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DIRECTOR

ELIZABETH QUONG

STAFF

EMMA CHALIFOUR

MIKI McMECHAN

JOE CHALIFOUR

FACULTY COORDINATOR

LAURENE SHEILDS

NEWSLETTER

KATHLEEN BORTOLIN

Address:

UVIC Family Centre
39208- 2375 Lam Circle
Victoria, BC V8W 2Y2

Mailing Address:

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

Phone: 250-472-4062

E-Mail:

familyc@uvic.ca

Check out our complete listing of programs at:

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

News & Views

A COMMUNITY NEWSLETTER FOR STUDENT FAMILIES AT UVIC

Thank You!

The UVic Family Centre would like to express our great appreciation to the many individuals who generously gave to support student families during this holiday season. Their generosity provided food for our Food Share program, books, gifts, clothing, gift certificates and so much more! Thanks again - Campus Security, Co-op and Career Services, Residence Services Student Awards and Financial Aid.



New Years Resolutions

Like wasting water and eating junk food (two activities I decadently enjoy), New Year's Resolutions have become untrendy. I noticed this recently when a friend informed me that New Year's Resolutions are silly, guilt-laden suggestions that people never keep. I guess a lot of people have figured out that resolutions make us feel inadequate when we inevitably fail to keep them. So why bother? Perhaps there is some truth to this; I can't honestly say that I've ever really kept my resolutions. But I'm still going to make them, even if, like letting my car idle, they've become passé. I like New Year's Resolutions because I always feel a little blue come January 1st. Christmas and all that it brings (family visits, no school, chocolate, toys, cheer, etc.) has passed. The weather is still cold. School is starting again. Blah. So why not have some constructive, hopeful goals to work towards to take the edge off another year passing? For me resolutions are a chance, if only cerebrally, to put things in order, to tell myself this is the year I get more sleep, stop wasting water, and ease up on the junk food. It's a fun mind-game that gives me a sense of control at a time when the winter doldrums are threatening to take hold of my sanity. So here's to scrapbooking, cleaning out the storage room, turning off the tap, watching less T.V, getting up early to run, doing more crafts with my kids, drinking 8 glasses of water a day, eating organic, composting, going to book clubs, visiting spas, saving the planet, and quitting Facebook. Take that winter.

Family Centre Weekly Hours and Programs

Monday	3:30-5:00pm	For Girls Program: 3:30-5:00pm
Tuesday	9am-5pm	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

Nobody's Perfect Program at The Family Centre

The UVic Family Centre will be offering a six week **Nobody's Perfect** program from January 20th to February 24th 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 addresses 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.

Miki's Corner



HAPPY NEW YEAR EVERYONE and welcome to 2011. I hope everyone enjoyed the holidays. The theme for January will be a continuation of winter fun and activities. We will explore the poles where polar bears and penguins live. We will also sing, move, read and do crafts about snowmen; or to be more politically correct "snowpeople". See you all soon.



Deals of the Month

Grad House Restaurant

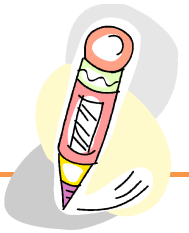
Every Monday Night from 5:00pm–9:00pm the Grad House offers a Burger and Beer special for \$6. The Grad House is next to the SUB and is family-friendly.

University of Victoria iDealBook Coupons

Pick up your free copy of the University of Victoria's iDealBook at the GSS office in the Grad House. This book is packed full of coupons for some great deals both on and off campus.



You may have forgotten, or never really known, but here are some useful UVic services that many student families use regularly.



UVic Library Services

Do you know that as a student you can book a study room, borrow a laptop and borrow cameras from MacPherson Library...for free! You can also borrow CDs, DVDs, and even vinyl recordings...for free! You can also check out the Curriculum Library in the MacLaurin Building for kids material.

UVic Tutor Registry

Are you a smarty pants? Know your Chemistry 101 like the back of your hand? Speak fluent Russian? If you're a UVic student, you can register yourself as a tutor in just about any subject. Also, if you or someone in your family needs a tutor, the tutor registry might help. Check out the registry at UVic's Co-op and Career Services webpage or go to <https://learninginmotion.uvic.ca/login.htm> and login as a student to create a tutor profile or to search available tutors.

