

# Downtown Parents

[www.communities4families.ca](http://www.communities4families.ca)

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We are in very strange times. Some of us are spending most of our days working on computers at home, trying to keep our families happy at the same time. Some have even become experts at helping children learn while they are not in school. Others are unsure if we will have jobs and are worried about the future. It is a stressful time for many. In this newsletter, we share some simple ideas for your family and support that you can find downtown that might help in a difficult time.

While we may be overwhelmed with the many different online options available to use for work, for your family, or for your own education, there are also some really nice resources that are being developed especially for this time. We've tried to list some online sources of help for coping and stress management, some support you can find for mental health, as well as some downtown agencies that are doing online visits and groups for families. We're all new to this, so we're learning as we go.

Come join us!

Communities 4 Families  
(Downtown Parent-Child Coalition)

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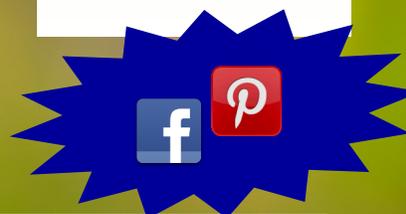
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Find out more about what's happening in your community and about Communities 4 Families.

"Like" us on Facebook!



## Family Programs

# Healthy Start Weekly Virtual Groups



**Mondays**  
11:00-11:30 AM

### Wiggle, Giggle & Munch

Caregivers and kids ages 1 to 4  
Have fun and burn off some energy during this literacy and active play group

**Tuesdays**  
1:30-2:00 PM

### Pregnancy Group

Join an outreach worker, public health nurse and registered dietitian present pregnancy topics and answer your questions



**Wednesdays**  
1:30-2:00 PM

### In the Kitchen with the Dietitian

Join a Healthy Start dietitian to learn about preparing food, feeding yourself and your baby

**Thursdays**  
1:30-2:00 PM

### Parent & Baby Group (baby up to 1)

Join an outreach worker, public health nurse, and registered dietitian present on various topics and answer your questions



To register for any session, please email [tech@hsmm.ca](mailto:tech@hsmm.ca)

To participate by phone, please call 204-949-5350

Winnipeg School Division is providing Chromebooks and 600 cellular enabled iPads for families within the division to assist with their home learning needs. Contact your school principal for more information.

Nutrition support essential during home-learning. With classes suspended due to the COVID-19 pandemic, R.B Russell Vocational High School and Technical Vocational High School have been selected to put together food hampers to feed thousands of Winnipeg School Division students who depend on school meal programs. Contact your school principal for more information.

# VIRTUAL F&ST PROGRAM



**JOIN US FOR 8 WEEKS FOR A FULL FAMILY PROGRAM!**

**ARE YOU LOOKING FOR FUN, FAMILY ACTIVITIES YOU CAN DO FROM HOME?**

**THE F&ST PROGRAM IN OUR NEW ONLINE FORMAT MAY BE WHAT YOU ARE LOOKING FOR!**

**PROGRAMMING ONLINE OR OVER THE PHONE!**



**GROCERIES AND A RECIPE FOR A WEEKLY MEAL CHOSEN BY YOU AND PROVIDED BY US!**

**EXPAND YOUR PEER SUPPORT NETWORK BY CONNECTING WITH OTHER PARENTS!**



**FUN ACTIVITIES PROVIDED BY US FOR YOU AND YOUR FAMILY TO DO TOGETHER EACH WEEK!**

**THE F&ST PROGRAM WANTS TO HELP CREATE WEEKLY INTENTIONAL FAMILY TIME, CULTIVATE PEER SUPPORT, AND SUPPORT YOUR FAMILY THROUGH THIS UNPRECEDENTED TIME.**

**IF YOU ARE INTERESTED PLEASE CHECK OUT THE FAMILY DYNAMICS WEBSITE FOR MORE INFORMATION.**



[HTTPS://FAMILYDYNAMICS.CA/SERVICES/FAMILIES-AND-SCHOOLS-TOGETHER/](https://familydynamics.ca/services/families-and-schools-together/)

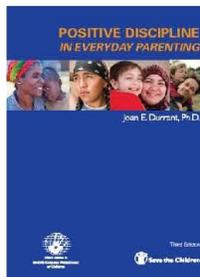
# Family Programs

**ONLINE MOSAIC FAMILY PROGRAMS (by Cell phone or Computer)** – Due to the current COVID-19 situation, we are going to deliver online programming this summer until further notice.

