



# ALL NATIONS FAMILY RESOURCE CENTRE

FALL/WINTER NEWSLETTER—September / October / November / December 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

### 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

### New Programs

ANCR family resource centre staff are always working very hard to create and bring new cultural and evidence based programs. So, we are very excited to announce two new programs that we are offering in September this year, which are; *Little Métis Sing with Me* and *Caring Dads*.



*The Little Métis Sing with Me* is a Métis parent-child cultural program created by the Louis Riel Institute for Métis Parents with children under six year of age. This 6-week program is live and interactive and gives Métis families the opportunity to explore and celebrate Métis history, culture, and languages through fun rhymes, songs, crafts, and activities.

#### What should you expect?

- ◆ Introduction of The Métis Nation, Métis history
- ◆ Tracing Our Roots– Family Tree, genealogy resources
- ◆ Music and movement through songs and rhymes
- ◆ Let's Speak Michif– learning through books
- ◆ Traditions in Crafting (sashes, moccasins, beading, dot-art)



*The Caring Dads* program was created by Professor, Dr. Katreena Scott from the University of Toronto, and Tim Kelly, Executive Director of Changing Ways in London, Ontario. The 16 weeks program works with fathers who have physically, emotionally abused or neglected their children, or exposed their children to domestic violence or who are deemed to be at high-risk for these behaviours.

#### What should you expect?

- ◆ Develop skills to cope with frustrating situations in healthy ways
- ◆ Understand how different fathering strategies and choices affect children.
- ◆ Increase awareness of controlling, abusive, and neglectful attitudes and behaviors.
- ◆ New parenting strategies to strengthen the father-child relationship.

If you are referring a father to the *Caring Dads* program, the father must have access to his child/ren and be willing to commit to attending the program for 16 weeks. **To register for these programs, please call: 204-944-4268.**

Mon	Tue	Wed	Thu	Fri
4 <b>Labor Day Holiday</b> Centre Closed	5 <b>Positive Discipline 6-8pm</b> <b>Caring Dads 6-8pm</b>	6 <b>Circle of Security 12:30-2:30</b>	7 <b>Grief &amp; Loss 12:30-2:30pm</b>	8 <b>Office Closed AM</b>
11 <b>Triple P 6-8pm</b> <b>HR for Men 6-8pm</b>	12 Positive Discipline 6-8pm Caring Dads 6-8pm <b>Self Care 12:30-2:30pm</b>	13 Circle of Security 12:30-2:30 <b>Triple P 12:30-2:30pm</b> Self Care 12:30-2:30pm	14 <b>Nobody's Perfect 12:30-2:30pm</b> Grief & Loss 12:30-2:30pm Self Care 12:30-2:30pm	15
18 Triple P 6-8pm HR for Men 6-8pm	19 Positive Discipline 6-8pm Caring Dads 6-8pm Self Care 12:30-2:30pm	20 Circle of Security 12:30-2:30 Triple P 12:30-2:30pm Self Care 12:30-2:30pm	21 Grief & Loss 12:30-2:30pm Nobody's P. 12:30-2:30pm Self C.12:30-2:30pm (Grad)	22
25 <b>HR for Women 12:30-2:30pm</b> Triple P 6-8pm HR for Men 6-8pm	26 <b>Little Métis Sing With Me 10-12pm</b> Positive Discipline 6-8pm Caring Dads 6-8pm <b>Stress &amp; Coping 12:30-2:30pm</b>	27 Circle of Security 12:30-2:30 Triple P 12:30-2:30pm <b>Parent-Teen Series 6-8pm</b>	28 Grief & Loss 12:30-2:30pm Nobody's Perfect 12:30-2:30pm <b>MYA 6-8pm</b> <b>HR for Women 6-8pm</b>	29 <b>Office Closed AM</b>

