

NEWS & VIEWS


Staff:

Josephine Tepsi-
*Early Childhood
Educator*
Rebecca Ozbadem-
Program Coordinator

Address:

39208-2375 Lam Circle,
Victoria, BC V8W 2Y2

Phone:

250-472-4062

Email:

familyc@uvic.ca

Website:

<https://www.uvic.ca/family>



Find us on Facebook

Territory Acknowledgement

We acknowledge with respect the Lekwungen-speaking peoples on whose traditional territory the university stands and the Songhees, Esquimalt and WSÁNEĆ peoples whose historical relationships with the land continue to this day.

Family Centre News

UVic Family Centre Website Update:

We are happy to share that the **UVic Family Centre website** has been updated. You can find out all about the Family Centre including the monthly calendars, newsletters, programs, events, services and all the other great things happening at the Family Centre has on that webpage. <https://www.uvic.ca/familycentre/>

Community Market Update:

We have put much thought into revising the food market and wanting to make the experience enjoyable and fair for all the attendees. We have been brainstorming new ideas and have consulted with other food markets in the area on options to fairly distribute the market food and move away from people having to line up. With these in mind and with great consideration we are going to try another approach. What we would like to try is a lottery style approach to the Community Market. At 6:00 pm attendees will come and receive a card. Matching cards will then be put in a hat and drawn out randomly. When your card is called you then come up and make your food choices. Our goal is to make the Community Market an experience everyone feels good about and a time to socialize over a coffee. Please feel free to share your feedback with Josephine or Rebecca as we give this a try! Thank you for your ongoing support.

Family Centre Programs

Monday: Open Door in September	3:00pm - 5:00pm
Monday (every other Monday): Community Market	6:00pm - 6:45pm
Tues, Wed, Thurs: Early Learning Drop In Program	9:00am - 12:00 pm
*Check the Family Centre's Monthly Calendar for Special Events	

Don't miss out on community gatherings!

Starting in October Mondays: Early Learning Drop in 9:00 am-12:00 pm

For more information please check out our Facebook page,

<https://www.uvic.ca/familycentre/> or contact us at familyc@uvic.ca.

Welcome Back!

Josephine and Rebecca are happy to open the Family Centre doors again after our summer holidays. We are excited for new families to join us as well as our families that we know and love. This September we will be introducing a few new events and keeping on with many of the favorite ones such as Drop In mornings and the Food Market. We also would like to welcome other community partners and practicum students from Camosun College and UVic. We are looking forward to our new start to the year and connecting with all the UVic families.

All the best,

Josephine and Rebecca



UVic Global Community

International Student Services

The **UVic Global Community (GC)** is an initiative within International Student Services (ISS) that supports international students to get connected on campus, make friends, and learn about events and academic opportunities that will help you succeed.



Join our GC Mentorship Program!

We will match you with a mentor who will help you navigate your social and academic transition. Go to www.uvic.ca/global-mentorship to apply.

Join our GC Conversation Partners Program!

We will match you with a conversation partner who will meet with you weekly to practice your conversational English! Go to www.uvic.ca/global-conversations to apply.

Join the GC Facebook Group!

Search "**UVic Global Community**" on Facebook. We post daily about events, opportunities, campus services, student life, scholarships, and much more!

Subscribe to our GC Online Newsletter!

Go to www.uvic.ca/globalcommunity. Click the "Subscribe Now" button. (just enter your email address and click subscribe - no need to create a password).

Attend GC Events!

Keep an eye on our GC Facebook and GC Newsletter for our upcoming events (Socials at the beach, potluck dinners, hockey games, photo scavenger hunts, Halloween Corn Maze, and more!) Bring your friends—the more the merrier!



Email: gcmentor@uvic.ca
Website: www.uvic.ca/globalcommunity
Facebook: [UVic Global Community](https://www.facebook.com/UVicGlobalCommunity)



University of Victoria | International Student Services

Websites and Organizations

UVic International

Website: <https://www.uvic.ca/international/inbound-students/index.php>

Overview: Offers helpful information for international students coming to UVic including topics on immigration, studying at UVic, health insurance and much more.

UVic Multifaith Services:

Website: <https://www.uvic.ca/multifaith/index.php>

Overview: Offers prayer through appointed faith representatives for multiple faiths. Mediation groups, pastoral counselling, weekly activities, workshops and community gatherings. See website for event calendar.

UVSS (University of Victoria Students' Society) Food Bank and Free Store

Website: <https://uvss.ca/foodbank/>

Overview: Located in basement of Student Union building. Confidential service to offer extra supports for students and their families.

VIRCS (Victoria Immigration & Refugee Centre Society)

Website: <http://www.vircs.bc.ca/>

Overview: Immigration, post-secondary international students and settlement services: housing, social benefits health care, income tax, work permit applications, labor market services, and English language.

Inter-Cultural Association

Website: <http://www.icavictoria.org/>

Overview: An association that connects immigrants/new-comers to resources, support, education and programs. English as a second language courses available.

Henderson Recreation Centre

Website: <https://www.oakbay.ca/parks-recreation/facilities-rentals/recreation-centres/henderson-recreation-centre>

Overview: Close to UVic, Henderson recreational centre offers a variety of sports, leisure activities and programs for all ages.

International Bursaries

Bursaries are awarded to international undergraduate and graduate students who experience financial crisis during their school year. All applicants must make an appointment with a Financial Aid Officer in Student Awards and Financial Aid (University Centre) to discuss their extenuating circumstances and eligibility. Please contact finaid@uvic.ca to make an appointment.



