



# ALL NATIONS FAMILY RESOURCE CENTRE

## FALL NEWSLETTER

September / October / November / December 2016

### 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>Making a Commitment</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	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**

#### Making a Commitment to Myself

All my life I have been waiting for something or someone to complete me. But here is the thing: no one can fulfill my inner being except me. No one can fix me because I am not broken. I am a whole person by myself. I have been searching my whole life to fill the void, without realizing that the person I needed to rely on was the person in the mirror.



Today, I made a commitment to myself:

- ♥ To love and value my whole self, including my imperfections.
- ♥ To know that there will ups and downs and it will strengthen my resiliency
- ♥ To have faith that things will work out and to practise patience in my healing journey.
- ♥ To forgive myself and to know that my mistakes do not define me.
- ♥ To never give up when stakes are too high.
- ♥ To know that I belong and there is a place for me in the world.
- ♥ To take joy in life and practice gratitude.
- ♥ To have courage in the face of adversity and seek support when I am struggling.
- ♥ To balance my emotional, physical, mental, spiritual and social wellbeing.
- ♥ To believe in myself and have a positive outlook on life.
- ♥ To be open minded and trust my intuition.
- ♥ To know that I am worthy and honor my uniqueness and
- ♥ To build meaningful connections with people who respect my spirit.

Here's to making a commitment; let me know how it goes.

MON	TUE	WED	THU	FRI
			1	2
5 Centre Closed for Labor Day	6 <b>*The first session of a new program series is in bold*</b>	7	8	9
12 Triple P 12:30- 2:30pm	13 MYA 12:30-2:30pm	14 MYA 6-8pm	15 Healthy Relationships for Men 6-8pm (Norwest Co-op)	16 Centre Closed AM
19 Triple P 12:30-2:30pm Healthy Relationships for Women 12:30-2:30pm Self-Care for Women 12:30-2:30pm	20 MYA 12:30-2:30pm Positive Discipline 6-8pm	21 MYA 6-8pm Triple P 6-8pm	22 Healthy Relationships for Men 6-8pm (Norwest Co-op) Stress & Coping 12:30-3:30pm Circle of Security 12:30-2:30pm	23
26 Triple P 12:30-2:30pm Healthy Relationships for Women 12:30-2:30pm Self-Care for Women 12:30-2:30pm	27 MYA 12:30-2:30pm Positive Discipline 6-8pm Nobody's Perfect 6-8pm MYE for Youth 6-8pm	28 MYA 6-8pm Triple P 6-8pm	29 Healthy Relationships for Men 6-8pm (Norwest Co-op) Stress & Coping 12:30-2:30pm Circle of Security 12:30-2:30pm	30 Centre Closed AM

# October 2016

MON	TUE	WED	THU	FRI
3 Triple P 12:30-2:30pm Healthy Relationships for Women 12:30-2:30pm Self-Care for Women 12:30-2:30pm	4 MYA 12:30-2:30pm Positive Discipline 6-8pm Nobody's Perfect 6-8pm MYE for Youth 6-8pm	5 MYA 6-8pm Triple P 6-8pm	6 Healthy Relationships for Men 6-8pm (Norwest Co-op) Stress & Coping 12:30-2:30pm Circle of Security 12:30-2:30pm GP workshop 12:30-2:30pm	7
10 Centre closed Thanksgiving Day	11 MYA 12:30-2:30pm Positive Discipline 6-8pm Nobody's Perfect 6-8pm MYE for Youth 6-8pm	12 MYA 6-8pm Triple P 6-8pm	13 Healthy Relationships for Men 6-8pm (Norwest Co-op) Circle of Security 12:30-2:30pm Stress & Coping 12:30-2:30pm GP workshop 12:30-2:30pm	14 EIP Family Outing: Corn Maze
17 Triple P 12:30-2:30pm Healthy Relationships for Women 12:30-2:30pm Self-Care for Women 12:30-2:30pm	18 MYA 12:30-2:30pm Positive Discipline 6-8pm Nobody's Perfect 6-8pm MYE for Youth 6-8pm	19 MYA 6-8pm Triple P 6-8pm	20 Healthy Relationships for Men 6-8pm (Norwest Co-op) Circle of Security 12:30-2:30pm Stress & Coping 12:30-2:30pm GP workshop 12:30-2:30pm	21
24 Triple P 12:30-2:30pm (Grad) Healthy Relationships for Women 12:30-2:30pm (Grad) Self-Care for Women 12:30-2:30pm (Grad)	25 MYA 12:30-2:30pm (Grad) Positive Discipline 6-8pm (Grad) Nobody's Perfect 6-8pm (Grad) MYE for Youth 6-8pm (Grad)	26 MYA 6-8pm (Grad) Triple P 6-8pm (Grad)	27 Healthy Relationships for Men 6-8pm (Norwest Co-op) (Grad) Circle of Security 12:30-2:30pm (Grad) Stress & Coping 12:30-2:30pm (Grad) GP workshop 12:30-2:30pm	28 Centre Closed AM
31				

