



# All Nations Family Resource Centre

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Phone: 204-944-4268  
Fax: 204-944-2057

## SUMMER NEWSLETTER — *May/ June/ July/ August 2014*

### 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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### Thank You to our Practicum students

We were very fortunate this past season to have worked with students from University of Manitoba Faculty of Social work, Booth University College and Red River Applied Counseling Program. We would like to say thank you and congratulations to Harmony Ewach, Danielle Rubin and Allison Spak. It was a pleasure working with all of you! Best wishes with your future successes!

### Bus Routes:

**Downtown** Take #15 to Sargent & Wall

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

**St. Vital** at St. Mary's Take #14 to Ellice & Wall and walk north

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

Contact 311 for accurate bus schedule & times

### WELCOME SUMMER!

Good Bye Old Man Winter! Welcome sunny skies, warm spring and summer breezes!

This spring and summer we are offering parenting programs (Nobody's Perfect, General Parenting, Positive Discipline & Positive Parenting Program-Triple P). We are also offering specialized programs such as Managing Your Anger, Healthy Relationship programs, and Self-care/Self-worth programs. We understand the importance for those who are in their healing journey to focus on themselves as well as building on their parenting skills. We are here to help you with your healing journey. Our experienced social workers/facilitators are here to help you Monday, Thursday, and Friday 8:30-4:30pm and Tuesdays and Wednesdays 8:30-8:00pm. Please check our calendar inside this news letter and if you have any questions do not hesitate to call us at 204-944-4268.



### Dates to Remember

May 6th	Yom HaAtzmaut
May 11th	Mother 's Day
May 19th	Victoria Day
June 4th	Shavuot
June 15th	Father 's Day
June 21st	National Aboriginal Day
June 29	Ramadan Begins
July 1st	Canada Day
July 29th	Eid-al-Fitr
August 5th	Tisha B'Av
Sept 1st	Labour Day

### Resource Centre Staff

Admin	Harold	204-944-4268
Supervisor	Omar	204-944-4512
Social Worker	Fran	204-944-4271
Social Worker	Joanne	204-944-6735
Social Worker	Ariel	204-944-4465
Social Worker	Michelle	204-944-6760
Nurse	Lois	204-944-4594

# May 2014

MON	TUE	WED	THU	FRI
*The new programs starting each month are in bold			1 General Parent 1-3pm Triple P 1-3pm Nobody's Perfect 1-3pm Positive Discipline 1-3pm	2 <b>CFS Workshop Series:</b> <i>What is Child Protection?</i> 11-1pm
5 Domestic Violence for Women 12:30-2:30pm <b>Triple P 1-3pm</b>	6 Managing your Anger 1-3pm General Parent 6-8pm Triple P 6-8pm (Transcona) Positive Discipline 6-8	7 Self Care/Worth 12:30-2:30pm Triple P 6-8pm Managing your Anger 6-8pm	8 General Parent 1-3pm Triple P 1-3pm Nobody's Perfect 1-3pm Positive Discipline 1-3pm	9 <b>CFS Workshop Series:</b> <i>Knowing Your Rights in the CFS System</i> 11-1pm
12 Domestic Violence for Women 12:30-2:30pm Triple P 1-3pm	13 Managing your Anger 1-3pm General Parent 6-8pm Triple P 6-8pm(Transcona) Positive Discipline 6-8	14 Self Care/Worth 12:30-2:30pm Triple P 6-8pm Managing your Anger 6-8pm	15 General Parent 1-3pm Triple P 1-3pm Nobody's Perfect 1-3pm Positive Discipline 1-3pm	16 <b>CFS Workshop Series:</b> <i>Understanding CFS Legal System</i> 11-1pm
19 <b>Victoria Day Centre Closed</b>	20 Managing your Anger 1-3pm General Parent 6-8pm Triple P 6-8pm(Transcona) Positive Discipline 6-8	21 Self Care/Worth 12:30-2:30pm Triple P 6-8pm Managing your Anger 6-8pm	22 General Parent 1-3pm Triple P 1-3pm Nobody's Perfect 1-3pm Positive Discipline 1-3pm	23 <b>CFS Workshop Series:</b> <i>The role of the Children's Advocate</i> 11-1pm
26 Domestic Violence for Women 12:30-2:30pm Triple P 1-3pm	27 Managing your Anger 1-3pm Positive Discipline 6-8	28 Self Care/Worth 12:30-2:30pm Managing your Anger 6-8pm	29 General Parent 1-3pm Nobody's Perfect 1-3pm Positive Discipline 1-3pm	30 <b>Centre Closed Morning Only</b>



