

Port Alberni Friendship Center

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nupčiit Monday	ʔałčiit Tuesday	qacčučiit Wednesday	muučiit Thursday	sučačiit Friday
		1	2 <u>Youth & Family Nights</u> Everyone Welcome 5:30-7:30	3 <u>Wellness Circle</u> with Christine & Brendon 11:00 <u>Youth & Family Nights</u> Everyone Welcome 5:30-7:30
6 <u>Elders Activity</u> 10:00-11:30 'Nutrition with Jen Cody'	7 <u>Strengthening Tomorrow</u> <u>Drop-in</u> 'Play' 1:00-2:30	8	9 <u>Youth & Family Nights</u> Everyone Welcome 5:30-7:30	10 <u>Wellness Circle</u> with Christine & Brendon 11:00 <u>Youth & Family Nights</u> Everyone Welcome 5:30-7:30
13 <u>Elders Lunch</u> noon	14 <u>Strengthening Tomorrow</u> <u>Drop-in</u> 'Daily Living: Food, Fitness & Fun' 1:00-2:30	15	16 <u>Youth & Family Nights</u> Everyone Welcome 5:30-7:30	17 <u>Wellness Circle</u> with Christine & Brendon 11:00 <u>Youth & Family Nights</u> Everyone Welcome 5:30-7:30
20 <u>Elders Activity</u> 10:00-11:30 'Karaoke'	21 PAFC OPEN National Indigenous Peoples Day 	22	23 <u>Youth & Family Nights</u> Everyone Welcome 5:30-7:30	24 <u>Wellness Circle</u> with Christine & Brendon 11:00 <u>Youth & Family Nights</u> Everyone Welcome 5:30-7:30
27 <u>Elders Activity</u> 10:00-11:30 'Elders Abuse Awareness'	28 <u>Strengthening Tomorrow</u> <u>Drop-in</u> 'Child Safety & First Aid' 1:00-2:30	29	30 <u>Youth & Family Nights</u> Everyone Welcome 5:30-7:30	

Strengthening Tomorrow Drop-in Group
A weekly group drop-in group for those caring for children. Topics include Daily Living, Communication & Relationships, Child Safety & First Aid, Goal Setting & Problem Solving, Positive Parenting and Play.

Tuesdays 1:00 to 2:30pm
For more information, call Darlene at (250) 723-8281 extension #275

Youth & Family Nights
Activities and fun for youth and families!!
For more information, contact Chantal at clalonde@pafriendshipcenter.com

Elders Activity
A time for Elders to come together for conversation, support and laughter!
For more information, call Darlene at (250) 723-8281 extension #275

Wellness Circle
Looking for support? Join counselor Brendon & Support Worker Christine every Wednesday
For more information, call Brendon at (250) 723-8281 extension #228

Office Hours:
Monday to Friday
8:30am to 4:00

3555-4th Avenue, Port Alberni
(250) 723-8281
www.pafriendshipcenter.com

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