



All Nations Family Resource Centre

1008 Wall Street
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SPRING/SUMMER NEWSLETTER — May/June/July/August 2016

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
EIP Worker	Sharan	944-4465
Social worker	Michelle	944-6760
Social worker	Amy	944-6735
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 Elice & Wall and walk north

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

Contact 311 for accurate bus schedule & times

Self-Love Wall Project

The "I AM" wall started after an activity about self-love in the Healthy Relationships for Men Program. The program facilitator read this quote: "I AM", two of the most powerful words; for what you put after them shapes your reality." (Positivelifetips.com)

Each participant was asked to write some of their positive qualities after "I AM." They came up with some of the following "I AM's": I am friendly. I am patient. I am amazing. I am accountable. I am worthy. I

am enough. I am respectful, etc. We wanted participants to leave with a different perception of themselves, one that fosters self-love and self-compassion, so that they could translate that into their daily life. This was an eye opening opportunity for participants to understand the influence our words have on our mind, body, spirit, and soul.

The facilitator decided to give this project life, by using an empty wall to share some of the positives words that the participants identified. Participants from other groups noticed the project on the wall, and contributed more positive qualities they saw in themselves. We now have a colourful, empowering wall full of beautiful characteristics. As soon as the participants come to the centre the first thing they see is a wall full of hope, inspiration, and possibilities which has promoted a sense of positivity.

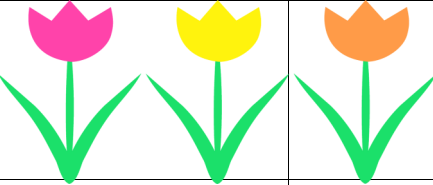
This has been an important activity because many of us go through our day perceiving and believing things about ourselves based on what we have been taught, past experiences, beliefs, values all of which predominately thrives in a culture of self-hate and takes a life form of its own.

Self-love has a powerful way of making our lives more fulfilling, and it allows us to identify our strengths, and uniqueness, as well as empower our authentic selves. The more we are able to acknowledge positive qualities the more we see what we have to offer the world, the more we find our place, and make sense of who we truly are. The more we cultivate love and compassion towards ourselves and others in our lives, the more we internally blossom. Self love means loving all parts of yourself without judgement, blame, or shame and more importantly, embracing it, accepting it, and owning it. You already have everything you need; just give yourself permission to honour it. #I AM ALL THE ABOVE. Positive Life Tips.com



MON	TUE	WED	THU	FRI
2	3	4	5	6
The new programs starting each month are in bold				
9 Nobody's Perfect 12:30-2:30pm Self-Care 12:30-2:30 pm Positive Discipline 6-8 pm (Elmwood- EK Activity Centre)	10 MYA 12:30-2:30 pm Stress & Co 12:30-2:30 pm Triple P 6-8 PM HR for Women (D.V.) 6-8 pm	11 Triple P 12:30-2:30 pm MYA 6-8 pm Positive Discipline 6-8 pm	12 HR for Women (D.V.) 12:30-2:30 pm HR for Men (D.V.) 6-8 pm Budgeting Workshop 6-8pm	13 Centre Closed AM
16 Nobody's Perfect 12:30-2:30pm Self-Care 12:30-2:30 pm Positive Discipline 6-8 pm	17 MYA 12:30-2:30 pm Stress & Co 12:30-2:30 pm Triple P 6-8 pm HR for Women (D.V.) 6-8 pm	18 Triple P 12:30-2:30 pm MYA 6-8 pm Positive Discipline 6-8 pm	19 HR for Women (D.V.) 12:30-2:30 pm HR for Men (D.V.) 6-8 pm Budgeting Workshop 6-8 pm	20
23 Centre Closed Victoria Day	24 MYA 12:30-2:30 pm Stress & Co 12:30-2:30 pm Triple P 6-8 pm HR for Women (D.V.) 6-8 pm	25 Triple P 12:30-2:30 pm MYA 6-8 pm Positive Discipline 6-8 pm	26 HR for Women (D.V.) 12:30-2:30 pm HR for Men (D.V.) 6-8 pm Parenting 101 6-8 pm	27 Centre Closed
30 Nobody's Perfect 12:30-2:30pm Self-Care 12:30-2:30 pm Positive Discipline 6-8 pm	31 MYA 12:30-2:30 pm Stress & Co 12:30-2:30 pm Triple P 6-8 pm HR for Women (D.V.) 6-8 pm			

