

MOSAIC

NEWCOMER FAMILY
RESOURCE NETWORK

FAST FACTS

Mosaic offers
parenting programs
for newcomer
parents all year long.

**Did you attend a
Positive Discipline
in Everyday
Parenting
program before?
We need your
help!**

Gia Ly from the University of Manitoba is conducting a study with newcomer parents about their parenting experiences in Canada. Interested? Contact **Gia**:
Phone: **204-272-1618**
Email: giave.ly@umanitoba.ca
View the [poster](#) for more info.

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Grandfriends! Participants
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Mosaic Minder is the quarterly publication of Mosaic - Newcomer Family Resource Network Inc., a registered Canadian charity.

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Mosaic Minder

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Positive Discipline in Everyday Parenting: from a parent's perspective

"If you don't spank your child, he will grow to be spoiled and weak". That is usually what you hear from the elders regarding child rearing. Especially if you have a very hyper and overly sensitive child, one that is throwing a tantrum right at this very moment.

Before attending the Positive Discipline one-on-one and group sessions, that is probably what I and Peter, my husband, would have done. We could have shouted, or worse, spanked Matthew, my two year old toddler who often throws tantrums but instead I now focus on my breathing, making sure that I am calm, dropped on my knees to be at his eye level and simply hug him. Once he is somewhat pacified, I ask him what is wrong or is he hurt, hungry or sleepy. Then he mentions the name of his favourite toy car and pointed under the sofa. Progress! Now we have solved the issue without drama. Life is good again.

Positive Discipline has been such an eye opener for us. We are now more aware of how to deal with day to day tasks and tribulations as parents. Self awareness, for me, is the biggest lesson that I have learned from attending the sessions. I cannot comfort an upset child when I myself am upset. I am now more aware of myself nearing "flipping my lid", and take the necessary actions to pacify myself.

The one-on-one sessions are very helpful as they are more intimate and are customized based on our schedule, preferred language (Tagalog) and has a more casual feel to them. We are able to talk freely and openly about topics that we might not be as willing to share in an open group. The props that the mentor brings are also very helpful in grasping the topic for the day.

I also enjoyed the group sessions as I was able to hear different point of views from different mothers. I appreciate the sharing and the testimonials, being comforted that I was not



Stephanie with baby Sophia

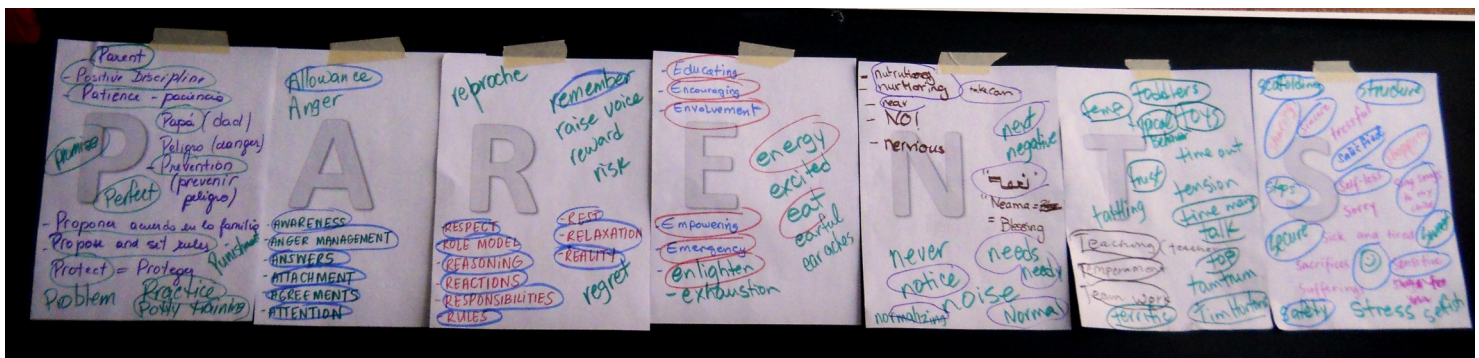
alone in dealing with discipline issues with our children. It was interesting to know that whichever country we came from, we are first and foremost women who aspire to become better mothers to their children.

Positive Discipline has given my husband and me the building blocks to build a better relationship with each other and our children. We now know that what we do now can mould a child into the person that he will become in the future. Matthew still throws his tantrums, but they are no longer met with frustration but with warmth and open arms.

Stephanie Regio is one of the first parents to be part of the Positive Discipline: 1-on-1 pilot project.



1-on-1 Positive Discipline participants in a group session.



Falafel Recipe

Falafel Dough ingredients:

- 2 cups dry chickpeas
- 4 cloves garlic, or to taste
- 1 small onion, or to taste
- 1 teaspoon coriander
- 2 teaspoons salt, dash pepper, or to taste
- 2 tablespoons chopped fresh cilantro (optional)
- 2 tablespoons chopped fresh parsley (optional)
- Fresh dill (optional)
- Green fresh chilli (optional)
- Spices – 1 tsp. cumin, pinch cardamom (optional)

Soak the chickpeas in water for 4 hours or overnight (till it can be ground). You will know they are ready if you can easily break them between your palms.

