

# 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](mailto:admin@wfpwpg.ca)

Web Site: [www.wolseleyfamilyplace.com](http://www.wolseleyfamilyplace.com)

February 2020

### FEBRUARY IN THE PLAYROOM

The Playroom has been a busy place this month. A lot of playing creating and learning. We ask that parents please keep their strollers in stroller ally and that boots are taken off before you come into the play space. Please try to bring indoor shoes if you can. It makes for safer, warmer play! February is I Love to Read month and we will be having special guest readers this month to celebrate books, stories and reading with us. Come see Christine if you would like to share your favorite story with the children. As a reminder, music time will be moving this month to 11:15 to 11:45 every Monday. We look forward to making music with you all.

### Music Circle

On Mondays at 11:15 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. February dates are the 3<sup>rd</sup>, 10<sup>th</sup> and 24<sup>th</sup>.

### 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! **February dates are the 10<sup>th</sup> and 24<sup>th</sup> from 1:30-3:00.**

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

### Rental Rights Workshop

**February 21, 10:00-11:00**

Come learn about your rights as a renter! If there is a problem in your apartment, such as pests, need for repairs, or conflict with your landlord, there will be housing staff available to talk one-on-one after the workshop. For more Information, please call Ella Rockar at 204-774-7201 Ext. 7.

### Rent Assist Workshop

**February 24, 10:00-11:00**

Having trouble paying your rent? Come learn about Rent Assist, a financial benefit available to low-income renters. If you would like to apply for Rent Assist, there will be housing staff available after the workshop to help you with application forms. For more information, please call Ella Rockar at 204-774-7201 Ext. 7.

### New Realities workshops

New Realities workshops help participants to build skills and confidence so that interacting with others is less difficult and more fulfilling. There are still some openings for the Fall/Winter series. For more information, please call Melissa at 204-560-3149.

### Sexual Health Week at WFP

**February 10-14**

“Sexuality is a word we use to talk about how we understand our bodies and how we understand our relationships. This understanding includes all aspects of who we are – our values and beliefs, bodies, desires, relationships, gender and our thoughts and feelings about all of these.”



### Reproductive and Sexual Health Rights

1. My body belongs to me, and I have the right to decide who gets to touch it, when I am touched and how I am touched.
2. I have the right for my body to be respected at all times.
3. I have the right to make decisions about my body, including decisions on birth control.
4. I have the right to be safe.
5. I have the right to not be pressured, threatened or tricked into sexy touching.
6. I have the right to ask for change in a relationship.
7. I have the right to accurate information about health, including birth control and STI protection.
8. I have the right to choose whether I will get married and who that will be with.
9. I have the right to respectful health care.
10. I will respect and support the reproductive and sexual rights of others.
11. I have the right to define my own sexuality in whatever way feels right to me.
12. I have the right to define my own gender in whatever way feels right to me.