

Nourish Families



Nourish Families is a scaffolded year long program.

Each program runs for 12 weeks with the same participants for the community of Nourish Families Program.

All families must be located in the Central Okanagan with atleast one child under the age of 6 years.

Nourish Connections

Each week parents are given life skill challenges that are discussed.
Simple little life skills that start to build structure and routine, which are necessary for parenting and basic life skills.

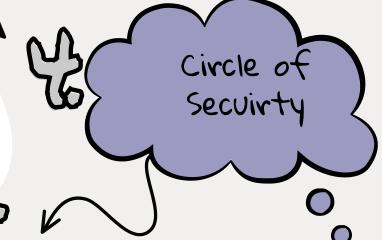
This program that will help facilitate healthy attachment, positive parenting Teaching skills empathy, discipline, safety and continuing to build on life skills.

Nourishing Parents

Nourish Finances & Household Planning

We will begin to teach budgeting and how to take control of your income. We will partner with a financial educator to help our parents develop the skills necessary to budget regardless of the amount of money they are bringing in.

Learning how to create a holding space for your child to confidently move through life. Offering reflection on their own childhood experiences that are impacting their parenting today.





Nourish Mentorship Our participants have to opportunity to mentoring another parent beginning their journey. They are also able to volunteer in various programs. Those wanting to be employable in a childcare center will be offered the Responsible Adult Course.





nour is h@childhood connections. ca



250.762.3536



