



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



All Nations Family Resource Centre



WINTER NEWSLETTER

January / February / March / April 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.

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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
EIP 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 Ellice & Wall and walk north
St. Anne 's take #55 downtown & transfer to #15 to Sargent & Wall
Contact 311 for accurate bus schedule & times

👏 The Wholehearted Parenting Manifesto 👏

Above all else, I want you to know that you are loved and loveable. You will learn this from my words and actions—the lessons on love are in how I treat you and how I treat myself.

I want you to engage with the world from a place of worthiness. You will learn that you are worthy of love, belonging, and joy every time you see me practice self compassion and embrace my own imperfections.

We will practice courage in our family by showing up, letting ourselves be seen, and honoring vulnerability. We will share our stories of struggle and strength. There will always be room in our home for both.

We will teach you compassion by practicing compassion with ourselves first; then with each other. We will set and respect boundaries, we will honor hard work, hope, and perseverance. Rest and play will be family values, as well as family practices.

You will learn accountability and respect by watching me make mistakes and make amends, and by watching how I ask for what I need and talk about how I feel.

I want you to know joy, so together we will practice gratitude.

I want you to feel joy, so together we will learn how to be vulnerable.

When uncertainty and scarcity visit, you will be able to draw from the spirit that is a part of your everyday life.

Together we will cry and face fear and grief. I will want to take away your pain, but instead I will sit with you and teach you how to feel it.

We will laugh and sing and dance and create. We will always have permission to be ourselves with each other. No matter what, you will always belong here.

As you begin your Wholehearted journey, the greatest gift that I can give to you is to love and love with your whole heart and to dare greatly.

I will not teach or love or show you anything perfectly, but I will let you see me, and I will always hold sacred the gift of seeing you. Truly, deeply seeing you.

From *Daring Greatly* by Brene Brown

**ANFRC**

January 2016








MON	TUE	WED	THU	FRI
Start dates for new programs are in Bold				1 New Years Centre Closed
4	5	6	7	8
11 Nobody's Perfect 12:30-2:30PM Triple P 12:30-2:30PM	12 Managing your Anger 12:30-2:30PM Triple P 6-8PM Healthy Relationships for Women (DV) 6-8PM	13 Managing your Anger 6-8pm Positive Discipline 6-8pm	14 Healthy Relationships for Women (DV) 12:20-2:30PM Healthy Relationship For Men (DV) 6-8PM	15 Centre Closed AM
18 Nobody's Perfect 12:30- 2:30PM Triple P 12:30-2:30PM	19 Managing your Anger 12:30- 2:30PM Triple P 6-8pm Healthy Relationships for Women (DV) 6-8PM	20 Managing your Anger 6-8PM Positive Discipline 6-8PM	21 Self Care for Women 12:30- 2:30PM Healthy Relationship for Women (DV) 12:30-2:30PM Healthy Relationship For Men (DV)	22
25 Nobody's Perfect 12:30- 2:30PM Triple P 12:30-2:30PM	26 Managing your Anger 12:30- 2:30PM Triple P 6-8pm Healthy Relationships for Women (DV) 6-8PM Budgeting workshop 6-8pm	27 Managing your Anger 6-8PM Positive Discipline 6-8PM	28 Self Care for Women 12:30-2:30PM Healthy Relationship for Women (DV) 12:30-2:30PM Healthy Relationship For Men (DV) 6-8PM	29 Centre Closed AM



February 2016



MON	TUE	WED	THU	FRI
1 Nobody's Perfect 12:30- 2:30PM Triple P 12:30-2:30PM	2 Managing your Anger 12:30- 2:30PM Triple P 6-8pm Healthy Relationships for Women (DV) 6-8PM Parenting 101 Workshop 6-8 PM	3 Managing your Anger 6-8PM Positive Discipline 6-8PM	4 Self Care for Women 12:30-2:30PM Healthy Relationship for Women (DV) 12:30-2:30PM Healthy Relationship For Men (DV) 6-8PM	5
8 Nobody's Perfect 12:30- 2:30PM Triple P 12:30-2:30PM	9 Managing your Anger 12:30- 2:30PM Triple P 6-8pm Healthy Relationships for Women (DV) 6-8PM Parenting 101 Workshop 6-8pm	10 Managing your Anger 6-8PM Positive Discipline 6-8PM	11 Self Care for Women 12:30-2:30PM Healthy Relationship for Women (DV) 12:30-2:30PM Healthy Relationship For Men (DV) 6-8PM	12 Centre Closed AM
15 Louis Riel Day Centre Closed	16 Managing your Anger 12:30- 2:30PM Triple P 6-8pm Healthy Relationships for Women (DV) 6-8PM Parenting 101 Workshop 6-8pm	17 Managing your Anger 6-8PM Positive Discipline 6-8PM	18 Self Care for Women 12:30-2:30PM Healthy Relationship for Women (DV) 12:30-2:30PM Healthy Relationship For Men (DV) 6-8PM	19
22 Nobody's Perfect 12:30- 2:30PM Triple P 12:30-2:30PM	23 Managing your Anger 12:30- 2:30PM Triple P 6-8pm Healthy Relationships for Women (DV) 6-8PM Parenting 101 Workshop 6-8pm	24 Managing your Anger 6-8PM Positive Discipline 6-8PM	25 Self Care for Women 12:30-2:30PM Healthy Relationship for Women (DV) 12:30-2:30PM Healthy Relationship For Men (DV) 6-8PM	26 Centre Closed AM
29 				



