



PARTNERS FOR CHILDREN

WINTER | 2 0 2 5

INSIDE THIS ISSUE

- 2 PFC Contact Information
- 3 Community Websites
- 4 Speak Your Language First
- 5 Romp N Run
- 6 Booster Seats
- 8 PFC Family Resource Centre
- 12 Compassionate Parenting
- 14 Nobody's Perfect—Mind
- 16 Family Literacy Centre
- 18 Canada Dental Benefit
- 19 Triple P Parenting
- 20 CDC Follow Along Program The Hanen Centre
- 21 Hospice Yukon
- 22 Story Time Mini PCMG
- 23 Sibling Support
- 24 NHEHD Yukon

**IT'S TIME TO
WRITE A
NEW CHAPTER**



**OUR 30 YEAR CAPC PROGRAM
- PARTNERS FOR CHILDREN**

IS COMING TO AN END MARCH 31st, 2026.

Over the next few months we will be applying for a new pot of money from the Public Health Agency of Canada to hopefully continue to offer some of the programs and services that we offer now.

And we need your help!

If you have ever or are participating in our programs or utilized our services we want to hear from you.

Please go to:

<https://forms.gle/D2RowxuB5znPeSCD8>

OR



partners for children contact information

Cai Krikorian: 867-332-5990

Kathryn Grimmett: 867-332-9458

Coordinators: Rebecca Fenton and Katie Swales

Email: contactus@partnersforchildren.info

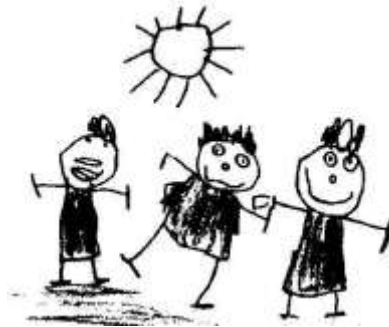
Mail: Partners for Children
108C Copper Road
Whitehorse, YT
Y1A 2Z6



Visit our website at

www.partnersforchildren.info

And follow us on Facebook and Instagram



The Partners for Children newsletter is edited and produced through the Network for Healthy Early Human Development Yukon (NHEHD).

The views expressed herein are solely those of the authors and do not necessarily represent the official policy of Partners for Children, NHEHD Yukon or the Public Health Agency of Canada.

community websites

Autism Yukon

www.autismyukon.org

Big Brothers Big Sisters of Yukon

<https://yukon.bigbrothersbigsisters.ca>

Child, Youth and Family Treatment Services

<https://yukon.ca/en/health-and-wellness/mental-wellness/get-counselling-and-support-families-youth-and-children>

Child Development Centre

<https://cdcyukon.ca/>

Department of Education Early Learning and Childcare Programs

<https://www.yukon.ca/en/early-childhood-learning-and-program>

Early Learning Program, Yukon University

<https://www.yukonu.ca/programs/early-learning-and-child-care>

Family Law Information Centre

<https://yukon.ca/en/family-law-information-centre>

Fetal Alcohol Society Yukon

www.fassy.org

Hospice Yukon Society

www.hospiceyukon.net

LDAY Centre for Learning

www.ldayukon.com

Network for Healthy Early Human Development

www.NHEHDYukon.org



Partners for Children

www.partnersforchildren.info

Recreation & Parks Association of the Yukon (RPAY)

<http://www.rpay.ca>

Skookum Jim Friendship Centre

<https://skookumjim.com/programs/>

Victoria Faulkner Women's Centre

<http://www.vfwomenscentre.com/>

Volunteer Yukon

<https://www.volunteeryukon.ca/>

Inclusion Yukon

<https://www.inclusionyukon.org/>

Yukon Child and Youth Advocate

www.ycao.ca

Yukon First Nations Education Directorate (YFNED) Early Years

www.yfned.ca/earlyyears

Yukon Literacy Coalition

www.yukonliteracy.ca/

Yukon Public Libraries

<http://yukonlibraries.ca>

Speak your First Language

Children need to learn their first language well. This will help them:

- stay connected with family.
- take part in their cultural community.
- build a solid foundation in another language.

