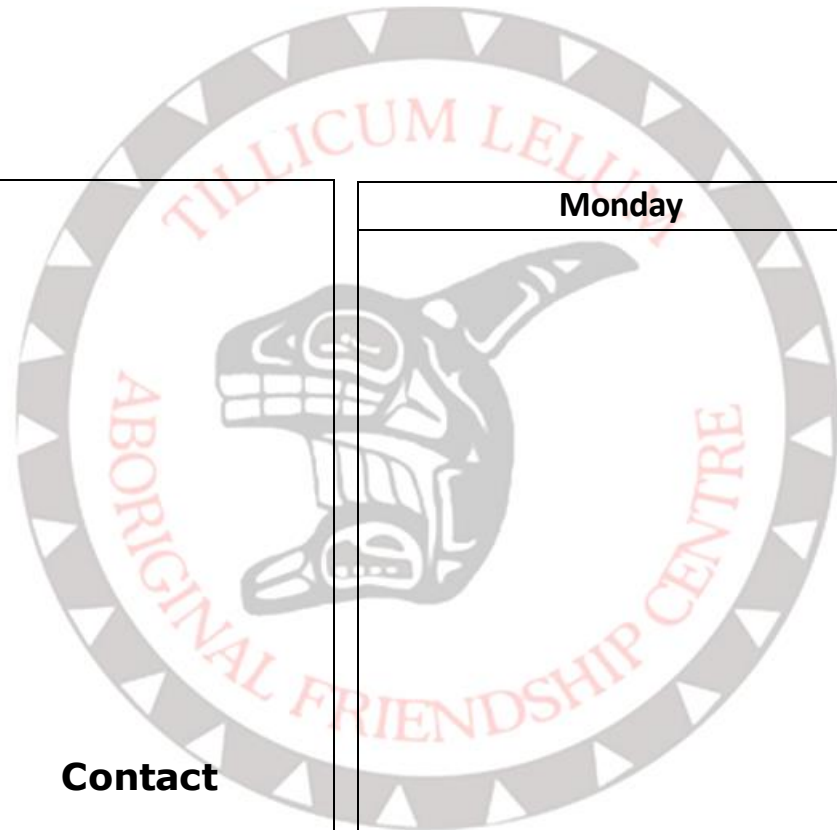


Tillicum Lelum Aboriginal Friendship Centre

August 2019



Contact

Tillicum Health Centre
602 Haliburton Street
(250) 753-6578

Education Centre
927 Haliburton Street
(250) 753-8291

Thi Lelum Smuneem
Childcare Centre
475 Tenth Street
(250) 754-4000

Salish Lelum
479 Tenth Street
(250) 716-3438

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Community Health Nurse</p> <ul style="list-style-type: none"> • 9:30 am to 4:30 pm Health Centre Call: (250) 753-6578 <p>Prenatal</p> <ul style="list-style-type: none"> • 11 am to 12:30 pm Health Centre Call: (250) 753-6578 <p>Men's Wellness Program</p> <ul style="list-style-type: none"> • 5:30 to 7:00 pm Health Centre Call: (250) 753-6578 <p>Community Health Nurse</p> <ul style="list-style-type: none"> • 9:30 am to 4:30 pm Health Centre Call: (250) 753-6578 <p>Creating Healthy Families</p> <ul style="list-style-type: none"> • 11:00 am to 12:30 pm Health Centre Call: (250) 753-6578 	<p>Community Health Nurse</p> <ul style="list-style-type: none"> • 9:30 am to 4:30 pm Health Centre Call: (250) 753-6578 <p>Moms, Dads, and Babes</p> <ul style="list-style-type: none"> • 11 am to 12:30 pm Health Centre Call: (250) 753-6578 	<p>Community Health Nurse</p> <ul style="list-style-type: none"> • 9:30 am to 4:30 pm Health Centre Call: (250) 753-6578 <p>Building Better Babies</p> <ul style="list-style-type: none"> • 11 am to 12:30 pm Health Centre Call: (250) 753-6578 <p>Community Gardens</p> <ul style="list-style-type: none"> • 1 to 3:00 pm Salish Lelum 479 Tenth Street Call: (250) 753-6578 <p>Men's Wellness Program</p> <ul style="list-style-type: none"> • 5:30 to 7:00 pm Health Centre Call: (250) 753-6578 	<p>Community Health Nurse</p> <ul style="list-style-type: none"> • 9:30 am to 4:30 pm Health Centre Call: (250) 753-6578 <p>Elders Lunch</p> <ul style="list-style-type: none"> • 11 am to 2:00 pm Salish Lelum 479 Tenth Street Call: (250) 753-6578 	<p>Community Health Nurse</p> <ul style="list-style-type: none"> • 9:30 am to 4:30 pm Health Centre Call: (250) 753-6578
<p>Saturday Father's Circle of Friends 8:00 am to 1:00 pm, at the Health Centre. For more information please call (250) 753-6578.</p>			<p>Sunday Sweats facilitated by JC Lucas August 4th and August 18th, from 11 am to 3:00 pm at 477 Tenth Street</p>	

