

MOSAIC

NEWCOMER FAMILY
RESOURCE NETWORK

FAST FACTS

Mosaic offers
parenting programs for
newcomer
parents all year long.

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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

VOLUME 4

ISSUE 3

JUN — AUG 2014

Mosaic, My Second Home

Val approached me one day while I was working in the inventory room. She said: "Melinda, I have a job for you. You can say NO if you don't want to". Intrigued by her statement, I replied: "Okay, what is it?" She wanted me to write a song for Mosaic's 5th Anniversary, which was barely a few weeks from the time she asked me to do this. Ooops! I know I am not a musical person, more over, I am not a composer. I don't even know how to read musical notes. "What shall I do?" I asked myself.

A few days passed, I asked my nephew who knows how to sing and play the guitar to help me do it. He politely told me that there was no better person who can do it except me! Why? It was because, I was the one working at Mosaic and I was the one who knew the goals and objectives Mosaic has for newcomers, like me. Yes! He was right and I knew Val wouldn't ask me to do this if she didn't totally trust me. Then one Sunday morning, I got out of bed, opened my laptop and I started thinking about myself as a newcomer. Words came easily, as I was pondering the challenges I had when my foot landed to this foreign land. I was not even sure of my life here as well as my children's future. Add into it, the language barrier and the different culture which I need to adjust to.

Thanks to Mosaic, my second home, for giving me this opportunity to work and I will forever be grateful to you for making my life here in Canada a meaningful one.



Melinda (2nd from the right) and other Family Program Facilitators singing the song at the AGM.

MOSAIC, MY HOME!

(To the Tune of It's a Small World)

When I came to this foreign land
Nobody knows me
And I feel alone
I am sad, I feel bad
As if nothing is right
Then Mosaic came to my life!

Chorus:

It's Mosaic who helped me,
It's Mosaic who molded me,
It's Mosaic who lifted me,
It's Mosaic, my home!

My whole life changed when I first came here
When I learned English from my good teachers
There's a lot more to learn
When you come to them
It's Mosaic, our second home!

(Repeat Chorus)

- Melinda Pascual

Ladies of the Street

On June 26, Mosaic had the pleasure of being the focus of a unique fundraising event hosted by **Ladies of the Street**. The Ladies are a choral group that was founded years ago by several women who lived on the same street in River Heights. Each year they host an event that showcases their singing and raises money for a local charity. Mosaic is so pleased to have been chosen this year. The event was held in the house of one of the members, the lovely gardens and folk art collection were a stunning backdrop to the evening. The repertoire was classical, and fun, and whimsical, it was a real treat!



Mosaic women attending the Ladies of the Street event.

Thank you Ladies of the Street for all of the work that you do to support organizations like Mosaic, we feel honoured to have been a part of your event.

- Val Cavers

The Next 5 Years

Mosaic received a grant from the **Assiniboine Credit Union** to develop a new 3 year strategic plan for the agency. The one day meeting/retreat was held on April 18 at the St Norbert Arts Centre. A total of 25 staff members, and volunteers joined the Mosaic Board of Directors for a full day dedicated to the future of Mosaic. The session was orchestrated by Erin Huck and Cathy Steven from Health in Common, they kept us focused and on track throughout the day. The results of our work include a plan for focused and balanced growth, using our existing locations to add classes, add childcare spaces, and add family programs. Mosaic also wants to continue building our staff capacity, we are committed to professional development, training and mentoring to improve and maintain the quality of our programs and services. In terms of financial stability, Mosaic is going to look for ways to increase our sources of revenue, including exploring ways that we can “market” some of what we do, and benefit from a social enterprise based on our expertise. Mosaic is also thinking that we have enough of a reputation now, maybe it’s time for an in-house fundraiser! Many thanks to ACU and Health in Common for helping us to define our future plans!

- Val Cavers



Mosaic working hard on planning for the next 5 years.

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



Thank You Winnipeg Foundation!

The Winnipeg Foundation has been supporting Mosaic since our beginnings 5 years ago. On the occasion of our 5th anniversary we wanted to take a moment to thank them for their support and to acknowledge the various grants that they have given Mosaic this year. The foundation has a variety of granting programs, and Mosaic has applied to almost all of them!

Mosaic first applied to the foundation for a Community Grant to support our burgeoning family programs. It was that initial support that led to our accelerated expansion, increasing our family programs offered each year from 1 – 46! Our Community Grant this year is going to extend the very successful I-I Positive Discipline in Everyday Parenting program. The program matches parents in need of first language, in home, I-I parenting support, with our trained and mentored facilitators.

Last fall we received a Professional Development Grant that allowed Jean to attend a valuable Early Years – Shaping Childhood conference in Vancouver.