# June 2014

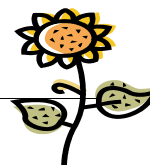


MON	TUE	WED	THU	FRI
2 <b>Self-care for Young Women 1-3pm</b> Triple P 1-3pm	3 Managing your Anger 1-3pm	4 Managing your Anger 6-8pm	5 Nobody's Perfect 1-3pm	6 <b>Stress Management &amp; Mindfulness Workshop</b> 11-1pm
9 Self-care for Young Women 1-3pm Triple P 1-3pm	10 <b>Healthy Relationship for Women 1-3pm</b> Managing your Anger 1-3pm	11 Healthy Relationship for Women 1-3pm Managing your Anger 6-8pm	12 Healthy Relationship for Women 1-3pm Nobody's Perfect 1-3pm	13 <b>Stress Management &amp; Mindfulness Workshop</b> 11-1pm
16 Self-care for Young Women 1-3pm Triple P 1-3pm	17 Healthy Relationship for Women 1-3pm Managing your Anger 1-3pm	18 Healthy Relationship for Women 1-3pm Managing your Anger 6-8pm	19 <b>Healthy Relationship for Men 1-3pm</b> Nobody's Perfect 1-3pm	20 <b>Stress Management &amp; Mindfulness Workshop</b> 11-1pm
23 Self-care for Young Women 1-3pm  Triple P 1-3pm	24 Healthy Relationship for Men 1-3pm	25 Healthy Relationship for Men 1-3pm	26 Healthy Relationship for Men 1-3pm	27 Healthy Relationship for Men 1-3pm

\*Upon completion of programs certificate will be issued

# July 2014

MON	TUE	WED	THU	FRI
30 Self-care for Young Women 1-3pm Triple P 1-3pm	1 <b>Canada Day Centre Closed</b>	2 Self Care/Worth 12:30-2:30pm Triple P 6-8pm	3 Triple P 1-3pm Healthy Relationship/Blended families 1-3pm Positive Discipline 1-3pm	4 <b>Workshop Series: Healthy Communication &amp; Assertiveness 11-1pm</b>
7 <b>Domestic Violence for Women 1-3pm</b> Triple P Teens 1-3pm	8 <b>Healthy Relationship for young moms 6-8pm</b> <b>General Parent 6-8pm</b> <b>Positive Discipline 6-8pm</b>	9 Self Care/Worth 12:30-2:30pm Triple P 6-8pm	10 Triple P 1-3pm Healthy Relationship/Blended families 1-3pm Positive Discipline 1-3pm	11 Workshop Series: Healthy Communication & Assertiveness 11-1pm
14 Domestic Violence for Women 1-3pm Triple P Teens 1-3pm	15 Healthy Relationship for young moms 6-8pm General Parent 6-8pm Positive Discipline 6-8pm	16 Self Care/Worth 12:30-2:30pm Triple P 6-8pm	17 Triple P 1-3pm Healthy Relationship/Blended families 1-3pm Positive Discipline 1-3pm	18 Workshop Series: Healthy Communication & Assertiveness 11-1pm
21 Domestic Violence for Women 1-3pm Triple P Teens 1-3pm	22 <b>Managing your Anger 1-3pm</b> Healthy Relationship for young moms 6-8pm General Parent 6-8pm Positive Discipline 6-8pm	23 <b>Managing your Anger 6-8pm</b> Self Care/Worth 12:30-2:30pm Triple P 6-8pm	24 <b>Nobody's Perfect 1-3pm</b> Triple P 1-3pm Healthy Relationship/Blended families 1-3pm Positive Discipline 1-3pm	25 Workshop Series: Healthy Communication & Assertiveness 11-1pm
28 Domestic Violence for Women 1-3pm Triple P Teens 1-3pm	29 Managing your Anger 1-3pm Healthy Relationship for young moms 6-8pm General Parent 6-8pm Positive Discipline 6-8pm	30 Self Care/Worth 12:30-2:30pm Triple P 6-8pm Managing your Anger 6-8pm		