It is important for children to have solid skills in at least one language. This makes it easier for children to learn another language.



Parents can help:

- speak to your child in a language you are comfortable and fluent in - your “heart” language.
- try to speak each language without mixing them in one sentence.
- talk about pictures you see in books and make connections to your child’s own experiences.
- talk during daily activities (mealtimes, bath time) with your children.
- talk more and use screens less.



Research shows children learning more than one language have:

- better awareness of how words sound and rhyme.
- a more creative use of language in writing and talking.
- increased attention and focus.

Research shows learning more than one language in early childhood can help children in their later schoolwork.



Speaking your first language to your child will not stop your child from learning English.

The CDC provides services to support children’s development from birth to kindergarten in all Yukon communities. We can help answer your questions and provide therapeutic support in areas such as: movement, behaviour, sleeping, eating, toileting, sensitivities (to sound or touch) and speech/communication. Contact us at 456-8182, info@cdcukon.ca or www.cdcukon.ca. Our services are FREE.



Adapted from: “Keep Your First Language” by Vancouver Coastal Health



Romp n Run is back for another winter season!

Romp n Run is for children 4 and under and their parents and caregivers.

20-30 minutes of fun, interactive and age appropriate programming for kids and parents. A healthy snack after the programming; coffee/tea for the adults. Open playtime follows with lots of equipment/toys for tumbling, moving and exploring. Parental participation and supervision is required.

Winter session
January 9th to March 27th
Tuesdays and Thursdays
10 to 11:30 am in the
Haines Junction Arena Mezzanine

New Families please contact Jessica at
jbcondon79@gmail.com



Romp N Run is provided and funded by Partners for Children with additional support from the Village of Haines Junction.



Booster seat

How to keep your child safe in the car



A booster seat lifts your child up so that the seat belt fits across the strongest bones and away from the soft belly. To use a booster seat, your child must weigh at least 18 kg (40 pounds) and be able to sit correctly.

How to use your child's booster seat

Make sure your child has support behind the head to the tops of the ears.

Make sure the shoulder belt crosses the chest and stays between your child's neck and shoulder.

Tuck the lap belt and the shoulder belt under the arm rests for most booster seats.

The lap belt should fit low and snug across your child's hips.



Place the booster seat in the back seat of the vehicle.

An adult should check every time a child buckles their own booster seat.

Read your vehicle manual and follow the instructions for your seat.



For more information:

- Visit ahs.ca/carseats
- Call Health Link at 811
- Visit healthyparentshealthychildren.ca and search for "car seats"



Adapted with permission
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105515 © (2024/03)

Booster seat

How to keep your child safe in the car



Helpful tips for using your booster seat

- Before moving to a booster seat, your child must be able to sit straight and tall for the whole ride without moving around or unbuckling.
- If the vehicle does not have head support to the tops of the child's ears, use a high-back booster seat.
- If the shoulder belt does not rest between the child's neck and shoulder, use a booster seat that has a shoulder belt guide.
- Make sure your seat is safe to use. You can find a checklist, videos and other resources on our website.



Is your child ready to stop using a booster seat?



- Is your child at least 145 cm (4 feet 9 inches) tall?
- When your child is sitting all the way back, do their knees bend comfortably over the edge of the seat?
- Does the lap belt stay low across the hips?
- Does the shoulder belt cross the chest and stay between the neck and shoulder?
- Can your child sit like this for the whole trip without slouching?

Until your child can meet these 5 steps, keep using a booster seat on every ride.



