

Winter 2023 Brochure



All Mosaic Family Programs are designed to meet the needs of newcomer families.

Through our Family programs we offer:

Language and cultural supports

Quality childcare

Programs free of charge

Contact us for more information :

call us at **204-774-7311**

Or check our website **www.mosaicnet.ca**

Stay and Play (Drop-in) Program Family Resource Centre (FRC) at Knox



WE ARE OPEN

Mondays to Fridays

8:45 - 11:00 am

Lunch Program: 11:15 am - 1:15 pm

1:15 - 3:00 pm

Daily Activities for

Lunch Program:

Monday — Healthy Snacks

Tuesday — Fitness Day

Wednesday — Rhymes, Storytelling
and Crafts

Thursday — Self-care and Wellness

Friday — Let's Play Games

Open to all families who would like to participate and spend time together with their children in a fun, creative and engaging way. It is also a way to meet new friends and get to know the resources available in the community.

This program is free and light snacks are provided.

For more information:

*Pease see Eh Wah at the Family Resource Centre (FRC at Knox)
(Knox Church Basement, 406 Edmonton Street)
or phone this number to register: (431) 588-3479.*

You could also register online by visiting this website: <https://www.mosaicnet.ca/family/>

Wellness Through Arts and Crafts

In partnership with A Woman's Place (Access Norwest)



Mondays

Feb 6 - Mar 20

11:15 am - 1:15 pm

**Mosaic FRC at Knox Church
406 Edmonton Street**

Bookmates' Play to Learn Learn to Play Program



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. Parents are encouraged to see the value of play in their children's lives, as well as their own.

Tuesdays

Feb 7 - Mar 21

11:15 am - 1:15 pm

**Mosaic FRC at Knox Church
406 Edmonton Street**

Fridays

Feb 3 - Mar 24

1:00 - 3:00 pm

**Fort Garry Mennonite Church
1771 Pembina Highway**



Promoting Mental Health in Young Children

Handle with Care is a simple interactive program to help parents and caregivers, including those who work in early childhood settings, to promote the mental health of young children from birth to 6 years.

Tuesdays (Online)

Feb 7 - Mar 21

5:30 - 7:00 pm

Online via Zoom

**To register, please email
GGalli@mosaicnet.ca**



A resiliency skills training programme designed to meet the needs of parents (and those in a parenting role) of children under the age of 8.

Wednesdays

Jan 25-Mar 29

9:30-11:30 am

Online

To register, please email

ggalli@mosaicnet.ca

Bonding with Family Bookmaking



Family fun, games and an opportunity to make a family book and meet new friends in the program

(Pre-registration is needed as materials will be provided)

Wednesdays

Feb 8 - Mar 22

1:00 - 3:00 pm

Mosaic FRC at Knox Church

406 Edmonton Street

Living Healthy (Thriving in a New Home)

sharing ideas on self-care and building skills in problem solving for well being.



Thriving In a New Home

1 -1 Home Visiting Program in First Language

for more information. visit www.mosaicnet.ca

Please email Neveen at

NFanous@mosaicnet.ca or call Neveen Fanous @ (204) 774-7311

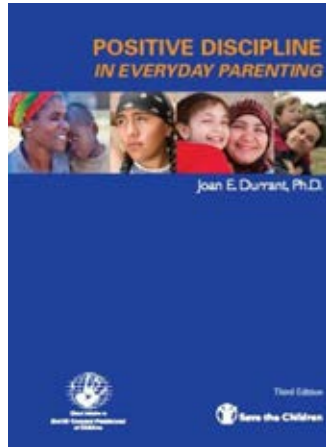
Thursdays

Feb 2 - Mar 23

9:30 - 11:30 am

Mosaic FRC at Knox Church

406 Edmonton Street



Fridays
Jan 27-Mar 24
9:30 - 11:30 am
Fort Garry Mennonite Church
1771 Pembina Highway

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

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.



NPP For Dads (Online via Zoom)
Wednesdays
Feb 8 - Mar 1
5:30 - 7:00 pm
To register, please email
GGali@mosaicnet.ca

*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

Fridays
Feb 3 - Mar 24
9:30 - 11:30 am
Mosaic FRC at Knox
406 Edmonton Street



Thursdays (Online)

Jan 26 - Mar 23

1:00 - 2:30 pm

Online via Zoom

To register, please email

NFanous@mosaicnet.ca

Online Yoga Class



Fridays

Feb 3 - Mar 24

1:00 - 3:00 pm

Mosaic FRC at Knox

406 Edmonton Street

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 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 Faiza at FKhawar@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)

Mosaic Winter 2023 Programs