

## MOSAIC

NEWCOMER FAMILY  
RESOURCE NETWORK

### FAST FACTS

Mosaic has 56 regular staff members who speak 31 different languages! Over 70% of the Mosaic staff are not born in Canada.

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# Mosaic Minder

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## LINC Summer Program



Remy with her ESL Students created bookmarks

The LINC summer program was a huge success! 50 students with 37 toddlers, and 6 babies participated in this 5 week program. Our childcare workers had a lot to do but the children did adapt and had a great summer at Mosaic! Our wonderful teachers Remy, Jen and Sheila chose 5 themes one for each week: Friends and Me, Garage Sale, Food, Leisure and a Family Literacy event.

Every Friday our creative teachers came up with some great activities that all the students participated in together. One week they made bookmarks together, the next week they organized a yard sale where students had to use play money and could take huge bags of wonderful donations home. In the third week every class prepared a snack and everyone could sample a little treat.

In the fourth week all kinds of fun games were played (including tennis!). The last week, in collaboration with family programs, was a literacy event for students and children funded by Communities 4 Families and featuring the book Big and Small – Room For All.

- Stephanie Stetefeld, LINC coordinator



Mosaic Yard Sale!

# Wiggle, Giggle & Munch/ HIPPY Program



This summer Mosaic ran a fun-filled, high energy Wiggle, Giggle and Munch/HIPPY summer program. Every Tuesday and Thursday throughout July and August, families met at Knox gym for an afternoon of nutritious food, high energy games, songs and rhymes, crafts and learning new skills. Throughout the summer, 48 different families attended the program, with an average attendance of 18 parents and 31 children. It was a very busy program!

We began each session with a nutritious lunch followed by free play time. We then moved into circle time where we would sing songs and recite rhymes together. Favourites included “Zoom, zoom, zoom”, “Head and Shoulders, Knees and Toes”, and “Row, row, row your boat”. It was a pleasure to see all the parents and children participating with such joy and enthusiasm. After circle time we would divide into groups and move through different stations, which included a literacy and imaginative play area, a craft station and a skills station. At the literacy station the families got to explore the book “Caramba”, a story about a cat who couldn’t fly like all the other cats in this book, but who eventually learned that he could swim. Many of our crafts were based on this book and at the end of the tenth session the children wore the cat masks they had created and acted out the Caramba story with their ocean wall mural as their backdrop.

At the craft station, families also created butterflies and paper bag kites (things that fly), frogs

(things that jump), musical shakers, and a variety of other crafts. Parents and children all enjoyed the opportunity to be creative. At the skills station children participated in a variety of games and activities to build their skills in running, skipping, galloping, jumping, throwing, catching, balance, tracking and striking. While the children participated in the skills session, their parents were engaged in parent time.

During this time parents were taught activities to do with their children on the days when they weren’t at the program. Every family was given the book Caramba to take home and they were given guidance on how to explore the book with their children. Additionally, families were encouraged to plan together with their child and go on a picnic, explore their neighbourhood with a treasure hunt, go on an ant exploration walk, and explore making shadows together. The key message of these activities was to spend quality time together in child-led, explorative and imaginative play. Parents were also given “Talking Tools” each session, where they heard simple messages about how to develop good communication with their children. Parents received a fridge magnet with the Talking Tool message each session. Parents were also given information on nutrition and resources in their community.



The summer program was very successful in a number of ways. First of all, the program succeeded in helping to strengthen the bond between parents and their children. At any point in the program, one could look around and see parents fully engaged in play with their children. There was lots of laughter and lots of physical touch between parents and their children. We know from research how important physical touch is for healthy brain development for children. For example, when a parent and child are participating in 'Row, row, row your boat', they are facing each other, so there is eye contact, they are smiling at each other, there is skin to skin contact as they hold hands and rock, and there is singing and laughter. We know from research that through this simple interaction the child's body releases the hormone oxytocin, the love hormone. This hormone helps the child to feel deeply connected to their parent. It gives the child a sense of well-being and develops a pathway in their brain that says relationships are pleasurable. It can also help the child grow up to be kind and compassionate. Such a simple child's game yet there is so much going on! Over the course of the program, parents were given both practical experience and information on how to continue to strengthen their bond with their child.

Secondly, parents and children were given the opportunity to strengthen their English language skills. Learning songs and rhymes together is a powerful and non-threatening way to learn new words. The repetition of the Caramba book, coupled with the crafts and activities that accompanied the book helped

to deepen the learning for both children and their parents.

Thirdly, children learned and strengthened their physical literacy skills. Through a series of games and activities they learned the skills which are important first steps in learning sports such as soccer, hockey, volleyball, basketball and tennis. As children practice these skills in a non-competitive and fun learning environment, they have a sense of accomplishment and their bodies are flooded with endorphins and dopamine. These hormones develop pathways in the brain that give the children a sense of confidence and competence, which can lead to a life-long love of sport and an active lifestyle.

Finally, families had the opportunity to connect with other newcomer families in their community and they learned about resources they can access in their neighbourhood, thus reducing isolation.

The WGM/HIPPY summer program was led by an incredible team of energetic facilitators and volunteers who worked hard to create a welcoming, fun, and safe learning environment for all the families. Thank you Eh Wah, Saadia Abudullahi, Melissa Crittin (HIPPY staff), Mimi Saha, Mounira Ajenkar, Alimatou Soro , and Sabreen Al Hassan (WGM facilitators) and Wah Wah, Mary Rose Orac and Neveen Basiliou (volunteers) for all the time and energy you put into making this a wonderful summer program. A huge thank you as well to Communities 4 Families for the generous grant provided to run this program.