# August 2014

MON	TUE	WED	THU	FRI
				1 <b>Parenting Workshop Series: Child development</b>
4 <b>Stat Holiday Centre Closed</b>	5 Managing your Anger 1-3pm Healthy Relationship for young moms 6-8pm General Parent 6-8pm Positive Discipline 6-8pm	6 Self Care/Worth 12:30-2:30pm Managing your Anger 6-8pm Triple P 6-8pm	7 Nobody's Perfect 1-3pm Triple P 1-3pm Healthy Relationship/Blended families 1-3pm Positive Discipline 1-3pm	8 Parenting Workshop Series: How to strengthen your relationship with your children 11-1pm.
11 Domestic Violence for Women 1-3pm Triple P Teens 1-3pm	12 Managing your Anger 1-3pm Healthy Relationship for young moms 6-8pm General Parent 6-8pm Positive Discipline 6-8pm	13 Self Care/Worth 12:30-2:30pm Managing your Anger 6-8pm Triple P 6-8pm	14 Nobody's Perfect 1-3pm Triple P 1-3pm Healthy Relationship/Blended families 1-3pm Positive Discipline 1-3pm	15 Parenting Workshop Series: How to effectively Discipline your children 11-1pm
18 Domestic Violence for Women 1-3pm Triple P Teens 1-3pm	19 Managing your Anger 1-3pm Healthy Relationship for young moms 6-8pm General Parent 6-8pm Positive Discipline 6-8pm	20 Self Care/Worth 12:30-2:30pm Managing your Anger 6-8pm Triple P 6-8pm	21 Nobody's Perfect 1-3pm Triple P 1-3pm Healthy Relationship/Blended families 1-3pm Positive Discipline 1-3pm	22 Parenting Workshop Series: How to conduct family meeting 11-1pm
25 Domestic Violence for Women 1-3pm Triple P Teens 1-3pm	26 Managing your Anger 1-3pm Healthy Relationship for young moms 6-8pm Positive Discipline 6-8pm	27 Managing your Anger 6-8pm	28 Nobody's Perfect 1-3pm Triple P 1-3pm Positive Discipline 1-3pm	29



**\*The new programs starting each month are in bold**

## Parenting Programs

### Nobody's Perfect Parenting Program

Parents will learn about child development, safety, feelings & behavior. The program provides time to discuss real-life parenting situations and to discover positive parenting strategies. Facilitator: Joanne  
**May 1st - June 18th (1-3 PM)**  
**July 24th - August 28th (1-3 PM)**

### General Parenting

7 week parenting program for all parents with children of all ages. The program enhances ones parenting skills, makes them feel more confident, and empowers them with new knowledge and belief in self. Facilitator: Fran  
**Apr. 8th - May 20th (6 - 8 PM)**  
**July 8th - August 19th (6-8 PM)**

## Self Improvement Programs

### Managing Your Anger Program

This program that provides participants with alternative ways to resolve anger issues. Topics include: anger management tool box, triggers, positive communication, and healthy & unhealthy anger. Facilitator: Joanne  
**April 29th - June 17th (1-3 PM)**  
**April 30th - June 18th (6-8 PM)**  
**July 22nd - August 26th (1-3 PM)**  
**July 23rd - August 27th (6-8 PM)**