June 2016

MON	TUE	WED	THU	FRI
		1 Triple P 12:30-2:30 pm MYA 6-8 pm Positive Discipline 6-8 pm	2 HR for Women (D.V.) 12:30-2:30 pm HR for Men (D.V.) 6-8 pm Parenting 101 6-8 pm	3
6 Nobody's Perfect 12:30-2:30pm Self-Care 12:30-2:30 pm Positive Discipline 6-8 pm	7 MYA 12:30-2:30 pm Stress & Co 12:30-2:30 pm Triple P 6-8 pm HR for Women (D.V.) 6-8 pm	8 Triple P 12:30-2:30 pm MYA 6-8 pm Positive Discipline 6-8 pm	9 HR for Women (D.V.) 12:30-2:30 pm HR for Men (D.V.) 6-8 pm Parenting 101 6-8 pm	10 Centre Closed AM
13 Nobody's Perfect 12:30-2:30pm Self-Care 12:30-2:30 pm Positive Discipline 6-8 pm	14 MYA 12:30-2:30 pm Stress & Co 12:30-2:30 pm Triple P 6-8 pm HR for Women (D.V.) 6-8 pm	15 Triple P 12:30-2:30 pm MYA 6-8 pm Positive Discipline 6-8 pm	16 HR for Women (D.V.) 12:30-2:30 pm HR for Men (D.V.) 6-8 pm Parenting 101 6-8 pm	17
20 Nobody's Perfect 12:30-2:30pm Self-Care 12:30-2:30 pm Positive Discipline 6-8 pm	21 MYA 12:30-2:30 pm Stress & Co 12:30-2:30 pm Triple P 6-8 pm HR for Women (D.V.) 6-8 pm	22 Triple P 12:30-2:30 pm MYA 6-8 pm Positive Discipline 6-8 pm	23 HR for Women (D.V.) 12:30-2:30 pm HR for Men (D.V.) 6-8 pm Parenting 101 6-8 pm	24 Centre Closed AM
27	28	29	30	
Upon completion of programs certificate will be issued				

MON	TUE	WED	THU	FRI
The new programs starting each month are in bold				1 Canada Day
4 HR for Women (D.V.) 12:30-2:30 pm Stress & Co 12:30- 2:30 pm Self-Care 12:30-2:30 pm	5 MYA 12:30-2:30 pm Girls Summer Program 12-3pm Triple P 6-8 PM HR for Women (D.V.) 6-8 pm	6 MYA 6-8 pm Nobody's Perfect 6-8 pm	7 Circle of Security 12:30-2:30pm HR for Men (D.V.) 6-8 pm Positive Discipline 6-8 pm	8 Centre Closed AM
11 HR for Women (D.V.) 12:30-2:30 pm Stress & Co 12:30- 2:30 pm Self-Care 12:30-2:30 pm	12 MYA 12:30- 2:30 pm Girls Summer Program 12-3pm Triple P 6-8 pm HR for Women (D.V.) 6-8 pm	13 MYA 6-8 pm Nobody's Perfect 6-8 pm MYE 6-8 pm	14 Circle of Security 12:30-2:30pm HR for Men 6-8 pm Positive Discipline 6-8 pm	15 Family Outing: Tinker town
18 HR for Women (D.V.) 12:30-2:30 pm Stress & Co 12:30-2:30 pm Self-Care 12:30-2:30 pm	19 MYA 12:30- 2:30 pm Girls Summer Program 12-3pm Triple P 6-8 pm HR for Women (D.V.) 6-8 pm	20 MYA 6-8 pm Nobody's Perfect 6-8 pm MYE 6-8 pm	21 Circle of Security 12:30-2:30pm HR for Men 6-8 pm Positive Discipline 6-8 pm	22
25 HR for Women (D.V.) 12:30-2:30 pm Stress & Co 12:30- 2:30 pm Self-Care 12:30-2:30 pm	26 MYA 12:30- 2:30 pm Girls Summer Program 12-3pm Triple P 6-8 pm HR for Women (D.V.) 6-8 pm	27 MYA 6-8 pm Nobody's Perfect 6-8 pm MYE 6-8 pm	28 Circle of Security 12:30-2:30pm HR for Men 6-8 pm Positive Discipline 6-8 pm	29

