



## 6 Communities

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

160 Drop-in groups

374 Program hours

312 Unique families

172 Children

141 Adults

6 Events

71% Caucasian

29% Indigenous

## Healthy Beginnings – April 1, 2021 to March 31, 2022

### 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