**October 2017**

Mon	Tue	Wed	Thu	Fri
2 HR for Women 12:30-2:30pm Triple P 6-8pm HR for Men 6-8pm	3 Little Métis Sing with Me 10-12pm Positive Discipline 6-8pm Caring Dads 6-8pm Stress & Coping 12:30-2:30pm	4 Circle of Security 12:30-2:30 Triple P 12:30-2:30pm Parent-Teen Series 6-8pm	5 Grief & Loss 12:30-2:30pm Nobody's Perfect 12:30-2:30pm MYA 6-8pm HR for Women 6-8pm	6 Unit Meeting AM Closed
9 <b>Thanksgiving Holiday</b> Centre Closed	10 Little Métis Sing with Me 10-12pm Positive Discipline 6-8pm Caring Dads 6-8pm Stress & Coping 12:30-2:30pm	11 Circle of Security 12:30-2:30 Triple P 12:30-2:30pm Parent-Teen Series 6-8pm	12 Grief & Loss 12:30-2:30pm Nobody's Perfect 12:30-2:30pm MYA 6-8pm HR for Women 6-8pm	13
16 HR for Women 12:30-2:30pm Triple P 6-8pm (Grad) HR for Men 6-8pm (Grad)	17 Little Métis Sing with Me 10-12pm Positive Discipline 6-8pm (Grad) Caring Dads 6-8pm Stress & Coping 12:30-2:30pm	18 Circle of Security 12:30-2:30 (Grad) Triple P 12:30-2:30pm (Grad) Parent-Teen Series 6-8pm	19 Grief & Loss 12:30-2:30pm (Grad) Nobody's Perfect 12:30-2:30pm (Grad) MYA 6-8pm HR for Women 6-8pm	20 <b>EIP Family Outing:</b> <b>Corn Maze</b> <b>10am-3pm</b>
23 HR for Women 12:30-2:30pm	24 Little Métis Sing with Me 10-12pm Caring Dads 6-8pm Stress & Coping 12:30-2:30pm	25 Parent-Teen 6-8pm	26 MYA 6-8pm HR for Women 6-8pm	27 <b>Office Closed AM</b>
30 HR for Women 12:30-2:30pm (Grad) <b>Triple P 6-8pm</b> <b>HR for Men 6-8pm</b>	31 Little Métis Sing with Me 10-12pm (Grad) Caring Dads 6-8pm Stress & Cop 12:30-2:30pm (Grad) <b>Positive Discipline (6-8pm)</b>			

\*The first session of a new program series is in bold\*

Mon	Tue	Wed	Thu	Fri
		1 Parent-Teen Series 6-8pm (Grad) <b>Circle of Security 12:30-2:30pm</b> <b>Triple P 12:30-2:30pm</b>	2 <b>HR for Women 12:30-2:30pm</b> <b>Nobody's Perfect 12:30-2:30pm</b> MYA 6-8pm (Grad) HR for Women 6-8pm (Grad)	3
6 Triple P 6-8pm HR for Men 6-8pm	7 Positive Discipline 6-8pm Caring Dads 6-8pm	8 Circle of Security 12:30-2:30pm Triple P 12:30-2:30pm	9 Nobody's Perfect 12:30-2:30pm HR for Women 12:30-2:30pm	10 <b>Centre Closed AM</b>
13 Remembrance Day Centre Closed	14 <b>Little Métis S 10-12pm</b> <b>Stress and Coping 12:30-2:30pm</b> Caring Dads 6-8pm Positive Discipline 6-8pm	15 Circle of Security 12:30-2:30pm Triple P 12:30-2:30pm <b>Parent-Teen Series 6-8pm</b>	16 HR for Women 12:30-2:30pm Nobody's Perfect 12:30-2:30pm <b>MYA 6-8pm</b> <b>HR for Women 6-8pm</b>	17
20 <b>Self Care 12:30-2:30pm</b> <b>MYA 12:30-2:30pm</b> Triple P 6-8pm HR for Men 6-8pm	21 Little Métis SWM 10-12pm Stress and Coping 12:30-2:30pm Positive Discipline 6-8pm Caring Dads 6-8pm	22 Circle of Security 12:30-2:30pm Triple P 12:30-2:30pm Parent-Teen Series 6-8pm	23 HR for Women 12:30-2:30pm Nobody's Perfect 12:30-2:30pm MYA 6-8pm HR for Women 6-8pm	24 <b>Centre Closed AM</b>
27 Self Care 12:30-2:30pm MYA 12:30-2:30pm Triple P 6-8pm HR for Men 6-8pm	28 Little Métis SWM 10-12pm Stress and Coping 12:30-2:30pm Positive Discipline 6-8pm Caring Dads 6-8pm	29 Circle of Security 12:30-2:30pm Triple P 12:30-2:30pm Parent-Teen Series 6-8pm	30 HR for Women 12:30-2:30pm Nobody's Perfect 12:30-2:30pm MYA 6-8pm HR for Women 6-8pm	

