



**Spirit**  
OF THE CHILDREN SOCIETY

**Register Early  
Space Is Limited**

**DECEMBER 2012**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Traditional Aboriginal Parents Program</b> Women's Session <b>NEW SESSION DATES:</b> Jan. 7, 2013</p> <p><b>ECD Drop-in Forest Grove</b> 1:00 - 4:00pm</p> <p><b>Women's Support Circle Drop-In</b> 4:00 - 7:00pm</p> <p><b>Men's Support Group Drop-In</b> 5:00 - 7:00pm</p>	<p><b>Traditional Aboriginal Parents Program</b> Women's Session <b>NEW SESSION DATES:</b> Jan. 7, 2013</p> <p><b>Elders Tea &amp; Bannock Drop-In</b> 11:30 - 2:00pm</p> <p><b>The Urban Drum Youth Drop-in</b> 4:00 - 6:30pm</p> <p><b>Community Resource Services</b> <i>Drop In Hours</i> Every Tuesday 12:30 - 4:30pm</p>	<p><b>Traditional Aboriginal Parents Program</b> Women's Session <b>NEW SESSION DATES:</b> Jan. 7, 2013</p> <p><b>ECD Drop-in Tri-Cities East Neighborhood Centre</b> 1:30 - 4:30pm</p> <p><b>Traditional Community Kitchen</b> Tri-Cities East Neighborhood Centre 4:00 - 7:00pm</p> <p><b>Band of Brothers Boys Program</b> 4:00 - 6:30pm New Session starts in January 2013</p> <p><b>Housing Support Services</b> <i>Drop In Hours</i> <b>EVERY WEDNESDAY</b> 9:00 - 3:30</p> <p><b>Christmas Holidays</b> Agency closed No programs Dec 24 to Jan 2, 2013</p>	<p><b>Obin Ni'l Prenatal Program</b> <b>NEW SESSION DATES</b> Jan 17, 2013 9:30 - 12:30pm</p> <p><b>Infant Massage</b> <b>NEW SESSION DATES</b> JAN 17 2013 2:00 - 3:00pm</p> <p><b>ECD Drop-in</b> 1:30 - 4:30pm</p> <p><b>The Urban Drum Youth Drop-in</b> 4:00 - 6:30pm</p> <p><b>To register for SOTCS Programs, Please go online:</b> <a href="http://www.sotcs.ca">www.sotcs.ca</a> or <b>Visit our FACEBOOK page</b> or <b>Register in Person</b></p>	<p><b>ECD Drop-in</b> 9:00-12:00pm</p> <p><b>P.O.C.S. NEW SESSION DATES</b> JAN 18, 2013 9:00-12:00pm</p> <p><b>Traditional Regalia Making</b> 1:00 - 4:00pm</p> <p><b>FASD Parent Support Group</b> Dec 7 1:00 - 3:00pm</p> <p><b>Iskwew Girls Program</b> 4:00—7:00pm New Session starts in January 2013 Moving to a new time, date and location.</p> <p><b>SATURDAY</b> <b>*NEW PROGRAM*</b> "Í West" (Halq'emeylem for "Come Learn with Us") Sessions run until JAN. 26 9:30 - 12:30pm</p>
 <p>All of us at Spirit of the Children Society join in saying thank you and wish you the happiest of holidays and a prosperous New Year</p>	<p><b>Annual Christmas Party</b> Dec 17, 2012 Held at <b>St. Archangel Michael Serbian Hall</b> 7837 Canada Way (at 12th Avenue) Burnaby, BC</p>			

**Spirit of the Children Society (SOTCS)**

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<http://www.facebook.com/pages/Spirit-of-the-Children-Society/>

*For program information, please see other side.*

# Spirit of the Children Society Program Information:

REGISTER ONLINE OR IN PERSON - PROGRAMS FILL UP FAST & SPACE IS LIMITED

## EARLY CHILDHOOD PROGRAMS:

**ECD ABORIGINAL FAMILY DROP-IN PROGRAM:** Join us for our Drop-In Programs. For families with children from birth to 6 years old, both here at SOTCS and in your community. We provide healthy snacks and circle time with songs and drumming as well as many toys and resources in a warm cultural environment. We focus on traditional teachings, such as the Medicine Wheel and the Seven Sacred Teachings.

