



November 2018



Mon	Tue	Wed	Thu	Fri
29	30	31	1	2 ECD Closed
5	6	 Immunizations ECD Closed	7 ECD Closed	8 9
12 VNFC Closed	13	14 Dietitian Guess the Price! Meal Prep and Grocery Shopping	15 ECD Closed	16 ECD Closed
19	20 Baby Honoring ECD Closed	21	22	23
26	27 Librarian	 Dental Hygienist	28	29
				30 ECD Closed

ECD Programming

Snack 10-10:30am Lunch 12-1pm

Monday

10am-12pm Free Play/Regalia Making

1pm-2pm Fit N Fitness

Tuesday-In the Gym

10am-12pm Playgroup

11am-11:30am Singing Circle

Wednesday-In the Gym

11am-11:30am Health Talk

1pm-2:30pm Prenatal

Thursday- In the Gym

10am-12pm Free Play/Crafting

Friday

10am-11:30am Free Play

12pm Community Soup Lunch in Gym

ECD will be closed on the last Friday of the month.
 Flu Shots will be on November 14, 2018 in the Youth Room
 Dental Hygienist Presentation November 14, 2018

Services the Community can Access in Victoria

Emergencies	911
BC Nurses Line, Pharmacy, Dietitian	811
Victoria Native Friendship Center	1-250-384-3211
Mustard Seed Food Bank	1-250-953-1575
Salvation Army (Quadra St.)	1-250-386-8521
Gold Stream Food Bank	1-250-474-4443
Cridge Transition Home	1-250-479-3963
Parent's Support Services Society of BC	1-250-384-8042

Victoria Women's Transition Home (24 Hours)	1-250-385-6611
Her Way Home	1-250-519-3681
Pacific Postpartum Support Society (Toll Free)	1-855-255-7999
Island Sexual Health Society	1-250-592-3479
Crisis Line (24 Hours)	1-888-494-3888
Poison Control	1-800-567-8911