Tillicum Lelum Summer Camp:

Summer camp runs Monday to Thursday and is for children and youth aged 6-16 years old. Children who attend are placed into age appropriate groups and participate in a variety of recreational and cultural activities with trained group leaders.

From July 29th to August 22nd.
Contact (250) 753-8291 for more information.

Free Legal Advice:

Meet with a lawyer and community support worker to privately discuss issues, including: Family law, children in the care of the Ministry of Children and Family Development, parenting time, family safety, assisting with court documents and referrals to community resources.

August 15th and August 29th, 6:00-8:00pm at 602 Haliburton Street.
Contact Dan at (250) 713-2983 to book an appointment.

Building Better Babies	Creating Healthy Families	Father's Circle of Friends	Elders Programming
<p>A pregnancy outreach program that works with families who are pregnant or have babies from birth to 6 months of age. This program offers prenatal classes, doula support, a "moms, dads and babies" group for families with children under six months, and a group drop-in for everyone from BBB with guest speakers from the community.</p>	<p>Creating Healthy Families is a drop-in parenting program for parents with children aged 0-6 years. The goal of this program is to support families in nurturing the physical, emotional, mental and spiritual health of their children. Families are encouraged to participate in group activities, and weekly topics vary.</p>	<p>This is a group that meets on Saturdays at the Health Centre. Offers support to fathers in their parenting journey by promoting the development of self-esteem. Provides an environment for peer support and the opportunity to meet other dads and create a network of mentorship between fathers.</p>	<p>Programming engages seniors and strengthens communities through community-based projects that support social participation to help ensure that seniors can benefit from and contribute to the quality of life in their community.</p>
<ul style="list-style-type: none"> • August 6th Circle with Marguerit • August 7th Berry picking • August 8th Breastfeeding • August 13th Sandra • August 14th Cooking with Anita • August 15th Community Garden • August 20th Breastfeeding • August 21st Blackberry Chia Jam • August 22nd Teachings with JC • August 27th Sandra • August 28th Story time at gardens • August 29th Picnic/swim at beach 	<ul style="list-style-type: none"> • August 5th No Group – Closed for BC Day • August 12th Traditional Medicine • August 19th Harvesting at the gardens • August 26th Tomato sauce with garden vegetables 	<ul style="list-style-type: none"> • August 3rd • August 9th • August 17th • August 24th • August 31st 	<ul style="list-style-type: none"> • August 1st Community Garden 1:00-3:00pm • August 2nd Elders lunch • August 8th Community Garden 1:00-3:00pm • August 9th Elders lunch • August 15th Community Garden 1:00-3:00pm • August 16th Elders lunch • August 22nd Community Garden 1:00-3:00pm • August 23rd Elders lunch • August 29th Community Garden 1:00-3:00pm • August 30th Elders lunch
<p>From 11 am to 12:30 pm Health Centre</p>	<p>From 10:30 am to 12:30 pm Health Centre</p>	<p>From 8 am to 1 pm Health Centre</p>	<p>Lunches are from 11:00 am to 2:00 pm At Salish Lelum</p>
<p>For more information, please contact Ashley at 250-753-6578.</p>	<p>For more information, please contact Mary Rose at 250-753-6578.</p>	<p>For more information, please contact Claudio at 250-753-6578.</p>	<p>For more information, please contact Melissa at 250-753-6578.</p>