



# All Nations Family Resource Centre

1008 Wall Street  
Phone: 204-944-4268  
Fax: 204-944-2057  
Email: anfrc@gov.mb.ca

## SPRING/SUMMER NEWSLETTER — *May/June/July/August 2017*

### ANCR's Vision:

Our community is strong and diverse, honours all cultures, and is free from systemic barriers. Families are healthy, supported and empowered. Children are valued, respected and safe.

### ANCR's Mission:

To promote and support the safety and well being of children and families by providing culturally appropriate, strength based child and family intake services.

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### Resource Centre Staff

Supervisor	Omar	944-4512
Admin	Harold	944-4268
Social Worker	Harmony	944-6735
Social 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**

### ANCR's Values

**Communicating Respectfully:** ANCR believes that everyone has a right to give and receive respectful communication, being open, truthful, kind, patient, inclusive and constructive in our interactions with each other.

**Seeking Balance:** ANCR strives to support all people as they seek balance and mental, physical, spiritual and emotional wellbeing.

**Honouring Diversity:** ANCR recognizes, acknowledges, respects and celebrates the uniqueness and diversity of all people.

**Empowerment and Advocacy:** ANCR strives for the empowerment of children, families and communities and advocate for their participation and voice in the services we provide.

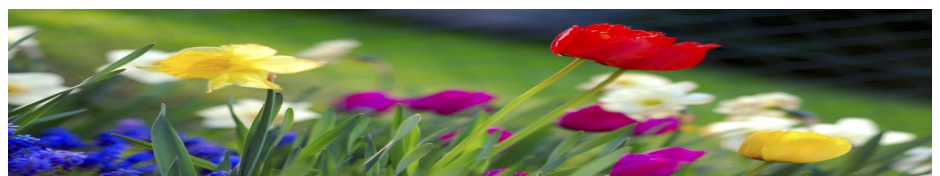
**Professional Excellence:** ANCR strives to provide a safe, ethical, supportive, accountable environment in our workplace and our community.

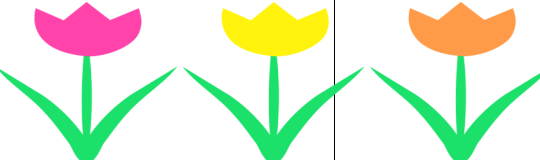
**Valuing Relationships:** ANCR believes the most successful road to our mission and vision is through partnerships with those who share the goal of keeping children safe and strengthening families. Our relationships with families and communities will be honest, transparent, accountable, reciprocal and authentic.

**Practice Humility:** ANCR accepts that everyone has limitations and boundaries, and we are all responsible to learn from both our challenges and our successes.

**Demonstrating Integrity and Accountability:** ANCR believes we must act in open and truthful ways in all our interactions with each other and the community, accepting responsibility for our actions and honouring our commitments.

**Modelling Courage:** ANCR values the courage required to be honest with ourselves, with each other, with families and communities, and the ability to face challenges with kindness and compassion.



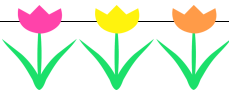
MON	TUE	WED	THU	FRI
1 Self-Care 12:30-2:30 (Grad) Handle with Care (Grad) <b>Nobody's Perfect 6-8pm</b>	2 <b>Triple P 1-3pm (Norquay)</b> Triple P 12:30-2:30pm (Grad) <b>MYE for Youth 6-8pm</b>	3 <b>Stress and Coping 12:30-2:30</b> HR for Women 6-8pm (Grad) MYA 6-8pm (Grad)	4 <b>General Parenting 12:30-2:30pm</b> Positive Discipline 6-8pm (Grad) HR for Men 6-8pm (Grad)	5
8 Nobody's Perfect 6-8pm	9 Triple P 1-3pm (Norquay) MYE for Youth 6-8pm	10 Stress and Coping 12:30-2:30pm	11 General Parenting 12:30-2:30pm	12 <b>Centre Closed AM</b>
15 <b>MYA 12:30-2:30pm</b> <b>Triple P 12:30-2:30pm</b> Nobody's Perfect 6-8pm	16 Triple P 1-3pm (Norquay) <b>Handle with Care 12:30-2:30pm</b> MYE for Youth 6-8pm <b>Triple P Teens 6-8pm</b>	17 Stress and Coping 12:30-2:30pm <b>Circle of Security 12:30-2:30pm</b> <b>MYA 6-8pm</b> <b>HR for Women 6-8pm</b>	18 General Parenting 12:30-2:30pm <b>HR for Women 12:30-2:30pm</b> <b>HR for Men 6-8pm</b> <b>Positive Discipline 6-8pm</b>	19
22 <b>Holiday: Victoria Day</b> <b>Centre Closed</b>	23 Triple P 1-3pm (Norquay) Handle with Care 12:30-2:30pm MYE for Youth 6-8pm Triple P Teens 6-8pm	24 Stress and Coping 12:30-2:30pm Circle of Security 12:30-2:30pm MYA 6-8pm HR for Women 6-8pm	25 General Parenting 12:30-2:30pm HR for Women 12:30-2:30pm HR for Men 6-8pm Positive Discipline 6-8pm	26 <b>Centre Closed AM</b>
29 MYA 12:30-2:30pm Triple P 12:30-2:30pm Nobody's Perfect 6-8pm <b>Triple P 6-8pm</b>	30 Triple P 1-3pm (Norquay) (Grad) Handle with Care 12:30-2:30pm MYE for Youth 6-8pm Triple P Teens 6-8pm	31 Stress and Coping 12:30-2:30pm Circle of Security 12:30-2:30pm MYA 6-8pm HR for Women 6-8pm		

