

Additional Family Support Services offered in Kelowna during COVID-19

[The Bridge Youth and Family Services Society](#), 250-763-0456 / 1-855-760-0456, info@thebridgeservices.ca

The Bridge has adapted how we work to best support the people we serve, and to contribute to the health of the communities in which we work. Our dedication to the people who access our resources and programs however remains constant. Modifications to service delivery prioritize the health and wellness of our participants and our staff. We have tailored some programs to support the hospital and in particular, the acute care system in the Okanagan. We remain committed to the health of the communities we serve, and the resilience and transformative power of the children, youth, adults and families we are honoured to work with.

[Canadian Mental Health Association Kelowna](#), 250-861-3644, kelowna@cmha.bc.ca

Our main office remains open for phone or email inquiries Monday to Friday, 9:00 am - 4:00 pm.

[Central Okanagan Community Food Bank](#), 250-763-7161

[Central Okanagan Family Hub](#), 250-826-6264, info@cofh.ca

Offering online services Monday-Friday, 9:00 am - 3:00 pm. The facility is closed but the Central Okanagan Family Hub continues to offer support via phone, email, and video chat for: emotional support and community referrals, assistance with government subsidy forms, online services, referrals for housing, child care, counselling, food, mental health services, child development services, health services, etc. We will also be visiting local parks with our Little Red Wagon full of fun toys and games for the kids. You can also access our referrals and support at these times.

[Childhood Connections](#), 250.762.3536

Nourish Families Initiative: Free, locally made meals delivered to families in need! Families will receive weekly meals for 6 weeks with accompanying child development and parenting resources. To refer a family, please [fill out a referral form](#).

Playful Healing: Playful Healing supports children who are struggling in their day to day life with feelings of worry, uncertainty, isolation, and unhappiness and whose families are unable to afford expensive therapy. By providing FREE, one-to-one therapy, we help children manage and cope with behavioural struggles and anxiety. To refer a child, please [fill out our referral form](#).

[Foundry Kelowna](#), 236-420-2803

If you have any questions, please contact Foundry Kelowna staff. The Foundry is a wellness centre where young people can find hope, help and support, when they need it.

IMPORTANT NOTE: Foundry Kelowna does not provide emergency or crisis services. If you or someone you know is experiencing a mental health crisis or a medical emergency, please call 911, or go to the ER.

[Interior Crisis Line](#), 1-888-353-2273 (CARE)

The Interior Crisis Line Network is your community safety net of C.A.R.E., providing confidential, accessibly, research-based, empowering support. 24/7/365 days a year for people in the Interior Region of BC.

[KCR Community Resources](#), 250-763-8008, info@kcr.ca

Community Services, Employment Services, Family and Adoption Services & Immigrant Services

KCR Community Resources is here for you during the COVID-19 crisis. Our team is continuing to deliver the highest level of service possible. We are here to support and connect you with resources, services, information and referrals that you need to get through this.

For everyone's health and safety, we request that only those requiring urgent assistance come to our offices. For all other requests, please connect with us using technology tools such as video apps and phones as these will be safest for both you and our team's health. If you have been working with a specific person at KCR, please send them an email and they will contact you directly. If you are unsure of who to contact, please call our office at **250-763-8008** and we will connect you to the right person.

We take our responsibility to support the community very seriously and will do everything within our power to ensure we do that. Our team is staying current on issues, services and supports that are being made available or are changing during this crisis and can help you access them. Let us know how we can help.

[Ki-Low-Na Friendship Society](#), 250-763-4905

[Mamas for Mamas](#), 236-420-0075, [Facebook](#)

Open through phone requests for "food bundles" for families & "tiny bundles". Specifically, for infants. Phone for further details.

[Metis Community Services](#), 250-868-0351,

[Rutland Salvation Army](#), 250-765-3450

Provides food hampers once a month, 12 times a year maximum, by pick up. The office & hampers are fully sanitized. If cannot pick up contact the office for further support. Monday-Friday.

[YMCA of Okanagan](#)

Our charity is responding to COVID-19 including temporarily closing all YMCA recreation facilities during this time. Child care, virtual early years community services and career development services will continue to run. Most recent information can be found at

www.ymcaokanagan.ca/COVID19