



WOLSELEY FAMILY PLACE

Crossways in Common

202-222 Furby Street, Winnipeg MB R3C 2A7

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www.wolseleyfamilyplace.com

JUNE 2020

A huge heartfelt thank you to our funding partners: Shepherd Heart Fund, Community Food Centres Canada, United Way Winnipeg and The Winnipeg Foundation for extending your support to Wolseley Family Place during the COVID 19 pandemic to allow us to extend that support to families in our community!

Wolseley Family Place Virtual Programs

MONDAY

[Music Circle with Danielle on Facebook](#)

TUESDAY

[New Realities Virtual Workshop on Facebook](#)

WEDNESDAY

[Parenting Tip of the Week on Facebook](#)

THURSDAY

[Wiggle, Giggle ZOOM with Bev & Katherine 10:30am](#)

[New Realities Virtual Workshop on Facebook](#)

FRIDAY

[Food Connections Recipe of the Week on Facebook](#)

[art inK at Home on Facebook](#)

[Playroom Presents on Facebook](#)

[Virtual Drop-in 2:30-3pm](#)

We have ZOOM rooms and Facebook posts from all your favorite programs daily. Click on the links to connect with Us!

Wiggle, Giggle ZOOM Thursday's at 10:30am

Join us for a fun packed virtual gathering for parents and children to sing and move and try some exciting activities together. It is a wonderful opportunity to see some familiar faces. Katherine and Bev will lead everyone in some movement activities and share some creative ideas to try at home.



In the first week we enjoyed an opportunity to visit and sing songs and move like different kinds of animals. We learned about 'loose parts' which are items that have no fixed purpose that children can use to explore their creativity. We then learned how to make magic trees with newspapers.

In week two there will be more singing and movement as well as a storytime. For a science activity we be learning how to grow plants from things you have around the house. The best part is that we get to see each other! We look forward to seeing you. Hope you can join us.

[Click here to to join the meeting 10:30am on Thursdays](#)

5 STAGES OF HEALING EMOTIONAL TRAUMA

Mastin Kipp

1. Create a safe connection
2. Validate the emotional experience.
3. Empathize with those emotions.
4. Repair the wound & set limits.
5. Transcend the trauma.

Safe relationships are containers for healing trauma. Studies show that what is most traumatizing is not just what happened, but how we hold what happened afterwards. In trauma-informed care we know that one of the automatic defenses to trauma is an isolation and immobilization response from the nervous system.

This is why so many survivors don't come forward, or come forward decades later. The body goes into a freeze and isolation response and automatically defends itself through remaining withdrawn and immobilized. This is where trauma really takes it's hold on survivors, when it is not shared and held alone for years or decades.

Safety and connection in relationship with others is how we heal.

It takes courage to bring your trauma into the light, on your timeframe, as you choose with whom you choose (a partner, therapist, friend, etc). You are not alone.

In response to increased tension that some families may be experiencing while isolated together during the COVID-19 pandemic the Family Violence Prevention Program has introduced the option of texting to contact crisis lines and shelters.

If you are concerned for your safety, call the toll-free crisis line at 1-877-977-0007, text 204-792-5302 or 204-805-6682, or visit www.gov.mb.ca/familyviolence. Crisis lines are confidential and available 24 hours a day. In an emergency, dial 911 or call the local police service.

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Don't let yesterday
take up too much of
today.

WILL ROGERS

Wolseley Family Place

WHAT DO YOU NEED RIGHT NOW?

We are now providing more food and other needs to families. Our priority is families with children under 6.

ITEMS AVAILABLE:

- GROCERIES OR GROCERY GIFT CARDS
- DIAPERS
- FORMULA
- MENSTRUAL SUPPLIES
- CONDOMS
- CHILDREN'S ACTIVITY PACKS FOR DIFFERENT AGES
- SOME SECOND HAND CLOTHING/ HOUSEWARES

BY APPOINTMENT ONLY - CALL OR EMAIL CAROL AT 204-560-3141 OR ADMIN@WFPWPG.CA TO SET UP AN APPOINTMENT

Pick up at Crossways in Common (222 Furby St) - delivery can be arranged if needed for those with limited mobility and/or needing to self-isolate

NEXT PICKUP DATE IS JUNE 4TH - ORDER BY JUNE 2ND