

# Potter's offer wheel throwing for beginners

## CLASSTIME

School social workers are holding two more free workshops on parenting. On February 9, the topic is Developing your child's self-esteem. And on February 23, Parenting after separation, helping children cope at home and school. To register for the workshops, call 562-2736. The workshops will be held at the school board office from 9:30 a.m. to 11 a.m.

The Prince George Potter's Guild is offering a beginner's course in wheel throwing. Classes start February 3 and run until March 9, from 7 p.m. to 9 p.m. at Studio 2880. The cost is \$150. Register upon payment at Studio 2880 from 9 a.m. to 5 p.m. daily. For more information, call 562-4526.



Wushu Kung Fu taught by Sifu Bing Lu. Wu Dang, Tan Tui, swords, weapons, Baji. All styles taught within the same classes. Week-

end classes are beginning now. Limited spaces available. For more information, contact 564-4053.

The B.C. Schizophrenia Society monthly educational support group meeting for family and friends meets February 8 from 7 p.m. to 9 p.m. in Room 102 at PGRH. Showing the Bonnie Tapes, conversations about one woman's struggles with mental illness as seen by her, her parents and sister. New members welcome. Call Kim at 561-8033 for more details.

## GET TOGETHER

There will be a Dry Grad meeting for all parents of students graduating from College Heights Secondary on February 8.

Healing Touch of Prince George meets on the last three Thursdays of every month at The Willows, 788 PG Pulp Mill Road. There's a \$2 drop-in fee. As well, a workshop is planned for March 31 to April 2. For more info, call Darlene at 962-9529.

Codependents Anonymous meetings are every Wednesday evening at 7 p.m. at #106-575 Quebec Street. For more information, call 612-0390.

Obsessive Compulsive Disorder support group, for anyone suffering from OCD or related anxiety disorder, meet

every Wednesday at 7 p.m. in Suite 202, 1396 5th Avenue.

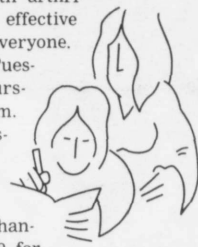
CHAMPS Club is a non-profit weight loss support organization which meets weekly. We are open to men, ladies and youth older than 10. The group meets Tuesday evenings at the Salvation Army. For more info, call Colleen at 562-0455.

JointsWorks is a group exercise sessions designed for the unique needs of individuals with arthritis. It is safe, effective and fun for everyone. Sessions run Tuesdays and Thursdays at 5:15 p.m.

at Judy Russell's Enchainement Dance Studio. Call Shannon at 963-9599 for more details.

The Evangelical Free Church holds a traditional Sunday school every Sunday at 4590 5th Ave. from 9:45 to 10:45 a.m. For more information call 612-0035.

Yoga techniques and stretching relaxation is offered at the Hart Community Centre Mondays from 12:30 to 2 p.m. and 5:30 to 7 p.m. and Thursdays from 12:30 to 2 p.m. and 7 to 8:30 p.m. Drop-in fee \$5 or 10 sessions for \$40. Call Liz at 563-8056 for information.



## HELPING HAND

The PG Alcohol and Drug Services Society is offering healthy lifestyles workshops every Thursday from 9:15 a.m. to 3 p.m. Spaces still available. Call 562-8112 for information and registration.

The Autism Parent Support Group meets the second Wednesday of each month at 7 p.m. at 3661A Opie Cres. It is co-facilitated by the Autism Society of B.C. and Gateway Behavioural Support. Call Louise (561-1194) or Heather (963-7926) for information.

The First Nations Diabetes Support Group meets every other Tuesday from 11 a.m. to 12:30 p.m. at the Central Interior Native Health Centre (1110-4th Ave.) Call Sheila (564-4422) or Rose (963-9134/ 562-8876).

Parent and Child Advocacy Coalition - for non-custodial parents who would like to see fairness in the awarding of custody, access and maintenance. Meets regularly. For more information call Todd at 962-2821.

The Fetal Alcohol Syndrome Support Group holds meetings the first Tuesday of

each month from 12:30 to 2 p.m. at 1010B-4th Ave. For information call 561-2689.