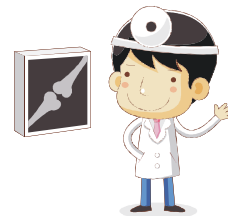
The Writing Centre

The Writing Centre is located in the Mearns Centre for Learning on the first floor of the MacPherson Library. It has experienced writers who can help you compose better essays, integrate your research and ideas, and format your writing according to the style of your discipline. We have tutors from a variety of disciplines, including English, Cultural Studies and Political Thought, History in Art, Geography, Mathematics, Computer Science, Mechanical Engineering, and Law.

One-on-One Tutoring: By providing free one-on-one tutorials, we will help you acquire the skills necessary to tackle any of the challenges that arise in the academic writing process. Appointments are recommended; students are limited to two booked appointments and two drop-in appointments per week.

We won't edit or "fix" your papers for you; rather, we focus on *your* role in the process, allowing you to develop your abilities and confidence as a writer.

To contact the Writing Centre, please call 250-853-3675.



UVic Health Services

The Jack Petersen Health Centre is an on-campus clinic offering same day appointments for physician visits. The clinic also accommodates urgent walk-in appointments and treats children as well as adults. The clinic is located just off of Sinclair Road at the end of parking lot #5 near Cluster Housing. Phone 250-721-8492.

UVic Counselling Services

Professional counsellors provide short-term individual counselling and psychotherapy for registered students who find that problems are interfering with their performance or well-being. Counselling and psychotherapy focus on guiding and assisting students in understanding their issues and in taking actions. Individual counselling and psychotherapy are confidential and free to registered UVic students. For more information visit <http://www.coun.uvic.ca/index.html> or phone 250-721-8341.



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 energetic Music and Movement Playgroup meets on Tuesday mornings. On Wednesday and Friday mornings, Miki hosts playgroups involving arts and crafts, free play, circle time, and snack. We look forward to seeing you and your little ones this month.

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

Hello to you all and Happy New Year! I hope that you all had a great winter/Christmas break. We anticipate having a lot of fun this year doing crafts and baking activities, as well as indoor and outdoor games. With January here and the cold on its way I do ask that your child comes properly dressed for the weather. Also, if you are picking up your child please arrive by 5:00 so he/she does not have to wait out in the cold very long. Here is to new beginnings as we start the new year off with New Years Resolutions. Here is the schedule for January:

January 6 New Years Resolution Craft

January 13 Baking

January 20 Craft

January 27 Chinese New Year Craft

New FOR-GIRLS Program at the Family Centre!

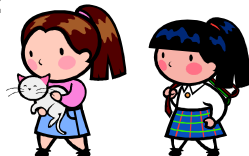
Starting January 10th, Anna Dzioba will begin a new after school drop-in program for girls. The program will run on **Mondays from 3:30-5:00pm**. All girls **ages 6-12** are welcome to come and partake in a variety of activities including crafts, games, and unique projects. Please look for our flyer, the sign-up sheet at the Family Centre, information at your school, or call the Family Centre directly at 250-472-4062. Here's January's schedule:

January 10: Games

January 17: Beaded Animals

January 24: Painted Rocks

January 31: Paper Decorations



Community Events

StrongStart BC

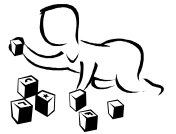
StrongStart BC is a free drop-in early learning program for preschool aged children. Children must be accompanied by a parent, grandparent or caregiver. Programs are conducted by qualified early childhood educators who lead children through a variety of activities aimed at preparing preschoolers for kindergarten. There are nine StrongStart locations in Victoria including:

Lochside Elementary School (250-658-5238)

Tillicum Community School (250-386-1408)

George Jay Elementary School (250-385-3381)

Ecole Macaulay Elementary School (250-385-3441)



For more information visit:

- <http://www.sd61.bc.ca/strongStart.aspx>
- http://www.bced.gov.bc.ca/early_learning/pdfs/strong_start_contacts.pdf

Kids Matinees at Cinecenta, Saturdays and Sundays, 1pm, \$4.75 (all seats)

Hide away from January's cold temps at Cinecenta, in UVic's SUB. Cinecenta offers kids matinees every week-end.

January 8/9: Alpha and Omega

January 15/16: Legend of the Guardians: The Owls of Ga'Hoole

January 22/23: Chitty Chitty Bang Bang

January 29/30: Fantastic Mr. Fox



Friends of the Library Book Sale

Nellie McClung Library, January 15 & 16

Calling all book lovers and bargain hunters! Join us at the next Library Book Sale and choose from thousands of surplus books for adults, teens and kids. All proceeds support the Library.



Saturday, January 15: 5:00-8:00 pm - \$3.00

Sunday, January 16: 9:00 am-1:30 pm - free admission Plus: 1:30-3:00 pm - all you can carry for \$5.00