



FALL 2011 NEWSLETTER SEPT/ OCT/ NOV / DEC



MÉTIS & GENERAL AUTHORITY FAMILY RESOURCE CENTRE

1008 Wall Street
Telephone: 944-4268 Fax: 944-2057

Vision Statement

To operate with an increased capacity to deliver on-going programming in a culturally appropriate and respectful manner. The programs will reflect the identified needs of families and the number and content of programs will be expanded as the need arises. We will work with families to enhance families existing skills, and to provide them with tools, information, and skills to give their children the best, and the brightest future possible.

Our vision also includes the provision of supportive services to families in an effort to keep them from entering the child and family services system. The Métis & General Family Resource Centre at 1008 Wall is a safe and supportive environment for children and families to come together in a positive and engaging manner to discuss needs of parents and children.

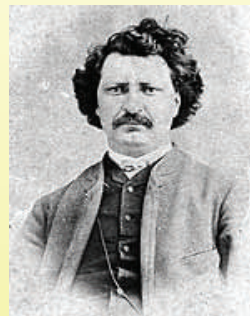


“Stepping into Womanhood”/“Fabric of a Nation”

This artwork by Larissa Sembaliuk Cheladyn, chosen from the “Celebrating Women” Collection commissioned by the National Council of Women of Canada, reflects the diversity of the families served at ANCR.

Resource Centre Staff:

Supervisor:	Jennifer Rafuse	944-4512
Admin. Support	Joelene	944-4268
Social Worker	Fran	944-4272
Social Worker	Gisele	944-4271
Social Worker	Joanne	944-6735
Social Worker	Omar	944-4572
Cultural Worker	Ariel	944-4465
Nurse	Lois	944-4594



LOUIS RIEL 1844-1885

126th Anniversary of Riel's Death

On November 16, 2010, special ceremonies will acknowledge all that Louis Riel accomplished during his 44 years among us. Events are organized throughout the city, honoring the “Father of Manitoba”.



We've Moved! Welcome to 1008 Wall Street Site!

The Métis /GA Family Resource Centre has moved to its new location at 1008 Wall Street south of Sargent Avenue, since June 2011. More meeting spaces allow us to offer more programs simultaneously. We have a child-minding room and space to accommodate community meetings.

Program participants are provided bus tickets and a nutritious snack when attending programs.
Child minding is provided for program participants.
Please request before start date of program

MÉTIS/G.A. RESOURCE CENTRE

All Programs are held at 1008 Wall Street - 944 - 4268

YOUNG MOMS' OUTREACH PROGRAM

Tuesday: 1-3 PM Sept. 20- Nov. 29, 2011

Includes Managing Strong Emotions

NOBODY'S PERFECT PARENTING PROGRAM

Wednesday: 1-3 PM Sept. 21- Nov. 2, 2011

For families with children 0-6 years

SELF-CARE/SELF WORTH PROGRAM

WEDNESDAY: 1:00 - 3:00 PM October 5 - November 23, 2011

GENERAL PARENTING/ FAMILY HARMONY

TUESDAY: 6:00– 8:00 pm October 4 - November 22, 2011

THURSDAY: 12:30 - 2:30 PM October 6 - November 24, 2011

ADD/ADHD SUPPORT GROUP FOR PARENTS

TUESDAY: 10:00 - 12 Noon Starting September 14, 2011 and ON-GOING

PARENT-TEEN CONFLICT RESOLUTION PROGRAM

TUESDAY: 6:00 – 8:00 pm September 20 — November 1st, 2011

MANAGING STRONG EMOTIONS

WEDNESDAY: 3:30 - 4:30 pm

A) September 21 -October 19, 2011

B) October 26 – November 30, 2011

ANGER MANAGEMENT PROGRAM

THURSDAY 1:00 - 3:00 pm October 20 - December 20, 2011

GRAND-PARENTS PARENTING AGAIN

THURSDAY: 10 am– Noon October 6 -November 10, 2011

COMMUNITY CONNECTIONS COMPUTER PROGRAM

MONDAY TO FRIDAY 9:00 am –3:30 pm

TRIPLE P PARENTING PROGRAM

WEDNESDAY: 10:00 am - Noon

September 21- October 28, 2011

November 2 - December 7, 2011

HALF-DAY WORKSHOPS

Subjects include: Mood Disorders; Effective Communication; Addictions Foundation of Manitoba; Prevention Bullying, Gang Prevention; Residential Tenancy Act; EIA; Legal Aid;



Program Descriptions



Nobody's Perfect Métis Parenting Program: The Nobody's Perfect Parenting Program was developed in response to the recognition of a need for more programs to support families with young children. Nobody's Perfect promotes active group participation, sharing of parent's personal experience, building on existing parental knowledge, experiential learning, and a limited use of instructive teaching. We strive to help parents understand how they can support the healthy development of their children, and how they can take care of themselves in order to be the best parents they can be.

Young Moms' Outreach Program: This is a program to support young women who are expecting a baby and who need hands-on experience in order to be as prepared as possible for the arrival of their newborn. The uniqueness of this program is that it will provide self-awareness insight into anger-management and relationship issues.

The General Parenting & Family Harmony Program is open to all individuals of diverse cultures. It covers many topics like Communication/Listening, Family Harmony (relationships), Anger Awareness, Child Development/Discipline, Stress/Coping/Anxiety, Peer Pressure, Conflict Resolution, Street Safety/Family Meetings, and Self-Care/Self-Worth. The program sessions run for 2 months and they are 2 hours weekly. Child care for the day time program is provided.

