural and spiritual wellbeing. Healthy ways of coping will be explored and Mindfulness Based Relapse Prevention (MBRP) techniques presented. We work with each participant on planning discharge from the program, which includes assistance with safe housing, income assistance, and follow up with counselors, etc. Our program includes family in the process</p>	

and they will have access to transitional counseling to ensure a smoother integration. The program is 5-15 days in duration

Age: 18 years old and under

Youth Transitions

Youth transitions supports young people ages 15 through 19 to acquire the skills necessary to facilitate a competent transition to adulthood by providing support of a counsellor while they are parenting, attending treatment, educational or pre-employment program or involved in an active job search. We assist in locating and maintaining a safe, secure and affordable accommodation while providing the opportunity to gain a realistic living experience in the community. We assist with opportunities to participate in social, cultural and recreational activities of their choice. We offer financial support through the Ministry of Children and Family Development, regular meetings with a counsellor, advocacy, information regarding community resources, and coordination of referrals to other services that will promote competent transition to adulthood.

Age: 15 – 19 years old

Connected by 25

The Bridge is a founding partner with the Canadian Mental Health Association Kelowna to offer ‘Connected by 25’, a multi-agency initiative focused on meeting the needs of 16-24 year olds who are vulnerable in their transition to adulthood. Connected By 25 empowers young adults by facilitating access to the social, emotional and material supports they need. With these supports in place, young people experience increased resilience and sense of belonging while learning skills to help mitigate risk. The Bridge Youth Transitions Navigator works with young people providing them with direct support and assistance in achieving a successful transition to adulthood. This includes one-to-one support, systems navigation, life skills development and strengthening connections to community and natural supports.

For information on Connected by 25, please contact the Youth Transition Navigators

Primary contact: CJ LeBlanc, Youth Transitions Navigator; Email: cj.leblanc@cmha.bc.ca

Alternative Contact: John West, Youth Transitions Navigator; Email: john.west@cmha.bc.ca

CMHA phone: 250-861-3644, **Office Hours:** Monday – Friday, 9:00am – 4:00pm

Age: 16 – 24 years

The Bridge

Call: 250-763-0456

Toll-Free Phone: 1-855-760-0456

Email: info@thebridgeservices.ca

Office Hours: Monday – Friday 9:00am – 4:30pm

Website: www.thebridgeservices.ca

Central Okanagan Elizabeth Fry Society

Youth Counselling & Support Groups

Phone: 250-763-4613

Website: www.coefs.ca

Elizabeth Fry Society is a non-profit organization that supports and empowers those affected by sexual abuse, sexual assault, exploitation or violence in a relationship. Services are free and confidential.

Counselling for Sexual Assault Survivors

The Central Okanagan Elizabeth Fry Society offers free counselling services to youth sexual assault survivors. Call to find out more information.

Girls United Group

Girls United is an in-school 8-week program specifically designed to meet the unique needs of pre-teen and adolescent girls. Our goal is to foster the safe and healthy emotional development of young girls by strengthening their sense of connection, belonging, and resiliency. This program provides an opportunity for girls to live safe, healthier lives and fulfill their rights to freedom from violence, exploitations and abuse.

Tough Guise Group

Tough Guise is a school-based primary prevention and intervention program designed for adolescent boys. It will explore the dominant features of pop culture and its steady stream of images that define manhood as being connected to dominance, violence, and control. The goal is to empower the next generation of boys to challenge the myths of what it means to be a real man and to develop healthy relationships throughout their lives.

Central Okanagan Elizabeth Fry Society

Phone: 250-763-4613

Email: info.efry@coefs.ca

Office Hours: Monday – Friday, 8:30am – 4:30pm *closed between 12:00pm – 1:00pm

Location: 649 Leon Avenue, Kelowna, BC, V1Y 9S3

Website: www.coefs.ca

Elevation Outdoors

Youth Support Group

Email: info@elevationoutdoors.ca

Website: www.elevationoutdoors.ca

Elevation's mission is to enhance the lives of underprivileged youth via participation in specially designed outdoor sports programs; and to help youth develop lasting passion for these sports while drawing parallels to life through the experience and learning life skills along the way. All programs are to be offered to eligible youth free of charge as Elevation Outdoors believes that no young person should be denied the potential to discover an outdoor sport or pursuit that can help keep him or her motivated, healthy, and happy in life! Elevation facilitates programs through the spring, summer and winter months.

