



FALL/WINTER NEWSLETTER—September /October / November/ December 2018

**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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<b>Resource Centre Staff</b>		
Supervisor	Omar	944-4512
Admin	Harold	944-4268
Social Worker	Harmony	944-6735
Social Worker	Sharan	944-4465
Social Worker	Michelle	944-6760
EIP Worker	Sarah	944-4272

- Bus Routes for the current office**
- 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**

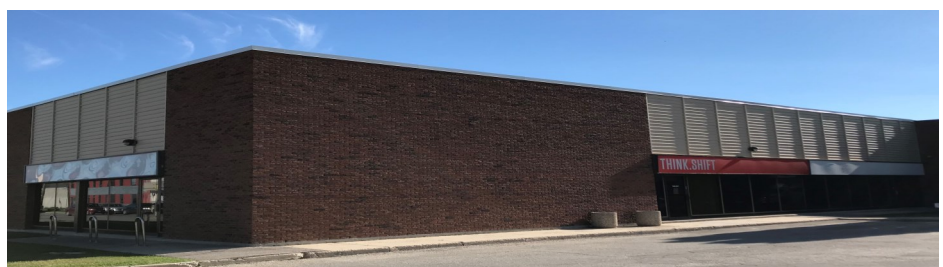
**We are Moving to a new Location!**

We are excited to share with you the amalgamation of our two ANCR family resource centres, All Nations Family Resource Centre and Snowbird Lodge on December 1, 2018 at a newly renovated space at 627 Erin Street. It is located at Erin Street and Portage Avenue, which is more central. To get to our new location from downtown have to take bus #11 and get off at stop #10556, Wall and Portage, and the new office will be around the corner in the Erin Square strip mall. If you are driving there will be parking available in the front lot or you can park on the street in the surrounding areas. The official name is All Nations Family Resource Centre and Snowbird Lodge Cultural Centre.

With amalgamation of the two resource centres, we hope to offer more programs and services to better service our families, collateral. and agencies. In the New Year, the new resource centre will be holding an open house for our families, collaterals and our agency staff. A date and time to follow. We hope you will join us in celebrating the official opening of our new centre.

While the changes of moving in together can cause some anxiety, it is also exciting at the same time, and we hope that you will join us at our new location. We plan to offer the same programs and develop new ones that will help participants continue to strengthen their capacity as parents to make their lives and the life of their children better.

On behalf of ANFRC, I would like to thank the ongoing support that the resource centre has received from our community, our collaterals and our participants. I also want to thank my team at All Nations Family Resource Centre who is always going the extra mile to make the lives of our families better and always willing to embrace change. Finally, I want to thank our ANCR's Board and Management for unwavering support for our resource centres and the work that we do with our families. Omar



Mon	Tue	Wed	Thu	Fri
3 Labor Day Holiday Centre Closed	4 MYA 12:30-2:30pm	5 Parent-Teen 6-8pm	6 Caring Dad's 6-8pm	7
10 Self-Care 12:30-2:30pm Nobody's Perfect 12:30-2:30pm Positive Discipline 6-8pm HR for Men 6-8pm	11 MYA 12:30-2:30pm Stress & Coping 12:30-2:30pm HR for Women 6-8pm Caring Dad's 6-8pm	12 Budgeting Workshop 12:30-2:30pm Triple P 12:30-2:30pm Parent-Teen 6-8pm	13 Handle with Care 12:30-2:30 HR for Women 12:30-2:30 MYA 6-8pm Caring Dad's 6-8pm	14 Unit Meeting Closed AM
17 Self-Care 12:30-2:30pm Nobody's Perfect 12:30-2:30pm Positive Discipline 6-8pm HR for Men 6-8pm	18 MYA 12:30-2:30pm Stress & Coping 12:30-2:30pm HR for Women 6-8pm Caring Dad's 6-8pm	19 Triple P 12:30-2:30pm Circle of Security 1-2:30pm (William Whyte) Parent-Teen 6-8pm	20 Handle with Care 12:30-2:30 HR for Women 12:30-2:30pm MYA 6-8pm Caring Dad's 6-8pm	21
24 Self-Care 12:30-2:30pm Nobody's Perfect 12:30-2:30pm Positive Discipline 6-8pm HR for Men 6-8pm	25 MYA 12:30-2:30pm Stress & Coping 12:30-2:30pm HR for Women 6-8pm Caring Dad's 6-8pm	26 Triple P 12:30-2:30pm Circle of Security 1-2:30pm (William Whyte) Parent-Teen 6-8pm	27 Handle with Care 12:30-2:30 HR for Women 12:30-2:30pm MYA 6-8pm Caring Dad's 6-8pm	28 EIP Meeting Closed AM



