



Downtown Parents

Family Week 2018

SUMMER WGM SUCCESS AT MOSAIC NEWCOMER FAMILY RESOURCE NETWORK

Amna was the lead facilitator-in training for our WGM program this summer of 2018. This was her first time running the program. As the weeks passed by, she learned a lot of new things about the program - not only the importance of physical activities and healthy eating but also the connections she made with the parents and children involved in the program. Amna made twelve observations about the program:

- The importance of connecting with a diverse group of parents and children in a fun and loving way. We have so much more in common despite cultural, linguistic and ethnic differences.
- How movement relaxes parents and children, lightens their mood and makes them happy.
- Learning about certain ethnic groups and certain languages for the first time, such as the Karen people from Burma and Thailand.
- The importance of breaking down movement skills into their building blocks and practicing those with children. Teaching children and parents movement skills like hopping, jumping, catching and throwing are the building blocks to more complex movements just as letters of the alphabet are building blocks of words and sentences.
- Team work is crucial to running a successful program. Every member of the team strives for excellence and helps team-mates wherever possible.

- Encouraging parents and children to redefine snacks as wholesome and nutritious choices instead of junk food.



...a fun place to play and learn!

- Children and their parents are encouraged to try many nutritious foods that they may have been reluctant to eat before. When fruits and vegetables are prepared and ready to eat children are encouraged to try them. They may be more inclined to try in a group as well.
- Finding creative ways to do literacy portion of the program by discovering books that are focused on movements. We used Eric Carle's beautifully illustrated and fun book, *From Head to Toe* and Michael Rosen's classic book, *We're Going on a Bear Hunt* and its adaptations "We're going on a Leaf Hunt."
- Seeing children and their parents having so much fun with "Make and Take" craft. It was so interesting to observe mothers relax while helping their children complete the crafts.
- Learning many simple, engaging and fun games though out the program, especially from Fit Kids facilitators. It takes just a bit of

Communities 4 Families
(Downtown Parent-Child Coalition)

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creativity and simple props to keep children and parents moving and having fun.

- Connecting parents to what's available locally for them and their children in the "Community Highlights" is a great way for them to find out about other interesting and relevant programs available. We talked about Story Time at local libraries and many other parenting programs available through Mosaic.
- Finally, the glue that keeps this program together and thriving is having a great mentor to guide facilitators, pointing out where things can improve and encouraging when facilitators are doing well connecting with parents and children. The most important aspect of this program is creating a safe and loving environment where every individual's needs are met.

Mosaic Newcomer Family Resource Network
397 Carlton Street
Winnipeg, Manitoba R3B 2K9
Phone: 204.774.7311
Email: MosaicInfo@mosaicnet.ca

Free Family Activities



Join us for our Outdoor Family Play program

Come and play with your children outdoors!

Watch for more details in the coming months.

Oct 5
celebrating National Family Week @ Vimy Ridge Park

November 9

December 7

January 11

February 8

March 15

Folk for Families

Bring the little folks out for a Saturday of singing and dancing! Just drop in! Fun for the whole family.

@MILLENNIUM LIBRARY
Saturday, Oct.13: 2-3 pm

Check It Out!

This mobile program is open to all ages. Browse and check out books biweekly, and drop in for games, activities and crafts!

@DUFFERIN SCHOOL (LOBBY) 545 Alexander Ave
Mondays: 2:30-4:30 pm
Oct. 1 & 15 & 29

Book to Movie Days for Kids Ferdinand

After Ferdinand, a bull with a big heart, is mistaken for a dangerous beast, he is captured and torn from his home. Determined to return to his family, he rallies a misfit team on the ultimate adventure. Inspired by the classic picture book *The story of Ferdinand* by Munro Leaf. 106 min. Rated G.

@MILLENNIUM LIBRARY
(registration required)
Friday, Oct. 19: 1:30-3:15

Baby Rhyme Time

Discover the joy of songs, finger plays, simple books and bouncing rhymes. Please bring a small blanket to place on the floor for your baby. Ages newborn to 24 months and caregiver. 20-30 minutes (registration required)

@MILLENNIUM LIBRARY
Wednesdays: 11-11:30 am
Wednesdays: 1-1:30 pm
@HARVEY SMITH (WEST END) LIBRARY
Mondays: 10:30-11 am

Time for Twos

Explore the world of picture books, rhymes, finger plays and felt stories. Ages 24-36 months and caregiver. 20-30 minutes. (registration required)

@MILLENNIUM LIBRARY

Thursdays: 2-2:30 pm

Family Story Time

Stories, rhymes and activities geared primarily for children 3-5 years but everyone can join in the fun! For the whole family.

