



Port Alberni Friendship Center

February 2019

Family Programs















Monday	Tuesday	Wednesday	Thursday	Friday	PAFC Group Drop-in's
					<p>1</p> <p>Food Skills for Families *** All spots filled***</p>
<p>4</p> <p><u>uu-uu-a'thluk</u> 'What is Jordan's Principle?' 11:00—1:00</p>	<p>5</p> <p><u>Brighter Futures Parenting</u> 10:00-2:00</p>	<p>6</p> <p><u>Eating In Balance</u> 'Food Borne Illnesses' 10:30-1:00</p> <p><u>Family Health Drop-in</u> 1pm to 3pm Family Room</p>	<p>7</p> <p><u>nayii?ii</u> 'Valentine's Crafts' 11:00—1:00 (small motor skills, creativity, imagination)</p>	<p>8</p> <p>PAFC Closed at 11:30</p>	<p><u>Eating In Balance</u> Come prepare and share a meal together and participate in a group discussion</p> <p><u>Family Health Drop-in</u> Offering prenatal, immunizations and reproductive health information & services</p> <p><u>Dad's Group</u> Come meet other dads and talk about and talk about being a father. Open to all dads, dads-to-be, uncles and grandpas!</p>
<p>11</p> <p><u>uu-uu-a'thluk</u> 'Community Resources' 11:00—1:00</p>	<p>12</p> <p><u>Brighter Futures Parenting</u> 10:00-2:00</p>	<p>13</p> <p><u>Eating In Balance</u> 'Food Allergies & Food Service' 10:30-1:00</p> <p><u>Family Health Drop-in</u> 1pm to 3pm Family Room</p>	<p>14</p> <p><u>nayii?ii</u> 'Family Day Treasure Hunt) (discovery, team work) 11:00—1:00</p>	<p>15</p> <p>Food Skills for Families *** All spots filled***</p>	<p><u>uu-uu-athluk</u> 'Looking After Our Own' Open circle to come together to support, share and learn with an Elder and Facilitator</p>
<p>18</p> <p>Family Day PAFC Closed</p>	<p>19</p> <p><u>Brighter Futures Parenting</u> 10:00-2:00</p>	<p>20</p> <p><u>Eating In Balance</u> 'Important Nutrients From the Food Groups' 10:30-1:00</p> <p><u>Family Health Drop-in</u> 1pm to 3pm Family Room</p>	<p>21</p> <p><u>nayii?ii</u> 'Lets Paint a Picuture!' (creativity, imagination, fine motor skills) 11:00—1:00</p>	<p>22</p> <p>PAFC closed in lieu of Aboriginal Day</p>	<p><u>Brighter Futures</u> A peer facilitated program which focuses on the parent as the expert</p> <p><u>nayii?ii 'Echoes'</u> Drop-in group with fun, food, Elders and Guest Speakers</p>
<p>25</p> <p><u>uu-uu-a'thluk</u> 'Reinforcing Positive Behaviours' 11:00—1:00</p>	<p>26</p> <p><u>Brighter Futures Parenting</u> 10:00-2:00</p>	<p>27</p> <p><u>Eating In Balance</u> 'Food Safety' ***9:00-12:00*** PAFC Closed at 12:30 <u>Family Health Drop-in</u> CANCELLED</p>	<p>28</p> <p><u>nayii?ii</u> 'Mother Goose & Nuu-chah-nulth Language and Literacy Development' (language & literacy development) 11:00—1:00</p>		



Port Alberni Friendship Center

February 2019

COMMUNITY EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
				1 <u>Family & Youth Night</u> 6:00pm—10:00pm 
4	5 <u>Winter Wellness Challenge</u> 12:00-1:00  <u>All Nations Cultural Night</u> 7:00 - 10:00pm	6	7 <u>Winter Wellness Challenge</u> 12:00-1:00 <u>Self-care with Shayla</u> 1:30—3:00 	8 <u>PAFC Closed at 11:30</u> <u>Family & Youth Night</u> 6:00pm—10:00pm
11	12 <u>Winter Wellness Challenge</u> 12:00-1:00  <u>All Nations Cultural Night</u> 7:00 - 10:00pm	13 <u>Community Dinner</u> 4:30 pm 	14 <u>Winter Wellness Challenge</u> 12:00-1:00 	15 <u>Family & Youth Night</u> 6:00pm—10:00pm 
18 <u>Family Day</u> <u>PAFC Closed</u> 	19 <u>Winter Wellness Challenge</u> 12:00-1:00  <u>All Nations Cultural Night</u> 7:00 - 10:00pm	20 <u>Elders Lunch</u> Noon  <u>Hearing Screens by Connect Hearing</u> 1:00—3:00  **Open to all community**	21 <u>Winter Wellness Challenge</u> 12:00-1:00 <u>Self-care with Shayla</u> 1:30—3:00 	22 <u>PAFC closed in lieu of Aboriginal Day</u>
25	26 <u>Winter Wellness Challenge</u> 12:00-1:00  <u>All Nations Cultural Night</u> 7:00 - 10:00pm	27 <u>PAFC Closed at 12:30</u>	28 <u>Winter Wellness Challenge</u> 12:00-1:00 	<u>Youth & Family Snack Down</u> Every Saturday 4:00 to 8:00

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!”
Community Dinner
 Monthly dinner to share a meal and socialize with the community (days change each month)
Elders Luncheon
 Monthly gathering to have an amazing lunch prepped by PAFC staff and connecting with other Elders
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!
Winter Wellness Challenge
 Join us for walking and other activities in the hall. Light lunch provided.
Special Event
 Connect Hearing will be offering free hearing health checks February 20th 1:00—3:00
****Open to all community****