



**Mosaic is offering programs to promote
mental health and well-being called,
“Thriving In a New Home”**



Program consists of **1-1 home visits, group sessions**, or a combination of both (both online and in-person). **Community connections** and **community settlement services** will also be provided while participants are in groups or receiving 1-1 home visits.

Topics of groups or home visits include:

Recognizing resilience, Coping with grief, Self-care, Self-awareness, Problem-solving, Assisting with safety and security, and Other potential Mosaic programs for thriving clients include Positive Discipline in Everyday Parenting, Handle with Care, Nobody's Perfect, Wiggle, Giggle and Munch, Bonding with Family Bookmaking.

Please note:

- We invite anyone who feels they would benefit from these programs to apply
- Priority will be given to newcomer refugee moms.
- Our facilitators are trained to provide information and support to families but are not counselors
- We are offering the program in the client first language
- Please use the application form to register yourself or agencies can also refer participants with their permission.

Parent/caregiver's name:			
Address:			Postal code:
Cell Phone:		Email Address:	
Language Spoken:			
Name of the children at home:	Date of birth	Name of the children at home:	Date of birth
Referred by (If you are an agency, please fill in the following)			
Name:		Agency:	
Phone:		Email Address:	
Reason for referral: (please fill both sides of page)			
Kind of service:			
1-1 home visits	Group sessions	Combination between home visits and group sessions.	
Other relevant information:			

Please return the complete form to: Neveen Fanous nfanous@mosaicnet.ca
If you have questions or need more information, please contact Neveen Fanous nfanous@mosaicnet.ca or (204) 774-7311