All of our programs are **Free**.

**ONLINE (by CELL PHONE OR COMPUTER)**

*Summer Programs 2020*



**PDEP PROBLEM SOLVING SESSION FOR PARENTS**

*(for anyone who has attended a PDEP group)*

**Wednesdays**

July 8 - 29

10:00 - 11:30 am

To register: Please email Maisa'a at

[MAhmad@mosaicnet.ca](mailto:MAhmad@mosaicnet.ca)

Or phone: 204-774-7311

**PDEP 1-1 Program in First Language**

*( limited spots available )*

Please email [MAhmad@mosaicnet.ca](mailto:MAhmad@mosaicnet.ca) or visit [www.mosaicnet.ca/news/1-1](http://www.mosaicnet.ca/news/1-1) for more information.



To register: Please email Melinda at

[mpascual@mosaicnet.ca](mailto:mpascual@mosaicnet.ca)

Or phone: 204-774-7311

**Tuesdays**

June 23 - July 28

1:00 - 2:00 pm

**Thursdays**

June 25 - July 30

1:00 - 2:00 pm

**Contact us for more information :**

Mosaic Newcomer Family Resource Network: Phone # 204-774-7311

**[www.mosaicnet.ca](http://www.mosaicnet.ca)**

Hours: 8:30 am - 4:00 pm (Mon - Fri)

# Family Programs

**ONLINE (by CELL PHONE OR COMPUTER)**

*Summer Programs 2020*



To register: Please email Gabriela at  
[GGalli@mosaicnet.ca](mailto:GGalli@mosaicnet.ca)  
Or phone: 204-774-7311

**Tuesdays**

July 7 - July 28  
2:00 - 3:00 pm

**Thursdays**

July 9- July 30  
10:00 - 11:00 am



***Play to Learn, Learn to Play***

*Enjoy learning and playing with your child and  
with other parents*

To register: Please email Melinda at  
[mpascual@mosaicnet.ca](mailto:mpascual@mosaicnet.ca)  
Or phone: 204-774-7311

**Wednesdays**

June 24 - July 29  
1:00 - 2:00 pm

Contact us for more information :

Mosaic Newcomer Family Resource Network : Phone # 204-774-7311

**[www.mosaicnet.ca](http://www.mosaicnet.ca)**

Hours: 8:30 am - 4:00 pm (Mon - Fri)

# Family Programs

## Wiggle, Giggle ZOOM

With Bev and Katherine  
Thursday Mornings at 10:30 am

Kids and caregivers join us!  
We will be doing an activity to get the kiddos movin' n groovin' and giving the grown ups space to share and connect with community. It'll be fun for the family.

email: [parenting@wfpwpg.ca](mailto:parenting@wfpwpg.ca)  
for the link to the ZOOM room

### Wolseley Family Place Virtual Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<a href="#">Music Circle with Danielle on Facebook</a>			<a href="#">Wiggle, Giggle ZOOM with Bev &amp; Katherine 10:30am</a>	
	<a href="#">New Realities Virtual Workshop on Facebook</a>		<a href="#">New Realities Virtual Workshop on Facebook</a>	
<a href="#">Food Connections Recipe of the Week on Facebook</a>	<a href="#">art inK at Home on Facebook</a>	<a href="#">Parenting Tip of the Week on Facebook</a>	<a href="#">Playroom Presents on Facebook</a>	<a href="#">Virtual Drop-in 2:30-3pm</a>

We have ZOOM rooms and Facebook posts from all your favorite programs daily. Click on the links to connect with Us!