For more information:

- Visit ahs.ca/carseats
- Call Health Link at 811
- Visit healthyparentshealthychildren.ca and search for "car seats"



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Family Resource Centre

108 COPPER ROAD,
WHITEHORSE

Welcome families with children 0 to 6 years

**Come enjoy our infant, toddler and
preschooler friendly space.**

A place for parents and caregivers to:

- share experiences
- ask questions
- explore our resources
- learn about our and other community programs



Registered programs at the Centre include:

- Parent-Child Mother Goose®
- Infant Massage
- You and Your Baby
- Nobody's Perfect Parenting Program
- Handle with Care

For more information visit our website

For the current schedule or to find more about our programs follow the Partners for Children Facebook and Instagram or contact

Cai Krikorian at 867 332 5990

Kathryn Grimmatt at 867 332 9458

or email familyprogs@partnersforchildren.org

<https://www.partnersforchildren.info/>

January 2025 at the Family Resource Centre

The Partners for Children Family Resource Centre (FRC) is located at 108 Copper Road, Whitehorse.

All events on this calendar are drop-in, no registration required.

When we are open, all families with children ages 0 to 6 are welcome to stop in for coffee, tea, snacks, a warm place to play, connect, ask questions and access resources. Older siblings are welcome to join!

For more information about registered programs and Family Resource Centre events follow Partners for Children on Facebook.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
							
		Family Resource Centre and Partners for Children Closed for the Holidays					
5	6	7	8	9	10	11	
FRC CLOSED	FRC CLOSED	FRC CLOSED	FRC CLOSED	9 FRC OPEN 10am - 2:30pm Mini Mother Goose 10:30am	10 FRC OPEN 10am - 2:30pm Mini Mother Goose 1pm	FRC CLOSED	
12	13	14	15	16	17	18	
FRC OPEN 10am - 2:30pm	FRC OPEN 10am - 2:30pm Visit with Shayla Rouliston** 10:30 am	14 Story Time Mini Mother Goose at the Library 10:30-11:30 FRC CLOSED	FRC CLOSED	16 FRC OPEN 10am - 2:30pm Mini Mother Goose 10:30am	17 FRC OPEN 10am - 2:30pm Mini Mother Goose 1pm	FRC CLOSED	
19	20	21	22	23	24	25	
FRC OPEN 10am - 2:30pm	FRC OPEN 10am - 2:30pm	21 Story Time Mini Mother Goose at the Library 10:30-11:30 FRC CLOSED	FRC CLOSED	23 FRC OPEN 10am - 2:30pm Mini Mother Goose 10:30am	24 FRC OPEN 10am - 2:30pm Mini Mother Goose 1pm	FRC CLOSED	
26	27	28	29	30	31	**Shayla is a certified sleep and breastfeeding specialist.	
FRC OPEN 10am - 2:30pm	FRC OPEN 10am - 2:30pm Visit with CDC's Jen Freeman 10:30	28 Story Time Mini Mother Goose at the Library 10:30-11:30 FRC CLOSED	FRC CLOSED	30 FRC OPEN 10am - 2:30pm Mini Mother Goose 10:30am	31 FRC OPEN 10am - 2:30pm Mini Mother Goose 1pm		

Partners for Children is a CAPC program brought to you by the Network for Healthy Early Human Development Yukon.

Funding Provided By: **Yukon**



Come and see Partners for Children’s Family Resource Centre. This cozy space is being enjoyed by parents and their infants, toddlers, and preschoolers. Our kitchen is licensed providing healthy and filling snacks during programming. Fresh mini muffins are enjoyed by toddlers and parents. With fresh fruit and veggies cut up to toddler bite size pieces. Coffee and tea with non dairy and dairy cream available. Cozy couches and bean bags for parents to relax and feed their infants.

It is heart warming hearing the feedback from families that come to our centre and programs. Some of the feedback from families includes, “this space is so welcoming, I feel relaxed here” , “I love this group, getting a chance to just talk to other mothers in a non judgemental space”, “this is the perfect space for my toddler, the cut up fresh fruit just his size, and knowing he can come here and move and climb and get out his energy in a safe space”.

Come see our space and learn more about the partnerships and programming that we are offering to Families with children 0 to 6 years old.



