






**Leary Integrated Arts & Technology**  
**WEEK AT A GLANCE**



**Week of Dec. 16<sup>th</sup> - 20<sup>th</sup>**

<p><b>Monday, Dec. 16</b></p> 	<p><b><i>Kiwanis Pancake Breakfast</i></b>  <b><i>(Parents/Caregivers Welcome - \$5 per person)</i></b></p> <p>8:30</p> <ul style="list-style-type: none"> <li>• Sqwemá:y (K/1), Xemó:th'íya (1/2) &amp; S'éyewot (2/3) Communities</li> </ul> <p>9:30</p> <ul style="list-style-type: none"> <li>• Óyewot (3/4) &amp; Lhílheqéy (4/5) Communities</li> </ul> <p>9:00-10:00: Julie and therapy dog Buck visiting Leary</p>
<p><b>Tuesday, Dec. 17</b></p>	
<p><b>Wednesday, Dec. 18</b></p> 	<p><b><i>Term 1 Learning Updates Sent Home</i></b>  <b><i>PAC Christmas Store (Dance Studio)</i></b></p> <p>10:30: Sto:lo Cultural Education Program - Cedar (Sqwemá:y Community)</p>
<p><b>Thursday, Dec. 19</b></p>	
<p><b>Friday, Dec. 20</b></p> 	<p>8:45: Term 1 Celebration Assembly</p>





Chilliwack  
School District



CHWK  
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# ANGER CPR

Gain awareness of the emotional roots to anger, the difference between anger and aggression, and the steps that take us from frustrated to furious or adaptation. Discover useable ideas about taming tantrums and minimizing meltdowns, yours, and your child's.



**REGISTER  
NOW**

**3 PART SERIES WEDNESDAYS**  
**FEBRUARY 5, 12, 19**  
**9:30 - 11:30AM**

Chilliwack Secondary School CSS –  
Neighborhood Learning Centre NLC  
46361 Yale Rd, Chilliwack





# Circle OF SECURITY



A research and relationship-based program that takes much of the guess work out of being a caregiver; improving confidence in recognizing your child's emotional, relational needs; and providing information to help interpret your child's behaviour.



## 8 Part Series

**CCS – Paramount–Arbutus Room**  
**#100 – 46187 Yale Rd, Chilliwack**

Jan 15, 22, 29  
Feb 5, 12, 19, 26  
Mar 5

**6:00 – 8:00 PM**

**Childminding included**



**REGISTER**

**NOW**



**Chilliwack  
School District**



**CHWK**  
COMMUNITY SERVICES



3 PART SERIES

**REGISTER  
NOW**



# EMOTIONAL ADAPTABILITY

**WEDNESDAYS  
JANUARY  
15, 22, 29**

When we mix our emotions with experience of others, with updated wisdom about our past stories, and upgraded skills, we become more comfortable and more confident with emotional complexity. In this workshop we explore and re-establish friendly relations with our kids and our 6 big emotions; Joy, Fear, Sadness, Anger, Shame, and Curiosity.

**Chilliwack Senior Secondary CSS - Neighborhood Learning Centre NLC  
46361 Yale Rd, Chilliwack**

**9:30 - 11:30 AM**

CHILDMINDING INCLUDED



Chilliwack  
School District



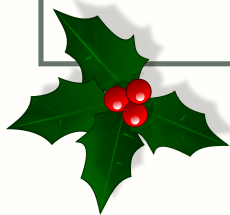
CHWK  
COMMUNITY SERVICES

# Free Christmas Resources in Chilliwack

<u>Program Name</u>	<u>Program Description</u>	<u>Hosting Organization(s)</u>	<u>Who is this for?</u>	<u>How to access</u>
Christmas Sharing	Food hampers for families / individuals  Toy hampers for families Registration from Nov 13 – Dec 14	Chilliwack Community Services in partnership with Chilliwack Salvation Army	Chilliwack Residents. Food hampers for anyone.  Gift hampers for families with children 0-18 or developmentally challenged adults.	Signup at Chilliwack Salvation Army Care and Share Center: M-F 10 am - 12 pm and 1 pm - 3 pm, Saturday 10 am - 1 pm
Seniors Christmas Resources	Christmas Stockings, Hampers and Luncheon	Chilliwack and District Senior's Resources Society	Low Income Seniors	Referral by individual or community partners
Christmas Hope	Christmas Hampers for families in need. Includes Christmas dinner and extra food supplies for the holidays, along with gifts for children	Main Street Church	Chilliwack Residents	Referral either through community partners or local elementary schools
Southside Hampers	Gifts and food hampers containing dry goods for Chilliwack residents	Southside Church	Chilliwack Residents. Food hampers for anyone.  Gift hampers for families with children 0-18	Fill out the two request forms on the website before November 24th *see website & link below:  <a href="https://southsidelife.com/bright-Southside-Hamper-Request">https://southsidelife.com/bright Southside Hamper Request</a>

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Adopt a Senior	Seniors can sign up to receive Christmas gifts	Chilliwack Adopt a Senior Foundation	Seniors	Seniors are asked to fill out a registration form to apply. To adopt a senior, email: <a href="mailto:chilliwackadoptasenior@outlook.com">chilliwackadoptasenior@outlook.com</a> with your full name and the number of seniors you'd like to adopt
Rotary Christmas Parade	Parade is free to attend. Takes place on Saturday November 30 at 5:30pm starting at Chilliwack Secondary School	Chilliwack Rotary Club Livestream of Parade produced by GW Graham	Everyone	Free bus transit on parade day just show up at a spot on the parade route listed at: <a href="https://chilliwackchristmasparade.ca/route/">https://chilliwackchristmasparade.ca/route/</a>
Christmas in the District	Many activities at District 1881 including: Photos with Santa, Ferris Wheel, Christmas Train, Traditional Artisans, Carolers, and Roaming Performers. Nov 23 - Dec 24	District 1881	Everyone	District 1881 46140 Yale Road
The Free Store Chilliwack Christmas Event	Free cookies, crafts and hanging out with Santa	The Free Store Chilliwack	Everyone	Pink and Blue Kidz Clothing #108 - 46167 Yale Rd Saturday December 7th
Cultus Lake Christmas	Visit with Santa, Christmas Tree Lighting, Vendor Market, Food Trucks, Fire Pits & Marshmallows and Fireworks at 8:00 pm	Cultus Lake Park	Everyone	Free to attend Saturday November 23rd from 4 pm - 8 pm Main Beach, Cultus Lake *Parking by donation



THE LEARY  
CHRISTMAS  
STORE



*STILL LOOKING FOR  
DONATIONS*

GENTLY USED ITEMS FOR EXAMPLE:  
HOUSEHOLD ITEMS,  
KNICK KNACKS,  
TOYS,  
MUGS,  
CANDLES

WRAPPING PAPER, TAPE, GIFT BAGS

PLEASE DROP OFF IN THE BLUE BIN NEAR  
OFFICE