

# NEWS & VIEWS



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## GRATITUDE

Joy Knudsen

Happy New Year everyone! I hope you all had an enjoyable winter break. A new year always brings with it that feeling of a fresh start; an opportunity to make a few changes. Might I recommend that before you jump headfirst into 2017, that you take a moment to reflect on 2016 and write down some things that you are thankful for. My father always encouraged us to reflect on the last year. It has had a really positive impact on my life and on one particular year a few years back when I had felt like it had been such a tough year, I was amazed to find so many good things to be thankful for when I really took the time to think about it. It changed my perspective on that year and gave me more hope for the year ahead.

An increasing number of studies are proving that if we cultivate thankfulness in our daily lives, there are wonderful repercussions on our health. *Psychology Today* wrote an article on the '7 Scientifically Proven Benefits of Gratitude'.

1. Gratitude opens the door to more relationships
2. Gratitude improves physical health
3. Gratitude improves psychological health
4. Gratitude enhances empathy and reduces aggression
5. Grateful people sleep better
6. Gratitude improves self-esteem
7. Gratitude increases mental strength

You can read more about it here <https://www.psychologytoday.com/blog/what-mentally-strong-people-dont-do/201504/7-scientifically-proven-benefits-gratitude>.

So whether its that you made a new friend, reached some physical exercise goals, completed a challenging school year, had a baby, found more inner peace, or visited a place you'd always wanted to go, write them down and be amazed and thankful for the life you're living.

## Family Centre Weekly Programs

<b>Monday – Family Learn and Share</b>	10:00am-12noon
<b>Monday – Mom's Time Out</b>	7:00-9:00pm
<b>Wednesday – Early Learning Program</b>	1:30-3:00pm
<b>Thursday – After School Program</b>	3:30-5:00pm
<b>Friday – Early Learning Program</b>	10:00am-12noon

In addition to weekly programs, the Family Centre is open Mondays 9-2pm and 5-9pm; Wednesdays 9:30-3:00pm; Thursdays 1:00 - 5:00pm and Fridays 9:30 - 1:30pm. We also have monthly book clubs and special events. For more information please check out our Facebook page or contact us at [familyc@uvic.ca](mailto:familyc@uvic.ca).



## Money Matters

*Most of us are living on a tighter budget as students. Every month this column will offer a tidbit of advice to lighten the load.*

*This month...*

### Medical Services Plan – Premium Assistance

The government of BC has announced an adjustment to MSP premium rates for 2017. The threshold for assistance has been raised from \$30,000 to \$42,000. Check the table below to see if you're eligible.

Adjusted Net Income	One Adult	Two Adults in a Family
\$0 - \$24,000	\$0.00	\$0.00
\$24,001 - \$26,000	\$11.00	\$22.00
\$26,001 - \$28,000	\$23.00	\$46.00
\$28,001 - \$30,000	\$35.00	\$70.00
\$30,001 - \$34,000	\$46.00	\$92.00
\$34,001 - \$38,000	\$56.00	\$112.00
\$38,001 - \$42,000	\$65.00	\$130.00
Over \$42,000	\$75.00	\$150.00

See the following link for more information:  
[http://www2.gov.bc.ca/assets/gov/health/health-drug-coverage/medical-services-plan/msp\\_premium\\_changes\\_2017\\_qas.pdf](http://www2.gov.bc.ca/assets/gov/health/health-drug-coverage/medical-services-plan/msp_premium_changes_2017_qas.pdf)

Families receiving full and partial premium assistance may also be eligible for additional health care services through the Healthy Kids program of the Ministry of Social Development and Social Innovation. This covers the cost of many dental services as well as eyeglasses.

## Public Health Nurse available at the Family Centre 2017



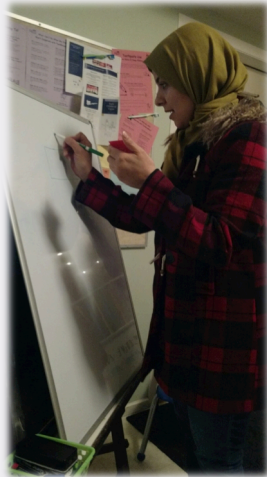
February 6th  
 March 6th  
 April 3rd  
 May 8th  
 June 5th  
 June 26th  
 September 18th  
 October 2nd  
 November 6th  
 December 4th.

Jane Wismer, Public Health Nurse with Vancouver Island Health Authority, will be at the Family Centre from 10am –12 noon on the dates listed above. She will be here to support you with any health related questions, weigh and measure babies and check immunization records. Jane will also be able to give immunizations at the Family Centre (arrangements for these need to be made ahead of time). Come with your questions about food, sleep or child development. Look forward to seeing you!

