



Downtown Parents

E-mail: info@communities4families.ca

From Our Chairperson

www.communities4families.ca

Recently I've been facilitating a few groups in our community and happened to be thinking about what our children might need from us during these strange times such as a pandemic.

This Circle of Security parenting during a pandemic graphic was designed to offer direction and clarity about how necessary empathetic caregivers are to children. The goal with all COS materials is to give caregivers a sense of clear direction and encouragement while they offer themselves as a valuable resource.

When children are able to share their fears with caregivers, they can help to regulate their feelings of helplessness. During this unknown time, it is even more essential to be bigger, stronger, wiser and kind. Offer yourself as the

means to help your child manage their fears and sense of powerlessness. All your child wants is YOU!

There are still spots in our Wednesday morning (9:30-11:30) Zoom sessions if you register as soon as possible. The program begins November 4. You must be able to commit to 8 weeks.

Jess Smith,
Director Thrive Child Care
and Chair of Communities 4 Families
204.779.5093

PS. I was fortunate enough to receive Circle of Security facilitator training through Communities 4 Families.

Communities 4 Families
(Downtown Parent-
Child Coalition)

Volume 10, Issue 3
November 2020

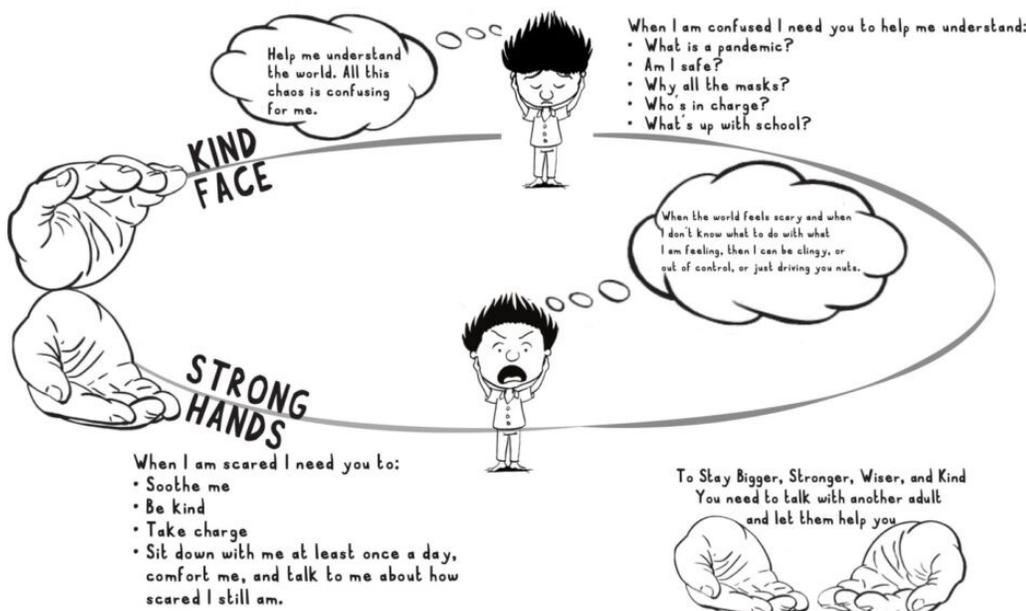
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Circle of Security

During a Pandemic

Helping Children Feel Safe by Being Bigger, Stronger, Wiser, and Kind



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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

Healthy Start Weekly Virtual Groups

**Wiggle,
Giggle &
Munch**



**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 PM**

Pregnancy Group

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



**Wednesdays
1:30 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 PM**

Parent & Baby Group (baby up to 1)

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



To register for any group, please email tech@hsmm.ca

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

Family Programs



VILLA ROSA

Villa Rosa is a residence for pregnant and postpartum individuals. We offer a full time school program through the Winnipeg School Division along with a number of pre-natal, parenting and personal growth programs. Currently our programs are in-person, but at this time we are only offering them to the individuals that are residing with us due to COVID-19. We provide support during and after pregnancy and provide assistance to plan for their future.

