

Mosaic Family Programs Brochure Summer 2021

WELCOME!



- Mosaic's Family Programs are for newcomer parents or caregivers, and children.
- Because of COVID-19, **all groups are on-line** for now.
- You join the group by using your phone, tablet or computer.
- You must register to join a program. To register, find the program you want and call or email the Facilitator (teacher).
- Once you register, we will send you a Zoom link.
- When you register, we will ask you for your PR number and other information.
- Most groups are run in English, unless we say it's run in your language.

If you need help to find the right group, you can also call Disha at 204-774-7311 and she can help.

Community organizers and service providers can contact Maisa'a at mahmad@mosaicnet.ca for help assessing which group is a good fit for a community member. If there are barriers to participation, we will do our best to problem-solve with you.

Contact us for more information :

Mosaic Newcomer Family Resource Network : Phone # 204-774-7311

www.mosaicnet.ca

Phone are open: 8:30 am - 4:00 pm (Mon - Fri).

MORNING PROGRAMS

PROGRAM	SCHEDULE	PLEASE CONTACT
NOBODY'S PERFECT PROGRAM	Tuesdays June 22-July 20 10:00-11:30 am	Gabriela GGalli@mosaicnet.ca
PDEP BOOSTER	Wednesday June 23-July 28 10:00-12:00 noon	Maisaa MAhmad@mosaicnet.ca
HANDLE WITH CARE	Thursdays June 17-July 22 10:00-11:30 am (No session on July 1)	Gabriela GGalli@mosaicnet.ca
GRANDFRIENDS	Fridays June 18-July 23 10:30-11:30	Gabriela GGalli@mosaicnet.ca

AFTERNOON/EVENING PROGRAMS

PDEP BOOSTER	Monday May 31-July 4 5:30-7:30 pm	Maisaa MAhmad@mosaicnet.ca
PARENT CHILD MOTHER GOOSE	Tuesdays July 6-27 1:30-2:30 pm	Melinda MPascual@mosaicnet.ca
OUTDOOR PLAY	Wednesdays July 7-28 1:30-2:30 pm	Melinda MPascual@mosaicnet.ca
WIGGLE GIGGLE AND MUNCH	Thursdays July 8-29 1:30 - 2:30 pm	Melinda Mpascual@mosaicnet.ca

MORNING PROGRAMS



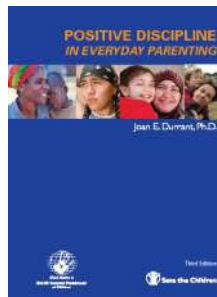
A Time to talk about being a **parent** in Canada
MEET with other parents of young children from 0-5 y/o
SHARE questions, concerns and ideas about being a parent
LEARN about child development, safety, health and behavior
EXPLORE positive ways of parenting

Tuesdays

June 22-July 20

10:00-11:30 am

To register: Please email Gabriela at
GGalli@mosaicnet.ca
Or phone: 204-774-7311



NOTE: PDEP Boosters are problem solving practice sessions offered only for those who have taken PDEP as participants in group programs or in 1-1 PDEP.

Wednesday

June 23-July 28

10:00-12:00 noon

To register:

Please email Maisa'a at
MAhmad@mosaicnet.ca
Or phone: 204-774-7311



Promoting Mental Health in Young Children

Thursdays

June 17-July 22

10:00-11:30 am

(No session on July 1)

To register: Please email Gabriela at
GGalli@mosaicnet.ca
Or phone: 204-774-7311

MORNING PROGRAMS



Grandfriends

Seniors will engage with intergenerational buddies and each other in a variety of ways using technology and phone calls. We will be sharing stories, activities and fun together.

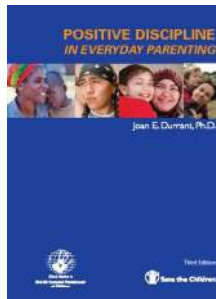
Fridays

June 18-July 23

10:30-11:30 am

**To register: Please email Gabriela at
GGalli@mosaicnet.ca
Or phone: 204-774-7311**

AFTERNOON/EVENING PROGRAMS



NOTE: PDEP Boosters are problem solving practice sessions offered only for those who have taken PDEP as participants in group programs or in 1-1 PDEP.

Monday

May 31-July 4

5:30-7:30 pm

To register:

Please email Maisa'a at
MAhmad@mosaicnet.ca
Or phone: 204-774-7311



Parent Child Mother Goose

Parent Child Mother Goose is a playful program where parents and children sing, rhyme and tell stories together in English and your first language.

Tuesdays

July 6-27

1:30-2:30 pm

To register:

Please email Melinda at
MPascual@mosaicnet.ca
Or phone: 204-774-7311

AFTERNOON/EVENING PROGRAMS



Wednesdays

July 7-28

1:30-2:30 pm

To register:

Please email Melinda at
MPascual@mosaicnet.ca
Or phone: 204-774-7311

Outdoor Play: Learn how to stay warm and have fun with your children outside! The group is online and starts indoors. We may ask you to play outside at home too!



Thursdays

July 8-29

1:30 - 2:30 pm

To register:

Please email Melinda at
MPascual@mosaicnet.ca
Or phone: 204-774-7311

Wiggle, Giggle & Munch is a drop-in program that offers parents and their toddlers and pre-schoolers time for active play and healthy snack.



Are you a Newcomer to Canada?
Do you have a 3, 4, or 5 year old?
Are you willing to spend 15 min a day working with your
child and preparing them for Kindergarten?

IF YES, HIPPY IS JUST FOR YOU!

- *One day a week, meeting online with a home visitor (on Zoom or WhatsApp)*
- *Activity packets and story books delivered to your home*
- *HIPPY schedule follows the school year calendar*
- *Monthly virtual HIPPY meetings*



To register: Please email Reem at RAbdulkader@mosaicnet.ca
HIPPY office: 204-510-8216

Contact us for more information :

Mosaic Newcomer Family Resource Network : Phone # 204-774-7311

www.mosaicnet.ca

Hours: 8:30 am - 4:00 pm (Mon - Fri)

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