



# All Nations Family Resource Centre Programs



WINTER & SPRING NEWSLETTER — JAN, FEB, MARCH & APRIL , 2019

### 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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### Resource Centre Staff

Supervisors	Monica Omar	204-944-4107 204-944-4512
Admins	Harold Colette	204-944-4100 204-944-4100
Facilitators	Norma Ian Michelle Sarah Harmony Sharan	204-944-4117 204-944-4106 204-944-6760 204-944-4272 204-944-6735 204-944-4465
Cultural Team	Linda Jordan Amy	204-944-4297 204-944-4112 204-944-4109

### Bus Routes:

**Downtown Take #11 to Portage & Wall Stop #10556**

**North End Selkirk & Main, Main & Magnus Take #15 to Downtown, transfer to #11**

**St. Mary's take #14 to Portage Downtown, transfer to #11**

**St. Anne's take #55 downtown & transfer to #11**

Contact **311** for accurate bus schedule & times

### WELCOME TO ANCR'S NEW ALL NATIONS FAMILY RESOURCE CENTRE AND SNOWBIRD CULTURAL CENTRE

The Early Intervention Program Resource Centres, Snowbird Lodge (Waa Pina Kosiis Miiki Waahp Resource Centre) and All Nations Family Resource Centre are now co-located and will be offering programs at our new location in January 2019.

The Resource Centres fall under the Early Intervention Program: All Nations Coordinated Response Network (ANCR) that became a new agency in February 2007. ANCR assumed responsibility for all intake and emergency child welfare services in Winnipeg, Headingley and East, West St. Paul, Manitoba. ANCR provides a 24-intake service that includes: After Hours Program, Screening Program, Intake Assessment Program, Abuse Investigations Program and Early Intervention Program formally known as Family Enhancement).

This change in service arrangements was implemented as part of the Aboriginal Justice Inquiry – Child Welfare Initiative. ANCR continues to broaden its commitment through embedding the Truth and Reconciliation Child Welfare recommendations into our practice and services.

The Early Intervention Program is a preventative service program that uses a strength-based model and seeks to reduce or eliminate the need for protective services among families at risk. EIP receives referrals from ANCR and all mandated CFS agencies and provides a holistic, wrap-around, culturally appropriate, supportive framework for families to assist them in building their family's strengths and community resources. Services are provided on a continuum, which includes Family Service Teams, Family Resource Centers and the Wichihiwewin (support) Program.

The Family Resource Center is one of the centres in Manitoba that provides programming and services specifically to CFS agencies, community members and organizations that is holistic, culturally based and inclusive. With the amalgamation of the two resource centres, we will continue to provide a wide variety of programming and services through a cultural lens that is conducive to strengthening the capacity of parents and their family's lives. The new location will offer an opportunity for Indigenous families to continue their journey of reclaiming their cultural practices and traditions through the new Snowbird Lodge Cultural Centre.

An open house will be announced in the upcoming months. We hope you will join us in celebrating the official opening of our new centre at that time. ~Edna McPherson, EIP Director~

Our new location:  
**All Nations Family Resource Centre &  
 Snowbird Lodge Cultural Centre**  
 627 Erin Street  
 Winnipeg, Manitoba R3G 2W1  
 Phone: (204) 944-4100 Fax: (204) 944-2057

