

PEACE Program Resources

Crisis/Emergency Resources:

Vancouver Island Crisis Line: 1-888-494-3888 (24 hours/365 days per year)

Mental Health Support Line: 310-6789

Kids Help Phone: www.kidshelpphone.ca; 1-800-668-6868; text CONNECT to 686868

Youth in BC: www.youthinBC.com; 604-872-3311

Parenting Resources: Videos, Websites, Articles

How to become a better parent: Positive vs. Toxic Parenting Tips, Dr Gabor Maté:

<https://www.youtube.com/watch?v=fcPPDbvGr7s&list=PLJTakZliWV66c6A5IP7HRTpjw8KtvmI4E&index=9&t=95s>

3 Keys to a great parent-child relationship: Talks On Parenting with Dr Laura Markham:

<https://www.youtube.com/watch?v=ZXThBTzK8K4&list=PLJTakZliWV66c6A5IP7HRTpjw8KtvmI4E&index=12&t=5s>

LoveParenting: How to calm down when you're triggered ft Dr Laura Markham:

<https://www.youtube.com/watch?v=4yHDNxGKf6M&list=PLJTakZliWV66c6A5IP7HRTpjw8KtvmI4E&index=13&t=141s>

How to comfort an upset child – Dr. Dan Siegal: <https://www.youtube.com/watch?v=3BFO-NwCK08>

5 Incredibly fun games to teach self-regulation: https://www.youtube.com/watch?v=H_O1brYwdSY&t=362s

Wellbeing for Children: Healthy Habits: <https://www.youtube.com/watch?v=dhpCdqOtuj0&t=157s>

Wellbeing for Children: Resilience: <https://www.youtube.com/watch?v=zeu9X88g8DE&t=362s>

Five ways to boost mental wellbeing: <https://www.youtube.com/watch?v=gJ5V525Sck&t=297s>

Teen brains are not broken: <https://www.youtube.com/watch?v=ZQUBFgenMXk>

Developing a Growth Mindset: <https://www.youtube.com/watch?v=rUJkbWNnNy4>

Greater Victoria Public Library: <https://www.gvpl.ca/>

- Hoopla: Free app for audiobooks and movies: <https://www.gvpl.ca/virtual-branch/hoopla/>
- Programs: <https://www.gvpl.ca/gvpl-programs/>

Aha Parenting – excellent Parenting Resource Website, organized by topic: <https://www.ahaparenting.com/>

Ask Dr. Sears: The Trusted Resource for Parents: <https://www.askdrsears.com/>

VWTH PEACE Program Book Recommendations:

- The Whole Brain Child by Dr. Dan Siegal & Dr. Tina Payne Bryson
- No Drama Discipline by Dr. Dan Siegal & Dr. Tina Payne Bryson
- The Yes Brain by Dr. Dan Siegal & Dr. Tina Payne Bryson
- The Power of Showing Up by Dr. Dan Siegal & Dr. Tina Payne Bryson

- Hold on to Your Kids: Why Parents Need to Matter More Than Peers by Dr. Gabor Mate & Dr. Gordon Neufeld
- Rest, Play, Grow: Making Sense of Preschoolers (or anyone who acts like one) by Dr. Deborah Macnamara
- Peaceful Parent, Happy Kids: How to Stop Yelling and Start Connecting by Dr. Laura Markham
- Kids Are Worth It by Barbara Coloroso
- How to Talk so Kids Will Listen & Listen so Kids will Talk by Adele Faber & Elaine Mazlish

Children's Book List:

- Small Things by Mel Tregonning
- Kevin the Unicorn: It's Not All Rainbows by Jessika Von Innerebner
- Why Do I Feel So Sad? by Tracy Lambert
- BIG Feelings by Alexandra Penfold and Suzanne Kaufman
- Looking for Smile by Ellen Tarlow
- The Boy with the Big, Big Feelings by Britney Winn Le
- More Than Fluff by Madeline Valentine
- The Big Bad Wolf in my House by Valérie Fontaine and Nathalie Dion
- The Don't Worry Book by Todd Parr
- Puppy in my Head: a book about mindfulness by Elise Gravel
- The Heart and the Bottle by Oliver Jeffers
- I Am Love: a book of compassion by Susan Verde

