



1008 Wall Street Phone: 204-944-4268 Fax: 204-944-2057



All Nations Family Resource Centre

WINTER NEWSLETTER

January / February / March / April 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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Happy Holidays Everyone

This year, 2013, has been a fun and exciting year at All Nations Family Resource Centre. As we wind down this year and return to our routines from the holiday season, let's welcome a New Year with its new possibilities and opportunities.

You will see from our calendar that we have many great programs and workshops returning, as well as some new programs, workshops, and outings for this upcoming year.

We want to invite you to join us in welcoming 2014, hoping it is filled with laughter, happiness and joy.

Cheers!



Dates to Remember:

- January 1, New Year's Day
- January 20, Martin Luther King
- February 14, Valentine's Day
- February 17, Louis Riel Day
- March 9, Day Light Savings
- March 17, St. Patrick's Day
- April 1, April Fool's Day
- April 18, Good Friday
- April 21, Easter Monday

ANFRC will be CLOSED on the following dates:

- *January 1, 2014*
- *February 17, 2014*
- *April 18, 2014*
- *April 21, 2014*

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
Student	Harmony	204-944-4572

Interview with Beatrice

Beatrice has been coming to the All Nations Family Resource Centre since fall of 2009. She has taken many different programs at the resource centre and says that she has taken important lessons from each. Beatrice has taken Triple P, General Parenting, Nobody's Perfect and Wiggle Giggle. She has also been coming for one-on-one outreach sessions for the last year and a half and participates in family events with ANFRC.

One of Beatrice's key learning experiences at ANFRC has been learning about the "time out rule". The rule is one minute of time out for every year the child has been alive, if the first does not work then the parent gives the child a second time out for the same amount of time. If the child is still misbehaving, she takes the child to "time out spot". Beatrice added some of her own techniques to this method. These involve actively communicating with her child, talking to her daughter about why she is getting into trouble and what it is she has done wrong. Beatrice has noticed a great benefit in this and the communication skills that have developed with her young daughter regarding her daughter's mood and behaviours.

A family that plays
together, stays
together.

Lastly, Beatrice feels great about herself since coming to ANFRC and will continue to come to programs. She says "People may think negatively about this organization because of CFS, but everyone that works here is warm, non-judgemental, and welcoming. There is always someone to talk to. Each facilitator seems to be here for a good reason; they are here to help, be non-judgemental, they give good advice, and are always able to refer me to other great services."

My Story—by Verna

I started coming to ANCR's All Nations Family Resource Centre (ANFRC) this year. I was always told to get help from ANFRC, but never did because of the stigma Child and Family Services (CFS) carried for me, because of my previous experience with CFS in my life as a child. I realized all aspects of CFS is not always bad, my ideas of CFS have evolved from negative to positive.

Coming to ANFRC has changed my life in many ways. I've been to other resource centers in Winnipeg and tried different parenting programs, but nothing can compare to the experience that I had here and the friendships that I developed here and rich sharing among parents in the groups. My experience is always positive and I always feel wanted and welcome, get lots of hugs and much needed encouragement. Being here has shown more positive way to change my parenting.

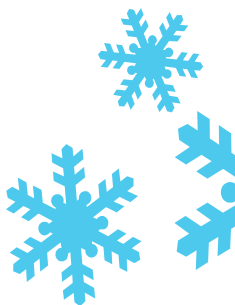
I will always feel like I have a sense of belonging here at ANFRC. I love the sense of humor and the joking that we have in groups. It makes it more comfortable to talk about certain things that we felt would be looked at as not normal. I have taken every group at ANFRC and through every experience there has been laughter, sense of humour, and a lot of sharing. Through these experiences I have learned how to make better choices. What I have learned most from programs at ANFRC is that I am not alone, others have the same experience, and we can come together and overcome these obstacles together. I always looked forward to coming to group and learning new parenting skills.

