

CARIBOO FAMILY ENRICHMENT CENTRE SOCIETY

"Strengthening the Quality of Personal, Family and Community Life"

Programs for Community Members of all ages



CFEC offers a variety of prevention and intervention supports to families, individuals or groups. These programs are offered in the home, at CFEC and in community settings.

**If you would like more information on any of the programs,
please call 250-395-5155**

Early Years Programs

- Home Visitor Program
- Thursday Parenting Information Session & Drop-in Lunch
- Mother/Father Goose
- Dads & Tots
- Food Security: Community Kitchen & Garden, Good Food Box & Food Recovery
- Infant Massage
- Make The Connection
- Mother's Self Care Support Group
- Monday Parent & Toddler Drop-In/Strong Start
- Nobody's Perfect
- Prenatal Education
- Parent Survey
- Dietitian - Prenatal coupons - vitamins

Child Care Resource & Referral (CCRR)

Supports Child Care Providers/ Parents

- Information
- Outreach
- Toy lending
- Networking & Education
- Child Care Referrals
- Child Care Subsidy
- Tumble Time
- Rhymes, Songs, Fingerplays
- Winter Carnival

Family Services

- Family Support Workers
- Counselling (Individual, Relationship, Group & Family)
- Facilitation
- FASD/CDB (Fetal Alcohol Spectrum Disorder and other Complex Developmental Behavioral Conditions ie: ADHD, ADD & OCD etc)
- Family Group Conferencing
- Family Case Planning Conferencing
- Parent Teen Mediation
- Workshops & Training
 - Anger Management
 - Stress Management
 - Conflict Resolution
 - Post Separation & Divorce
 - Parenting
- Youth Employment Services
- Youth Zone
- Men's Support Group

486 S. Birch Ave, 100 Mile House, BC

For more information on registration and childminding, please call

250-395-5155



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Cariboo Family Enrichment Centre Child Care

The CFEC Child Care provides care for Infant/Toddler 0-3, Ages 3-5, and Before and After School care

CFEC Child Care Team

The Cariboo Family Enrichment Centre Child Care has a highly qualified and experienced Child Care Team dedicated to providing nurturing, child focused care for all children ages 0 to 12.

- Linda Porter – Child Care Supervisor and Infant Toddler Educator
- Deb Penner – Early Childhood Educator – 3 -5 year old
- Jackie Funk – Infant Toddler Educator
- Deb Yelich – Infant Toddler Educator
- Corina Westerager – Early Childhood Assistant
- Amanda Coville – Infant Toddler Educator

CFEC Child Care Facilities and Equipment

The CFEC Day care Facility has been renovated including tiled floors in the main kitchen and bathroom, painting, plumbing, new appliances.

The outdoor play areas have been cleaned, sodded and secured.

Our plan in the first year is to convert the outdoor area into a natural playground.

Contact: Sheila Glen
Program Manager
sglen@cariboofamily.org
250-395-5155 ext 30

CFEC Day Care Fees and Hours of Operation

The hours of operation are from 6:30 am until 5:30 pm from Monday to Friday. We will be closed on statutory holidays.

Proposed Licensed

Capacity		Daily Rate:	Half Day Rate:
12	Infant/Toddler	\$42.00	\$21.00
25	3-5 Pre-school	\$35.00	\$17.50
12	Out of School	\$25.00 (in school) \$35.00 (summer care)	\$12.50 \$17.50
Total 49			

Full Day is more than 4 hours
Half Day is less than 4 hours.

CFEC Day Care Registration

The CFEC Day Care will be opening on August 2nd, 2011. We are currently accepting registrations.

Please call 250-395-5155 to book an appointment.

