



## 6 Communities

Kamloops, Barriere, Chase, Ashcroft, Cache Creek and Merritt

222 Drop-in groups

444 Program hours

324 Unique families

171 Children

153 Adults

6 Events

71% Caucasian

29% Indigenous

# Healthy Beginnings – April 1, 2019 to March 1, 2020

Drop-in programming for families with children 0 – 6 years old

## Trends

Increased father involvement  
Events with meals provided  
Increased extended family participation



## Partners

Kamloops Aboriginal Friendship Society  
Interior Health Authority  
Red Cross / United Way Funding  
Community Food Centre

## Feedback

“Friendly and safe environment”  
“Know more about Nutrition”  
“More aware of resources”  
“Learned new parenting skills”

## Program Focus Areas

- ✓ Physical activity
- ✓ Parent/child relationship
- ✓ Literacy & Language development
- ✓ Child development
- ✓ Healthy eating
- ✓ Parenting
- ✓ Injury prevention
- ✓ Social and emotional support
- ✓ Connections to resources
- ✓ Mental health support

## Additional Programs and Supports Offered

Parent Child Mother Goose,  
Home Visiting, Building Connections  
Pre & Post Natal Support