I am finding it harder to come and take programs at ANFRC because of other responsibilities, which makes me sad. I will always come back here, even when I am done school and working full time. I will still make time once a year at least to come back and take an evening course of General Parenting or Triple P. I will never give up on myself.

If I could go back into time, five years ago, when I was first told to come to ANFRC I would have, because my life would be different today.



Introducing the Positive Discipline Program



The Positive Discipline program was developed in 2002 as a result of research on physical punishment and the human rights of children, in order to eliminate the use of physical punishment. The program is being delivered world wide.

The program has three Aims: to show parents valid alternatives to physical punishment; to teach parents about children's rights in a non-threatening way and to provide parents with concrete tools for conflict resolution. The program is designed to run for 8 weeks, using a variety of exercises and learning tools to teach the importance of parents providing warmth and structure for their children.



January



MON	TUE	WED	THU	FRI
		1 New Year Centre Closed	2	3
6	7 How to communicate better as couples 1-3pm Managing your Anger 1-3pm *Healthy Relationship for young moms 5-7pm	8 Elder Teaching 1-3pm *Managing your Anger 5:30-7:30pm *Triple P 6-8pm	9 Nobody's Perfect 1-3pm Triple P 1-3pm	10
13 <i>Workshop—The Four Medicines 1-3pm</i>	14 Managing your Anger 1-3pm *Healthy Relationship for young moms 5-7pm	15 *Managing your Anger 5:30- 7:30pm *Triple P 6-8pm	16 Nobody's Perfect 1-3pm Triple P 1-3pm	17 <i>Workshop—Stress Manage- ment 1-3pm</i>
20	21 Managing your Anger 1-3pm *Healthy Relationship for young moms 5-7pm	22 Elder Teaching 1-3pm *Managing your Anger 5:30-7:30pm *Triple P 6-8pm	23 Nobody's Perfect 1-3pm Triple P 1-3pm	24 <i>Workshop— How to communicate better with CFS 1-3pm</i>
27 Domestic Violence (women only) 12:30-2:30pm Wiggle - Giggle 1-3pm	28 Managing your Anger 1-3pm *Healthy Relationship for young moms 5-7pm Arts & Crafts 1-3pm	29 Self Care/Worth 12:30-2:30pm Elder Teaching 1-3pm *Managing your Anger 5:30- 7:30pm *Triple P 6-8pm	30 Nobody's Perfect 1-3pm Triple P 1-3pm	31 Centre Closed AM



February



MON	TUE	WED	THU	FRI
3 Domestic Violence (women only) 12:30-2:30pm Wiggle - Giggle 1-3pm	4 Managing your Anger 1-3pm *General Parent 6-8pm *Positive Discipline 6-8pm *Healthy Relationship for young moms 5-7pm	5 Self Care/Worth 12:30-2:30pm Elder Teaching 1-3pm *Managing your Anger 5:30- 7:30pm *Triple P 6-8pm	6 General Parent 12:30-2:30pm Nobody's Perfect 1-3pm Life Skills for Young Mom 1-3pm Triple P 1-3pm	7
10 Workshop—Who is Métis? 1-3pm Domestic Violence (women only) 12:30-2:30pm Wiggle - Giggle 1-3pm	11 Managing your Anger 1-3pm *General Parent 6-8pm *Positive Discipline 6-8pm *Healthy Relationship for young moms 5-7pm	12 Self Care/Worth 12:30-2:30pm *Managing your Anger 5:30- 7:30pm *Triple P 6-8pm	13 General Parent 12:30-2:30pm Nobody's Perfect 1-3pm Life Skills for Young Moms 1-3pm Triple P 1-3pm	14 <i>Parents outing Bowling 12-3pm</i>
17 Louis Riel Day Centre Closed	18 *General Parent 6-8pm *Positive Discipline 6-8pm *Healthy Relationship for young moms 5-7pm	19 Self Care/Worth 12:30-2:30pm Elder Teaching 1-3pm *Triple P 6-8pm	20 General Parent 12:30-2:30pm Life Skills for Young Mom 1-3pm Triple P 1-3pm	21 <i>Workshop—Stress Management / Mindfulness 1-3pm</i>
24 Men in Positive Relation- ships 1:30-3:30 Domestic Violence (women only) 12:30-2:30pm Wiggle - Giggle 1-3pm Workshop-Postpartum Depression 1-3pm	25 *General Parent 6-8pm *Positive Discipline 6-8pm *Healthy Relationship for young moms 5-7pm	26 Self Care/Worth 12:30-2:30pm Elder Teaching 1-3pm *Triple P 6-8pm	27 General Parent 12:30-2:30pm Life Skills for Young Mom 1-3pm Triple P 1-3pm	28 Centre Closed AM