August 2016

MON	TUE	WED	THU	FRI
1 Civic Holiday Centre Closed	2 MYA 12:30-2:30 pm Girls Summer Program 12-3pm Triple P 6-8 pm Healthy relationships for Women 6-8 PM	3 MYA 6-8 pm Nobody's Perfect 6-8 pm MYE 6-8 pm	4 Circle of Security 12:30-2:30pm HR for Men 6-8 pm Positive Discipline 6-8 pm	5 Family Outing: Picnic
8 HR for Women (D.V.) 12:30-2:30 pm Stress and Co 12:30-2:30 pm Self-Care 12:30-2:30 pm	9 MYA 12:30-2:30 pm Girls Summer Program 12-3pm Triple P 6-8 pm Healthy relationships for Women 6-8 PM	10 MYA 6-8 pm Nobody's Perfect 6-8 pm MYE 6-8 pm	11 Circle of Security 12:30-2:30pm HR for Men 6-8 pm Positive Discipline 6-8 pm	12
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22	23	24	25	26
29	30	31	*Upon completion of programs certificate will be issued*	

Parenting Programs

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

Nobody's Perfect Parenting Program

The aim of the program is to educate and support parents of children 5 yrs and under to recognize their strengths and to find positive ways to raise healthy and resilient children. The sessions will include: indoor & outdoor safety, self-care and child development. Facilitator: Sharan

May 9- June 20 (12:30-2:30PM)

July 6- August 17 (6-8 PM)

Parenting 101 Workshops

This 5 week workshop is designed to provide parents with information and tools from various parenting topics and traditional family practices. Each session covers different topics, which allows participants the flexibility to join at any time or only attend sessions of interest. Facilitators: Amy and Métis Elder/Social Worker Ried Hartry

May 26- June 23 (6-8 PM)

Positive Discipline Parenting Program

The program goal is to increase 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.

Facilitators: Amy and Michelle

May 9- June 20 (6-8PM) (Elmwood-EK Activity Centre)

May 11- June 22 (6-8 PM)

July 7- August 18 (6-8 PM)

Circle of Security Parenting Program

This is a parenting program that strengthened the relationships between the parents and their children by teaching new ways to understand children's needs and behavior.

July 7- August 18 (12:30-2:30PM)

Positive Parenting Program (Triple P)

The goal of Triple P is to help parents learn and practice strategies to deal with their children's problem behaviours in a constructive way. Triple P uses a variety of learning tools to teach parents including: discussions, videos, and parenting work-books. Facilitator: Michelle

May 10-June 21 (6-8PM)

May 11- June 22 (12:30-2:30PM)

July 5-August 16 (6-8PM)

Summer Family Outing Days: Tinker town Outing will be held on **July 15th**

Family Picnic will be held on **August 5th 2015**ANFRC outings are held for Resource Centre Participants and their families.**

Self Improvement Programs

Certificates will be issued on completion of program

Managing Your Anger Program

This program provides participants with knowledge, skills and alternative ways to resolve anger issues. Some of the major topics that will be discussed include understanding of anger, communication, emotional, triggers, inward and outward expression of anger, and much more. Facilitators: Michelle & Sharan

May 10- June 21 (12:30-2:30PM)

May 11- June 22 (6-8 PM)

July 5 - August 16 (12:30-2:30PM)

July 6 - August 17 (6-8 PM)

Self-Care for Women

This program offers a safe and non-judgmental environment for women to learn the importance of self-esteem, self care and honoring self. Facilitator: Amy

May 9- June 20 (12:30-2:30PM)

July 4- August 15 (12:30-2:30PM)

Workshops:

Budgeting Workshop: May 12 & 19, 2016 at 6-8 pm. Amy

Managing Your Emotions for Youth

Workshop: July 13-August 17, at 6-8 pm
Facilitator: Amy

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 behaviours and actions on their families. Some of the topics include: healthy and unhealthy relationships, communication, effects of intimate partner violence, stress & coping, anger, gender roles, intimacy, and self-care. Facilitators Sharan and Fran

May 12- June 23 (6-8 PM)

July 7- Aug 18 (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. The topics covered in the program include: cycle of violence, types and signs of abuse, communication and self care. Facilitators: Michelle & Fran

May 10- June 21 (6-8 PM)

May 12- June 23 (12:30-2:30PM)

July 4- Aug 15 (12:30-2:30PM)

July 5- August 16 (6-8pm)

Stress & Coping

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. Facilitators: Amy and Sharan

May 10- June 20 (12:30-2:30PM)

July 4- August 15 (12:30-2:30PM)

Girls Summer Program

This is a 7 week program designed to work with female youth between the ages of 13-16 years old. A variety of topics will be covered, such as; self care, self-esteem, sex awareness, healthy relationships and healthy body image. The youth will also go on outings in the community. Facilitator: Amy

July 5—August 16 (12-3PM)

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)