



# SPRING 2010 NEWSLETTER

**MARCH / APRIL / MAY / JUNE**



## MÉTIS & GENERAL AUTHORITY FAMILY RESOURCE CENTRE

219 Marion Street

Telephone: 944-4268 Fax: 944-2057

### CHILD & FAMILY ALL NATIONS COORDINATED RESPONSE NETWORK



#### The Vision of The Métis and General Authority Family Resource Centre All Nations Child and Family Services

The Métis and General Authority Family Resource Centre & All Nations Child & Family Services provide families from all nations with supports, resources and linkages focused on empowering, physically and spiritually in their life journey.

The Métis and General Authority Family Resource Centre ensures holistic & wrap around services are delivered through culturally appropriate & supportive programs & services to families who request them.

#### Métis Red River Cart

One of the intrinsic symbols of Métis identity is the Red River cart. Much like the fur trade sash, it is a powerful symbol of Métis nationhood in Western Canada. For the Métis, the Red River cart was an all purpose utility vehicle & a makeshift home. Métis families used Red River carts to move their possessions while migrating or resource harvesting. It was also used as a defensive mechanism when they were threatened. The Red River carts also became temporary rafts for water crossings.

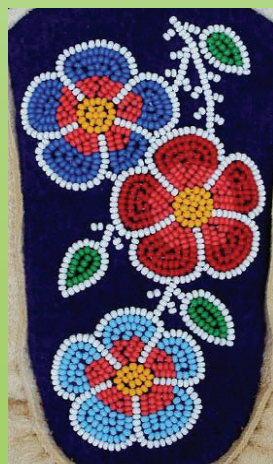
Many of our major highways have been built upon old Red River cart trails. The trail between Upper Fort Garry and Portage la Prairie was well defined, it became known locally as the Portage Trail or the Portage la Prairie Road. It is, of course, from this source that Winnipeg's Portage Avenue gets its name. Furthermore, it is from the manner of the Red River carts travelling in "echelon" - in a fan-like pattern - that Portage Avenue, Main Street, and Broadway Avenue get their superb width and beautiful boulevards!

#### April 18 - 24, 2010 National Volunteer Week

Manitobans are a very generous group of people – We not only contribute generously of our money, but we donate our time, skills and energies to our community. Manitobans who were polled said their primary concern is poverty. They know how much it costs the community, not only financially but also in high social costs, when people are marginalized. A safe healthy community depends on everyone looking after each other. Congratulations to all who came together to do fund-raisers for our Haitian and Chilean friends and relatives! To Volunteer with ANCR, call Gwenda at 944-4099.

#### Staff

Supervisor - Jennifer  
Admin - Joelene  
Social Worker - Fran  
Social Worker - Gisele  
Social Worker - Joanne  
Métis Cultural Worker -  
Derek  
Nurse - Lois