March



MON	TUE	WED	THU	FRI
3 Men in Positive Relationships 1:30-3:30 Domestic Violence (women only) 12:30-2:30pm Wiggle - Giggle 1-3pm	4 Managing your Anger 1-3pm *General Parent 6-8pm *Positive Discipline 6-8pm	5 Self Care/Worth 12:30-2:30pm *Managing your Anger 5:30-7:30pm	6 Nobody's Perfect 1-3pm General Parent 12:30-2:30pm Life Skills for Young Mom 1-3pm Triple P 1-3pm	7 <i>Workshop— Mental Health 1-3pm</i>
10 Men in Positive Relationships 1:30-3:30 <i>Workshop—Sharing Circle, Healing, and Talking Circle 1-3pm</i> Domestic Violence (women only) 12:30-2:30pm Wiggle - Giggle 1-3pm	11 Managing your Anger 1-3pm *General Parent 6-8pm *Positive Discipline 6-8pm	12 Self Care/Worth 12:30- 2:30pm *Managing your Anger 5:30-7:30pm	13 Life Skills for Young Mom 1-3pm Nobody's Perfect 1-3pm General Parent 12:30-2:30pm	14 <i>Workshop-Attachment 1-3pm</i>
17 Men in Positive Relationships 1:30-3:30 Domestic Violence (women only) 12:30-2:30pm	18 Managing your Anger 1-3pm *General Parent 6-8pm *Positive Discipline 6-8pm	19 Self Care/Worth 12:30- 2:30pm *Managing your Anger 5:30-7:30pm	20 Life Skills for Young Mom 1- 3pm Nobody's Perfect 1-3pm General Parent 12:30-2:30pm	21 <i>Workshop-Healthy Relationship 1-3pm</i>
24 Men in Positive Relationships 1:30-3:30 Domestic Violence (men only) 1-3pm. (at SBL)	25 Managing your Anger 1-3pm *Positive Discipline 6-8pm	26 *Managing your Anger 5:30-7:30pm	27 Nobody's Perfect 1-3pm	28 Centre Closed AM
31 Men in Positive Relationships 1:30-3:30 Family Fun Week –Swimming at Cindy Klassen Pool –12-3pm				



