



# Downtown Parents

Communities 4 Families  
(Downtown Parent-Child Coalition)

Volume 5, Issue 3

October 2015

## Neighbourhood Corner

### Learning from our many cultures:

#### *Briefly describe your program*

We have had participants who are newcomers from Somalia, Ethiopia, Eritrea, Rwanda, Philippines, Iraq, Iran, Burma, Thailand, etc. (Mosaic WGM)

We have people from 6 countries in Africa, 2 in Asia, 3 in South America and 1 in Central America, and an Australian mother and child. We have Inuit people and many First Nations families as well as families from European backgrounds. (Wolseley Family Place)

#### *What have you learned about working with families coming from different life experiences?*

We've learned that the casual back and forth of the drop-in is great for learning a new language. The women say it's better than English classes because the people are talking about everyday life experiences and challenges. (WFP)

Each family has their own story to tell - whether they came here as refugees, nominees or sponsored by a religious organization. Everyone has encountered hardships, struggles and challenges in adapting to a culture so different from theirs. (Mosaic)

Many of (the mothers) are under great stress and are very recent newcomers.

The program gave them an opportunity to play with their kids and have fun for a couple of hours. With the use of interpreters they were able to understand the stories being told and gain some information. (Canadian Muslim Women's Institute WGM)

#### *What is the greatest challenge you face?*

Our greatest challenge would be bridging the languages and building common ground with each other. We want them to feel comfortable and safe but also to integrate with other women and be part of the larger group. (WFP)

My greatest challenge was that I need to respect each individual's beliefs, values and culture. What may be good for one person, may be taboo to another. (Mosaic)

#### *What is one joy this work brings you?*

Our greatest joy is in seeing connections being made between women from their own culture and between cultures. We had 2 women - one from Sudan and one from South Sudan. We introduced them to each other only to hear 'We don't talk to people from the other side of the river.' But after a few weeks of being in the centre and seeing everyone included in all the activities they became friends who gave meaningful support to each other over the

### Inside this issue:

Family Activities	2
Parenting Programs	3
Wiggle, Giggle & Munch	3
National Child Day Forum	4

following winter. They said, 'We are in Canada now and we do things the Canadian way.' (WFP)

I was facilitating WGM at Central Park with a majority of the group from Africa. A man approached me, and with a soft voice told me: "Thank you so much for taking care of my people, I am glad you are doing this for them!" (Mosaic)

When English is not one's first language, children's story books engage both parent and child. At BookBridge we all learn together: as children, with children, for our children... and for ourselves! (KidBridge)

Many families express their gratitude for this programming. One child who spoke very little English was communicating with other children using her English, and memorized many nursery rhymes that we had practiced together. (John M King School WGM)

# Family Activities

## Family Food Group

430 Langside St.  
An open gym time at MERC for free play and socializing for participants. The program also includes a Summer Park schedule, weekly field time at the U of W REC-Plex, and involvement in community events.

## PFSS Parent/Tot Group

430 Langside St. in the gym  
Pregnancy and Family Services, in partnership with the City of Winnipeg, runs this Parent - Tot Program at MERC. For parents and caregivers with their children ages 1 to 5. This is a great program to get out to meet other parents with children the same age.

PFSS Baby & Me (for parents with children birth to 12 months)  
555 Spence Street

## Wolseley Family Place

**Music Circle**  
691 Wolseley Avenue  
30 minutes of singing, dancing and story led by a music therapist

**Health Rec Plex**  
515 Portage  
Fit Kids Healthy Kids FREE drop in sessions open to the community and suitable for children age 4-12.

The program is open to organizations who want to bring groups, parents can bring their children and neighborhood kids can drop in.

Mondays 4:00-6:00  
Wednesdays from 4:00-5:30

Wii Chiiwaakanak **Let's Speak Cree, Let's Speak Ojibwe**  
511 Ellice Avenue  
These weekly cultural programs provide parents, children, and

individuals of all ages with a chance to learn about the Cree or Ojibwe languages through fun and engaging classroom sessions.

## Wii Chiiwaakanak

**Health Rec Plex—Pow Wow Club**  
This weekly program provides children, youth, and families with an opportunity to learn the art of traditional dancing, along with song and drum teachings. This program is open to all families and individuals regardless of age, knowledge, and ability.



## Mosaic

397 Carlton Street  
All Mosaic family programs are especially designed to meet the needs of newcomer families.

**Parent-Child Mother Goose** (Drop-in) - Read stories and rhymes with your child in English and your first language.  
**Family Bookmaking** - Family fun and games and an opportunity to make a family book  
**Playback Theatre** - Share your stories with friends and neighbours and experience your stories being “played back” to you

## Winnipeg Public Library

**Baby Rhyme Time, Time for Twos, and Pre-School Story Time** - at Library branches around town. Sign-a-story (American Sign Language) also available. See the WPL website

(children's programs link) for more details.

## Healthy Start for Mom & Me

**Prenatal or Parent and Baby**  
Drop-in sessions for pregnant women & teens take place at various locations once every two weeks. Drop-ins for families with babies up to 1 year old are held once on alternate weeks. Contact Healthy Start to find out the date and time of the drop-in nearest you.

## KidBridge

Calvary Temple  
400 Hargrave - Room 130  
KidBridge is a weekly English language conversation/play group for mothers new to Canada and their children ages 0-5.

## Drop-in Breastfeeding Support Groups

These are free, casual drop-in groups for mothers who are expecting or nursing. A nice way to meet other mothers who share the breastfeeding experience, talk to professionals who can answer questions you may have, and weigh your baby.