Age: 12 – 18 years old

Eligibility: require that one of the following requirements are met, and evidence of the requirement to complete the registration process: parent/guardian living with the participant has income at or below the Low Income Cut-Offs, parent/guardian or the youth are receiving social assistance, the youth is involved with MCFD programs or is in foster care, or the applicant is on parole, probation, or in a restorative justice program.

Elevation Outdoors

Email: info@elevationoutdoors.ca

Office Hours: Monday – Friday, 8:30am – 4:30pm *closed between 12:00pm – 1:00pm

Mailing Address: P.O. Box 20071, Towne Centre, Kelowna, BC, V1Y 9H2

Website: www.elevationoutdoors.ca

The Foundry Youth Services & Support Groups

Phone: 236-420-2803

Website: www.foundrybc.ca

Foundry Kelowna offers services for young people 12 to 24 years old helping with youth and family navigation, family support, health care, sexual health, mental health and substance abuse support and counselling, housing support, employment information and support, free groups and courses and specialized services.

Drop-In Counselling:

The Foundry Kelowna offers a drop-in counselling services for youth.

Hours: Monday - Friday, 2:00pm - 5:00pm

Walk-in Medical Clinic

The Foundry Kelowna offers a walk-in medical clinic for youth.

Hours: Monday, Tuesday, & Thursday 1:00pm – 5:00pm

Friday 9:00am -12:00pm

*Note that hours may be subject to change over time. Contact the Foundry for details.

Drop-in Options for Sexual Health Clinic

Our Foundry Kelowna Opt Clinic provides sexual and reproductive health services at the Foundry Kelowna site. Our clinicians are committed to providing you with confidential, nonjudgmental, youth-friendly, pro-choice, and sex-positive services. Our services include low-cost birth control, STI care, Pap screening, pregnancy testing and pregnancy options counselling. The specific services provided in each of our clinics are clinician dependent and may vary from clinic to clinic. We welcome new and returning clients, and no referral is necessary! There are no service fees for clients with valid MSP (BC Provincial Government) coverage (this does not include birth control products). For clients with no MSP (BC Provincial Government) coverage, charges may apply. Please note our clinics are cash only.

Hours: Wednesday, 6:00pm – 9:00pm

Location: The Foundry, 100 – 1815 Kirschner Road, Kelowna

Appointment: Drop-in

Bounce Back

Bounce Back helps youth who have mild to moderate depression, or are struggling with stress or anxiety. The Program offers tips for managing your mood, sleeping better, building confidence, increasing activity, problem solving and healthy living. A trained Bounce Back coach will help you learn skills to improve your mental health. Your coach will help keep you on track and offer support as you work through the program materials. All materials are available online or hard copies can be mailed to you if you prefer.

<p>Age: 15 years old and older</p> <p>Referral: A doctor's referral is required to use the coaching program. Visit the Foundry website for more information</p>
<p>The Foundry</p> <p>Phone: 236-420-2803</p> <p>Email: foundrykelowna@cmha.bc.ca</p> <p>Office Hours: Monday – Friday, 9:00am – 5:00pm</p> <p>Location: 100 – 1815 Kirschner Road, Kelowna, BC, V1Y 6G3</p> <p>Website: www.foundrybc.ca</p>

<p>Gender Identity Group Support Group</p>	
	<p>Email: gendergroupkelowna@gmail.com</p>
<p>The Gender Identity Group is a positive, safe, inclusive, supportive space for, gender non-conforming, non-binary, transsexual, transgender, gender queer inter-sexed or questioning (or any variation there of under the rainbow spectrum) people living in or near Kelowna or the Okanagan are to discuss matters and various topics while providing and obtaining peer support. The minimum age is 16 however if you find yourself in a situation, regardless of age, where you need support, please do not hesitate to reach out. We would never turn someone away. Please contact gendergroupkelowna@gmail.com for additional information, including meeting dates and location</p> <p>Age: 16 years or older</p> <p>Note: this group is not exclusive to youth, but includes all ages 16 & older</p>	
<p>Gender Identity Group</p> <p>Email: gendergroupkelowna@gmail.com</p>	

<p>Kelowna Women's Shelter Youth Violence Support Groups</p>	
<p>Phone: 250-763-1040</p>	<p>Website: www.kelownawomensshelter.ca</p>

Kelowna Woman's Shelter provides free food, shelter, counseling, support, and preventative education to women and their children who have experienced intimate partner violence.