Put all ingredients in the food processor. Do not over-grind the ingredients. Leave some small chunks for crispier falafels. Some people grind twice and it also has a good taste.



Falafel patties:

Ingredients:

- 1 teaspoon baking powder (for 2 cups of falafel dough)
- Garlic powder (optional)
- Sesame seeds (optional)
- An egg (optional)
- 2 Tablespoons flour or fine bread crumbs (optional)
- 1 Tablespoon oil or lemon juice (optional)

Form small patties. Deep fry them for about 5 minutes per side, until brown and crisp. Drain on paper towel. Wrap in flatbread or stuff into pita bread, adding salad or sliced cucumbers, peppers or other vegetables of your choice. Add a dressing if desired. Enjoy!

You can also bake falafel patties in a 425°F oven. Brush each side with oil, place on baking sheet, bake 15 minutes, flip, and bake 10 minutes more.



Grandfriends! Participants

Learn to Skate: Huge Success!

The Mosaic Newcomer Learn to Skate program of 2014 was one of the most successful we've had. We had **44** people from **18** countries come out and try skating for the first time. Despite the very cold temperatures and occasional blizzard-like conditions, the skaters were very enthusiastic and eager to learn what they considered a Canadian past-time. There was a good mix of ages and many young students in their 20s who wanted to skate like "a Canadian." The folks from Carlton even brought us hot chocolate on a cold Valentine's Day. What a treat!



A dedicated Mosaic skater hones her skills.

All the participants expressed gratitude for the program and said they would not have otherwise tried on a pair of skates. There are few, if any other skating programs for real adult beginners offered in the city of Winnipeg. The City of Winnipeg staff, Naomi and Tessa, were a great help and really enjoyed getting to know such an interesting and positive group of newcomers. We even had a Mosaic staff member (you did very well, Kezia!), a husband of one of our teachers, and three students from the Mosaic family try it. Way to go to everyone who came out and braved the climate and the ice!

Jane Huck (Skate Instructor)

Mosaic featured on CTV!

On Thursday, February 6, Mosaic played host to 3 other Winnipeg agencies dedicated to family literacy and invited to talk about there programs on CTV's Morning Live. Host Karen Rocznik made us all feel at ease on live TV with her genuine curiosity and intelligent questions.



Zebiba Ibrahim, Karen Rocznik, and Val Cavers at 6:30 a.m.

Mosaic, IRCOM, Seven Oaks Settlement Program and Literacy Partners of Manitoba had a few minutes each to talk about newcomers and family literacy.

Literacy Partners of Manitoba is a progressive organization that is producing a number of great resources for teachers and learners. You can find out what's new at LPM at manitobaliteracy.com.

Val Cavers

CanadaHelps is a charitable organization dedicated to help other charities in Canada. Their website has a database of organizations that people can give donations to. You can now give to Mosaic through CanadaHelps. For more information, visit their website and search for Mosaic. www.canadahelps.org



Volunteer Profile ~ Lois Goertzen



Lois (centre) with the I-on-I Positive Discipline Childcare Workers

I think Jean said, “when are you coming to volunteer at Mosaic”? I was at Artsjunktion one Wednesday afternoon in December when she was having a meeting there. I had first come to Mosaic for a short visit on the day of the official opening. Jean had sent me an invitation. My partner and I decided to see what it was all about. That day I received a tour and an invitation to volunteer and the promise that Mosaic is a wonderful place. On that afternoon in December it had been 6 months since I had received my first invitation. I have always trusted Jean and the invitations that I have received from her. So I decided to try it out.

Jean told me that there was a need to create toy bags for childcare workers to bring into homes. The childcare workers would play with the children while a trainer would teach “Positive Discipline” to the adults in the home. For a couple of weeks I worked with Shamail, Wisal, Gabriella and Melinda to create these toy bags. I loved it. Then I was asked by Jean to help with training the childcare workers. Every Tuesday afternoon in February and March I have spent 2 hours with a lovely group of interesting, courageous, and delightful adults who go into homes and work with children. I have started coming into the childcare centre to play with the children as well as to offer support, ideas and encouragement to the childcare workers. Lucky me.

I spent 35 years in the Winnipeg School Division as an early childhood educator. In June 2012 I retired. I was looking for a way to use my experience in a positive way. I appreciate the opportunity to use some of my skills and knowledge with the adults and children who come to Mosaic. I feel valued and appreciated.

Bingo Volunteers

Thank you BINGO volunteers! Thank you for donating your precious time to Mosaic. This year we were granted \$9,000 from BINGO funds, money that we use to support our many and varied Family Programs. Many thanks to Linda Xie, Haiyan Xie, Jean Tinling, Kezia Malabanan, Allison and Nigel Wilcox, Barbara and Kevin Coombs, Allan Macgillivray, Sharon Cavers, Melinda Pascual, and Kym Bottomley.

Special thanks to the **Manitoba Community Services Council and Manitoba Lotteries** for their support.