Mosaic was also very happy to be chosen for two YIP, Youth in Philanthropy, Grants! Groups of socially aware and committed young people from St Paul's High School and Miles MacDonell Collegiate each researched and reviewed a number of charities in Winnipeg, then settled on 5, Mosaic being one of them! Those two grants will go towards the design and construction of a badly needed indoor play structure for our childcare room.

Last month, the Winnipeg Foundation announced the recipients of their Nourishing Potential Grant; this grant provides organizations with funding to support healthy child development through nutritious food programming. Mosaic is fortunate to have received a Nourishing Potential Grant to supplement our childcare snacks, buy a portable sink to allow for proper hand washing, and to provide food handler training for our childcare staff.



Stephanie and Val (L-R from the middle) being awarded the Nourishing Potential Grant.

Every Wednesday afternoon this summer parents and children will be telling and sharing stories from around the world at Mosaic's Summer Storytelling and Story Drama program. The program is led by professional story teller Leigh-Anne Kehler with many thanks again to the Winnipeg Foundation and their Literacy for Life Grant.

The story of Mosaic cannot be told without reference to the support from the Winnipeg Foundation. This year in particular, we are grateful for the foundation's support. They see our potential, and support like this just keeps encouraging us to do our best!

- Val Cavers

Thank you!

**THE
WINNIPEG
FOUNDATION**



**for generously supporting
Mosaic's Family Programs**

Hello From Ethiopia!



It's Saturday afternoon and I'm sitting in the huge lobby of the Desalegn Hotel in Addis Ababa. I have arrived back in Addis after training 18 Ethiopian Save the Children staff and partners in *Positive Discipline in Everyday Parenting*; as well as mentoring two new Country trainers who work for Save the Children. The training

was 100 km south in Adama which is a holiday getaway place for Ethiopians. Our hotel in Adama provided a beautiful tranquil setting with flowers, trees and an enchanting tunnel of vines and flowers to walk through to get to our training hall and rooms. I made every effort to quickly adapt to the lack of running water in the rooms, the random internet connections and the ongoing black outs when the electricity failed, realizing again how many things we just take for granted in Canada. We spent two hours one afternoon training completely in the dark; which totally challenged my facilitation skills and my creativity. It also brought out my cynical sense of humour which everyone seemed to appreciate and it actually brought the group closer together.

This training gave me the gift of connecting with people in yet another country in east Africa, Ethiopian people, who were so very gracious, kind and welcoming. The group of 13 men and 4 women came from many different regions in Ethiopia but they all had in common a great deal of care and concern for children and families. One of the expectations that this group had was a need to understand what the difference is between positive and negative discipline. By the end of the training they were so excited to share that there is no such thing as negative discipline. They were eager and excited to try out their new skills as Positive Discipline in Everyday Parenting facilitators.

I gained so much admiration for this friendly, gentle group of people. They are each working so hard to make a difference in situations that back in Canada many of us would find impossible. Several had travelled for 5 days in small crowded buses to get to the training and had this long arduous return journey to make. Our enjoyment of each other grew as the days passed and by the last day no one wanted the training to end. We all took pictures and exchanged emails and made plans to stay in touch.



Jean with the Ethiopian Save the Children staff and partners.



Jean enjoying some Ethiopian Coffee with her friends in Ethiopia.

Along with the formal part of the training I was treated to many informal discussions and gatherings. One special experience was the first time three of the men invited me to join them for an Ethiopian coffee ceremony. This was early in the training and I was pleased and surprised when they shyly approached me. Once we were on the street sitting on the small stools waiting for our coffee they explained the significance of the ceremony and how when anyone joins a coffee ceremony no matter their age, gender or other factors, they are immediately welcomed and included in the conversation. We had just spent the morning focused on stress and how to keep our thinking and feeling brains connected. The Ethiopian people have this wonderful ceremony in place to share life concerns and find support in the community. Nothing can take away the stress of everyday life but this ceremony certainly helps people feel connected and supported.

This was the first of many experiences where I felt invited into the lives of these people. Several of the participants wanted to know if we could start a Mosaic in Ethiopia. Can we? I believe anything is possible when people connect with a common goal, passion and open hearts.

Tomorrow, my last day in Addis Ababa, I have been invited to lunch with Sara and her husband. Sara is the sister of Hajitu, our Ethiopian Positive Discipline facilitator at Mosaic. After lunch I will meet Getachew, his wife and his 2 little boys for coffee. Getachew is one of the new country trainers that I was mentoring at this training. After our many discussions about children I am thrilled that he will bring his own little boys to meet me.

I am looking forward to returning home to all the people in my heart in Canada, but my heart has grown now to include the people I will be leaving behind in Ethiopia. A little part of my heart will now always be here.

Take care and see you all soon.