**Program Participants are provided BUS TICKETS and a nutritious snack when attending programs.**

**CHILD CARE is provided for program participants - please request before start date of Program.**

# MÉTIS/G.A. RESOURCE CENTRE

All Programs are held at 219 Marion Street - 944 - 4268

## NOBODY'S PERFECT MÉTIS PARENTING PROGRAM

Program Facilitator: Joanne Mason

**Tuesday:** 1- 3 PM , April 13 - June 1, 2010

\* For Families with children 0-6

Program Facilitator: Joanne Mason

**Wednesday:** 1-3 PM April 14 - June 2 , 2010

\* For Parents with Children-in-care

## GRAND-PARENTS PARENTING AGAIN

Program Facilitator: Gisèle Saurette-Roch

**THURSDAY:** 10:00 - 12 Noon March 4, 2010 **ON-GOING**

## SELF-CARE/SELF WORTH PROGRAM

Program Facilitator: Fran Woods

**WEDNESDAY:** 1:00 - 3:00 PM April 14 – May 19, 2010

## GENERAL PARENTING/ FAMILY HARMONY

Program Facilitators: Fran Woods & Joanne Mason

**THURSDAY:** 12:30 - 2:30 PM April 8—May 27, 2010

## OUTREACH PROGRAM

Program Facilitators: : Fran Woods, Gisele Saurette-Roch, Derek Stewner

## ADD/ADHD SUPPORT GROUP FOR PARENTS

Program Facilitator: Gisèle Saurette-Roch

**TUESDAY:** 10:00 - 12 Noon Starting March 2, 2010 **ON-GOING**

## CHILDREN'S AFTER-SCHOOL CRAFTS FUN STORY-TELLING AND CULTURAL LEARNING

**Thursday: 3:30-4:30 pm** (Starting in April)

## MANAGING STRONG EMOTIONS

Program Facilitator: Gisèle Saurette-Roch

**TUESDAY:** 3:30 - 4:30 March 16 - May 11, 2010

## PARENT RESPITE PROGRAM

Staff –in-Charge: TBA

**TUESDAY:** 9:00 AM to 12 Noon

**WEDNESDAY :** 9:00 AM to 12 Noon

## COMMUNITY CONNECTIONS

### COMPUTER PROGRAM

Staff-in-Charge: Joanne Mason

**MONDAY TO FRIDAY 9:00 AM –3:30 PM**

## TRIPLE P PARENTING PROGRAM

Program Facilitator: Gisèle Saurette-Roch

**WEDNESDAY:** 10:00 am - Noon

**MAR CH 17 - MAY 5, 2010**

## HALF-DAY WORKSHOPS

Subjects Include: Residential Tenancy Act; EIA;

Legal Aid/ Process when Children come in to CFS Care

2010

# Program Calendar Schedule

2010

**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. The Métis Aboriginal Culture & the effects of the Residential School System are a significant part of the parenting program offered at this site. However, this program is open to all cultures.

Nobody's Perfect (N.P.) promotes active group participation, sharing of parent's personal experience, building on existing parental knowledge, experiential learning, and a limited use of instructive teaching. At the N. P. Program, 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.

**Note:** *The Wednesday program is specifically for families whose children are transitioning in or out of care.*

**Parent Respite:** This program is designed to offer a short period of respite to parents. From **9:00 a.m. to 12:00 p.m., every Tuesday, and Wednesday** parents can drop off their children (5 years of age and under) in our supervised child care area. Healthy snacks s provided. For more information, and/or to register for this program., call 944-4268.

**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 6 week program for children (6-9) and youth (10-14) 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 6-9 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. March 17- May 5, 2010 Wednesday Am 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.

**Children's After-School Craft Fun, Story-telling, Cultural Learning etc.:** 3:30– 4:30 pm Thursday afternoons TBA

**Community Connections Computer Program** Monday –Friday 9:00 am– 3:30pm on-going Staff : Joanne Mason

# For your Information

*Greetings, Bonjour, Ola, Tansi, Booshoo and Wishes for a great Spring to All!*

*Dates to remember in our busy lives:*

*March 17, 2010 St. Patrick's Day - Patron of the Irish*

*March 21 International Day for the Elimination of Racism*

*March 30, 2010 Passover*

*April 4, 2010 Easter Sunday*

*April 18-24, 2010 National Volunteer Week*

*May 9, 2010 Mother's Day*

*May 12, 2010 Manitoba's 140th anniversary in the  
Confederation of Canada*

*June 20, 2010 Father's Day*

*June 21, 2010 National Aboriginal Day*

*June 24, 2010 St-Jean-Baptiste Day - Patron of the  
French-Canadians*

*July 1st, 2010 Canada Day*

## *March 21st 2010 International Day for the Elimination of all forms of Racism*

Our rich diversity is a determining characteristic of our Canadian identity. Why be a melting pot when we can be a fruit salad with each culture contributing its special tang to the mix. Let us get to know each other better. What we all want in the end is a safe neighbourhood where we are respected and our children can grow up proud and content..

We want to find people we can relate to, with whom to establish our own families. We all want to be able to provide for them so their needs are met, so they can in time grow up and contribute their special gifts. So in the end, aren't we a lot alike? Let's celebrate our diversity!

## The Metis – The Flower Beadwork People



Louis Riel's deerskin coat featured here, illustrates the intricate beadwork which came to be a trademark of the Metis, or "the Flower Beadwork People", as the First Nations people came to call them. The floral designs and colourful beads likely came from the European side of the culture. The women created realistic local floral designs into their artwork which decorated everything from moccasins, mukluks, pouches, mittens, coats and dresses, bringing extra sunshine into their lives. And earning them some extra income!

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## *National Aboriginal Day June 21st*

There are many wonderful events happening in the community in honour of the Aboriginal peoples of Canada. It is a great time to learn about each other, to have fun and to celebrate together as families.

Enjoy!

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**“Welcome” to the new staff at the Metis and General Authority Family Resource Centre! Joining the team on March 15, 2010 is *Derek Stewner* as Métis Cultural Worker**  
**Welcome, Derek!**

