

# ALL PROGRAMS MARCH 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Building Healthy Relationships with our Children</b> 9:30am-2:00pm</p> <p><b>ECD Hlúlú Drop-in</b> Stride Avenue community School 12:30pm-3:00pm</p> <p><b>Women's Support Circle Drop-In</b> 3:30pm-6:30pm</p> <p><b>Men's Traditional Aboriginal Parenting Program (TAPP)</b> 5:00pm-8:00pm</p>	<p><b>Building Healthy Relationships with our Children</b> 9:30am-2:00pm</p> <p><b>Parenting Grandchildren Support Group</b> 2:30pm-4:30pm</p> <p><b>Napew Boys Group</b> 4:00pm-7:00pm</p>	<p><b>Building Healthy Relationships with our Children</b> 9:30am-2:00pm (Ends March 27)</p> <p><b>ECD Hlúlú Drop-in</b> @ Meadowbrook Elementary 9:00 - 12:00pm</p> <p><b>Traditional Community Kitchen</b> 4:00pm-7:00pm</p>	<p><b>Beading</b> 9:30am-12:00pm (Ends March 21)</p> <p><b>Obin Ni'l Prenatal</b> 9:30am-12:30pm</p> <p><b>ECD Hlúlú Drop-in</b> @ SOTCS 1:00pm-4:00pm</p> <p><b>Regalia</b> 1:00pm-4:00pm (Ends March 7)</p> <p><b>Men's Support Circle</b> 5:00pm-8:00pm</p>	<p><b>ECD Hlúlú</b> @ SOTCS 9:00am-12:00pm</p> <p><b>Reclaiming Our Spirits</b> 9:30am-12:30pm (Ends March 15)</p> <p><b>FASD Support Group</b> 1st and 3rd Fridays of the month 12:00pm-2:30pm</p>
<p><b>Youth Program Drop-In:</b>  <b>Mon/Wed/Fri 5:00pm-8:00pm</b>            (Shuttle from New West leaves @ 4:15pm)  <b>Tues/Thur 4:00pm-7:00pm</b>            (Shuttle from New West leaves @ 3:00pm)            @ SOTCS šxʷʔáləʷaʔ Youth Hub</p>				<p><b>Nurse Practitioner</b>  <b>Every Friday Appointment only!</b>            Call: 604-283-3293 ext. 1  <b>10:00am-4:00pm</b>            @ SOTCS</p>
			<p><b>Welcome Baby Home Celebration</b>  <b>Saturday, March 16/19</b>  <b>10:30am-1:30pm</b>  <b>Nikkei Cultural Centre</b></p> 	

## Spirit of the Children Society (SOTCS)

201- 768 Columbia Street, New Westminster, BC V3M 1B4  
 Tel: 604-524-9113 Fax: 604-524-9124 www.sotcs.ca

<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, Indigenous Supported Child Development and Indigenous 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, 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 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, please contact Reception.**

- **Mondays:** 12:30pm - 3:00pm, Burnaby @ Stride Avenue Community School 7014 Stride Avenue.
- **Wednesdays:** 9:00am - 12:00pm, Coquitlam @ Meadowbrook Elementary 900 Sharpe St.
- **Thursdays:** 1:00pm - 4:00pm, New Westminster @ Spirit of the Children Society-201-768 Columbia St.
- **Fridays:** 9:00am - 12:00pm, New Westminster @ Spirit of the Children Society-201-768 Columbia St.

**Indigenous Infant Development Program (IIDP):** Our 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, please contact Reception.**

**Infant Massage Program: Thursdays @ Spirit of the Children Society 2:00pm - 3:00pm.** Parents and caregivers with infants who are in the pre-crawling stage and are of Indigenous ancestry. Will be taught different massage strokes which will build on and strengthen their attachment and bonding with their infants through nurturing touch. For more information contact Lisa Cussen - **Accepting Registration for next session.**

**Obin Ni'l Prenatal Program: (Gitksan for - I am pregnant): Thursdays @ Spirit of the Children Society 9:30am - 12:30pm.** (8 week program) Any Indigenous pregnant women can register at any point during her pregnancy. Soon to be mother's will learn about their pregnancy in a traditional and clinical way. **For more information, please contact Reception.**

**Traditional Regalia Making: Thursdays @ Spirit of the Children Society 1:00pm - 4:00pm (8 week program).** For Indigenous 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, please contact Reception.**

**FASD Parenting Support Group: Meets on the first and third Friday of each month @ Spirit of the Children Society 12:30pm - 2:30pm.** For Indigenous parents, grandparents, and caregivers who are raising children with Fetal Alcohol Spectrum Disorder. **For more information, please contact Reception.**