Contact: Linda Porter
Day Care Supervisor
lporter@cariboofamily.org
250-395-9351

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Early Years Programs

Programs for Families



PRENATAL

Monday & Wednesday
6:30pm to 8:30 pm and
Saturday 10:00 am to 3:00 pm

Starting Sept 8th, 2011

Call for more information and dates



DAD'S AND TOTS

Children 0 to 6 years

Fridays

Sept 16, 2011

Oct 14, 2011

5 pm to 7 pm

100 Mile Junior High School Gym



We acknowledge the financial assistance of the Province of British Columbia



INFANT MASSAGE

Infants 0 to 6 months
Wednesday mornings
September 14 to Oct 12, 2011
10 am to 11:30 am
5 sessions
Bring a baby blanket



A Parent-Child Mother Goose Program

MOTHER / FATHER GOOSE

Ages 1 to 5 years.
Wednesday mornings
From 10:00 am to 11:00 am
Starting Fall 2011

We acknowledge the financial assistance of the Province of British Columbia

MAKE THE CONNECTION

Infants 1 to 9 months
Wednesday mornings
From 10:00 am to 11:30 am
Oct 19 to Nov 30, 2011

NOBODY'S PERFECT

Ages 2 to 5 years
Mondays - During Toddler program
10 am to 12 pm
Starting Fall 2011



Parent and Toddler

Drop In Program

for Ages 2 to 5 years
Mondays, 10am to 12pm
When School is in session
Drop in - No Charge
Strong Start location at
100 Mile Elementary School



MOTHER'S SELF CARE SUPPORT GROUP

BOUNCE BACK

Starting January 2012

486 S. Birch Ave, 100 Mile House, BC

For more information on registration and childminding, please call



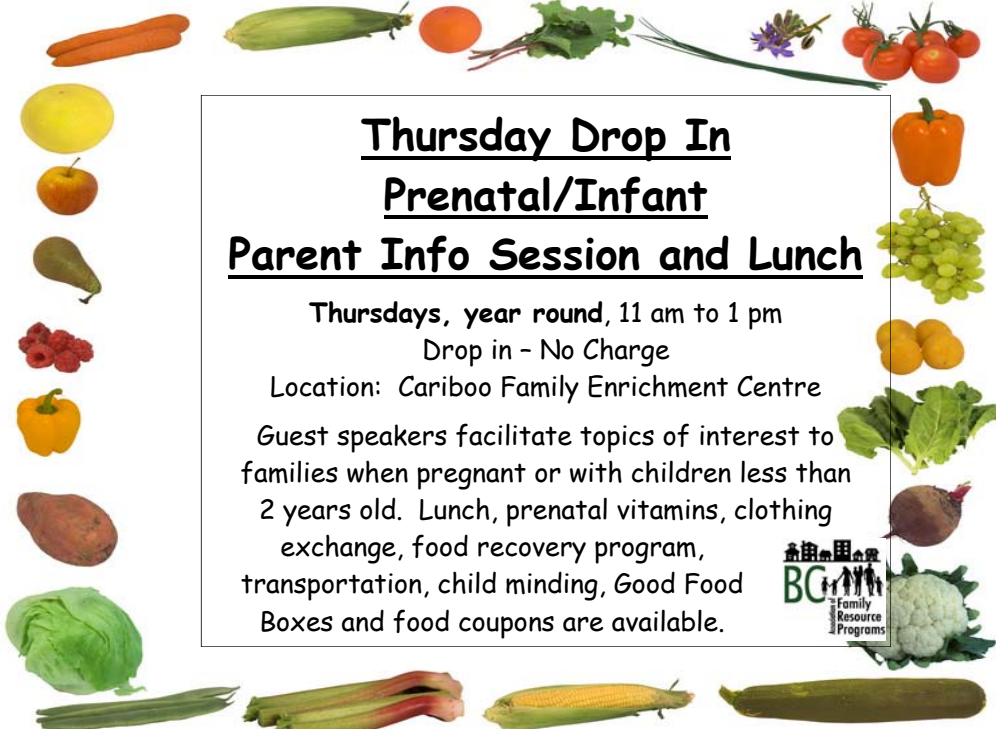
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Thursday Drop In Prenatal/Infant Parent Info Session and Lunch

Thursdays, year round, 11 am to 1 pm
Drop in - No Charge
Location: Cariboo Family Enrichment Centre

Guest speakers facilitate topics of interest to families when pregnant or with children less than 2 years old. Lunch, prenatal vitamins, clothing exchange, food recovery program, transportation, child minding, Good Food Boxes and food coupons are available.