In the Family Resource Centre Kathryn has been making gluten, dairy, and egg free muffins, here is her favourite recipe:

- Pre-heat the oven to 400 degrees F
- In a large bowl mash two overripe bananas until they are very smooth, almost liquid.
- Add 1/3 of a cup of sunflower oil (canola or melted butter would work too), 1/3 of a cup of coconut & oat cream (could use dairy cream too), and a teaspoon of vanilla then mix until combined.
- Add ¼ cup of sugar and mix until smooth (or don't, it still works without sugar!).
- Add 1 tablespoon of baking powder and mix in until the lumps are gone.
- Add about a 1/2 of a cup of frozen blueberries (or as much as you like, I don't usually measure the blueberries) then add a cup of Bob's Red Mill 1 for 1 Gluten Free Flour (feel free to experiment with other flours!) and mix until just combined.
- Spoon out into oiled/greased mini muffin tin, about 4/5 full in each muffin shape. Sometimes it doesn't fill out the entire tin and that's okay, as long as the amount of batter is roughly the same in each shape.
- Bake for 5 minutes, then turn down to 350 for 15 more minutes. It may need some extra time, up to 5 minutes more.
- Take out and let cool a bit before taking them out of the tin.

COMPASSIONATE PARENTING

*Our words
reflect
our heart*

- To encourage task completion, say: “**First** we do things we don’t like, and **then** we do things we do like.”
- To encourage exploration in children who have difficulty trying something new, use “**same**” (as familiar activity) “**but different**” (in a similar small way). For example, putting on a heavy winter coat is the same but different than putting on a light summer jacket.

➤ Be confident and positive when asking for a shift in behaviour. Use “**please**” and avoid using “no” or “don’t”.

➤ Encourage the use of “**I**” and “**we**” in family conversations to promote community building. Using “you” puts others on the defensive.

➤ Avoid absolutes of “*you always*” or “*you never*.” There are exceptions to every view point.

➤ Avoid hesitant language like “*I think*,” “*sort of*” or “*just*” as it suggests you are unsure.

This is the seventh hint in the Compassionate Parenting – Lessons from our Forest Friends Booklet.

Created by Stace Burnard, Heather Dundas and Lara Bode.

Praise all the way



Applaud every small step forward your child makes.

Every **small** positive behaviour or attitude **change** by your children **must be praised** and applauded.

Learning happens when your children feel safe and are praised to explore new ideas and behaviours, not when they are corrected and punished. Praise generously and your children will feel recognized and empowered by you to take exploratory steps toward becoming loving, responsible and independent family members.

The rule: **Praise more than you correct**. Try this: Put some beads in one pocket and every time you give a praise move one bead to the other pocket. At the end of the day, how many beads do you have in your praise pocket?

This is the eighth hint in the Compassionate Parenting – Lessons from our Forest Friends Booklet.

Created by Stace Burnard, Heather Dundas and Lara Bode.

Mind

nobody's perfect

Surround Your Child with Chances to Learn

- **You can help build your child's brain by talking to him.** Talk to your baby right from the beginning. Talk about what you are doing and what he is doing. Describe the things he sees and hears around him. When your child begins to speak, listen to what he says. Encourage your child to talk about things that happen to him. Take turns talking and listening.
- **Read and tell stories every day.** You can look at picture books with your baby and talk about what you see. Children can learn about things from books that they do not see in their daily life. Tell your toddler stories about what you did during the day.
- **Share your stories, songs and rhymes.** Talk about your culture, beliefs, traditions, and values.
- **Give your child a variety of materials to play with.** Children's toys do not need to be expensive. You have lots of things in the house that are fun to play with. Here are some ideas: empty plastic containers and bottles, plastic measuring cups and bowls, cardboard tubes and empty boxes.
- You can make different colours of play dough for your child. In the winter, bring some snow inside in a dish pan. Check everything you give your child to make sure it is clean and safe.
- **Play outdoors.** Children can do things outdoors that they cannot do in your home. Your child will enjoy outdoor play in any weather. Play in the sandbox at the park. Play in the snow. Splash in puddles when it is raining. Take your child to a wading pool or to a beach.

i **Your child's brain is growing. You can help by talking to him, playing with him, and reading to him.**



For more information about Nobody's Perfect, or to download this document, please search "Nobody's Perfect Tipsheets" on Canada.ca.



