



ALL NATIONS FAMILY RESOURCE CENTRE

FALL NEWSLETTER

September / October / November / December 2013

OUR COMMITMENT:

As a Resource Centre of ANCR, we work to empower families using a strength-based approach. We are committed to supporting families and children in achieving mental, physical and emotional well-being in ways that recognize and respect all cultures.

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Dates to Remember:

- September 2—Labour Day
- September 14—Yom Kippur
- September 22—September Equinox
- October 14—Thanksgiving Day
- October 31—Halloween
- November 3—Daylight Saving Time Ends
- November 5—Muharram/ Islamic New Year
- November 11—Remembrance Day
- December 21—December Solstice
- December 25—Christmas
- December 26—Boxing Day
- December 31 New Year's Eve

Happy Autumn everyone!

At the All Nations Family Resource Centre we have enjoyed a full and exciting spring and summer. Our calendar allowed us to enjoy fun, family activities including a visit to the Children's Museum, Tinkertown, The Manitoba Museum and the Assiniboine Park Zoo. Summer is a great time to try new activities. As we turn toward the fall season, we begin to think about return to school, routines, and setting goals and challenges for the year.



You will see from our calendar that we have many great programs and workshops and outings planned for the fall. We plan to take families on even more fun family friendly adventures around Winnipeg. We hope you will be able to join us. We wish you all a fun, healthy and safe fall season and success in the goals you pursue.

ANFRC will be closed on the following dates:

***September 27, 2013
November 1, 2013
December 12, 2013
December 20, 2013***

Resource Centre Staff

Admin	Harold	204-944-4268
Social Worker	Fran	204-944-4271
Social Worker	Joanne	204-944-6735
Social Worker	Omar	204-944-4572
Social Worker	Ariel	204-944-4465
Nurse	Lois	204-944-4594

My Story - by Nicole



Maybe some of you can relate to my story. Many of us women at some time in our lives have been hurt in some way by a man. It could have been sexual, physical or emotional abuse.

At the age of 18 I had my first child. I had known my baby's dad since I was 8 years old. After my first son was born my baby's dad started to slap me and it got worse until he eventually tried to take my life. I never told my family and they never knew because he never hit me in the face and I could always cover up the bruises. I only wanted him to love me. I left him when I was 19 but ended up coming back to him. I lost all my friends because of this relationship. I gave him two beautiful sons and in return he made me feel ugly and worthless. As scared as I was I never made a report to the police. I was the one to go to work to support him and my children. He cheated on me and it took an STD passed to me to realize the truth behind his cheating.

I left him at 24 and met man who made things better for a while. We had a child together as well as bought a house and a car. We were together for four years before he cheated on me. He left 2 months before our second child was born.

I was so shocked and hurt that I went into a depression. I had no money and quit my job. I felt

like just giving up. A woman I knew told me she went through a similar situation and told me to contact All Nations Child Coordinated Response Network (ANCR). I didn't want to ask for support from Child and Family Services because I always thought they took children away from their families. Calling ANCR was the best thing that I did in my life, for myself and mostly for my children. I got counselling and help with food. I joined a women's self care group which I had to take a few times to really help me, to have everything to finally sink in. I also began to understand what a healthy relationship is with a real good man. I look at myself now and love myself and really kick myself for allowing unhealthy men to hurt me for so long.

I'm sharing bits and pieces of my story to let others know change can happen. I am a single mother with 5 children. Today I go to university full time to become a teacher. I may have been abused and gone through a lot in my life, but I didn't let anyone break me.

If I can do it....so can others. - Nicole

"Even if something is left undone, everyone must take time to sit still and watch the leaves turn."

Elizabeth Lawrence

With the fall season underway, many seasonal stressors are added to our lives. Our children are heading back to school and we are getting ready for the winter months ahead.

Coping with Stress

Here are a few tips for you to use when your feeling stressed:

1) Let the feelings out. Parents with children just starting school or beginning at a new school; may feel sad or afraid of letting their children go. Talk to a family member or friend about how you are feeling, or write in a journal. Focus on getting the feelings out so they don't weigh you down.

2) Smile and laugh. Feel-good chemicals flood into the blood stream to replace the stress chemicals, leaving you feeling

happier and more relaxed.

3) Make to-do lists. It helps to name the sources of stress and to deal with them one by one. Making your list the night before can lead to a less stressful morning.

4) Stretch or take a walk. Make an effort to gently loosen up tense muscles. Your body will thank you.

For more info check out this Government of Canada website: <http://www.hc-sc.gc.ca/hl-vs/iyh-vsv/life-vie/stress-eng.php>

Thank You!

We have been very fortunate at the All Nations Family Resource Centre to have two Faculty of Social Work students for the Spring/Summer of 2013.

Marie will be graduating with her BSW from the University of Manitoba 2013. Justin will be completing his final year in the Social Work

program at Booth College.

While they were with us Marie and Justin developed and delivered a very successful program for Youth titled "Through the Lens". We've all enjoyed working with Marie and Justin during their placement.

We wish them well in their future endeavors.



Open Programs Call 204-944-4268 to register



Nobody's Perfect - 7 week program to learn about child development, safety, health and behaviour, to discuss real-life parenting situations and to discover positive ways of parenting. Facilitator: Joanne
Program runs Thursdays, October 24th-December 5th (1-3pm)

Wiggle, Giggle, Munch - 7 week program for families with 0-6 year olds. To explore the benefits of physical activity and healthy eating, and to learn about community resources. Facilitator: Ariel
Program runs Tuesdays, September 10th—October 22nd (1-3pm)

Men's Wellness - weekly support group for fathers to embrace their role as parents, to learn how to cope with life's challenges and to honour their role as a father and a man. Facilitators: Ian/Omar
Program runs out of Snowbird Lodge on Mondays (10am—12pm)

Healthy Relationships/Blended Families - 6 sessions will focus on the holistic relationships among all family members, building better understanding and respect, and helping individuals to honour their role and their partner in their relationship. Facilitator: Fran
Program runs Thursdays, September 19th—October 24th (12:30-2:30pm)

Positive Discipline - 8 week program for parents that provides valid and effective alternatives to physical and emotional punishment, increasing parents' knowledge of children's rights, and providing concrete and constructive tools for resolving parent-child conflict.