Inside/Out: Violence Prevention for Youth

Offers an interactive group program that engages youth in identifying and addressing challenges through discussion, activities and multi-media resources. Our program encourages respectful relationships and healthy lifestyle choices, now and in the future. Participants explore beliefs that contribute to healthy relationships, develop tools to create a violence-free future, share ideas, express thoughts and explore feelings; focus on values that define *healthy* social behaviour and social networking, develop critical thinking skills that empower them to make positive choices

Age: 5 – 18 years old

PEACE (Prevention, Education, Advocacy, Counselling and Empowerment)

PEACE provides individual and group support to children aged 3-18 who have experienced family violence, and their parents in a safe, supportive environment. Topics covered in the PEACE Program include learning to identify and express emotion in healthy ways, exploring strategies to cope with family conflict, change and abuse, learning communication skills and problem solving techniques and developing safety plans. The program is cost – free and is run out of the Kelowna Women's Shelter.

Age: 3 – 18 years old

Kelowna Women's Shelter

Phone: 250-763-1040

General Email: info@kelownawomensshelter.ca

Crisis Email: counsellor@kelownawomensshelter.ca

Office Hours: Monday to Sunday, 24 hours

Website: www.kelownawomensshelter.ca

**Ministry of Children and Family Development
BC Child and Youth Mental Health**

Phone: 250-861-7301

Website: www2.gov.bc.ca

As part of the provincial government's Ministry of Children and Family Development we are a free and voluntary service. In each area of the province, Child and Youth Mental Health (CYMH) services are offered to infants, children and youth up to 18 years of age who are experiencing mental health challenges. We also have specialized teams in the province who focus on Aboriginal children and youth.

Walk-in Services:

Parents and youth can access community mental health assessments, supports and services at walk-in intake clinics for children, youth and their families, where children and youth can receive a same-day initial assessment by a trained professional in a confidential environment.

Hours: Tuesday & Thursday, 9am – 11am

BC Child and Youth Mental Health**Phone:** 250-861-7301**Office Hours:** 9:00am – 4:00pm *closed between 12:00pm – 1:00pm**Location:** 260 Harvey Ave, Kelowna, BC, V1Y 7S5**Website:** www2.gov.bc.ca**Okanagan Boys & Girls Club****Youth Centre Locations & Support Services****Phone:** 250-868-8541**Website:** www.boysandgirlsclubs.ca

Okanagan Boys and Girls Club provides programs and support services to children, youth and their families. We offer Employment Support; Early, Middle Childhood, Afterschool, and Youth Programs; Family Resource Programs; Spring Break Camps and Outdoor Programs; Emergency Youth Shelters; Restorative Justice; and Drop-in Programs. Our Vision is for all children and youth discover and achieve their dreams and grow up to be healthy, successful, and active participants in society. Our mission is to provide a safe, supportive place where children and youth can experience new opportunities, overcome barriers, build positive relationships, and develop confidence and skills for life.

Services:**Outreach Mental Health**

Offers a short-term program providing mental health services to high risk youth 12 -18 years of age with psychiatric issues who are not willing or not able to access mainstream mental health services. The program works collaboratively with youth to develop and implement a treatment plan. Our services provide ongoing monitoring and evaluation is provided as well as education. We make appropriate referrals to community mental health resources including physicians, child psychiatrists, Adult Mental Health, Kelowna General Hospital, and Child & Youth Mental Health. We also provide crisis intervention when required. The Outreach Mental Health program is available for youth at no cost.