- Jean Tinling

Bounce Back and Thrive-A Resiliency Program for Parents

I attended Bounce Back and Thrive (BBT) hoping to gain some skills in order to “teach” my kids how to deal with and bounce back from everyday challenges that they face in their lives. I found out that the best way to do that is to be a good role model. A message at the end of each session reminded us that “children learn the skills to bounce back and thrive by watching and learning from us”,

The focus of the first six sessions was finding my strengths as a parent. It highlighted the ones that I never realized before. For example, “Asking for help is a sign of strength” this was a challenging quote for me because I always believed the opposite. Thankfully, I gradually started to see and enjoy the benefit of reaching out for help.

Catching my thoughts, knowing that thoughts are just thoughts and accepting that they might not be true, is another skill that BBT emphasizes to explain the significant effect that a thought can have on anyone. I am more aware of these thoughts and I learned through BBT to choose the more positive ones over the negative ones.

I learned more about my personality, my thinking habits, and how this can affect my reactions toward any situation. I started to notice these thinking habits and connect them to my reactions in everyday life situations.

Once again Mosaic, through offering such a parenting program, helped me as a parent and a newcomer to find tools and support to raise my children. Indeed this program has given me better tools to become more resilient to bounce back & thrive.

Thanks to The Jewish Foundation of Manitoba for funding this program.

- Shamail Khalil



Shamail (lower left) with her participants during Mosaic's Spring 2014 BBT.

Curling - Field Trip

Curling, is a Canadian winter sport. It is unique and full of enchantment, especially for new immigrants, like us.

Some time in March, our teacher, Sheila told us that the EAL students at Immanuel location have an opportunity to go on a field trip and learn a bit about curling. Oh, Yeah! It is going to be fun! Both the teachers at Immanuel, Sheila and Flo, planned with one of the volunteers, Jennifer. Jennifer is a curler and she managed to get her club to give us the opportunity to curl!

We had four volunteer coaches. They were Jennifer and Gerry Sande. The other two were from Curl Manitoba. All four of them were very kind and helpful. We are very thankful because they chose to volunteer and help us out.

To start off, Jennifer showed us simple warm-up. Everyone couldn't wait to go onto the sheet. The coaches showed us an elegant, beautiful demonstration. Jennifer taught us the names of the curling equipment.

It was our turn to try our skills on the sheet! Ah! It was so embarrassing! Everything looked simple, but it was actually hard. Many of us could not keep our balance on the ice. So there was a fall after fall! Oh! My poor knees! The coaches were very patient when they guided us over and over again. We practiced repeatedly. Finally, we did not fall! Every one of us was very excited.

Through this activity, we not only got introduced to curling---the fascinating movement, we also learned a lot of new words - Sheet, Rock, Hack, Broom, Button, Sweep, Skip. We have benefited from this activity.

Looking forward to the next opportunity to learn more.

Thank you for Mosaic, teachers, and coaches!

- Xiaomei Zhang (Maryann) is one of the students at Immanuel (Fort Richmond).



Mosaic Students at the Ft. Rouge Curling Club.

Computers for Schools



These are some of the computers that filled Stephanie's room!

Big commotion and excitement was caused by three loads of refurbished computers that Mosaic received for our students from the federal organization **Computers for Schools**. In total we distributed 60 Personal Computers (PCs) – which included a desktop & tower, keyboard, mouse, power cables and a monitor. You can imagine that my office was packed with equipment and looked like a computer store. The picture shows my office: I hardly had space to breathe!

We received 20 PCs from Computers for Schools each time we applied for them. The lucky recipients were determined by a draw. It was quite a challenge to hand out all the equipment and make sure everyone got everything, but we managed!

For some students setting up the PC was not easy, you certainly need a computer savvy person to do this, so some frustration could not be avoided. But I am sure that most students benefited from the donation and got connected to the internet.

A big thanks to Marie and Kezia for handing out computers– you are so organized and helpful!

- Stephanie Stetefeld

Story Time with Leigh-Anne Kehler

I had the pleasure to attend one of Mosaic's family programs this summer called "Story Telling". It was fantastic! Leigh-Anne, our story teller, engaged both adults and children and immersed us in such wonderful stories about how the moon and sun came to the world. She made the stories alive through music, poetry and body movements.

After the stories, she gave us a quick tip on how to remember one of the stories, "The Pumpkin Moon". First, she asked us to remember important key words with their corresponding actions. After, she let the children tell the story to all of us by performing with their bodies. It was amazing! However, the adults were not off the hook! She let all of the adults tell the story using the same key words while she performed the actions. Leigh-Anne shared this technique so that we can share stories with others. She believes that story-telling is an amazing art form, and I agree!

Leigh-Anne is a gifted story-teller, poet and musician and Mosaic is so lucky to work with her this summer. Her story telling magic has delighted so many families!



Leigh-Anne with Dan Louis (L-R) using their bodies to tell parts of the story .

- Marie Oquendo



Farewell Kezia!



Picnic at Assiniboine Park

