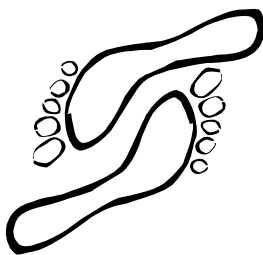


Healthy Beginnings Facilitators & Group Times



Teri-Lyn Dougherty—250 457-7033

**Wednesday 9 a.m.-11:00 a.m.
Interior Community Services
Cache Creek Elementary School**

**Thursday 9:30 a.m.-11:30 a.m.
Interior Community
Ashcroft—Zion United Church**

**Shelley Piva—250-319-7470
Monday 10:00 a.m.—12:00 p.m.
Interior Community Services
4936 Barriere Town Road
Ridge Elementary School**

**Hazel Slape—250-679-4465
Friday 10:00 a.m.—12:00 p.m.
Interior Community Services
Chase Catholic Church**

**Carol Bottenfield - 250-376-1617
Thursday 10:30 a.m.-12:30 p.m.
Interior Indian Friendship Society
Parkcrest Location
2355 Parkcrest Avenue, Kamloops**

**Trish Rodie 250-378-5107
Wednesday 1:00 p.m.—3:00 p.m.
Interior Community Services
2975 Clapperton, Merritt
CMS (Coquihalla Middle School)**

**Lisa Lavoie,
Regional Coordinator—250-554-3134**

**Here is what makes our
Healthy Beginnings
Playgroups happen for Us**

Funding provided by:

Public Health Agency of Canada

**Community Action Program for
Children (CAPC)**

Coalition Agency Members

**Interior Indian Friendship Society
Interior Community Services**



Welcome



**to
Healthy
Beginnings
A Parent & Tot
Drop-in Group**

What is Healthy Beginnings?

Healthy Beginnings is a parent-child weekly drop-in group for parents of children birth to six years of age.



What Do We Do?

The purpose of Healthy Beginnings is to provide a safe, welcome, supportive and educational opportunity for young children and their parents to get together on a regular basis.

Parents have a chance to have a cup of coffee, relax and meet new friends for themselves and for their children. Parent and child activities focus on the physical, mental and emotional health and development of the children. Healthy Beginnings provides parents with an opportunity to share their parenting experiences with one another (everything from joys to struggles!). Guest speakers are invited to present information on a variety of topics. There are different field trips and craft and playtime ideas shared.



What Do We Offer?

Each group has a facilitator who provides resource materials and up-to-date information regarding parenting, nutrition, child development, safety, recreational services support services, community services and other related topics.

At each group children and parents participate in games, songs, crafts, snacks and stories (craft materials are supplied). Any crafts or snack contributions are greatly appreciated.



Parents supervise their own children while visiting with other parents.

There is no fee and it is open to all families of all cultures and race with children birth to six years of age.

What Do We Believe?

The first six years of a child's life will have a lasting effect on development and health, mental ability and social skills. All children need opportunities to love, play, explore and learn. Parents and caregivers are a child's first teachers and they can benefit from support and information about the early years. Families and communities are important for the healthy development of young children. Healthy children make for a healthy community and healthy communities are better places for everyone.

Healthy Beginnings staff members welcome comments, suggestions and feedback that will improve our program. All families are welcome to participate in planning, developing, implementing and evaluating the program.