Age: 12 – 18 years old**Hours:** Monday – Friday with flexible hours**Contact:** 250.868.8541 Ext.209, **Cell:** 250.869.5093**Location:** Jaycees Downtown Youth Centre, 1633 Richter St, Kelowna**Referral:** Referrals accepted from the Ministry of Children and Family Development, Child and Youth Mental Health, and other Boys and Girls Clubs resources.**Reconnect**

Reconnect provides outreach, support, advocacy, referrals and mediation for high-risk youth, youth who are homeless, or at risk of homelessness. We provide short-term service to youth ages 13-18, parent teen mediation, residency issues, alcohol and drug referrals, one-to-one support/counselling, hygiene and contraceptive education and products, and street outreach.

Age: 13 – 18 years old**Hours:** Monday – Friday, call to access services**West Kelowna Contact:** 250-859-2524**Kelowna Contact:** 250.868.8541 Ext. 4

Eligibility: (eligible if youth meet at least 2 of the following): between the ages of 13 – 18, parent/teen conflict, youth is relatively or absolutely homeless, youth presents with issues such as mental health, substance misuse, sexual exploitation, physical health issues, or lack of social supports/opportunities, or youth is actively street involved.

Youth Centre Locations:

Downtown Kelowna Youth Centre

The Drop-In program, as a part of the Okanagan Boys and Girls Clubs is open to all youth aged 13-24 years old. Our programming is free to all participants as the Boys and Girls Club sponsors their memberships. The Drop-In program provides an inclusive, supportive, non-judgmental and safe place to be and hang out; youth engagement, support, mentoring and positive relationships; recreational activities and opportunities for physical health; life-skills building with a strength-based approach; employment and housing support; opportunities for youth volunteering; basic needs (including meals, access to showers and laundry, daytime shelter, hygiene, clothing, and access to resources); advocacy and referrals to appropriate community agencies and internal programs; relevant and innovative programming meeting the needs and trends of youth we serve; and a knowledgeable and caring staff team.

Age: 13 – 24 years old

Hours: Monday – Friday, 2:00pm - 8:45pm

Phone: 250-868-8541 Ext. 200

Location: Jaycees Downtown Youth Centre, 1633 Richter St, Kelowna

Westside Youth Centre

Our Westside Youth Centre offers a purpose driven drop-in program for youth in a safe, supportive environment, provides basic needs, recreational activities and opportunities, life-skills training and appropriate referrals to other youth services. The program is designed for youth ages 12-19 to come to the Centre and visit with friends, take part in activities such as pool, board games, crafts, Nintendo Wii, Netflix, listen to music, Wi-Fi access and fun filled out-trips. While accessing the drop-in program, youth can have access to free food. The drop-in is free and accessible to all interested youth in the community regardless of background.

Age: 12 – 19 years old

Phone: 250-768-9139

Hours: Monday 3:00pm -7:00pm

Tuesday 3:00pm - 8:00 pm

Wednesday 3:00pm - 8:00pm

Thursday 3:00pm - 6:00pm

Friday 3:00pm - 8:00 pm

Saturday 3:00pm - 6:00pm

Location: Westside Youth Centre, 2466 Main St, West Kelowna

Peachland Youth Centre

Drop-in programs at the Peachland Club are designed for youth ages 13-19 to come to the centre and hang out with friends in a relaxed environment. Recreation Programs support leadership and character development, self-esteem and a sense of belonging through peer interaction and positive adult relationships. Each week we'll plan something different from fun out trips and theme nights to cooking and crafts. Contact the Club for a calendar of activities.

Age: 13 – 19 years old
Phone: 250-767-2515
Email: peachland@obgc.ca
Location: Peachland Youth Centre, 5684 Beach Ave, Peachland, B.C.

Each youth centre provides youth programs that change on a yearly basis. Contact the Boys and Girls Club to find out more about their latest programs.

