



Nourish Families
Local Meals for Local Families

Mental Health

*Take a look at the resources below,
compiled by Childhood Connections!*

Central Okanagan Resources

- Playful Healing Childhood Connections
[-https://childhoodconnections.ca/programs/playful-healing/](https://childhoodconnections.ca/programs/playful-healing/)
- Connect Counseling Child, Youth and Family Services
[- https://www.connectcounsellingsociety.ca/child-youth-and-family-services/](https://www.connectcounsellingsociety.ca/child-youth-and-family-services/)
- Mamas for Mamas
<https://www.mamasformamas.org/program/kelowna-mental-health-and-wellness-program/>

Provided by

Childhood Connections
Okanagan Family & Childcare Society

CONTACT US

4-1890 Ambrosi Rd, Kelowna

(250) 762-3536

www.childhoodconnections.ca

nourishfamilies@childhoodconnections.ca