Parent and Family Support Resources: Local Greater Victoria

Boys and Girls Club of South Vancouver Island: <https://bgcsvi.org/>

- Parenting Classes: <https://bgcsvi.org/programs/parenting/>
- Youth and Family Services: <https://bgcsvi.org/programs/youth-and-family-services/>

Saanich Neighbourhood Place: <https://www.snplace.org/>

- Child, Youth, and Family Programs: <https://www.snplace.org/child--family.html>

Quadra Village Community Centre: <https://www.qvcc.ca/>

- Child and Family Programs: <https://www.qvcc.ca/childandfamilyprograms>

Sooke Family Resource Society (serving Westshore too): <https://www.sfrs.ca/>

- Early Years Services: <https://www.sfrs.ca/programs/early-years-services>
- Family Services: <https://www.sfrs.ca/programs/family-services>
- Counselling: <https://www.sfrs.ca/programs/counselling>

Fairfield Gonzales Community Association: <https://fairfieldcommunity.ca/>

- Family Drop-In: <https://fairfieldcommunity.ca/early-childhood-programs/drop-in/>

James Bay Community Project: <http://www.jbcp.bc.ca/>

- Family Services: <http://www.jbcp.bc.ca/calendar/>

Family Services of Greater Victoria: <https://www.fsgv.org/>

- Separation Support: Caught in the Middle Program: <https://www.fsgv.org/caught-in-the-middle.html>

- Separation Support: <https://www.fsgv.org/facilitated-parent-child-connections.html>
- Mediation for couples: <https://www.fsgv.org/mediation-for-couples.html>
- Separation Resource Service: <https://www.fsgv.org/separation-resource-services.html>
- Grandparent Support: <https://www.fsgv.org/support-for-grandparents.html>
- New Ways for Families: Decision Skills Class: <https://www.fsgv.org/new-ways-for-familiesreg.html>

Men's Therapy Centre: <http://www.menstrauma.com/>

- Group for Dads: <http://www.menstrauma.com/groups/>

1Up Single Parent Resource Centre: <https://www.singleparentvictoria.ca/>

- Various Support Groups: <https://www.singleparentvictoria.ca/our-courses/>
- Mentorships, food and household supplies access support, coaching, classes and counselling: <https://www.singleparentvictoria.ca/our-services-2/>

Parent Support Services of BC:

- Grandparents raising grandchildren helpline: <https://www.parentsupportbc.ca/grandparents-raising-grandchildren/>
- Support Circles: <https://www.parentsupportbc.ca/support-circles/>
- Vancouver Island specific classes: <https://www.parentsupportbc.ca/regions/vancouver-island/>

Fernwood Neighbourhood Resource Group: <https://fernwoodnrg.ca/>

- Nobody's Perfect Parenting Class: <https://fernwoodnrg.ca/fernwood-nrg-programs/family-programs/nobodys-perfect/>
- Family Dinner: <https://fernwoodnrg.ca/fernwood-nrg-programs/family-programs/family-dinner/>
- Best Babies: <https://fernwoodnrg.ca/fernwood-nrg-programs/family-programs/best-babies/>
- Parent-Child Mother Goose: <https://fernwoodnrg.ca/fernwood-nrg-programs/family-programs/parent-child-mother-goose/>
- Kindergym: <https://fernwoodnrg.ca/fernwood-nrg-programs/family-programs/kindergym/>
- Food Security: <https://fernwoodnrg.ca/fernwood-nrg-programs/food-security/>

Esquimalt Neighbourhood House Society: <https://www.enh.bc.ca/>

- Family Programs: <https://www.enh.bc.ca/families/>

Canadian Mental Health Association: <https://cmha.bc.ca/>

- Confident Parents, Thriving Kids: <https://welcome.cmhacptk.ca/>

Lower Cost Counselling: Local Greater Victoria

Pacific Centre Family Services Association: <https://www.pacificcentrefamilyservices.org/>

- Adult Counselling: <https://www.pacificcentrefamilyservices.org/adult-counselling>
- Community Counselling: <https://www.pacificcentrefamilyservices.org/community-counselling>

