



Boys & Girls Club
of Kamloops

Have a website or other resource you think we should know about and share? Let us know, email Alison at: resource@bgckamloops.com

****Please note,*** we are **not** affiliated with these organizations but are just sharing their information, websites, and Facebook pages. Programs, services, and events provided by these organizations are subject to change. We also share these organization's services, programs and events on Boys and Girls Club of Kamloops Facebook page.

Local Resources for food

Boys and Girls Club of Kamloops

150 Wood St, Kamloops
250-554-5437

We offer Youth hampers and "grab and go" lunches and dinners, Friday Family "grab and go" dinners, and Power Start drop off breakfasts for families already registered in our Power Start program through their schools.

.....

Kamloops Food Bank

Address: 171 Wilson Street, Kamloops B.C.

Phone: 250-376-2252

<https://www.kamloopsfoodbank.org/>

<https://www.facebook.com/kamloopsfoodbank/>

From the Kamloops Food Bank website:

COVID-19 UPDATE: The Kamloops Food Bank remains open

With the growing number of Coronavirus cases and BC declaring a Public Health Emergency the focus on the health and safety of our staff, volunteers, and clients remains paramount. Our desire to create a safe environment while continuing to provide food to those in need prompted the following procedural changes:

Clients:

- Stand 2 metres apart at all times
- We are serving 1 client at time in the building
- Sanitize hands upon entering
- Have your ID ready to display
- Please follow staff & volunteer direction
- Clients are able to access Perishable hampers once per week and Non-Perishable hampers once per month
- All Hampers are now pre-packed to
 - expedite the intake process
 - serve the largest number of clients
 - limit social contact

- ensure food is shared equally

Our administrative staff is currently working from home and we are unable to answer any calls. Please email info@kamloopsfoodbank.org and your inquiry will be directed to the appropriate department.

In order to better serve our clients we have adjusted our hours. As of April 8th our new hours will be:

Monday & Wednesday

Families and Single Parents

8:30am - 11:30am

12:00pm – 1:30pm

Tuesday & Thursday

Adult Singles and Couples

8:30am - 11:30am

12:00pm-1:30pm

Friday

7:30am - 8:30am **Seniors**

9am – 11:30am - **All Clients**

12pm - 2pm - **All Clients**

Mount Paul Food Centre

Address: 140 Laburnum St, Kamloops

Phone: 236-421-1011

Offers meals to the community at no charge.

<https://www.interiorcommunityservices.bc.ca/programs/mount-paul-food-centre>

Mount Paul Food Centre Facebook page: <https://www.facebook.com/icsfoodcentre/>

Youth Street Outreach (for youth ages 13-24)

408 Seymour St, Kamloops

250-374-7435

Provides outreach and other services to homeless or at-risk youth.

<https://www.interiorcommunityservices.bc.ca/programs/youth/youth-street-outreach>

Facebook page: <https://www.facebook.com/Youth-Street-Outreach-1189757054510066/>

Salvation Army – Kamloops

344 Poplar St, Kamloops

250-554-1611

Offers meals, food hampers and more.

<https://www.kamloopssalvationarmy.ca/community-services/>

Facebook page: <https://www.facebook.com/pg/kamloopssalvationarmy/services/>

Mental Health Resources

Dallas Shirley is a local (Kamloops) Registered Clinical Counsellor who has provided Children's Counselling and Family Counselling for non-profit organizations. She is also the author of books for children and families on topics ranging from death, grief, and loss, to books about feelings and coping with anger. She has put some activities on her website for families and children to try.

<https://www.woodlandwisdombooks.com/new-videos-of-coping-activities.html>

Kids Help Phone, a confidential service with volunteer counsellors available 24/7
1-800-668-6868

Text CONNECT to [686868](tel:686868) from anywhere in Canada

<https://kidshelpphone.ca/>

Shoppers Drug Mart has teamed up with SilverCloud Health to offer a free virtual stress-management program via smartphones, tablets or computers until June 15, 2020.

<https://shoppers.silvercloudhealth.com/onboard/shoppers/stress/>

Anxiety Canada has free resources for all ages to deal with anxiety due to COVID-19

<https://www.anxietycanada.com/>

.....

City of Kamloops COVID-19 Page

Updates Kamloops residents with the latest on transportation, closures, and more.

<https://letstalk.kamloops.ca/covid>

BC Utilities

BC Hydro and Fortis BC have information on bill payments and more during the COVID-19 pandemic

BC Hydro: <https://www.bchydro.com/news/conservation/2020/covid-19-updates.html>

Fortis BC: <https://www.fortisbc.com/about-us/supporting-british-columbia-during-the-covid-19-outbreak/billing-support-during-covid-19>

.....

Physical Activities

Active for Life: <https://activeforlife.com/>

Cosmic Kids Yoga, a free YouTube channel with yoga and storytelling:

<https://www.youtube.com/user/CosmicKidsYoga>

YMCA at Home offers free workouts for children and adults: <https://www.ymcahome.ca/>

YMCA at Home YouTube Channel: <https://www.youtube.com/channel/UCnMijYuiaJT7JilnXPo7jQ>

Les Mills On Demand, offers some free workouts for children and adults:

<https://watch.lesmillsondemand.com/born-to-move-free>

Reading and Art Activities

Mo Willems Lunch Doodles, YouTube Channel:

https://www.youtube.com/playlist?list=PL14hRqd0PELGbKihHuTqx_pbvCLqGbOkF

Authors and Illustrators reading and drawing with kids (more links contained in this link):

<https://www.buzzfeednews.com/article/ariannarebolini/authors-illustrators-storytime-kid-videos-coronavirus>

Education

School District 73 Parent Resource Page:

<https://www.sd73.bc.ca/en/community-parents-and-students/parent-resource-page.aspx>

Literacy websites:

<https://abclifeliteracy.ca/>

<https://www.decoda.ca/read-all-about-lit/>

At home science experiments from:

Science World Vancouver

<https://www.scienceworld.ca/>

Telus World of Science Edmonton

<https://telusworldofscienceedmonton.ca/explore/experiences/science-home/>

Spark Science in Calgary

<https://www.sparkscience.ca/spark-science-from-home/>

Fun Family Websites

Celebrities Reading Books for Kids: <https://www.storylineonline.net/>

or the Storyline Online YouTube channel: <https://www.youtube.com/user/StorylineOnline>

Good Night with Dolly (Parton), YouTube Channel:

https://www.youtube.com/watch?v=tT9fv_ELbnE&feature=emb_title

Indoor Play Ideas

https://www.melissaanddoug.com/blogpost/?postId=our-best-play-ideas-for-when-kids-are-stuck-at-home&fbclid=IwAR3xa5IK8ISRn5IdbRyFfhNJKEyK-H8S2E2IPs_yV5y7tUf2tlkZYnTjhCM

Harry Potter at Home

<https://www.wizardingworld.com/collections/harry-potter-at-home>