

FALL/WINTER 2017-2018 WEEK AT A GLANCE

Monday	Tuesday	Wednesday	Thursday	Friday
<p>EJ Dunn Elementary StrongStart 9:00 -12:00</p> <p>Uu-uu-a'thluk- Language Nest Friendship Center 11:00-1:00 Drop in.</p> <p>Alberni Elementary StrongStart 4:00 -7:00</p>	<p>EJ Dunn Elementary StrongStart 9:00 -12:00</p> <p>Alberni Elementary StrongStart 9:00 -12:00</p> <p>Brighter Futures 10:00-2:00 Friendship Center Drop-in</p> <p>Parent and Tots with Infant Development 10:00-12:00</p> <p>"Grow with Me" for babies under 1 1:00-2:15 Early Years Centre Siblings are welcome.</p>	<p>EJ Dunn Elementary StrongStart 9:00 -12:00</p> <p>Alberni Elementary StrongStart 11:30-2:30</p> <p>Eating in Balance 10:30am to 1pm Friendship Centre Drop-in</p> <p>Rhymes Alive parent-tot singing group. Located at the Public library from 10-11 am (Jan 10th Feb 14th :)</p>	<p>EJ Dunn Elementary StrongStart 9:00 -12:00</p> <p>Alberni Elementary StrongStart 9:00 -12:00</p> <p>Nayi ?ii (Echoes) 11:00-1:00 Family Fun with food, Elders and Guests Friendship Center Drop-In</p> <p>Postnatal Lunch Program Early years Centre. 10:15-12:15 *registration required</p>	<p>EJ Dunn Elementary StrongStart 9:00 -12:00</p> <p>Alberni Elementary StrongStart 9:00 -12:00</p> <p>Enhanced Eating in Balance 10:30-1:00 Friendship Center (Biweekly) call for days. 250 723 8281</p> <p>Dad's Group 11:00-1:00 (bi-weekly)</p> <p>Postnatal Lunch Program Early years Centre. 10:30-12:30</p> <p>Prenatal Lunch Club Early Years Centre 12:45-2:30 *registration required</p>

Vancouver Island Regional Library's programs for families with children of all ages.

To find out more information please contact VIRL.

Check out the **Port Alberni Early Years Centre** Facebook page for activities and schedule. Located at EJ Dunn Elementary School or email earlyyearscentre@sd70.bc.ca

Port Alberni's Parks and Recreation Healthy Living Guide for all sorts of great programs for families.

Click Parks and Recreation and Heritage to find the guide. www.portalberni.ca

Do you need Prenatal Classes?

Phone for the next series start date or to register **Health Unit** 250-731-1315 or **Friendship Center** 250 723 8281

**Looking for more services, supports or events?
Check out our website or like our Facebook page.**

www.albernichildrenfirst.ca