MON	TUE	WED	THU	FRI
	1 <b>New Years Day Centre Closed</b>	2	3 Caring Dads 6-8pm (continuation from previous month)	4
7 <b>Self-Care for Women 12:30-2:30pm</b> <b>Nobody's Perfect 12:30-2:30pm</b>	8 <b>Caring Dads 6-8pm</b> <b>Positive Discipline 12:30-2:30pm</b> <b>Overcoming Addictions 12:30-2:30pm</b>	9 <b>Parent Teens 6-8pm</b>	10 <b>Caring dads 6-8pm</b> <b>MYA 6-8pm</b>	11 <b>Unit meeting</b>
14: Self-Care for W. 12:30-2:30pm Nobody's Perfect 12:30-2:30pm	15 Caring Dads 6-8pm Positive Dis.12:30-2:30pm Overcoming Ad.12:30-2:30pm	16 Parent Teens 6-8pm <b>Circle of Security @ William Whyte School 1-2:30pm</b>	17 Caring dads 6-8pm MYA 6-8pm	18
21 <b>HRF Women 6-8pm</b> <b>HRF Men @ Norwest Co-op 6-8pm</b> Self-Care for W. 12:30-2:30pm Nobody's Perfect 12:30-2:30pm	22 <b>Positive Discipline 6-8pm</b> Caring Dads 6-8pm Positive Dis.12:30-2:30pm Overcoming Ad.12:30-2:30pm	23 <b>Stress &amp; Coping 12:30-2:30pm</b> Parent Teens 6-8pm Circle of Security @ William Whyte School 1-2:30pm	24 <b>HRF Women 12:30-2:30pm</b> <b>Triple P 12:30-2:30pm</b> Caring dads 6-8pm MYA 6-8pm	25 <b>EIP Meeting Centre Closed AM</b>
28 Self-Care for W. 12:30-2:30pm Nobody's Perfect 12:30-2:30pm HRF Women 6-8pm HRF Men @ Norwest Co-op 6-8pm	29 Caring Dads 6-8pm Positive Discipline 6-8pm Positive Dis.12:30-2:30pm Overcoming Ad.12:30-2:30pm	30 Stress & Coping 12:30-2:30pm Parent Teens 6-8pm Circle of Security @ William Whyte School 1-2:30pm	31 HRF Women 12:30-2:30pm Triple P 12:30-2:30pm Caring dads 6-8pm MYA 6-8pm	

## Feb 2019

MON	TUE	WED	THU	FRI
4 Self-Care for W. 12:30-2:30pm Nobody's Perfect 12:30-2:30pm HRF Women 6-8pm HRF Men @ Norwest Co-op 6-8pm	5 Caring Dads 6-8pm Positive Discipline 6-8pm Positive Dis.12:30-2:30pm Overcoming Ad.12:30-2:30pm	6 Stress & Coping 12:30-2:30pm Parent Teens 6-8pm Circle of Security @ William Whyte School 1-2:30pm	7 HRF Women 12:30-2:30pm Triple P 12:30-2:30pm Caring dads 6-8pm MYA 6-8pm	8 <b>Unit Meeting</b>
11 Self-Care for W. 12:30-2:30pm (Grad) Nobody's Perfect 12:30-2:30pm (Grad) HRF Women 6-8pm HRF Men @ Norwest Co-op 6-8pm	12 Caring Dads 6-8pm Positive Discipline 6-8pm Positive Dis.12:30-2:30pm Overcoming Ad.12:30-2:30pm	13 Stress & Coping 12:30-2:30pm Parent Teens 6-8pm Circle of Security @ William Whyte School 1-2:30pm	14 HRF Women 12:30-2:30pm Triple P 12:30-2:30pm Caring dads 6-8pm MYA 6-8pm	15
18 <b>Louis Riel Day Centre Closed</b>	19 Caring Dads 6-8pm Positive Discipline 6-8pm Positive Dis.12:30-2:30pm (Grad) Overcoming Ad.12:30-2:30pm (Grad)	20 Stress & Coping 12:30-2:30pm Parent Teens 6-8pm (Grad) Circle of Security @ William Whyte School 1-2:30pm	21 HRF Women 12:30-2:30pm Triple P 12:30-2:30pm Caring dads 6-8pm MYA 6-8pm (Grad)	22 <b>EIP Meeting Centre Closed AM</b>
25 HRF Women 6-8pm HRF Men @ Norwest Co-op 6-8pm	26 Caring Dads 6-8pm Positive Discipline 6-8pm	27 Stress & Coping 12:30-2:30pm Circle of Security @ William Whyte School 1-2:30pm (Grad)	28 HRF Women 12:30-2:30pm Triple P 12:30-2:30pm Caring Dads (Grad)	

