



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



All Nations Family Resource Centre

WINTER NEWSLETTER

January / February / March / April 2017

OUR COMMITMENT TO OUR PROGRAM PARTICIPANTS

At ANFRC, we are committed to provide a safe, supportive, and inclusive environment for families. We are also committed to offer programs that are culturally appropriate and evidence based to empower participants to enhance their skills and reach their full potential.

Inside this issue:

<i>Corn Maze Family Outing</i>	1
<i>Program Schedule</i>	2
<i>Program Schedule</i>	3
<i>Program Descriptions</i>	4

Resource Centre Staff

Admin	Harold	944-4268
Supervisor	Omar	944-4512
EIP Worker	Harmony	944-6735
EIP Worker	Sharan	944-4465
Social worker	Michelle B	944-6760
EIP Worker	Michelle O	944-6735

Bus Routes:

Downtown Take #15 to Sargent & Wall

North End Selkirk & Main, 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

Corn Maze Family Outing

This October several families braved the chilly weather at the Corn Maze Family Outing at Boonstra Farms. In addition to getting lost in the maze (shaped like Carrie Underwood!), families were able to enjoy the whole farm experience. Participants arrived at the farm and indulged in a traditional outdoor lunch of crispy BBQ hot dogs, chips, cookies, and sweet oranges! Families were transported on a tractor-pulled hayride from the fire pit to a barn where they were able to pose for pictures with and learn about a very small owl. One barn over, there was the opportunity to pet a cow and many adorable kittens. Once outside again, children, parents, and resource centre staff alike fed the horses and llama. Some did so nervously, dropping the feed, but in the end all of the animals were certainly well fed! On the hayride again, families were whisked away to a petting zoo with goats to play with. One last short hayride away were the terrifying Tower of Terror and Black Hole Halloween attractions. When families need to warm up there was delicious hot chocolate and gooey roasted marshmallows over the bonfire. We're glad you had fun!



To register for all programs

Please call 204-944-4268
Or come to 1008 Wall St.

Child Minding

No babysitter? Can't attend program? All Nations Family Resource Centre provides free childminding onsite while you attend your program.



ANFRC

January 2017



MON	TUE	WED	THU	FRI
2 New Years-Centre Closed	3 Family Fun Activities 1-3PM	4 Family Fun Activities 1-3PM	5 Family Fun Activities 1-3PM	6
9 Nobody's Perfect 6-8 PM Triple P 6-8 PM GP Wkshop 12:30-2:30PM	10 Triple P Teens 6-8 PM MYE for Youth 6-8 PM GP Work shop 12:30-2:30PM	11 Stress & Coping 12:30-2:30 PM Circle of Security 12:30-2:30 PM GP Work shop 12:30-2:30PM	12 MYA 12:30- 2:30 PM Healthy Relationships for Women 12:30 -2:30 PM GP Work Shop 12:30-2:30PM	13 Centre Closed AM
16 Nobody's Perfect 6-8 PM Triple P 6-8 PM Self-Care for Women Work- shop 12:30-2:30PM	17 Triple P Teens 6-8 PM MYE for Youth 6-8 PM Self-Care for Women Work- shop 12:30-2:30PM	18 Stress & Coping 12:30-2:30 PM Circle of Security 12:30-2:30 PM Self-Care for Women Workshop 12:30-2:30PM	19 MYA 12:30- 2:30 PM Healthy Relationships for Women 12:30 -2:30 PM Self-Care for Women Workshop 12:30-2:30PM	20
23 Handle with Care 12:30- 2:30 PM Nobody's Perfect 6-8 PM Triple P 6-8 PM Positive Discipline 6-8PM (River East Access Centre)	24 Triple P 12:30-2:30 PM Self-Care for Women 12:30-2:30 PM Triple P Teens 6-8 PM MYE for Youth 6-8 PM	25 Stress & Coping 12:30-2:30 PM Circle of Security 12:30-2:30 PM MYA 6-8 PM Healthy Relationships for Women 6-8 PM	26 MYA 12:30- 2:30 PM Healthy Relationships for Women 12:30 -2:30 PM Healthy Relationships for Men 6-8 PM Positive Discipline 6-8PM Mental Health Workshop 6-8PM	27 Centre Closed AM
30 Handle with Care 12:30- 2:30 PM Nobody's Perfect 6-8 PM Triple P 6-8 PM Positive Discipline 6-8PM	31 Triple P 12:30-2:30 PM Self-Care for Women 12:30-2:30 PM Triple P Teens 6-8 PM Budgeting Workshop 6-8PM MYE for Youth 6-8 PM	*Start dates for new programs are in Bold*		

