



WOLSELEY FAMILY PLACE

Crossways in Common

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After an amazing career of more than two decades at Wolseley Family Place, Noelle Campbell is retiring this week. Noelle built up our beloved Playroom as its Director from the very beginning, and has since taken on the Parenting Coordinator role at Wolseley Family Place. Anyone who has been to WFP's Playroom, or participated in one of her parenting classes knows that what Noelle has created is unique - a truly welcoming, non-judgmental, supportive environment where children play, learn and thrive, and parents can access the support they need in their journeys. Although Noelle will no longer be part of our staff team after this week and we will miss her dearly, we know that her legacy is so deeply embedded in Wolseley Family Place - our philosophies, our practices, and in the many lessons we've all learned from her. We thank Noelle for her years of hard work and dedication to Wolseley Family Place and wish her all the best in the next chapter of her life.



"After 22 years of spending time with all the families at Wolseley Family Place - it is time to retire. I have been so privileged to have been a part of your lives. Playing with the children, chatting with parents, eating together and laughing together has made my time at WFP amazing. I've learned so much in my time here and you all have been a big part of that. Thank you for learning with me, thank you for sharing a slice of your life with me. I am excited to see what the future holds for all of us. I will miss you all. Take care of yourselves!"

Our Playroom is



Open



Could you use a bit of a break?
We are open for family visits or respite.
Call Christine at 204-560-3148 to book an appointment.



 Wolseley
Family
Place

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Each morning we are
born again.
What we do today is
what counts.

UNKNOWN

Wiggle, Giggle, Zoom

We have been having great fun meeting parents and children during Wiggle, Giggle, Zoom! We explored the idea of building blanket tents where you can read stories together or have pretend play. We learned how to make monster and duck feet using recycled materials. The children can create an imaginary world where socks can be puppets and the child can act out real or imaginary situations and take on the role of different characters.

Together on Zoom we followed Katherine as we drove our imaginary cars around our homes over bumpy roads, going fast and slow in our big and small cars.

A new activity to try is picking ice cubes up out of a bowl using a spoon or tongs. Try it and see how many you can pick up! It is so nice to sing action songs together but the very best part is to spend time together!

Hope to see you next time!

Bev and Katherine



art inK

Summer is here and you can find some inspiration to make art at home on our Wolseley Family Place Facebook page. Every Tuesday creative art ideas will be posted so that you can try them at home. Some past art inspirations include: shadow tracing, cut-out silhouettes, newspaper gesture drawings, and teabag art.

In the next few weeks we will explore nature mandalas and collages. I hope you will check it out!

It would be great to see everyone's work so please share!

Have fun creating!

How to Increase Self-Worth and Self-Value in Adults

~*Courtney E. Ackerman, MSc.*~

Check out these two tips to learn how to go about it.

First, take a look back at the list of what does not determine self-worth. Remind yourself that your bank account, job title, attractiveness, and social media following have nothing to do with how valuable or worthy a person you are. It's easy to get caught up in chasing money, status, and popularity—especially when these things are highly valued by those around us and by society in general—but make an effort to take a step back and think about what truly matters when determining people's worth: their kindness, compassion, empathy, respect for others, and how well they treat those around them.

Second, work on identifying, challenging, and externalizing your critical inner voice. We all have an inner critic that loves to nitpick and point out our flaws (Firestone, 2014). It's natural to let this inner critic get the best of us sometimes, but if we let it win too often it starts to think that it's right!

Whenever you notice your inner critic start to fire up with the criticisms, make it pause for a moment. Ask yourself whether it has any basis in fact, whether it's being kind or not, and whether what it's telling you is something you need to know. If none of those things are true, feel free to tell it to see itself out! Challenge the inner-critic on the things it whispers in your ear and remind it that no matter what you do or don't do, you are worthy and valuable all the same.

