



Port Alberni Friendship Center

MARCH 2019

Family Programs

Monday	Tuesday	Wednesday	Thursday	Friday
4 uu-uu-a'thluk 'Community Resources & Peer Support' 11:00—1:00	5 Brighter Futures Parenting 10:00-2:00	6 Eating In Balance 'New Canada Food Guide' 10:30-1:00 Family Health Drop-in 1pm to 3pm Family Room	7 navi?ii 'Homemade Playdough' 11:00—1:00 (fine motor skills, science, imagination)	8 Food Skills for Families *** All spots filled*** Dad's Group 11:00-1:00
11 uu-uu-a'thluk 'Vitamins for the Family' 11:00—1:00	12 Brighter Futures Parenting 10:00-2:00	13 Eating In Balance 'Portion Sizes' 10:30-1:00 Family Health Drop-in 1pm to 3pm Family Room	14 navi?ii 'Finger Painting' (imagination, texture, fine motor skills) 11:00—1:00	15 Enhanced Eating In Balance 'Meal Planning' 10:30-1:00
18	19	20	21	22
All groups are cancelled this week due to Gathering Our Voices				
25 uu-uu-a'thluk 'Challenging Behaviours' 11:00—1:00	26 Brighter Futures Parenting 10:00-2:00	27 ninayaqsha & Elders Luncheon 11:00-1:30 Eating In Balance CANCELLED	28 navi?ii 'Cedar Harvesting with Norma' BY PRE-REGISTRATION (language & literacy development) 11:00—1:00	29 Enhanced Eating In Balance Is on hold until May Dad's Group 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













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COMMUNITY EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday	Events at the Center
<p>Youth & Family Snack Down Every Saturday 4:00 to 8:00</p>				<p>1 <u>SMART Recovery</u> 1:30-3:00 at the Wellness Centre</p> <p><u>Family & Youth Night</u> 6:00pm—10:00pm</p>	<p>All Nations Cultural Night Open to all nations for drumming, singing and dancing</p> <p>Family & Youth Night Come out for a fun filled night of volleyball, basketball, arts & crafts, beading & Food!</p>
4	<p>5 <u>Winter Wellness Challenge</u> 12:00-1:00</p>  <p><u>All Nations Cultural Night</u> 7:00 - 10:00pm</p>	6	7 <u>Winter Wellness Challenge</u> 12:00-1:00	8 <u>Family & Youth Night</u> 6:00pm—10:00pm	<p>Community Dinner Monthly dinner to share a meal and socialize with the community</p> <p>Elders Luncheon Monthly gathering to have an amazing lunch prepped by PAFC staff and connect with other Elders</p>
11	<p>12 <u>Winter Wellness Challenge</u> 12:00-1:00</p> <p><u>All Nations Cultural Night</u> 7:00 - 10:00pm</p>	<p>13 Community Dinner 4:30 pm</p> 	<p>14 <u>Self-care with Shayla</u> 1:30—3:00</p> 	<p>15 <u>SMART Recovery</u> 1:30-3:00 at the Wellness Centre</p> <p><u>Family & Youth Night</u> 6:00pm—10:00pm</p>	<p>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!</p>
18	19	20	21	22	
<p>All groups are cancelled this week due to Gathering Our Voices except for Cultural Night</p>					
	<p><u>All Nations Cultural Night</u> 7:00 - 10:00pm</p> 				<p>Winter Wellness Challenge Join us for walking and other activities in the hall. Light lunch provided.</p>
<p>25</p>  <p>Free Income Tax Preparation on TUESDAY, March 26th from 9am to 7pm! Pre-registration at 250.723.8281 is encouraged!</p> 	<p>26 <u>Switchback for Youth</u> 4:00—7:00 Dinner & Incentive Provided</p> <p>Limited space, contact Michelle or Shelley to register at 250.723.8281</p> <p><u>All Nations Cultural Night</u> 7:00 - 10:00pm</p>	<p>27 <u>ninayaqsha & Elders Luncheon</u> 11:00-1:30</p> 	<p>28 <u>Switchback for Youth</u> 4:00—7:00 Dinner & Incentive Provided</p> <p>Limited space, contact Michelle or Shelley to register at 250.723.8281</p> <p><u>Self-care with Shayla</u> 1:30—3:00</p>	<p>30 <u>SMART Recovery</u> 1:30-3:00 at the Wellness Centre</p> <p><u>Family & Youth Night</u> 6:00pm—10:00pm</p>	<p>SMART Recovery Self management and recovery training. Facilitated by our MH&A Counselor at the Wellness Building 3416—4th Ave</p>