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

MON	TUE	WED	THU	FRI
<b>4</b> <b>Self-Care for Women 12:30-2:30pm</b> <b>Nobody's Perfect 12:30-2:30pm</b> HRF Women 6-8pm (Grad) HRF Men @ Nor 6-8pm (Grad)	<b>5</b> <b>Positive Discipline 12:30-2:30pm</b> <b>Overcoming Addictions 12:30-2:30pm</b> Caring Dads 6-8pm Positive Dis. 6-8pm (Grad) Budgeting Wkshop 12:30-2:30	<b>6</b> Stress & Coping 12:30-2:30pm (Grad) <b>Parent Teens 6-8pm</b>	<b>7</b> HRF Women 12:30-2:30pm (Grad) Triple P 12:30-2:30 (Grad) <b>MYA 6-8pm</b>	<b>8</b> <b>Unit meeting</b>
<b>11</b> Self-Care for W. 12:30-2:30pm Nobody's Per. 12:30-2:30pm	<b>12</b> Caring Dads 6-8pm Positive Dis. 12:30-2:30pm Overcoming Ad. 12:30-2:30pm Budgeting Wkshop 12:30-2:30	<b>13</b> Parent Teens 6-8pm	<b>14</b> <b>Caring dads 6-8pm</b> MYA 6-8pm	<b>15</b>
<b>18</b> <b>HRF Women 6-8pm</b> <b>HRF Men 6-8pm</b> Self-Care for W. 12:30-2:30pm Nobody's Per. 12:30-2:30pm	<b>19</b> <b>Positive Discipline 6-8pm</b> Caring Dads 6-8pm Positive Dis. 12:30-2:30pm Overcoming Ad. 12:30-2:30pm Budgeting Wkshop 12:30-2:30	<b>20</b> <b>Handle with Care 12:30-2:30pm</b> <b>Circle of Security 12:30-2:30pm</b> Parent Teens 6-8pm	<b>21</b> <b>HRF Women 12:30-2:30pm</b> <b>Triple P 12:30-2:30pm</b> Caring dads 6-8pm MYA 6-8pm	<b>22</b>
<b>25</b> HRF Women 6-8pm HRF Men 6-8pm Self-Care for W. 12:30-2:30pm Nobody's Per. 12:30-2:30pm	<b>26</b> Positive Discipline 6-8pm Caring Dads 6-8pm Positive Dis. 12:30-2:30pm Overcoming Ad. 12:30-2:30pm	<b>27</b> Handle with Care 12:30-2:30pm Circle of Security 12:30-2:30pm Parent Teens 6-8pm	<b>28</b> HRF Women 12:30-2:30pm Triple P 12:30-2:30pm Caring dads 6-8pm MYA 6-8pm	<b>29</b> <b>EIP Meeting</b> <b>Centre Closed AM</b>

MON	TUE	WED	THU	FRI
<b>1</b> HRF Women 6-8pm HRF Men 6-8pm Self-Care for W. 12:30-2:30pm Nobody's Per. 12:30-2:30pm	<b>2</b> Positive Discipline 6-8pm Caring Dads 6-8pm Positive Dis. 12:30-2:30pm Overcoming Ad. 12:30-2:30pm	<b>3</b> Handle with Care 12:30-2:30pm Circle of Security 12:30-2:30pm Parent Teens 6-8pm	<b>4</b> HRF Women 12:30-2:30pm Triple P 12:30-2:30pm Caring dads 6-8pm MYA 6-8pm	<b>5</b> <b>Unit Meeting</b>
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<b>15</b> HRF Women 6-8pm HRF Men 6-8pm Self-Care for W. 12:30-2:30pm (Grad) Nobody's Per. 12:30-2:30pm (Grad)	<b>16</b> Positive Discipline 6-8pm Caring Dads 6-8pm Positive Dis. 12:30-2:30pm Overcoming Ad. 12:30-2:30pm	<b>17</b> Handle with Care 12:30-2:30pm Circle of Security 12:30-2:30pm Parent Teens 6-8pm	<b>18</b> HRF Women 12:30-2:30pm Triple P 12:30-2:30pm Caring dads 6-8pm MYA 6-8pm	<b>19</b> <b>Good Friday Holiday</b> <b>Centre Closed</b>
<b>22</b> <b>Easter Monday Holiday</b> <b>Centre Closed</b>	<b>23</b> Positive Discipline 6-8pm Caring Dads 6-8pm Positive Dis. 12:30-2:30pm (Grad) Overcoming A. 12:30-2:30pm (Grad)	<b>24</b> Handle with Care 12:30-2:30pm Circle of Security 12:30-2:30pm Parent Teens 6-8pm (Grad)	<b>25</b> HRF Women 12:30-2:30pm Triple P 12:30-2:30pm Caring dads 6-8pm MYA 6-8pm (Grad)	<b>26</b> <b>EIP Meeting</b> <b>Centre Closed AM</b>
<b>29</b> HRF Women 6-8pm (Grad) HRF Men 6-8pm (Grad)	<b>30</b> Positive Discipline 6-8pm (Grad) Caring Dads 6-8pm (Grad)	<b>May 1</b> Handle with C. 12:30-2:30pm (Grad) Circle of S. 12:30-2:30pm (Grad)	<b>2</b> HRF Women 12:30-2:30pm (Grad) Triple P 12:30-2:30pm (Grad) Caring dads 6-8pm	<b>3</b>

**\*Upon completion of programs certificate will be issued\***

**Closed Programs****\* Call 204-944-4100 to register for all programs\***

**Managing Your Anger (MYA)** Provides participants with knowledge, skills and alternative ways to resolve anger.

**Thursdays Jan 10-Feb 21 Time: 6:00-8:00pm Sarah**

**Thursdays Mar 7-Apr 25 Time: 6:00-8:00pm Sarah**

**Nobody's Perfect Parenting Program**

Educates and supports parents of children 5 years and under.