MON	TUE	WED	THU	FRI
<p><b>*The new programs starting each month are in bold*</b></p>			1 General Parenting 12:30-2:30pm HR for Women 12:30-2:30pm HR for Men 6-8pm Positive Discipline 6-8pm	2
5 MYA 12:30-2:30pm Triple P 12:30-2:30pm Nobody's Perfect 6-8pm Triple P 6-8pm	6 Handle with Care 12:30-2:30pm MYE for Youth 6-8pm Triple P Teens 6-8pm	7 Stress and Coping 12:30-2:30pm Circle of Security 12:30-2:30pm MYA 6-8pm HR for Women 6-8pm	8 <b>ANFRC Closed.</b>	9
12 MYA 12:30-2:30pm Triple P 12:30-2:30pm Nobody's Perfect 6-8pm Triple P 6-8pm	13 <b>Self-Care 12:30-2:30pm</b> Handle with Care 12:30-2:30pm MYE for Youth 6-8pm Triple P Teens 6-8pm	14 Stress and Coping 12:30-2:30pm Circle of Security 12:30-2:30pm MYA 6-8pm HR for Women 6-8pm	15 General Parenting 12:30-2:30pm HR for Women 12:30-2:30pm HR for Men 6-8pm Positive Discipline 6-8pm	16 <b>Centre Closed AM</b>
19 MYA 12:30-2:30pm Triple P 12:30-2:30pm Nobody's Perfect 6-8pm(Grad) Triple P 6-8pm	20 Self-Care 12:30-2:30pm Handle with Care 12:30-2:30pm MYE for Youth 6-8pm (Grad) Triple P Teens 6-8pm (Grad)	21 Stress and Coping 2:30-2:30pm (Grad) Circle of Security 12:30-2:30pm (Grad) MYA 6-8pm HR for Women 6-8pm	22 General Parenting 12:30-2:30pm (Grad) HR for Women 12:30-2:30pm (Grad) HR for Men 6-8pm Positive Discipline 6-8pm	23
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**\*Upon completion of programs certificate will be issued\***

MON	TUE	WED	THU	FRI
3 <b>Holiday Canada Day Centre Closed</b>	4 Handle with Care 12:30-2:30pm(Grad) Self-Care 12:30-2:30 (Grad) <b>Parent-teen 6-8pm</b>	5 <b>Stress and Coping 12:30-2:30pm</b> <b>Circle of Security 12:30-2:30pm</b> MYA 6-8pm (Grad) HR for Women 6-8pm (Grad)	6 <b>Positive Discipline 1-3pm (Elmwood)</b> <b>Nobody's Perfect 12:30-2:30pm</b> HR for Men 6-8 pm (Grad) Positive Discipline 6-8pm (Grad)	7
10 <b>General Parenting 6-8pm</b>	11 Parent-teen 6-8pm	12 Stress and Coping 12:30-2:30pm Circle of Security 12:30-2:30pm	13 Positive Discipline 1-3pm (Elmwood) Nobody's Perfect 12:30-2:30pm	14 <b>Centre Closed AM</b>
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24 MYA 12:30-2:30pm Triple P 12:30-2:30pm Triple P 6-8pm General Parenting 6-8pm	25 Handle with Care 12:30-2:30pm Self-Care 12:30-2:30pm Parent-teen 6-8pm	26 Stress and Coping 12:30-2:30pm Circle of Security 12:30-2:30pm MYA 6-8pm HR for Women 6-8pm	27 Positive Discipline 1-3pm (Elmwood) Nobody's Perfect 12:30-2:30pm HR for Men 6-8pm Positive Discipline 6-8pm	28
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**August 2017**