Personal Computers for Mosaic Students



Computers for Schools

is a government initiative that help distribute and restore refurbished computers to schools, libraries and non-profit organizations.

This year, thanks to our initiators, 20 of our students and their families received their own personal computer.

Thank you for your generosity.

Thank you!

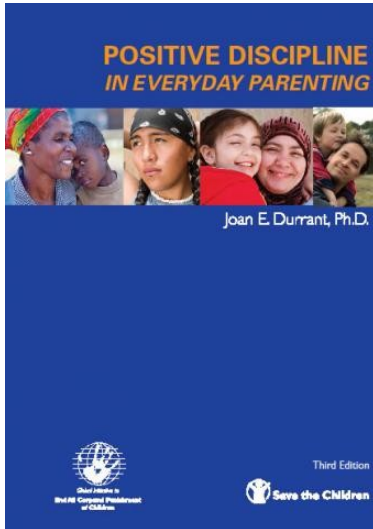
THE
WINNIPEG
FOUNDATION



for generously supporting
Mosaic's Family Programs

Mosaic Family Programs – All Mosaic family programs are specially designed to meet the needs of newcomer participants. We offer language and cultural support, and quality child care. All of our programs are **Free**.

Spring 2014



Joan Durrant's
***Positive Discipline in
Everyday Parenting***

For parents of children
birth - 18 years old

*"Positive Discipline"
describes a non-violent
approach to teaching our children,
while being respectful of the child as a
learner and individual
human being*

Please note:

- PD at ENTRY does not offer childcare.
- Tuesday evening PD at Mosaic is a Men's group.



Tuesdays 9:00-11:30 AM
April 22 - June 24
IRCOM (full) / Hugh John High School
397 Carlton Street
Downtown

Tuesdays 6:00-8:00 PM
April 22 - June 17
Mosaic (MEN'S)
397 Carlton Street
Downtown

Wednesdays 9:15-11:15 AM
April 23 - June 18
ENTRY Program
4th Fl - 259 Portage Avenue
Downtown

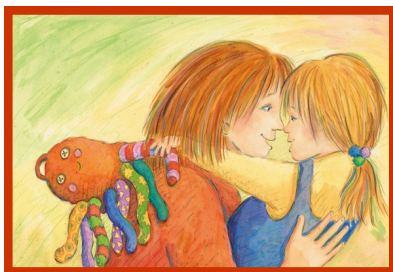
Wednesdays 1:15-3:15 PM
April 23 - June 18
Mosaic
397 Carlton Street
Downtown

Thursdays 1:15-3:15 PM
April 10 - May 29
Turtle Island Neighbourhood Centre
510 King Street
Point Douglas

Fridays 1:15-3:15 PM
April 25 - June 20
Immanuel Fellowship Church
828 Silverstone Avenue
Fort Richmond

Wednesdays 9:15-11:15 AM
April 30 - June 18
Mosaic
397 Carlton Street
Downtown

Thursdays 1:00-3:00 PM
May 1 - June 5
South Winnipeg Family Info Centre
Please contact SWFIC to register.
800 Point Road (lower level)
Fort Garry



***Nobody's Perfect
Parenting Program
for Newcomer Parents***
Parents Sharing & Learning
*Rhymes and songs in English and your
language and a time to talk about
being a parent in Canada*

For more information or to register,
visit www.mosaicnet.ca/family or call us at 204-774-7311.

mosaic
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Spring 2014

Wiggle, Giggle & Munch



Fun & Physical!

Spend time with your child playing games, having fun
A physical activity & nutrition program for pre-school aged children and their parents.

Tuesdays 9:00-11:00 AM

April 8 - May 20
Sister Macnamara School
465 Sargent Avenue
Downtown

Tuesdays 1:15-3:15 PM

April 15 - June 17
John M. King School
525 Agnes Street
Downtown



Bounce Back & Thrive

A program for parents with children under the age of 8 years. BBT helps parents build skills that increase their capacity to role model resilience in their daily interactions with their children

Thursdays 1:15-3:15 PM

April 17 - June 19
John M. King School
525 Agnes Street
Downtown



Playback Theatre

Creative & Fun
Share your stories with friends and neighbours and experience your stories being "played back" to you.

Mondays 5:00-7:00 PM

May 5 - June 16
(May 19 - No Session)
Mosaic
397 Carlton Street
Downtown



Zumba Dance

Stay active and have fun!

Fridays 3:30-4:30 PM

April 25 - May 30
Mosaic
397 Carlton Street
Downtown



Family Bookmaking

Families Learning & Growing Together
Family fun and games and an opportunity to make a family book

Tuesdays 4:30-6:30 PM
IRCOM Ongoing 5 sessions
95 Ellen Street
Downtown
Contact IRCOM to register.



English Conversation Circle

Practice your English while you talk about issues related to settling in your new home

Wednesdays 1:15-3:15 PM

April 23 - June 18
Mosaic
397 Carlton Street
Downtown



Parent-child Mother Goose (Drop-in)

Read stories and rhymes with your child in English and your first language

Thursdays 9:15-11:15 AM

April 24 - June 19
Mosaic
397 Carlton Street
Downtown

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