## Wolseley Family Place

Go to our [Facebook page](#) or call 204.560.3141 for more information.





AURORA FAMILY THERAPY PRESENTS

# Circle of Security Parenting Group

AN 8 WEEK PROGRAM FOR COUPLES WHO ARE  
PARENTING TO REFLECT & LEARN SKILLS TO HAVE A  
MORE SECURE RELATIONSHIP TO A CHILD IN THEIR LIFE



Wednesdays 7:30-9:00 pm  
Starting June 10 pending registration  
Sessions on Zoom; Free of charge

For inquiries or to reserve your spot please call  
204.333.7845 or email  
[anderson-warkent-s62@webmail.uwinnipeg.ca](mailto:anderson-warkent-s62@webmail.uwinnipeg.ca)



# Mental Health

## Free counselling and health services to Manitobans of all ages during COVID-19 Pandemic

Here is a list of free services that are open to the public and available right now:

[Aulneau Renewal](#) Centre is offering wellness checks, staffed by counsellors, on the phone and online for anyone who may have anxiety, feel socially isolated and/or have uneasy feelings during this pandemic. Services are open to anyone 16 years and older. For a wellness check-in, call 204.987.7090 or complete your form at [aulneau.com](http://aulneau.com).

Sara Riel Inc. is offering three services remotely, on the phone, to anyone 18 years and older:

- The Seneca Warm Line: a 24 hour phone line available to anyone who is looking to sort their thoughts and feelings with a peer who has experience with addiction and mental health challenges. Call 204.947.9276 or 204.231.0217
- The Employment Warm Line: for anyone experiencing a challenging financial time or in need of employment, this phone line can help you with your employment issues at this uncertain time. Call 204.237.9263, ext. 137
- The Employer Warm Line: this phone line is open to managers and employers to help provide resources and guidance on wellness services for themselves and their workforce during this unprecedented time. Call 204.237.9263, ext. 125

[Youville Centre](#) is offering mental health and health services such as counselling, dietician consult, information on sexual health and much more, for people of all ages (youth, teen and adults). Call 204.255.4840

[Klinik Crisis Support](#) Program operates a variety of crisis phone lines and online support services, providing free and confidential counselling, support and referrals for people who are suicidal, in crisis or struggling to cope. Phone: 204.786.8686  
Toll free: 1.888.322.3019 / TTY: 204.784.4097

MY HEALTH TEAM  
River Heights/Fort Garry

access  
FORT GARRY  
Manitoba

Looking to learn positive ways to manage stress during the pandemic?

**COPING WITH COVID-19**

A Virtual Support group to help you cope during these challenging times

JOIN US THURSDAYS  
May 14 – June 18 1:30 – 2:30pm

Sessions will be held virtually, so to participate, clients will need access to a smart phone, tablet or computer

To register please call 204-940-7452

**First Nations and Inuit Hope for Wellness Help Line** – Counselling available in English and French - upon request, in Cree, Ojibway, and Inuktitut 1.855.242.3310

**Manitoba Association of Women's Shelter's** confidential provincial toll-free crisis line. 1.877.977.0007

[Manitoba Suicide Prevention & Support Line](#)  
Toll free: 1.877.435.7170  
TTY: 204.784.4097

And for kids:

[Big Feelings Come and Go](#) (Storybook)  
Read aloud version of the book coming soon to YouTube!

[Making Sense of Trauma Practical Tools for Responding to Children and Youth](#)

[Big Bird's comfy cozy nest](#)

[Just Breathe](#)

[Why do we lose control of our emotions?](#)

# Uncertainty...Change

## How does this effect our Mental Health?

We're slowly moving forward into a phrase of uncertainty and change with Covid-19. There is a slow progress of businesses re-opening and people going out more. Is it SAFE? Many of us are asking that question. Truth is we don't know for certain but one guarantee in life, we face change everyday. There are no right or wrong answers. Listen to what you are saying and how you are feeling. Get real with yourself and others and talk about it. Open up that conversation.

