



MÉTIS AND GENERAL FAMILY RESOURCE CENTRE

1008 Wall Street, Winnipeg, MB PH: 944-4268. Fax: 944-2057



WINTER NEWSLETTER January/February/March 2012

Our Commitment

As a Resource Centre of ANCR, we work to empower families using a strength-based approach.

We are committed to supporting families and children in achieving mental, physical and emotional well-being in ways that recognize and respect all cultures.

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Welcome to the Métis and General Family Resource Centre!

The staff at the Family Resource Centre strive to create a holistic, welcoming family environment for our program participants. We work as a team with a model of emotional wellness. We create and deliver parenting programs to meet the needs of families & individuals. We also provide one-on-one support, advocacy and referrals to community resources. The Family Resource Centre families & individuals work on building relationships & parenting skills, anger management & self-esteem. Child care and a healthy snack are provided for those who attend our programs. Our new programs will begin in January. The program schedule and program descriptions are on pages 2 & 3.

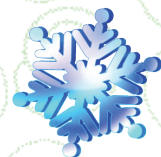


The Igloo is a type of shelter built of snow, originally built by the Inuit.

If only children came with an instruction manual. Sometimes when we don't know the best way to communicate with our children or provide discipline we blame ourselves, because we believe we should have all the answers. After all, we are the parents.

It is okay to ask for help and more than okay to attend a parenting program.

Check out the back page for some parenting tips.



Dates to Remember:

January 7 -

Ukrainian Christmas

January 23 -

Chinese New Year

February 14— St.

Valentine's Day

February 20 - Louis

Riel Day

March 17-

St. Patrick's Day

March 21 -

International Day to

Eliminate Racism

March 21—First

day of Spring

March 26-30 -

School Break

Resource Centre Staff :

Supervisor	Jennifer	944-4512
Admin Support	Jolene	944-4268
Social Worker	Fran	944-4272
Social Worker	Joanne	944-6735
Social Worker	Omar	944-4572
Cultural Worker	Ariel	944-4465
Nurse	Lois	944-4594

Métis and General Family Resource Centre

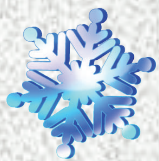
All Programs are held at 1008 Wall Street PH: 944 - 4268

JANUARY

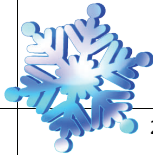

Mon	Tue	Wed	Thu	Fri
2 Holiday Centre Closed	3	4	5	6
<i>Programs marked with an * require pre-registration—call 944-4268 for information</i>				
9 Wiggle, Giggle & Munch 11-1pm	10 *General Parenting 6-8pm *Nobody's Perfect Child in Care 1-3pm	11 *Self-Care: 12:30-2:30pm Nobody's Perfect: 6-8pm	12 *General Parenting 12:30-2:30	13
16 Wiggle, Giggle & Munch 11-1pm	17 *General Parenting 6-8pm *Nobody's Perfect Child in Care 1-3pm	18 *Self-Care 12:30-2:30pm Nobody's Perfect: 6-8pm Anger Management 5-7pm	19 *General Parenting 12:30-2:30 Anger management 1-3pm	20
23 Wiggle, Giggle & Munch 11-1pm	24 *General Parenting 6-8pm *Nobody's Perfect Child in Care 1-3pm Life Skills 5-7pm	25 *Self-Care: 12:30-2:30pm Nobody's Perfect: 6-8pm Anger Management 5-7pm	26 *General Parenting 12:30-2:30 Anger management 1-3pm	27
30 Wiggle, Giggle & Munch 11-1pm	31 *General Parenting 6-8pm *Nobody's Perfect Child in Care 1-3pm Life Skills 5-7pm			

FEBRUARY

Mon	Tue	Wed	Thu	Fri
		1 *Self-Care 12:30-2:30pm Nobody's Perfect: 6-8pm Anger Management 5-7pm	2 *General Parenting 12:30-2:30 Anger management 1-3pm *Triple P 1-3pm	3
6 Wiggle, Giggle & Munch 11-1pm	7 *General Parenting 6-8pm *Nobody's Perfect Child in Care 1-3pm Life Skills 5-7pm	8 *Self-Care 12:30-2:30pm Nobody's Perfect: 6-8pm Anger Management 5-7pm	9 *General Parenting 12:30-2:30 Anger management 1-3pm *Triple P 1-3pm	10
13 Wiggle, Giggle & Munch 11-1pm	*General Parenting 6-8pm *Nobody's Perfect Child in Care 1-3pm Life Skills 5-7pm	15 *Self-Care 12:30-2:30pm Anger Management 5-7pm Parent/Teen 6-8pm	16 *General Parenting 12:30-2:30 Anger management Open 1-3pm *Triple P 1-3pm	17
20 Holiday Centre Closed	21 *General Parenting 6-8pm *Nobody's Perfect Child in Care 1-3pm Life Skills 5-7pm	22 *Self-Care 12:30-2:30pm Anger Management 5-7pm Parent/Teen 6-8pm	23 *General Parenting 12:30-2:30 Anger management 1-3pm *Triple P 1-3pm	24
27 Wiggle, Giggle & Munch 11-1pm	28 *General Parenting 6-8pm *Nobody's Perfect Child in Care 1-3pm Life Skills 5-7pm	29 *Self-Care 12:30-2:30pm Anger Management 5-7pm Parent/Teen 6-8pm	<i>Programs marked with an * require pre-registration—call 944-4268 for information</i>	