We also have an outreach program that is offered to past Villa Rosa participants which provides them with ongoing support in the community.

As of November 2020, we have space in our program, but are operating at a lower residential capacity to allow for private rooms. For more information on our programs please contact our Intake Social Worker at 204.786.5741 ext 223.



A FREE ONLINE COOKING AND LITERACY PROGRAM
FOR CHILDREN AND THEIR CAREGIVERS

FUN IN THE KITCHEN

SATURDAY * SUNDAY * 1:30 - 3:00 PM
STARTING NOVEMBER 14TH

- Must be living in Downtown Winnipeg Area
- Caregivers with children ages 0-6
- Materials and ingredients will be provided

TO REGISTER CONTACT: ROSELYN ADVINCULA
ROSELYN_ADVINCULA@YAHOO.CA

Coalition of Filipino Canadians
for Stronger Families



If children feel safe,
they can take risks,
ask questions, make
mistakes, learn to
trust, share their
feelings, and grow.

Alfie Kohn
(Punished By Rewards)

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 FALL until further notice.

All of our programs are **Free**.

ONLINE (by CELL PHONE OR COMPUTER) *Fall Programs 2020*



To register:

Please email Maisa'a at
MAhmad@mosaicnet.ca
Or phone: 204-774-7311

Positive Discipline in Everyday Parenting (PDEP) was designed to help parents learn how to teach children effectively, while respecting their rights. It's an approach that can guide all interactions with children, not just the challenging ones, to promote healthy child development and strong parent-child relationships.

Wednesdays

Sept 30 - Dec 9 (no session on Nov 11)
1:30 - 3:30 pm

Thursdays

Oct 1 - Dec 3
9:30 - 11:30 am

PDEP 1-1 Program in First Language

(limited spots available)

Please email MAhmad@mosaicnet.ca or visit
www.mosaicnet.ca/news/1-1 for more information.



Wiggle, Giggle & Munch is a drop-in program that offers parents and their toddlers and pre-schoolers time for active play and healthy snack.

Tuesdays

Oct 6 - Nov 10
1:30 - 2:30 pm

To register:

Please email Melinda at
MPascual@mosaicnet.ca
Or phone: 204-774-7311

Contact us for more information :

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

www.mosaicnet.ca

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

Family Programs

ONLINE (by CELL PHONE OR COMPUTER)

Fall Programs 2020



Parent Child Mother Goose

Parent Child Mother Goose is a playful program where parents and children sing, rhyme and tell stories together in English and your first language.

Wednesdays

Oct 7 - Nov 18 (no session on Nov 11)

10:30 - 11:30 am

To register:

Please email Melinda at
MPascual@mosaicnet.ca
Or phone: 204-774-7311



Play to Learn, Learn to Play

Play to Learn Learn to Play is a family learning model based on the value of play. Parents explore play from many points of view, from educational to social and emotional. Parents are encouraged to see the value of play in their children's lives, as well as their own.

Thursdays

Oct 8 - Nov 5

10:30 - 11:30 am

To register:

Please email Melinda at
MPascual@mosaicnet.ca
Or phone: 204-774-7311

Contact us for more information :

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Family Programs

ONLINE (by CELL PHONE OR COMPUTER)

Fall Programs 2020



Rhymes and songs in English and your language; time to talk about being a parent in Canada.

To register: Please email Gabriela at
GGalli@mosaicnet.ca
Or phone: 204-774-7311

Tuesdays

Oct 20-Dec 8
10:00-11:00 am

Thursdays

Oct 8– Nov 26
6:00-7:00 pm



Grandfriends

Seniors will engage with intergenerational buddies and each other in a variety of ways using technology and phone calls. We will be sharing stories, activities and fun together.

