

Family and Parenting Resources

[The Bridge Youth and Family Services Society](#)- "The Bridge Youth and Family Services Society, a non-profit, charitable organization, has been developing and providing innovative and quality programming for children, youth and families in the Central Okanagan of British Columbia since 1969." This is a local organization, located at Chandler St. and Harvey Ave., which offers services for youth, families, and parents. Check this site for upcoming courses.

[Schools Online: Helping Kids Succeed In School](#)-from the University of Illinois. A good selection of topics about life with kids! Be sure to check out "Parental Involvement In School" and other relevant topics (stress, homework, tests, learning styles, and more). The Parenting and Seniors icon (bottom of page) has more, include preparing your children to become babysitters, building character, and sports and nutrition.

Health Resources

[HealthLinkBC](#)-**NEW!** HealthLinkBC is the gateway to access non-emergency health information services in BC. It is also a collection of print (BC HealthGuide handbook and HealthLinkBC Files), and telephone resources, which put both services and health information into the hands of BC residents.



[Health-Promoting Schools](#)-**NEW!** School District 23 has signed on to HPS, An internationally recognized framework for supporting improvements in students' educational outcomes while addressing school health in a planned, integrated and holistic way. This site present information and resources for students, parents, and teachers.

[KidsHealth.org Parents Page](#)- from Nemours, a U.S. non-profit organization, focused on children's health. The index links include General Health, Emotions and Behaviour, Positive Parenting (includes education topics), First Aid & Safety, and more.

Emotional and Mental Health

[FORCE Society for Kids' Mental Health](#) -Provides information, tools & tips on how to support & assist children with mental health difficulties.

[Here to Help](#) (7 Partner Agencies) -Help for individuals & families to learn how to prevent, recognize, treat & manage mental health problems. Includes WithinSight e-news, mental health resources for multicultural communities.

[Kelty Mental Health Resource Centre](#) -Mental Health Resources for children, youth and families.

Specific Topics:

Anxiety-[AnxietyBC](#) Provides self help toolkits, brochures, newsletters to support children & youth with anxiety concerns.

Autism-[Autism Spectrum Disorder](#)-the BC Ministry of Children and Family Development information and resources pages

Depression-[Dealing With Depression](#) Youth Depression workbook (67 page) on-line and downloadable.

Alcohol, Drug, and Tobacco Abuse Prevention

[Preventing Drug Abuse Among Children and Adolescents](#)-A guide for parents, educators, and community leaders (from NIDA, The National Institute on Drug Abuse, part of the US National Institutes of Health).

[Help Your Child Avoid Drugs of Abuse](#)-Explains how common addictive drugs work, and the symptoms of their use (from National Institutes of Health, US).

Internet Safety

[Childnet](#) provides information and resources for parents and teachers who have children using the internet.

[The Door That's Not Locked](#)-the **Canadian Centre for Child Protection** offers info about all aspects of internet safety, for parents, teachers and others.

[OnGuardOnLine](#) is a US government resource for parents of children and teens using the internet. You can download a printed (pdf) guide.