mosaic
Newcomer Family Resource Network

Mosaic Family Programs Brochure Fall 2021

WELCOME!

- Mosaic's Family Programs are for newcomer parents or caregivers, and children.
- Because of COVID-19, **some groups are on-line** for now while the Family Resource Drop-in Programs are back to face to face programming.
- 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
LIVING HEALTHY (Knox FRC)	**Mondays** Oct 18 - Nov 22 11:00am - 1:00pm	Neveen Fanous NFanous@mosaicnet.ca
PLAY TO LEARN LEARN TO PLAY (Knox FRC)	**Tuesdays** Oct 12 - Nov 16 11:15am -1 2:45pm	Melinda MPascual@mosaicnet.ca
PDEP (Online)	**Thursday** Oct 7 - Dec 9 9:30am - 11:30am	Maisaa MAhmad@mosaicnet.ca
PARENT CHILD MOTHER GOOSE (Knox FRC)	**Thursdays** Oct 14 - Nov 25 (no session on Nov 11) 11:15am - 12:45pm	Melinda MPascual@mosaicnet.ca
GRANDFRIENDS (Online)	**Fridays** Oct 22 - Nov 26 9:30am - 11:00pm	Gabriela GGalli@mosaicnet.ca

AFTERNOON/EVENING PROGRAMS

NOBODY'S PERFECT PROGRAM (Online)	**Tuesdays** Oct 19 - Nov 23 1:30pm - 3:00pm	Gabriela GGalli@mosaicnet.ca
WIGGLE GIGGLE AND MUNCH FOR DADS (Online)	**Wednesdays** Oct 13 - Nov 17 6:00pm -7 :00 pm	Melinda Mpascual@mosaicnet.ca
LIVING HEALTHY (Online)	**Thursdays** Oct 7 - Nov 25 (no session on Oct 14 & Nov 11) 1:00pm - 3:00 pm	Neveen Fanous NFanous@mosaicnet.ca
MY TWEEN AND ME (Online)	Thursdays Oct 14 - Nov 25 5:30pm - 7:00pm (no session on Nov 11)	Gabriela GGalli@mosaicnet.ca

Welcome to our new Knox Family Resource Centre!

Here's our Daily Schedule:

TIME	MON	TUES	WED	THURS	FRI
8:30 - 9:00 am	Drop-in	Drop-in		Drop-in	Drop-in
9:00 - 11:15 am	Literacy Life Skills			Literacy Life Skills	
11:15 am -12:45 pm	Drop-in	Drop-in		Drop-in	Drop-in
1:15 - 3:00 pm	Literacy Life Skills			Literacy Life Skills	

MORNING PROGRAMS

Living Healthy

THRIVING IN A NEW HOME

Living Healthy

Includes: sharing ideas on self care , self awareness, resilience, coping with grief, problem solving and safety and security.

Mondays
Oct 18 - Nov 22
11:00 am - 1:00 pm
(Knox FRC)

Thursdays
Oct 7 - Nov 25
No session on Oct 14
and Nov 11
1:00 am – 3:00 pm
(Online)

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

Healthy Living 1 -1 Home Visiting Program in First Language

Please email Neveen at NFanous@mosaicnet.ca or call Neveen Fanous @ (204) 293 1254

Play to Learn, Learn to Play

Play to Learn Learn to Play is a family learning model based on the value of play. Parents explore play from many points of view, from educational to social and emotional.

Tuesdays
Oct 12 - Nov 16
11:15 am - 12:45 pm
(Knox FRC)

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

MORNING PROGRAMS

Thursdays

Oct 14 - Nov 25

(no session on Nov 11)

11:15 am - 12:45 pm

(Knox FRC)

To register:

Please email Melinda at

MPascual@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.

Fridays

Oct 22 - Nov 26

9:30 am - 11:00 am

(Online)

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.

To register: Please email Gabriela at

GGalli@mosaicnet.ca

Or phone: 204-774-7311

AFTERNOON AND EVENING PROGRAMS

nobody's perfect™

Tuesdays
Oct 19 - Nov 23
1:30 pm - 3:00 pm
(Online)

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

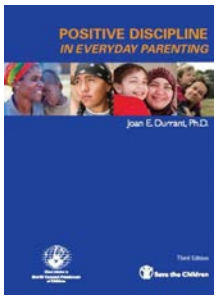
*A Time to talk about being a **parent** in Canada*
MEET with other parents of young children from 0-5 y/o
SHARE questions, concerns and ideas about being a parent
LEARN about child development, safety, health and behavior
EXPLORE positive ways of parenting

Wednesdays
Oct 13 - Nov 17
6:00 pm - 7:00 pm
(Online)

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

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

AFTERNOON AND EVENING PROGRAMS



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

Thursday

Oct 6 - Dec 8

9:30 am - 11:30 am

(Online)

To register:

Please email Maisa'a at

MAhmad@mosaicnet.ca

Or phone: 204-774-7311

PDEP 1-1 Home Visiting Program in First Language

(only limited spots available)

Please email to MAhmad@mosaicnet.ca or visit www.mosaicnet.ca/news/1-1 for more information.

Thursdays

Oct 14 - Nov 25

No session on Nov 11

5:30 pm - 7:00 pm

(Online)

To register: Please email Gabriela at

GGalli@mosaicnet.ca

Or phone: 204-774-7311

My Tween and Me Parenting Program

A parenting program intended for families with children aged 7-12 years designed to strengthen the confidence and ability of parents to positively influence the lives of their school-aged children.

HIPPY CANADA
Home Instruction for Parents of Preschool Youngsters

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 or in person 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)