Are You Prepared?

Many of us were awoken by the vibrations of the 4.7 magnitude earthquake that hit just off the coast of the Saanich Peninsula, late in the evening of December 29th, 2015. Although we can be thankful that there was no significant damage, the earthquake did serve to remind us that we live in a high-risk zone and if we are not already prepared, we need to be. The government of Canada advises that, in the event of an emergency, we should be prepared for a minimum of 72 hours without assistance.

Be prepared by

1. Knowing the risks
2. Making a plan
3. Getting/assembling a kit
4. Meet your neighbours

There are great resources available online to help you prepare. Check out these links

- [www.getprepared.gc.ca](http://www.getprepared.gc.ca)
- [https://www.crd.bc.ca/prepare-yourself](https://www.crd.bc.ca/prepare-yourself)
- [http://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/preparedbc](http://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/preparedbc)

Additionally, the City of Victoria is offering 2-hour Emergency Preparedness workshops throughout the year. For more information, check this link


Family Centre Weekly Programs

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<td>Mom’s Time Out</td>
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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.
Hey Guys!

My name is Laura Ayebazibwe and I am a second year student at the University of Victoria in the Child and Youth Care Program. I am doing my practicum placement at the Family Centre from January to April. I am from Uganda. I love interacting with children and this is a wonderful opportunity for me to familiarize myself with them and their caregivers too. I have a passion for music, dance and comedy. I also love getting to know new people and creating time to catch up with friends and family. I look forward to communicating, learning and bonding with people within the centre from different cultural backgrounds and sharing interesting similarities and differences with them.

I am looking forward to continue sharing a wonderful experience with you all!!

Pancake Breakfast

Come and join us for a pancake breakfast

UVic Family Centre
Saturday February 20th
9:00 - 10:30am
A great opportunity to get to know some of your UVic family community and enjoy a delicious breakfast. There will also be a family craft activity.

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

THANK YOU!

“My family and I really appreciate the expired transit passes donated to the Family Centre. We use these passes multiple times every month to take our son swimming, something we wouldn't be able to easily afford otherwise. He loves going to the pool and we do too. Thank you to everyone who hands in their expired transit passes, they benefit a lot of families here.”
In the Sandbox

At the Family Centre we are enjoying the recent addition of a sandbox. During a recent early learning session, two children became engaged in making a ‘cake’. Play in the sandbox creates ample opportunities for working co-operatively – and in this situation; no verbal language was exchanged as they worked together. These two girls do not speak the same oral language….but in the sandbox, this did not create a barrier to working together. Both girls seemed very satisfied with their finished product, they were eager for me to sample the ‘cake’! Mmm, delicious.

It’s almost Chinese New Year!

Chinese New Year is also known as Lunar New Year and is celebrated in many countries such as China, Singapore, Taiwan, Hong Kong, and many others. This is the time of the year when people have family reunions, visit their relatives, and greet one another. Chinese New Year is also the time when children receive red envelopes from their parents or grandparents. The red envelopes contain money and are meant to keep monsters away from the kids. On the red envelopes, there are New Year greetings such as "Xin Nian Kuai Le," which means "Happy New Year" in English.

新年快到了!

新年也可以稱為農曆新年。許多亞洲的地方, 比如中國大陸, 新加坡, 台灣, 香港, 以及有眾多亞洲人的地方也會慶祝新年。許多家庭會聚在一起吃飯、聊天和探親來迎接新的一年。這新年也是許多大人會給年輕人紅包希望他們平安。在紅包上面寫著新年快樂, 祝他們新的一年平安順利。
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.

**Learn and Share schedule:**
- February 1st: TBA
- February 8th: Family Day - No Program
- February 15th: Public Health Nurse - Jane Wismer
- February 22nd: TBA
- February 29th Counseling Services - June Saracuse

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 story time 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.

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.

Homework Club
The Family Centre is excited to offer a new pilot program for February and March. Are you in Grade 4 or above? Looking for a quiet place to study with a few friends? Wish you had someone to ask when you need a little help? Then the Homework Club is for you! It will take place at the Family Centre on **Mondays from 3:30-5pm, starting Feb 1st.** Bring your homework and drop on by!

Community Events

Victoria Film Festival
**Feb 5-14**
The festival shows both Canadian and international films and unreels 150 films with 55 Features on 6 screens around Victoria.

Wildlife Photographer of the Year Exhibit
**Royal BC Museum**
**Feb 1 – Apr 4**
100 award winning images from around the world.

Raccoons are Wild
**Swan Lake Nature Sanctuary**
**Feb 28, Noon – 3pm**
Are they really bandits or just adapted to living in our urban environment? Puppet show, crafts, and hands-on exploration.

Family Day.
**February 8th** is BC’s fourth annual Family Day. So take some time away from studying or work and plan something fun to do with your family. Many local attractions have free admission on this day, including the BC Royal Museum. Also, check with your local Recreation Centre. Most have a free swim or skate for part of the day.

Please note that all usual Monday programs will be cancelled and the Family Centre will be closed on this day.