February 2017



MON	TUE	WED	THU	FRI
		1 Stress & Coping 12:30-2:30 PM Circle of Security 12:30-2:30 PM MYA 6-8 PM Healthy Relationships for Women 6-8 PM	2 MYA 12:30-2:30 PM Healthy Relationships for Women 12:30 -2:30 PM Healthy Relationships for Men 6-8 PM Positive Discipline 6-8 PM	3
6 Handle with Care 12:30- 2:30 PM Nobody's Perfect 6-8 PM Triple P 6-8 PM Positive Discipline 6-8PM	7 Triple P 12:30-2:30 PM Self-Care for Women 12:30-2:30 PM Triple P Teens 6-8 PM MYE for Youth 6-8 PM	8 Stress & Coping 12:30-2:30 PM Circle of Security 12:30-2:30 PM MYA 6-8 PM Healthy Relationships for Women 6-8 PM	9 MYA 12:30-2:30 PM Stress & Coping 12:30-2:30 PM Healthy Relationships for Women 12:30 -2:30 PM Healthy Relationships for Men 6-8 PM Positive Discipline 6-8 PM	10 Centre Closed AM
13 Handle with Care 12:30- 2:30 PM Nobody's Perfect 6-8 PM (Grad) Triple P 6-8 PM (Grad) Positive Discipline 6-8PM	14 Triple P 12:30-2:30 PM Self-Care for Women 12:30-2:30 PM Triple P Teens 6-8 PM (Grad) MYE for Youth 6-8 PM	15 Stress & Coping 12:30-2:30 PM Circle of Security 12:30- 2:30 PM (Grad) MYA 6-8 PM Healthy Relationships for Women 6-8 PM	16 MYA 12:30-2:30 PM Healthy Relationships for Women 12:30 -2:30 PM (Grad) Healthy Relationships for Men 6-8 PM Positive Discipline 6-8 PM	17
20 Louis Riel Day Centre Closed	21 Triple P 12:30-2:30 PM Self-Care for Women 12:30-2:30 PM MYE for Youth 6-8 PM (Grad)	22 Stress & Coping 12:30-2:30 PM (Grad) MYA 6-8 PM Healthy Relationships for Women 6-8 PM	23 MYA 12:30-2:30 PM (Grad) Healthy Relationships for Men 6-8 PM Positive Discipline 6-8 PM Mental Health Workshop 6-8pm	24 Centre Closed AM
27 Handle With Care 12:30- 2:30 PM Triple P 6-8 PM Positive Discipline 6-8PM	28 Triple P 12:30-2:30 PM Self-Care for Women 12:30-2:30 PM Triple P Teens 6-8 PM Budgeting Workshop 6-8PM	*Start dates for new programs are in Bold*		



ANFRC

March 2017



MON	TUE	WED	THU	FRI
		1 Circle of Security 12:30-2:30 PM MYA 6-8 PM Healthy Relationships for Women 6-8 PM	2 Healthy Relationships for Women 12:30-2:30 PM Healthy Relationships for Men 6-8 PM Positive Discipline 6-8 PM	3
Start dates for new programs are in Bold				
6 Handle With Care 12:30-2:30 PM (Grad) Triple P 6-8 PM Positive Discipline 6-8PM (Grad) General Parenting 6-8 PM	7 Triple P 12:30-2:30 PM (Grad) Self-Care for Women 12:30-2:30PM (Grad) Triple P Teens 6-8 PM MYE For Youth 6-8 PM	8 Nobody's Perfect 12:30- 2:30 PM Circle of Security 12:30-2:30 MYA 6-8 PM (Grad) Healthy Relationships for Women 6-8 PM (Grad)	9 Stress & Coping 12:30-2:30 PM Healthy Relationships for Women 12:30-2:30 PM Healthy Relationships for Men 6-8 PM (Grad) Positive Discipline 6-8 PM (Grad)	10 Centre Closed AM
13 Triple P 6-8 PM General Parenting 6-8 PM	14 Triple P Teens 6-8 PM MYE For Youth 6-8 PM	15 Nobody's Perfect 12:30- 2:30 PM Circle of Security 12:30-2:30 PM	16 Stress & Coping 12:30-2:30 PM Healthy Relationships for Women 12:30-2:30 PM	17
20 Self-Care for Women 12:30-2:30 PM Handle With Care 12:30-2:30PM Triple P 6-8 PM General Parenting 6-8 PM	21 MYA 12:30-2:30 PM Triple P 12:30-2:30 PM Triple P Teens 6-8 PM MYE For Youth 6-8 PM	22 Nobody's Perfect 12:30- 2:30 PM Circle of Security 12:30-2:30 Healthy Relationships fro Women 6-8 PM MYA 6-8 PM	23 Stress & Coping 12:30-2:30 PM Healthy Relationships for Women 12:30-2:30 PM Healthy Relationships for Men 6-8 PM Positive Discipline 6-8 PM	24
27 Self-Care for Women 12:30-2:30 PM Handle With Care 12:30-2:30PM Triple P 6-8 PM General Parenting 6-8 PM	28 MYA 12:30-2:30 PM Triple P 12:30-2:30 PM Triple P Teens 6-8 PM MYE For Youth 6-8 PM Budgeting Workshop6-8PM	29 Nobody's Perfect 12:30- 2:30 PM Circle of Security 12:30-2:30 Healthy Relationships fro Women 6-8 PM MYA 6-8 PM	30 Stress & Coping 12:30-2:30 PM Healthy Relationships for Women 12:30-2:30 PM Healthy Relationships for Men 6-8 PM Positive Discipline 6-8 PM Mental Health Workshop 6-8pm	31 Centre Closed AM



