



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



All Nations Family Resource Centre



WINTER NEWSLETTER

January / February / March / April 2015



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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Resource Centre Staff

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

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



Farewell to Fran Woods



Fran has been in the social services field for 27 years. She worked with North West CFS for 3 years and then 14 years at Seven Oaks School Division as a school CFS worker where she taught life skills and parenting skills. Since 2006, Fran has been with us at ANCR's All Nations Family Resource Centre where she facilitated parenting and life skills groups and supported families to move their lives in new directions.

Working with families is more than a job for Fran; It is a passion. Fran went the extra mile for the families that she worked with everyday. Fran's outgoing personality made it easy for families to connect and build a positive relationship with her. She values families that she works with and built on their strengths. She was an advocate, champion, mentor, teacher and a shoulder to cry on for many families.

The team at All Nations have worked with Fran for the past few years and the words that come to mind for us when we think of her are: generous, caring, humanist, authentic, fabulous, joyous, humorous, welcoming, loyal and committed. Her knowledge, experience, laughter and wisdom will be greatly missed at the All Nations Family Resource Centre. We wish Fran a Happy Retirement. Thank You for 27 great years of serving others with passion.

Enjoy your retirement Fran you deserve it!



ANFRC

January 2015



MON	TUE	WED	THU	FRI
Start dates for new programs are in Bold			1 New Year	2
5	6	7	8	9
12 Nobody's Perfect 1-3pm Triple P 1-3pm	13 Managing your Anger 1-3pm Triple P 6-8pm	14 Managing your Anger 6-8pm Triple P Teens 6-8pm	15 Triple P 1-3pm Healthy Relationship For Men (DV)6-8pm	16 Centre Closed AM
19 Nobody's Perfect 1-3pm Triple P 1-3pm	20 Managing your Anger 1-3pm Triple P 6-8pm	21 Managing your Anger 6-8pm Triple P Teens 6-8pm	22 Healthy Relationship for Women (DV) 1-3pm Triple P 1-3pm Healthy Relationship For Men (DV)6-8pm	23
26 Nobody's Perfect 1-3pm Triple P 1-3pm	27 Managing your Anger 1-3pm Triple P 6-8pm Positive Discipline 6-8pm	28 Self Care for women 1-3pm Managing your Anger 6-8pm Triple P Teens 6-8pm	29 Healthy Relationship for Women (DV) 1-3pm Triple P 1-3pm Healthy Relationship For Men (DV)6-8pm	30 Centre Closed AM



February 2015



MON	TUE	WED	THU	FRI
2 Nobody's Perfect 1-3pm Triple P 1-3pm	3 Healthy Relationships for Women series 1-3 pm Managing your Anger 1-3pm Triple P 6-8pm Positive Discipline 6-8pm	4 Self Care for women 1-3pm Managing your Anger 6-8pm Triple P Teens 6-8pm	5 Healthy Relationship for Women (DV) 1-3pm Triple P 1-3pm Healthy Relationship For Men (DV)6-8pm	6 Parent Child Play date 10-12
9 Nobody's Perfect 1-3pm Triple P 1-3pm	10 Healthy Relationships for Women Series 1-3 pm Managing your Anger 1-3pm Triple P 6-8pm Positive Discipline 6-8pm	11 Self Care for women 1-3pm Managing your Anger 6-8pm Triple P Teens 6-8pm	12 Healthy Relationship for Women (DV) 1-3pm Triple P 1-3pm Healthy Relationship For Men (DV)6-8pm	13 Centre Closed AM
16 Louis Riel Day Centre Closed	17 Healthy Relationships for Women Series 1-3 pm Managing your Anger 1-3pm Positive Discipline 6-8pm Triple P 6-8pm	18 Self Care for women 1-3pm Managing your Anger 6-8pm Triple P Teens 6-8pm	19 Healthy Relationship for Women (DV) 1-3pm Triple P 1-3pm Healthy Relationship For Men (DV)6-8pm	20
23 Nobody's Perfect 1-3pm Triple P 1-3pm	24 Healthy Relationships for Women Series 1-3 pm Managing your Anger 1-3pm Triple P 6-8pm Positive Discipline 6-8pm	25 Self Care for women 1-3pm Managing your Anger 6-8pm Triple P Teens 6-8pm	26 Healthy Relationship for Women (DV) 1-3pm Triple P 1-3pm Healthy Relationship For Men (DV)6-8pm	27 Centre Closed AM