- Alana Garcia, HIPPY Coordinator



# Briar's Farewell

At this year's Annual General Meeting, Mosaic said farewell to our good friend and founding board member, Briar Jamieson. Briar made enormous contributions to Mosaic including helping to shape our Mission, she was involved in the development of our first by-laws, constitution and employee policies and procedures. Briar's name appears on our incorporation document, as she came forward and asked to be on the board of this new "idea" that was not yet even an incorporated agen-



*Briar with a prairie landscape painted by Kathleen Crosby*

You may not know that the idea of our Mosaic quilt was Briar's. At a very early board meeting when we talked about how to bring all of the various programs together and to let them know that they were now all a part of a larger family, she had the brilliant idea of creating a quilt. As luck would have it, we had a Korean student, Eun Sook (Maria) Choi, who was a quilter. We asked each student to bring a piece of fabric that had some significance to them; then Maria visited each of the 9 classes and showed each student how to stitch their name on their piece. The students were then shown how to stitch their pieces together into a square. Maria took all of the squares and hand stitched them into the lovely tapestry that now hangs in our lobby. We topped it all off with an official unveiling of the quilt, a giant party for all of the students and children, government officials and other guests.

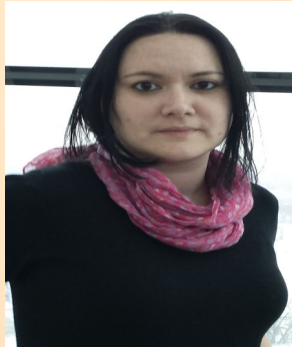
It was a pleasure for me to work along with Briar over 7 years, to learn from her, to share my challenges, and to try to absorb as much of her natural enthusiasm as possible! Briar's passion for newcomer settlement, language learning and technology was contagious. We will miss Briar at our board meetings. Mosaic will miss Briar's presence; she is a true friend of Mosaic.

- Val Cavers

Some of the quilt makers from Jean's class at St Matthew's Church in 2010



# Staff Goodbyes



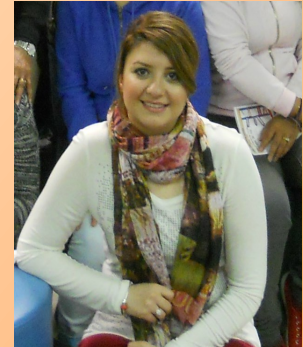
Milena Stefanovska  
ECE Baby Room—Bethel



Shamail Khalil  
Lead Facilitator and Settlement Worker



Allison Willcox  
LINC Teacher—FGMB



Roja Ilka  
ECE Lead—FGMB

Mosaic said “farewell” to these wonderful staff members who each made a unique contribution. Thank you for all of your hard work and commitment to Mosaic and all the best!

## Mosaic's 6<sup>th</sup> AGM



Thank you !



# Acknowledgements

## THANK YOU LUSH!

**T**here are many associations, organizations and private sectors that are committed to reaching out to those impacted by crises. One who has made a big difference for Mosaic newcomers is LUSH; handmade cosmetics suppliers. LUSH took the initiative of contacting Mosaic recently and offered a generous donation of \$5000 plus some of their fresh handmade cosmetics products including; hand and body lotion, shower scrub, shower conditioner, soap bars, foot lotion, etc., to be donated to Syrian newcomers. Along with these substantial gifts they sent greetings cards with a warm welcome and touching personally written messages offering the new members of our Manitoba community help, support and assistance.

Many of the recipients were touched by these notes. One participant when receiving her card emotionally said, “How nice and how welcoming people in Canada are”. Another one broke into tears upon receiving her card and expressed her feeling in these words, “Until this moment I can’t believe we are here in Canada , no fear from bombs, no blood shed, and no hungry children” Everyone listening to her filled with emotion and people in the room were completely silent.

All gifts recipients and those who have benefited from the grant are very thankful and have asked to pass on their gratitude to LUSH, we also would like to take this opportunity to, once again, thank LUSH for their trust in Mosaic and we look forward to partnering with Lush to support more newcomers in the future.

*- Maisa’a Haj Ahmad, Family Program Lead Mentor*



*Syrian newcomers and Mosaic facilitators*

## Big Thanks! to Boston Pizza

**O**n behalf of Mosaic, I would like to thank Boston Pizza -1160 Taylor Ave location, for their generous and delicious donation to the Grand Friends Program with newcomers and seniors, held at Bethel Mennonite Church last spring.

We are grateful to you for your enthusiastic support, which help us assist those in our community.

*- Gabriela Galli, Family Programs Lead Mentor*



**Today, among the faces in the line-up, you peeked  
with a smile and waved.  
Yesterday, worry was written on your innocent face.  
You held on to papa's shirt with all you've got.  
Yesterday, in the midst of colors, music and beauty,  
you cried.  
Your heart said, I'm in a strange place, yet again.  
Papa, mama, don't go!  
And you held on tight to the ever-present comforting  
hands.  
I watched you. I smiled. I said, hello.  
You looked bewildered. A trace of worry.  
I like to play. I love colors, I said.  
I sorted my color Lego, invited you to play.  
You watched me, a glimpse of a smile traced your an-  
gelic face.  
This adult needs help loading her Lego on the truck.  
Laughter and colours intertwined, it seems we've  
been buddies for ages.  
Mom and dad are here. I can play, they are here.  
Words were formulated. Language is living.  
Little friends, big friends, are here.  
Felt the warmth. Felt the love. Felt the under-  
standing.  
Gotta go, get to load'er up. See you later mom,  
dad and you.  
Today, I saw you and thousand lights of hope  
beamed into my soul.**

~Souada Bauer, July 11, 2016

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](http://www.canadahelps.org)

