








Port Alberni Friendship Center

December 2018

Family Programs

Monday	Tuesday	Wednesday	Thursday	Friday
3 uu-uu-a'thluk 'Family Community Events' 11:00—1:00	4 Brighter Futures Parenting 10:00-2:00	5 Elders Christmas Lunch Noon 	6 navi?ii 'Nursery Rhymes & Christmas Songs' (building language & pattern recognition) 11:00—1:00	7 Eating In Balance 'Holiday Side Dishes' 10:30-1:00
10 uu-uu-a'thluk 'Holiday Budgeting' 11:00—1:00	11 Brighter Futures Parenting 10:00-2:00	12 Community Christmas Dinner 4:30 pm 	13 navi?ii 'Holiday Crafts' (building fine motor skills & self confidence) 11:00—1:00	14 Dad's Group 11:00—1:00
17 uu-uu-a'thluk 'Dealing with Holiday Stress' 11:00—1:00	18 Brighter Futures Parenting 10:00-2:00	19 Eating In Balance 'Basic Measurements- Translating Recipes' 10:30-1:00 Family Health Drop-in 1pm to 3pm Family Room	20 navi?ii 'Painting with Potatoes' (building fine motor skills & imagination) 11:00—1:00	21 Group Cancelled For Staff Development PAFC CLOSED AT 11:00am
24 Holiday Crafts 1:00—3:00 In the boardroom with a light snack	25 Merry Christmas  PAFC CLOSED	26 Boxing Day  PAFC CLOSED	27 Holiday Crafts 1:00—3:00 In the boardroom with a light snack	28 Holiday Crafts 1:00—3:00 In the boardroom with a light snack
31 Holiday Crafts 1:00—3:00 In the boardroom with a light snack			Youth & Family Snack Down * Saturday, December 1st * Saturday, December 15th 6:00-9:00pm	

[PAFC Group Drop-in's](#)
[Eating In Balance](#)
 Come prepare and share a meal together and participate in a group discussion

[Enhanced Eating in Balance](#)
 Cook and share a meal bringing the health value of a traditional diet to the modern family

[Family Health Drop-in](#)
 Offering prenatal, immunizations and reproductive health information & services

[Dad's Group](#)
 Come meet other dads and talk about and talk about being a father. Open to all dads, dads-to-be, uncles and grandpas!

[At the Wellness Centre](#)
[uu-uu-athluk](#)
 'Looking After Our Own'
 Open circle to come together to support, share and learn with an Elder and Facilitator

[Brighter Futures](#)
 A peer facilitated program which focuses on the parent as the expert

















[navi?ii 'Echoes'](#)
 Drop-in group with fun, food, Elders and Guest Speakers



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Monday	Tuesday	Wednesday	Thursday	Friday	Events at the Center
3	4 All Nations Cultural Night 7:00 - 10:00pm 	5 Elders Christmas Lunch Noon 	6 Self-care with Shayla 1:30—3:00 	7 Family & Youth Night 6:00pm—10:00pm 	Events at the Center All Nations Cultural Night Open to all nations for drumming, singing and dancing Family & Youth Night Come out for a fun filled night of volleyball, basketball, arts & crafts, beading & Food! "A Time for Youth & Families to Connect!"
10	11 All Nations Cultural Night 7:00 - 10:00pm 	12 Community Christmas Dinner 4:30 pm 	13	14 mamuuk 1:30-3:30  Family & Youth Night 6:00pm—10:00pm	mamuuk Bring your knitting or other hand craft and enjoy the company of others while creating your project
17	18 All Nations Cultural Night 7:00 - 10:00pm 	19	20 Self-care with Shayla 1:30—3:00 	21 Family & Youth Night 6:00pm—10:00pm 	Community Dinner Monthly dinner to share a meal and socialize with the community (days change each month)
24	25 Merry Christmas  PAFC CLOSED	26 Boxing Day  PAFC CLOSED	27	28 Family & Youth Night 6:00pm—10:00pm 	Elders Luncheon Monthly gathering to have an amazing lunch prepped by PAFC staff and connecting with other Elders
31 New Year Eve Mock Down Party  5:00-9:00 Everyone Welcome					Self-care with Shayla Feeling tired? Stressed out? No time for you? Come together and create something new each week such as face masks, bath bombs and more!