

**Next Family Friends Event:
Halloween Piñata Party!**

Has your child ever been to a Mexican Piñata party? Our piñata will be a surprise Halloween figure - filled with chocolates and candy!

The children, blind-folded, take turns hitting the piñata with a stick until it breaks, candy falls out for all to collect!



When: Sat, Oct 30th, 3pm at VIRCS.

**Next Be Friends Event:
Acupressure and Wellness with Christina Chan!**

Acupuncture is an effective way to reduce stress and body pain. Experience the wonders of this technique on Tues, Nov 2nd, at 2pm. VIRCS' ESL room. RSVP to: francina@vircs.bc.ca.

**Cultural Bridging Friends Program
Oct 2010 newsletter**

**News from the Be Friends Group:
Our Indian Cooking Demo was a success!!**

Marian Britto gave the Be Friends an excellent Indian Cuisine demo & tasting last Friday, Oct 15th!

Marian explained and demonstrated how to prepare these delicious recipes: butter chicken, rice, and Aloo Gobhi. The group participants learned more about the secrets of Indian cooking, spices, and special techniques!

Everyone took a copy of the recipes to try out at home, and had great meal!



Photos: Marian cooking, and explaining her technique

**Next Family Friends Workshop:
Canadian Culture and Immigrant Identity**

Are you new to Canada and want to learn more about Canadian social norms? *Are you curious about how to adapt to Canada while preserving your identity?*

The workshop will cover topics such as individual identity and adaptation, Canadian societal norms and cultural and religious practices within a Human Rights context.

Join us for this opportunity!

April McNeil, - Transition Officer at UVic's Equity and Human Rights Office, will deliver this workshop.

When: Nov 23rd, at 5:30pm, in VIRCS' ESL room.

Past Family Friends Workshop: Indonesian Shadow Puppetry!

On Sept 12th, the Family Friends met at the James Bay Community Centre for an Indonesian Puppetry Show, hosted by one of the Program's participants, Sutrisno Hartana. The children got to make paper cut-outs of snakes, dragons, and human figures, to use as puppets shown behind a curtain.



This workshop is a great example of how children of any age benefit from being in the Host Program!

Are you looking for a fun and rewarding volunteer opportunity? The Family Friends' Program needs you!

Contact Francina Potes, Program Coordinator, at 250-361-9433, ext 242, or email: francina@vircs.bc.

Testimonial from a Family Friendship Program Participant:

"The Family Friendship Program has been like knocking on door, result of which I found a great person welcoming me with open arms, with whom I have found support and friendship for myself and my son, and sharing every moment together with her has been sensational. With my host I have found someone who completely understands immigrants who experience culture shock without passing any judgment whatsoever. It has been a real pleasure having a friend like Olivia, and even more so having the luck of being paired with her – surpassing my expectations about the program."



~ Malena, newcomer from Mexico.

Family Friends' Invite:

ICE- SKATING FOR PARENTS AND THEIR CHILDREN!

We have 20 free tickets for newcomer families to go skating with their children on Halloween!

At: Save on Foods Memorial Sunday, Oct 31st, 2:30-4pm.

Contact Francina Potes for more details, by phone, at 250 361-9433, ext 242, or email: francina@vircs.bc.ca.



Find out about other great services for immigrants and refugees offered at VIRCS: Employment, Settlement, Skills Connect, Youth Programs, ESL, and more. Call us at 250 361-9433, or visit our website, www.vircs.bc.ca.