Talk can help you

- understand your mental health
- define and reach wellness goals
- overcome fears or insecurities
- cope with stress
- make sense of past experiences
- identify triggers
- improve relationships with family and friends
- establish a stable, dependable routine
- develop a plan for coping with crises
- understand why things bother you and what you can do about them
- and remember...

**You are not alone**



Email: [sandakalasararakone@thrivewpg.com](mailto:sandakalasararakone@thrivewpg.com) Text only: 204-809-4011  
Viber:431-804-7843 (Thrive community) Skype: Thrive Community

## Other Health



**DON'T  
PUT YOUR  
HEALTH  
ON HOLD**

**Call your doctor's office.**  
Manitoba doctors are here to help their patients in new ways during COVID-19.  
CallYourDoctor.ca

**Doctors  
& Manitoba**

Don't have a family doctor? Call [Family Doctor Finder](#)

**Family Doctor Finder**  
Phone: 204.786.7111  
Toll-free 1.866.690.8260

Unsure of where to go? Call [Health Links](#)  
204.788.8200 • 1.888.315.9257

Don't have a doctor or doctor not available?  
[Walk In Connected Care](#) sites are still open

### COVID-19 Screening Tool

COVID-19 testing locations will now operate on a self-referral basis.

Individuals who are unsure if they need to be tested are advised to refer to the [online screening tool](#) or to call Health Links- Info Santé at 204.788.8200 or toll-free at 1.888.315.9257 for guidance.

The Screening Tool is available in Interactive Voice Response (IVR) format.  
Call 1.877.308.9038

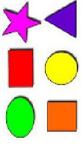
Should I get tested for COVID-19? (May 25, 2020) - new languages added

- [English](#)
- [French](#)
- [Arabic](#)
- [Cantonese](#)
- [Korean](#)
- [Kurdish](#)
- [Low German](#)
- [Mandarin](#)
- [Punjabi](#)
- [Somali](#)
- [Swahili](#)
- [Tagalog](#)
- [Vietnamese](#)

For the most up-to-date, factual, information on COVID-19 please visit [link](#).



## WE CAN DO THIS. ONE DAY AT A TIME. IT HELPS TO PLAY ONCE A DAY.

	MON	TUE	WED	THU	FRI	SAT
<b>JUNE</b>						
<b>SUN</b>						
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Plant a seed. Water it. Watch it grow this month!	Hide an object and go on a hunt. Ask for clues.	Snuggle up and read a book together.	Put on your favourite songs and dance before dinner!	Go for a walk at your favourite park.	Play hide and seek together.	Play nature eye spy!
						
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Water your seed. How big is it now?	Go for an ABC hunt. Find as many letters as you can!	Count the stairs at your home. How many can you climb?	Make smoothies! Stir together yogurt and fruit. Yum.	Help out. Put laundry in the hamper. Tidy your toys.	Make up a silly story. Share it with your family.	Draw pictures to go with your silly story!
						
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Give your loved ones a great big hug. It's so special to have each other.	Sing along to your favourite song or nursery rhyme.	Build a tower out of recyclable containers, pots & pans.	Find 3 rolled up socks and a box. Play basketball toss.	Create a maze out of pillows, socks, containers. Jump, hop & crawl through.	Go on a treasure hunt. Collect leaves, rocks and small sticks.	Paint rocks!
						
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Find 3 different flowers. Name their colours.	Colour inside your fort.	Find shapes in the clouds.	Have a picnic outside.	Make music outside.	Draw 3 shapes you like. Colour and decorate them.	See if you can spot 5 different birds outside. Tweet tweet!
						
<b>28</b>	<b>29</b>	<b>30</b>				
Draw with crayons.	Jump in a sprinkler!	Play in a sandbox. Bring scoops, cups and a pail.				
						