Public Health
Agency of Canada

Agence de la santé
publique du Canada

Canada

Fun & Easy Activities

Play Dough

Play dough encourages children to be creative. They can create whatever shape they want. They can push different tools into it to make different patterns and textures. They develop control of their fingers and hand muscles. When they get older, they can make little people and animals to play with. Some children find that playing with play dough helps calm them down.

You can give play dough to your child as soon as she stops wanting to eat it. For some children, this is around 12 months. For other children, it might not be till age 2 ½. Your child will enjoy playing with play dough for many years.

Here is a recipe for homemade play dough. Look for cream of tartar in the spice section in a grocery store or bulk food store.

1. Mix together in a pot:
 - 1 cup flour (250 ml)
 - 1/4 cup salt (60 ml)
 - 2 tablespoons cream of tartar (30 ml)
2. Add to the mixed ingredients in the pot:
 - 1 cup water (250 ml)
 - a few drops of food colouring
 - 1 tablespoon oil (15 ml)
3. Stir everything together and cook over medium heat for a few minutes.
4. When the mixture is warm and makes a lump in the pot, scrape it out onto a counter and knead until smooth.
5. Store in a plastic container in the fridge.

Sidewalk Drawings

Sidewalk chalk is not expensive and can give your child hours of fun. Some children as young as 1 year old can hold chalk and make marks. However most children this young just want to put the chalk in their mouth. Just in case, look for chalk that is non-toxic.

By the time they are around 2 years old, most children are able to draw with chalk on the sidewalk. They can make lots of drawings and never run out of space!





**The New Space:
103-1191 Front St.**

Fun, free, drop-in programs for you & your child!



**Come
visit!**



Mon/Tues/Weds: 9am-12, 12:30-3:30pm

Thurs. 12:30-3:30pm

Fri, Sat & Sun: 9am-12, 12:30-3:30pm

Dad's Drop-in: Mondays: 4:30-6:30pm

Family Drop-in: Tuesdays: 4:30-6:30pm

*Now open
on Sundays!*

WINTER 2025:

Jan 2nd to Mar 23rd

Closed: Jan 27, 28

*Please stay home
if you are sick.*

For more information, call
668-8698 / 668-6535


 Yukon Family Literacy Centre

 @yukonfamilyliteracycentre



For more information, call
668-8698 / 668-6535

 Yukon Family Literacy Centre

 @yukonfamilyliteracycentre

All programs are drop-in, based on adult-child participation, and for ALL AGES!

Winter Wonderland (Mondays 10:30-11:30) Celebrate winter with stories, songs, and crafts.

Calling all dads!

Dad's Drop-In (Mondays 4:30-6:30) Join us and our friends from the Family Resource Unit for dinner, activities, and more! All ages.

Fun with Food (Tuesdays 10:30-11:30) Explore different textures and tastes in this play-based program.

Family Drop-in (Tuesdays 4:30-6:30)

Morning Movement with Baby (Wednesdays 10:30-11:30)
Foster a love of movement through physical activities like stretching and yoga.

Coffee and Crafts (Thursdays 1:00-3:00) Let the kids play while you craft and enjoy a fancy coffee or tea.

Getting Messy (Fridays 10:30-11:30) Hands on activities guaranteed to make a big mess!



Family Free Play Drop-in

Enjoy crafts, reading, painting, and more. When children play, they build skills crucial to healthy development. Playing together as a family fosters physical, social, cognitive, and emotional growth.

A Guide to the

Canada Dental Benefit



Tooth decay is the most common, but preventable, childhood chronic disease both in Canada and around the world. Oral diseases frequently begin in the preschool years which is why it is so important to establish good oral hygiene behaviours in those early years.

The Government of Canada has implemented the interim **Canada Dental Benefit**, which is designed to provide some financial support to help Canadian families access dental care. With this benefit, families can start addressing some of the basic dental care that their young children need while the Government continues its plans to develop a long-term Canadian dental care program.

