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

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Local Events

Networks for New Parents – play area, hot lunch, special guest! ALL FREE! – TOMORROW!

Thursday May 19th

10am - 1pm

Passmore Hall

3650 Old Passmore Rd, Slocan Park BC

Networks is a free social, with an 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 not toooo much!

We can only take small amounts of donations from each family and no large items.

– if you have a lot of clothing donations or toys consider bringing them to Nelson to Positive Apparel, or other thrift stores.

There's no requirement to bring things--you can always just take what you need (or gather stuff for a friend) and **join us for a hot, nutritious lunch and the company of other families**. Babies, toddlers, pre-schoolers welcome--grandparents, too!

Our special guest this month is Christina Yahn, Indigenous Doula. Please feel free to chat with her, bring your questions, learn about doulas and what kinds of supports they may be able to offer before, during and after birth.

Tea, Talk, and Takeaway

Tuesdays, 10 – 12:00 pm,

April 12th – May 31st

The Valley Kitchen – 5770 Cedar Creek Rd. Winlaw

Join us every Tuesday for this fun new program. Enjoy a snack and a cup of tea while kids get a chance to free-play, socialize, and enjoy story time with Laura. A great chance to reconnect with friends and community members. Plus, families leave with a take-home craft, inspired by the weekly story, for a fun and easy activity to do at home. This program is FREE to attend. Register ahead of time, or in person. For information or to register, contact Sayre at sknight@cbal.org 250-226-6949

NEW! The Incredible Edible Nature Walk!

Two dates to choose from:

Wednesday, May 25th - 11:00 am at the Slocan Owl Walk

Monday, May 30th - 11:00 am at the Winlaw Nature Park

The Incredible Edible Nature Walk allows you to investigate the rich world of wild botanicals growing all around you! Led by Shanoon Bennet, you will discover a bounty of amazing plants that you can eat, drink, or use to heal everyday ailments. Bring along a cup for a wild tea party to round off the morning!

This is a program for children age 3-7 and their caregivers. Registration is FREE. Snacks provided.

Email sknight@cbal.org to register.

Strong Start

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.

Mondays: Brent Kennedy School 9:30-11:30

Tuesdays: Slocan W.E. Graham School 9:00-11:30

Wednesdays: Winlaw Elementary 9:00-11:30

Thursdays: Outdoor Day – Strong Start Strolls- Different Locations weekly

Fridays: Winlaw Elementary 9:00-11:30

For questions or to get in touch with facilitator Pati McLaughlin directly at svstrongstart@wegcss.org or check out Slocan Valley Strong Start page on face book. All are welcome, babies, toddlers, pre-schoolers, parents, caregivers, grandparents, too.

New! Slocan Valley Recreation Commission No. 8 Program Survey

We want your feedback. Slocan Valley Recreation wants to hear from you about the types of programming that you are looking for in your communities. Please fill out our survey by following the link in the Program Guide or by visiting www.rdck.ca/SVRecSurvey

New! Métis Child Care Benefit – information session on new benefit

Monday May 30, 2022

10:00am – 11:00am

2:00pm - 3:00pm

6:00pm – 7:00pm

The Métis Child Care Benefit was developed by Métis Nation British Columbia (MNBC) for families with Métis children birth to 12 years. Through the Métis Child Care Benefit Program, families can access additional funding to bridge the connection to the Affordable Child Care Benefit.

The Métis Child Care Benefit (MCCB) is a monthly benefit to help Métis families with the cost of child care.

These sessions are for anyone wanting to learn more. Families, child care providers, and community members are invited. Please share broadly with your contacts.

Join the Child Care Coordinator team to learn about the Metis Child Care Benefit. This is a space to learn and ask questions you may have about this new funding.

Please see the attachment at the bottom of the ebulletin for registration information.

Follow link below to register for the information session.

[Métis Child Care Benefit Information Sessions – Métis Nation British Columbia \(mNBC.ca\)](#)

FARMS 2 FAMILIES! – Applications open now

This is a BC Farmers Market program. Farms 2 Families program distributes \$21 of coupons for fresh produce every week for the farmers markets (Wednesday & Saturday).

Coupons will need to be picked up at the **Family Place in NELSON EVERY WEDNESDAY.**

Families who are pregnant or have children 6years and under may apply.

Applications are taken on a "needs" basis not "first come first serve".

Successful applicants will be notified early June, program begins June 29.

Farms 2 Families Application: <https://forms.gle/XS28dcPNiBA6Lvin9>

For more information contact <https://kootenaykids.ca/programs/family-place/>

Be Aware - It's TICK season!

Please take precautions for you, your children and animals when you are outdoors

See attachment at bottom for more information.

NEW! Pro-D Super Camps \$Cost (\$35.00)

Monday May 30

10:00a – 3:00p

Vallican Whole

Games, activities and art will keep you busy all day while you have a blast with your friends! Don't forget to pack your lunch, snacks and appropriate outdoor clothing! Program # 41093 Register online at <https://www.rdck.ca/EN/main/services/recreation>

Or call Slokan Valley Recreation at 250-226-0008.

Afterschool Adventure \$Cost (\$23.00)

Friday, June 10th
3:00pm - 6:00 pm
W.E Graham ages 7-12 years

Get a sneak peak on how much fun you will have with Slocan Valley Recreation this summer. Join us for a fun filled after school adventure. Head out for a nature walk to learn about the flora and fauna surrounding us and gather supplies to make an epic piece of art. Don't forget a snack and a water bottle!

[Slocan Valley Recreation Summer Program Guide is now online! \(\\$Cost\)](#) – Summer Camps and more

This summer, we've got fun programs, classes and activities for you and your whole family.

