





Port Alberni Friendship Center

November 2017

Family Programs













Monday	Tuesday	Wednesday	Thursday	Friday	
		1 <u>Eating In Balance</u> 'Spices' 10:30—1:00 <u>Family Nursing Services</u> 1pm to 3pm Family Room	2 <u>nayi?ii/Language Nest</u> 'Manners' 11:00—1:00	3 <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 Nursing Services</u> Offering prenatal, immunizations and reproductive health information & services</p> <p><u>Dad's Group</u> Come meet other dads 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>nayi?ii 'Echoes'</u> Drop-in group with fun, food, Elders and Guest Speakers</p> <p><u>Language Nest</u> Come and learn beginner Nuu-chah-nulth language while participating in our groups</p>
6 <u>uu-uu-athluk/Language Nest</u> 'Aboriginal Veterans Day & Remembrance Day' 11:00—1:00	7 <u>Brighter Futures Parenting</u> 10:00-2:00	8 <u>Eating In Balance</u> 'Aboriginal Veterans' 10:30—1:00 <u>Family Nursing Services</u> 1pm to 3pm Family Room	9 <u>nayi?ii/Language Nest</u> 'Myths & Legends' 11:00—1:00	10 <u>Enhanced Eating in Balance</u> 'Fish Stew' 10:30-1:00	
13 PAFC Closed for Nov 11th- STAT 	14 <u>Brighter Futures Parenting</u> 10:00-2:00	15 <u>Eating In Balance</u> 'Making Foods That Kids Love' 10:30—1:00 <u>Family Nursing Services</u> 1pm to 3pm Family Room	16 <u>nayi?ii/Language Nest</u> 'Culture and the Internet' 11:00—1:00	17 <u>Dad's Group</u> 11:00—1:00	
20 <u>uu-uu-athluk/Language Nest</u> 'Communication and Relationships' 11:00—1:00	21 <u>Brighter Futures Parenting</u> 10:00-2:00	22 <u>Eating In Balance</u> 'Breads & Grains' 10:30—1:00 <u>Family Nursing Services</u> 1pm to 3pm Family Room	23 <u>nayi?ii/Language Nest</u> 'Prayer' 11:00—1:00	24 <u>Enhanced Eating in Balance</u> 'Beef Stew' 10:30-1:00	
27 <u>uu-uu-athluk/Language Nest</u> 'Critter Control' 11:00—1:00	28 <u>Brighter Futures Parenting</u> 10:00-2:00	29 <u>Eating In Balance</u> 'Iron Rich Foods' 10:30—1:00	30 <u>nayi?ii/Language Nest</u> 'Language Basics' 11:00—1:00		



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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>Men's Drop-in & Lunch</u> Building connections, community and culture <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
		1 <u>Men's Social & Lunch</u> 11:00—1:00	2	3 <u>Family & Youth Night</u> 6pm—10:00pm 	
6	7 <u>All Nations Cultural Night</u> 7:00 - 10:00pm 	8 <u>Men's Social & Lunch</u> 11:00—1:00 <u>Community Dinner</u> 4:30  FREE Flu Shot Clinic With Save on Foods 4pm-6pm	9	10 <u>Family & Youth Night</u> 6pm—10:00pm 	
13 PAFC Closed 	14 <u>All Nations Cultural Night</u> 7:00 - 10:00pm 	15 <u>Men's Social & Lunch</u> 11:00—1:00	16 <u>Elders Luncheon</u> 12:00 pm  <u>Flu Shot Clinic</u> With Save On Foods 11:30-1:00	17 <u>Family & Youth Night</u> 6pm—10:00pm 	
20	21 <u>All Nations Cultural Night</u> 7:00 - 10:00pm 	22 <u>Men's Social & Lunch</u> 11:00—1:00	23 Loonie Toonie Raising funds for Youth Programs 	24 <u>Family & Youth Night</u> 6pm—10:00pm 	
27	28 <u>All Nations Cultural Night</u> 7:00 - 10:00pm 	29 <u>Men's Social & Lunch</u> 11:00—1:00	30		