**Mondays Jan 7-Feb 11 Time: 12:30-2:30pm Sarah**

**Mondays Mar 4-April 15 Time: 12:30-2:30pm Sarah**

**Triple P** Helps parents learn and practice strategies to deal with their children (0-12) problems behaviours constructively.

**Thursdays Jan 24-Mar 07 Time: 12:30-2:30pm Sharan**

**Thursdays March 21-May 02 Time: 12:30-2:30pm Sharan**

**Healthy Relationships for Men (HR for Men)**

Educates men about the impact of intimate partner violence on the mind, body, emotions and spirit, as well as the impact on children.

**Mondays Jan 21- Mar 4 Time: 6:00-8:00pm @ NorWest Co-op Sharan & Fran**

**Mondays Mar 18-Apr 29 Time: 6:00-8:00pm @ ANFRC 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.

**Mondays Jan 7-Feb 11 Time: 12:30-2:30pm Harmony**

**Mondays Mar 4-Apr 15 Time: 12:30-2:30pm Harmony**

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

**Wednesdays Mar 20-May 01 Time: 12:30-2:30pm Sharan**

**Positive Discipline** increases parent's knowledge of children (0-17) rights, and gives them a constructive and concrete tools for resolving parent-child conflict.

**Tuesdays Jan 22-Mar 05 Time: 6:00-8:00pm Michelle**

**Tuesdays Jan 8-Feb 19 Time: 12:30-2:30pm Harmony**

**Tuesdays Mar 19-Apr 30 Time: 6:00-8:00pm Michelle**

**Tuesday Mar 5-April 23 Time:12:30-2:30pm Harmony**

**Healthy Relationships for Women** increases women's knowledge about the impact of intimate partner violence on the mind, body, emotions and spirit, as well as the impact on children.

**Mondays Jan 21-Mar 04 Times: 6:00-8:00pm Michelle**

**Thursdays Jan 24-Mar 07 Times: 12:30-2:30pm Michelle**

**Mondays Mar 18-Apr 29 Times: 6:00-8:00pm Michelle**

**Thursdays Mar 21-May 02 Times: 12:30-2:30pm Michelle**

**Caring Dad's** Increases father's awareness of controlling, abusive, and neglectful attitudes and behaviors to towards their children and partners.

**Thursdays Nov 1-Feb 28 Time: 6:00-8:00pm Harmony & Omar**

**Tuesdays Jan8-April 30 Time: 6:00-8:00pm Sharan & Norma**

**Thursdays Mar 14 -June 27 Time: 6:00-8:00pm Harmony & Omar**

**Circle of Security** the participant will learn the balance of being nurturing, protective while promoting a child's independence. The participant will begin to understand what emotional needs a child may be expressing through their negative behavior.

**Wednesdays Jan 16-Feb 27 Time: 1:00-2:30pm @William Whyte School Michelle**

**Wednesdays Mar 20-May 01 Time: 12:30-2:30 @ ANFRC Michelle**

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

**Parent-Teen Series** Promotes healthy parents and teens relationship by working on communication and problem solving skills through various group activities and discussions.

**Wednesdays Jan9-Feb 20 Time: 6:00-8:00pm Jordan, Sarah, Harmony**

**Wednesdays Mar 6-Apr 24 Time: 6:00-8:00pm Jordan, Sarah, Harmony**

**Stress & Coping** Learning how stress affects our whole body as well as our relationships and coping with stress.

**Wednesdays Jan 23-Mar 06 Time: 12:30-2:30pm Sharan**

**Overcoming Addictions Program** provides participants with the knowledge of different types of addictions, motivation to change, triggers, relapse prevention and self-care strategies.

**Tuesdays Jan 8-Feb 19**

**Time: 12:30-2:30pm Sarah Tuesday Mar 5-Apr 23 Time: 12:30-2:30pm Sarah**

**Budgeting workshops:**

Tuesdays March 5, 12 & 19  
Time 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.