









Spirit
OF THE CHILDREN SOCIETY

JANUARY

ECD

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Obin Ni'i Prenatal Program @ SOTCS Thursdays 9:30am - 12:30pm (8 week Program) Accepting Registrations Starts: January 31st		1 Office closed	2 No Program's	3 	Courage 7 Sacred Teachings The Bear represents courage because of strength and natural ability to overcome challenges. A mother bear, for example, will stand against a much larger, stronger male bear or other threat to protect her cubs.	
Traditional Regalia Making Program @ SOTCS (8 week program) Accepting Registrations Starts: January 11th	7 No Drop-in	8 	9 Hlúlu Family Drop-in @ Meadowbrook Elementary 9:00am-12:00pm	10 Beading @ SOTCS 9:30-11:30 Hlúlu Family Drop-In @SOTCS 1:00pm- 4:00pm Regalia @ SOTCS 1:00pm- 4:00pm	11 Hlúlu Family Drop-In @ SOTCS 9:00am- 12:00pm FASD @SOTCS 12:30pm- 2:30pm ROS @ SOTCS 9:30am- 12:30pm	12
FASD Parent Group @ SOTCS 12:30pm - 2:30pm January 11th & 25th						
Building Healthy Relationships with Our Children (TAPP/POCS) @ SOTCS 9:30am - 12:30pm	14 Hlúlu Family Drop-In @ Stride Avenue Community School 12:30pm- 3:00pm	15 	16 Hlúlu Family Drop-in @ Meadowbrook Elementary 9:00am-12:00pm	17 Beading @ SOTCS 9:30-11:30 Hlúlu Family Drop-In @SOTCS 1:00pm- 4:00pm Regalia @ SOTCS 1:00pm- 4:00pm	18 Hlúlu Family Drop-In @ SOTCS 9:00am- 12:00pm ROS @ SOTCS 9:30am- 12:30pm	19
Reclaiming Our Spirits @ SOTCS Fridays 9:30 am - 12:30pm (9 Week Program) Starts: January 11th	21 Hlúlu Family Drop-In @ Stride Avenue Community School 12:30pm- 3:00pm	22 	23 Hlúlu Family Drop-in @ Meadowbrook Elementary 9:00am-12:00pm	24 Beading @ SOTCS 9:30-11:30 Hlúlu Family Drop-In @SOTCS 1:00pm- 4:00pm Regalia @ SOTCS 1:00pm- 4:00pm Infant Massage 2:00pm- 3:00pm	25 Hlúlu Family Drop-In @ SOTCS 9:00am- 12:00pm ROS @ SOTCS 9:30am- 12:30pm FASD @SOTCS 12:30pm- 2:30pm	26
Hasé Saturday Program (8 Week Program) Registered program						
Infant massage @ SOTCS Accepting registrations (5 Week program) Starts: January 24th	28 Hlúlu Family Drop-In @ Stride Avenue Community School 12:30pm- 3:00pm	29 	30 Hlúlu Family Drop-in @ Meadowbrook Elementary 9:00am-12:00pm Building Healthy Relationships with Our Children @ SOTCS 9:30am-12:30pm	31 Beading @ SOTCS 9:30-11:30 Prenatal @ SOTCS 9:30-12:30 Hlúlu Family Drop-In @SOTCS 1:00pm- 4:00pm Regalia @ SOTCS 1:00pm- 4:00pm Infant Massage 2:00pm- 3:00pm		



Hlúlú Family Drop-In Programs: Join us for our family Drop-in Programs for families with children from birth to 6 years old, both here at SOTCS and out 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. On Fridays we will also be transforming our play area into a place where children can move their bodies and work their gross motor skills. For more information contact Reception

Burnaby: Mondays; 12:30pm–3:00pm @ Stride Avenue community School 7014 Stride Avenue. **No Programs Jan 1st and Jan 7th**

Coquitlam: Wednesdays; 9:00am–12:00pm @ Meadowbrook Elementary 900 Sharpe St.

New Westminster: Thursdays; 1:00pm–4:00pm @ Spirit Of The Children Society 201-768 Columbia Street.

New Westminster: Friday; 9:00am-12:00pm @ Spirit Of The Children Society 201-768 Columbia Street.

Aboriginal Infant Development Program (AIDP): Our Aboriginal Infant Development Consultants promote bonding and healthy development. They provide parents with information about developmental stages and delays with their children aged 0-3 years old as well as cultural resources. Self-referrals accepted. For more information, contact Reception

Traditional Regalia Making: Thursday's @ Spirit Of The children Society 1pm-4pm. (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 Powwow teachings. Accepting registrations.

Obin Ni'i Prenatal Program (Gitksan for —I am pregnant): Thursdays @ SOTCS 9:30am– 12:30pm. (8 week program) 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 Reception

Building Healthy Relationships with Our Children (BHR) @ Spirit Of The children Society: Mondays, Tuesdays, Wednesdays 9:30-2:00pm (8-11 week session). This program focuses on the personal healing journey of the mother/caregiver while enhancing parenting skills. Participants will learn about parent-child attachment, ages and stages, boundaries, Medicine Wheel teachings, Seven Sacred Teachings, and many more topics. Bus tickets, childminding, and light meals provided. **Registration Required. For more information, please contact Reception**

FASD Parenting Support Group: Generally held on the first and third Friday of this month 12:30pm to 2:30pm @ Spirit Of The Children Society. For Aboriginal parents, grandparents, and caregivers who are raising children with Fetal Alcohol Spectrum Disorder. For more information contact, Reception

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 an ASCD consultant.

Hasé Saturday Program: @ Spirit Of the Children Society; A program for Aboriginal children who require extra support. Elder and staff from SOTCS team; SLP and Early intervention Therapy. Caregivers can learn cultural teachings as well as ideas on techniques, and developmental activities for their children. Snack, lunch and bus tickets are provided. Contact Reception for more information. This a registered program.

Reclaiming Our Spirits: This is a 9 week Parent Education Series on participating in cultural practices and understanding social-emotional wellness. For more information please contact Reception

Spirit of the Children Society

201-768 Columbia Street, New Westminster, BC V3M 1B4

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www.sotcs.ca