

# THE EARLY YEARS

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 [WWW.CCCHILD.ORG](http://WWW.CCCHILD.ORG)



 Cariboo  
Chilcotin  
Child Development Centre

Telephone: 250.392.4481 | 690 Second  
Fax: 250.392.4432 | Avenue North  
Website: ccchild.org | Williams Lake,  
BC, Canada  
V2G 4C4



**WILLIAMS LAKE &  
SURROUNDING AREAS  
COMMUNITY RESOURCES  
FOR PREGNANCY, NEW  
BABY AND EARLY  
CHILDHOOD**

2023 compilation by the  
Child Development Centre

## CARIBOO CHILCOTIN CHILD DEVELOPMENT CENTRE ASSOCIATION (CDC)

690 2nd Avenue North, Williams Lake, BC  
250-392-4481  
[www.ccchild.org](http://www.ccchild.org)

The **CDC** offers family support programs, infant development, prenatal classes, breastfeeding support and connections, infant massage and baby development groups.

Programs:

- **Early Years Services:** Drop In
- **Family Support Program** (Child, youth and parenting): Provides services to children and families by engaging children and youth in socio-recreational activities and supporting the parents' ability to provide adequate care for their children. Referral required from the Ministry of Children and Family Development for a child care worker.
- **Occupational Therapy:** Offered to children from birth to 5 years of age assisting with activities of daily living such as playing learning, feeding, and dressing.
- **Physiotherapy:** Promotes physical development and movement in children from birth to 5 years of age.
- Also offers a variety of other programs such as Preschool, Speech and Language Therapy, Supported Child Development, Prenatal classes and so much more.

Please call for more information.

## HEALTH CLINICS

### ATWOOD CLINIC:

101-143 4th Avenue South, Williams Lake, BC  
250-398-5162 / 250-398-8319

### CAMERON CLINIC:

302 Cameron Street, Williams Lake, BC  
250-305-1102

### CARIBOO CHIROPRACTIC MEDICAL CENTRE:

232 3rd Avenue North, Williams Lake, BC  
250-392-7717

### CARIBOO MEDICAL CLINIC:

402 Borland Street, Williams Lake, BC  
250-392-7221

### COMER CLINIC:

440 Comer Street, Williams Lake, BC  
250-398-8499 / 250-305-1102

### YORSTON CLINIC:

201-143 4th Avenue South, Williams Lake, BC  
250-398-8142

### TELUS HEALTH VIRTUAL CARE:

Type in <https://www.telus.com/en/health/care-centres/virtual-care>

### BRIDGE CARE VIRTUAL CLINIC:

250-296-0070  
[bridgecare@cirdivision.ca](mailto:bridgecare@cirdivision.ca)

### WELLCLINICS.CA

<https://wellclinics.ca>

## **ADDITIONAL RESOURCES / EMERGENCY SERVICES**

### **ABORIGINAL VICTIM SERVICES**

250-305-2350

Help is available for those who have been impacted by crime or violence.

### **CHILDREN WHO WITNESS ABUSE PROGRAM**

250-398-7005

Provides individual and group counseling for children and youth from ages 3 to 18 years old who have witnessed abuse, threats, or violence in and out of the home or who have been subjected to bullying.

### **SALVATION ARMY FOOD BANK**

272 Borland St, Williams Lake, BC  
250-392-2429

Provides emergency food hampers for low income individuals /families.  
A share shelf is available with produce and bread.

### **CHIWID TRANSITION HOUSE**

99 3rd Avenue South, Williams Lake, BC  
250-398-5658

A 16-bed unit which provides a haven for women and their children who have been physically, sexually and/ or emotionally abused. The transition house provides counseling, education and support for women and children through such programs as:

- In House group meetings
- One-to-one counseling sessions with a contracted therapist

### **WILLIAMS LAKE VICTIM SERVICES**

250-398-8220 Ext. 2005

Provides justice-related services to victims of family and sexual violence, including adults victims of violence in relationships.

