



# ALL NATIONS FAMILY RESOURCE CENTRE SUMMER NEWSLETTER



May / June / July / August 2013

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

## 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.

### Welcome to the All Nations Family Resource Centre!

We've enjoyed a beautiful Winnipeg Winter and are now looking forward to fun in the sun this summer!

We would like to wish our Social Work Student Natasha Noel farewell as she has graduated from the Inner City Social Work Program of the University of Manitoba. Thanks also to Elisabeth Mahmoud, our social work student, for all your hard work! Good luck and Thank You to both of you with your future endeavours!

We wish everyone a safe, fun and happy Summer!



### Dates to Remember:

May 5th - Orthodox Easter  
 May 6th - Orthodox Easter Monday  
 May 12th - Mother's Day  
 May 15th - Shavuot  
 May 20th - Victoria Day  
 June 16th - Father's Day  
 June 21st - National Aboriginal Day  
 July 1st - Canada Day  
 July 9th - Ramadan Begins  
 August 8th - Eid-al-Fitr

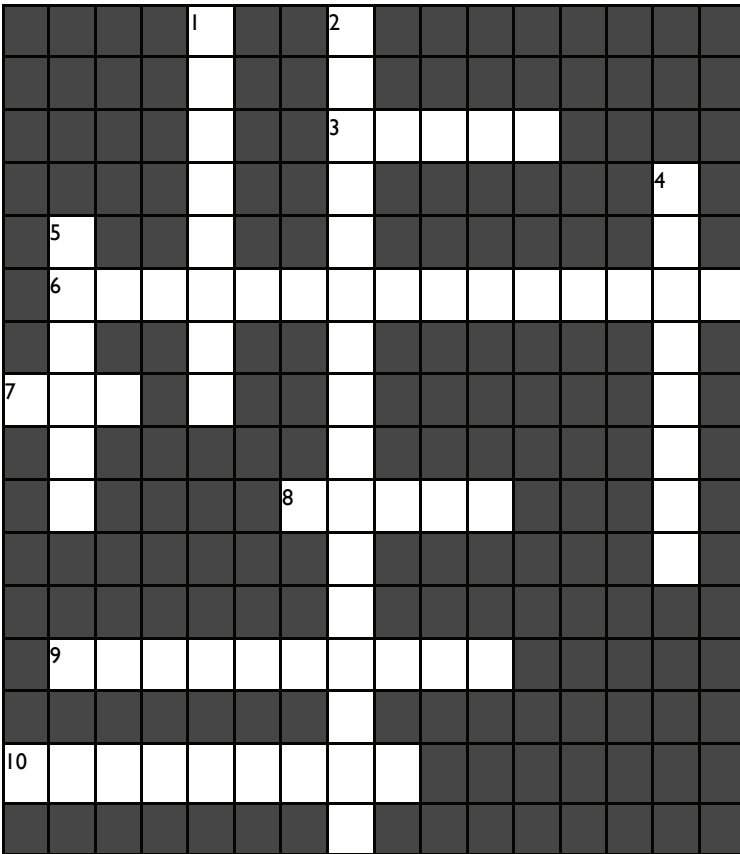
### Resource Centre Staff

Supervisor	Jennifer Rafuse	204-944-4512
Admin	Harold	204-944-4268
Social Worker	Fran	204-944-4271
Social Worker	Joanne	204-944-6735
Social Worker	Omar	204-944-4572
Social Worker	Ariel	204-944-4465
Nurse	Lois	204-944-4594

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**How well do you know the All Nations Family Resource Centre?**

Across

- 3. Lois's Medical Title
- 6. Program run by Joanne
- 7. Assiniboine Park \_\_\_\_
- 8. She shares name with famous mermaid
- 9. We are going here in July (you'll be glad you came to.....)
- 10. \_\_\_\_\_ Museum

Down

- 1. Program run by Omar
- 2. Program run by Fran
- 4. 1008 Wall Street Supervisor
- 5. Front Desk Person

**Is your son or daughter interested in attending Camp this Summer?**

**The Sunshine Fund**

The Sunshine Fund enables Manitoba children who do not have the financial means through parents, guardians or agencies, an opportunity to attend an accredited Manitoba summer camp.