HOW TO HELP THE PLANET
BY SORTING-AT-SOURCE

DID YOU KNOW?
UVic's Waste Audit revealed that more than half of all Family Housing landfill waste was compostable (45%) and recyclable (16%).

REDUCE WASTE
Reduce the amount of waste sent to the landfill by practicing regular sorting of compostables and recyclables.

PLASTIC PROBLEM
Use biodegradable bags for composting with the green bin. Plastic bags prevent the recycling and composting processes.

FOOD WASTE
Uneaten leftovers and spoiled food make up over 25% of the waste discarded from a household in BC. Free apps like "NoWaste" can help!

HAVE A QUESTION?
Q. What goes in the compost & recycling bins?
Q. How to make sorting work for my family?
Q. Where to dispose of large items?
Email: res.maintenance@uvic.ca

BIG THINGS START SMALL
Little changes CAN make a big difference! By sorting-at-source, Family Housing residents will be leaders in diverting waste from the landfill. Together, we can keep our environment safe, clean and beautiful!



September/October Dates:

Sun Sept 1st	Al Hijra/Muharram Happy New Year!
Mon Sept 2nd	B.C. Labour Day Holiday (Family Centre Closed)
Tues Sept 3rd	SD 61 First day of school
Weds Sept 4th	UVic First Day of Fall Term
Fri Sept 13th	Mid-Autumn Moon Festival
Mon Sept 23rd	SD 61 Pro D Day/Pro D Day Camp at the Family Centre
Mon Sept 30th	Rosh Hashanah Jewish New Year Orange Shirt Day Every Child Matters
Tues Oct 8-9th	Yom Kippur
Mon Oct 14th	Canadian Thanksgiving (Family Centre Closed)

September 30th Orange Shirt Day

Orange Shirt Day honors the legacy of the Residential Schools, Survivors, Intergenerational Survivors and those who did not survive. The Orange Shirt and September 30th are symbolic of the day in which children were taken from their homes to residential schools and for one young girl her orange shirt was taken away from her on her first day of school (Safe and Caring website, July 18, 2019).

"Orange shirt day is also an opportunity for First Nations, local governments, school and communities to come together on the spirit of reconciliation and hope for generations of children to come" (Orange Shirt Day Website, July 18, 2019).

<http://www.orangeshirtday.org/>
<http://safeandcaring.ca/orangeshirtprogram/>



compostable waste

learn more at uvic.ca/sustainability/topics/waste

UNACCEPTABLE:

- plastic cups, lids, utensils or bags
- glass
- metal
- paper dairy cartons
- waxy paper packaging
- grease
- soft plastics / wrappers
- packaging or condiment containers
- styrofoam

Programs and Events

Early Learning Drop In:

Families are welcome to this drop-in program that runs **Tuesday, Wednesday, and Thursdays from 9:00 am–12:00 noon**. Learning through play is encouraged in an environment that promotes children's inherent love of learning and sense of wonder. Each morning session includes a snack and outside play.

Public Health Nurse:

Once a month on a Tuesday we have a visit from a Public Health Nurse for immunizations and wellness checks for children 5 and under. Please contact Lisa at Lisa.Halliwell@viha.ca to request an immunization appointment for your child at the Family Centre.

VIRCS:

Victoria Immigration & Refugee Centre Society will be coming once a month to the Family Centre during a morning drop in time. This gives families an opportunity to speak face to face and ask questions on their programs and services. First visit will be **Tuesday September 10th, 2019 at 10:00 am**. Stop by for a coffee and meet our new friends.

The Community Food Market:

On every other **Mondays from 6:00- 6:45 pm (see calendar)**, come with a reusable bag and pick up some FREE groceries. The food is provided by Living Edge, in partnership with West Village Church, the Kappa Beta Gamma Sorority, and the Family Centre. Lottery style approach, no need to line up.

Open Door:

Every **Monday from 3:00-5:00 pm** we have an Open Door at the Family Centre. We will be available for anyone to come and drop in for a coffee, play, or to access our lending library. Please ensure all children come with an adult.

Conversation Club:

We have a TEFL (Teaching English as a Foreign Language) facilitator leading a group through different topics. Kids are welcome and the coffee is on! The Club will start up again in November, day and time to be determined.

Are you an international student looking to make new friends and experience Victoria?

Join the Global Community Mentorship Program!

Apply at: uvic.ca/global-mentorship




UVic Global Community
International Student Services

Community Events



Moon Festival Lantern Celebration

Sat. Sept. 14, 2019

Address: Gordon Head Recreation Centre and Lambrick Park

Time: 5:00-8:00 pm

Admission: Free

Lantern-making workshops: (Materials & light included-\$4 fee per lantern 5:00pm-7:00 pm)

Website: <https://www.tourismvictoria.com/see-do/festivals-events/moon-festival-lantern-celebration>

Children's Story Festival

Sat. Sept. 21, 2019

Address: Esquimalt Parks and Recreation, 527 Fraser Street, Esquimalt

Time: 10:30 am-1:00 pm

Admission: By donation and lunch provided by Esquimalt Lions.

Website: <https://www.esquimalt.ca/community-events/events-listing/calendar/childrens-story-festival>

New at the Family Centre

VIRCS Victoria Immigrant & Refugee Centre Society will be stopping by once a month during morning drop in. This wonderful community service will have a representative at the Family Centre to answer any questions or provide families with information on their services and programs. Welcome VIRCS to the UVic Family Centre!