Program runs Thursdays, October 17th -December 5th (1-3pm).

Life Skills 6 week program focusing on problem solving skills, including stress management and goal setting. Facilitator: Ariel
Program runs Thursdays, September 5, 2013 - October 10, 2013 (1-3pm)

Closed Programs (Certificate)

General Parenting - 8 week program for parents of all cultures. Topics include: Communication and listening, family harmony, discipline, anger awareness, child development. Facilitator: Fran
Program runs Tuesday evenings, September 10th -October 29th (6-8pm)

Self-Care/Self-Worth for Women - 8 week program to discuss the power of goals, learning to honour self through nurturing, empowering and loving self. Facilitators: Fran/Ariel
Program runs Wednesdays, September 18, 2013 - November 6, (12:30-2:30pm).

This season we are offering the following Workshops and Outings:

September 13, 2013 -	Stress Management 1-3pm
October 11, 2013 -	Postpartum Depression 1-3pm
October 18, 2013 -	Postpartum Depression 1-3pm
November 15, 2013 -	Budgeting for the holidays 1-3pm
December 13, 2013 -	Mental Health 1-3pm
December 17 - 19, 2013 -	Arts and Crafts
October 25, 2013 -	Amazing Corn Maze 10:30-3pm
December 6, 2013 -	Birds Hill Park Hay Ride 10:30-3pm

The bus will leave promptly at 11am for both outings. ANCR Waivers must be signed before you board the bus.

Triple P (Positive Parenting) - 7 week program provides parents of children 0-12 with an understanding of children's needs, ways to overcome challenging behaviours, and opportunities to strengthen family bonds. Facilitator: Omar
Programs run:

**Tuesday Evenings, September 10th - October 22nd (6-8pm). AND
 Wednesdays, September 11th - October 23th (1-3pm) AND
 November 6 - December 18 (1-3pm)**

Domestic Violence for Women 7 week program for women to understand the victimization of the adult and child. Facilitators Fran/Omar.
Program runs Mondays, September 9 to October 28 (12:30 to 2:30pm)

Domestic Violence for Men 6 week program for men to understand the effect of domestic violence on women and children.
Programs run Mondays, November 4 - December 16 (1-3pm)

Parent-Teen Communication (PTC) - 7 week program for parents and their teens to strengthen their relationship and enhance communication. Facilitators: Omar/Liz/Ariel/Norma
Program runs Tuesday Evenings, October 29th-December 10th(6-8pm).

Anger Management - 8 week program provides families alternative ways to resolve anger issues. Facilitator: Joanne
**Program runs Tuesdays, October 22nd -December 10th (1-3pm) AND
 Wednesday Evenings, October 23rd to December 11th (5:30-7:30pm).**

Drop-in Resources

Elder Services - An Elder is available at the All Nations Family Resource Centre to speak with families and individuals.
Every Wednesday (1-3pm).

Community Connections Computer Access - A computer is available at the centre for individuals who are job seekers, looking for parenting resources, creating resumes, and wanting to connect to community resources.

Monday - Friday (9am—3:30pm).

All Nations Family Resource Centre
1008 Wall Street
PH: 204-944-4268 Fax: 204-944-2057

“The family you come from isn't as important as the family you're going to have.”
Ring Lardner

Riding the Bus?

Downtown Take #15 to Sargent & Wall

North End Selkirk & Main, Main & Salter, Main & Magnus Take #15 all the way to sergeant and Wall

St. Vital at St. Mary's Take #14 downtown then transfer to #15 to Sargent & Wall

St. Anne's Take #55 downtown & transfer to #15 to Sargent & Wall.

Contact **311** for accurate bus schedule & times.



Back to School Poem

The holidays are over.....
“What holidays?” I say -
I did go to the beach
And my kids and I did play.
But every day, no matter what
I did, or where I went,
From working in my garden
To camping in a tent,
September first was with me
And thoughts of things ahead.
I planned when I was swimming
And while I lay in bed.
They all say that teachers
Have this cushy year
With two months off each summer,
It makes me shed a tear.

For teaching's always with me
Especially with this grade.
The great responsibility
Never seems to fade.
It seems odd to say this,
And I'm sure it isn't cool -
But I'm glad the summer's over
And I am back at school!

By Jean R

www.primarysuccess.ca/freepdf/Poems-for-Back-to-School-and-the-Autumn.pdf

“Winter is an etching, spring a watercolor, summer an oil painting and autumn a mosaic of them all.”

— Stanley Horowitz

Letter

Dear Staff at ANCR—Wall Street

I am printing you this letter to thank you for letting us be a part of your outings this year in 2013. Our first outing was Tinkertown on Friday July 12, 2013 at 12:00 noon. We had a very good time and ended up staying until they closed. The second outing we went to was the Assiniboine Park Zoo on Friday August 9, 2013 at 12:00 noon. We also had a real great time and enjoyed seeing the animal. It was a nice day to spend with my daughter on her birthday.

I would like to give a very big thank you to Ariel, Marie, Harold and Justin for supplying us with drinks, food and snacks.

Also a great big thank you to Harold for making my daughter and my grandchildren feel very welcome on this outing.

Yours Truly,

Stephanie