



Fraser Region Aboriginal Friendship Centre

**Spring has arrived!
Come join us!**

MARCH 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>ECD Drop in</u> 9:30am-12:30pm</p> <p><u>Elders Raising Children (0-6 years old)</u> 9:30am-12:30pm</p>	<p>**STAFF PLANNING DAY**</p> <p>Please visit our Website for more information and schedule updates! www.frafca.org</p>	<p><u>ECD Drop in</u> 9:30am-12:30pm</p>	<p><u>ECD Drop in</u> 9:30am-12:30pm</p>	<p><u>ECD Drop in</u> 9:30am-12:30pm</p>	<p><u>Employment Training</u> 8:30am-4:30pm</p>
<p><u>Parenting Smune'en Group</u> 1:30-4:00pm</p> <p><u>Youth Night</u> 3:00pm-7:30pm</p> <p><u>Employment Training</u> 5:00pm-7:00pm</p>		<p><u>Pre-Natal</u> 1:30pm-3:00pm</p> <p><u>Circle of Elders</u> 1:00pm-3:00pm</p> <p><u>Cultural Night</u> 5:30pm-7:30pm</p> <p><u>Youth Gym Night</u> 3:00pm-7:30pm</p> <p><u>Employment Training</u> 5:00pm-7:00pm</p>	<p><u>CAPC</u> <u>Taking Care of your children</u> 9:30am-12:30pm</p> <p><u>Women's Sharing Circle</u> 2:00pm-4:00pm</p> <p><u>Youth Night</u> 3:00pm-7:30pm</p> <p><u>Employment Training</u> 5:00pm-7:00pm</p>	<p><u>CAPC</u> <u>Post-Natal (0-2years)</u> 9:30-12:30pm</p> <p><u>Circle of Elders</u> 1:00pm-3:00pm</p> <p><u>Men's Sharing Circle</u> 2:00pm- 4:00pm</p> <p><u>Youth Night Outing</u> 3:00pm-7:30pm</p>	<p><u>Food Skills Training</u> 11:00am-1:00pm</p> <p><u>Cultural Workshop</u> 2:00pm-4:00pm</p> <p>Coming soon...</p> <p><u>Daddy and Me</u> 9:30am-12:30pm (START DATE TO BE ANNOUNCED)</p>
<p>To arrange bus service for ECD drop in, please call between 8:00am and 8:30am.</p> <p>Bus drop off clients once program has finished at 12:30pm.</p> <p>All ECD Programs provide a light breakfast and lunch.</p>					<p><i>"The Creator was responsible for the existence of everything, a part of the Creator's spirit exists in everything and thus all things are connected."</i></p> <p>--Larry P. Aitken, CHIPPEWA</p>



Fraser Region Aboriginal Friendship Centre Association

6878 King George Blvd Surrey, BC V3W 4Z9

Tel: 604 595 1170 Fax: 604 595 1176 www.frafca.org

For more programs and program information, please see other side.

Early Childhood Programs:

Aboriginal Infant Development Program:

AIDP Consultants work with Aboriginal families to help promote the healthy development of their children aged 0-3, in the circle 5 area. Consultants provide home visits, referrals to community programs, screening and assessments, cultural safety, advocacy. No diagnoses required. Self referrals accepted.

Early Childhood Development Family Outreach Program:

Providing outreach support to Aboriginal families with children 0-6 years. Support with basic parenting, community referrals, medical appointments and advocacy. Self-referrals accepted.