## Spirit of Victoria 150: First Night



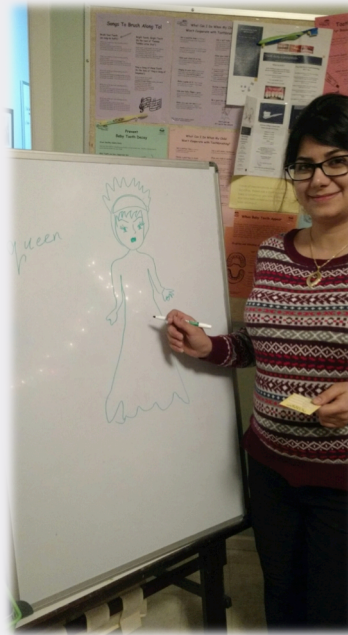
Look forward to a grand New Year's Eve celebration in our beautiful Inner Harbour on December 31, 2016 as Canada starts the celebration of 150 years since Confederation. This free event includes a spectacular three-dimensional digital light show and firework display, musical performances, food, and other fun activities. It all kicks off at 5:00pm, and ends at 9:30pm. The fireworks will be timed with those in our nation's capital of Ottawa.



## CONVERSATION CLUB

The Conversation Club finished up this season with lots of laughter, amazing food, and games! Many thanks to Angela and Elizabeth for the wonderful job they did encouraging English conversation, building friendships, mixed in with lots of good fun. This group had such a good time they want to continue the Conversation Club in the New Year.

The Conversation Club took place on Tuesday evenings at the Family Centre, 7-9pm. If you are interested in joining us this year, watch for details - you won't want to miss it!



## NOBODY'S PERFECT

[Surround your child with chances to learn](#)

**Help build your child's brain by talking to them.** Talk to your baby right from the beginning. Describe what you are doing or seeing. Encourage your child to talk about things that happened to them.

**Read and tell stories every day.** Your child can learn a lot from books that they don't see in their daily life.

**Share your stories, songs, and rhymes.** Talk about your culture, beliefs, traditions, and values.

**Give your child a variety of materials to play with.** Kids can play with things around your house like plastic tubs, measuring cups, cardboard tubes etc.

**Play Outdoors.** Children have experiences outdoors that they don't have indoors. Play in the sandbox, play in the snow, splash in a puddle.

For more tips, search "Nobody's Perfect Tip sheets" on Canada.ca

## Pancake Breakfast

Come and join us for a pancake breakfast



**UVic Family Centre**  
**Saturday January 21st**  
**9:00 - 10:30am**

A great opportunity to get to know some of your UVic family community and enjoy a delicious breakfast.

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



# Programs and Events

## Family Learn and Share

On Monday mornings from **10:00am-12:00pm** 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.

## Early Learning Program:

Families are welcome to this drop-in program that runs on **Wednesday from 1:30pm-3:00pm and Friday mornings from 10:00am-12:00pm**. 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 storytime 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](mailto:familyhousingbookclub@gmail.com).

## Conversation Club

Are you looking for an opportunity to practice your English language skills? If so, this is the program for you! This women-only program will start up again in the New Year. We will have more information in January.

# Community Events



## **New Years Day Levee. Jan 1, 10am-12noon.**

### **Government House, 1401 Rockland Avenue.**

Kick-off Canada 150 at Government House. The Honourable Judith Guichon, Lieutenant Governor of British Columbia, opens the doors to Government House on January 1st for the annual New Year's Day Levee.

Her Honour will greet the public and visitors have an opportunity to enjoy light refreshments and the music of the Naden Band of the Royal Canadian Navy and the Canadian Scottish Regiment Pipes and Drums.

## **Polar Bear Swim. Jan 1, 12-2:30.**

Join fellow hardy islanders and enjoy an invigorating start to the New Year with a polar bear swim.

Located through the beach access at Lochside Drive (just down from Tulista Park). January 1, 2017 at 12:00 p.m. noon!

## **Grow a Native Plant Garden. Jan 28, 2017, 9:30am-12:30pm. Swan Lake Christmas Hill Nature Sanctuary.**

A free introductory workshop on gardening with drought-resistant native plants. Instruction on native plant identification, their benefits and how to use them will be included. An overview of CRD Water Conservation programs will be provided and participants will be given a tour of a native plant garden. Each workshop is limited to 20 participants and pre-registration is required. Call 250.479.0211 to reserve your spot.

## **Duck Day. Sunday, January 29, 12:00 to 3:00 p.m. Swan Lake Christmas Hill Nature Sanctuary.**

Exploring the amazing adaptations ducks have made for living on the lake and discover who's who in the duck world. Admission by donation.