



# WOLSELEY FAMILY PLACE

Crossways in Common

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## April 2020

To do our part for the health and safety of our community, Wolseley Family Place has closed its doors to most in-person services until further notice. Here are some ways we are helping right now...

### Give us a call!

- We can help you navigate resources, access benefits, even figure out where to get the supports you need.
- As always we offer a listening ear. We can provide some parent coaching. Are there challenges that have come up now with your kids home? We can set up a regular time to call and chat with you and/or your kids
- We miss our families! We would love to send your kids some mail from the Playroom
- Want to connect face-to-face? We will organize video chats, one-on-one or in a group

**We are here to support you, get in touch!**

### Rat Park - Could Solving for Loneliness Heal the World of Addictions and Eating Disorders?



<https://youtu.be/5mHdBhhdGsM>

This video explores the concept of loneliness as a possible factor in addiction, and expands the concept to apply to eating disorders.



Visit us on our Facebook page, [@wolseleyfamilyplace](https://www.facebook.com/wolseleyfamilyplace). There is useful information, updates & activity ideas. It's a great connection to WFP community.

## Food Connections

### Tuna Noodle Casserole

2 (284 ml cans) Condensed Cream of Mushroom Soup

1 cup milk

2 cups frozen or can peas

2 (10 ounce) cans tuna, drained

4 cups hot cooked pasta of any kind

2 tablespoons dry bread crumbs or cracker crumbs

1 tablespoon butter or margarine, melted

Directions:

1. Stir soup, milk, peas, tuna and noodles in 3-quart casserole
2. Bake at 400 degrees F for 30 minutes or until hot. Stir
3. Mix bread crumbs with butter in bowl and sprinkle over tuna mixture. Bake for 5 minutes more.



## Mindfulness For Kids

**Racing mind? Tense body?** Take a few minutes to breathe deep, relax your body and calm your mind. This video is especially great for kids and teens to ground and refresh. Of course parents you can always benefit from a quick moment of relaxation. Check out this link:

[Progressive Muscle Relaxation Guide for Kids](#)

**Find out what is open and available right now in the city:**

<https://wcwrc.ca/community-resources-available-during-covid-pandemic/>

## Attention Parents!!

Featured by the Winnipeg Public Library, [At Home: A Click Away](#).

On the site you will find all kinds of free resources to help keep entertained while staying at home. On each page there is a section just for kids, but most of what you find will be great for people of all ages. Stay connected there to find out all the fun things happening online.

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Success is liking yourself, liking what you do and liking how you do it.

MAYA ANGELOU

## Free used computers for families...

Could your family use a computer for homework and to connect with resources online? Inspire Community Outreach is offering free computers to families who are in need. You can find the online application at: [inspirecommunityoutreach.ca](https://inspirecommunityoutreach.ca) or call us and we can help you apply.