




NOVEMBER 2017

BENT ARROW ABORIGINAL PARENT LINK CENTRE 11666-95 Street Edmonton, Alberta T5G 1L8 Telephone 780-474-2400 Fax 780-474-3030

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1. Traditional Parenting 4:30-6:30 pm	2. Meal Time Struggles Discussion Group 12:00-3:15 pm Come and Play then Sit and Stay @ Parkdale 11648-85 St 12:30-2:30 pm Restoring Our Spirits 4:30-6:30 pm	3. Elder's Breakfast 10:30-12:00 pm	4.
5.	6. Mom's R Us 12:30-2:30 pm Kokums Tea Time @ S.A.G.E 15 Winston Churchill Sq 12:30-2:30 pm pehonan: Men's Sharing Circle 4:00-6:00 pm Sewing Circle 4:30-6:30 pm	7. ASQ FAIR At Parkdale School 11648-85 St 10:00-3:00 pm (Please call 780.474.2400 to register)	8. Collective Kitchen 11:30-2:30 pm Inner City High school Parenting 12:30-2:30 pm Traditional Parenting 4:30-6:30 pm	9. Full STEAM Ahead 12:30-2:30 pm Restoring Our Spirits 4:30-6:30 pm	10. Elder's Breakfast 10:30-12:00 pm pehonan: The Crow's Nest 12:30-2:30 pm	11.
12.	13. Remembrance Day Centre closed 	14. pehonan: Social Hub 12:30-2:30 pm Family Night 4:00-6:00 pm	15. Inner City Highschool 12:30-2:30 pm Traditional Parenting 4:30-6:30 pm	16. Full STEAM Ahead 12:30-2:30 pm Restoring Our Spirits 4:30-6:30 pm	17. Elder's Breakfast 10:30-12:00 pm pehonan: The Crow's Nest 12:30-2:30 pm	18.
19.	20. Mom's R Us 12:30-2:30 pm pehonan: Men's Sharing Circle 4:00-6:00 pm Sewing Circle 4:30-6:30 pm	21. Indigenous Parenting Event At Parkdale School 11648-85 st 9:00-3:30 pm Traditional Parenting At the Indigenous Parenting Event	22. Craft in a Jif 12:00-2:30 pm Inner City Highschool 12:30-2:30 pm	23. Come and Play then Sit and Stay @ Parkdale 11648-85 St 12:30-2:30 pm Full STEAM Ahead 12:30-2:30 pm Restoring Our Spirits 4:30-6:30 pm	24. Elder's Breakfast 10:30-12:00 pm pehonan: The Crow's Nest 12:30-2:30 pm	25.
26.	27. Mom's R Us 12:30-2:30 pm Kokums Tea Time @ S.A.G.E 15 Winston Churchill Sq 12:30-2:30 pm Roots And Berries 4:30-6:00 pm	28. pehonan: Social Hub 12:30-2:30 pm Family Night 4:00-6:00 pm	29. Inner City Highschool 12:30-2:30 pm Traditional Parenting 4:30-6:30 pm	30. Full STEAM Ahead 12:30-2:30 pm Restoring Our Spirits 4:30-6:30 pm		

November Agenda 2017

MONDAY:

Mom's R Us: 12:30-2:30 pm

November 6: Dietician

November 20: Beading

November 27: Center for Family Literacy: Story book and craft

Sewing Circle: 4:30-6:30 pm

November 6: Moss bag

November 20: Moss bag

Roots and Berries: 4:30-6:00 pm

November 27: Christmas Wreath

Pehonan Kokums Tea Time @ Sage: 12:30-2:30 pm

November 6: Poppy Field Wreath

November 27: Magnetic Picture Frame

Pehonan Senior Men's Sharing Circle: 4:00-6:00 pm: November 6 & 20

TUESDAY:

ASO Fair at Parkdale School: 10:00-3:00 pm: November 7 (please register)

Indigenous Parenting Event at Parkdale School: 9:00-3:30 pm: November 21

Family Night: 4:00-6:00 pm

November 14: Sensory Bags

November 28: Fairy Garden

Pehonan: Social Hub: 12:30-2:30 pm

November 14: Remembrance Day celebration

November 28: Cultural Teaching with Tom Show

WEDNESDAY:

Traditional Parenting: 4:30-6:30 pm

November 1: Discipline vs. Punishment

November 8: Elder

November 15: Early childhood development

November 21: Indigenous parenting conference

November 29: Colonization plus Play time

Inner City High School parenting: 12:30-2:30 pm: Theme is Attachment

November 8: Attachment

November 15: Brain Development

November 22: Violence through the child's eyes

November 29: Love Language and communication

November 8: Collective Kitchen 11:30-2:30 pm

Menu: Spicy Pork Chop Casserole; Pizza Pancakes; Orange Cauliflower Salad and Baking

Craft in a Jiff with Ramona: 12:00-2:30 pm

November 22: hook rugs

THURSDAY:

Come and Play then Sit and Stay: 12:30-2:30 pm

November 2: Open Spaces

November 23: Galloping Horse

Full STEAM Ahead 12:30-2:30 pm

November 9: Volcano cups; Magnet sensory; float or sink fun

November 16: zipper pulls; movement games

November 23: Spoon, catapults; cup tower challenge; popsicle stick and clothes pin construction

November 30: drip painting on tree cookies; marble run painting and weave sculpture fun

Restoring Our Spirits: 4:30-6:30 pm

November 2: Sharing Circle

November 9: How addictions affect our children-Guest Speaker

November 16: Sharing Circle

November 23: Boundaries and self-care

November 30: Putting it all together and Review

FRIDAY:

Elder's Breakfast: 10:30-12:00 pm: November 3, 10 17 & 24

Mobile Story Time: Norwood

Pehonan: The Crows nest: 12:30-2:30 pm

November 10: Winter Safety

November 17: Fun BINGO

November 24: TBA