



DIRECTOR

ELIZABETH QUONG

STAFF

EMMA CHALIFOUR

MIKI McMECHAN

JOE CHALIFOUR

**FACULTY
COORDINATOR**

LAURENE SHEILDS

NEWSLETTER

KATHLEEN BORTOLIN

UVIC Family Centre

P.O. Box 1700 STN CSC
Victoria, BC V8W 2Y2

Phone: 472-4062

Fax: 472-4669

E-Mail:

familyc@uvic.ca

Check out our complete listing of programs at:

<http://web.uvic.ca/>

[family-centre/](http://web.uvic.ca/family-centre/)

News & Views

A COMMUNITY NEWSLETTER FOR STUDENT FAMILIES AT UVIC

Money Saving Ideas

Let's face it. Everyone loves a good deal. And being student-families means we REALLY love a good deal. So here a few money saving tips that should help fatten up those piggy banks.



L.I.F.E Program (Leisure Involvement for Everyone)

The City of Victoria and its partners are committed to ensuring that all its residents have access and choices in their leisure opportunities. Recreation contributes to mental and physical health and stimulates the development of healthier and stronger individuals and families. This program provides program savings and credit to eligible low income individuals and their families for recreational programs and services in all city recreational facilities and 11 of its jointly operated centres. Credit can be used toward punch cards, monthly passes, program registration fees or memberships. For more information, and to download an application form, go to http://www.victoria.ca/cityhall/departments_comrec_life.shtml

Rental Assistance

The Rental Assistance Program provides eligible low-income working families with cash assistance to help with their monthly rent payments. To qualify, families must have a gross household income of \$35,000 or less, have at least one dependent child, and have been employed at some point over the last year. A number of eligibility requirements exist including income level, assets, and residency status (available to Canadian citizens, permanent residents, or refugee claimants). For more information go to <http://www.bchousing.org/programs/RAP>



(Money saving ideas continued on page 2)

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

Money Saving Ideas (...Continued from Page 1)



Healthy Kids Program

The BC Healthy Kids Program helps middle and low income families with the costs of basic dental care and prescription eyewear for their children. Eligible clients include dependent children under 19 years of age who receive Medical Services Plan (MSP) premium assistance through the Ministry of Health Services. For more information go to <http://www.health.gov.bc.ca/msp/infoben/premium.html>

SPC CARD

The SPC Card "is your pass to exclusive student deals on fashion, food, entertainment, lifestyle, travel and more." This student card costs \$9 and offers discounts at a variety of retail outlets and restaurants. For a complete list of stores and for more information go to <http://www.spccard.ca/about.aspx>



TV

Some cable providers offer unadvertised student discounts of up to 50% off your regular cable bill. If you watch TV and want cheap cable, inquire with your cable provider.

Local Discounts

Many local establishments, including Peppers grocery store, offer discounts to students. Carry your student card with you, and inquire at various locations for student deals.

The Family Centre's First Ever Winter Coat Exchange

Thanks to all everyone who generously donated winter jackets and coats to the Family Centre during October. The coats and jackets will be available until Thursday November 18th. Please feel free to drop by and take whatever you can use.



Help
Wanted

Computer Help Wanted

We are looking for an experienced computer person who can assist us with our home-based business computer needs (upgrades, networks, possibly webdesign/maintenance, etc.). We are located near UVIC.

Please forward your resume and letters of references to-
HeinzN@live.com



Just in Case

Don't be scared....be prepared!

Whether small or large scale, emergencies do happen. What can you and your families do to prepare? Lots!

Did you know that most house fires are preventable? Approximately 78% of deaths from fire occur in the home and over 40% of accidental fire victims are asleep at the time of fire. You and your family play a very important role in *preventing* fires from happening *and* being prepared to react if you were to discover a fire in your home.

~A few helpful fire safety tips:

- Never leave lit candles or cooking unattended;
- Keep matches and lighters out of reach of children;
- Never leave your clothes dryer on when not at home, and clean the lint trap regularly;
- Be careful not to overload electrical outlets.

