



Downtown Parents

Neighbourhood Corner

Wolseley Family Place

Young children have so much energy and zest for life. As a parent you want to maximize their learning potential but sometimes it can feel like it takes all your energy to keep them occupied. Wolseley Family Place offers a drop-in program where you can bring young children to play. Children love the learning space provided in the Playroom.



The staff understand that for children, play is their work. Children are allowed to explore their world and learn about the people and places around them under the supervision of the ECEs in the room.

Parents are welcome to stay with their children in the Playroom or they may participate in other activities at the centre. The families at WFP come from many

different nations around the globe and represent a variety of parenting traditions. Everyone is enriched by sharing different ideas. Respect comes as we recognize the things that are the same in all families no matter where we are from.

The Playroom operates on a drop-in basis so families can come for a whole session or just for an hour. This allows parents to fit a visit around their child's schedule. Children from infants up to 6 years of age are welcome.

The Playroom is open:

Mornings

Monday, Tuesday, Thursday
& Friday 9 - 12

Afternoons

Monday to Friday
1 - 4

Come for the session or
drop-in for an hour.

Call Wolseley Family Place at
204.788.8052
if you have any questions.

Communities 4 Families
(Downtown Parent-Child Coalition)

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Trick-or-treaters are often so excited by the fun of Halloween that they forget to follow regular safety rules as they dash around the neighbourhoods. Check out safety tips inside this newsletter.

Communities 4 Families is a coalition of parent-child agencies supporting families in downtown Winnipeg. We meet every month and welcome anyone working with families in the downtown. Our meetings are great opportunities to network and meet others interested in supporting downtown families.

Free Family Activities

Family Food Group

- 430 Langside St.
Open gym time at MERC for free play and socializing (occasional workshops) on Thursdays. Drop-in from 10am-2pm.

- 350 Spence St.
Open Field at the RecPlex on Tuesdays (from November 1st). Drop-in from 1-2:30 pm.

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.

PFSS Prenatal (for expectant moms and dads) and Baby & Me groups (for parents with children birth to 12 months)

- 555 Spence St.

Wolseley Family Place Music Circle

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

Fit Kids Healthy Kids FREE drop in

- Rec Plex, 350 Spence
Open to the community and suitable for children age 4-12. Parents and tots are also welcome. Mondays and Wednesdays 4-6 pm.

Wii Chiiwaakanak - Pow Wow Club

- Rec Plex, 350 Spence
This program is open to all families and individuals regardless of age, knowledge, and ability.

Mosaic Parent-Child Mother Goose (Drop-in)

- 397 Carlton Street
All Mosaic family programs are especially designed to meet the needs of newcomer families.
- Read stories and rhymes with your child in English and your first language.

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.

Storytelling in the Round

Sunday afternoons (2-3 pm) this fall at Millennium Library. Free drop in for families.

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. Wednesdays 9:30-11:30am (featuring "BookBridge" book exchange project and used clothing & household items sale the 1st Wednesday of every month)

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
Wednesday (except holidays) 9:00 - 10:30 a.m. individual consultations
Breastfeeding support group 10:00 - 11:30 a.m.

Women's Hospital Breastfeeding Clinic

- 735 Notre Dame Ave. 204.787.1166
Thursdays from 1:00 - 3:00 p.m. individual consultation

Breastfeeding Services

- 490 Hargrave Street
By appointment only, Mon-Fri call 204.940.2362 to book an individual consultation appointment
Saturday and Sunday call the hotline 204.788.8667 to be referred to Public Health
Saturday and Sunday 9:15-10:15 individual consultation

Valour Community Centre Isaac Brock Site

Healthy Baby Program

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

Women and Children Drop-In

- 365 McGee St.
Our Women's Drop-In is designed to build a sense of community by providing an opportunity for women to socialize and be known in a safe, supportive environment. Join us the 2nd and 4th Thursday of the month from 1 PM - 3:30 PM. With an interactive story and playtime for preschoolers of any age.