ANFRC

March 2015



MON	TUE	WED	THU	FRI
2	3 Positive Discipline 6-8 pm	4 Self Care 1-3pm	5 Stress Management 1-3 pm	6
9 Nobody's Perfect 1-3pm Healthy Relationships for Women (DV) 1-3 pm	10 Managing your Anger 1-3pm Triple P 6-8 pm	11 Self Care 1-3pm Managing Your Anger 6-8pm Triple P teens 6-8pm	12 Stress Management 1-3 pm Triple P 1-3 pm Positive Discipline 1-3 pm	13 <i>Resource Fair 10-12 pm</i>
16 Nobody's Perfect 1-3pm Healthy Relationships for Women (DV) 1-3 pm	17 Managing your Anger 1-3pm Triple P 6-8 pm Positive Discipline 6-8 pm	18 Self Care 1-3pm Managing Your Anger 6-8pm Triple P teens 6-8pm	19 Stress Management 1-3 pm Triple P 1-3 pm Positive Discipline 1-3 pm	20 <i>Center Closed AM</i>
23 Nobody's Perfect 1-3pm Healthy Relationships for Women (DV) 1-3 pm	24 Managing your Anger 1-3pm Triple P 6-8 pm Positive Discipline 6-8 pm	25 Self Care 1-3pm Managing Your Anger 6-8pm Triple P teens 6-8pm	26 Stress Management 1-3 pm Triple P 1-3 pm Positive Discipline 1-3 pm	27 <i>Centre Closed AM</i>
30 Nobody's Perfect 1-3pm Healthy Relationships for Women (DV) 1-3 pm	31 Managing your Anger 1-3pm Triple P 6-8 pm Positive Discipline 6-8 pm	*Start dates for new programs are in Bold*		



April 2015



MON	TUE	WED	THU	FRI
		1 Self Care 1-3pm Managing Your Anger 6-8pm Triple P teens 6-8pm	2 Triple P 1-3 pm Positive Discipline 1-3 pm	3 GOOD FRIDAY <i>Center Closed</i>
6 Easter Monday Center Closed	7 Managing your Anger 1-3pm Triple P 6-8 pm Positive Discipline 6-8 pm	8 Self Care 1-3pm Managing Your Anger 6-8pm Triple P teens 6-8pm	9 Triple P 1-3 pm Positive Discipline 1-3 pm	10 <i>Center Closed AM</i>
13 Nobody's Perfect 1-3pm Healthy Relationships for Women (DV) 1-3 pm	14 Managing your Anger 1-3pm Triple P 6-8 pm Positive Discipline 6-8 pm	15 Self Care 1-3pm Managing Your Anger 6-8pm Triple P teens 6-8pm	16 Triple P 1-3 pm Positive Discipline 1-3 pm Healthy Relationships for Men DV 6-8 pm	17 Parent and Child Play Date 10-12 pm
20 Nobody's Perfect 1-3pm Healthy Relationships for Women (DV) 1-3 pm	21 Managing your Anger 1-3pm Triple P 6-8 pm Positive Discipline 6-8 pm	22 Self Care 1-3pm Managing Your Anger 6-8pm Triple P teens 6-8pm	23 Triple P 1-3 pm Positive Discipline 1-3 pm Healthy Relationships for Men (DV) 6-8 pm	24 Center Closed AM
27	28	29	30 Healthy Relationships for Men (DV) 6-8 pm	
Start dates for new programs are in Bold				

Parenting Programs

Please call 204-944-4268 to register for all programs

Nobody’s Perfect Parenting

Parents will learn about child development, safety, feelings and behaviors. The program provides time to discuss real-life parenting situations and to discover positive parenting strategies. Facilitator: Joanne

January 12 - February 23 (1-3 PM)

March 9- April 20 (1-3 PM)

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 youth behavior.

Facilitator: Michelle

January 14 - February 25 (6-8PM)

March 11 - April 22 (6-8 PM)

Positive Discipline - 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

January 27 - March 3 (6-8 PM)

March 12—April 23 (1-3)

March 17 - April 21 (6-8 PM)

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

January 12 - February 23 (1-3 PM)

January 13 - February 24 (6-8 PM)

January 15 - February 26 (1-3 PM)

March 10—April 21 (6-8 PM)

March 12—April 23-(1-3 PM)



Self Improvement Programs

Certificates will be issued on completion of program

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

January 13 - February 24 (1-3PM)

January 14 - February 25 (6-8 PM)

March 10-April 21 (1-3PM)

March 11-April 22 (6-8 PM)

Stress Management

4 session series for parents to learn and discuss stress management techniques and coping skills. Facilitators: Kerri/Ariel

March 5, 12, 19, 26 (1-3PM)

Healthy Relationships for Men

(DV) This program is for men to learn and discuss healthy relationships and effects of domestic violence on themselves and their families.

Facilitator: Fran

January 15- February 26 (6-8 PM)

April 16 - May 21 (6-8 PM)

Healthy Relationships for Women

4 session series This program will focus on understanding healthy relationships, learning positive communication skills, self-care, and domestic violence. Facilitator: Ana

February 3, 10, 17, 24 (1-3PM)

Healthy Relationships for Women (DV)

This program is for women to learn about the affects of domestic violence, on both themselves and their children. Facilitator: Michelle/Ariel

January 22 - February 26 (1-3 PM)

March 9—April 20 (1-3pm)

Self-Care for Women This program is for women to learn about self-esteem, what is self care and honoring self. Facilitators: Ariel

January 28 - March 11 (1-3 PM)

March 18 - April 22 (1 - 3 PM)

Parent Child Play date

Parents in Centre Programs are invited to bring their children (ages 0-6) to the center for the opportunity to take part in various fun activities for both parents and children.

February 6 & April 17 (10 AM - 12 PM)

Resource Fair

The All Nations Family Resource Centre is inviting representatives from a variety of community resources to provide information regarding available services in Winnipeg to our families.

March 13 (10 AM - 12 PM)

Friday Programs

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 AM - 3 PM)