

Aboriginal Resources

Aboriginal Doula Support Program

This program, offered through the [BC Association of Aboriginal Friendship Centres](#), provides funding for expectant Aboriginal families to access Doula services for prenatal, birthing and postpartum support.

What is a doula and how do I find one?

A doula provides emotional, physical, and spiritual support for women and families during pregnancy and labour and after birth. In the Comox Valley, there is a website with contact information for local doulas: [Comox Valley Doulas](#) or you can call 1-877-365-5588 (toll free).

How do I access this program?

The applications are available at [Wachiay Friendship Centre](#). You and the doula will each need to fill out a section of the form and then return it to Lisa at Wachiay, who will send it on to the BC Association of Aboriginal Friendship Centres for processing.

Wachiay Friendship Centre
1625 McPhee Ave
Courtenay BC

Contact: Lisa

Phone: 250-338-7793, ext.261

Email: lisa@wachiay.com

[Visit website](#)

Aboriginal Family Literacy Outreach Program

The Aboriginal FLO Step In, Step Out Program is for all families of Aboriginal ancestry.

This program will focus on cultural literacy, family literacy, adult literacy, food literacy, and early childhood development.

The schedule of the program is:

- 9-9:45am: Welcome, connect and play
- 9:45-11am: Parent time to participate in a learning circle: computer literacy, college/employment readiness, family literacy and more! Child care provided
- 11-12 pm: Lunch together and closing

To register or for more information, please contact Terry.

Courtenay Elementary School
Courtenay BC

Contact: Terry Louden

Email: cveyap@shaw.ca

[Visit website](#)

Aboriginal Resources

Aboriginal Speech And Language Program

This program is for families and children 0-6 years who are of aboriginal ancestry. It provides support for children who have speech or language needs in a culturally respectful and inclusive way.

A speech and language pathologist can support families (along with teachers and other caregivers) to help children with:

- saying words clearly
- using longer sentences
- talking more smoothly (help with stuttering)
- feeding / swallowing difficulties

This free, flexible program is available Monday through Friday, 8:30-4:30 and services can be offered at the child's home, daycare / preschool or at the office.

For more information, there is also a [Facebook page](#).

Upper Island Women of Native Ancestry
#105-1509 Cliffe Avenue
Courtenay BC

[Visit website](#)
Contact: Janice or Andrea

Phone: 250-331-1638

Email: aboriginalspeech@cvcda.ca

[Visit website](#)

Aboriginal Early Years Program

This program is for open to all children who are between birth and 4 years of age. Program has an Aboriginal history and focus.

Early Years program is open Tuesday and Wednesdays from 9 am to 11:45 am and includes a healthy snack, cultural presentations and activities; designed to meet the needs of the child.

Children are accompanied by their parents or other family/caregiver members who are an important part of the child's life.

Thursdays operate from 10 am to 1 pm and has a parent focus. This is a place for parents to come and express or discuss challenges of parenting, as well as enjoying a meal and discussion from the Elders and Facilitators of the group. Facilitators include a Speech & Language Therapist, 3 Elders of Metis background and 1 Facilitator of the Lene Lenape Nation.

Transportation is available, and we accept on-going registration.

For dates and times of this program, please visit the [event page](#).

Note: This program runs September to June.

Courtenay Elementary School
Courtenay BC

Contact: Terry

Phone: 250-465-9944

Email: cveyap@shaw.ca

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Aboriginal Head Start (Preschool Program)

This program is for children of Aboriginal Ancestry, Status, Non-Status, Metis, and Inuit who are between 30 months - 5 years of age.

The Preschool program is available Monday – Thursday with morning or afternoon classes.

The program includes meals, bus transportation, Elder involvement and is free of charge.

There are 6 major components:

- Culture and Language
- Nutrition
- Education/Kindergarten Readiness
- Health Promotion
- Social Support
- Parental Involvement

Registration is ongoing throughout the year.

Aboriginal Head Start
956 Grieve Ave
Courtenay BC

Phone: 250-334-2477

Email: cvahs@shaw.ca

[Visit website](#)

Comox Valley Aboriginal Grandparents Raising Grandchildren Support Circle

Comox Valley Aboriginal Grandparents Raising Grandchildren Support Circle provides support, information and resources to kinship care providers including grandparents who are raising their grandchildren that responds to the unique needs of the Aboriginal community. For information email grg.courtenay@gmail.com or call 1-855-474-9777.

Phone: 1-855-474-9777

Email: grg.courtenay@gmail.com

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Friday's Child

This program is for families and children under 6 years of age who are of Aboriginal Ancestry.

It is for families of children with extremely challenging behaviours, including FASD (Fetal Alcohol Spectrum Disorder), ADD (Attention Deficit Disorder), ADHD (Attention Deficit Hyperactivity Disorder) and other undiagnosed challenges. Friday's Child is a strengths-based program and teaches parenting, life and advocacy skills.

The format of the program is as follows:

9:45 - 10:00	Arrive at the preschool.
10:00 - 10:30	Social time (tea & coffee, playtime for children)
10:30 - 10:40	Circle Time with families
10:40 - 11:15	Circle Time for parents, guest speakers while children play with an ECE
11:30 - 12:30	Family Activity
12:30 - 1:15	Lunch (provided)
1:30	Wrap up and go home!

Aboriginal Head Start
956 Grieve Ave
Courtenay BC

Phone: 334-9591

Email: fridayschild@shaw.ca

Hummingbirds Playgroup

This drop-in parent and child program is for families with children ages 0-6. It is a great opportunity to enjoy child-centred play through planned activities and free play with cultural components.

There is also:

- healthy snacks
- visit with community elders
- celebrate a focus of community and Aboriginal Culture
- circle time with song and story
- art and crafting

Parents can also find out more about parenting and family supports in the Comox Valley.

For contact information, dates and times for this group, please visit [the event page](#).

Wachiay Friendship Centre
1625 McPhee Ave
Courtenay BC

Phone: 250-338-7793, ext. 232