

December, 2010

ISSUE 160



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Check out our complete listing of programs at:

<http://web.uvic.ca/family-centre/>

# News & Views

*A COMMUNITY NEWSLETTER FOR STUDENT FAMILIES AT UVIC*



If November's cold temperatures and snow didn't remind you, let us...winter is here! And with winter comes hot chocolate, snowmen, and holidays! School is out, for parents and children alike, and a festive spirit embraces Victoria. There are many seasonal activities to enjoy this month, so put on your toques and parkas and enjoy the spirit of the winter season. And there's no better place to start than at the Family Centre's Winter Celebration.

#### **Winter Celebration Potluck**

The Family Centre would like to invite you to join us for a potluck celebration before you head into the winter break. We will provide drinks, and invite you to bring whatever snack you would traditionally eat at a celebration. We will have family craft activities and look forward to seeing you there.



**Date:** Tuesday, December 14

**Time:** 4:30-6:30pm

**Place:** The Family Centre: 39208-2375 Lam Circle

**Phone:** 250-472-4062



#### **Closed for the Holidays**

**The Family Centre will be closed from  
Friday, December 24th-Monday, January 3rd.**

#### **Family Centre Weekly Hours and Programs**

Tuesday	9am-3pm	Music and Movement Playgroup: 10am-12noon
Wednesday	10am-2pm	Playgroup: 10am-12noon
Thursday	1pm-5pm	Afterschool Program: 3:30pm-5:00pm
Friday	10am-12noon	Playgroup: 10am-12noon



### DVD Library at the Family Centre

The Family Centre is starting a DVD library and is looking for DVD donations. If you have any DVDs that you would like to donate, especially family-friendly DVDs, please contact the Family Centre at 250-472-4062. To make room for new DVDs, the Family Centre is clearing out their old VHS videos. So if you're interested in some multimedia relics, please come by and take what you like!

### Nobody's Perfect Program

The UVic Family Centre will be offering a six week *Nobody's Perfect* program from January 20<sup>th</sup> to February 24<sup>th</sup> on Thursday mornings from 10:00am to 12:00pm. *Nobody's Perfect* is a program for parents of children aged 0-5. It is a *participant centered* program which gives parents a place to meet and share ideas and concerns about parenting. The program is free and will be co-facilitated by two trained *Nobody's Perfect* facilitators. The program address issues such as:

- stages of development
- tips and guidance about discipline
- problem solving strategies
- self-care (taking care of ourselves as parents)
- children's health issues

Childcare is provided so that parents can commit to attending all six sessions. To register for the program, or to get further information, please contact Elizabeth Quong (Director), or Miki McMechan (Early Childhood Educator) at the Family Centre: 250-472-4062.



عطلة سعيدة

假期愉快

Frohe Feiertage!

Felices fiestas

IYES XAXE SCÁCEL

Sărbători Ferice!

Bonnes Fêtes

Happy Holidays

즐거운 휴일!

### Family Friendship Program

#### Victoria Immigrant and Refugee Centre Society (VIRCS)

Be-Friends Buddy Program (young adults ages 19-30) and the Family Friends Program (parents of any age):

- Immigrants to Canada are matched with Canadian Host Volunteers depending on their age, interests, hobbies, and character
- Host volunteers get to meet someone from a different culture, background, and help newcomers feel at home in Canada
- Each pair agrees to meet once a week to do a common activity of their choice
- Program lasts 3 months

For more information please contact: Francina Potes at [francina@vircs.bc.ca](mailto:francina@vircs.bc.ca), or call (250) 361-9433, ext. 242.



## Miki's Corner

As I sit at my computer preparing to write "Miki's Corner," I am looking out the window; snow is lightly falling, children and adults out for a walk are bundled up, and a breeze is blowing the dry leaves around. This scene reminded me of a poem by Robert Louis Stevenson in a book called "A Child's Garden of Verses" that I received from my parents when I was nine years old.

### Picture Books in Winter

*Picture Books in Winter  
Summer fading, winter comes-  
Frosty mornings, tingling thumbs,  
Window robins, winter nooks,  
And the picture story-books.*

*Water now has turned to stone  
Nurse and I can walk upon;  
Still we find the flowing brooks  
In the picture story-books.*

*All the pretty things put by,  
Wait upon the children's eye,  
Sheep and shepherd's, trees and crooks.*

*In the picture story-books.*

*We may see how all things are,  
Seas and cities, near and far,  
And the flying fairies' looks,  
In the picture story-books,*

*How am I to sing your praise,  
Happy chimney-corner days,  
Sitting safe in nursery nooks,  
Reading picture story books.*



Reading to our children is wonderful anytime of the year. I remember reading to my own children and the feeling of warmth when we were snuggled on the sofa or in my bed with the wind and snow blowing outside. I realize winter is mostly wet on the Island but nevertheless, it is cold! In the month of December we will sing, move and read about the joy of winter.