? WHAT is the benefit?

The interim Canada Dental Benefit provides payments **up to \$650** per eligible child under 12 years of age, per year for two years.

\$650

if the family's
adjusted
net income is
under \$70,000

\$390

if the family's
adjusted net
income is **between**
\$70,000 and
\$79,999

\$260

if the family's
adjusted net
income is
between \$80,000
and \$89,999

The benefit can be used for any dental care provided by any regulated dental professional.



WHO can apply?

Parents/Guardians who:

- ✓ Have a child under 12 years of age, who does not have access to private dental care insurance.
- ✓ Have an adjusted family net income under \$90,000 per year.
- ✓ Have filed last year's income tax return—for more information on how to file a return, visit Canada.ca/doing-your-taxes.
- ✓ Receive the Canada Child Benefit for each eligible child.
- ✓ Have or will have dental care expenses for each eligible child that have not been fully reimbursed under another federal, provincial or territorial government program.



HOW can you apply?

Canada Revenue Agency (CRA) **My Account** will be the quickest, easiest and most secure way to apply for the Canada Dental Benefit. If you don't yet have a CRA My Account, you can register at Canada.ca/my-cra-account.

You will need to **provide information** on the dental care visit, including the name of your child's dental care provider(s) and your employer information.

If you apply online and are signed up for **CRA direct deposit**, you can receive your payment within five business days!

If you're unable to apply for the Canada Dental Benefit online, **call 1-800-715-8836** to get your application started.

Make sure you have your Social Insurance Number, address, date of birth and a copy of your income tax return from last year.



WHEN can you apply?

Parents can apply **starting December 1, 2022**, for dental care received by their eligible child back to October 1, 2022, so long as their child will still be under 12 on December 1. For the second payment, parents can apply starting July 1, 2023.

Visit Canada.ca/dental for more information, or call 1-800-715-8836



Government
of Canada

Gouvernement
du Canada

Canada



Positive Parenting Program: Young children ages 5-12

When: January 8: Developing good bedtime routines
January 22: Managing fighting and aggression
January 29: Dealing with disobedience

Time: 10 to 12 pm

Where: NVD space, 4201 4th Ave - Suite 330

What: A presentation and discussion group to provide positive parenting suggestions to support your children ages 5-12. Facilitated by Family Resource workers for parents and caregivers. Snacks provided. Registration required for each session.

For information, transportation and registration please contact Family Resource Unit
867-332-1875 (call or text) or 867-667-8755 (landline).



Presented on the traditional territories of the Kwanlin
Dün First Nation and the Ta'an Kwäch'än Council,



The Follow Along Program

Your child's early years are important.
Learn about milestones and how to support
your child's development.



The Follow Along program is for children from birth to three or four years old and their parents or caregivers.

- Learn about your child's development and milestones and what to expect next as your child grows and develops.
- Get fun ideas for activities to try at home.
- Have a chance to ask questions about how your child is moving, talking, sleeping, behaving or anything else related to their development.

Visits are scheduled one or two times a year, depending on the age of your child. Visits are fun and focused on play. We can see you and your child at our centre, your home, or another location if requested.

The Follow Along program is free and available in Whitehorse and all Yukon communities.

You can enroll your child anytime by filling out a referral form at www.cdcyukon.ca/referral or calling 867-456-8182.



Free & confidential services
A non-governmental organization.
867-456-8182
www.cdcyukon.ca



If you would like to learn more about supporting children's language skills, we recommend looking through the Hanen Centre's website—a valuable resource for everyone!
www.hanen.org

The TIPS on their site will help you make the most of the everyday routines and activities you already do with children to create the best opportunities for them to learn.

Featured Tip

Sing songs with children and build in opportunities for them to take turns.

Sing simple songs, especially ones with actions, like “Row Row Row your Boat”, and build in opportunities for them to participate. This is a fun way for them to learn to take their turn in an interaction, as well as to learn new words.

