

General Interest and Development

For more information and to register, call Ximena @ 604-523-5421 or email training@ufcw247.ca
UFCW 247 Training and Education Centre
544 Columbia Street, New Westminster, BC V3L 1B1

Dog Training: With Dee

Have a dog, or thinking about getting one? Join Dee in discovering the 'inconvenient truths' about dogs. Then practice and achieve these skills: temperament 5Cs, dealing with problematic dog behavior, practicing sit, down, stay, loose-leash walking, heel, and come. Practice the manners of socialization and training games for your puppies/dogs. Come with your dog, or alone and then practice at home!

Attending dogs must be vaccinated and at least 6 months old.

**Aggressive dogs will be asked to leave the course.*

Tuesdays, September 13 - October 18, 2011, 6:00pm-7:00pm

Gentle Sleep Coach: With Maria

Help your children sleep better so that you can sleep better too!

Teach your baby how to sleep independently in his/her own crib/bedroom. Learn how to assist your baby in falling asleep without using "sleep crutches" (breastfeeding, rocking and walking the baby are some examples), how to help your baby "self settle" or "self soothe" in the night. Also learn about appropriate daytime napping & how to help baby achieve longer naps, establishing a healthy routine for your baby. Teach your baby to sleep for 11 hours at night without feeding.

Choose a date according to your child's age group:

Saturday, October 15, 2011, 9:30am-12:30pm – 0 to 5 months

Saturday, October 22, 2011, 9:30am-12:30pm – 6 to 12 months

Saturday, October 29, 2011, 9:30am-12:30pm – 12 to 18 months

Food and Wine Matching: With John

Successful food and wine matching can be a breeze if you follow a few basic guidelines. Explore and learn these techniques in an easy to understand workshop to successfully match food and wine.

Four wine and food samples will be provided to highlight your new understanding.

Your next dinner party is sure to be a hit with your new found skills!

Tuesday, October 4, 2011, 6:30pm-8:30pm

Winning at Parenting: With Barb

Do you find yourself yelling at your kids all the time and don't know what else to do? Are your kids fighting and nothing seems to work? Do you have kids who never seem to listen? Learn some very effective, discipline strategies that don't include yelling, nagging or spanking. Barb also covers all other things in our lives that have an impact on our parenting.

Mondays, October 17-November 28, 2011, 7:00pm-9:00pm

Register now to avoid disappointment!

Courses that do not reach the minimum enrolment will be cancelled one week before the start date.

All non-certificate courses are free to all members and their families, but do require a \$25 deposit.

This deposit will be returned in full as long as you attend 50% of the classes.

We accept cash or cheques made payable to: "UFCW Local 247 Training Centre"

Photoshop Christmas Project: With Robin

Bring your digital pictures and create calendars, greeting cards, photobooks and more. Great gift ideas!

Thursdays, November 3 – 24, 2011, 6:30pm-9:00pm

Christmas Candy Wreath: With Maxine

Make a decorative Candy Wreath, hang it as a "greet and treat" for family and friends this coming holiday season.

Saturday, November 26, 2011, 10:00am-12:00pm OR 1:00pm-3:00pm

Ornamental Christmas Tree: With Shona

Join us and create a 3 dimensional Christmas tree, perfect decoration for a small table or mantel.

Saturday, November 26, 2011, 9:30am – 12:30pm