

WOLSELEY FAMILY PLACE

Crossways in Common

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December 2019

December in the Playroom

Hello from the Playroom!

This past month we celebrated Children's Day and the 30th anniversary of the United Nations Convention on the Right of the Child with banner making, art activities and a children's parade through out Wolseley Family Place's atrium. We made noise and celebrated children and what a special time childhood is.

We also welcomed Scott from Winnipeg Public Library to read us a story. We all really enjoyed a fun story and some singing and dancing. Thanks for visiting us Chris!

See you in the playroom! Bev, Darla, Olivia, Surriya, Katherine, Veronica and Christine.

"Play is the work of Childhood" – Piaget

Music Circle

We continue to have music circle with Danielle from Prelude music every Monday morning 11:30-12:00. We would love to have you come join us having a great time making music using instruments, dancing, singing and playing. December dates are the 2nd and 9th.

Wiggle Giggle Munch

Wiggle Giggle Munch also continues to run Wednesdays 10:00 -12:00 in the mini gym with Katherine, Darla and Veronica. It's a great opportunity for preschool kids and toddlers to get active and enjoy a nutritious snack. Child care is available for the little ones not participating in the program. December date is the 4th.

Cooking Class/Healthy Together

Join us as we discover ways of being healthy together! Each session includes fun games, activities, and an opportunity to cook and enjoy wholesome food together. Kids are welcome to participate! **December date are the 2nd and 16th from 1:30-3:30.**

Sign-up sheet available at 1:00 in the drop-in

December is AIDS/HIV awareness month



HIV continues to be a global health issue claiming the lives of millions worldwide. There are over **37.9 million** people diagnosed with HIV globally, over **63,110** people are currently living with HIV across the country, and approximately **1,400** people are living with HIV across Manitoba. During this month, Wolseley Family Place will

work together to raise awareness, remember those who we've lost, support those who are battling with HIV, fight stigma, and improve education and prevention surrounding HIV and AIDS.

For more information check out Nine Circles Community Health's video "Busting HIV Myths" :

https://www.youtube.com/watch?time_continue=30&v=BAvE8DCWUx8&feature=emb_logo

For more information on where to get tested, check out SERC :

<https://serc.mb.ca/sexual-health-info/safer-sex-stis/sti-testing-in-manitoba/>

Healthy Boundaries for the Holidays

-By Sharon Martin, LCSW

<https://blogs.psychcentral.com/imperfect/2016/12/healthy-boundaries-for-the-holidays/>

Healthy boundaries create a framework that lets people know how to treat you. They help create respectful, mutual relationships because expectations are clear.

The holidays add some extra challenges when it comes to healthy boundaries. As you know, the holiday season means more social commitments, financial pressures, family gatherings, more eating and drinking. You may find yourself over-stressed and off your normal routine of exercising, sleeping, healthy eating and other positive coping activities. Don't let the holidays become an excuse for poor boundaries.

Here's a guide to healthy holiday boundaries to help you stay focused and true to yourself.

- Ask for what you want or need.
- Say "no" without guilt.
- Say "yes" because you want to, not out of obligation or to please others.
- Let go of trying to control what other people eat, drink, wear, say, or do.
- Be empowered to skip, go late, leave early, or drive your own car to holiday parties.
- Express your feelings in an assertive and respectful way. Avoid passive-aggressive behavior.
- Take care of your physical, emotional, and spiritual needs.
- Spend time with supportive people.
- Take responsibility for your own happiness and don't be a martyr.
- Don't make excuses for yourself or anyone else.
- Act according to your own values and beliefs.