Drop in to the family Story Times below:

- **MILLENNIUM LIBRARY**
Tuesdays: 10:30-11:00 am
Saturdays: 11-11:30 am
- **HARVEY SMITH (WEST END LIBRARY)**
Fridays: 10:30-11 am

Free Skating

PIONEER, 799 Logan Ave.
Saturdays
Sept. 29 - Dec. 15
12:30-1:30pm

SARGENT PARK, 1111 Wall
Sundays
Sept. 30- Dec. 16 12:00-1:00pm

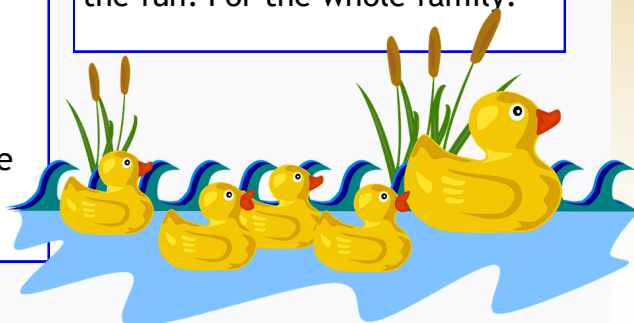
Free Swim

CINDY KLASSEN RECREATION COMPLEX, 999 Sargent Ave.
Sept.30 - Dec. 10 5:00-6:30 pm

KINSMEN SHERBROOK POOL
381 Sherbrook St
Sept.30 - Dec. 10
Fridays 1-5 pm
Saturdays 2:30-5 pm

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.



"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

Nobody's Perfect Parenting Program

- Family Dynamics
- Mosaic (for newcomer parents)
- Thrive Community Support Circle
- Wolseley Family Place

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

- Mosaic

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

- Mosaic
- Wolseley Family Place

Dads Programs

- Better Fathers
- Mosaic (for newcomer dads)
- Thrive Community Support Circle (Wellness & Health Action for Men)

Circle of Security

- New Directions Parenting Centre
- Thrive Community Support Circle

Parents Exploring Anger

(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

Working with CFS

- Thrive Community Support Circle

Having a good visit with your child in care

- New Directions Parenting Centre

HIPPY (Home Instruction for Parents of Preschool Youngsters)

- Mosaic

Pre/post natal

- Freight House
- Knox Centre
- Orioles Community Centre
- Thrive Community Support Circle
- West Central Women's Resource Centre
- Wolseley Family Place

Wahkohtowin Stengthening Families

- Spence Neighbourhood Association

Winnipeg Inner City Mission

- Learn and Play

St. Matthews Maryland Community Ministry

- Family Connections

Theraplay

- New Directions Parenting Centre

Your guide to programs for downtown families

PARENTING

- Aurora Family Therapy
204.786.9251
www.aurorafamilytherapy.com
- Better Fathers
204. 782.7987
www.betterfathersinc.com
- Family Dynamics
204.947.1401
www.familydynamics.ca
- Mosaic Newcomer Family Resource Network
204.774.7311
www.mosaicnet.ca
- New Directions Parenting Centre
204.786.7051
www.newdirections.mb.ca
- Thrive Community Support Circle
204.772.9091
www.pfsswinnipeg.com
- Winnipeg Inner City Missions
204.942.8682
www.wicm.ca
- Wolseley Family Place
204.788.8052
www.wolseleyfamilyplace.com

NUTRITION FOR FAMILIES

- Agape Table
204.783.6369
www.agapetable.ca
- Breastfeeding Buddies
204.940.6669
www.wrha.mb.ca/breastfeeding/clinics.php
- Family Food Group
204.772.5946
www.familyfoodgroup.wordpress.com/
- Healthy Start for Mom and Me
204.949.5350
www.hsmm.ca/wp/
- St. Matthews Maryland Community Ministry
204.774.3957
www.stmatthewsmaryland.ca





A great way for your pre-schooler 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:

- **Tuesdays** 9:15-11:15
Greenway School
Call Jacquie at 204.774.7298
- **Tuesdays** 1-3
Dufferin School
Call Megan at 204.774.3409
- **Tuesdays** 1:15-3:15
Sister MacNamara School
Call 204.942.6965
- **Wednesdays** 10:00-noon
Wolseley Family Place
Call Nadine at 204.788.8052
- **Wednesdays** 1:00-3:00
Aurora Family Counseling
Syrian group (closed group,
call for location information)
Call 204.789.4259



Fun Hallowe'en Facts

- Halloween is correctly spelt as Hallowe'en.
- Hallowe'en is one of the oldest celebrations in the world, dating back over 2000 years to the time of the Celts who lived in Britain.
- Hallowe'en was originally a Celtic holiday celebrated on October 31.
- Jack o' Lanterns originated in Ireland where people placed candles in hollowed-out turnips to keep away spirits and ghosts on the Samhain holiday.
- Hallowe'en was brought to North America by immigrants from Europe who would celebrate the harvest around a bonfire, share ghost stories, sing, dance and tell fortunes.
- The ancient Celts thought that spirits and ghosts roamed the countryside on Hallowe'en night. They began wearing masks and costumes to avoid being recognized as human.
- There really are so-called vampire bats, but they're not from Transylvania. They live in Central and South America and feed on the blood of cattle, horses and birds.
- Hallowe'en is also know by other names: All Hallows Eve, Samhain, All Hallowtide, The Feast of the Dead, The Day of the Dead
- Hallowe'en is Oct. 31 - the last day of the Celtic calendar. It actually was a pagan holiday honoring the dead.
- There are no words in the English dictionary that rhyme with orange, the color of a