First... Sing a new song the same way a few times so the child learns the song and its “high point”. High points are the most interesting parts of a song. In “Row, Row, Row your Boat”, the high points are the rocking back and forth while you and your child sit on the floor, holding outstretched hands, and saying the last word after a long pause – i.e., “dream”.

Next... Once children are familiar with the song, you can do one of the following:

- Pause before a high point and wait for them to respond. For example, when singing “Row Row Row your Boat”, sing the song through once or twice and then, still holding their hands, **WAIT** for them to ask you to sing it again (they will probably make a sound or rock back and forth to ask you to do it again).
- Start to sing the song while rocking back and forth, pausing mid-song so they can ask you to continue. Slow down and pause before the last word (“dream”), so they can make a sound – any sound – to end the song. To take their turn during songs, children may wriggle, make a sound, look at you, point to something or perform an action. Accept *anything* as their turn and then continue immediately. The most important thing is that they take a turn and have fun while doing it.

Hospice Yukon

Storytime and Resources for Kids' Grief

Free counselling is available for children and youth who experience grief due to death or a life-limiting illness in the family.



At Hospice Yukon, our counsellors use gentle play therapy and age-appropriate questions to help young children express their feelings and learn about death.



We also have grief groups for children and youth who can connect with peers around shared activities to feel support in times of loss.

Check out the 'Events' tab at www.hospiceyukon.net for upcoming offerings.

Kids Corner

We have many great books to help children and youth understand death and grief, and anyone can borrow them from our library.



Our Kids Corner has a soft plush therapy dog and cat and other toys to help children feel safe to explore tough topics.



Caregivers are welcome to drop by with a child during office hours (11:30am to 3pm) to explore new stories and skills.



You're not alone in trying to support children coping with loss.

We can help you with books, online videos, resource people, and groups for children and caregivers.

Check www.kidsgrief.ca for many great tips for parents and educators.

We also have lots of helpful resources at www.hospiceyukon.net and our welcoming staff provide ongoing support to professional and family caregivers and teachers.

Kids Grief Counselling

Kids Grief Support Groups

Lending Library

Professional Support

Public Education

409 Jarvis Street

Tel. 867-667-7429



In collaboration with Partners for Children, Whitehorse Public Library presents—

STORY TIME MINI MOTHER GOOSE

WITH CAI AND MEREDITH!



TUESDAYS 10:30-11:30
JANUARY 14 - MARCH 4, 2025

Join us at Whitehorse Public Library (1171 Front Street)
for stories, songs, rhymes and movement!

A free, drop-in program for children [ages 0-6] and their caregivers.

Healthy snack provided!

For more information, call 667-5239 or go to yukonlibraries.ca/events



YOUNG SIBLING ONLINE PEER SUPPORT GROUPS - FEEDBACK SURVEY

BC Children's Hospital, in partnership with communities across BC, Alberta, and the Yukon, will be launching free, monthly online peer groups for sibling carers (ages 8-11) who support and care for a sibling with a disability or chronic health condition.



We'd love your feedback on:

- Best days/times to host groups
- Topics you'd like covered
- And any other suggestions you have for your family

FREE MONTHLY ONLINE PEER GROUPS

- ✓ Non-therapy/non-counselling based - Facilitator led groups
- ✓ Not sibling diagnosis specific - open to children who have a sibling with a chronic health condition or disability
- ✓ Activities to support siblings and resources shared with families
- ✓ Peer to peer interactions with other siblings who have a sibling with a chronic health condition or disability



[Pilot Survey Link - Young Sibling Online Peer Support Groups](#)

Click the link for the survey



NHEHD Yukon

By utilizing scientific information that works towards healthy early child development, we create small projects to meet our purpose.

**Simply spreading the message that babies matter and are most important is our #1 project to date.
They are our future and our hope.**

Could you make “How are the children?” the first words from you to your neighbours or coworkers? Try it!

Become a NHEHD

+

Join the Network for Healthy Early Human Development today!

NHEHDYUKON@GMAIL.COM