ECD Family Drop In:

Families enjoy cultural, structured and free play time with their children 0-6 years. Activities include traditional crafts, songs and drumming. Pick up and drop off bus service available as well as a light breakfast and lunch. Please call reception between 8:00-8:30am to arrange bus service. **Mon, Weds, Thurs, Fri-9:30am-12:30pm**

Infant Massage:

Parents learn about the benefits of infant massage and techniques. **Fridays 9:30am-11:30am**

Pre-Natal Program:

Offering pre-natal support for expecting parents which includes cultural teachings, health and nutrition. Parents can join in at anytime during their pregnancy. Light snack available. **Wednesdays 1:30pm-3:00pm.**

CAPC-Post-Natal Program:

New parents with children ages 0-2 and 2-4 learn about early parenting skills in a fun and interactive environment. A safe space to begin new friendships with other new families and share the experiences of being a new parent. Light morning snack and lunch provided. Child minding available. **Thurs-Fri 9:30a.-12:30pm**

Daddy and Me Drop In:

A drop in play group for just Dads and their children! Dads and kids enjoy cultural play time activities. **Saturdays 9:30am-12:30pm START DATE TBD**

Grandparents Raising Grandchildren:

Grandparent support group for Grandparents raising children 0-6 years of age. A great way to form new friendships and have access to information and wisdom from other Grandparents. **Mondays 9:30am-12:30pm.** Bus service, child minding available. Light morning snack and lunch provided.

Awahsuk Pre-School:

Awahsuk (AHS) Preschool is a provincially licensed facility. All programs include fully ECE qualified and caring staff. We offer a play based program for 3-5 year olds. Awahsuk offers curriculum in an Aboriginal context with activities that foster the child's social, emotional, physical, spiritual and cognitive development. 604 584-5527

Community Development and Resource Programs:

Cultural Workshop:

An interactive workshop for those interested in learning about Indigenous culture. Activities include moccasin making, drum making, dream catchers, medicine wheel teachings and more! **Saturdays 2:00pm-4:00pm**

Food Skills:

A food skills class to learn how to make healthy, affordable meals for the whole family. Pre-registration required. Space is limited. **Saturdays 11:00am-1:00pm**

Aboriginal People living with HIV/AIDS/HEP-C Outreach Worker Program:

Providing outreach support, advocacy and education to Aboriginal persons living with HIV/AIDS/HEP-C.

Aboriginal Homeless Outreach Program:

Providing services for Aboriginal people who are seeking housing, shelter, supportive housing, and connecting clients to community services as needed.

Aboriginal Community Liaison Officer:

Please contact FRAFCA for more information.

Woman's Sharing Circle:

Using the Seven Sacred Teachings, participants find and share solutions, ideas to life's challenges and accomplishments. **Thursday's 2-4pm.**

Men's Sharing Circle:

Using the Seven Sacred Teachings, participants find and share solutions, ideas to life's challenges and accomplishments. **Friday's 2-4pm.**

Circle of Elders:

Elders meet to socialize and discuss current community issues. **Wed & Fri 1-3pm.**

Smune'en Parenting Group:

Based on the Seven Sacred Teachings parents learn about traditional parenting skills and about their child's development. **Mon 1:30-4:00pm.**

Cultural Night:

A fun night of Pow Wow dancing, beading, crafts and drumming. People of all backgrounds from the community invited to join us in a light dinner and cultural teachings. **Wednesday nights 5:30-7:30pm.**

Youth Programs:

Opening the Circle: Youth Training Program:

Offering holistic employment programs that provide life skills, education, employment training and cultural identity. Call for training dates.

FRAFCA Wolf Pack Program:

The wolf pack Youth Program offers cultural and recreational activities for youth ages 13-22. Youth participate in cultural training, tutoring, wellness empowerment, peer groups and youth leadership. **Mon, Weds, Thurs, Fri, 3:00-7:30pm.**

Afterschool Program:

Providing afterschool support to children ages 6-12. **Mondays 3:30-6:00pm.**

All Nations Youth Safe House:

Emergency receiving house for youth of any ethnicity, choosing healthy alternatives to street involvement. Youth can stay from 7-30 days while they work on personal goals such as going to school, finding employment or reconnecting with family. Youth may self refer. 604 584 2625

Fraser Region Aboriginal Friendship Centre Association
6878 King George Blvd Surrey, BC V3W 4Z9
Tel: 604 595 1170 Fax: 604 595 1176 www.frafca.org