MON	TUE	WED	THU	FRI
	1	2	3	4
7 Circle of Security 12:30-2:30pm Nobody's Perfect 6-8pm HR for Men (DV) 6-8pm	8 MYA 12:30-2:30pm Positive Discipline 6-8pm Healthy Relationships for Women 6-8pm MYE for Youth 6-8pm	9 Triple P 12:30-2:30pm MYA 6-8pm Triple P 6-8pm	10 Self-Care 12:30-2:30pm Budgeting Workshop 12:30-2:30pm	11 Centre Closed Remembrance day
14 Circle of Security 12:30-2:30pm Nobody's Perfect 6-8pm HR for Men (DV) 6-8pm	15 MYA 12:30-2:30pm Positive Discipline 6-8pm Healthy Relationships for Women 6-8pm MYE for Youth 6-8pm	16 Triple P 12:30-2:30pm MYA 6-8pm Triple P 6-8pm	17 Self-Care 12:30-2:30pm Budgeting Workshop 12:30-2:30pm AFM Addiction Workshop 12:30-2:30pm	18 Centre Closed AM
21 Circle of Security 12:30 2:30pm Nobody's Perfect 6-8pm HR for Men (DV) 6-8pm General Parenting Workshop 12:30-2:30pm	22 MYA 12:30-2:30pm Positive Discipline 6-8pm Healthy Relationships for Women 6-8pm MYE for Youth 6-8pm	23 Triple P 12:30-2:30pm MYA 6-8pm Triple P 6-8pm	24 Self-Care 12:30-2:30pm Budgeting Workshop 12:30-2:30pm	25 Centre Closed AM
28 Circle of Security 12:30-2:30pm Nobody's Perfect 6-8pm HR for Men (DV) 6-8pm General Parenting Workshop 12:30-2:30pm	28 MYA 12:30-2:30pm Positive Discipline 6-8pm Healthy Relationships for Women 6-8pm MYE for Youth 6-8pm	30 Triple P 12:30-2:30pm MYA 6-8pm Triple P 6-8pm		

## December 2016

MON	TUE	WED	THU	FRI
<b>*The first session of a new program series is in bold*</b>			1 Self-Care 12:30-2:30pm (Grad) AFM Addiction Workshop 12:30-2:30pm	2
5 Circle of Security 12:30-2:30pm Nobody's Perfect 6-8pm HR for Men (DV) 6-8pm General Parenting Workshop 12:30-2:30pm	6 MYA 12:30-2:30pm Positive Discipline 6-8pm Healthy Relationships for Women 6-8pm MYE for Youth 6-8pm	7 Triple P 12:30-2:30pm MYA 6-8pm Triple P 6-8pm	8 EIP Family Event Centre Closed	9 Centre Closed AM
12 Circle of Security 12:30-2:30pm (Grad) Nobody's Perfect 6-8pm (Grad) HR for Men (DV) 6-8pm (Grad) General Parenting Workshop 12:30-2:30pm	13 MYA 12:30-2:30pm (Grad) Positive Discipline 6-8pm (Grad) Healthy Relationships for Women 6-8pm (Grad) MYE for Youth 6-8pm (Grad)	14 Triple P 12:30-2:30pm (Grad) MYA 6-8pm (Grad) Triple P 6-8pm (Grad)	15	16 Centre Closed AM
19	20	21	22	23
26 Centre Closed Boxing Day	27 Centre Closed	28	29	30

**Parenting Programs**

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

**Nobody's Perfect Parenting Program**

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. Sessions include: indoor & outdoor safety, self-care and child development. Facilitator: Michelle O

**Sept 27-Oct 25 (6-8 pm)**  
**Nov 7-Dec 12 (6-8 pm)**

**General Parenting Workshops**

This 4 week general parenting workshop is designed to provide parents with information and tools from various parenting topics and traditional family practices. Sessions cover different topics, which allows participants the flexibility to join at any time.

Facilitator: Shana  
**Oct 6-27 (12:30-2:30pm)**  
**Nov 21-Dec 12 (12:30-2:30pm)**

**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.

Facilitator: Michelle B  
**Sept 20-Oct 25 (6-8 pm)**  
**Nov 8-Dec 13 (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.

Facilitator: Michelle B  
**Sept 22-Oct 27 (12:30-2:30 pm)**  
**Nov 7-Dec 12 (12:30-2:30 pm)**

**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. Facilitators: Michelle & Sharan

**Sept 12-Oct 24 (12:30-2:30 pm)**  
**Sept 21-Oct 26 (6-8 pm)**  
**Nov 9-Dec 14(12:30-2:30 pm)**  
**Nov 9-Dec 14 (6-8 pm)**

**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. Topics that will be discussed include understanding of anger, communication, emotional, triggers, inward and outward expression of anger, and much more. Facilitators: Michelle O & Sharan

**Sept 13-Oct 25(12:30-2:30 pm)**  
**Sept 14-Oct 26 (6-8 pm)**  
**Nov 8-Dec 13 (12:30-2:30 pm)**  
**Nov 9-Dec 14 (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: Shana

**Sept 19-Oct 24 (12:30-2:30 pm)**  
**Nov 10-Dec 01 (12:30- 2:30 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 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  
**Sept 15-Oct 27(6-8 pm)**  
**Nov 7-Dec 12 (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. Topics covered in the program include: cycle of violence, types and signs of abuse, communication and self care. Facilitator: Michelle B.

**Sept 19-Oct 24 (12:30-2:30 pm)**  
**Nov 8-Dec 13 (6-8 pm)**

**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. Facilitator: Michelle O

**Sept 22-Oct 27 (12:30-2:30 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.

Youth will learn the effects of emotions on everyday lives, expressing feelings positively, self-care and coping strategies. Facilitator: Shana  
**Sept 27-Oct 25 (6-8 pm)**  
**Nov 8-Dec 13 (6-8 pm)**

**Budgeting Workshops (Seeds Winnipeg):**  
**November 10, 17, & 24, 2016**  
**2:30-2:30pm**

**AFM Addiction Workshops:**  
**November 17th and December 1, 2016**  
**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)**