



SPRING 2011 NEWSLETTER

APRIL / MAY / JUNE



MÉTIS & GENERAL AUTHORITY FAMILY RESOURCE CENTRE

219 Marion Street

Telephone: 944-4268 Fax: 944-2057

CHILD AND FAMILY ALL NATIONS COORDINATED RESPONSE NETWORK

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 219 Marion Street Family Resource Centre 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.



WELCOME TO SPRING! *Doesn't it make you want to jig for joy?*

The Red River Jig is a traditional dance of the Canadian Métis. The origins of the dance lie in the traditional dances of the First Nations, French, English, Scots and Orcadian peoples from whom the Métis Nation was born. The name refers to the Red River of the North which forms the border between North Dakota and Minnesota, flowing northward through Winnipeg and Manitoba to Hudson's Bay.

The most famous Métis dance is the Red River Jig or as it is known in Michif, "oayache mannin". The accompanying fiddle tune is considered an unofficial Métis anthem.

"Jigging" has observable similarities to the traditional dances of Québec, and Canadian Maritime communities of British heritage. The basic jig step is danced in most Métis communities. However, dancers often add their own "fancy" dance steps in respect, to identify them to their home community. Aside from the joy and celebration inherent to jigging, it was also used as a marketing strategy - to attract the fur-traders paddling on the rivers to stop and trade with them for their goods.

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.

NEW TO MANITOBA? WELCOME!

Manitoba has grown by 8% in past 11 years- due in large part to the people who have chosen to make Manitoba their home (15,805 in 2010; 13,520 in 2009). Manitoba has so much to offer families!

Where ever we come from, we share a common value: to be able to provide for our families so their needs are met- so our children will grow up to contribute their special gifts to the world.

Let's celebrate our diversity!



"A stranger is simply a friend I haven't met yet!"

ADVANCE NOTICE:

Our office will be moving to 1008 Wall Street in June.

Please stay tuned for more information about the date.

Centre Staff:

Supervisor: Jennifer Rafuse (944-4512)

Admin. support - Joelene
Social Worker - Fran
Social Worker - Gisele
Social Worker - Joanne
Social Worker - Omar
Nurse - Lois



MÉTIS/G.A. RESOURCE CENTRE

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

NOBODY'S PERFECT MÉTIS PARENTING PROGRAM

Program Facilitator: Joanne M.

Tuesday: 1- 3 pm , April 12- May 17, 2011

* For Families with children 0-6

Program Facilitator: Joanne M.

Wednesday: 1-3 pm April 13– May 18, 2011

* For Parents with Children-in-care

GRAND-PARENTS PARENTING AGAIN

Program Facilitator: Gisèle S.

THURSDAY: 10:00 am - 12 Noon April 14, 2011 ON-GOING

SELF-CARE/SELF WORTH PROGRAM

Program Facilitator: Fran W.

WEDNESDAY: 12:30 - 2:30 pm April 6 – May 11, 2011

GENERAL PARENTING/ FAMILY HARMONY

Program Facilitators: Fran W.

TUESDAY : 6:00 –8:00 pm April 5—May 10

Program Facilitators: Fran W. & Joanne M.

THURSDAY: 12:30 - 2:30 pm April 14-May 19

TRIPLE P PARENTING PROGRAM

Program Facilitator: Gisèle S.

WEDNESDAY: 10:00 am - Noon

April 17 - June 2, 2011

ADD/ADHD SUPPORT GROUP FOR PARENTS

Program Facilitator: Gisèle S.

TUESDAY: 10:00 - 12 Noon Starting April 19, 2011 ON-GOING

PARENT-TEEN CONFLICT RESOLUTION PROGRAM

Program Facilitator: Omar A.

TUESDAY: 6:00 –8:00 pm April 12—May 17

MANAGING STRONG EMOTIONS

Program Facilitator: Gisèle S.