Kelowna Downtown Youth Centre Phone: 250-868-8541 ext. 210

West Kelowna Youth Centre Phone: 250-768-9139

Peachland Youth Centre Phone: 250-767-2515

Okanagan Boys & Girls Club

Phone: 250.868.8541

Email: info@obgc.ca

Office Hours: Monday to Friday with flexible hours

Website: www.boysandgirlsclubs.ca

Okanagan Pride Society and Living Positive Resource Centre Youth LGBTQQA+ Support Group

Phone: 778-753-5830

Website: www.okanaganpride.com/youth/

Etcetera Kelowna: Celebrating the Diversity of Kelowna's Youth

Our program provides a space where youth ages 12-14 and 15-18 who identify as Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, and their Allies (LGBTQQA+) can meet supportive peers in a safe environment. We offer weekly, facilitated programs that include: social activities, individual empowerment discussions, healthy relationship discussions, the fostering of positive community involvement and numerous other areas of interest for our young people

Please visit our Facebook page or contact the youth coordinator for updates on dates and location, as events are often held off-site

Hours: Thursdays

Age: 12-14 years old at 4:30pm - 5:30pm

Age: 15-18 years old at 6:00pm – 7:00pm

Location: 630 Cadder Ave, Kelowna

Youth LGBTQQA+ Support Group

Primary Contact: Astri Jack; Phone: 778.753.5830 ext 104; Email: AstriJ@lprc.ca

Email: info@okanaganpride.com

Website: www.okanaganpride.com/youth/

Additional Info: eepurl.com/POJ41

Social Media Facebook: www.facebook.com/groups/309519149176149

Options for Sexual Health Sexual Health Clinic

Phone: 1-800-SEX SENSE (1-800-739-7367)

Website: www.optionsforsexualhealth.org

Our clinics provide sexual and reproductive health services for all ages, all genders, and all orientations. Our clinicians are committed to providing you with confidential, nonjudgmental, youth-friendly, pro-choice, and sex-positive services. Our services include low-cost birth control, STI care, Pap screening, pregnancy testing and pregnancy options counselling. The specific services provided in each of our clinics are clinician dependent and may vary from clinic to clinic. We welcome new and returning clients, and no referral is necessary! There are no service fees for clients with valid MSP (BC Provincial Government) coverage (this does not include birth control products). For clients with no MSP (BC Provincial Government) coverage, charges may apply. Please note our clinics are cash only.

Foundry Kelowna: Drop-in Options for Sexual Health

The Foundry Kelowna provides a drop-in Opt Clinic to young people aged 12 to 24.

Hours: Wednesday, 6:00pm – 9:00pm

Location: The Foundry, 100 – 1815 Kirschner Road, Kelowna

Appointment: Drop-in

Kelowna: Options for Sexual Health

Hours: Monday & Thursday 6:00pm – 9:00pm

Toll-Free Phone: 1-800-SEX SENSE (1-800-739-7367)

Location: Rutland Aurora Health Centre, 102 - 285 Aurora Crescent, Kelowna

Appointment: Drop-in for STI care & contraception, Appointments are required for Pap screening & IUD consult/insertions. **Note:** There are limited drop-in spots available. Making an appointment will guarantee you will be seen.

West Kelowna: Options for Sexual Health

Hours: Tuesday, 6:00pm – 8:00pm

Phone: 250-712-6400

Toll-Free Phone: 1-800-SEX SENSE (1-800-739-7367)

Location: West Kelowna Health Centre, 160-2300 Carrington Rd, West Kelowna

Appointment: Drop-in for STI care & contraception, Appointments are required for Pap screening & IUD consult/insertions. **Note:** There are limited drop-in spots available. Making an appointment will guarantee you will be seen.

Options for Sexual Health

Phone: 1-800-SEX SENSE (1-800-739-7367), Call Mon-Fri, 9am - 9pm to talk with a nurse

To make an at appointment call Mon – Fri, 9:00am – 4:00pm *closed from 1:00pm – 2:00pm

Email: kelownaopt@gmail.com

Website: www.optionsforsexualhealth.org

**Westbank First Nations
Youth Groups & Youth Centre**

Phone: 250 768 4838

Website: www.wfn.ca

Youth programs and services provide youth, ages 12 to 18, with cultural and traditional learning. The provision of high quality youth programming and services will continue to serve as a WFN government priority. All youth living on WFN lands are encouraged to come out to meet new friends and get involved. Unless otherwise noted, activities are held at the Youth Centre.