The Alpha Group is an informal introduction to the Christian faith. Two groups available: Monday and Wednesday. Call 562-3896 or 964-7150 for information, times and locations.

A secure group for people who suffer from panic attacks and avoidance will be held the first and third Thursday of each month at 7 p.m. at the Westwood Mennonite Church. For more information, call Sheri at 565-7300.

Moms: had a baby in the last year? Feeling sad, stressed or overwhelmed? Support group meets every Wednesday at the Health Unit from 1 to 3 p.m. Child care available. Call Jacqui at 565-7358 for information.

Kudos Saturday Morning Science Clubs at the museum are back, offering hands-on science programs for kids ages six to eight and nine to 11. Call 562-1612 for more information.

Adult Children of Alcoholic and Dysfunctional Families - Ladies Only - meets Wednesdays from 7 p.m. at 1770-11th Ave. Call 962-2384 for information.

Drop in to the Ron Brent Community House Wednesday mornings from 9 a.m. to noon for a Sew-In.

Sewing machines and some materials available and help is on hand, no experience needed. Donations appreciated. For information call 561-8024.

Compassionate Friends, a non-denominational support group for bereaved parents, meets the second Wednesday of each month at 7 p.m. at 777 S. Ospika Blvd. Call Jeanne at 562-2522 or Kym at 964-4555.

AWAC, an association advocating for women and children, is currently seeking individuals interested in donating their time, energy and expertise as board members. Interested persons can pick up applications at 199 Quebec St. or call Bev at 964-4066 or Sandy at 565-2881.

## ETCETERA

The College Heights Dry Grad bottle drive will take place February 7. To make bottle donations call 964-1822. Bottles can be picked up or they can be dropped off at the BBK Bottle Depot on Vance Road.

Zion Lutheran Christian School will be holding a bake sale on February 12 from 11 a.m. to 3 p.m. at 180 Tabor Boulevard.

The Senior Activity Centre will be hosting a dance on January 29, with music by Sandra & Co. Doors open at 7 p.m. and tickets cost \$8.

Parkside and Rainbow Care Homes and the Rainbow Adult Day Centre are looking for persons interested in assisting with delivery of recreation programs and visiting seniors. Call 563-1916 (ext. 3), 563-9966 (ext. 3) or 563-9966 (ext. 2) for information.

St. Mary's School is holding a fun night February 4 from 6 p.m. to 9 p.m. There will be a hockey shoot, fish pond, sponge throw, balloon sit and more.

PGSS will be holding a Dry Grad Dessert Auction on February 29 in the PGSS Cafeteria. The event starts at 7:30 p.m. and admission is \$2 per person and \$5 per family. Donation of auction or dessert items would be appreciated. Call Marg at 562-6244.

The Moose and Bear (dry) Pub, aka the Elder Citizens' Recreation Association, presents Klondike Night on January 28 and 29. Join them for an evening of rollicking music, dancing girls and more. Tickets are \$5 and are on sale at the office (1692-10th Avenue).

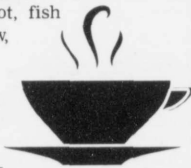
The Western Institute for the Deaf and Hard of Hearing, Northern B.C. branch, will hold its annual general meeting February 21 at 7 p.m. in the Keith Gordon Room of the Prince George Public Library. For more information, call Katherine at 964-3778.

Salvation Army is accepting donations of clothing and household items (free pickups) for their thrift store. Hours are: 1220-Second Ave. from 9 a.m. to 5 p.m.; 3133A Westwood Dr. open 9:30 a.m. to 5 p.m. Monday to Wednesday and 9:30 a.m. to 9 p.m. Thursday and Friday.

Immigrant & Multicultural Services Society is requesting donations from the public for furniture and household items. Some immigrant families new to our city are in need of such things as mattresses, dressers, tables, and other items. Call 562-2900 for information.

Volunteers needed to accompany seniors to appointments. For info or to register call the Regional Community Care Society at Parkside Care Home (563-1916, ext. 3) or Rainbow Care Home (563-9966, ext. 3) and ask for the Recreation Department.

Maple Ridge High School grads of 1957 to 1960, reunion 2000 is planned for next May 19 to 21. Call Sandra at 562-5732 for information.



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