**Breastfeeding Buddies**,  
755 Portage Ave.  
204.940.6669  
**Women's Hospital Breastfeeding Clinic**, 735 Notre Dame Ave.  
204.787.1166

## Valour Community Centre Isaac Brock Site

**Healthy Baby Program**  
715 Telfer Street North  
Healthy Baby free, drop-in program for prenatal and postnatal moms with children under the age of one. For more information please call Liz at 204.775.3869.

# Parenting Programs

Contact information for these organizations can be found in the column to your right which can be used as a bookmark for added convenience!

## Nobody's Perfect Parenting Program

- Pregnancy and Family Support Services
- Mosaic (for newcomer parents)
- WFP

**Positive Discipline in Everyday Parenting** ("Positive Discipline" describes a non-violent approach to teaching our children, while being respectful of the child as a learner and individual human being)

- Mosaic
- Pregnancy and Family Support Services

**Handle with Care - Families Staying Healthy** (Helping parents and caregivers promote the mental health of young children from birth to 6 years)



- Mosaic
- Pregnancy and Family Support Services
- WFP

## Dads Program

- Better Fathers

**Growing Kids** (a new program designed to provide parenting support for women who are raising pre-school children)

- St. Matthews Maryland Community Ministry

## Triple P (parenting program)

- Wolseley Family Place

## Prenatal

- Pregnancy and Family Support Services
- Wolseley Family Place
- Knox Centre

**Parents Exploring Anger** (If anger is a healthy emotion, how come it gets us in trouble? Parents look at what anger is all about. We explore how to understand anger in a healthy way, both for adults and children)

- Wolseley Family Place

**Bounce Back And Thrive** (for parents with children under the age of 8. BBT helps parents to role model resilience in their daily interactions with their children)

- Mosaic



Your guide to programs for downtown families

## PARENTING

- Family Dynamics  
204.947.1401  
[www.familydynamics.ca](http://www.familydynamics.ca)
- Aurora Family Therapy  
204.786.9251  
[www.aurorafamilytherapy.com](http://www.aurorafamilytherapy.com)
- Better Fathers  
204.782.7987  
[www.betterfathersinc.com](http://www.betterfathersinc.com)
- Mosaic Newcomer Family Resource Network  
204.774.7311  
[www.mosaicnet.ca](http://www.mosaicnet.ca)
- Wolseley Family Place  
204.788.8052  
[www.wolseleyfamilyplace.com](http://www.wolseleyfamilyplace.com)
- Pregnancy and Family Support Services  
204.772.9091  
[www.pfsswinnipeg.com](http://www.pfsswinnipeg.com)

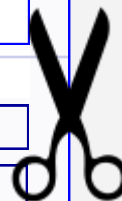
## NUTRITION FOR FAMILIES

- Agape Table  
204.783.6369  
[www.agapetable.ca](http://www.agapetable.ca)
- Breastfeeding Buddies  
204.940.6669  
<http://www.wrha.mb.ca/breastfeeding/clinics.php>
- Family Food Group  
204.772.5946  
<https://familyfoodgroup.wordpress.com/>
- Healthy Start for Mom and Me  
204.949.5350  
[www.hsmm.ca/wp/](http://www.hsmm.ca/wp/)

Volume 5, Issue 3

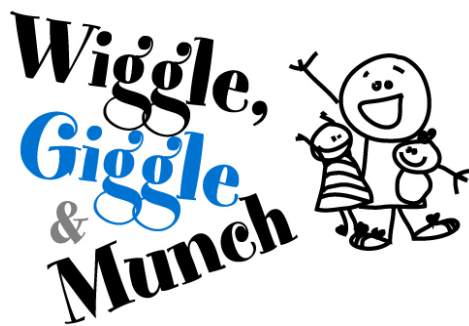
Located in Downtown Winnipeg, our boundaries include many different communities.

The programs noted here are not necessarily endorsed by Communities 4 Families.



- St. Matthews Maryland Community Ministry  
204.774.3957  
<http://stmatthewsmaryland.ca/>





# National Child Day 2015

What is National Child Day?  
National Child Day is celebrated in Canada on November 20 in recognition of the UN Declaration on the Rights of the Child and the UN Convention on the Rights of the Child. It is the perfect time for young Canadians to express themselves and shape their own future.

Look for Wiggle, Giggle & Munch at one of these locations:

- **Mondays** 1:00-3:00  
Canadian Muslim Women's Institute  
61 Juno  
Call Ahlam at 204.943.8539
- **Tuesdays** 9:15-11:00  
Sister MacNamara School in the Community Room  
Call Alexis at: 204.942.6965
- **Tuesdays** 9:15-11:15  
Greenway School  
Call Debbie at 204.774.7298
- **Wednesdays** 10:00-noon  
Wolseley Family Place  
Call 204.788.8052
- **Wednesdays** (with occasional changes) at 1:15-3:15  
Wellington School  
Call Livia at 204.774.8085 to confirm day
- **Thursdays** 9:15 -11:15  
Isaac Brock School  
Call: 204.772.9527
- **Thursdays** 1:15-3:15  
John M King School  
Call Ursula at 204.775.4404
- **Thursdays** 1:00-3:00  
IRCOM  
Call 204.943-4810
- **Saturdays** 10:30 - noon  
Cindy Klassen Recreation Complex  
Call Roselyn at 204.775.6502

Manitoba celebrates National Child Day with a forum on November 17-19 at Victoria Inn, 1808 Wellington Ave.

National Child Day Forum 2015: Embracing Diversity and Nurturing Roots.

Register early

Conference information is available on the registration site, please visit it regularly for updated information.

Embracing Diversity, Nurturing Roots

*The focus of this year's forum is working with Newcomer, Immigrant and Refugee Children, Youth and Families in Manitoba*



Find out more about what's happening in your community and about Communities 4 Families .

"Like" us on Facebook!

