

New Life Celebrations

The New Life Celebrations happen every May, in coordination with the community band offices. All community members are invited to the meals, which are followed by traditional baby ceremonies that are led by elders and drummers. This celebration welcomes all the new babies born in each community. There is also a professional photographer at the event to take family pictures!



First Aid for Parents

The community health department puts on a first aid course for parent of young children every 2-3 years. Please contact the CHN for more details.

For more information
regarding the Prenatal/
Postpartum/Infant
Program, please contact
our office
250 378 9745



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Scw'exmx Community
Health Services Society



Servicing Coldwater, Shackan and
Nooaitch Communities

SCHSS Phone: 250 378 9745

Programs Overview

1. CPNP Program
2. Car Seat Loaning Program
3. Breast Pump Loaning Program
4. Infant/Toddler Groups
5. Merritt Mom Dinners
6. Infant Massage
7. Mother's Day and New Life Celebration
8. First Aid for Parents

CPNP Program

Through this program, mothers receive a grocery gift card every month from the beginning of the pregnancy until the baby is 1 year old. Nutrition and food safety is discussed, as the purpose of these grocery cards is to promote good prenatal nutrition and healthy eating while breastfeeding. It is required that the grocery receipt is returned to the CHN afterwards.



Car Seat Loaning Program

Using the right car seat and installing it correctly is an important part of ensuring a child's safety! A variety of car seat types and sizes are available on loan. Car seats are to be cleaned and returned when they are no longer being used or a new size is needed. Several staff members are certified in teaching families how to install car seats.



Breast pump Loaning program

SCHSS has several breast pumps that are available to breastfeeding mothers. Please clean and return when no longer being used.



Infant Massage

One our CHRs is available to teach parent infant massage. Massage can help babies with muscle and motor development, and is a wonderful bonding experiencing. Teaching is done with individual parents as requested. Please contact the community health department if interested.

Infant/Toddler Groups

The Parent and Tots Cooking Groups meet once monthly in both Coldwater and Nooaitch. Parents and children aged 0-4 are invited to attend. The group makes a healthy meal to take home for dinner than evening. Snacks and toys for kids are provided. A great opportunity for parents to make connections and children to play and learn socialization skills! Contact the CHN or see the monthly calendar for more details.



Merritt Moms Dinners

In conjunction with Merritt Moms, the SCHSS nurse leads an educational discussion once a month at the Merritt Moms building. All parents of young children and their kids are welcome to attend for a free dinner and to discuss a variety of topics. See monthly calendars for dates.