

Services for Families in Ladysmith

Health Services

Hillside Medical Centre
541 3rd Ave. 245-2235

Ladysmith Community Health Centre
1111 4th Ave. 739-5777

Ladysmith Family Practice Clinic
1111 4th Ave. 739-5784

Childcare / Preschools

Boys & Girls Clubs of Central Vancouver Island
Ladysmith 730 Third Avenue 245-8921
PacificCare

Provides referrals for all types of child care specific to your needs and to your area. For more information visit our website www.pacific-care.bc.ca or contact us at 716-2022 or 1-888-480-2273

Child Care Subsidy 1-888-338-6622

Other Resources

BC NurseLine 1-866-215-4700

BC Safe School Centre 1-888-224-7233

City Hall 410 Esplanade 245-6400

Crisis Line (Nanaimo) 754-4447

Foster Parent Support Services Society 390-9686

Haven Society and Transition House

24 hr Emergency Line 756-0616

Kids Help Phone 1-800-668-6868

Kwumut Leleum Child and Family Services

7973 Chemainus Rd. 246-3336

Ladysmith Family and Friends

1110 First Ave. "Aggie Hall" 210-0870

Ladysmith Resources Centre Association

721 1st Ave. 245-3079

Ladysmith Parks, Recreation & Culture

810 6th Ave. 245-6424

Nanaimo Child Development Centre

1135 Nelson St., Nanaimo 753-0251

Poison Control Centre 1-800-567-8911

RCMP 245-2215

School District 68 754-5521

Supported Child Development

#12-740 1st Ave. 245-3466

Thrifty Shop French St. at 1st Ave. 245-5225

Vancouver Island Regional Library, Ladysmith

#3-740 1st. Ave. 245-2322

Partnership Members

Boys and Girls Clubs of
Central Vancouver Island - Ladysmith

Children First Coordinator

Ladysmith Family and Friends Society

Ladysmith Resources Centre Association

Council Liaison, Town of Ladysmith

Ministry of Children and Family
Development

Nanaimo & Ladysmith School District 68, Early
Years Coordinator

Nanaimo Child Development Centre

Nutsuma Lelum Child Care Centre

PacificCARE Child Care Resource and Referral

Success By 6 Coordinator

Supported Child Development Program

Town of Ladysmith, Community Services

United Way Central and Northern
Vancouver Island

Vancouver Island Health Authority,
Child, Youth and Family Services.

Vancouver Island Regional Library,
Ladysmith 245-2322

For more information please contact

LEYP Chair & Children First Coordinator

Sandy Weeks

Phone: 245-8183

E-mail: sweeks@pacific-care.bc.ca



Programs and Resources for Children 0 to 6 Years and Their Families



**"Ladysmith is a community where
children and families thrive"**

Programs for Children 0 to 6 Years and Their Families

Mondays:	event	time	location	contact
	Adventures in Early Literacy* for Parents and their preschool aged children	9:45am to 11:15am	Ladysmith Resource Centre (LRCA) Family House. 12 Buller Street	245-3079
	Ladysmith Family & Friends (LaFF) Family Resource Program. For caregivers and children aged 0-5 years	9:30am to 12 noon (Drop-in)	Aggie Hall 1110 1st Avenue www.familyandfriends.ca	210-0870
	Ladysmith Primary StrongStart Centre children aged 0-5 years with their caregiver	12 noon to 3:00pm	Ladysmith Primary School 510 6th Avenue	740-3516

Tuesdays:	event	time	location	contact
	Ladysmith Family & Friends (LaFF) Family Resource Program. For caregivers and children aged 0-5 years with Stone Soup	9:30am to 12 noon (Drop-in)	Aggie Hall 1110 1st Avenue www.familyandfriends.ca	210-0870
	Ladysmith Primary StrongStart Centre children aged 0-5 years with their caregiver	12 noon to 3:00pm	Ladysmith Primary School 510 6th Avenue	740-3516
	Infant Immunizations by appointment (Vancouver Island Health Authority)	1:15pm to 3:15pm	Ladysmith Community Health Centre 1111 4th Avenue	755-3342
	Family Frolics Drop-in Gym Time October to March, walking to 6 years, Cost: \$1	5:45pm to 6:45pm	Ladysmith Community Centre 810 6th Avenue	245-6424
	Triple P* Positive Parenting Program for Parents with children aged 2 to 11 years	6:30pm to 8:30pm	LRCA Family House 12 Buller Street	245-3079