<http://www.mbcamping.ca>

**To apply for and review the available camps please go to the MB Camping Website or come into the All Nations Family Resource Centre to complete the application forms. (Mb camping tells us "the sooner the better" to get applications in this year.)**



G M K V K A T R M E Q Q  
 L I F E S S I N Y Y Q E  
 J P D Z W S N Y E G L A  
 L U S U E I K O Y N P B  
 Y O N D C N E U S I F O  
 I R E E R I R T B T J T  
 M G R E Z B T H C N N I  
 U E D G K O O N U E U N  
 S L L O D I W O V R C A  
 E X I Y N N N A Z A X M  
 U Y H Y K E P D B P O D  
 M R C B L Z S K I L L S

Assiniboine	Museum	Group
Manitoba	Zoo	Life
Youth	Elder	Skills
Childrens	Parenting	Tinkertown

### Closed Programs (Certificate)

**These Programs require pre-registration. Call 944-4268 for information.**

**General Parenting** 9 week program for parents of all cultures, covering topics such as communication and listening, family harmony, anger awareness, child development and discipline. Facilitator: Fran

**Tuesday, July 9th to August 27th (6-8pm). Thursday, July 11th to August 29th (12:30-2:30pm).**

**Self-Care/Self Worth** 9 week program to discuss the power of goals, learning to honour self through nurturing, empowering and loving self. Facilitators: Fran/Ariel

**Wednesday, July 10th to August 28th (12:30-2:30pm).**

**Triple P (Positive Parenting)** 9 week program provides parents of children 0-12 with an understanding of children's needs and ways to overcome challenging behaviours by which family bonds are strengthened. Facilitator: Omar

**Tuesday, July 2nd to August 27th (6-8pm). Thursday, July 4th to August 29th (1-3pm).**

**Parent-Teen Communications (PTC)** 9 week program for parents and their teens to strengthen their relationship and enhance communication. Facilitators: Ian/Liz/Ariel

**Wednesday, May 1st to June 26th (6-8pm).**

**Anger Management** 6 week program provides families alternative solutions to resolve anger issues. Facilitator: Joanne

**Tuesday, June 4th to July 9th (1-3pm). Wednesday, June 5th to July 10th (5:30-7:30pm).**

**Fall Program begins: August 13th until October 8th (1-3pm). August 14th to October 9th (5:30-7:30pm).**

### Open Programs

**Open Programs do not require pre-registration. Call 944-4268 for information.**

**Nobody's Perfect** 6 week program to learn about child development, safety, health and behaviour, to discuss real-life parenting situations and to discover positive ways of parenting. Facilitator: Joanne

**Thursday, June 6th to July 11th (1-3pm). Fall Program begins: Thursday, August 15th to October 10th(1-3pm).**

**Parent Teen Workshop** 6 session workshop for parents of teens. The program will provide strategies for parents to communicate with their teens. Facilitator: Omar

**June 11th, 12th, 13th, 18th, 19th, 20th (1-3pm).**

**Expectant Mother's Workshop** 2 session workshop program for first time expectant mothers. To discuss pregnancy, newborn care and self care for new mothers. Facilitators: Fran

**June 10th & June 17th (1-3pm).**

**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. Facilitator: Ariel

**Monday, July 8th to August 26th (10-12pm).**

**Life Skills** 9 week program focusing on problem solving skills, including stress management and goal setting. Facilitator: Ariel

**Tuesday, June 11th to August 6th (1-3pm).**

**Men's Group** weekly support group for fathers to embrace their role as parents, to learn how to cope with life's challenges and to honour their role as a father and a man. Facilitators: Ian/Omar

