



news & events



AIDP, ASCD, and CAP-C

Today, we'll take a quick look at three related programs here at the Ki-Low-Na Friendship Society (KFS) that focus on infant and early child development, and families: Aboriginal Infant Development Program (AIDP), Aboriginal Supported Child Development (ASCD), and Community Action Program for Children (CAP-C).

Aboriginal Infant Development Program (AIDP)

The AIDP program is a partnership between KFS, the B.C. Association of Aboriginal Friendship Centres, and the B.C. Ministry of Children and Family Development. AIDP offers support to families of infants who are at risk for, or who have been diagnosed with developmental delays. Workers support families with home visits, activity planning, and needs assessments—all in culturally sensitive and meaningful ways. Workers also help families to connect with other community services.

For more information, please visit www.aidp.bc.ca, or contact Jenn at the Friendship Centre.

Aboriginal Supported Child Development (ASCD)



Like AIDP, the ASCD program is a partnership with the B.C. Ministry of Children and Family Development. It is also similar to AIDP in its focus on the needs of those with special needs and developmental delays, except that the focus here is on children rather than infants. In a manner that supports cultural safety and sensitivity, ASCD helps children who need extra support in the following areas: physical development, cognitive development, speech & language development, social/emotional development, and behaviour. This program seeks to include these supports in child care settings and the community. This helps to nurture self-esteem, identity, and helps children to develop alongside their peers.

For more information, please visit www.ascdp.bc.ca, or contact Jenn at the Friendship Centre.

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Community Action Program for Children (CAP-C)

CAP-C is a program that focuses on children *and* families. This program is a partnership between KFS and the Public Health Agency of Canada. The program content is guided by the needs of the community and participants, with a focus on: Children First, Equity and Accessibility, Community Based, Strengthening and Supporting Families, Flexibility, and Partnerships.

Parenting skills, food skills, traditional crafts, community garden, outings to area cultural and activity resources, cultural connections, and individual home visits with families are all a part of this program. Program participants are also connected with other resources and programs at KFS and other community providers.

For more information, please contact Jackie at the Friendship Centre.



Changes and growth...

We are also excited to announce that the AIDP/ASCD programs are expanding! Soon, we will be adding two new workers to these programs. Also, we are happy to welcome Jackie Selma as our new CAP-C Coordinator, as Davina has moved into the expanded ASCD program.

Contact Jennifer (ext. 305) or Jackie (ext. 302) at the Friendship Centre to find out more about these programs.



Check out our new website!

We're proud to announce the launch of our newly redesigned website! Check it out!

www.kfs.bc.ca



Program updates

- **Girl Power** will be starting back up again on January 25th, and running thru March 21st. *Girl Power* is open to girls ages 9—12, and meets on Mondays from 3:30 pm—4:30 pm (except February 8th) at the Skəm̓xist Preschool, at Quigley Elementary School. To register or for more information, please contact Sheridan or Jennifer at the Friendship Centre (ext. 304 or 305), or register by fax at (250) 861-5514.
- **2 BBoys** is also starting back up! *2 BBoys* is open to boys ages 9—12, and will meet every Thursday starting January 28th thru March 17th from 3:30 pm—4:30 pm in the Okanagan Room at the Friendship Centre. For more information or to register, please contact Arnold at the Friendship Centre (ext. 312), or register by fax at (250) 861-5514.
- **Journey to Dance** will soon be wrapping up, but there are still a few more sessions, and anyone can drop in and participate! Remaining sessions are: January 26th and February 2nd from 4:00 pm—7:00 pm in the Okanagan Room at the Friendship Centre. For more information, please contact Arnold at the Friendship Centre (ext. 312).
- **«NEW» Womens' Healing Circle** meets Fridays from 1:00 pm—3:00 pm in the 3rd Floor Meeting Room at the Friendship Centre. This is open to all women—just drop-in, no registration required. Please contact Gloria at the Friendship Centre for more information (ext. 214).
- **Mens' Circle** meets every Thursday from 1:00 pm—3:00 pm in the Board Room at the Friendship Centre. This is a drop-in program, open to all men. No registration required. Please contact Randy at the Friendship Centre for more information (ext. 218).



Be sure to 'like' us on Facebook and check our website to keep updated on all of our programs, events, and activities!



Events and activities

- **Elders and Family Healing Gathering:** this interactive gathering will feature interactive energy healing, traditional teachings, healing circle, grief and loss workshop, and keynote speaker Bill Mussell. Join us on February 10 (5:00 pm—8:00 pm), February 11 (8:30 am—6:00 pm), and February 12 (9:30 am—4:00 pm). Of course, food will also be part of the activities! Space is limited, and registration is required. To register, please contact Reception at the Friendship Centre (250) 763-4905.
- **Chronic Pain Self Management Program:** the Friendship Centre will be hosting this workshop, which is presented by Self-Management BC, on March 14—17 from 9:00 am—4:00 pm. It is open to all Aboriginal residents of the Kelowna community. Learn to: understand and manage symptoms, deal with stress and difficult emotions, learn to safely maintain physical activity and improve flexibility, and communicate effectively with your health care team. This training and all associated materials are provided free of cost, and lunch will also be provided. Registration is required. For more information or to register, please call toll-free (866) 902-3767, or register on-line at www.selfmanagementbc.ca. **Please do not contact the Friendship Centre to inquire about or register for this program.**
- **Family Night:** join us for our upcoming Family Night activities! Our next Family Night will be on Wednesday, February 10 at 5:00 pm, and the theme will be a Traditional Gathering. In March, Family Night will be on the 9th at 5:00 pm, and we will be welcoming Spring! Contact Reception at the Friendship Centre (250) 763-4905 for more information. Everyone is welcome!
- **Elders' Luncheons:** our next Elders' Luncheons are on February 18th and March 17th at 12:00 pm. Contact Reception at the Friendship Centre for more information (250) 763-4905.



Did you know?

- Every Saturday (except long weekends), we serve a hot breakfast to an average of 70 of our more vulnerable community members.
- A daily average of about 30 of our community members find a warm place to rest, hang out, and a warm cup of coffee to drink in our lobby every weekday that the Friendship Centre is open.
- Last year, our Receptionist answered approximately 7,728 phone calls, fielded 271 e-mails, and greeted around 8,149 people who walked through our doors seeking our services. That's 16,148 contacts!



Find us on Facebook: www.facebook.com/Ki-Low-Na-Friendship-Society