

Partnership Members

Boys and Girls Clubs of Central
Vancouver Island - Ladysmith

Children First Liaison

Council of the Town of Ladysmith

Ladysmith Early Years Community
Coordinator

Ladysmith Family and Friends Society

Ladysmith Resources Centre Association

Ministry of Children and Family
Development

Nanaimo & Ladysmith School District 68,
Early Years Coordinator

Nanaimo Child Development Centre

Nutsumaat Lelum Child Care Centre

PacificCARE Child Care Resource and
Referral

Success By 6 Coordinator

Supported Child Development Program

Town of Ladysmith Parks, Recreation and
Culture

United Way Central Island

Vancouver Island Health Authority, Child,
Youth and Family Services

Vancouver Island Regional Library,
Ladysmith

Last Update: October 29, 2007



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

For more information please contact us:

Ladysmith Early Years Community Coordinator
Louise Ward
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LEYP Chair & Children First Liaison
Sandy Weeks
Phone: 250-245-3466 E-mail: sweeks@pacific-care.bc.ca

Services for Families in Ladysmith

Health Services

Hillside Medical Centre 541 3rd Ave.	245-2235
Ladysmith Community Health Centre 1111 4th Ave.	245-2221
Ladysmith Family Practice Clinic 1111 4th Ave.	245-6540
Ladysmith Health Unit Prenatal and Early Childhood Services	245-7119
224 High Street	msg 245-6549

Preschools

Altair Montessori Learning Centre 11225 Trans Canada Highway, Ladysmith	245-1414
Cedar Riverside Preschool 1644 Cedar Road	722-3880
Kids-R-Unique 3505 Hallberg Road	245-7400
Ladysmith Preschool Society 232 High St.	245-4712
St. Joseph's School 9727 Elm, Chemainus	246-3191

Other Resources

BC NurseLine	1-866-215-4700
BC Safe School Centre	1-888-224-7233
Boys & Girls Clubs of Central Island, Ladysmith 730 Third Avenue	245-8921
Child Care Subsidy	1-888-338-6622
Child Development Centre 1135 Nelson St., Nanaimo	753-0251
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 Resources Centre Association 721 1st Ave.	245-3079
Ladysmith Parks, Recreation & Culture 810 6th Ave.	245-6424
PacificCARE Child Care Resource & Referral	716-2022
Poison Control Centre	1-800-567-8911
RCMP	245-2215
School District 68	754-5521
Supported Child Development Program #12-740 1st Ave.	245-3466
Thrift Shop French St. at 1st Ave.	245-5225
Vancouver Island Regional Library, Ladysmith #3-740 1st. Ave.	245-2322



***“Healthy children and families in
a caring and healthy community”***

Programs for Children 0 to 6 Years and Their Families

Mondays:

Event	Time	Location	Contact
Adventures in Early Literacy* for Parents and their 3 to 4 year old children	9:45am-11:15am	LRCA Family House, 12 Buller St.	245-3079
Mum, Dad and Me Playgroup* for Parents and their children aged 18 months and up	9:00am-11:00am	United Church, 9814 Willow, Chemainus	Kathi Diewert 246-2268

Tuesdays:

Event	Time	Location	Contact
Ladysmith Family & Friends (LaFF) for caregivers and children aged 0-5 years with Stone Soup on Tuesdays	9:30am-1:00pm	Aggie Hall, 1110 1st Ave. familyfriends@telus.net www.laff-ing.blogspot.com/	245-6424
Family Frolics Drop-in Gym Time October to March, walking to 5 years, Cost: \$1	5:45pm-6:45pm	FJ Community Centre, 810 6th Ave., Ladysmith	245-6424
Triple P* Positive Parenting Program for Parents with children aged 2 to 11 years	6:30pm-8:30pm	LRCA Family House, 12 Buller St.	245-3079
Rainbows Support Group for children experiencing loss due to death, divorce or separation	6:45pm-7:45pm	Bethel Tabernacle, 1149 4th Ave.	Phyllis Brown 245-5836

Wednesdays:

Event	Time	Location	Contact
Public Health Nurse Drop-in and infant immunizations with appointment 755-3342	1:30pm-3:30pm	Ladysmith Health Unit, 224 High St.	245-6549 msg 245-7119
Ladysmith Family & Friends (LaFF)	9:30am-12:00pm	Aggie Hall, 1110 1st Ave.	245-6424
Cedar Family Play-time Parent & Tot Drop-in	9:30am-11:30am	Cedar Heritage Centre, 1644 McMillan Rd.	722-2162
Mom's Morning Out Drop-in Playgroup with free childminding, coffee and tea	9:30am-11:30am	Calvary Baptist Church, 3318 River Rd., Chemainus	Debbie Hess 246-9701
Born Healthy Pre-natal Program	10:30am-1:30pm	LRCA Family House, 12 Buller St.	245-3079
Storytime 3-5 years	10:30am-11:00am	Ladysmith Library, #3-740 1st Ave.	245-2322
Storytime 3-5 years	12:00pm-12:30pm	Chemainus Library, 2592 Legion	246-9471
Le Leche League Every last Wednesday of the month	6:00pm-8:00pm	Nanaimo Mother and Baby Centre, #12-321 Wesley St.	754-5090

Thursdays:

Event	Time	Location	Contact
Ladysmith Family & Friends (LaFF)	9:30am-12:00pm	Aggie Hall, 1110 1st Ave.	245-6424
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 St.	245-3079

Fridays:

Event	Time	Location	Contact
Ladysmith Family & Friends (LaFF)	9:30am-12:00pm	Aggie Hall, 1110 1st Ave.	245-6424
Healthy Beginnings Childminding available. Crawling to 18 months Prenatal to Crawling	9:30am-11:00am 11:30am-1:00pm	Ladysmith Health Unit, 224 High St.	755-3342
Healthy Beginnings 1st and 3rd Friday of each month, Prenatal to 18 months	10:00am-11:00am	Chemainus Community School, 3172 Garner	246-3588
Little Eagles Storytime 2nd and 4th Friday of each month, up to age 3	10:00am-11:00am	Chemainus Community School, 3172 Garner	246-3588

Saturdays:

Event	Time	Location	Contact
Dad's Group Drop in breakfast for Dad's	10:00am-12:00pm	LRCA Family House,	245-3079

* require pre-registration



Ladysmith Resources Centre Association:

- Community Computer Centre
- Good Food Box
- Ladysmith Food Bank
- Literacy Programs
- Peer Counselling
- Prenatal Classes

For more information call **245-3079**

Ladysmith Parks, Recreation & Culture:

- Ballet for Preschoolers
- Family and Parent & Tot swims
- Gymnastics
- Mom & Baby Boot Camp
- Swimming lessons
- Taekwondo for tykes
- World Cup Soccer tots
- Yoga Baby/Kids
- Drop-in childminding while parent takes part in a fitness class, aquafit class, or workout in the fitness centre

For more information call **245-6424**