### **EARLY CHILDHOOD WEEKLY DROP-IN LOCATIONS:**

- Burnaby: Mondays from 1:00pm - 4:00pm; Forest Grove Elementary School (8525 Forest Grove Drive) **Last Day at this location Dec 17, 2012. NEW LOCATION to be announced January 2013.**
- Port Coquitlam: Wednesdays from 9:30pm - 4:30pm; Tri-City East Neighbourhood House (2062 Manning Avenue) **Closed during holiday break, returning week of Jan 7, 2013.**
- New Westminster: Thursdays from 1:30pm - 4:30pm; in Spirit's Activity Room **Closed holiday break returning week of Jan 7, 2013**
- New Westminster: Fridays from 9:30am - 12:30pm; in Spirit's Activity Room **Closed holiday break returning week of Jan 7, 2013**

**FASD PARENTING SUPPORT GROUP:** **On the first & third Friday of each month @ SOTCS, from 1:00pm to 3:00pm (On-Going).** For Aboriginal parents, Grandparents and Caregivers who are raising children with Fetal Alcohol Spectrum Disorder. For more information contact Bee Grandison.  
**DATES FOR THIS MONTH: DECEMBER 7, 2012 (only)**

**INFANT MASSAGE PROGRAM:** **Thursdays from 2:00pm-3:00pm @ SOTCS (5 week program).** *Registration required.* Infant massage is for parents and caregivers, infants who are in the pre-crawling stage and are of Aboriginal ancestry. Parent and caregivers will learn different massage strokes which will build on and strengthen their attachment and bonding with their infants through nurturing touch. For more information or to register please contact Carly Quinlan. **Register for next year, NEW SESSION STARTS JAN 17, 2013**

**TRADITIONAL REGALIA MAKING:** **Fridays from 1:00pm-4:00pm @ SOTCS (8 week program).** *Registration Required.* For Aboriginal families with children birth - 6 years old. Make a traditional regalia, shawl, ribbon shirt, button blanket or moccasins for yourself or your child and learn the meaning behind Powwows. For more information or to register please contact Alana Anderson. **NEW SESSION STARTS IN JANUARY 2013**

**Obin Ni'i PRENATAL PROGRAM (Gitxsan for "I am pregnant"):** **Thursdays from 9:30am-12:30pm @ SOTCS (8 week program).** *Registration Required.* Any Aboriginal pregnant women can register at any point during her pregnancy. Soon to be mothers will learn about their pregnancy in a traditional and clinical way. For more information contact Carly Quinlan. **NEW SESSION STARTS JAN 18, 2013**

**PROTECTING OUR CHILDREN'S SPIRIT (POCS) PROGRAM:** **Fridays from 9:00am-12:00pm @ SOTCS (10 week program).** *Registration Required.* Parents/caregivers with children birth to 6 years old will learn child development stages and parenting skills. Lessons are based on Medicine Wheel teachings and the Seven Sacred Teachings. Bus tickets, child minding, and meals (breakfast snacks and a light lunch) are provided. TAPP is a prerequisite for POCS participants. For more information, contact Tara Hahn. **NEW SESSION STARTS JAN 18, 2013**

**"Í West" PROGRAM (Halq'emeylem for "Come Learn with Us"):** **Saturdays from 9:30am-12:30pm @ SOTCS (16 week program).** *Registration Required.* Come join us for our new and exciting, interactive program. This program is for parents, caregivers of children under six years. This program will relay the importance of play between parents / caregivers and their children; it also focuses on the definition and importance of bonding and attachment with children ages zero to six years of age. The curriculum of this program will be based on the Medicine Wheel and will be structured in four week sessions, reflecting the four directions of the Medicine Wheel. This program will be facilitated by an Elder and two members from the ECD team and include four community guest speakers, and will include community fieldtrips. For more information, please contact Monica Louis. **IN PROGRESS UNITL JANUARY 26, 2013. No programs Dec 22 and 29th 2012**