**Indigenous Supported Child Development (ISCD):** Consultants support children who have extra needs in childcare settings for Indigenous families living in the Burnaby, New Westminster and Tri-cities area. Consultants support working families or those children in school, to find licensed child care centers, assist with supporting developmental goals and other resources, such as developmental assessments. With no diagnoses are required. Self-referrals accepted. **For more information, please contact Reception.**

## FAMILY DEVELOPMENT PROGRAMS:

**Women's Support Circle: Mondays from 3:30pm - 6:30pm @ Spirit of the Children Society** For Indigenous women to connect in a supportive social network; learn educational topics along with cultural teachings. Drop-in, bus tickets, and snack provided. **This program is ongoing.**

**Parenting Grandchildren Drop-in Support Group: Tuesdays from 2:30pm - 4:30pm:** This weekly drop-in program is for grandparents who are raising their grandchildren and would like to increase their parenting skills in a supportive social environment. Bus tickets, childminding, and snacks are provided (**includes extended family**).

**Building Healthy Relationships with our Children (BHR): Mondays, Tuesdays, Wednesdays 9:30am - 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.**

**Traditional Community Kitchen: Wednesdays from 4:00pm - 7:00pm @ Spirit of the Children Society (apart from last Wednesday of the month).** 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, please contact Reception.**

**Family Strengthening Workers (FSW):** Provides a supportive environment to Indigenous families experiencing life challenges. They assist 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. **Registration Required.**

**Men's Traditional Indigenous Parenting Program: @ Spirit of the Children Society.** Provides support for fathers to learn more about Indigenous culture and healthy parenting skills. **Registration Required.**

**Family Nurse Practitioner: Friday from 10:00am - 4:00pm @ Spirit of the Children Society. Walk-Ins Welcome. Call FRAFCA Clinic to make an appointment, 604-283-3293 ext.1. Sarah Jane Crossen, MN-NP(F).**

## HOUSING SUPPORT PROGRAMS:

### Family Housing Support Program:

**Walk-In and Appointment Based only:** We assist families in homelessness prevention and help with goal planning. Appointments available Monday - Friday 9:00am - 4:00pm (except Tuesdays). **For more information, please contact Ed Lam.**

### Housing First Youth Program:

**Walk-In and Appointment Based only:** This program supports Youth who are episodically and chronically homeless with priority given to Youth ageing out of care.

**Appointments available Monday - Friday 9:00am - 4:00pm (except Tuesdays). For more information, please contact Ed Lam.**

## YOUTH PROGRAMS:

**Our Youth Hub is located @ 2664 Kingsway Ave, Port Coquitlam. (Please see our youth brochure for additional programs being offered)**

**Youth Program Drop-In: Mon & Wed 5:00pm - 8:00pm.** Free shuttle from New West location leaves 4:15pm. For any youth **13 to 18 years old**. Youth focus on personal development, Cultural teachings, and creative expression. We provide a healthy and supportive environment where youth can be themselves. We provide meals and bus tickets. Come and check out the different activities we do each week. **Registration is ongoing and runs all year.**

**Iskwew Girls Group: Tuesdays 4:00pm - 7:00pm for girls ages 10 to 15.** Free shuttle from the New West location leaves at 3:00pm. This group is just for girls. SOTCS will offer a caring and empowering setting where they can learn their Culture in a fun and insightful way. **Registration is ongoing and runs all year.**

**Tweenies Group: Thursdays 4:00pm - 7:00pm for Youth ages 7-12.** Free shuttle from local schools and our New West location leaves at 3:00pm. Since this age has just transitioned out of early childhood, we will be working with different aspects of youth development with the main focus on building a strong sense of Belonging. Our indigenous perspectives and medicine wheel teaching will be intertwined throughout all programming. **Registration is ongoing and runs all year.**

**Napew Boys Group: Tuesdays 4:00pm - 7:00pm for Youth aged 10 to 15:** This group is just for boys. The group will meet in our Main Office in New West. SOTCS will offer a caring and empowering setting where they can learn their Culture in a fun and insightful way. **Registration is ongoing and runs all year.**

**Youth Enhancement Program:** On-going 1:1 Outreach support for Children/Youth that are in care, out of care, and are at risk of coming into care of the Ministry of Children and Family Development. This enhancement program will assist the children/youth from the ages 7 to 12 (tweenies) and 13 to 19 (youth) with culturally appropriate Rites of Passage for when they transition out of care. To engage and empower our future leaders.

**SOGI Group: Fridays 5:00pm - 8:00pm for All Ages.** Sexual Orientation Gender Identification support group and circle. Our goal is to include and celebrate diversity. Open to all Youth. **Registration is ongoing and runs all year.**

\*Additional youth drop-ins are being planned for every night of the week (Monday to Friday), each one unique and exciting. **For more information, please contact Ernie Cardinal, 778-903-1002.**



Website: [www.sotcs.ca](http://www.sotcs.ca)  
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*Let's take this journey together.*

