

WOLSELEY FAMILY PLACE

Crossways in Common

202-222 Furby Street, Winnipeg MB R3C 2A7

Phone: 204-560-3141 Fax: 204-560-3154

Email: *admin@wfpwpg.ca*

Web Site: www.wolseleyfamilyplace.com

January 2020

January in the Playroom

It is wonderful to feel settled in our new home. Everyone enjoys the light and fresh air that our windows in the playroom provide. Being at the right height, the children are able to watch the rain and snow fall, garbage trucks driving by, and birds flying in the sky. The children have discovered that we have neighbor cats that sunbathe in the apartment windows next door. We are looking forward to the new year in our new home and seeing all the coming changes in the seasons that we can see out our windows. Happy New Year!

Music Circle

On Mondays at 11:30 a music therapist joins us and she leads parents and children in a ½ hour of singing and stories. Children learn songs, do a little dancing and make a lot of wonderful noise. January dates are the 6th, 13th, 20th and 27th.

Parenting Program (Handle with Care)

1:30 - 3:00, Jan. 22 - March 11, 2020

Handle with Care is an attachment-based, interactive group for parents. We learn strategies to help our children feel capable and able to manage life's ups and downs.

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! **January dates are January 13th and 27th from 1:30-3:30.**

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

Winter Celebrations at WFP

On December 18th, we had a wonderful time at Oak Hammock Marsh for our annual Winter Celebration. Kids and parents enjoyed playing boot hockey and sliding around on the ice, checking out the interpretive centre, crafts, and lunch together. We will have a special festive breakfast club on December 24th, and will be shut down from noon that day until we re-open the morning of January 2nd. Wishing everyone a happy, healthy, cozy week with their families and looking forward to seeing you in 2020!

Getting Along with Others New Realities Workshops

Getting along with others can be challenging and can require skill and presence of mind.

New Realities workshops help participants to build skills and confidence so that interacting with others is less difficult and more fulfilling.

The Conquering Conflict series frames conflict as an opportunity rather than something to fear. Emotion regulation and communication skills are explored and developed. **Tuesday mornings 9:00 am – 12:00 noon February 4th to March 24th**

Being Me is a workshop series about self-perception. How we see ourselves affects how we interact with others. Being Me provides opportunities and support for building a solid sense of self. **Thursday mornings 9:00 am – 12:00 noon February 6th to March 26th**

Fine Lines is a workshop series that gently invites participants to explore some of the difficult emotions and experiences we encounter in our interaction with others. The series builds through a process of understanding, acceptance and letting go of these challenges in order to find a place of freedom. **Tuesday mornings 9:00 am – 12:00 noon March 31st to May 5th**

Getting Along is a workshop about family relationships. Using principles that have been developed through the previous series, this set of sessions provides opportunities for participants to apply their skills to their own situations. **Thursday mornings 9:00 am – 12:00 noon April 2nd to May 7th**

Each of the workshops are free-standing and participants are welcome to attend any or all of the sessions. However, participants who attend all the workshops in each series will come to see how these factors come together as we learn to get along with others.

To register for the workshops, please call Melissa at 204-560-3149.

Childcare is available. Snacks are part of every session!