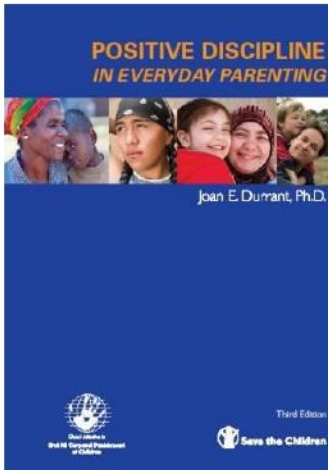


Mosaic Family Programs - All Mosaic family programs are specially designed to meet the needs of newcomer participants. We offer language and cultural support, and quality child care. All of our programs are Free.

2016 Winter



Positive Discipline in Everyday Parenting (PDEP)

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:

- Wednesday afternoon PDEP is in **Arabic**
- Friday evening PDEP men's group is in **Somali**
- Saturday morning PDEP is in **Tagalog**
- Sunday afternoon PDEP is in **Punjabi**
- All other programs are in **English with other language support**

PDEP 1-1 home visiting program in first language

(limited number of spots available)

Please email Shamail at SKhalil@mosaicnet.ca or visit www.mosaicnet.ca/news/1-1 for more information.

Mondays 1:15-3:15 pm

PDEP Advanced Problem Solving

February 22- March 21
Knox Church, Board Room
406 Edmonton Street
PDEP for those who have already participated in PDEP (No childcare provided)

Wednesdays 9:15-11:15 am

January 27- March 23
Niji Mahkwa School
450 Flora Avenue

PDEP with Aboriginal Parents

Wednesdays 9:15-11:15 am

January 27- March 23
John M. King
525 Agnes Street

PDEP in English with language support in Spanish, Arabic, Karen, Persian & Farsi

Wednesdays 9:15-11:15 am

January 27- March 23
Knox Church, 2nd floor Gym
406 Edmonton Street

PDEP in English with language support in Arabic, Spanish, Punjabi, Tagalog, Hindi & Bengali

Wednesdays 1:15-3:15 pm

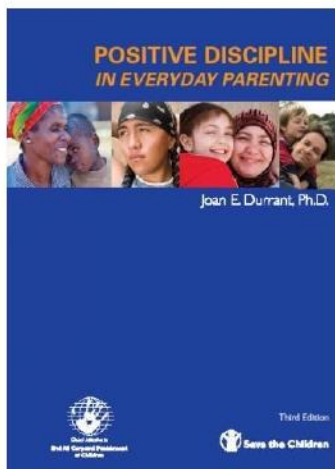
January 27- March 23

Knox Church, 2nd floor Gym
406 Edmonton Street
PDEP In Arabic



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

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Positive Discipline in Everyday Parenting (PDEP)

*For parents of children
birth - 18 years old*

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Fridays 6:00-8:00 pm
January 22-March 25
Social Planning Council of WPG
432 Ellice Avenue
PDEP in Somali for Men
(No childcare Provided)

Saturdays 9:30-11:30 am
February 6-April 2
St. Peter's Anglican Church
755 Elm Street
PDEP in English

Saturdays 11:30-1:30 pm
February 13-April 2
(No session on March 26)
Cindy Klassen Library
999 Sargent Avenue
PDEP in Taglish

Sundays 1:00-3:00 pm
January 17- March 13
Gurdwara Kaligidhar Darbar
276 King Edward Street
PDEP in Punjabi



Bounce Back & Thrive (BBT)

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

Tuesdays 1:00-3:00 pm
January 26-March 22
1 Braintree Crescent
(Heritage Park)
BBT in English with language support in Spanish, Tagalog and Bengali

CANCELLED
Thursdays 1:15-3:15 pm
January 28-March 17
Fort Garry Mennonite Church
1771 Pembina Highway
BBT in English with language support in Arabic and Punjabi



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Nobody's Perfect (NP) Parenting Program

Rhymes, songs & games in English and your language; and time to talk about being a parent in Canada.

Thursdays 1:15-3:15 pm

February 4 - March 17
Knox Church , McLeod Hall
406 Edmonton Street
NP in English with language support in Spanish, Karen, Punjabi, Hindi & Bengali



English Conversation Circle (ECC) (Benchmarks 2-4)

Practice your English and make new friends

Wednesdays 1:15-3:15 pm

January 13-Mar 23
Knox Church , Board Room
406 Edmonton Street



Promoting Mental Health in Young Children

Handle with Care (HWC)

Helping parents and caregivers promote the mental health of young children.

Please Note:

Handle with Care at Entry is two days a week: Tuesdays and Thursdays for two weeks

Tuesdays & Thursdays

12:45-2:45 PM
Jan 26 /28 and Feb 2 / 4
Entry Program
259 Portage Avenue
HWC in English with language support in Arabic, Spanish, Punjabi, Hindi & Bengali

Thursdays 6:00-8:00 pm

February 4 - March 24
West End Commons
641 St. Mathews Avenue
HWC in English with language support in Tagalog



Parent-Child Mother Goose (Drop-in)

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

Fridays 1:15-3:15 pm

February 5- March 18
Knox Church, McLeod Hall
406 Edmonton Street
P-CMG in English with language support in Spanish, Karen Punjabi, Hindi & Bengali



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Wiggle, Giggle & Munch (WGM)

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

Thursdays 1:15-3:15pm
February 4-March 24
John M. King
525 Agnes Street
WGM is in English with language supports in Karen, Punjabi & Bengali



Bonding with Family Bookmaking

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

Wednesdays 4:30 -6:30pm
Register at IRCOM
95 Ellen Street
Family Bookmaking is in English with language support in Arabic, Somali and Tagalog



Grand Friends!

(Bonding with Family Bookmaking)

*Sharing and caring across generations.
A wonderful way of sharing stories and memories together by making a family book.*

Thursdays 1:15- 3:00 pm
February 11-March 17
Bethel Church
465 Stafford Street
Grand Friends is in English with language support in Spanish, Persian and Farsi



Play to learn, Learn to Play

*What do children learn when they play?
Enjoy learning how to support your children's learning while playing with them.*

CANCELLED
Tuesdays 9:30- 11:00 am
February 2-March 1
Sister MacNamara School
460 Sargent Avenue
Program is in English with language support in Arabic & Tagalog



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



Please Click link below for our downloadable Registration Form:



<http://www.mosaicnet.ca/wp-content/uploads/2014/01/Mosaic-FP-Registration-Form.pdf>