## FAMILY DEVELOPMENT PROGRAMS:

**WOMEN'S SUPPORT CIRCLE:** **Mondays from 4:30pm-7:00pm @ SOTCS.** For Aboriginal women to connect in a supportive social network; learn educational topics along with cultural teachings. Drop-in, bus tickets and snack provided. Program is on an ongoing basis. **Last session Dec 10, 2012.**

**MEN'S SUPPORT CIRCLE:** **Mondays from 5:00pm-7:00pm @ SOTCS.** For men building their own supports in the community, bring an open mind. Drop-in, bus tickets and snacks provided. For more information contact Larry Nicholson. Program is on an ongoing basis. **Last session Dec 10, 2012.**

**ELDER'S TEA & BANNOCK CIRCLE:** **Tuesdays from 11:30am-2:00pm @ SOTCS.** All Elders welcome! Come in and drop by. **Last session Dec 11, 2012**

**WOMEN & MEN 'TRADITIONAL ABORIGINAL PARENTS PROGRAM' (T.A.P.P.):** **3 days a week @ SOTCS (12 week program).** *Registration Required.* This program is modeled around the Medicine Wheel. TAPP is a strength based model supporting individual & family development through educational teachings, sharing personal stories & learning traditional Aboriginal culture. Participants have the opportunity to receive one on one support. Bus tickets, childminding & healthy snacks provided. **WOMEN'S TAPP Graduation of present session Dec 19, 2012 - NEW SESSION STARTS JAN 7, 2013 (12 week program).**

**TRADITIONAL COMMUNITY KITCHEN:** **Wednesdays from 4:00pm-7:00pm @ Tri-Cities East Neighbourhood Centre (Address: 2062 Manning Drive, Poco).** Facilitator will share traditional teachings associated with food preparation, recipes, and stories to promote health and nutrition. Participants will prepare meals to take home for their family to enjoy. **Last session Dec 19th, 2012.**

**RESOURCE SERVICES:** Assistance with accessing resources such as: Status Card applications, Birth Certificate forms, Childcare subsidy applications, food bureau services, and education applications. For more information please contact Tanya Joostema. **WALK-INS WELCOMED ON TUESDAYS FROM 12:30PM - 4:30PM.**

**HOUSING SUPPORT SERVICES:** Assisting families in finding stable housing and goal planning. Registration required. For more information please contact Louanna Anderson. **WALK-INS WELCOMED ON WEDNESDAYS FROM 9:00AM - 3:30PM.**

**FAMILY STRENGTHENING WORKERS (FSW):** *Registration Required.* Provides a supportive environment to Aboriginal families experiencing life challenges. Assists families in creating, or increasing, natural and extended family supports in the community and to assist families in developing specific strategies in dealing with family challenges. The FSW will support the Indigenous cultural spiritual beliefs and value systems of the families and will empower families to effectively meet their needs.

## YOUTH PROGRAMS:

**'ISKWEW' GIRLS GROUP PROGRAM:** **Fridays from 4:00pm-6:30pm @ SOTCS (10 week program).** *Registration Required.* For youth 12-18 years old. The Program has cultural, social and recreational activities. For registration please contact Terri Brunelle. **ENDS DECEMBER 7, 2012**

**'BAND OF BROTHERS' BOYS PROGRAM:** **Wednesdays from 4:00pm-6:30pm @ SOTCS (10 week program).** *Registration Required.* For youth 12-18 years old. Weekly session include: cultural, physical, mental, educational and spiritual teachings. For registration please contact Chris Perez. **NEW PROGRAM STARTING IN THE NEW YEAR 2013**

**'THE URBAN DRUM' YOUTH DROP-IN PROGRAM:** **Tuesdays & Thursdays from 4:00pm-6:30pm @ SOTCS.** For youth 13 to 19 years old. Youth focus on personal development, cultural teachings, and creative expression. We provide a healthy and supportive environment where youth can be themselves and engage in fun-filled activities throughout the year. We provide meals and bus tickets. Come and check out the different activities we do each week. For more information please contact the Youth Team.



Website: [www.sotcs.ca](http://www.sotcs.ca)

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**Let's take this journey together.**