Women's Self-Care/Self-Worth Program -consists of 6 sessions weekly for 90 minutes. The sessions cover worksheets, a self-care task to do at home weekly, Myths and facts about Communication, The Power of Goals, Letting off Steam, Forgiveness, Nurture Self, Empower Self and Loving Self. This program is achieved through healthy humor and honoring each person's strengths weekly.

Grand-parents Parenting Again. Increasingly grand-parents find themselves in the role of parenting a grand-child or more. These children are facing a different world than our children/their parents did at that age. This is a support group to learn more about how to best support your grand-children in their special circumstances. Discussion will focus on strengths and resources, as well as equip participants with knowledge about the issues many children will be faced with, i.e. internet, peer-pressure, sense of loss and/or ambivalence to adults in their lives, etc. Come learn about the developmental stages and strategies to support the child in your care.

ADD/AHDH Support Group for Parents of Children with ADD/ADHD This on-going program happens from 10:00 am - noon on Tuesday mornings. Participants learn from each other successful strategies to support each other in parenting children thru the challenging behaviors associated with ADD/ADHD., at home, at school and in the community. They also learn to take care of themselves.

Managing Strong Emotions This is a program **for children (6-10) and youth (11-14)** to learn about their feelings and how to identify them and to express them in culturally appropriate ways. Through various activities, the participants learn they may feel a wide range of emotions but they are accountable for how they decide to express them. Parents are included in sessions with 6-10 year olds .and sibling groups.

Triple P (Positive Parenting Program) This is an 8-week program which provides parents of children 0-12 with understanding of children's needs and strategies which overcome challenging behaviors and which strengthen the family bonds. Wednesdays 10:00 am– 12:00 pm



The Outreach Program provides colleagues with the opportunity to refer individuals who may not be ready for a group, or they might be on a waiting list for a parent program. The focus of this program can include but is not limited to parenting issues, relationship issues and short term counseling on a particular issue participant is struggling with. Times and sessions will be determined based on participant needs.

Workshops will be provided on topics of interest to parents and to staff featuring presentations by community partners from Mood Disorders, Addictions Foundation of Manitoba, Gang Prevention, Legal Aid, Employment and Income Assistance, Public Health etc. Some workshops will address Effective Communication, Intimidation and Bullying, Canadian Laws, etc.

Community Connections Computer Program Job-seeking; Resume -building; Parenting resources - Monday – Friday 9:00 am– 3:30 pm on-going

*Greetings, Bonjour, Ola, Tansi, Aniin!
Best wishes for a safe and happy Fall!*

Dates to remember:

September 12 - National Grand-parents Day

September 29- Rosh Hashanah

October 4- Provincial Election Day

October 3 - 10 - National Family Week

October 10 - Thanksgiving Day

October 17- Day for the Elimination of Poverty

October 31 - Halloween

November 16 - Métis Remembrance Day

November 19 Day for the Eradication of Child Abuse

November 20 - International Day of the Child

December 1-9 Hanukkah -Festival of Lights

December 10 - UN Human Rights Day

December 21—Winter Solstice /Hanukkah

December 25 - Christmas Day

December 31st—New Year's Eve

NEW TO WINNIPEG? WELCOME!

We wish to extend a warm welcome to all who are making Winnipeg their new home, whether your family has been displaced temporarily due to flooding, or whether you are relocating from rural Manitoba, from the North or a remote community, from a reserve, from elsewhere in Canada or from another country. The Métis /GA Family Resource Centre can assist you to find community resources or government services to which you are entitled. Call us at 944-4268 and we'll be glad to assist. Welcome! Enjoy your stay!

See: A Guide to Winnipeg for Aboriginal Newcomers

Manitoba, my new home -Living in Manitoba

Aboriginal Organizations in Manitoba.pdf

A Directory of Groups and Programs Organized by or for First Nations, Inuit and Métis People 2011-2013. This directory was compiled and edited by the Aboriginal Education Directorate & the Aboriginal Friendship Committee (Fort Garry United Church) and funded by the Province of Manitoba.

National Family Week October 3-10

There are lots of fun things to explore and enjoy as a family in the fall. It is harvest time and many farmers' markets are featuring squashes and pumpkins! Just in time for Thanksgiving centrepieces and for Halloween! Have a ball with your children by checking out a pumpkin patch and corn maze. Or get out and enjoy all the smells and crunching sounds of colourful fallen leaves while taking in a nature walk. Winnipeg is blessed with lots of parks. Fun activities shared as a family are an investment in the parent-child relationship! And it's healthy, too!

Here are some more resources to explore:

The on-line **Leisure Guide** as well as the **Free Fun Programs**: Priceless_Fun_F11(electronic).pdf

www.winnipeg.ca/cms/recreation/leisureguide.stm

The **Children's Museum** has been renovated and is now open to the public. www.childrensmuseum.com

ADDICTIONS FOUNDATION OF MANITOBA PARENT INTERVENTION PROGRAM

Parents/caregivers can register at 944-6235 after the 1st of the month of the PIP they wish to attend. There is no fee. The PIP runs from 7:00pm to 9:30pm. (Sorry - No child care)

Location of PIP sessions: 200 Osborne Street North

September 13, 15, 20 & 22, 2011

October 18, 20, 25 & 27, 2011

November 15, 17, 22 & 24, 2011

December 6, 8, 13 & 15, 2011

Welcome to Ariel Voisey, Cultural Worker!

The Métis GA Resource Centre staff wishes to welcome Ariel Voisey, Cultural Worker, to the team. She started to work at ANCR this summer. Welcome, Ariel!