April 2017



MON	TUE	WED	THU	FRI
3 Self-Care for Women 12:30-2:30 PM Handle With Care 12:30-2:30PM Triple P 6-8 PM (Grad) General Parenting 6-8 PM	4 MYA 12:30-2:30 PM Triple P 12:30-2:30 PM Triple P Teens 6-8 PM (Grad) MYE For Youth 6-8 PM	5 Nobody's Perfect 12:30- 2:30 PM Circle of Security 12:30-2:30 (Grad) Healthy Relationships fro Women 6-8 PM MYA 6-8 PM	6 Stress & Coping 12:30-2:30 PM Healthy Relationships for Women 12:30-2:30 PM (Grad) Healthy Relationships for Men 6-8 PM Positive Discipline 6-8 PM	7
10 Self-Care for Women 12:30-2:30 PM Handle With Care 12:30-2:30PM General Parenting 6-8PM (Grad)	11 MYA 12:30-2:30 PM Triple P 12:30-2:30 PM MYE For Youth 6-8 PM	12 Nobody's Perfect 12:30- 2:30 PM Healthy Relationships fro Women 6-8 PM MYA 6-8 PM	13 Stress & Coping 12:30- 2:30 PM Healthy Relationships for Women 12:30-2:30 PM Healthy Relationships for Men 6-8 PM Positive Discipline 6-8 PM	14 Good Friday Centre Closed
17 Easter Monday Centre Closed	18 MYA 12:30-2:30 PM Triple P 12:30-2:30 PM MYE For Youth 6-8 PM (Grad)	19 Nobody's Perfect 12:30- 2:30 PM (Grad) Healthy Relationships for Women 6-8 PM MYA 6-8 PM	20 Stress & Coping 12:30-2:30 PM (Grad) Healthy Relationships for Men 6-8 PM Positive Discipline 6-8 PM	21 Centre Closed AM
24 Self-Care for Women 12:30-2:30 PM Handle With Care 12:30-2:30PM	25 MYA 12:30-2:30 PM Triple P 12:30-2:30 PM Budgeting Workshop6-8PM	24 Healthy Relationships for Women 6-8 PM MYA 6-8 PM	27 Healthy Relationships for Men 6-8 PM Positive Discipline 6-8 PM Mental Health Workshop 6-8pm	28 Centre Closed AM



May 2017



1 Self-Care for Women 12:30-2:30 PM (Grad) Handle with Care 12:30-2:30 PM (Grad)	2 MYA 12:30-2:30 PM (Grad) Triple P 12:30-2:30 PM (Grad)	3 Healthy Relationships for Women 6-8 PM (Grad) MYA 6-8 PM (Grad)	4 Healthy Relationships for Men 6-8 PM (Grad) Positive Discipline 6-8 PM (Grad)	5
--	--	---	---	---

Parenting Programs *** Call 204-944-4268 to register for all programs***

Nobody's Perfect Parenting Program
 Educates and supports parents of children 5 yrs and under to recognize their strengths and to find positive ways to raise healthy and resilient children. Facilitator: Michelle O
Jan. 9– Feb. 13 (6-8 pm)
Mar. 8-Apr. 19 (12:30-2:30 pm)