Sooke Family Resource Society (serving Westshore too): <https://www.sfrs.ca/>

- Counselling: <https://www.sfrs.ca/programs/counselling>

Citizens Counselling Centre: <https://citizenscounselling.com/>

Family Services of Greater Victoria: <https://www.fsgv.org/>

- Adult Counselling: <https://www.fsgv.org/adults.html>
- Child and Youth Counselling: <https://www.fsgv.org/children--youth.html>

1Up Single Parent Resource Centre: <https://www.singleparentvictoria.ca/>

- Counselling for single parents: <https://www.singleparentvictoria.ca/our-services-2/>

Esquimalt Neighbourhood House Society: <https://www.enh.bc.ca/>

- Free adult counselling: <https://www.enh.bc.ca/counselling-services/>

BC Borstal Association – Online and phone trauma support

- <https://www.bcborstal.ca/programs-and-services>

Canadian Mental Health Association:

- Living Life to the Full: <https://livinglifetothefull.ca/bc-courses/>
- Mental Health Support: <https://cmha.bc.ca/document-category/improving-mental-health/>
- Bounce Back: <https://cmha.bc.ca/documents/bounce-back-today-mental-health-promotion-campaign/>

Youth Programs

Boys and Girls Club of South Vancouver Island: <https://bgcsvi.org/>

- Youth programs: <https://bgcsvi.org/programs/youth-leadership/>
- Youth Camps: <https://bgcsvi.org/programs/camps-for-kids-and-teens/>

Saanich Neighbourhood Place: <https://www.snplace.org/>

- Youth Programs: <https://www.snplace.org/youth.html>

Quadra Village Community Centre: <https://www.qvcc.ca/>

- Youth Programs: <https://www.qvcc.ca/youthprograms>

Sooke Family Resource Society (serving the Westshore too): <https://www.sfrs.ca/>

- Youth Programs: <https://www.sfrs.ca/programs/youth-services>

Fairfield Gonzales Community Association: <https://fairfieldcommunity.ca/>

- Youth Zone: <https://fairfieldcommunity.ca/schoolage-programs/youth-zone/>
- Chill Zone Youth Drop-In: <https://fairfieldcommunity.ca/schoolage-programs/youth-drop-in/>
- JumpNStart: <https://fairfieldcommunity.ca/schoolage-programs/referral-services/jumpnstart/>

James Bay Community Project: <http://www.jbcp.bc.ca/>

- Youth Programs: <http://www.jbcp.bc.ca/youth/>

Pacific Centre Family Services Association: <https://www.pacificcentrefamilyservices.org/>

- Youth Email Counselling: youthtalk2@pcfsa.org
- Youth and Family Services: <https://www.pacificcentrefamilyservices.org/child-youth-family-services>
- Child and Youth Counselling: <https://www.pacificcentrefamilyservices.org/community-counselling>

Men's Therapy Centre: <http://www.menstrauma.com/>

- Youth Crime Reduction Program: <http://www.menstrauma.com/crime-reduction-pilot-program/>

Youth Space: <https://youthspace.ca/>

- Text and email counseling: <https://youthspace.ca/youthspace-resources/ecounseling/>

Esquimalt Neighbourhood House Society – Youth Programs: <https://www.enh.bc.ca/families/>

Foundry: <https://foundrybc.ca/>

- Mental Health and Substance Use Support for youth aged 12 – 24: <https://foundrybc.ca/victoria>

Youth Empowerment Society: <http://www.vyes.ca/>

Canadian Mental Health Association – Youth Programs: <https://cmha.bc.ca/types-programs-services/youth/>

Youth Wellness Resources: Videos, Articles, Websites

AboutKidsHealth Youtube Channel: Youth Mental Health Animations

- <https://www.youtube.com/watch?v=Ty93GRPpJJo&list=PLJtOP3StluXFJ3jjjR3THLhHNMrFFJkM>

Five ways to boost mental wellbeing: https://www.youtube.com/watch?v=_gJ5V525Sck&t=297s

Teen Brains are not Broken: <https://www.youtube.com/watch?v=ZQUBFgenMXk>

Developing a Growth Mindset: <https://www.youtube.com/watch?v=rUJkbWNnNy4>

Symptoms and Strategies for Social Anxiety in Children and Youth – Anxiety Canada:
<https://www.youtube.com/watch?v=ypHzXOcUQwE>

Why Does my Past Trauma Still Affect Me?: https://www.youtube.com/watch?v=_hk2_mhky4I&t=10s