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7 <b>Holiday Terry Fox Centre Closed</b>	8 Handle with Care 12:30-2:30pm Self-Care 12:30-2:30pm Parent-teen 6-8pm	9 Stress and Coping 12:30-2:30pm Circle of Security 12:30-2:30pm MYA 6-8pm HR for Women 6-8pm	10 Positive Discipline 1-3pm (Elmwood) Nobody's Perfect 12:30-2:30pm HR for Men 6-8pm Positive Discipline 6-8pm	11 <b>Centre Closed AM</b>
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**September 2017**

4 <b>Holiday Labour Day</b>	5 Handle with Care 12:30-2:30pm (Grad) Self-Care 12:30-2:30pm (Grad)	6 MYA 6-8pm (Grad) HR for Women 6-8pm (Grad)	7 HR for Men 6-8pm (Grad) Positive Discipline 6-8pm (Grad)	8
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**\*Upon completion of programs certificate will be issued\***

**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.

May 1-June 19 (6-8 pm) Michelle O.  
July 6-Aug. 24 (12:30-2:30 pm) Michelle O.

**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.

May 16-July 4 (12:30-2:30) Sharan  
July 18-Sept 5 (12:30-2:30) Sharan

**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.

May 16-June 20 (6-8 PM) Michelle B.

**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.

May 18-July 6 (6-8pm) Harmony  
July 6-Aug 17 (1-3 pm at Elmwood School) Michelle B.  
July 20-Sept 7 (6-8 pm) Harmony

**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.

May 17-June 21 (12:30-2:30pm) Michelle B.  
July 5-Aug 23 (12:30-2:30 pm) Michelle B.

**General Parenting** Provides parents with information and tools from various parenting topics and traditional family practices.

May 4 -June 22 (12:30-2:30pm) Michelle O.  
July 10-Aug 21 (6-8pm) Michelle O.

**Triple P** Helps parents learn and practice strategies to deal with their children's problem behaviours constructively.

May 2-May 30 (1-3 pm at Norquay School) Harmony  
May 15-June 26 (12:30-2:30 pm) Sharan  
May 29-June 26 (6-8 pm) Michelle B.  
July 17-Aug 28 (12:30-2:30 pm) Sharan  
July 17-Aug 21 (6-8pm) Michelle B.

**Parent-Teen Series** Allows parents and teens to work alongside each other as well as individually by working on their communication and problem solving skills through various group activities and discussions.

July 4-Aug 22 (6-8pm) Michelle B. Michelle O. and Jordan

**Self-Improvement Programs**

**\*\* CERTIFICATES WILL BE GIVEN UPON COMPLETION OF PROGRAMS\*\***

**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.

May 15-June 26 (12:30-2:30 pm) Harmony  
May 17-July 5 (6-8 pm) Sharan  
July 17-Aug 28 (12:30-2:30 pm) Harmony  
July 19-Sept 6 (6-8 pm) Sharan

**Self-Care for Women** Offers a safe, non-judgmental environment for women to learn the importance of self-esteem, self care and honoring self.

June 13-July 4 (12:30-2:30 pm) Harmony  
July 18-Sept 5 (12:30-2:30 pm) Harmony

**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.

May 2-June 20 (6-8pm) Michelle O.

**Healthy Relationships for Men (HR for Men)**

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.

May 18-July 6 (6-8 pm) Sharan & Fran  
July 20-Sept 7 (6-8 pm) Sharan & Fran

**Healthy Relationships for Women (HR for Women)**

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.

May 18-June 22 (12:30-2:30 pm) Michelle B.  
May 17-July 5 (6-8 pm) Harmony  
July 19-Sept 6 (6-8 pm) Harmony

**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.

May 3-June 21 (12:30-2:30 pm) Michelle O.  
July 5-Aug 23 (12:30-2:30 pm) Michelle O.



**Family Event Days:**

**Tinkertown**  
July 21, 2017 from 10am-3pm

**Picnic at Assiniboine Park**  
August 18, 2017 from 12am-3pm

**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)