



*"In every conceivable manner,
the family is a link to our past
and a bridge to our future."*

- Alex Haley



Mission Statement

**"To support the community and
provide a gathering place which
honours and respects the
strength of aboriginal culture."**



For more information about our
programs and services at
Knee-waas, please contact us at:

**3435 4th Avenue
Port Alberni, BC V9Y 4H3
Phone: (250) 723-8281
Fax: (250) 723-1877**

**Office Hours:
Monday - Friday
9:00 am - 4:00 pm**



Port Alberni Friendship Center

**"Serving the Alberni Valley
Since 1965"**

Knee~waas



"It belongs to all of us"

A Holistic Approach to Parenting

**"Encompassing the physical,
mental, emotional and spiritual
aspects of life for children,
youth, adults and elders."**

What We Offer...

- ♦ Early Childhood Development information
- ♦ Prenatal information and support
- ♦ Opportunities to enhance your support network
- ♦ Information about your child's present stage of development
- ♦ Support with topics affecting aboriginal parents and children
- ♦ Connecting you with services for families in the community
- ♦ Cultural and traditional teachings
- ♦ Advocacy
- ♦ Transportation to groups and appointments
- ♦ Lending Library
- ♦ Coat and clothing exchange
- ♦ Nutritional supplements for prenatal and postnatal moms

Urban Aboriginal Early Childhood Development Program

Our Outreach Workers will support you in your parenting journey from pregnancy to 6 years and beyond.

Family Services Program

Our Family Service Workers are here to support your family in building on your strengths and working through your challenges by developing goals for maintaining a healthy and positive environment for you and your children.

Funding provided by the Ministry of Children and Family Development

Brighter Futures Program

Share and learn about parenting through peer facilitation. This exciting 16 module program for parents focuses on the parent as the expert. Parents are also able to explore ways to meet their own individual parenting needs while having fun and being in a safe and comfortable environment!

Funding provided by the CAPC

Family Literacy Program

"Literacy" is more than just reading and writing. The Aboriginal Family Literacy program aims to promote, support and empower participants and increase literacy among youth & children by strengthening culture and languages.

Funding provided by the BC Association of Friendship Centres

Maternal Health & Well-being Groups

Prenatal:

Meet other expectant mothers while the NTC community health nurse guides you through what to expect during your labour & delivery & care of your newborn.

Immunizations:

Weekly baby clinics are provided by the NTC community health nurse.

Haahuupa - Traditional Teachings:

Enjoy a weekly potluck dinner and share in the traditional knowledge and teachings of the elders.

Eating in Balance:

Is a comfortable and relaxing atmosphere where moms, dads and families come together to help plan, prepare, and share a nutritious meal.

Parent Circle:

Share, learn & provide your knowledge and insight. Light lunch provided.

In'aak - Our Souls Touch:

Learn everyday Nuuchah Nulth words to share with your children.

FASD Information Group:

If FASD has touched your life...share in the knowledge. Light lunch provided.