WEDNESDAY: 5:30 - 6:30 pm April 13 - May 18, 2011

PARENT RESPITE PROGRAM

TUESDAY: 9:00 am to 12 Noon

WEDNESDAY : 9:00 am to 12 Noon

COMMUNITY CONNECTIONS

COMPUTER ACCESS

MONDAY TO FRIDAY 9:00 am –3:30 pm

OUTREACH PROGRAM

Program Facilitators: various

HALF-DAY WORKSHOPS

Subjects Include: Residential Tenancy Act, EIA,
Legal Aid/Process when Children come in to CFS Care



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. 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 are provided. For more information, and/or to register for this program., call 944-4268.

The General Parenting & Family Harmony Program: This 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 approx. 2 months and they are 2 hours weekly. Child care for the day time program is provided.

Self-Care/Self-Worth Program : This program is 6 sessions weekly for 90 minutes. The sessions include worksheets, a weekly self-care task to do at home, 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.

Parent –Teen Conflict Resolution Program: Parents of teens attend a series of sessions to learn about struggles common to the years of adolescence: communications skills, stages of development, rights and responsibilities, problem-solving techniques, community resources families can access, etc.

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.

The Outreach Program: This 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 may 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.

Community Connections Computer Access Monday –Friday 9:00 am– 3:30pm on-going

For your Information

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

Dates to remember :

April 17-23, 2011— National Volunteer Week

April 19, 2010— Passover

April 24, 2011— Easter Sunday

May 8, 2011— Mother's Day

June 19, 2011— Father's Day

June 21, 2011— National Aboriginal Day

*June 24, 2011— St. Jean-Baptiste Day - Patron of the
French-Canadians*

July 1st, 2011— Canada Day

April 17- 23, 2011 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.

Everyone has something to contribute. Let us make room and provide opportunities to share, each of us, our unique gifts and talents with each other. For retirees, this is a time to share your insights and experience. For sports enthusiasts, here is a chance to coach. Students, explore a career field. Consider signing up to be a Big Brother or a Big Sister! Call Volunteer Manitoba at 477- 5180 for more information.

Thanks and Farewell to BSW Field Students, Jason Carrière and Chantal Thérroux

It has been our privilege to get to know you over this year and we appreciate the assistance you each provided to the resource centre. Our best wishes go with both of you in all your endeavors but especially in each of your Social Work careers!

Addictions Foundation of Manitoba (AFM)

PARENTS' INTERVENTION AND SUPPORT PROGRAM
re: child's use of alcohol & other drugs or gambling –
Series of four sessions - (2 x 2 weeks) No fee!

Tuesdays & Thursdays 7:00- 9:30 pm

April 5, 7, 12, 14

May 10, 12, 17, 19

June 14, 16, 21, 23

Call AFM at 944-6235 to register or for more info

SELF-CONTROL ASSURES CHILDREN'S SUCCESS IN LIFE – Skill that pays off for a life-time.

A longitudinal study shows that among 1000 New Zealand children, those who had limited levels of patience and self-control at age 6 had an increased risk of having severe health issues, later in life, as well as relationship problems/ single-parenting, addictions, or even having served time by their mid-thirties. Self-control was more important than intelligence or social status in determining "positive outcome" or "success". Children need to learn how to distract themselves in frustrating situations or divert their attention from a forbidden object.

This confirms how important it is for parents to model and teach their children patience and self-control or self-regulation, in a gentle but firm way. Dr. Harvey Karp, a pediatrician from UCLA, believes parents can start teaching this very early on, when their child is just a toddler (8 -36 months). When the care-giver is about to give the child a cookie, or a requested toy, for example, say, "Wait a second!" in an urgent or pre-occupied tone, as if you are trying to remember something important. After counting mentally five or ten seconds, (increasing over time), the parent zones back to the child, saying, "Thanks for waiting, honey! You're a patient boy/girl! There you go– here is your cookie/toy." The child learns to wait a little at a time and comes to see himself/herself as a patient person. It can become, painlessly, part of his or her identity.

For more information, see the Vision.org article below:

"Teaching Children the Art of Self-Control,

and book/video by Dr. Harvey Karp:

"The Happiest Toddler on the Block"

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!

**WELCOME TO THE NEW DIRECTOR OF
ANCR'S FAMILY ENHANCEMENT PROGRAM!**

Edna McPherson joined ANCR at the beginning of 2011. Welcome, Edna! We look forward to getting to know you better!

