









Spirit

OF THE CHILDREN SOCIETY

Register Early
Space Is Limited

JULY 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Traditional Aboriginal Parents Program Women's TAPP 9:30 - 2:00pm <i>Last session July 8^h</i></p> <p>ECD HÍLÚLÚ Drop-in 10:00 - 1:00pm @ René Memorial Park (6961 Sperling Ave.)</p> <p>Women's Support Circle Drop-In 4:00 - 7:00pm</p>	<p>Traditional Aboriginal Parents Program Women's TAPP 9:30 - 2:00pm <i>Last session July 8^h</i></p> <p>Elder's Group 2:00 - 4:00pm</p> <p>The Urban Drum Youth Program 4:00 - 6:30pm</p>	<p>Traditional Aboriginal Parents Program Women's TAPP 9:30 - 2:00pm <i>Last session July 8^h</i></p> <p>ECD HÍLÚLÚ Drop-in 10:00 - 1:00pm @ Blue Mountain Park (975 King Albert Ave.)</p> <p>Traditional Community Kitchen 4:00 - 7:00pm <i>No session July 29^h</i></p>	<p>ECD HÍLÚLÚ Drop-in 10:00 - 1:00pm @Moody Park (6th Ave. & 8th Street)</p> <p>The Urban Drum Youth Program 4:00 - 6:30pm</p>	<p>ECD HÍLÚLÚ Drop-in 10:00 - 1:00pm @Queens Park (1st Street & 3rd Ave.)</p> <p>FASD Support Group 12:30 - 2:30pm July 3rd & 17th</p>
				
		<p>SOTCS will be closed June 30th and July 1st </p>		<p>Nurse Practitioner Every Thursday Appointment only Call: 604-587-4774 9:00 - 3:30pm @SOTCS</p>
		<p><i>"There are many things to be shared with the four colours of man in our common destiny as one family upon our Mother the Earth."</i> -- Traditional Circle of Elders, NORTHERN CHEYENNE</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 IN PERSON - PROGRAMS FILL UP FAST & SPACE IS LIMITED

Please note: All Drop-in programs are open to the public. However, our Family Strengthening program, Aboriginal Supported Child Development and Aboriginal Infant Development Program are restricted to children and families residing within the New Westminster, Burnaby and Tri City areas.

EARLY CHILDHOOD PROGRAMS:

Family Drop-In Programs: Join us for our Hlúlu Drop-in Programs for families with children from birth to 6 years old. We will be running a free Outdoor ECD Family Drop-in for the month of July. We focus on traditional teachings, such as the Medicine Wheel and the Seven Sacred Teachings, through activities, art and circle time. We provide a healthy snack and bus tickets to families participating in our program. For more information contact Ashlee Cameron.

- Mondays: Burnaby, 10am-1pm René Memorial Park 6961 Sperling Ave
- Wednesdays: Coquitlam, 10am-1pm Blue Mountain Park 975 King Albert Ave
- Thursdays: New Westminster, 10am-1pm Moody Park Sixth Ave at 8th Street
- Fridays: New Westminster, 10am-1pm Queens Park 1st Street at Third Ave

Infant Massage Program: Thursdays @ SOTCS 1:00—2:00 pm. Infant massage is for parents and caregivers with 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 contact Carly Quinlan. **Accepting Registrations for Fall**

Traditional Regalia Making: (8 week program) 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, contact Alana Anderson. **Accepting Registrations for Fall**

Obin Ni'i Prenatal Program (Gitksan for —I am pregnant): (8 week program) 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. **Accepting Registrations for Fall**

Protecting Our Children's Spirit Program (POCS): (10 week program) 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 snack and light lunch) are provided. TAPP is a pre-requisite for POCS participants. For more information, contact Tara Hahn. **Accepting Registrations for Fall**

FASD Parenting Support Group on the first and third Friday of each month 12:30pm to 2:30pm. For Aboriginal parents, grandparents, and caregivers who are raising children with Fetal Alcohol Spectrum Disorder. For more information contact, Mary Gwynne. **First & third Friday of the month.**

Aboriginal Supported Child Development (ASCD): Aboriginal Supported Child Development Consultants support children who have extra support needs in childcare settings for Aboriginal families living in the Burnaby, New Westminster and Tri-cities area. Consultants support working families or those in school, to find licensed child care centers, assist with, supporting developmental goals and access resources, such as developmental assessments. No diagnoses required. Self-referrals accepted. For more information, contact Liz Wilson or Dolores Talavera.

FAMILY DEVELOPMENT PROGRAMS:

Women's Support Circle: Mondays from 4:00pm - 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.

Elder's Tea & Bannock Circle: Tuesdays from 2:00 - 4:00pm @ SOTCS. All Elders welcome! Come in and drop by. For more information contact Fran Smith.

Women & Men 'Traditional Aboriginal Parents Program' (T.A.P.P.): 3 days a week @ SOTCS. Women's TAPP Monday, Tuesday, Wednesday from 9:30-2:00pm. 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 to one support. Bus tickets, child-minding & snacks provided. **Women's TAPP goes until July 8th. Men's TAPP accepting registration, start date still to be set.**

Traditional Community Kitchen: Wednesdays from 4:00pm - 7:00pm @ SOTCS. 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. For more information contact Pauline Hahn. **No session July 29^h**

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.

NEW Nurse Practitioner: Thursdays from 9:00 - 3:30pm @ SOTCS. By appointment only (to be booked by calling 604-587-4774).

YOUTH PROGRAMS:

'The Urban Drum' Youth Program: Tuesdays & Thursdays from 4:00 - 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 Chris Perez.

Website: www.sotcs.ca

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Let's take this journey together.