**December 2017**

Mon	Tue	Wed	Thu	Fri
4 Self Care 12:30-2:30pm MYA 12:30-2:30pm Triple P 6-8pm HR for Men 6-8pm Grad	5 Little Métis SWM 10-12pm Stress and Coping 12:30-2:30pm Positive Discipline 6-8pm Caring Dads 6-8pm	6 Circle of Security 12:30-2:30pm Triple P 12:30-2:30pm Parent-Teen Series 6-8pm	7 <b>Centre Closed</b>	8
11 Self Care 12:30-2:30pm MYA 12:30-2:30pm Triple P 6-8pm HR for Men 6-8pm	12 Little Métis SWM 10-12pm Stress and Coping 12:30-2:30pm Caring Dads 6-8pm Positive Discipline 6-8pm	13 Parent-Teen Series 6-8pm Circle of Security 12:30-2:30pm Triple P 12:30-2:30pm	14 HR for Women 12:30-2:30pm Nobody's Perfect 12:30-2:30pm MYA 6-8pm HR for Women 6-8pm	15 <b>Centre Closed AM</b>
18 Self C. 12:30-2:30pm Grad MYA 12:30-2:30pm Grad Triple P 6-8pm Grad HR for Men 6-8pm Grad	19 Little Métis SWM 10-12pm Grad Stress and Coping 12:30-2:30pm (Grad) Caring Dads 6-8pm (Grad) Positive Discipline 6-8pm	20 Parent-Teen Series 6-8pm (Grad) Circle of Security 12:30-2:30pm (Grad) Triple P 12:30-2:30pm Grad	21 HR for Women 12:30-2:30pm (Grad) Nobody's Perfect 12:30-2:30pm (Grad) MYA 6-8pm (Grad) HR for Women 6-8pm (Grad)	22
25 <b>Christmas Holiday</b> <b>Centre Closed</b>	26 <b>Boxing Day</b> <b>Centre Closed</b>	27	28	29

\*The first session of a new program series is in bold\*

## 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.

Sept 14-Oct 19 (12:30-2:30pm) Sharan

Nov 02-Dec 21 (12:30-2:30pm) Sharan

**Little Métis Sing with Me** is a parent and child program for children 0-6 years old. It is an interactive program where parents and their children get a chance to bond, learn Métis culture, and grow together. The program is broken into three parts: rhymes, learning and activity time, and gathering for music and laughter.

Sept 26 -Oct 31 (10:00-12:00pm)

Harmony & Linda

Nov 14-Dec 19 (10:00-12:00pm)

Harmony & Linda

### 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.

Sept 5-Oct 17 (6-8pm) Michelle

Oct 31-Dec 19 (6-8pm) Michelle

### 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.

Sept 6-Oct 18 (12:30-2:30pm) Michelle

Nov 1 -Dec 20 (12:30-2:30pm) Michelle

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

Sept 11-Oct 16 (6-8pm) Michelle

Sept 13-Oct 18 (12:30-2:30 pm) Sharan

Oct 30-Dec 18 (6-8pm) Michelle

Nov 1-Dec 20 (12:30-2:30pm) Sharan

**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.

Sept 27- Nov 1 (6-8pm)

Harmony, Jordan, & TBA

Nov 15-Dec 20 (6-8pm)

Harmony, Jordan & TBA

## 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.

Sept 28-Nov 2 (6-8pm) TBA

Nov 20-Dec 18 (12:30-2:30pm) TBA

Nov 16-Dec 21 18 (12:30-2:30pm) TBA

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

Nov 20-Dec 18 (12:30-2:30pm)

Harmony & Fran

**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.

Sept 11-Oct 16 (6-8 pm) Sharan & Fran

Oct 30-Dec 18 (6-8pm) 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.

Sept 25-Oct 30 (12:30-2:30 pm) Harmony

Sept 28-Nov 2 (6-8pm) Harmony

Nov 2-Dec 21 (12:30-2:30pm) Michelle

Nov 16-Dec 21 (6-8 pm) Harmony

**Caring Dads** Throughout the 16 sessions fathers will develop skills to cope in healthy ways with frustrating situations. Understand how different fathering strategies and choices affect children. Increase their awareness of controlling, abusive, and neglectful attitudes and behaviors. Be provided with strategies to strengthen the father-child relationships.

Sept 5-Dec 19 (6-8pm) Cherylann,

Sharan, Norma & Omar

**Grief and Loss** is a program for individuals who are experiencing grief/loss and want to understand stages of grief and find healthy way to cope with their loss.

Sept 7-Oct 19 (12:30-2:30pm)

Michelle

### Workshop Series:

Self-Care for Women

(Sept 12, 13, 14, 19, 20, & 21st )

### EIP Family Event Days:

Corn Maze

Friday, Oct 20 2017 from  
10am-3pm

**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.

Sept 26-Oct 31(12:30-2:30pm) TBA

Nov 14-Dec 19 (12:30-2:30pm) TBA

**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)