Wednesdays:	event	time	location	contact
	Ladysmith Primary StrongStart Centre children aged 0-5 years with their caregiver	12 noon to 3:00pm	Ladysmith Primary School 510 6th Avenue	740-3516
	Ladysmith Family & Friends (LaFF) Family Resource Program	9:30am to 12 noon (Drop-in)	Aggie Hall 1110 1st Avenue	210-0870
	Cedar Family Play-time Parent & Tot Drop-in	9:00am to 11:30am	Cedar Heritage Centre 1644 McMillan Road	245-2156
	Mom's Morning Out Drop-in Playgroup with free child minding, coffee and tea	9:30am to 11:30am	Calvary Baptist Church, 3318 River Rd., Chemainus	246-9701
	Born Healthy Pre-natal Program	10:30am to 1:30pm	LRCA Family House 12 Buller Street	245-3079
	Storytime 3-5 years*	10:30am to 11:00am	Ladysmith Library #3-740 1st Avenue	245-2322
	Storytime 3-5 years*	11:30am to 12noon	Chemainus Library 2592 Legion	246-9471

* require pre-registration

Thursdays:	event	time	location	contact
	Ladysmith Family & Friends (LaFF) Family Resource Program	9:30am to 12 noon (Drop-in)	Aggie Hall 1110 1st Avenue	210-0870
	Parent-Child Mother Goose* Toddler 15 to 30 months Infant newborn to 14 months	9:45am-11:15am 12:15pm-1:45pm	LRCA Family House 12 Buller Street	245-3079
	Ladysmith Primary StrongStart Centre children aged 0-5 years with their caregiver	12 noon to 3:00pm	Ladysmith Primary School 510 6th Avenue	740-3516
	Infant Immunizations by appointment (Vancouver Island Health Authority)	1:15pm to 3:15pm	Ladysmith Community Health Centre 1111 4th Avenue	755-3342

Fridays:	event	time	location	contact
	Ladysmith Family & Friends (LaFF) Family Resource Program	9:30am to 12 noon (Drop-in)	Aggie Hall 1110 1st Avenue	210-0870
	Healthy Beginnings Birth - 12 Months. Sorry no childminding	10:30am to 12 noon	Ladysmith Community Health Centre 1111 4th Avenue	755-3388
	Healthy Beginnings Prenatal to 18 months - 1st and 3rd Fridays	10:00am to 11:00am	Chemainus Elementary Community School	246-3588
	Little Eagles Stay and Play (0-3 yrs) For children and their caregivers. Older siblings are welcome.	9:00am to 10:45am	Chemainus Elementary Community School	246-3588
	Ladysmith Primary StrongStart Centre children aged 0-5 years with their caregiver	12 noon to 3:00pm	Ladysmith Primary School 510 6th Avenue	740-3516
	Public Health Nurse Drop In	1:30pm to 3:30pm	Ladysmith Community Health Centre 1111 4th Avenue	755-3388

* require pre-registration

Prenatal classes are now also available at the Ladysmith Resource Centre. Please call 245-3079 for more information and to register. Prenatal classes are also offered in Nanaimo through Vancouver Island Health Authority (VIHA). Please call 755-3308 to register.

Ladysmith Resources Centre Association:

Community Computer Centre - Good Food Box - Ladysmith Food Bank
Literacy Programs - Peer Counselling - Prenatal Classes - Lay Counseling
Community Advocate - For more information call 245-3079

Ladysmith Parks, Recreation & Culture:

Ballet for Preschoolers - Family and Parent & Tot Swims - Gymnastics - Swimming Lessons
Mom & Baby Boot Camp - Taekwondo for Tykes - World Cup Soccer Tots - Yoga Baby/Kids
Drop-in Child Minding while Parent takes part in a Fitness Class, Aquafit Class,
or Workout in the Fitness Centre For more information call 245-6424