

OTHER PROGRAMS

- Lunch Daily at 12:00pm!
- Learn life skills from **Wednesday** workshops!
- Try out new Baking Skills on **Tuesdays!**

What Can You Offer To The Group?

The opportunity to share your talents through cooking and baking activities.

Teach a program or a skill you would like to bring and share with the group.

Everyone is welcome and encouraged to attend the Focus Group every second Tuesday of the month to evaluate programs and share ideas. All your ideas are important to us!



Early Childhood Development logo
designed by Denise Doolan

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“Slaheena” comes from the Coast Salish SENCOTEN Language. Slaheena means “Little Feet” in the Sencoten language, and is spelled as SSEXINE.

CONTACT

EARLY CHILDHOOD DEVELOPMENT (ECD)

VICTORIA NATIVE FRIENDSHIP CENTRE

231 Regina Street

Victoria, BC V8Z 1J6

Phone 250-384-3211 / Fax 250-384-1586

*In proud partnership with Vancouver Island
Health Authority and Victoria Best Babies*

EARLY CHILDHOOD DEVELOPMENT



VICTORIA NATIVE FRIENDSHIP CENTRE

*Over 35 years of
dedicated service to
Greater Victoria
Communities*

SLAHEENA PRENATAL SUPPORT PROGRAM

PROGRAM OFFERS

- Daily Healthy Lunch
- Monday Healthy Living Group 10-11am
Workshop 1:00-2:30pm
- Tuesday Baking Club or
Mealbags 1-2pm
- Wednesday Parent Support Group
10am-1pm.
- Wednesday Prenatal Group 1-3pm
- Friday Crafts 1-3pm

NOBODY'S PERFECT

This program occurs 3 times a year. This is a parenting program for parent of children aged 0-5 years old.

The program includes: First Nations Facilitators; Challenges of being a First Nations parent; Safe and Friendly Setting; and Healthy Meals.

**Child minding / Transportation is available.*

Contact: ECD Family Support Worker
384-3211

"Our mandate is to promote positive health practices that contribute to the health of newborns and mothers in the urban Aboriginal community"

PARENT SUPPORT GROUP

Wednesday 10:00am-1pm

This is a drop-in support group for all parents with young children.

A Public Health Nurse is available to answer any questions or parenting concerns.

A female Elder is available for guidance and support.

Cultural activities are provided and include crafts and beading activities. Dietitian available.

You Will Have The Opportunity To:

Enjoy social time for both you and your baby.

Enjoy a cup of tea with lunch and relax in a safe and comfortable environment.

PRENATAL GROUP

Wednesday 1pm-3pm

Our focus is to support pregnant mothers to have the healthiest babies possible. A Public Health Nurse teaches prenatal classes and a dietitian provides nutritional information. We Provide:

- Food vouchers, fresh produce and vitamin supplements until your infant is 6 months of age.
- Transportation (bus tickets)
- Lunch and snacks
- Hospital Tours
- Hospital Pre-Registration
- Pregnancy tests.

You Will Have The Opportunity To:

Meet other parents expecting a new baby.

Tour VGH and pre-register at the hospital for your child birthing convenience.

Group Guidelines

Respect the privacy of each person in our program by maintaining confidentiality.

Treat everyone with respect and dignity.

We support an inclusive environment where all families are respected and valued for their diversity and children are celebrated.