

# NOTES

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Parents are a child's  
first teachers.

This directory is a service of  
Communities for Kids - Okanagan Falls Table.

You are welcome to copy this brochure or you  
can download it from  
[www.communitiesforkids.ca](http://www.communitiesforkids.ca).

If you know of any useful services that we  
have missed and that is in line with our goals,  
please contact us at 498-8433. We will be  
happy to make any additions.



# Okanagan Falls Family Directory



## Vision

Every child thrives

## Mission

To engage families and  
communities in children's healthy  
early development

[www.communitiesforkids.ca](http://www.communitiesforkids.ca)

**HEALTH SERVICES**

**Oliver Health Centre** 250-498-5080

**Penticton Health Centre** 250-770-3434

Public Health Nursing - prenatal classes;  
postnatal/breastfeeding support; child development  
assessment; child/adult immunization clinics; parenting  
support; dental referrals, nutrition, hearing  
information & referrals; stop smoking information

Nursing Support Services 250-770-3434

Support for children with special health care  
needs

Postpartum Depression support 250-770-3555

Speech Language Pathologist 250-498-5074

referrals and therapy for children to age 5

**BC Nurse Line:** 1-866-215-4700 IM

24 hours/7days/week: to speak with nurse  
or 5pm to 9pm with pharmacist (in 130 languages)

**Child & Youth Mental Health Services**  
250-487-4422

**Adult Mental Health Services** 250-495-6543

**Chiropractor:** Dr. Brandt Leinor 250-498-3880

**Community Asthma Centre:** ages 2+ 250-770-5527

**La Leche League:** Jennette 250-492-3522  
Denise 1-250-496-5857

~Mother to mother breastfeeding support &  
information

**Options for Sexual Health** 1-800-731-7803  
(Formerly Planned Parenthood)

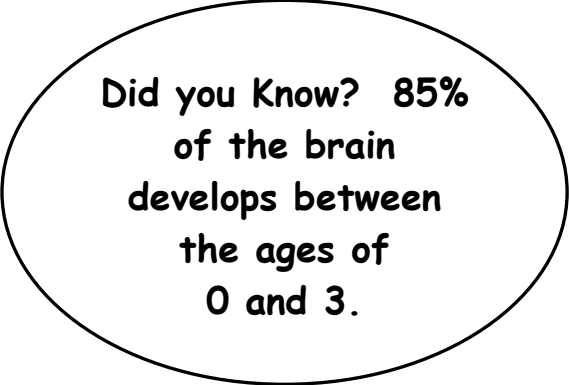
**Sexual Health Clinic** 250-770-3434

**FAMILY SUPPORT**

**Child Care Resource & Referral** 250-492-2926

**Child Care Subsidy** 1-888-338-6622

**Children Who Witness Abuse program**  
For children who have witnessed emotional or  
physical abuse. 250-498-2538



**Important Numbers**

- Police:..... 250-492-4300
- Poison Control Centre.. 1-800-567-8911
- Fire:..... 911
- SO General Hospital 250-498-5000
- Penticton General Hospital  
250-492-4000
- Emergency/ambulance..... 911

Emergency Contact:  
or

Doctor's Office  
Babysitter: or  
Babysitter:



**Ok Falls Women's Institute** 250-497-6665

Learn, share and develop skills to nurture you and your family

**Options for Sexual Health** 1-800-739-7367

Facts of life line, how to talk to your children

**Parenting After Separation** 250-492-5814

Services for those dealing with issues of child custody, guardianship and/or support after separation.

**Parenting Wisely** 250-493-0512

Interactive program to support effective ways of managing difficult behavior, ages 5 and up

**Penticton Transition House** 250-493-7233

Provides emergency shelter for women and their children in crisis 24 hours a day.

**South Okanagan Community Literacy Program**

Provides reading/writing upgrading skills for adults/parents

~ Mary Kiviste

250-492-4305

**South Okanagan Safe Home** 1-877-723-3911

Temporary safe shelter for women and children fleeing abusive situations

**South Okanagan Transit Society** 250-495-8054

Provides pick-up and drop-off bus service to Oliver, Ok Falls, Penticton and Summerland with 2 days notice.

Email: [obc@persona.ca](mailto:obc@persona.ca)

**Supported Child Development** 250-492-5814

Referrals for families with children who need extra support

## EDUCATION

**Books for BC Babies** 250-497-5886

A free book bag to encourage a love for books; for parents of newborns

**Home School Outreach** (Distance Learning)

250-495-7297

**Kindergarten** 250-497-5414

for children who will be 5 years old by Dec.31

**Ok Falls Mini School** 250-497-5576

Preschool for 3 - 5 year olds

**OK Falls Out-of-School Care** 250-809-7322

For Kindergarten and older children from 2:20pm to 5:45 pm

**Next Step** (a follow up to Books for BC Babies)

A book program for children ages 6, 12 & 18 months

250-497-5886

**Nobody's Perfect**

250-493-0512

For parents of children 0-5 years - learning how to understand your child better.