# October 2018

Mon	Tue	Wed	Thu	Fri
1 Self-Care 12:30-2:30pm Nobody's Perfect 12:30-2:30pm Positive Discipline 6-8pm HR for Men 6-8pm	2 MYA 12:30-2:30pm Stress & Coping 12:30-2:30pm HR for Women 6-8pm Caring Dad's 6-8pm	3 Triple P 12:30-2:30pm Circle of Security 1-2:30pm (William Whyte) Parent-Teen 6-8pm	4 Handle with Care 12:30-2:30 HR for Women 12:30-2:30pm MYA 6-8pm Caring Dad's 6-8pm	5
8 Thanksgiving Centre Closed	9 MYA 12:30-2:30pm Stress & Coping 12:30-2:30pm HR for Women 6-8pm Caring Dad's 6-8pm	10 Triple P 12:30-2:30pm Circle of Security 1-2:30pm (William Whyte) Parent-Teen 6-8pm	11 Handle with Care 12:30-2:30 HR for Women 12:30-2:30pm MYA 6-8pm Caring Dad's 6-8pm	12 Unit Meeting Closed AM
15 Self-Care GRAD Nobody's Perfect GRAD Positive Discipline GRAD HR for Men GRAD	16 MYA GRAD Stress & Coping GRAD HR for Women GRAD Caring Dad's 6-8pm	17 Triple P GRAD Circle of Security 1-2:30pm (William Whyte) Parent-Teen GRAD	18 Handle with Care GRAD HR for Women GRAD MYA GRAD Caring Dad's 6-8pm	19 Corn Maze 10am—3pm
22	23 Addictions 12:30-2:30pm Stress and Coping 12:30-2:30 HR for Women 6-8pm Caring Dad's 6-8pm	24 Triple P 12:30-2:30pm Parent-Teen 6-8pm Circle of Security 1-2:30pm (William Whyte)	25 Handle with Care 12:30-2:30 Circle of Security 12:30pm MYA 6-8pm Caring Dad's 6-8pm GRAD	26 EIP Meeting Closed AM
29	30 Addictions 12:30-2:30pm Stress and Coping 12:30-2:30 HR for Women 6-8pm Caring Dad's 6-8pm	31 Triple P 12:30-2:30pm Parent-Teen 6-8pm Circle of Security 1-2:30pm (William Whyte) GRAD		

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

Mon	Tue	Wed	Thu	Fri
			1 Handle with Care 12:30-2:30 Circle of Security 1-2:30pm MYA 6-8pm <b>Caring Dad's 6-8pm</b>	2
5	6 Addictions 12:30-2:30pm Stress and Coping 12:30-2:30 HR for Women 6-8pm Caring Dad's 6-8pm	7 Triple P 12:30-2:30pm Parent-Teen 6-8pm <b>Budgeting Workshop 12:30-2:30</b>	8 Handle with Care 12:30-2:30 Circle of Security 1-2:30pm MYA 6-8pm Caring Dad's 6-8pm	9 <b>Unit Meeting Closed AM</b>
12 <b>Remembrance Day Centre Closed</b>	13 Addictions 12:30-2:30pm Stress and Coping 12:30-2:30 HR for Women 6-8pm Caring Dad's 6-8pm	14 Triple P 12:30-2:30pm Budgeting Workshop 12:30-2:30 Parent-Teen 6-8pm	15 Handle with Care 12:30-2:30 Circle of Security 1-2:30pm MYA 6-8pm Caring Dad's 6-8pm	16
19	20 Addictions 12:30-2:30pm GRAD Stress and Coping 12:30-2:30 GRAD HR for Women 6-8pm GRAD Caring Dad's 6-8pm	21 Triple P 12:30-2:30pm GRAD Budgeting Workshop 12:30-2:30 GRAD Parent-Teen 6-8pm GRAD	22 Handle with Care 12:30-2:30 GRAD Circle of Security 1-2:30pm GRAD MYA 6-8pm GRAD Caring Dad's 6-8pm	23
26	27 Caring Dad's 6-8pm	28	29 Caring Dad's 6-8pm	30 <b>EIP Meeting</b>

