

This online library is a central place to find programs and services for children aged 6–12 in the Comox Valley. Here you'll find information on local supports, community programs, and specialized services that promote children's wellbeing. The library also includes a collection of books and podcasts, carefully recommended by family physicians, psychiatrists, and other health-care providers located in the Comox Valley, to help caregivers and professionals better understand and support children's needs.



Scan here!



This resource library has been created by the Comox Valley Division of Family Practice as part of the Child Wellness Collaborative. Funded by Shared Care, this project will improve accessibility, collaborative care and support networks to enhance the mental, social and physical health of children ages 6–12 in the Comox Valley.



Resource Library

LOCAL PROGRAMS & SUPPORTS FOR CHILDREN 6-12

PARENTING WITHOUT POWER STRUGGLES



Through Boys and Girls Club Central Vancouver Island

- For parents of pre-teens
- 10 week program via Zoom
- Thursdays 7-8:30 pm, call or email BGCCVI to register
- Goals: to enhance parenting confidence & improved conflict resolution skills, build stronger relationships with spouse and ex-partners, and to understand your child's world better.

Canadian Mental Health Association Programs:



CONFIDENT PARENTS, THRIVING KIDS

- Ages: 3-12
- Programs: (Anxiety Program, Behavior Program, Big Worries, Strong Spirit (Indigenous-focused))
- Format: Phone-based coaching
- Referral required: Yes
- Wait time: ~6 months from referral to contact
- Focus: Parent-led strategies for managing anxiety and behaviour

BIG WORRIES STRONG SPIRIT

Indigenous-focused



- Ages: 3-12
- Child identifies as First Nations, Métis or Inuit
- Program takes 6-12 weeks
- 30-60 minute phone coaching sessions every two weeks
- Referral required: Yes

CVCDA /Partner Programs:

TOUCHPOINTS PARENTING



- Ages: Birth-6 years
- Zoom
- Length: 6 weeks
- Focus: Understanding child development and strengthening parent-child relationship

TOUCHPOINTS PARENTING

Indigenous Focus

- Culturally grounded adaptation of the Touchpoints model

CIRCLE OF SECURITY

via Parent Support Service of BC

- Ages: 4 months-12 years
- Length: 8 weeks (Zoom)
- Focus: Attachment, reading emotional needs, emotional regulation, self-esteem

MIND SPACE



Raising Resilient Kids Parenting Program

- Ages: Parents of children 0-6
- Format: Zoom
- Length: 8 weeks
- Referral required: Yes
- Focus: Strengthening caregiver-child relationships: Managing child and caregiver big emotions and behaviours.

MINISTRY OF CHILDREN AND FAMILY DEVELOPMENT CHILD & YOUTH MENTAL HEALTH (CYMH)

- Ages: 6-12
- Phone: 250-334-5820
- Services:
 - Intake and ongoing supports for moderate to severe mental health disorders and anxiety
 - Wednesdays 9 am -11 am & 1 pm -3 pm

CREATING CALM



- Ages: 7-9 and 10-12
- Format: In-person groups
- Length:
 - Children attend 8 weeks
 - Parent involvement includes 3 parent-only sessions (total ~11 weeks)
 - Program runs twice a year starting January & September.
- Focus:
 - Child coping skills for anxiety and fears
 - Parent strategies to increase bravery, build confidence, and reduce accommodation
 - Best for: Families wanting a structured, skills-based group close to home

SCHOOL DISTRICT 71 COUNSELLING



- School-based counselling and anxiety workshops
- Access typically coordinated through schools

For a wholesome list of programs in the Comox Valley, please scan the QR code to access Pathways:

