

Please join/like/follow our facebook community too @SVECCAC  
Or visit our page at [fb.me/SVECCAC](https://fb.me/SVECCAC)



Programs in the e-bulletin are free unless otherwise specified.

Local Events  
Health & Well-being  
Online Events and Activities  
Local Resources  
Community Resources

### Local Events

#### **Networks for New Parents** (Covid Modified) - **TOMORROW!**

Thursday September 16<sup>th</sup>

10am – 1pm

Passmore Community Hall

Drop in! Networks is a free exchange of maternity, baby and young children's goods (clothes, toys, diapers, strollers, bouncers, books, etc.). Please sort your exchange items, and just bring the best to share—clean & seasonally appropriate and leave them in the designated drop off zone.

There's no requirement to bring things--you can always just take what you need (or gather stuff for a friend) and take a snack, to go, for the children!

All are welcome, babies, toddlers, pre-schoolers - grandparents, too.

Please email [svearlyyears@wegcss.org](mailto:svearlyyears@wegcss.org) if you have any questions.

#### **MyBooklet** – **Free Workshop** for families and people with Disabilities

September 20<sup>th</sup> from 6-7:30pm

Join with Ben Postmus from Family Support Institute of BC to learn about Mybooklet. MyBooklet BC is A FREE online tool that families and people with disabilities can use to create a beautiful and personalized information booklet for a loved one or for themselves. Ben will leave time to ask questions, and share resources.

Please see the attached poster PDF at the bottom of the ebulletin with more information and the registration link.

**Kindermusik – Cost\$ to participate** registration required

Weekly October 12 – onward 10 weeks

Tuesday at 10am for 3.5 – 5 year old

Fridays at 10am for 1.5 – 3.5 year old

8835 Martens Road – Slocan (The Dojo)

Kindermusik! Let your young one to explore and learn in a researched based music curriculum, to nurture their musical interest, while engaging in social and musical fun.

Sing, play, clap, tap, dance! Cost for a ten-week session is \$150.

To register contact Marcia England, [marshwren@netidea.com](mailto:marshwren@netidea.com) or call 250-777-1536

**Strong Start – Slocan Valley**

Participate with your young child (aged birth to five) in play-based early learning activities: including stories, music and art. Strong Start participants have access to movement time and a free healthy snack.

Strong Start Update: Strong Start will be happening this year, we are awaiting word on what restrictions and protocols will be to move forward safely. Please stay tuned for further details and for a starting date; which is seeming like it will be closer to the end of September.

Please check the Slocan Valley Strong Start page on FB, or contact Pati McLaughlin at [svstrongstart@wegcss.org](mailto:svstrongstart@wegcss.org)

We appreciate your patience and look forward to a fun, exciting, safe and lovely year ahead filled with adventure, laughter, playing and learning! I am very much looking forward to welcoming you all to Slocan Valley Strong Start's 2021-2022 school year!

**Slocan Valley Soccer - \$cost to participate**

For Pre K through Grade 1 Cost is \$50

Still time to join in the fun!

See the link to register, scroll down to second page to get more information and register, or email

[westkootenayfootie@gmail.com](mailto:westkootenayfootie@gmail.com)

Info/Registration: [https://www.cognitofirms.com/WestKootenayFootballClub/\\_2021fallsoccerregistration](https://www.cognitofirms.com/WestKootenayFootballClub/_2021fallsoccerregistration)

**Slocan Valley Fall Leisure Guide**

For information on local R.D.C.K programming, such as mushroom walks, first aid courses - click link.

<https://www.rdck.ca/assets/Services/Recreation/Leisure~Guide~Files/2021%20Slocan%20Valley%20Fall-v2.pdf>

### **Beautiful Beginnings - Castlegar**

Tuesday Mornings (two times, group size 10, for covid)

Starting Tuesday September 14<sup>th</sup>

9:30am – 10:30am

10:30am – 11:00am

Appointments available at Kootenay Family Place (Castlegar) available, or drop in (Wednesday pm and Thurs am) to offer support regarding nutrition, preparing for birth, breastfeeding, infant feeding, sleep, and family bonding / relationships / discipline. For families from conception to 11months. Families trying to conceive and looking for nutrition and lifestyle support are also welcome. Breast pumps available for lending, some access to maternity and baby clothes, as well as carriers, car seats etc. and free prenatal vitamins and some high-quality infant vitamin D are available.

Please email Sarah Courtemanche [cpnp@kootenayfamilyplace.org](mailto:cpnp@kootenayfamilyplace.org) to sign up for Beautiful Beginnings. Or call 250 608-5971 (Tues, Wed, Thurs)

### **Baby Goose Online**

Tuesdays All Day – On You Tube & IG

Songs and rhymes for you and your 0-15 month old. Click the link below for details

[https://nelson.bc.libraries.coop/calendar/action~stream/request\\_format~json/cat\\_ids~562/](https://nelson.bc.libraries.coop/calendar/action~stream/request_format~json/cat_ids~562/)

## **Highlight Information**

### **First Aid App**

A really great resource to **download** on your phone is a **First Aid App** – there is one by the Canadian Red Cross, and a Baby and Child First Aid by the British Red Cross. Both are helpful.

### **Child Intervention Services**

Did you know that **ALL intervention services are FREE for children before they attend school, and are under the age of 6!** Early intervention services such as speech language, occupational therapist, physio therapist, infant development and more are available and FREE for children before they attend school and under 6. Some of these services are even available to make **home visits**. If you have any questions about how to get in touch with a professional for services, please email [svearlyyears@wegcss.org](mailto:svearlyyears@wegcss.org) or check out <https://kootenaykids.ca/resources/> to find more information.

## **Health & Well-being**

### **Save – A- Smile Funding & Healthy Kids Program**

Save-A-Smile Funding is available for families (with children under the age of 19 years and the child has dental decay) requiring immediate treatment. The family must meet the eligibility requirements and fill out an application through the Interior Health Dental Program.

Healthy Kids Program is available for children if their parents have applied for Supplementary benefits, are on Income assistance, welfare or have rental assistance. Healthy Kids Program –provides dental treatment coverage

up to \$2000.00/every 2 years. Families can apply online: <https://www2.gov.bc.ca/gov/content/health/health-drug-coverage/msp/bc-residents/benefits/services-covered-by-msp/supplementary-benefits>

<https://www2.gov.bc.ca/gov/content/governments/policies-for-government/bcea-policy-and-procedure-manual/health-supplements-and-programs/healthy-kids?keyword=healthy&keyword=kids&keyword=program>

### **TEETH Low Cost Dental Treatment**

TEETH program at 719 Vernon Street, on Thursdays from 11 – 1.

To be approved for low cost treatments bring your application with proof of income. Can be eligible if you have annual income of 42000 annual or less and 3 months residency. Applications available in lobby of Community First Health Co Op at 518 Lake Street or online at [www.healthco-op.ca](http://www.healthco-op.ca)

### **Dental Program – Interior Health**

Offers caregiver support and education for providing oral care, finding a dental home, prevention of cavities, dental screening, application of fluoride varnish, & dental education and counselling relating to prenatal and newborn dental care. Ages 0-4 years old, Lift the Lip Dental Program, Age 19+ Adults with Disabilities, Dental Health Services Community Living BC, Pregnant Mom's – New Mom's. For more information call 250-505-7244 or visit <https://www.interiorhealth.ca/YourHealth/InfantsChildren/Pages/DentalHealth.aspx>

### **First Aid App**

A really great resource to **download** on your phone is a **First Aid App** – there is one by the Canadian Red Cross, and a Baby and Child First Aid by the British Red Cross. Both are helpful.

### **Postpartum Support Society**

Supporting mothers and their families experiencing postpartum/perinatal distress, depression and anxiety. Phone support and text support is active and available during our usual hours, between 10 a.m. and 3 p.m. Monday to Friday. Toll-Free 855-255-7999, Texting 604-255-7999.

<http://postpartum.org/>

### **Supporting Parents and Caregivers through CoVid**

The Canadian Centre for Child Protection is a national charity dedicated to the personal safety of all children.

<https://protectchildren.ca/en/resources-research/supporting-you-through-covid-19/>

## **Online Events and Activities**

### **Guided Meditation and Talk – Online**

Tuesdays 6PM

See link below for more information and link to Zoom gathering.

<https://www.heartdharma.love/>

### **University of British Columbia**

Presents an excellent list of online resources almost all free, various areas of interest: **Virtual Camps, Courses and e-learning, activities at home – hands on - unplugged, online games and interactivities, educational podcasts and videos, emotional support resources** and more.

<https://geeringup.apsc.ubc.ca/online-resources-for-kids-during-covid-19/>

### **Planet Protector Academy (David Suzuki Foundation)**

Programming is ideal for children ages 6 to 11, it incorporates music, theatre and humour to empower children to make a difference in protecting the planet.

<https://planetprotectoracademy.com/>

### [Free online American Sign Language classes website resource](http://www.signlanguage101.com/)

<http://www.signlanguage101.com/>

Lessons on ABC's, common gestures and more! Watch and learn at your leisure.

### [Baby sign language basics resource](https://www.babysignlanguage.com/dictionary/first-signs/)

Learn simple signs, such as 'milk', 'eat', 'more', 'all done', 'bed' and others in this helpful link with some free resources. This particular website has solicitation for their printed and dvd materials. <https://www.babysignlanguage.com/dictionary/first-signs/>

## Local Resources

### [Al-Anon](#)

**Al-Anon is a support group for family and friends of alcoholics.**

The Friday Night Nelson Al-Anon Family Group is now meeting on **Zoom Fridays 7-8 pm.**

Please email [nelsonfridaynightafg@gmail.com](mailto:nelsonfridaynightafg@gmail.com) for more information.

The Nelson Lunch Bunch Family Al-Anon Family Group is now meeting on **Zoom Wednesdays 11-12 pm.**

Please email [nelsonfridaynightafg@gmail.com](mailto:nelsonfridaynightafg@gmail.com) for more information.

### [C.O.I.N.S](https://www.coinations.net/)

**The Circle of Indigenous Nations Society** is an Aboriginal non-profit society that provides cultural support and counseling services to people in the West Kootenay and Boundary region. Offering many programs: Aboriginal Family Services Development Program, 'Healing Our Spirits' Aboriginal Mental Health and Substance Use Program, **Aboriginal Early Years Program, Aboriginal Family Connections Program, Aboriginal Health Connections Program, Aboriginal Supported Child Development Program, Aboriginal Infant Development Program, Aboriginal Early Intervention Program, Traditional Parenting Program, Aboriginal Community Wellness Program, Aboriginal Community Outreach Program.** <https://www.coinations.net/>

### [W.E. Graham Community Service Society](#)

**Has resources available: Therapists – Activities for teens – and more**

Dear Slocan Valley Families, the WE Graham Service Society wants you to know that there are resources available to help should you or anyone you know be in need. Please contact (250) 355-2484 or email [officemanager@wegcss.org](mailto:officemanager@wegcss.org) for more information.

### [Got A LOT of clothes?! - Positive Apparel in Nelson \(Takes all clothing donations - \\$cost to take clothes\)](#)

Positive Apparel in Nelson takes all clothing and fabric donations. Any season, adult and child, any amount of donations, any size of clothes – including linens, towels, things with holes or stains. They are a thrift store and they also recycle fabrics. **Anything unusable gets recycled.** They do not accept pillows or stuffies. Find them at 721 Front Street, Tuesday through Saturday 10am – 3pm. Or call 250-505-5444.

### [Koots Kids Clothing Exchanges \(Takes Donations - \\$cost to take clothes\)](#)

Take clothing by donation. For open hours and for what you can bring check out Koots Kids Clothing Exchange on Facebook or contact Robin at 250-505-4610 for private giving and receiving of clothing donations.

## Community Resources

### [Child Intervention Services](#)

Did you know that **ALL intervention services are FREE for children before they attend school, and are under the**

**age of 6!** Early intervention services such as speech language, occupational therapist, physio therapist, infant development and more are available and FREE for children before they attend school and under 6. Some of these services are even available to make **home visits**. If you have any questions about how to get in touch with a professional for services, please email [svearlyyears@wegcss.org](mailto:svearlyyears@wegcss.org) or check out <https://kootenaykids.ca/resources/> to find more information.

### **C.O.I.N.S Circle of Indigenous Nations Society**

**The Circle of Indigenous Nations Society** is an Aboriginal non-profit society that provides cultural support and counseling services to people in the West Kootenay and Boundary region. Offering many programs and support: Aboriginal Family Services Development Program, "Healing Our Spirits" Aboriginal Mental Health and Substance Use Program, Aboriginal Early Years Program, Aboriginal Family Connections Program, Aboriginal Health Connections Program, Aboriginal Supported Child Development Program, Aboriginal Infant Development Program, Aboriginal Early Intervention Program, Traditional Parenting Program, Aboriginal Community Wellness Program, Aboriginal Community Outreach Program. <https://www.coinations.net/>

### **Nelson and Area Friends of the Family**

A foundation to assist families with emergency travel costs due to their child's illness or injury.  
<https://nelsonfriendsofthefamily.ca/>

### **Kootenay Kids: (Nelson)**

Aboriginal Early Intervention, Child Care Resource and Referral, Early Care and Learning Centre, Family Place – early years programming opportunities, Pediatric Therapy, Strong Start  
<https://kootenaykids.ca/> email [cathys@kootenaykids.ca](mailto:cathys@kootenaykids.ca)

### **Kootenay Family Place: (Castlegar)**

Early Intervention Services (Supported Child Development, Infant Development, Occupational Therapy, Physiotherapy and Speech Therapy Services) will be adapted to virtual communication and support.  
<https://kootenayfamilyplace.org/>

### **Nelson Women's Centre:**

We are one of the few places in Nelson where women can access very low cost counselling with our team of Counsellors. Our social workers can help with advocacy, information, support with other organisations, and advice. Contact at 250 546 8441 or email [nws@nelsonwomenscentre.org.nz](mailto:nws@nelsonwomenscentre.org.nz)  
Drop in space (Mon-Thurs 9am-4pm, Fri 9am-2pm), Women's Library.  
To access food donations, meet outside the building during drop in hours Tuesdays and Thursdays 12-4. For counselling services as well as finding resources staff can be available by appointment at 250-352-9916.  
<https://www.nelsonwomenscentre.org.nz/>

### **Family Action Network (FAN): (Trail)**

Family Resources in the Lower Columbia, services, events, developmental check ins.  
<https://familyactionnetwork.ca/>

### **Certified Child Passenger Safety Technician and Educator**

(Car Seat Technician) – Junction area. Want to get your child's car seat checked to ensure it is installed correctly? Jen Popoff offers a FREE service to families and she can be reached at (250) 505-3747.  
Please call if you have any questions or to arrange a meet up so she can check your car seat.

### **Family Support Institute of BC**

This is a free family to family support network, for families of people with disabilities in BC. Family Support is

creating a non-judgmental place where families can find **information, guidance, understanding** and **connections**. **Family Support** network helps to reduce isolation and loneliness by creating a space where people feel understood and are able to focus on celebrating their family members' abilities. See [www.familysupportbc.com](http://www.familysupportbc.com) or call 1-800-441-5403 for more information.

**[Kootenay Boundary Crisis Line](#)**

Call: 1-888-353-2273

**[Crisis Line Association of BC](#)**

1 800 suicide (1 800 784-2433) - 24/7

Crisis and suicide intervention [www.crisiscentre.bc.ca](http://www.crisiscentre.bc.ca)

*This E-bulletin is hosted by the Slocan Valley Early Childhood Community Advisory Council (SVECCAC), a voluntary group of service providers, educators, and parents focused on giving children their best start in life. The E-bulletins are intended to keep families with young children informed of opportunities and activities available to them.*

*This year so far 2021, all SVECCAC projects and initiatives, including this email bulletin are most graciously being supported by grants from the*

*Our local Heritage Credit Union and the Columbia Basin Trust!  
We thank you for your support!*



*We also want to thank W.E. Graham Community Service Society as our Managing Partner!*



*Please feel free to send us your feedback or for more information, join/like/follow our facebook community @SVECCAC. Visit our page at [fb.me/SVECCAC](https://fb.me/SVECCAC).*

*If you wish to be added to the distribution list, or to be removed from the list or for more information, please email [valleyconnection@gmail.com](mailto:valleyconnection@gmail.com)*