Youth Centre Drop-in

We have different resources available such as a small computer lab, video gaming systems and a pool table. Every evening youth have the opportunity to take part in drop-in sports in the gym including dodgeball, basketball, and open gym time. Youth also go on weekly out trips to places like H2O, movie nights, and bowling.

Age: On-reserve youth aged 12-18 years old

Hours: Monday – Friday, 4:00pm – 9:00pm

Children & Youth Counselling

The Child and Youth Counsellor provides counselling services using a variety of strategies and techniques, incorporating a holistic and culturally-sensitive approach. Counselling goals are developed with the family to ensure an inclusive, integrated approach is used. Young clients and their families may be supported through loss and grief, family conflict and/or change, violence, bullying, depression, and/or anxiety. Education and referrals to outside agencies may also be provided as required.

Hours: Monday to Friday, 8:30 am - 4:30 pm

Phone: Child and Youth Counsellor, 250-768-8296 (direct line)

2BBoys

2BBoys program is designed to assist boys, ages 9 to 12, connect with their true selves in an empowering, respectful, healthy and dynamic way. The program focuses on building skills to help boys excel socially and emotionally. This is open to WFN member, aboriginal or community members living on reserve. Refer to website calendar for details on dates and times.

Age: 9 – 12 years old

Girl Power

This program is open to girls, ages 9 to 12, who are either WFN members, aboriginal or community member residing on reserve. It is geared toward encouraging the development of strength, courage, confidence, honesty and communication skills for girls. The goal is to enhance girls' abilities so that they are able to take full advantage of their talents, academic interest, career pursuits, and potential for healthy relationships. Topics covered include self-esteem, body image, practical skills, boundaries, friendship, anger and physical fitness. Refer to website calendar for details on dates and times.

Age: 9 – 12 years old

Youth Leadership Council

The mission of the WFN Youth Leadership Council is to guide youth, aged 15 to 24, in taking a positive and more prominent role in the community by promoting unity, leadership skills, and independence. The goal is to empower youth, give them a voice in the community, build confidence and promote the development of future leaders.

Age: 15 – 24 years old

Hours: Monthly evening meetings, September to June
Phone: 250-768-4838

Westbank First Nations Youth Centre

Phone: 250-768-4838
Office Hours: Monday – Friday, 4:00pm – 9:00pm, Saturday, 12:00pm – 5:00pm
Location: 1880 Quail Lane, Westbank
Website: www.wfn.ca

YMCA of the Okanagan
Youth Support Groups

Phone: 250-491-9622

Website: www.ymcaokanagan.ca

The YMCA of Okanagan is a charity dedicated to strengthening the foundations of community; health, fitness and recreation; child care and day camps; youth leadership; employment and education training; and community outreach and international development.

Y Mind Mental Wellness Group

Mental wellness groups to support young people with anxiety to learn healthy coping strategies so they can live a rich and meaningful life. Trained staff with Masters Degrees in Counselling facilitate psycho-educational workshops using the evidence based approach of Acceptance and Commitment Therapy. Participants learn how to practice a variety of mindfulness activities in a welcoming and inclusive group environment. Life exercises are sent home on a weekly basis to support participants to integrate their learned healthy coping strategies into their everyday life. Group sessions are held at Y facilities, safe and non-stigmatizing community settings. Youth have the opportunity to connect with each other and realize they are not alone. Program participants receive a complimentary Y membership for the duration of the program to encourage incorporating physical activity into their lives to increase mental wellness and health. The Y facilitates two Mindfulness Programs: one for teens aged 13-17 years and one for youth aged 18-30 years. Contact the YMCA for specific hours and dates (7-week program).

Age: 13 – 17 years old & 18 – 30 years old

YMCA Okanagan

Phone: 250-491-9622
Email: downtowny@ymcaokanagan.ca
Office Hours: Monday – Friday 5:30am – 10:30pm
Saturday 7:00am – 9:00pm
Sunday 9:00am – 7:00pm
Location: 375 Hartman Road, Kelowna
Website: www.ymcaokanagan.ca