Free Public Skating

- 799 Logan Ave.
Saturdays 12:30-1:30 pm
• Sargent Park, 1111 Wall St.
Sundays Noon-1 pm

Free Swim at Cindy Klassen Recreation Complex

- 999 Sargent
Saturdays 5:00 - 6:30 pm

Agape Table for Kids

- 175 Colony
Inquire to general@agapetable.ca or call 204.783.6369
This Wednesday afternoon program focuses on educating pre-school aged children and their parent or caregiver about healthy, balanced nutritional choices and in maintaining a healthy lifestyle.

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

Find out more about what's happening in your community and about [Communities 4 Families](#).

"Like" us on Facebook

For more information:

Email:
info@communities4families.ca

Voicemail: 204.475.5755

*"Supported by Healthy Child Manitoba - Putting children and families first"
Since 2002, Communities 4 Families (C4F) has been 1 of 26 parent-child centred coalitions across Manitoba providing resources for Healthy Families and Healthy Communities.*

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

Parenting Programs

Your guide to programs for
downtown families

PARENTING

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

Nobody's Perfect Parenting Program

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

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 (also offers 1-1 Positive Discipline)
- 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)

- Pregnancy and Family Support Services
- Wolseley Family Place

Dads Program

- Better Fathers

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

How to Talk So Kids will Listen

- Wolseley Family Place

Triple P Parenting

- Wolseley Family Place



Here are a few tips to help keep children safe during Halloween fun.

- Always walk with an adult or a group of friends, not alone.
- Be visible. Wear reflective, bright colour costumes, or put reflective tape on your costume or bag.
- Avoid masks that restrict your vision. Try face paint.
- Only visit well-lit houses.
- Don't go into the house for your treats; always wait outside.
- Don't eat any treats until an adult has inspected them.
- Carry a flashlight.
- Don't criss-cross the street or run out from between parked cars.
- Watch for cars pulling out of driveways and backing up.
- Watch for open flames from jack-o-lanterns and displays.
- Don't trample through gardens or bushes. Always use pathways and sidewalks.

SOURCE: RCMP
From [CBC News MB](http://www.cbcnews.ca)

NUTRITION FOR FAMILIES

- Agape Table
204.783.6369
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/
- St. Matthews Maryland Community Ministry
204.774.3957
<http://stmatthewsmaryland.ca/>





A great way for your preschooler to be active and have fun and learn with you is for you to join a Wiggle, Giggle & Munch program.

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** 9:15-11:15
Greenway School
Call Debbie at 204.774.7298
- **Wednesdays** 10:00-noon
Wolseley Family Place
Call 204.788.8052
- **Thursdays** 1:15-3:15
John M King School
Call Ursula at 204.775.4404
- **Fridays** 1:00-3:00
Freight House Door #3
Call 204.943-4810
- **Saturdays** 10:30 - noon
Cindy Klassen
Recreation Complex
Call Roselyn at 204.775.6502

Recipe of the Day

Rustic Mashed Roots (10 servings)

a nice side dish that is a little more interesting than regular mashed potatoes

(from [Favorite Farm 2 School recipes](#))

- 1 ½ c. sodium reduced chicken or vegetable broth
- 2 large potatoes (unpeeled, washed)
- 6 medium carrots peeled and cut into ½ inch chunks
- 6 medium parsnips peeled and cut into ½ inch chunks
- 1 tbsp canola oil
- 3 tbsp fresh chopped chives
- 1 tbsp chopped fresh thyme
- ½ tsp pepper
- 1/3 c. caramelized onions (optional)
- 1 tbsp finely chopped sun dried tomatoes (optional)

Directions:

In large nonstick pan, bring broth to boil over high heat.

Add potatoes, carrots and parsnips. Bring broth back to boil. Cover, reduce heat to medium, and cook until vegetables are tender, about 15 minutes.

Drain vegetables, reserving broth. Mash vegetables, adding enough of the reserved broth to give the desired consistency, about ¼ c.

Stir in canola oil, chives, thyme and pepper. Garnish with caramelized onions and sundried tomatoes if desired.

Serve warm.

Halloween is a strange and wonderful tradition in Canadian towns and cities. Children dress in pre-packaged or homemade costumes to wander from door to door and collect treats - none of which are ever good for anyone!

So, what's this all about? Halloween was once a religious tradition, dating back a couple of thousand years. Now, while kids still go door to door, it is just as common for families to go to group Halloween celebrations or even store to store at the Mall. Watch the local news for community Halloween parties.