Create an *Escape Route Plan* with your family – don't forget to *practice* it!



University of Victoria | Occupational Health, Safety and Environment



New Practicum Student at the Family Centre

Hi! My name is Anna Dzioba and I'm a practicum student from the Child and Youth Care program at UVIC. I have lived in Victoria my whole life and I love it very much. I'm very excited to be able to do a practicum at the Family Center this year, and look forward to meeting everyone!



Miki's Corner



In the early autumn the weather is still warm and there are plenty of things for the animals of the forest to eat: green leaves, berries, nuts, and more. However, soon it will turn cold, especially further north. The animals will be busy trying to find food for the winter. The bears will be eating as much as they can to store fat in their bodies to prepare for hibernation. Squirrels, chipmunks, and other small furry creatures will be gathering nuts and seeds to store in their burrows to eat during those long, cold winter days. During the month of November, we will discuss our friends of the forest through songs, stories and movement. Looking forward to seeing all of you this month!

ESL Youth Drop-in

The Backdoor Teen Activity Lounge
Gordon Head Recreation Centre
Wednesdays 7-9pm



FREE! For 8 year olds and up

Come hang out at our safe, supervised and fun space where you can:

- play games;
- meet friends; and
- practice your English language in a casual setting.

No registration necessary.

Call 250-475-7111 for information.





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. 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

Hey all we had a blast last month! From baking cookies, carving pumpkins and eating the seeds and, a Halloween craft. Come and join us this month for more activities and baking. I also would like to thank all of the volunteers and practicum students that are helping to make the Afterschool Program a success. Here is the schedule for November:

- November 4** Remembrance Day
- November 11** Closed for Remembrance Day
- November 18** Baking
- November 25** Child Safety and Protection Month



New Program at the Family Centre! Make-and-Take

During the month of November the Family Centre will be running a *Make and Take* program on Tuesday evenings from 7:30-9:30pm. This program is an opportunity for adults to get together, have fun making something and then take it home to enjoy! Some example make-and-take activities include bath salt making, candy-making, and a cookie-exchange. You are welcome to come to all or just one of them. Materials will be provided by the Family Centre unless otherwise stated.

Tuesday, November 9th: Candy making (please bring a container).

Community Events

Watch an Illustrator at Work: Kim LaFave FREE Saturday, November 6, Central Library, 10:30am-12pm

Join one of Canada's best loved and most prolific children's book illustrators, Kim LaFave, as he teams up with author Gary Kent at the Central Library. Kim and Gary will profile their newly published picture book "Fishing with Gubby". The book is a marvellous and beautifully illustrated account of one season in the life of a salmon fisherman from a small seaside village on the west coast of British Columbia. Chat with this author and illustrator duo and watch Kim demonstrate his illustrating talents. Everyone welcome. For more information call 250-413-0365. No registration required.

Free Fall Swim for Families at Gordon Head Rec Centre Friday, November 19, 7:00pm-8:30pm FREE

Great themes, terrific prizes and super fun at our fall free swims. Don't miss them!

Wacky Woodpeckers 1pm-3pm FREE Sunday, November 7, Elk/Beaver Lake Regional Park

Drop in to the nature centre to discover all of the tricks of the woodpecker trade. A guided woodpecker walk with a CRD Regional Parks interpreter begins at 1:30 pm. All ages. BC Transit #70 or #75.

For more information on the Capital Regional District's Nature Events and Programs go to <http://www.crd.bc.ca/parks/>

Deck the Halls Winter Lights Festival FREE Saturday, November 27th, Sannich Municipal Hall, 770 Vernon Avenue, 5pm-8:30pm

Kick off your holiday season with a festive lights display and a variety of seasonal activities including: children's Christmas concerts, horse and carriage rides, photos with Santa, arts and crafts, face painting, and free hot chocolate. For more information, call Rob Phillips: 250-475-5558.