



EARLY STEPS TO SUCCESS



Our Vision:

The Cama'i Home Visiting Program and KANA support the development of **happy & healthy** Alaska Native children and families.



We believe that parents are their children's first & most influential teachers.

? WHAT WE DO:

Our Cama'i Home Visitors provide information, support, and encouragement to help parents during their children's crucial early years of life.

HOME VISITS

Home Visitors provide fun personal sessions in the family's own home with information on:

- ▶ Discipline
- ▶ Health
- ▶ Nutrition
- ▶ Safety
- ▶ Sleep Transitions
- ▶ Routines
- ▶ Typical Child Development

HOW WE SUPPORT FAMILIES:

We deliver culturally sensitive and professional services with the Parent as Teachers curriculum.

How to Enroll:

Enrollment in our program is completely voluntary - you may enroll into or leave the program at any time. Any family enrolled in a tribal organization may contact us to get started. Please call 486-9870 or come by KANA's Child and Family Service building to get started.

PROUDLY SERVING NATIVE BENEFICIARIES IN THE FOLLOWING COMMUNITIES:

- OLD HARBOR • PORT LIONS • CITY OF KODIAK • OUZINKIE • AKHIOK

1247 Mill Bay Road, Kodiak, AK 99615 (907) 486-9870 www.kodiakhealthcare.org



Interested in a career in
Healthcare,
Behavioral Health
and Human Services?



PATH ACADEMY

Join us at Kodiak College!



FREE
FOR ALASKAN
RESIDENTS

PATH ACADEMY

Pre-Apprenticeship Training
in Healthcare and
Human Services.

FREE to Alaskan Residents 18+
Years Old

AUGUST 1-19, 2022

REGISTER HERE:
<https://bit.ly/3AuaWeu>



OR CONTACT:
CASSANDRA SNELSON
cassandras@alaskapca.org

Kodiak College
Campus Center, Room 211
Monday - Friday
9 AM - 3 PM
August 1 -19, 2022

We are an equal opportunity program. Auxiliary aids and services are available upon request to individuals with disabilities.

HAPPY BIRTHDAY

Robert Dionne
Agnes McCormick
Mercedes Morgan
Isiah Simeonoff Jr.
Andrea Panamarioff
Merry Lou Pendon

Stacie Will Be Out Of Office From August 15th-30th. If you need Self Sufficiency Services during this time please contact Service Manager Cassie Keplinger at 512-9371.



Ingredients:

- 1 (3-4 pounds) chuck roast
- 1 packet ranch dressing mix
- 1 packet au jus gravy mix
- 1/4 cup butter
- 4-5 pepperoncini peppers

Instructions:

Place roast in the slow cooker and sprinkle the top with the ranch dressing mix and the au jus mix. Place peppers on top of the mixes and add the butter. Cook over low heat for 8 hours. Serve with noodles, rice, or mashed potatoes. Enjoy!

Notes:

Do not add any water or broth to this! It will make enough liquid as it cooks. This meal tastes delicious with potatoes and carrots! I like to add a few quartered russet potatoes and a large handful of baby carrots to the crockpot when there is about 1-2 hours left of cooking time.