~ Bev McKinley

**Ready Set Learn**

250-497-5414

An early childhood initiative for 3 yr. olds sponsored in partnership with ministries and your local school

**Roots of Empathy**

250-497-5414

A school based program to foster empathy in young children and to prevent aggression and bullying.

~ Lisa McCall

**St.Johns Ambulance**

1-866-321-2651

Training courses for parents in First Aid, CPR & Safety

Email: [Penticton@bc.sja.ca](mailto:Penticton@bc.sja.ca)

**StrongStart B.C. Family Center** 250-809-2802

A free early childhood program for children 0-5 and their caregivers at Ok Falls school.

~ Sam James ([sjames@sd53.bc.ca](mailto:sjames@sd53.bc.ca))

## **OK FALLS FAMILY CHILD CARE**

**Child Care Resource and Referral** 250-492-2926

Referrals to families for child care/subsidies

**Kids' Castle Daycare**

250-497-8970

~ Kelly Gagnon

**Little Stars Daycare**

250-497-6426

~ Christina Doherty

## CULTURE & RECREATION

**Music Lessons**

250-497-6746

Guitar or drums for all ages

~ Leslie Thompson

**Ok Falls Library** 250-497-5886

Story Hour for children 3-5 years old: Wed 1 - 2pm

Summer reading program 6 and under

**Sparks, a division of Girl Guides** 250-497-6003

~ in Kaleden

**Swimming** 250-490-2426

For all ages at Penticton Community Rec Center

**Tumble Bumble:** 250-497-8188

Unstructured playtime for ages 6 months to 4 years

Ok Falls Recreation Center Fridays 9-10:30 am

**OK Falls Parks & Recreation** 250-497-8188

**Playgrounds:** Kenyon Park

Ok Falls school

Lions Park

Hike & Bike Path

Keogan Park

Check our website [www.communitiesforkids.ca](http://www.communitiesforkids.ca)

Click on Map Resources ⇨ OKFalls ⇨ Sports to find a map of Ok Falls' parks.

### SKATING:in Oliver

**Public Skating** 250-498-4985

Wednesday 12 - 1pm FREE

**Canskate** 250-498-3272

S.O. Figure Skating Club: ages 4-6

Terri Brimacombe

**S.O. Minor Hockey:** 250-495-3206

Pre-novice ages 5 & 6

~Laura Loura, Registrar

### INTERFAITH ACTIVITIES

**Ok Falls Community Church** 250-497-5131

Junior Church

**Kids' Klub (OK Falls Community Church)**

Enhancing the spiritual and moral aspect of children age 6 and up with music, puppets and activities.

~ Joy Kelly 250-497-5131

**St. Barbara's Anglican Church** 250-497-8900

~ Sunday school, ages 2 and up, 9:15 am

**United Church** 250-497-6515

~ Sunday school, ages 2 and up, 10 am

**Communities for Kids** 250-498-8433

Meets 2<sup>nd</sup> Monday of each month at 7pm

at the Ok Falls Elementary School

[www.communitiesforkids.ca](http://www.communitiesforkids.ca)

**Community Action Plan For Children (CAPC)**

Provides a venue for parents of children 0-6 years and parents-to-be

Oliver: Arlene Lawrence 250-498-2538

Penticton: Lori Gillard 250-493-0512

**Crisis Line** 250-493-6622

Provides information, education and referrals to people experiencing emotional/personal difficulties.

24 hours a day.

**Dragonfly Pond Respite Society** 250-490-3305

Supporting families who have children with complex care needs

~Tina Myers or [www.dragonflypondsociety.com](http://www.dragonflypondsociety.com)

**Fetal Alcohol Spectrum Disorder (FASD) Program**

provides support for families with children living with confirmed or probable FASD & children and youth with neurological conditions similar to FASD.

~ Christine Lind 250-492-2303

**Foodbank - Helping Hands** through United Church

~ Fred and Jill Lindsay 250-497-6919

**Help Line for Children** 250-310-1234

**Infant Development Program** 250-493-0512

Services for children 0-3 years who are at risk or already have a delay in development

~ Karen Brough

**Ministry of Children & Family Development:**

Family Support and child protection services

1-800-663-8773

**Okanagan Boys & Girls Club** 250-493-0512

Parenting Wisely courses, counseling/crisis intervention for children & youth

**OSNS Child Development Centre** 250-492-0395

Provides assessment and early intervention for children birth to school age in the South Okanagan & Similkameen Region who have special needs. Open referral.

