



Downtown Parents

Neighbourhood Corner



Better Fathers

Our History - Who are we

Better Fathers Inc. began in 1997 when several social workers at a Central Child and Family Service agency questioned and challenged two male members to do something about the lack of services for fathers of children in care. Donovan Tomlinson and Luis Coelho, the two workers, and Paul Molloy designed and began to present the Better Fathering Series to groups of men. To date there have been 1300+ men and their children served.

Better Fathers Inc. is a voluntary, group process for men in a fathering role, with or without our children, which gathers to understand more of what it means to be a

father and a man. We accept men who are referred by Child and Family Services, Justice, lawyers, family service professionals, friends of members, or past group members. Men can be referred or refer themselves. While agency personnel refer many, the content of all sessions is confidential and we will only report as to sessions attended (this confidentiality applies to lawyers, etc.). We provide childcare for each session, as there are a number of single parent fathers who attend our groups.

We believe that

- children are a gift of the Creator;
- all children deserve a father and a mother,
- that the most important persons in a family are the children, and,
- that the most important relationship is the care giving relationship

From Better Fathers' [website](#)

The current Better Fathers session runs from May 7 to June 25.

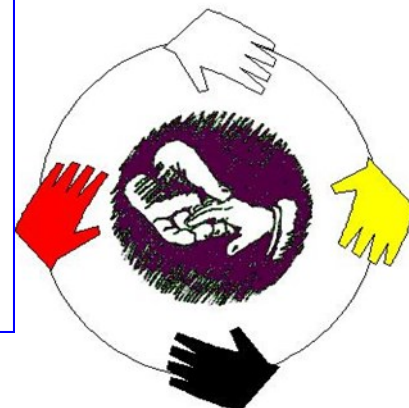
Communities 4 Families
(Downtown Parent-Child Coalition)

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Better Fathers Inc

Things Your Baby Wants You to Know

Babies are born ready to bond and connect with you. Here's some things they want you to know about them:

- **Delight in me.** "Life is good, because you enjoy life when you are with me."
- **Stay with me when I'm upset or restless.** You might not be able to make everything right for me, but by staying with me you teach me I am not alone.

- **Be Bigger, Stronger, Wise, and Kind.** The heart of secure attachment is when I know I have a parent or caregiver who can be counted on to lovingly give me tenderness, comfort, guidance and protection every day.

From Healthy Child Manitoba's *Starting Early, Starting Strong* Tip Sheet

For more information:
Toll free: 1.877.945.4777
Website: manitobaparentzone.ca

Free Spring Family Activities

Free Swim—at Cindy Klassen Recreation Complex.
999 Sargent Ave.
Saturdays 5-6:30 p.m.

Free Swim—at Freight House Outdoor Pool. 200 Isabel St.
Daily 1-8 p.m. (June 26-Aug.3);
1-7 p.m. (Aug.4-Sept. 7)

Spray Pads—great places for children of all ages to cool off on a hot summer day. Open 7 days/week 10 a.m. to 9 p.m.
May 30—September 7.
Central Park
(400 Cumberland Ave.)
Vimy Ridge Memorial Park
(821 Preston Ave.)

Skateboard Parks. For boarders of all ages and skill levels.
Sargent Park Skate Park.
Wall St. and Wellington Ave.

Family Story Time—The whole family enjoys stories, rhymes and activities. Best enjoyed by ages 3-5 and their caregivers, but younger and older siblings can enjoy being part of the action too. Call to register

- Cornish Library (204.986.4679)
Fridays at 10:30 (drop in)
- Millennium Library (204.986.6488)
Tuesdays at 10:30 and
Saturdays at 11:00

Check it Out Mobile Library—Stories, literacy-based games and activities for all ages. Get your free library card on site. Borrow adult, children's and teen books from the mobile library. Everyone welcome.
2:30 to 4:30 at Dufferin School
(545 Alexander Ave.)

- May 22 & 25
- June 8 & 22
- July 13 & 27
- August 10 & 24



Visit our new website at
www.communities4families.ca
Featuring links to the City of Winnipeg's
NOW Winnipeg site.

Internet Resources for
dads

Alberta Father
Involvement Initiative
<http://www.abdads.ca/>

BC Council for Families
<https://www.bccf.ca/>

Better Fathers
[http://
betterfathersinc.com/](http://betterfathersinc.com/)

Dad Central Ontario
<http://dadcentral.ca/>

Father Involvement
Research Alliance
<http://www.fira.ca/>

Super Dads. Super Kids.
[https://
superdadssuperkids.wor
press.com/](https://superdadssuperkids.wordpress.com/)

**Cornish Library 100th
Anniversary**—we're 100 years
old, and we're celebrating! Drop
in for draws, historical activities
and games—for families of all
ages. Saturday, **June 13** from 10
a.m. to 5 p.m. at Cornish Library
(20 West Gate)

Check out other summer
possibilities at the City of
Winnipeg [website](#)



Communities 4 Families Webquest

Recently, [Communities 4 Families](#) and the [City of Winnipeg](#) celebrated updates on our two great sites. Each of these sites contains a wealth of resources that will help you know what is in our community. Find the answers for the questions in this Webquest, send them to info@communities4families.ca by **June 30**, and your name will be entered to win one of our great C4F prize packs.

Find the answers to as many of these questions as possible on our website <http://communities4families.ca/>

1. What is one of the latest “pins”?
2. What year did C4F begin meeting?
3. How many child care centres are listed in Resources 4 Families?
4. Find a link on Resources 4 Agencies that would show you information sheets for parents and service providers.
5. What is the link for the Wiggle Giggle & Munch manual to download.
6. Where would you find a handout for Healthy Snack ideas?
7. What is the latest Facebook posting (“like” us while you’re there)?
8. What is happening on June 20, 2015 at 1:30 p.m.?
9. What neighbourhood is the Cornish Public Library in (find out at the Winnipeg now URL)?

Name: _____
Phone number: _____
Email address: _____

And just for fun, go to <http://now.winnipeg.ca/> to find some answers to this:

Know Your Community

Maya moved to Winnipeg a few years ago from Guatemala. She has been living in Central Park with her husband and 3 children. Her children are 3, 7, and 13. She recently got a new job and they purchased a house in Minto. Where are the schools? What other programs and services will she need to know about?

Wiggle, Giggle & Munch

Have fun and learn with your children through active play, games, action songs and a healthy snack. Parents and their children, ages 1 - 4 years old, are invited to this drop-in program.

Check our [website](#) for locations, dates, and times.

The program is free and includes free child-minding for infants.



Wednesday

June 17, 2015

1:30 p.m.

Cindy Klassen
Recreation Complex
Community Room

999 Sargent Ave.

Communities 4 Families Annual General Meeting



- Highlighting the Handle With Care program
- Learn more about the updates on our website
- Join us for coffee and refreshments.
- For more information e-mail: info@communities4families.ca

Communities 4 Families

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Voicemail: 204.475.5755
E-mail: info@communities4families.ca
Website: communities4families.ca

You are always welcome at our monthly meetings. Find out when they are and more about what's happening in your community at our [website](http://communities4families.ca)

“Like” us on [Facebook!](https://www.facebook.com/communities4families)