## **WILLIAMS LAKE, BC RESOURCES**

### **BABYMOON CHILDBIRTH AND LACTATION SERVICES:**

Williams Lake BC

250-303-2903 / 250-398-0637

[www.babymoonchildbirth.com](http://www.babymoonchildbirth.com)

Offers private and group prenatal classes, as well as IBCLC lactation consultation, lactation education and breastfeeding support to women and families in Williams Lake and 100 Mile House areas. In-home support is also available.

### **CARIBOO CHILCOTIN PARTNERS FOR LITERACY SOCIETY:**

172 2 Ave N, Williams Lake, BC

250-395-9303

- Books for Babies: A literacy program that has been run by CCPL since 2001. The program provides books to parents of newborns, children and babies born in the Cariboo Chilcotin. Book packages are distributed by Interior Health nurses and Welcome Wagon.
- Bright Red Bookshelf Program: There are 24 stocked bookshelves around Williams Lake and 100 Mile House that are free for families to take as they wish.

### **CARIBOO REGIONAL DISTRICT LIBRARY - WILLIAMS LAKE BRANCH**

Suite A, 180 3rd Avenue North, Williams Lake, BC

250-392-3630

Provides a selection of books and DVDs on pregnancy, breastfeeding and childcare/parenting. Also offers a large section of children's books and programs.

### **WOMEN'S CONTACT SOCIETY**

51A 4th Avenue South, Williams Lake, BC

250-392-4118

[www.womenscontact.org](http://www.womenscontact.org)

Provides individual and /or group counseling for women who have experienced abuse, trauma or violence at any time in their lives. Also offered is free legal advocacy, Good Food Box, baby formula bank, clothing, moms groups, and baby box university.

## **WILLIAMS LAKE, BC RESOURCES**

### **Child Care Resource and Referral (CCRR)**

51A 4th Avenue South, Williams Lake, BC  
250-392-4118

[www.childcarechoices.ca/main/interior/Williams+Lake/ccrr@womenscontact.org](http://www.childcarechoices.ca/main/interior/Williams+Lake/ccrr@womenscontact.org)

Childcare providers are supported in the delivery of high quality child care through the provision of information, resources, toy and equipment lending, networking and training opportunities.

For parents searching for access to high quality child care services, the experienced child care resources and referral staff can provide information and referrals to programs that best meet their family's needs.

### **Williams Lake Health Unit**

540 Borland Street  
250-302-5000

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

#### Services include:

- Public Health Nurses
- Pregnancy testing and counseling
- Home visits
- Health assessments of newborns and mothers
- Pre and post natal support, including breastfeeding and immunization
- Dental: Lift the Lip Clinic and dental education
- Audiology: early newborn screening
- Speech and Language: assessment and therapy services
- Free breastfeeding class once a month and postnatal breastfeeding support-  
Please call to register

Child Health Clinics: Immunizations and Child Development, dental assessments, speech and language pathology

Nurse-Family Partnership: This free program offers support for women who are under 24 years of age and are less than 29 weeks pregnant with their first baby. If you enroll, the public health nurse will visit you in your home or wherever you are comfortable, starting in pregnancy and continuing until your baby is 2 years old.

## **WILLIAMS LAKE, BC RESOURCES**

### **CARIBOO MIDWIVES**

#1 65 1st Avenue North, Williams Lake, BC  
778-267-9397

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

Cariboo midwives are a team of midwives who provide primary care to the people of the Cariboo during pregnancy, birth, and the weeks following the birth.

The midwives provide plenty of time to discuss options in pregnancy and birth and enjoy getting to know each client and their family. The midwives offer blood tests, ultrasounds, and other standard testing throughout the childbearing year. Midwives also offer postpartum care (care in the days and weeks following the birth) including home visits in the first days to anybody in the Williams Lake area if they had a physician for the pregnancy and birth. Midwives are paid by MSP and are therefore free to BC residents.