Fridays

Oct 16 - Dec 4
11:00-12:00 noon

To register: Please email Gabriela at
GGalli@mosaicnet.ca
Or phone: 204-774-7311

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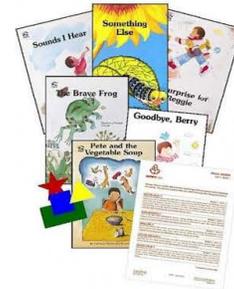
Family Programs



Are you a Newcomer to Canada?
Do you have a 3, 4, or 5 year old?
Are you willing to spend 15 min a day working with your
child and preparing them for Kindergarten?

IF YES, HIPPY IS JUST FOR YOU!

- *One day a week, meeting online with a home visitor (on Zoom or WhatsApp)*
- *Activity packets and story books delivered to your home*
- *HIPPY schedule follows the school year calendar*
- *Monthly virtual HIPPY meetings*



To register: Please email Reem at RAbdulkader@mosaicnet.ca
HIPPY office: 204-510-8216

Contact us for more information :

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

www.mosaicnet.ca

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

Family Programs



JOIN US ON ZOOM! MONDAYS FROM 10AM - 10:30AM

MUSIC CIRCLE IS BACK ON MONDAY, OCTOBER 19TH

NO REGISTRATION NECESSARY. JOIN US USING THE LINK!

[Click here to join us for Music Circle](#)

202-222 Furby St.
204.560.3141



Email: admin@wfpwpg.ca
www.wolseleyfamilyplace.com

A new season for art inK has begun.

On October 13th the art program, for parents of young children, will meet at Wolseley Family Place every Tuesday afternoon from 2:00-3:30 to make art together. Hope you can join us!

OUTDOOR PLAY



Come join Wolseley Family Place in the rain, snow or shine! We will explore, build and create every Wednesday in nature.

LOCATION: Broadway Neighbourhood Centre (185 Young Street)

WHEN: Wednesday mornings from 10 - 11

No registration necessary.

Please call the Playroom at 204-560-3151 if you have any questions or need warm weather gear.

Why play outside?

- Improves mental and physical health
- Promotes creativity and exploration
- More freedom to be loud and move!

What do you bring?



Weather appropriate clothing!

All government health guidelines will be followed.
Please attend only if you're feeling well and ready to explore!

Family Programs



OUTDOOR

Wiggle,
Giggle &
Munch



Join Greenway School in exploring, jumping, and munching outside all November long.

Location: Greenway School (390 Burnell St.)
Join us at the field closest to the Burnell & St. Matthew's intersection.

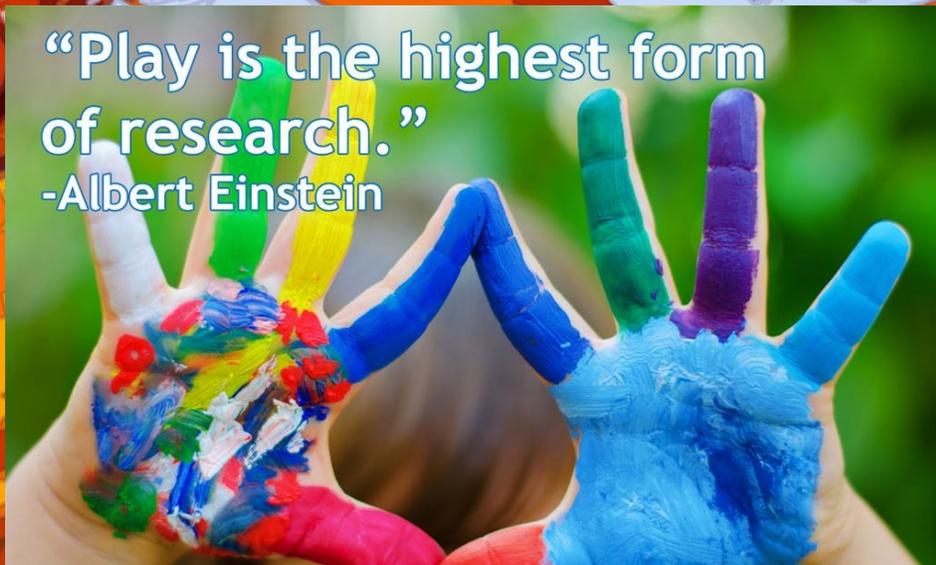
Time: Thursdays 9:15-11:15AM
from November 5th - 29th

All Covid-19 health guidelines will be followed. Please only join us if you are feeling well and ready to wiggle!