## The Family Centre Welcomes two Volunteers to the After School Club: Michelle and Ciara



My name is Michelle Pedersen. I am a first-year student at UVic, where I'm collecting languages such as Spanish, French and Italian. My other hobbies

include star-gazing, jumping in puddles, and pretending I'm a ninja. Thursdays at the Family Center are now one of my favourite days of the week. I can't think of a better way to spend a day than sharing smiles over brownies and games of tag with the kids!



My name's Ciara Harte. I'm a first year student at the University of Victoria, in the Child and Youth Care program. I'm originally from Chilliwack (this is my first year in Victoria)

but I absolutely love it here so far. Some of my hobbies are reading, hanging out with my friends, avoiding my massive pile of homework, and volunteering!

## A Happy Halloween and a Big Thanks to All



The Family Centre would like to thank Alison, Fiona and the rest of the Campus Security team for co-hosting a wonderful Halloween Party. The fog cleared and the sun shone making perfect weather for the occasion. Around 150 adults and children came to join in the fun. We would especially like to thank our volunteers. Thanks to Katie who face-painted for over two hours straight, never failing to have a crowd of eager children around her waiting for their turn to be transformed into the character of their choosing. We would also like to thank Sheila for organizing the coat exchange, and Madelynn and Erin who helped out with parachute games for the under fives, and a variety of races with the 6-12 year olds. Thanks everyone!



## Programs and Events

*A great way to get connected!*

### Playgroups:

On Tuesday, Wednesday and Friday mornings from 10am-12pm, the Family Centre hosts fun and energetic playgroups. Kathleen's Music and Movement Playgroup is in full swing on Tuesday mornings, and Miki's Wednesday and Friday playgroups are always fun-filled. These playgroups involve arts and crafts, free play, circle time, and snack. This is a great opportunity for little ones and their caregivers to play, meet the community, and have fun. We look forward to seeing you and your little ones this month.

### After School Club: Thursday afternoons, 3:30pm-5:00 pm.

We had a lot of fun in November thanks to new faces and the enthusiastic commitment of our volunteers. December is going to be just as fun. Kim will be leading us in a winter craft, we will be doing some more yummy baking and we will have a movie time with popcorn. December will also bring a farewell as Kim's practicum is ending; her last day is on the 9th.

Here is the schedule for December (please note there is no after school program on Dec. 23rd.):

**December 2** Winter Craft

**December 9** Movie

**December 16** Baking

**December 23** Closed



### **For Girls Program at the Family Centre!**

Starting in January we will begin a new after school drop-in program for girls. The program will run on **Tuesdays from 3:30-5:00pm**. All girls **ages 6-12** are welcome to come and partake in a variety of activities including crafts, games, and unique projects. Please look for our flyer, the sign-up sheet at the Family Centre, information at your school, or call us directly at 250-472-4062.

## Community Events

### **Sea of Lights Parade, Cattle Point, Willows Beach and Gyro Park, Friday, December 3, 7pm**

Great family fun starting with the fleet of lighted ships passing Cattle Point at 7pm. Spectacular viewing at Willows Beach at 7:15pm where the Kiwanis serve free hot chocolate and cookies at the Willows Beach pavilion. A roaring bonfire is sure to keep everyone warm. At 7:45pm, the fleet past Gyro Park beach, where there is more hot chocolate & coffee.

### **Carolling in the Village, Cadboro Bay Village Sunday, December 5th, 6:30-8:30pm**

The Open Door Choir, and the Canadian College of the Performing Arts Students regale the neighbourhood with a Christmas carol sing-along. The singing is free. Hot dogs, hot chocolate, coffee and treats are offered at a small cost and all proceeds go to the Open Door and the CCPA.

### **Moss Street Holiday Market, 1330 Fairfield Rd. Saturday, December 11, 10am-4pm**

Locally made arts and crafts, winter vegetables, live music, children's crafts, free apple cider and more. Get local and sustainable gifts this season.

### **Christmas Story Time at Nellie McClung Library Saturday, December 11, 10:30-11:30**

Ho, Ho, Ho! Santa and his helpers at the North Pole are busy preparing for his big journey south. Join us for festive stories, songs, a craft, and a tasty holiday treat. For young children and their families; children under 3 must be accompanied by an adult. Registration required. or more information call 250-477-7111.

### **Immigration and the Law Information Session, The Greater Victoria School Board, 556 Boleskine Rd., Monday, December 6, 5:30-7:00pm FREE**

Questions about immigration will be answered by a lawyer. Registration is limited. Contact Nasim Hamed at 250-385-3381 ext. 238.