

## How are we working together?

Many agencies have come together to make this initiative a reality. We are working together because we know we all have an important role to play in positive early childhood development. A strong local implementation team has been formed and will continue to guide the Breaking Trails Family Place's development and staff as they move forward.

## Who is involved?

Community Reference Panel  
Elder's Sub-Committee  
Good Food Box Committee  
Hector Thiboutot Community School  
KidsFirst North  
Mamawetan Churchill River Health Region  
Mikisew Aboriginal Head Start  
Ministry of Education  
Ministry of Social Services  
Northern Human Services Partnership  
Sandy Bay Student/Parent Babysitting Corporation

Drop into the centre! Our doors are always open!



**For more information, contact:**

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## Breaking Trails Family Place



## What's Breaking Trails Family Place?

Breaking Trails Family Places provides a drop-in space and free family programming for children and their families that encourage positive interactions and caregiver support. They provide a place for families to gather in a friendly, safe and casual setting with improved access to important services.

A mix of programming is available based on community and family needs. Types of programs which a centre might include are drop-in playgroups, parent sharing and healthy lifestyle sessions.

# General Information

## Where is Breaking Trails Family Place?

The Breaking Trails Family Place is located at the Mikisew Aboriginal HeadStart Building.

## When will the Breaking Trails Family Place open?

The Family Place will be open as of January 2014.

## Can anyone attend?

YES! It doesn't matter where you live... you are welcome! Anyone interested in programming available is welcome to attend. Bring your whole family and come join us!

## How can I get involved?

The Local Implementation Team of the Breaking Trails Family Place is looking for parent/caregiver members. We need your opinions on potential programming and decisions related to the Family Place! If interested, talk to us!

## What sort of programming will be available?

The Family Place will focus on:

- **Parenting Education**
  - Parenting Education will be delivered in a culturally relevant manner through community driven programming. Opportunities for sharing and growth will be provided.
- **Early Learning**
  - Early learning programming will focus on building positive child-caregiver relationships and laying the groundwork for life-long learning.
- **Family Wellness and Support**
  - Family wellness and support programming will include the promotion of healthy lifestyles including education around low-cost, healthy food options. Opportunities for sharing and growth will be made available.
- **Information and Referrals**
  - If you have questions or need information as a caregiver/parent... this is the place to come! The Centre will strive to provide improved access to services to build healthier and stronger families!



# Kids Needs a Great Start in Life!



"The first 6 years of my life will affect my learning, behavior and health throughout my life"

## What you need to know:

- All children are born ready to learn and brain development begins before birth
- Positive relationships help your child develop
- Early environments and experiences impact the development of the child

## What you can do to help encourage healthy childhood development:

- Be a positive role model!
  - Your child learns from you and they need a healthy caregiver!
- Connect with your child!
  - Read, play, explore and have fun together!
- Build the confidence of children!
  - Let them know they are special!
- Let your kids know you love them!
  - Tell them, hug them, spend time with them!