MARCH

Mon	Tue	Wed	Thu	Fri
Programs marked with an * require pre-registration call 944-4268 for information			1 *General parenting 12:30-2:30pm *Triple P 1-3pm Anger management 1-3pm	2
5 Wiggle, Giggle & Munch 11-1pm	6 Life Skills 5-7pm	7 Parent/Teen 6-8pm	8 *Triple P 1-3pm Anger management 1-3pm	9
12 Wiggle, Giggle & Munch 11-1pm	13 Life Skills 5-7pm	14 Parent/Teen 6-8pm	15 *Triple P 1-3pm	16
19 Wiggle, Giggle & Munch 11-1pm	20 	21 Parent/Teen 6-8pm	22 *Triple P 1-3pm	23 
26 Spring Break Arts & Crafts	27 Spring Break Arts & Crafts	28 Spring Break Arts & Crafts	29 Spring Break Arts & Crafts	30 Spring Break Arts & Crafts

Nobody's Perfect: Meet with other parents of young children; share concerns and ideas about being a parent; learn about child development, safety, health and behaviour; discuss real-life parenting situations; discover positive ways of parenting. **Two 8 week programs offered. Parents with a child in care program runs January 10-February 28th from 1-3pm. Registration is required. Open program runs January 11-February 8th from 6-8pm. Registration not required.**

General Parenting & Family Harmony Program: a program for parents of all cultures, covering topics such as: communication/ listening, family harmony, anger awareness, & child development/discipline. Registration is required. **Two 8 Week programs scheduled. Jan.10-Feb.28th from 6-8pm and Jan. 12- Mar.1 from 1-3pm.**

Self-Care/Self-Worth Program: The 6 sessions include: The power of goals, letting off steam, forgiveness, nurture self, empower self and loving self. **Jan. 11-Feb. 29 12:30-2:30pm. Registration is required.**

Triple P (Positive Parenting Program): This program provides parents of children 0-12 with an understanding of children's needs & ways to overcome challenging behaviors by which strengthen the family bonds. **8 week program Feb. 9-Marh 22 from 1-3pm. Registration is required.**

Parent-Teen: Focuses on solutions to resolve conflict between parents and teenagers. **6 weeks from Feb. 15-March 21 from 1-3pm.**

Anger Management: The program supports families with solutions to resolve personal anger issues. **Two 7 week programs from Jan. 18-Feb.29 from 5-7pm and Jan. 19-Mar.8 from 1-3pm.**

Wiggle, Giggle, Munch: Families with 0-6 year olds explore the benefits of physical activity and healthy eating and learn about community resources. **10 weeks from Jan. 9-Mar. 19 from 11-1pm.**

Life Skills: Participants build on the problem-solving skills that they use in their every day life. Topics to include stress management & goal setting. **8 week program from Jan. 24-Mar.14 from 5-7pm.**

Community Connections Computer Access: Monday – Friday 9:00 am– 3:30 pm A computer is available at the centre for individuals who are job seekers, looking parenting resources, creating resumes and wanting to connect to community resources.

Outreach Services: Call 944-4268 to call and set up a meeting with a social worker who can assist you with one-on-one counseling, referrals to community resources, registering for parenting program.

Workshops: monthly workshops scheduled on January 20, February 10, March 9 2012 feature community organizations such as AFM & Residential Tendencies Branch who will speak to families about their services and programs.

There are many good resources on line. Here are some parenting tips from Webmd.com:

1. Be a positive role model
2. Give kids some leeway
3. Choose your battles wisely
4. Talk to teens about risks
5. Decide rules and discipline in advance

Happy Retirement Gisele!

Gisele Saurette-Roch has been working for Child and Family Services in prevention/community development for more than 27 years. She started out in rural Manitoba in Steinbach region then worked in the Eastman region, coordinating community programs, developed and implemented numerous programs throughout her career. She has always gone above and beyond while working with families. She finds new ways to meet people's needs and consistently demonstrates her belief in people's worth. In Gisele's personal life, she is a strong activist in political and social issues surrounding human rights.

We wish Gisele well in all her future endeavours. She will be missed! Thank you for your years of service. Here are some of the well-wishes from her colleagues:

"I shall see you in my dreams because the reality is we will be doing some journeys together."

"We shall dance forever in the forest of our dreams, 'til the sweet breathe of life enables us to thrive, in the labyrinth of true Justice." (quote from Jane Evershed)

"I love you Gisele and good luck in your future endeavours. No one can keep you down."

"Gisele-You have opened many doors for women throughout your career, and you have made such a huge difference in so many people's lives because you believe in all people. Your love, passion & compassion have made a significant difference in this world. You have such a big heart."

"Gisele.. You have inspired me to work from my heart and you have been an amazing mentor for me as a new social worker, just as you have done for the many students that you have mentored in your career."

"It has been an honour to work with you and you have taught me the true meaning of what social work really is."

"Sincere thanks Gisele, for your passion, your dedication and your leadership in practicing a strength-based approach to social work."

Thank you Gisele from ANCR's staff and management.



"Baby Transport over the Ages" by Francine Roch & Olivier Beauchamp



This 4-sided snow sculpture was a winner at the Coronation Park Winter Festival February 2011. It reflects the diversity of the families served at **ANCR**. Why not try your hand for the next Festival du Voyageur?

Welcome to the Métis/GA Family Resource Centre!

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