**Wednesdays, (1:00-3:00pm) at Snowbird Lodge 391 Sherbrook Ave. Subject to Change.**

**Healthy Relationships/Blended Families** 6 sessions for individuals who want to have a better understanding and respect, and want to honour their role and their partner in their relationship. Blended families will focus on the holistic relationships among all family members. Facilitator: Fran

**June 11th, 12th, 13th, 18th, 19th, 20th, (1-3pm).**

**Family Outings:** group outings with parents and children to various Winnipeg locations:

**May 17th Children's Museum (12-3pm)**

**June 14th Manitoba Museum (12-3pm)**

**July 12th Tinkertown (12-3pm)**

**August 9th Assiniboine Zoo (12-3pm)**



### Resources

**Elder Services:** An Elder is available at the All Nations Family Resource Centre to speak with families and individuals.

**Every Wednesday (1-3pm).**

**Community Connections Computer Access:** A 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).**

# OUTDOOR FAMILY FUN TIPS

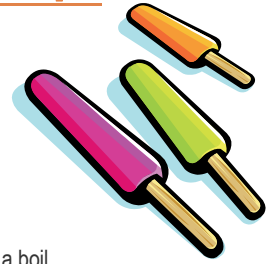
- **Make kites** from materials found around the house. Go out and fly them!
- **Volunteer** as a family. Support a community activity or event or offer to help out in a neighbours yard or dog walking.
- **Tour** a farm, business or factory. Many farms and businesses provide tours to the public—be sure to call ahead. See what you can find that's not far from your home.
- **Pitch your tent** and go camping in the back yard.
- Go on a family **bike ride**. Let everyone take turns choosing the route.
- Go to the local **dog park**. It's fun to watch the dogs play.
- Take a **walk or hike in nature**. Do you want to know the names of trees and plants? Bring along a guidebook from the **library**.
- Teach children how to **garden**. Many community centres have garden patches or boxes.
- Play **soccer, softball, or basketball**.
- Borrow books on stars and planets from the library. On the next clear night, take a walk to **look at stars** and planets in the sky.

Adapted from :  
[http://extension.oregonstate.edu/tough\\_times/sites/default/files/documents/family\\_fun\\_outside\\_en.pdf](http://extension.oregonstate.edu/tough_times/sites/default/files/documents/family_fun_outside_en.pdf)

## Jell-O Popsicle Recipe:

### Ingredients:

3 oz. box of Jell-O  
1 cup boiling water  
1 cup cold water  
1 tbsp. sugar



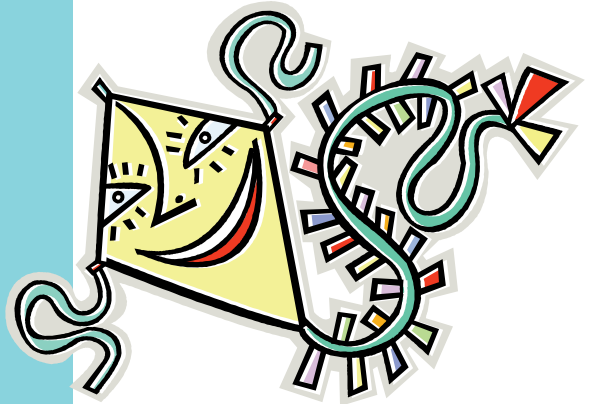
### Preparation:

1. Bring one cup of water to a boil.
2. Add in the gelatin mix, and stir until all of the sugar has dissolved.
3. Stir in one cup of cool water.
4. Pour the finished mixture into popsicle molds (paper cups work too) and freeze.

Yield: 4-6 popsicles (depending on size)

**Variation:** To increase the nutritional value, add in bits of chopped fruit.

**Total Prep Time:** 6 minutes



## ALL NATIONS FAMILY RESOURCE CENTRE

1008 Wall Street

Phone: 204-944-4268 Fax: 204-944-2057

### Taking the Bus:

**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 downtown then transfer  
to #15 to Sargent & Wall.

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

Contact **311** for accurate bus schedule & times.