

## **Resources in the Mission Community for Elementary School Aged Children:**

### **Child and Youth Mental Health Services:**

7364 Horne St, Mission, BC V2V 3Y7

604-820-4300

<https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health>

-Every Tuesday from 9:00am-12:00pm and 1:00pm-3:00pm is the Walk-In Intake Clinic where you can meet with a registered community counsellor to discuss your concerns. The counsellor will then determine if your child can be supported through C.Y.M.H. or Community Services, and the urgency of that support needed.

-Once your child is being seen, if it is suspected medication is needed to help with mental, C.Y.M.H. has childhood psychiatrists at the Mission location.

-There are also programs offered through C.Y.M.H. such as Little Champions (4-7 year old) and Champions (8-12 years old) that are groups requiring parent and child participation to help support children who are living with anxiety.

### **Mission Community Services:**

33179, 2nd Avenue, Mission, BC

604-826-3634

<http://missioncommunityservices.com/family-services>

-Mission Community Services offer a positive parenting program with free child-minding called Triple P Parenting.

-They also offer family and individual counselling and mediation.

### **Mission Hospice Society:**

32180 Hillcrest Ave, Mission, BC

604-826-2235

<http://www.missionhospice.bc.ca/>

-Mission Hospice Society offers programs such as Circle of Friends for children ages 6 to 12 years old who are coping with grief. In their own words, *"This program provides a safe caring environment for bereaved children to gather in discussion and expressive play and art activities with other children experiencing grief and loss."*

### **Paediatricians:**

-A paediatrician is really the gateway to services for your child. Once parents or the school notice concerns regarding a child's learning or behaviour, a request can be made through the family doctor for a referral to a paediatrician.

-Once being seen by a paediatrician, they can refer you to more comprehensive parenting support programs such as Confident Parents: Thriving Kids offered through Canadian Mental Health Services. Family doctors can also refer to the Confident Parents program.

**Mission Association Community Living:**

33345 Second Avenue, Mission, BC

604-826-9080

<http://missionacl.org/services/family-and-children-services/>

-Parents can self-refer to MACL to receive support for their child in day-care up to age 5 and then in after school programs.

-In their own words: *“Supported Child Development Program provides support, consultation and resources to ensure that children who have developmental disabilities or who require extra support are able to participate in community childcare programs of their families’ choice.”*

**FETCH Mission (For Everything That is Community Health)**

Mission Division of Family Practice, Mission Attachment Clinic

105-7343 Hurd Street, Mission, BC

604-820-1021

<http://mission.fetchbc.ca/>

-This is a site where families can go to find information and resources about community health supports. It also provides contact information for the Mission Attachment Clinic, a medical clinic whose goal is to help patients who do not have a family doctor to find one.

**The FORCE Society**

1-855-887-8004

<http://www.heretohelp.bc.ca/visions/families-vol8/the-force-society-empowering-families>

-The FORCE is a non-profit society and stands for Families Organized for Recognition and Care Equality.

-Its mandate is to support and empower families, and to work collaboratively with health care professionals, toward seeing that the mental health needs of families are met.

-They offer a Parent in Residence and a Youth in Residence program to support parents and youth struggling with mental health challenges while trying to access provincial and community services.

**SARA for Women (Support, Acceptance, Resources, Action for Women)**

33070 – 5th Avenue, Mission, BC

604-820-8455

<http://saraforwomen.ca/>

-Formerly called the Fraser Valley Women’s Resource Society.

-SARA supports women and children who have experienced violence or abuse in the home. It is a feminist non-profit society providing safe refuge and community-based resources for women in Mission and Abbotsford.

-They also offer support to children who have witnessed abuse. Personal free counselling support is available.

