

PROGRAMS OFFERED

Family Services

- Home Visitor Program
- Mother's Self Care
- Family Support Workers
- Family Group Conferencing
- Family Case Conference
- Daddy and Me
- Prenatal in a Day
- Nutritional Counselling
- Parenting Information Drop-in Sessions with Lunch

Counselling Services

- Individual, Group, and Family Counselling
- FASD Key Worker and Parent Support Program
- Parent-Teen Mediation
- Workshops and Training
- Grief, Loss, and Anxiety Counselling
- Work-Related/Job-Search Related Stress Counselling
- Relationship Counselling
- Anger Management
- Conflict Resolution

Youth Services

- 'The Youth Zone' Youth Drop-in Centre
- Youth Employment Services Program ("The Y.E.S. Program")
- Youth Outreach



Mission Statement

The Cariboo Family Enrichment Centre strengthens the quality of personal, family and community life through counselling, education, support or referral.

Vision Statement

Enriched Families Living with Vitality

Values and Principles

Respect
Empathy
Integrity
Collaboration
Confidentiality
Client Centered
Quality Improvement

Funding Provided By:

Ministry of Children & Family Development

•
Province of British Columbia

•
Thompson Nicola Cariboo United Way

•
Service Canada

•
Success By Six

Interior Health Authority

•
Cariboo Regional District

•
District of 100 Mile

•
BC Family Resource Programs

•
Make Children First

•
South Cariboo Community Members

We wish to acknowledge the financial support of the Province of British Columbia.

Financial Contributions are greatly appreciated. Tax receipts available.



CARIBOO FAMILY ENRICHMENT CENTRE



Family
is what we're all about.

Strengthening the Quality of Personal, Family and Community Life

for over 25 years

SEE OUR PROGRAM DETAILS →

1-486 Birch Ave
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www.cariboofamily.org

OUR SERVICES

Family Services

CFEC offers a variety of prevention and intervention supports to families, individuals, or groups. These programs are offered in the home, in our confidential offices, and in community settings.

Counselling Services

CFEC offers counselling services that benefit individuals and groups. We provide our community with services that help with difficult periods in peoples' lives and promote emotional well-being. Clients may be referred to CFEC by professionals from other agencies, or they may self-refer.

Youth Services

We believe in assisting our youth in developing healthy lifestyles through positive choices and informed decision-making. We provide services and programs to empower youth, keep them engaged in school and the community, and assist them to become happy and healthy adults.

EARLY YEARS



Early Years Centre SOUTH CARIBOO

CFEC is proud to host the Early Years Centre for the South Cariboo region. It is a hub for all things Early Years (Children ages 0-6). In our early years office you will find access to Child Care Resource and Referral, Early Years Programs, local early years events and more.

Early Years Centre services feature:

- Information & Resources
- Outreach
- Programs for New and Expecting Parents
- Weekly Drop-In Parenting Information Sessions
- Networking & Education
- Child Care Referrals
- Child Care Subsidy
- Referrals to intervention, special needs services, and early intervention therapies
- Referrals to public health services

Our Commitment to Quality

The Cariboo Family Enrichment Centre is a not-for-profit organization regulated by a board of directors. Originally established in 1988, today it operates over 50 programs annually and is accredited by the COA (Council on Accreditation).



OUR DAY CARE

CFEC Early Care & Learning Centre



Cariboo Family Enrichment Centre operates a child care facility in 100 Mile House. The Early Care & Learning Centre envisions happy healthy children that have their individual needs met based on their unique learning style, experiences and personal knowledge. Our vision is to facilitate continuing learning resulting in responsible, socially engaged individuals. Our certified staff are caring, knowledgeable, and committed to our children.

Programs Available Include:

- Infant & Toddler (ages 0-3)
- 3-5 Years
- Preschool
- Before & Afterschool
- Out of School

Full-time, part-time, and drop-in care is available. For enrollment rates and more information, please call our Early Care & Learning Centre staff at (250) 395-9351.