Handle With Care A simple interactive program to help parents and caregivers, to promote the mental health of young children from birth to 6 years. Facilitator: Sharan
Jan. 23-Mar. 6 (12:30-2:30)
Mar. 20-May 1 (12:30-2:30)

Triple P Helps parents learn and practice strategies to deal with their children's problem behaviours constructively. Facilitators: Michelle B. & Sharan
Jan. 9-Feb. 13 (6-8 pm)
Jan. 24-Mar. 7 (12:30-2:30 pm)
Feb. 27-Apr. 3 (6-8 pm)
Mar. 21-May 2 (12:30-2:30 pm)

Triple P (Teens)
 Provides parents of children 13-18 yrs ways to overcome challenging behaviours and opportunities to strengthen family bonds through understanding children's behaviours.
 Facilitator: Michelle B.
Jan. 10-Feb. 14 (6-8 PM)
Feb. 28-Apr. 4 (6-8 PM)

Positive Discipline Parenting Program
 Increases parent's knowledge of children's rights, provide constructive and concrete tools for resolving parent-child conflict, strengthen parent child relationships, and promote emotional-self-regulation of both parent and child. Facilitator: Harmony
Jan. 23-Mar 6 (6-8pm) R. East Access
Jan. 26-Mar. 9 (6-8 pm)
Mar. 23-May 4 (6-8 pm)

Circle of Security Parenting Program
 Focuses on strengthening the relationships between parents and their children by teaching new ways to understand children's needs and behavior.
 Facilitator: Michelle B
Jan. 11-Feb. 15 (12:30-2:30 pm)
Mar. 1-Apr. 5 (12:30-2:30 pm)

General Parenting Provides parents with information and tools from various parenting topics and traditional family practices. Facilitator: Michelle O.
Mar. 6-Apr.5 (12:30-2:30pm)

Monthly Budgeting Workshops:
 Jan 31, Feb 28, March 28, & April 25.
 6-8pm
Monthly Mental Health Workshops:
 Jan 26, Feb 23, March 30, & April 27.
 6-8pm

Self Improvement Programs ***Certificates will be issued on completion of program***

Managing Your Anger (MYA) Provides participants with knowledge, skills and alternative ways to resolve anger. Topics include understanding of anger, communication, emotional triggers, inward and outward expression of anger. Facilitators: Michelle O & Harmony
Jan. 12-Feb. 23 (12:30-2:30 pm)
Jan. 25-Mar. 8 (6-8 pm)
Mar. 21-May 2 (12:30-2:30 pm)
Mar. 22-May 3 (6-8 pm)

Self-Care for Women Offers a safe, non-judgmental environment for women to learn the importance of self-esteem, self care and honoring self. Facilitator: Harmony.
Jan. 24-Mar. 7 (12:30-2:30 pm)
Mar. 20-May 1 (12:0-2:30 PM)

Managing Your Emotions for Youth
 This program is designed for youth between the ages of 13-17. Youth are given the opportunity to explore their emotions, anger & communication style through group, individual activities.
 Facilitator: Michelle O.
Jan. 10-Feb. 21 (6-8 pm)
Mar. 7-Apr. 18 (6-8 pm)

Healthy Relationships for Men (DV)
 The goal of the program is to educate men about the impact of intimate partner violence in their relationships in order for them to recognize the impact of their behaviors and actions on their families.
 Facilitators: Sharan and Fran
Jan. 26-Mar. 9 (6-8 pm)
Mar. 23-May 4 (6-8 pm)

Healthy Relationships for Women (DV) The goal of the program is to increase women's knowledge about the impact of intimate partner violence on the mind, body, emotions and spirit, as well as the impact on children.
 Facilitators: Michelle B & Harmony
Jan. 12-Feb. 16 (12:30-2:30 pm)
Jan. 25-Mar. 8 (6-8 pm)
Mar. 2-Apr. 6 (12:30-2:30 pm)
Mar. 22-May 3 (6-8 pm)

Stress & Coping Provides participants with information about stress, by creating awareness of the mind-body connection, and how stress affects our whole body as well as our relationships.
 Facilitator: Michelle O.
Jan. 11-Feb. 22 (12:30-2:30 pm)
Mar. 9-Apr. 20 (12:30-2:30 pm)

Workshops:
Self-Care for Women
Jan. 16-19 (12:30-2:30PM)
General Parenting
Jan. 9-12 (12:30-2:30PM)

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)

Join Us for a week of Family Fun Activities
Jan. 3—5 (1-3 PM)