



NEWS & VIEWS

Pancake Breakfast

Come and join us for a pancake breakfast



UVic Family Centre

Saturday January 16th

9:00 - 10:30am

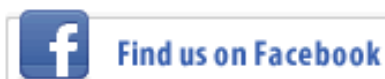
A great opportunity to get to know some of your UVic family community and enjoy a delicious breakfast.

If you have any questions please do not hesitate to give us a call: 250.472.4062

Family Centre Weekly Programs

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| Monday – Family Learn and Share | 10:00am-12noon |
| Monday – Mom's Time Out | 7:00-9:00pm |
| Wednesday – Early Learning Program | 10:00am-12noon |
| Thursday – After School Program | 3:30-5:00pm (Restarting on January 7th) |
| Friday – Early Learning Program | 10:00am-12noon |

In addition to weekly programs, the Family Centre is open Mondays 9-2pm and 7-9pm, Tuesdays 9-2pm, Wednesdays 9-2pm, Thursdays 2:30-5:30pm and Fridays 9:30-12:30pm. For more information contact the Family Centre through Facebook or by email: familyc@uvic.ca.



It's been a great four years!

After a lot of deliberation I've decided that it's time to step away from my role as the Editor for this newsletter. It wasn't an easy decision. Putting the newsletter together each month has been a real joy, which is why I've stuck to it for so long! It has kept me connected to the UVic community and the wonderful Family Centre. You are all so fortunate to have the Centre at your doorstep with its resources and dedicated, caring staff. Take advantage! It will make your time as a student family that much more manageable and fun. Thanks to Emma and Elizabeth for everything. It has been a pleasure. –Avril



Thank you Avril!

The Family Centre is a place of transitions and the time has come for us to say farewell to our longtime newsletter editor Avril Nagel.

Avril has been faithfully editing the Family Centre newsletter since November 2011. She has put together 46 issues of News and Views, including 2 special editions to celebrate the 200th issue in 2012 and our 'Celebrating 20 Years' issue last April. Avril has been a dedicated editor and she will be greatly missed. On behalf of all of us I would like to say thank you to Avril for all of her hard work. We wish her all the best in her future endeavors and look forward to seeing her name on the cover of her next book!

As much as we are a little sad to say goodbye to Avril we are thrilled to announce that Joy Knudsen has graciously accepted to take on the role of editor. Welcome to the team Joy, we look forward to working with you in 2016.

–Emma Chalifour.

FUTURE EDITOR'S NOTE: AN INTRODUCTION

Hello Readers! I want to take a moment to introduce myself: my name is Joy Knudsen and I will be the new editor of the UVIC Family Centre Newsletter, starting in the New Year.

My educational background is in International Relations and Human Development. Before I delved into education, I spent 3 years doing volunteer work, primarily in Kenya, Nigeria, and South Africa. I have a big heart for justice issues, particularly in regards to women and children in developing nations. I have always had a passion for learning about other cultures and it is such a privilege to live in community with exceptional families from all over the world here in Lam Circle.

I was born and grew up in Scotland but have now lived in Canada for the last 10 years and am proud to call myself a Canadian. We came to Victoria for my husband Phil to study Mechanical Engineering at UVIC. We have 3 children, Sophia (6), Finlay (4), and Callum, whose 1st birthday we will celebrate in early January. You'll find me at the drop-in playgroups at the Family Centre fairly often with my 2 boys.

As a family, we have greatly appreciated the Family Centre and found warm community and support there. It was an honour to be asked and it is with great pleasure that I take on this role as Editor of the Family Centre newsletter.

Public Health Nurse available at the Family Centre



January 4th
February 15th
March 7th
April 4th
May 9th
June 6th
July 4th
August 29th
September 12th
October 3rd

Jane Wismer, Public Health Nurse with Vancouver Island Health Authority, will be at the Family Centre from 10am –12 noon on the dates listed above. She will be here to support you with any health related questions, weigh and measure babies and check immunisation records. Jane will also be able to give immunisations at the Family Centre. Come with your questions about food, sleep or child development. Look forward to seeing you!



Now at the Public Library!

Fun toys, specially selected for kids with developmental and physical challenges, great for all families! Each box:

- is a plastic tote with 3-5 toys, a fidget, and a book/CD
- contains an information and ideas sheet on how to use the toys and resources if their child has developmental issues
- is light enough to carry easily
- can be borrowed for 3 weeks on an adult card and can be picked up and returned to any branch.

For more information about this program and the types of toys available visit: <http://gvpl.ca/using-the-library/our-collection/skill-builders-adaptive-toys>

IMPORTANT INFO: NEW INTAKE FORMS

The Family Centre would like to update the information we are able to pass onto UVic and so we have created a new intake form. UVic would like to have a sense of who is using the Family Centre. Are there more graduate students than undergraduates? What departments are represented? How many families are international versus local? How do families find out about the Family Centre?

To gather this important information we need your help. If you have not yet filled out our new intake form, please take a couple minutes to do so and drop them off. Intake forms are available on the bulletin board outside the Centre or you can print off a copy from our website. Your personal information will not be included in any reports distributed across campus - reports will take the form of a statistical analysis - feel free to ask us any questions you have about this process. Thank you in advance for taking the time to help us with this.

Programs and Events

Family Learn and Share

On Monday mornings from **10am-12noon** the Family Centre hosts a drop-in program for families to interact and learn from one another. Each week there is a designated focus topic and facilitator. Please contact us by email, phone or Facebook if you have any questions or suggestions.

Early Learning Program:

Families are welcome to this drop-in program that runs **Wednesday and Friday** mornings from **10:00 am to 12:00 pm**. Learning through play is encouraged in an environment that promotes children's inherent love of learning and sense of wonder. Each morning session concludes with a storytime with songs/music as well as an opportunity for outdoor play.

After School Club:

School Aged Kids (Grades 1-6) are invited to the Family Centre's After School Club on **Thursdays from 3:30 - 5:00 pm**. We will be doing a variety of activities each week. These might include outdoor games like soccer, tag, and croquet, as well as puzzles, projects, board games, talent shows and crafts. **Please make sure your kids are dressed for the outdoors. Program re-starts on January 7th.**

Mom's Time Out!

Do you need a 'time-out'? The Family Centre is open on **Monday nights from 7-9pm** for women to get together, have a cup of tea and chat. Feel free to come for half an hour or stay for the whole time. If you don't have children – don't let the name deceive you! You're welcome. (Note: Nursing infants welcome.)

Book Club:

The Family Centre has a book club that meets on **the third Thursday of each month** to discuss a novel chosen by the group. If you enjoy reading and would like to get together with others please come along. To find out more join our Facebook group or send us an email at familyhousingbookclub@gmail.com.

Celebrating Families

Those of you who are frequent visitors to the Family Centre will have noticed that we are working on a new bulletin board. The theme is to celebrate our families and includes a world map in the Centre. Our hope is to surround this map with photos or drawings of our families with a pin showing where in the world they are from. We hope that this will be a visual celebration of the diversity of our families.

We would LOVE for you to participate.

Please send, or drop off, a photo or drawing of your family and include family member names and where you are from. Contributions can be sent to familyc@uvic.ca.

Family Centre Staff and Contact Information

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FACULTY COORDINATOR

Laurene Shields

NEWSLETTER

Avril Nagel

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