Effects of Trauma

How childhood trauma affects health across a lifetime, Nadine Burke Harris TED Talk:

<https://www.youtube.com/watch?v=95ovIJ3dsNk&list=PLJTAkZliWV66c6A5IP7HRTpjw8KtvmI4E&index=1>

Alberta Family Wellness Initiative - How Brains are Built: The Core Story of Brain Development:

<https://www.youtube.com/watch?v=LmVWOe1ky8s&list=PLJTAkZliWV66c6A5IP7HRTpjw8KtvmI4E&index=2&t=4s>

Childhood Trauma and the Brain - UK Trauma Council:

<https://www.youtube.com/watch?v=xYBUY1kZpf8&list=PLJTAkZliWV66c6A5IP7HRTpjw8KtvmI4E&index=8>

What is PTSD? https://www.youtube.com/watch?v=2KXtIIX_yUs&t=8s

Symptoms and Strategies for PTSD in Children and Teens – Anxiety Canada:

<https://www.youtube.com/watch?v=7HzYOxHNhNU&t=4s>

Men's Services: Local Greater Victoria

Greater Victoria Family Services Association: <https://www.fsgv.org/>

- Men's Stories (separation and divorce): <https://www.fsgv.org/mens-stories.html>

Men's Therapy Centre: <http://www.menstrauma.com/>

- Victim Services: <http://www.menstrauma.com/victim-services/>
- General Counselling: <http://www.menstrauma.com/counselling/>
- Youth Crime Reduction Program: <http://www.menstrauma.com/crime-reduction-pilot-program/>
- Group Programs: <http://www.menstrauma.com/groups/>

1Up Single Parent Resource Centre: <https://www.singleparentvictoria.ca/>

- Dads with Dads Group: <https://www.singleparentvictoria.ca/our-courses/>

Saanich Neighbourhood Place: <https://www.snplace.org/>

- Parenting from a Dad's Perspective!: <https://saanichneighbourhoodplace.com/parenting-from-a-dads-perspective/>

Brain and Neurological Development

Alberta Family Wellness Initiative - How Brains are Built: The Core Story of Brain Development:

<https://www.youtube.com/watch?v=LmVWOe1ky8s&list=PLJTAkZliWV66c6A5IP7HRTpjw8KtvmI4E&index=2&t=4s>

Dan Siegal – Name it to Tame it:

<https://www.youtube.com/watch?v=ZcDLzppD4Jc&list=PLJTAkZliWV66c6A5IP7HRTpjw8KtvmI4E&index=6>

Dan Siegel - "Flipping Your Lid." A Scientific Explanation:

https://www.youtube.com/watch?v=GOT_2NNoC68&list=PLJTAkZliWV66c6A5IP7HRTpjw8KtvmI4E&index=7&t=14s

Fight, Flight, Freeze, Fawn – Really Understand Your Stress Response:

https://www.youtube.com/watch?v=OP6SXM6_g

Is it Dissociation?: <https://www.youtube.com/watch?v=GSG09Zg32Ao>

General Wellness and Self-Care

Brene Brown – The Power of Vulnerability TED Talk:

<https://www.youtube.com/watch?v=X4Qm9cGRub0&list=PLJTAkZliWV66c6A5IP7HRTpjw8KtvmI4E&index=3&t=9s>

The Effects of Mindfulness – University of California Television:

<https://www.youtube.com/watch?v=iN1t40xOczo&list=PLJTAkZliWV66c6A5IP7HRTpjw8KtvmI4E&index=10>

The Scientific Power of Meditation:

<https://www.youtube.com/watch?v=Aw71zanwMnY&list=PLJTAkZliWV66c6A5IP7HRTpjw8KtvmI4E&index=11>

Healthy Relationships

Why Does Your Attachment Style Matter?: https://www.youtube.com/watch?v=Pq_UoY4rqGo

The Science of Love – Dr. John Gottman: <https://www.youtube.com/watch?v=-uazFBCDvVw>

How to Build Trust – Dr. John Gottman: <https://www.youtube.com/watch?v=rgWnadSi91s>

Relationships and How They Shape Us – Esther Perel: https://www.youtube.com/watch?v=_Yaka0RHYfo

Still haven't found what you are looking for? Try <https://bc211.ca/> for a list of more resources