



Port Alberni Friendship Center

November 2018

Family Programs

Monday	Tuesday	Wednesday	Thursday	Friday	
NEW PAFC OFFICE HOURS starting November 5th Monday to Friday—8:30am to 4:00pm			1 <u>navi?ii</u> 'Legends & Myths' (building imagination, communication skills, identity & belonging) 11:00—1:00	2 <u>Dad's Group</u> 11:00—1:00	<p>PAFC Group Drop-in's</p> <p><u>Eating In Balance</u> Come prepare and share a meal together and participate in a group discussion</p> <p><u>Enhanced Eating in Balance</u> Cook and share a meal bringing the health value of a traditional diet to the modern family</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><u>At the Wellness Centre</u> <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><u>Brighter Futures</u> A peer facilitated program which focuses on the parent as the expert</p> <p><u>navi?ii 'Echoes'</u> Drop-in group with fun, food, Elders and Guest Speakers</p>
5 <u>uu-uu-a'thluk</u> 'Communication & Relationships' 11:00—1:00	6 <u>Brighter Futures Parenting</u> 10:00-2:00	7 <u>Eating In Balance</u> 'Counting Food Guide Servings by Age' 10:30-1:00 <u>Family Health Drop-in</u> 1pm to 3pm Family Room	8 <u>navi?ii</u> 'Baby Sign Language' (literacy & language development) 11:00—1:00	9 <u>Eating In Balance</u> 'Traditional BBQ Salmon' 10:30-1:00	
12 <u>Remembrance Day</u> <u>PAFC Closed</u>	13 <u>Brighter Futures Parenting</u> 10:00-2:00	14 <u>Eating In Balance</u> 'Keep Food Safe From Contaminants' 10:30-1:00 <u>Family Health Drop-in</u> 1pm to 3pm Family Room	15 <u>navi?ii</u> <u>Cancelled for Staff Development</u>	16 <u>Dad's Group</u> 11:00—1:00	
19 <u>uu-uu-athluk</u> <u>Brighter Futures Parenting</u> <u>Cancelled for Staff Development</u>	20 <u>Brighter Futures Parenting</u> <u>Cancelled for Staff Development</u>	21 <u>Eating In Balance</u> 'Making Food Kids Love To Eat' 10:30-1:00 <u>Family Health Drop-in</u> 1pm to 3pm Family Room	22 <u>navi?ii</u> 'Cheerio Necklaces' (building fine motor skills & brain development) 11:00—1:00	23 <u>Eating In Balance</u> 'Stews' 10:30-1:00	
26 <u>uu-uu-athluk</u> 'Critter Control' 11:00—1:00	27 <u>Brighter Futures Parenting</u> 10:00-2:00	28 <u>All Groups Are Cancelled for Staff Development</u> <u>PAFC is closed at noon</u>	29 <u>navi?ii</u> 'Baking with Kids' (building math & science skills, bonding, self-confidence) 11:00—1:00	30 <u>Dad's Group</u> 11:00—1:00	

















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Monday	Tuesday	Wednesday	Thursday	Friday	Events at the Center
<p>NEW PAFC OFFICE HOURS starting November 5th Monday to Friday—8:30am to 4:00pm</p>			<p>1 <u>Self-care with Shayla</u> 1:30—3:00</p> 	<p>2 <u>mamuuk</u> 1:30-3:30</p>  <p><u>Family & Youth Night</u> 6:00pm—10:00pm</p>	<p>Events at the Center</p> <p><u>All Nations Cultural Night</u> Open to all nations for drumming, singing and dancing</p> <p><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!”</p> <p><u>mamuuk</u> Bring your knitting or other hand craft and enjoy the company of others while creating your project</p> <p><u>Community Dinner</u> Monthly dinner to share a meal and socialize with the community (days change each month)</p> <p><u>Elders Luncheon</u> Monthly gathering to have an amazing lunch prepped by PAFC staff and connecting with other Elders</p> <p><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!</p>
<p>5</p>	<p>6 <u>All Nations Cultural Night</u> 7:00 - 10:00pm</p> 	<p>7</p>	<p>8</p>	<p>9 <u>Family & Youth Night</u> 6:00pm—10:00pm</p> 	
<p>12 <u>Remembrance Day</u></p>  <p><u>PAFC Closed</u></p>	<p>13 <u>All Nations Cultural Night</u> 7:00 - 10:00pm</p> 	<p>14 <u>Community Dinner</u> 4:30</p> 	<p>15</p>	<p>16 <u>mamuuk</u> 1:30-3:30</p>  <p><u>Family & Youth Night</u> 6:00pm—10:00pm</p>	
<p>19</p>	<p>20 <u>All Nations Cultural Night</u> 7:00 - 10:00pm</p> 	<p>21 <u>Elders Luncheon</u> noon</p> 	<p>22 <u>Self-care with Shayla</u> 1:30—3:00</p> 	<p>23 <u>Family & Youth Night</u> 6:00pm—10:00pm</p> 	
<p>26</p>	<p>27 <u>All Nations Cultural Night</u> 7:00 - 10:00pm</p> 	<p>28 <u>PAFC is closed at noon</u> <u>for staff development</u></p>	<p>29</p>	<p>30 <u>mamuuk</u> 1:30-3:30</p>  <p><u>Family & Youth Night</u> 6:00pm—10:00pm</p>	