Contact Lisa (Community Support Worker) at 204-775-2455 for any questions.

“Play is the highest form of research.”
-Albert Einstein



NEW DIRECTIONS



Our therapy/counselling services are ongoing but in response to COVID restrictions we have moved to mostly virtual and phone sessions with some limited in-person sessions as needed.

We have added our Drop-In Phone Counselling service where parents, foster parents and caregivers are able to call 204.786.7051 ext. 2560 or 1.866.242.0252, M-F 8:30AM-4:30PM and be connected with one of our counsellors/clinicians who will be staffing these lines for a counselling session.



WOLSELEY FAMILY PLACE

Crossways in Common
202-222 Furby Street, Winnipeg MB R3C 2A7
Phone: 204.560.3141
Email: admin@wfpwpg.ca
www.wolseleyfamilyplace.com

New Realities Workshops

Fine Lines is a workshop series that gently invites participants to explore some of the difficult emotions and experiences we encounter in our interaction with others. The series builds through a process of understanding, acceptance and letting go of these challenges in order to find a place of freedom.

Tuesday mornings 9:00 am - 12:00 pm
November 10th to December 15th

Getting Along is a workshop about family relationships. Using principles that have been developed through the previous series, this set of sessions provides opportunities for participants to apply their skills to their own situations.

Thursday mornings 9:00 am - 12:00pm
November 12th to December 17th

To register for the workshops, please call Melissa at 204.560.3149.

Childcare is available.
Snacks are part of every session!
All services are free of charge.



FAMILY FLU CLINICS

Downtown West Public Health is planning to offer public flu clinics targeted to support families with children 7 years of age or younger.

Dates, times and locations are:

- November 20, 2020 - at 755 Portage Ave, WRHA Health and Social Services
1:00 - 7:00 PM
- November 26, 2020 - at Orioles Community Centre, 448 Burnell St.
3:00-7:00 PM
- December 3, 2020 - at 755 Portage Ave, WRHA Health and Social Services
4:00 - 7:00 PM

The public are also being encouraged to arrange for immunizations through their primary care providers and pharmacies rather than waiting for our clinics. Most pharmacies can give flu shots to children over the age of 7 and adults.



NOVEMBER

It helps to play once a day. One day soon, we will all play together again!

SUN

MON

TUE

WED

THU

FRI

SAT

1 Snuggle and read!



2 Draw your favourite winter animals!



3 Walk outside with your warmest mittens & socks



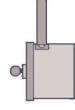
4 Have a dance party!



5 Help set the table!



6 Music in the kitchen!



7 Make a family tree!



8 Play hide and go seek outdoors!



9 Everyone trace your hand. Whose hand is whose?



10 Build a fort with sheets and towels!



11 Bake something sweet!



12 Show and tell your favourite thing!



13 Colour with markers and crayons!



14 Bring the outside in! Snow, acorns, pinecones. Now create!



15 Help fold the laundry!



16 Make snow angels with your family!



17 Eye spy something that is blue, red, and yellow!



18 Try a new flavour or food as a family!



19 Play go fish!



20 Musical chairs or pillows



21 Hide an object. Give your family clues to find it!



22 Write a story! Once upon a time...



23 Make ice blocks with empty milk jugs. Colour with food colouring then freeze!



24 Learn a nursery rhyme or song!



25 Make a house out of cards!



26 Build a snow fort!



27 Play dress up!



28 Look for different paw and footprints outside! How many can you find?



29 Make a sock puppet!



30 Build a tower out of recyclable containers.