April

MON	TUE	WED	THU	FRI
	1 Family Fun Week - Family games 12-3pm Managing your Anger 1-3pm	2 Family Fun Week - Arts & Crafts 12-3pm Elder Teaching 1-3pm *Managing your Anger 5:30-7:30pm	3 Family Fun Week - Family Movie & Popcorn 12-3pm. Nobody's Perfect 1-3pm	4 Family Fun Week - Family Outing—TBA-11am-3pm
7 Domestic Violence for Women 12:30-2:30pm	8 Managing your Anger 1-3pm *General Parent 6-8pm *Triple P 6-8pm	9 Self Care/Worth 12:30- 2:30pm *Triple P 6-8pm Elder Teaching 1-3pm *Managing your Anger 5:30- 7:30pm	10 General Parent 12:30-2:30pm Triple P 1-3pm Nobody's Perfect 1-3pm Life Skills for Young Mom 1-3pm	11 <i>Workshop— EIA 1-3pm</i>
14 <i>Workshop—Drums Heartbeat of Mother Earth 1-3pm</i> Domestic Violence 12:30-2:30pm	15 *Positive Discipline 6-8pm *General Parent 6-8pm *Triple P 6-8pm	16 Self Care/Worth 12:30- 2:30pm *Triple P 6-8pm	17 General Parent 12:30-2:30pm Triple P 1-3pm Life Skills for Young Mom 1-3pm	18 Good Friday Centre Closed
21 Easter Monday Centre Closed	22 *Positive Discipline 6-8pm *General Parent 6-8pm *Triple P 6-8pm	23 Self Care/Worth 12:30- 2:30pm Elder Teaching 1-3pm *Triple P 6-8pm	24 General Parent 12:30-2:30pm Triple P 1-3pm Life Skills for Young Mom 1-3pm	25 Centre Closed AM
28 Domestic Violence 12:30- 2:30pm Program (TBA)	29 Managing your Anger 1-3pm *Positive Discipline 6-8pm *General Parent 6-8pm *Triple P 6-8pm	30 Self Care/Worth 12:30- 2:30pm *Managing your Anger 5:30- 7:30pm	May 1 Nobody's Perfect 1-3pm Life Skills for Young Mom 1-3pm General Parenting 12:30- 2:30pm	

Open Programs

Call 204-944-4268 to register for all programs

Nobody's Perfect Parenting Program

6 week program to learn about child development, safety, health & behavior, to discuss real-life parenting situations and to discover positive ways of parenting.

Facilitator: Joanne

- Jan. 9th-Feb. 13th (1 - 3 PM)
- Mar. 6th - Apr. 10th (1 - 3 PM)

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.

Facilitators: Harmony & Ariel.

- Jan. 27th - Mar. 17th (1- 3PM)

Life Skills for young Moms - 7 week program focusing on problem solving skills, including stress management and goal setting. For young moms age 16-21.

Facilitators: Ariel & Harmony.

- Feb. 6th - Mar. 20th (1-3 PM)
- Apr. 10th - May 22nd (1-3 PM)

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.

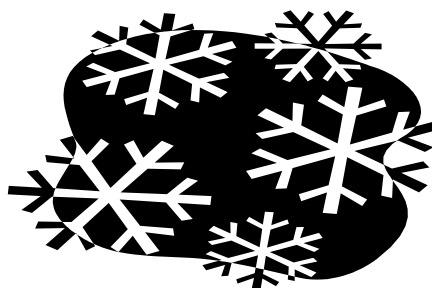
Facilitator: Ariel

- Feb. 4th - Mar. 25th (6-8 PM)
- Apr. 15th - June 3rd (6-8 PM)

Healthy Relationships for Young

Moms - 8 week program for young moms, ages 15-20 years old, will focus on understanding healthy relationships and learning ways to communicate better with their partners. Facilitator: Michelle

- Jan. 7th - Feb. 25th (5-7 PM)



Certificate Programs

General Parenting - 7 week program for parents of all cultures. Topics include:

Communication and listening, family harmony, discipline, anger awareness, child development. Facilitator: Fran

- Feb. 4th - Mar. 18th (6 - 8 PM)
- Feb. 6th- Mar. 20th (12:30 - 2:30 PM)
- Apr. 8th - May 20th (6 - 8 PM)
- Apr. 10th - May 22th (12:30 - 2:30 PM)

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

- Jan. 29th - Mar. 19th (12:30 - 2:30 PM)
- Apr. 9th - May 28th (12:30 - 2:30 PM)

Triple P (Positive Parenting) - 8 week 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.

- Jan. 8th - Feb. 19 (6- 8 PM)
- Jan. 9th - Feb. 20th (1 - 3 PM)
- April 9th - May 21st (6 - 8 PM)
- April 10th- May 22th(1 - 3 PM)

Women in Positive Relationships-

Domestic Violence (women only)- 7 week program for women to understand the victimization of the adult and child. Facilitators Fran/Omar.