### Healthy Relationships for Women

5 session series for women to learn and discuss "What is a healthy relationship?" Facilitator: Fran  
**June 10, 11, 12, 17 & 18th (1-3PM)**

## Workshop Series

**CFS Workshop Series:** Held on May 2nd, 9th, 16th & 23rd from 11am-1pm. Facilitator: Joanne

**Stress Management & Mindfulness Workshop Series:** held on June 6th, 13th, 20th from 11am-1pm. Facilitator: Ariel

**Healthy Communication & Assertiveness Workshop Series:** held on July 4th, 11th 18th & 25th from 11am-1pm. Facilitator: Fran

**Parenting Workshop Series:** Held on August 1st, 8th, 15th & 22nd from 11am -1pm

*All workshops will be held for a 3 or 4 consecutive Fridays, and participants who complete each series, will receive a certificate.*



**\* Call 204-944-4268 to register for all programs**

**Triple P (Teens)** This program provides parents with children 13-18 years, ways to overcome challenging behaviors, and opportunities to strengthen family bonds through understanding of children behavior.

Facilitators: Michelle/Ariel

**July 7th- August 25th (1-3 PM)**

### Positive Discipline

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

Facilitator: Ariel

**Apr. 8th - May 27th (6-8 PM)**

**April 10th - May 29th (1-3PM)**

**July 8th - August 26th (6-8 PM)**

**July 3rd - August 28th (1-3 PM)**

### Positive Parenting Program (Triple P)

This program provides parents of children 0-12 with an understanding of children's needs, ways to overcome challenging behaviors, and opportunities to strengthen family bonds. Facilitator: Michelle and Joanne

**April 8th - May 20th (Held at Transcona Access Centre 6-8 PM)**

**April 9th - May 21st (6-8pm)**

**April 10th - May 22th (1 - 3 PM)**

**May 5th - June 30th (1-3 PM)**

**July 2nd - August 20th (6-8 PM)**

**July 3rd - August 28th (1-3 PM)**

**Summer Outings will be posted for Resource Centre participants. Keep your eyes open!**

**\*Certificates will be issued on completion of program**

### Healthy Relationships for Men

5 session workshop series for men to learn and discuss "What is a healthy relationship?" Facilitator: Fran

**June 19, 24, 25, 26 & 27th (1-3PM)**

### Healthy Relationships/Blended Families

7 week program for individuals who want to have a better understanding of what a healthy relationship is and to learn about challenges/benefits of holistic blended families. Facilitator: Fran

**July 3rd - August 21 (1-3 PM)**

### Healthy Relationships for Young Moms

8 week program for young moms, ages 15-20 years old. The program will focus on understanding healthy relationships, learning positive communication skills, self-care, and domestic violence. Facilitator: Michelle -

**July 8th - August 26th (6-8 PM)**

### Domestic Violence Program (women only)

This program is for women to learn about the affects of domestic violence, on both themselves and their children. Topics will include: cycle of abuse, how to break the cycle, recognizing signs of abuse and how to heal from abuse. Facilitator: Fran- **April 7- May 26th (12:30-2:30 PM) -July 7th - August 25th (1-3 PM)**

### Self Care for Young Women

5 week program for women aged between 18-21 working on self worth, empowerment, stress and coping. Facilitator: Ariel  
**June 2nd - June 30th (1-3 PM)**

### Self-Care/Self-Worth for Women

8 week program to learn about the power of setting goals, learning to honour self through nurturing, empowerment and self love. Facilitators: Fran/Ariel  
**Apr. 9th - May 28th (12:30 - 2:30 PM)**  
**July 2nd - August 20th (12:30-2:30PM)**

## Drop-in Resources

A **Community Connections 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 (9:00AM - 3:30PM)**