

OUTREACH

Outreach is an in-home service that provides parents with the knowledge, skills, and support necessary to build enduring and healthy relationships with their children. This may include supporting the family as children are reintegrated back into the home.

LENGTH: varies

(depends on families needs)

DAY: varies

(depends on families needs)

LOCATION: in home



Building Healthy Families
since 1988

To preserve, stabilize, and strengthen families in our community through education, training and support.

1390 K.L.O. Road
Kelowna, BC
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www.buildinghealthyfamilies.ca

Funding for our programs provided by
Ministry of Children & Family Development,
United Way, and donors.



Building Healthy Families
since 1988



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**BUILDING HEALTHY
FAMILIES SOCIETY
PROGRAMS**

ABOUT

A support, training, and information resource for families.

All programs are **FREE** and take place at:

Building Healthy Families
1390 K.L.O. Road
Kelowna, BC

For more information
call our office at
250-861-4933

PROGRAMS

ANGER MANAGEMENT

A group that offers a supportive and non-judgmental environment to assist in addressing anger and its effect on our lives.

LENGTH: 10 weeks

DAY: Thursday
1:00 – 3:00 pm

FIRST STEP NURTURING

Group training sessions and weekly in-home coaching support for parents with children under 2 of age to learn new skills for nurturing and healthy communication.

LENGTH: 10 weeks

DAY: Tuesday
1:00 - 4:00 pm



NURTURING FATHERS

The NURTURING FATHERS program is designed to help fathers learn new practices that help build nurturing, rewarding relationships with children and partners.

LENGTH: 12 weeks

DAY: Tuesday
6:30 - 9:00 pm

PARENTING THROUGH RECOVERY

A support program for substance addicted mothers.

LENGTH: 10 weeks

DAY: Monday and Wednesday
1:00 – 4:00 pm and
weekly in-home visits

SELF-HELP OPPORTUNITIES FOR PARENTS

A support program for parents of children 2 years of age and older.

LENGTH: 10 weeks

DAY: Tuesday & Thursday
9:00am – 12:00 pm

THE ZONE

A support program to help families with children and youth ages 10-16.

LENGTH: 8 weeks

DAY: Thursday
6:00 – 8:00 pm