



Port Alberni Friendship Center

January 2019

Family Programs

Monday	Tuesday	Wednesday	Thursday	Friday
	1 New Year Day <u>PAFC Closed</u>	2 <u>Holiday Crafts</u> 1:00—3:00 In the boardroom with a light snack	3 <u>Holiday Crafts</u> 1:00—3:00 In the boardroom with a light snack	4 <u>Holiday Crafts</u> 1:00—3:00 In the boardroom with a light snack
7 <u>uu-uu-a'thluk</u> 'Family Goals/Planning' 11:00—1:00	8 <u>Brighter Futures Parenting</u> 10:00-2:00	9 <u>Eating In Balance</u> 'Meal Planning' 10:30-1:00 <u>Family Health Drop-in</u> 1pm to 3pm Family Room	10 <u>navi?ii</u> 'Open Discussion' 11:00—1:00	11 <u>Dad's Group</u> 11:00—1:00
14 <u>uu-uu-a'thluk</u> 'Family Virtues' 11:00—1:00	15 <u>Brighter Futures Parenting</u> 10:00-2:00	16 <u>Eating In Balance</u> 'Open Discussion' 10:30-1:00 <u>Family Health Drop-in</u> 1pm to 3pm Family Room	17 <u>navi?ii</u> 'Make Your Own Hide & Seek Bottles' (discovery, hand/eye coordination) 11:00—1:00	18 <u>Food Skills for Families</u> Closed group must sign up with Amber ***Limited Spots***
21 <u>uu-uu-a'thluk</u> 'Vision Boards' 11:00—1:00	22 <u>Brighter Futures Parenting</u> 10:00-2:00	23 <u>Eating In Balance</u> 'Food Safety' 10:30-1:00 <u>Family Health Drop-in</u> 1pm to 3pm Family Room	24 <u>navi?ii</u> 'Kids Song in Nuu-chah-nulth' (language, large motor skills, bonding) 11:00—1:00	25 <u>Food Skills for Families</u> Closed group must sign up with Amber ***Limited Spots*** <u>Dad's Group</u> 11:00—1:00
28 <u>uu-uu-a'thluk</u> 'Parenting Peer Pressure' 11:00—1:00	29 <u>Brighter Futures Parenting</u> 10:00-2:00	30 <u>Eating In Balance</u> 'Food Safety' ***9:00-12:30*** <u>Family Health Drop-in</u> CANCELLED	31 <u>navi?ii</u> 'Traditional Stories' (building imagination, communication skills, belonging) 11:00—1:00	

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

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!

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















All groups are now at the main building



Port Alberni Friendship Center

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Monday	Tuesday	Wednesday	Thursday	Friday	Events at the Center <u>All Nations Cultural Night</u> Open to all nations for drumming, singing and dancing <u>Family & Youth Night</u> Come out for a fun filled night of volleyball, basketball, arts & crafts, beading & Food! "A Time for Youth & Families to Connect!" <u>mamuuk</u> Bring your knitting or other hand craft and enjoy the company of others while creating your project <u>Community Dinner</u> Monthly dinner to share a meal and socialize with the community (days change each month) <u>Elders Luncheon</u> Monthly gathering to have an amazing lunch prepped by PAFC staff and connecting with other Elders <u>Self-care with Shayla</u> Feeling tired? Stressed out? No time for you? Come together and create something new each week such as face masks, bath bombs and more!
	1 <u>All Nations Cultural Night</u> 7:00 - 10:00pm 	2	3	4 <u>Family & Youth Night</u> 6:00pm—10:00pm 	
7	8 <u>All Nations Cultural Night</u> 7:00 - 10:00pm 	9 <u>Community Dinner</u> 4:30 pm 	10 <u>Self-care with Shayla</u> 1:30—3:00 	11 <u>mamuuk</u> 1:30-3:30  <u>Family & Youth Night</u> 6:00pm—10:00pm	
14	15 <u>Winter Wellness Challenge</u> 12:00-1:00  <u>All Nations Cultural Night</u> 7:00 - 10:00pm	16 <u>Elders Lunch</u> Noon 	17 <u>Winter Wellness Challenge</u> 12:00-1:00 	18 <u>Family & Youth Night</u> 6:00pm—10:00pm 	
21	22 <u>Winter Wellness Challenge</u> 12:00-1:00  <u>All Nations Cultural Night</u> 7:00 - 10:00pm	23	24 <u>Winter Wellness Challenge</u> 12:00-1:00 <u>Self-care with Shayla</u> 1:30—3:00 	25 <u>mamuuk</u> 1:30-3:30  <u>Family & Youth Night</u> 6:00pm—10:00pm	
<div style="border: 2px solid black; padding: 5px; text-align: center;"> Youth & Family Snack Down Every Saturday 4:00 to 8:00 </div>	29 <u>Winter Wellness Challenge</u> 12:00-1:00 	30	31 <u>Winter Wellness Challenge</u> 12:00-1:00 