- Jan. 27th-- Mar. 17th (12:30- 2:30PM)
- April 7-May 26th (1-3:00 PM)

Men in Positive Relationships -

Domestic Violence (Men only) - 6 week session guiding men in making healthy decisions to achieve and maintain positive relationships with a main focus on affects of domestic violence against men. Facilitators: Ian/Ariel.

- Feb.24th - Mar. 31st (1:30-3:30PM)

Managing your Anger Program

6 week program provides families alternative ways to resolve anger issues.

Facilitator: Joanne

- Jan. 7th - Feb. 11th (1-3 PM)
- Jan. 8th - Feb. 12th (5:30- 7:30 PM)
- Mar. 4th - Apr. 8th (1- 3PM)
- Mar. 5th - Apr. 9th(5:30- 7:30PM)
- April 29th-June 10th(1:00-3:00 PM)
- April 30th-June 11th (5:50-7:30PM)

Workshops and Outings:

January 13, 2014	The Four Medicines 1pm - 3pm
January 17, 2014	Managing Stress 1-3pm
January 24, 2014	How to Communicate better as a couple
February 10, 2014	Who is the Métis? 1pm - 3pm
February 14, 2014	Parents Outing— Bowling 12 - 3pm
February 21,2014	Managing Stress /Mindfulness1-3pm
March 07, 2014	Mental Health 1-3pm
March 10, 2014	Sharing Circle, Healing & Talking 1pm - 3pm
March 14, 2014	Attachment 1pm - 3 pm
March 21, 2014	Healthy Relationships 1pm -3 pm
March 31 - April 4	Family Fun Week 12-3pm
April 11, 2014	EIA
April 14, 2014	Drums, Heart Beat of Mother Earth 1pm - 3pm

Drop-in Resources

An Elder is available at the All Nations Family Resource Centre to speak with families and individuals. most **Wednesdays (1-3pm)**. **No Elder Services available on: Jan15th, Feb. 12th, March 12th & April 16th, 2014.**

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 (9am—3:30pm).**

All Nations Family Resource Centre
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The bond that links your true family is not one of blood, but of respect and joy in each other's life.

Riding the Bus?

Downtown Take #15 to Sargent & Wall

North End From Selkirk & Main, Main & Salter, or Main & Magnus, take #15 all the way to Sargent 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 bus schedules & times.



Mindfulness

Mindfulness is paying attention in a particular way; on purpose, in the present moment, and non-judgmentally.

Being aware of your present moment is important because by being present we can be happy. Too much attention to our past and future takes away from what you can be experiencing now. Once the present moment is gone you can never get it back. Take some time this holiday season to open yourself up to the people around you, spending more time with our children and families.

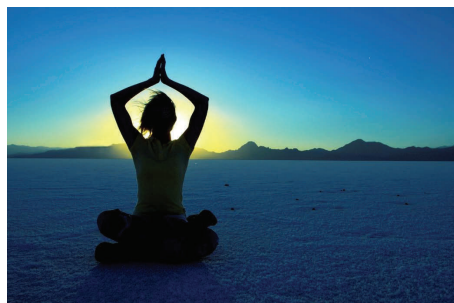
When feeling overwhelmed or stressed out this holiday season try the “one conscious breathe” technique. In a sitting position inhale, filling our lungs with air until you feel the air touch your belly. Then exhale, releasing the breath, feeling the cold at the tip of your nose.

Taking this time to focus on your breathing can calm and relax your body. While breathing remind yourself that being in the present moment is important and these feelings we are having are just feelings and we can try to release them.

Take these moments to be mindful and enjoy the benefits of a peaceful mind, a centered being, and living in the moment.

Zen

Harmony E.



A Mindful Aspiration

I encourage you to:

Wake up in the morning with the happiness of a smile, intending to dedicate yourself to the path of love and understanding. While being aware that today is a fresh, new, and precious day to live.

~ *Thich Nhat Hahn*