## December 2018



Mon	Tue	Wed	Thu	Fri
3	4 Caring Dad's 6-8pm	5	6 <b>EIP Christmas Party No Programs</b>	7 Closed
10 <b>MYA 10-12 Budgeting Workshop 10-12 Overcoming Addiction 12:30-2:30 Triple P 12:30-2:30</b>	11 MYA 10-12 Caring Dad's 6-8pm Overcoming Addiction 12:30-2:30 Triple P 12:30-2:30	12 MYA 10-12 Budgeting Workshop 10-12 Overcoming Addiction 12:30-2:30 Triple P 12:30-2:30	13 Budgeting Workshop 10-12 Caring Dad's 6-8pm Overcoming Addiction 12:30-2:30 Triple P 12:30-2:30	14 <b>Unit Meeting Closed AM</b>
17 MYA 10-12 Budgeting Workshop 10-12 Overcoming Addiction 12:30-2:30 Triple P 12:30-2:30	18 MYA 10-12 Caring Dad's 6-8pm GRAD Overcoming Addiction 12:30-2:30 Triple P 12:30-2:30	19 MYA 10-12 Budgeting Workshop 10-12 Overcoming Addiction 12:30-2:30 Triple P 12:30-2:30	20 Budgeting Workshop 10-12 Caring Dad's 6-8pm Overcoming Addiction 12:30-2:30 Triple P 12:30-2:30	21 <b>EIP Meeting Closed PM</b>
24	25 <b>Christmas Day</b>	26 <b>Boxing Day Centre Closed</b>	27	28

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

**Closed Programs****\* Call 204-944-4268 to register for all 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 04 — Oct 16 (12:30-2:30pm) Harmony  
 Sept 13—Oct 18 (6-8pm) Sarah  
 Oct 25— Nov 22 (6-8pm) Sarah  
 Dec 10—Dec 19 (10-12pm) Harmony

**Nobody's Perfect Parenting Program**

Educates and supports parents of children 5 years and under to recognize their strengths and to find positive ways to raise healthy and resilient children.

Sept 10 — Oct 15 (12:30-2:30pm) Sarah

**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 19— Oct 31 (1:00-2:30pm) Michelle at William Whyte School  
 Oct 25—Nov 22 (12:30-2:30pm) Michelle

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

Sept 12— Oct 17 (12:30-2:30pm) Sharan  
 Oct 24-Nov 21 (12:30-2:30pm) Sharan  
 Dec 10-20 (12:30-2:30pm) Michelle

**Healthy Relationships for Men (HR for Men)** The goal of the program is to educate men about the impact of intimate partner violence on the mind, body, emotions and spirit, as well as the impact on children.

Sept 10— Oct 15 (6-8 pm) Sharan & Fran

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

Sept 10 - Oct 15 (12:30-2:30pm) Harmony

**Handle with Care** A simple interactive program to help parents and caregivers to promote the mental health of young children from birth to 6 years.

Sept 13—Oct 18 (12:30-2:30) Sharan  
 Oct 25—Nov 22 (12:30-2:30pm) Sharan

**Positive Discipline** 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 10—Oct 15 (6-8pm) Michelle

**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 11 — Oct 16 (6-8pm) Michelle  
 Sept 13 — Oct 18 (12:30-2:30pm) Michelle

Oct 23—Nov 20 (6-8pm) Michelle

**Caring Dad's** Throughout the 16 sessions fathers will develop skills to cope in healthy ways with frustrating situations. Understanding different fathering strategies and how choices affect children. Increase their awareness of controlling, abusive, and neglectful attitudes and behaviors. Learning to strengthen their relationships with their children.

July 12—Oct 25 (6-8pm) Harmony & Omar

Sept 11—Dec 18 (6-8pm) Sharan & Norma

Nov 01—Feb 21 (6-8pm) Harmony & Omar

**Open Programs****\*\* CERTIFICATES WILL BE GIVEN UPON COMPLETION OF PROGRAMS\*\***

**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 5 —Oct 17 (6-8pm)  
 Harmony, Jordan, & Sarah  
 Oct 24-Nov 21 (6-8pm)  
 Harmony, Jordan & Sarah

**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 11— Oct 16 (12:30-2:30pm) Sarah  
 Oct 23—Nov 20 (12:30-2:30pm) Harmony

**Overcoming Addictions Program** This program focuses on how to care for yourself during or after addiction using a holistic approach.

Nov 13—Dec 18 (12:30-2:30) Sarah  
 Oct 23—Nov 20 (12:30-2:30) Sarah  
 Dec 10—20 (12:30-2:30pm)

**EIP Family Event Days:****Corn Maze Friday, Oct 19 2018 from 10am-3pm****Workshop Series:**

**Budgeting Workshop: Nov 7, 14, & 21, 2018**

**Budgeting Workshop—December 10, 12, 13, 17, 19, 20, 2018 from 12:30-2:30pm**

**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)**