COMMUNITY KITCHEN

This is ongoing **Tuesday mornings**
at the
Lodge Kitchen



9:30 am to 12:30 pm

Call for dates and information

We acknowledge the financial assistance of the Province of British Columbia

Tumble Time

5 years old and under
Fridays

10:30 am to 11:30 noon

Drop in - No Charge

Location:

Cariboo Family
Enrichment Centre
(CCRR)



Programs promoted by Cariboo Family Connections:

GROUP TUTORING

Fridays from 9:30 am to 3:30 pm.

Lunch is provided.

Please call 250 706-8542 for more info.

LA LECHE LEAGUE

Call 250-396-7403 or 250-395-1113

Call for

more information.

Baby and Me

Monday Mornings

For more information call
250-395-7676



ccrr
Child Care Resource & Referral

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BRITISH COLUMBIA
The Best Place on Earth



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100 Mile House Men's Support Group

Facilitated by Sam Moody

Wednesdays, 6:00 - 8:00 pm
Starting in September 7, 2011

At Cariboo Family Enrichment Centre
#1 - 486 Birch Avenue

For men who would like help to explore issues affecting their enjoyment of life including; self esteem, addictions, violence, abuse and anger, relationships and parenting.

Open to all Men

Please call Lloyd Garner for further information and registration
(250) 395-5155

Supported by
100 Mile House Violence in Relationships Committee

South Cariboo Community Planning Council

Ministry of Children and Family Development

486 S. Birch Ave, 100 Mile House, BC

For more information on registration and childminding, please call

250-395-5155



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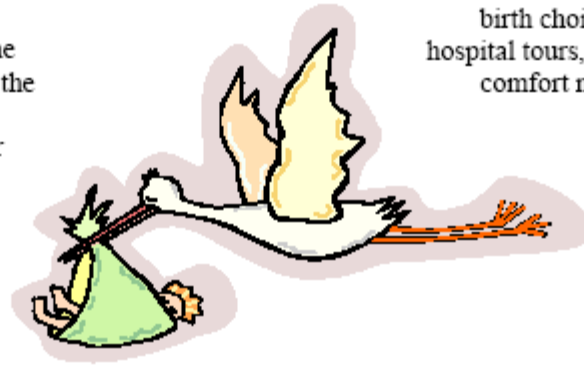
Prenatal Classes

Early Bird

Recommended for
early pregnancy
Anyone can come to the
early bird class and take the
rest of the
prenatal program later
in their pregnancy

Refresher Class

Review of labour,
birth choices, options
hospital tours, birth videos and
comfort management



September 6 (Early Bird), 8, 10 (Refresher) 13 & 15th

Tuesdays and Thursdays—6:30pm to 8:30pm

Saturday -10:00am to 12:00pm and 1:00pm to 3:00pm

Register by Phoning 250-395-5155

Or

Come See Us at the
Cariboo Family Enrichment Centre
(#1 - 486 South Birch Avenue)

Please contact the instructor if you'd like further information,
Gayle Christianson, RN
at 250-3956100 or email gaylem@shaw.ca

Scholarships Available

Supported by a grant from



486 S. Birch Ave, 100 Mile House, BC

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“Anger Management”

Learn skills to help you manage your anger!

Thursday Evenings

September 22, 29 & Oct 6, 2011

(3 sessions)

6:00 pm to 8:00 pm

For more information please contact the
Cariboo Family Enrichment Centre

Pre-registration required

250-395-5155

Located at

#1 - 486 Birch Avenue, 100 Mile House, BC

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“Communications”

Thursday Evenings

Oct 20, 27 & Nov 3, 2011

(3 sessions)

6:00 pm to 8:00 pm

For more information please contact the
Cariboo Family Enrichment Centre

Pre-registration required

250-395-5155

Located at

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“Conflict Resolution”

Thursday Evenings

Nov 17, 24 and Dec 1, 2011

(3 sessions)

6:00 pm to 8:00 pm

For more information please contact the
Cariboo Family Enrichment Centre

Pre-registration required

250-395-5155

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Friday, September 9th

FASD Awareness Day

Join us for a
**FREE Community Lunch &
Walk—Along**

To increase awareness of
Fetal Alcohol Spectrum Disorders
At Noon in the Donex Parking Lot

486 S. Birch Ave, 100 Mile House, BC

For more information on registration and childminding, please call

250-395-5155