Check out the Summer 2022 Program Guide for all your options.

Summer program registration starts Tuesday, May 24 at 7:00am.

ONLINE: www.rdck.ca/recreation

PHONE: 250-226-0008

IN PERSON: Tuesdays 9am-3pm, Wednesday 9am-3pm, Thursday 9am-5pm

Direct link: <https://www.rdck.ca/EN/main/services/recreation/leisure-guides.html#programguides>

[Summer Camps Registration \(\\$Cost\)](#)

NEW! Slocan Valley Summer Camp:

<https://www.rdck.ca/EN/main/services/recreation/leisure-guides.html#programguides>

To Register for Slocan Valley Summer camps, visit www.rdck.ca/recreation, call 250-226-0008

or stop in at Slocan Park Hall Rec Centre: Tuesdays 9am-3pm, Wednesday 9am-3pm, Thursday 9am-5pm

Nelson Summer Camp: <https://www.nelson.ca/814/Summer-Camp>

[Slocan Community Library](#)

Come check out our lovely local library, large and cozy kids' section, plus lots of books for youth and adult – all are welcome at the library!

Hours of operation:

Thursday 1pm – 5pm

Friday 7pm – 9pm

Saturday 11am – 3pm

Sunday 11am – 3pm

Any questions, call the Slocan Library at 250-355-2355

[Exercise Class](#) – Mornings, Slocan **\$cost**

Monday, Wednesday, Friday, Saturday

7:00am – 8:00am

8:00am – 9:00am (Saturday only)

Weekly/4 sessions/ \$40 or \$100/month unlimited!

Parents and Caregivers - these classes focus on strength training, cardio, core and fitness. All levels welcome! Contact Personal Trainer Florrie Wood at Florrie.hal@gmail.com or call 250-355-0040 for more information and to connect.

Yoga Evenings - Slocan Park Hall

Has been **CANCELLED**.

Slocan Valley Recreation- Equipment Rental Program (\$by donation)

Slocan Park Hall

Tuesday 9:00 am – 3:00 pm

Wednesday 9:00 am – 3:00 pm

Thursday 9:00 am – 5:00 pm

The Slocan Valley Recreation Department has recreation equipment available for rent. Cross Country Ski Equipment, Snow Shoes and sport and recreation equipment. Check out our program guide at www.rdck.ca/recreation for a list of what is available. Equipment can be booked in person or over the phone. All equipment is for rent by Donation.

The Slocan Valley Threads Guild

Is a group of fibre artists to support craft in community. A membership is required to access the Thread's Guild's library, rentals of equipment, books and access their 'gab and jab' regular online meeting space. Please see their website for more information.

<https://slocanvalleythreadsguild.wordpress.com/>

May Community Resource Highlight: Download a First Aid App!

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.

Health & Well-being

Kid Sport Funding – Grants

If you're looking to register your child in sport, and costs are holding you back, KidSport may be able to help. KidSport provides grants to children (18 and under) from families facing financial barriers so they can participate in registered sport programs. You can apply online at kidsportcanada.ca/british-columbia/provincial-fund (or find your local chapter) or complete a paper application and mail it in. Paper applications are available on the KidSport website or from your local chapter.

A few important details to keep in mind:

- Grants are to be used for the payment of sport participation/registration fees

- Canada Revenue Agency low income guidelines are used in determining eligibility
- Camps, equipment, lessons, travel, fundraising, championships, etc. are not eligible expenses
- Only one application per calendar year, for one eligible sport, may be submitted
- Applications must be received prior to, or at the beginning of the requested season of sport
- Sport activities must demonstrate a sustained sport experience (a season of sport led by a qualified coach) and the sport activity must be affiliated with a Sport BC member organization

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>

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/>

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/>

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

Baby sign language basics resource

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 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 for more information.

W.E. Graham Community Service Society

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

Dear Slokan 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 for more information.

Counselling Services available to Children

Arrow and Slokan Lakes Community Services (ASLCS) has produced a 10-minute YouTube video explaining the online counselling services that are available to children, youth and parents:

<https://www.youtube.com/watch?v=GhTG3HpnLHI&feature=youtu.be>

it is an interview with their CYMH/SAIP counsellor.

Kootenay Kids - Nelson

Check out Nelson's [Kootenay Kids Event's calendar](#), groups for Moms and parents, play groups, pregnancy groups, pancake breakfasts and more!

<https://kootenaykids.ca/events/>

Kootenay Family Place – Castlegar

Check out [Castlegar's Family Place calendar](#), lots of groups family drop in, beautiful beginnings, playgroups and more!

<https://kootenayfamilyplace.org/events/>

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 \(Takes Donations - \\$cost to take clothes\) - Silverton](#)

Take clothing by donation. For what you can bring check out Koots Kids Clothing Exchange on Facebook. Open Tues-Sat 11-3. 222 Lake Ave, Silverton. 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 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/>

[Métis Family Connection & Well Being Program](#)

<https://www.mnbc.ca/families/>

Métis Family Connection is for families with children birth to 8 years. This program is to connect families to their Métis community and culture and link them to early years programs and services in their community. Well Being Programs help families who identify as Métis to access services, such as Respite care, Speech therapy, Assessments, Medical equipment, Mental health support, Educational & Cultural support. Please call to discuss your child's needs. Call Jocelyn Stuart, Family Connections Navigator for the Kootenays. Phone 604-373-3350 ext. 8259 or Cell 250-304-5200 Or Toll Free 1-800-940-1150 Email: jstuart@mnbc.ca

[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

[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

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 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

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 past year 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.

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