



Where to Look For Support For Your Youth In Kelowna

ARC Programs

(Addictions, mental health, family support)

(250) 763-2977

www.arcprograms.com

Canadian Mental Health Assoc.

(Mental health support & programs)

(250) 763-4827

www.cmha.ca

Kelowna Community Resources

(Info on resources, programs & organizations)

(250) 763-8008

www.kcr.ca

Okanagan Boys and Girls Club

Reconnect Program, Club 180

(Provides outreach, support, referrals, and advocacy for high-risk youth)

(250) 868-8541

www.boysandgirlsclubs.ca

Reach Out Youth Counselling

(250) 763-7892

www.reachoutyouthcounselling.com

Child & Youth Mental Health

(250) 861-7301

www.mcf.gov.bc.ca/mental_health

Ki-Low-Na Friendship Center

(Aboriginal cultural services)

www.kfs.bc.ca

Family Smart

(Support for parents)

<http://www.familysmart.ca>

Information on Substances/Drugs:

www.quitnow.ca

www.streetdrugs.org

www.teens.drugabuse.gov

www.drugfreeworld.org

www.ncpic.org.au

www.heretohelp.bc.ca

Information on Mental Health:

www.mindcheck.ca

www.kidshealth.org/teen

www.anxietybc.com

www.heretohelp.bc.ca

www.abovetheinfluence.com

www.keltymentalhealth.ca