ANFRC

March 2016






MON	TUE	WED	THU	FRI
7 Nobody's Perfect 12:30-2:30PM Triple P 12:30-2:30PM Stress and Coping 12:30-2:30pm	1 8 Managing your Anger 12:30-2:30PM Triple P 6-8 pm HR for Women (DV) 6-8PM	2 9 Managing Your Anger 6-8pm Positive Discipline 6-8pm Triple P Teens 6-8pm	3 10 Self Care 12:30-2:30PM Healthy Relationships for Women (DV) 12:30-2:30PM Healthy Relationships for Men (DV) 6-8PM	4 11 Centre Closed AM
14 Nobody's Perfect 12:30-2:30PM Triple P 12:30-2:30PM Stress and Coping 12:30-2:30pm	15 Managing your Anger 12:30-2:30PM Triple P 6-8 pm HR for Women (DV) 6-8PM MYE for Youth 6-8pm	16 Managing Your Anger 6-8pm Positive Discipline 6-8pm Triple P Teens 6-8pm	17 Self Care 12:30-2:30PM Healthy Relationships for Women (DV) 12:30-2:30PM Healthy Relationships for Men (DV) 6-8PM	18 Center Closed AM
21 Nobody's Perfect 12:30-2:30PM Triple P 12:30-2:30PM Stress and Coping 12:30-2:30pm	22 Managing your Anger 12:30-2:30PM Triple P 6-8 pm HR for Women (DV) 6-8PM MYE for Youth 6-8pm	23 Managing Your Anger 6-8pm Positive Discipline 6-8pm Triple P Teens 6-8pm	24 Self Care 12:30-2:30PM Healthy Relationships for Women (DV) 12:30-2:30PM Healthy Relationships for Men (DV) 6-8PM	25 Good Friday Centre Closed
28 Easter Monday Centre Closed	29 Managing your Anger 12:30-2:30PM Triple P 6-8 pm HR for Women (DV) 6-8PM MYE for Youth 6-8pm	30 Managing Your Anger 6-8pm Positive Discipline 6-8pm Triple P Teens 6-8pm	31 Self Care 12:30-2:30PM Healthy Relationships for Women (DV) 12:30-2:30PM Healthy Relationships for Men (DV) 6-8PM	



April 2016



MON	TUE	WED	THU	FRI
				1 Centre Closed AM
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Start dates for new programs are in Bold



Parenting Programs

Please call 204-944-4268 to register for all programs

Nobody's Perfect Parenting

Parents will learn about child (0-5 years old) development, safety, feelings and behaviors. The program provides time to discuss real-life parenting situations and to discover positive parenting strategies. **Facilitator: Sharan**

Jan11-Feb 22 (12:30-2:30PM)

March 7- April 18 (12:30-2:30PM)

Triple P (Teens) This program provides parents with children 13-18 years, ways to overcome challenging behaviors, and opportunities to strengthen family bonds through understanding of children's behaviors.

Facilitator: Michelle

March 9—April 20 (6-8PM)

Positive Discipline - parenting program that provides parents with children ages 0-18 years old with valid and effective alternatives to physical and emotional punishment of children. This program increases parents' knowledge of children's rights, and provides constructive and concrete tools for resolving parent-child conflict.

Facilitators: Michelle & Amy

January 13— February 24 (6-8 PM)

March 9—April 20 (6-8PM)

Triple P -This program provides parents of children 0-12 with an understanding of children's needs, ways to overcome challenging behaviors, and opportunities to strengthen family bonds.

Facilitator: Michelle B

Jan 11 - Feb 22 (12:30-2:30 PM)

Jan12 - Febr23 (6-8 PM)

March 7—April 18 (12:30-2:30PM)

March 8—April 19 (6-8 PM)

Self Improvement Programs

Certificates will be issued on completion of program

Managing Your Anger Program

This program provides participants with alternative ways to resolve anger issues. Topics include: What is anger, how we learn anger responses, our triggers, communication and ways to deal with anger. **Facilitator: Sharan**

Jan12 - Feb 23 (12:30-2:30PM)

Jan13 - Feb 24 (6-8 PM)

March 8 - April 19 (12:30-2:30 PM)

March 9- April 20 (6-8 PM)

Healthy Relationships for Men

(DV) This program is for men to learn and discuss healthy relationships and effects of domestic violence on themselves and their families.

Facilitators: Fran/Sharan

Jan14- Feb 25 (6-8 PM)

March 10—April 21 (6-8 PM)

Healthy Relationships for Women

(DV) This program is for women to learn about the affects of domestic violence, on both themselves and their children. **Facilitators: Michelle B/Fran**

Jan 12 - Feb 23 (6-8 PM)

Jan 14 - Feb25 (12:30-2:30PM)

March 8-April 19 (6-8PM)

March 10—April 21 (12:30-2:30PM)

Self-Care for Women

This program is for women to learn about self-esteem, what is self care and honoring self. **Facilitator: Amy**

Jan 21 - Feb 25 (12:30-2:30PM)

March 10—April 21 (12:30-2:30PM)

Stress and Coping This program is designed to develop an awareness of different stressors in our life's, how this stress may affect our life and how we can affectively manage day-to-day stress.

Facilitator: Amy

Mar 7—Apr 18 (12:30-2:30pm)

Drop-in Resources

A 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 AM - 3 PM)



Workshops

Budgeting Workshop:
January 26 at 6-8pm. Facilitator: Amy

Parenting 101 Workshop:
February 2, 9, 16 & 23 at 6-8pm. Facilitator: Amy

Managing Your Emotions for Youth Workshop:
March 15, 22, & 29 & April 5, 12 & 19 at 6-8pm Facilitator: Amy

Participants will receive a certificate upon completion of workshop.

