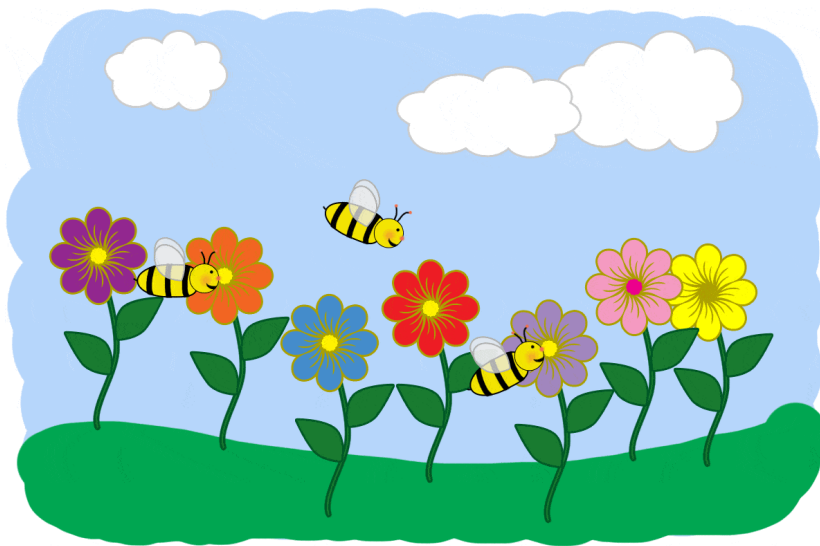


mosaic

Newcomer Family Resource Network

Spring 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

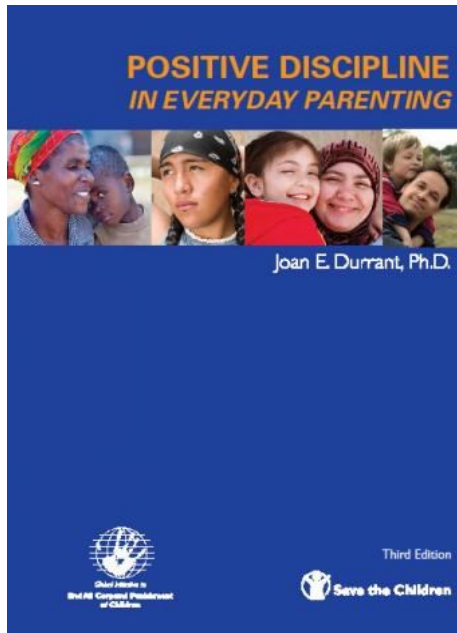


SCAN ME

Contact us for more information :

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

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



“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.

Mondays and Thursdays

5:00 - 7:00 pm

TBD

MONDAYS: April 24

May 1

May 8

May 15

May 22 (no session)

May 29

THURSDAYS: April 27

May 4

May 11

May 18

May 25

To register, please email Rowena:
rowena.hernandez@7oaks.org

Tuesdays and Fridays

5:00 - 7:00 pm

(ONLINE)

TUESDAYS: April 25

May 2

May 9

May 16

May 23

FRIDAYS: April 28

May 5

May 12

May 19

May 26

To register, please email Maisa'a :
Mahmad@mosaicnet.ca

Circle of Security

*In partnership with
Family Dynamics and Elwick Community Centre*



Circle of Security

(Online)

Tuesdays

*May 2, 9, 16, 23, 30, June 12, 19 and
26 (no session on June 6)*

1:00 - 3:00 pm

**To register, please email Jennifer or
Mandy at elwick@familydynamics.ca**

*Circle of Security, is a program that is focused on helping caregivers reflect upon
children's attachment needs in order to promote secure attachment with a child.*



*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*

NPP for Dads (Online)

Wednesdays

April 19 - May 10

5:30 - 7:00 pm

**To register, please email
Gabriela at
ggalli@mosaicnet.ca**

Nobody's Perfect Parenting Program

Fridays

April 21 - May 26

9:30 - 11:30 am

**Fort Garry Mennonite Church
1771 Pembina Highway**

Sundays

April 9 - May 28

1:00 - 3:00 pm

**South Sikh Centre Gurdwara
1248 Wilkes Avenue
*In Punjabi***

Stay and Learn for Childminders



For anyone interested in getting experience and basic knowledge in childcare practices

Tuesdays

April 25 - May 30

9:30 - 11:30 am

Access Fort Garry

135 Plaza Drive

**To register, please email Gabriela:
ggalli@mosaicnet.ca**

Grandfriends



“Sharing and caring across generations, a wonderful way of sharing stories and memories by doing fun activities together, cooking, sharing food & recipes around the world and literacy learning.”

Wednesdays

April 19 - May 31

9:30 - 11:30 am

Mosaic office

397 Carlton

Wellness and Presentations



Learning to express our emotions and thoughts; to apply self-care can help us accomplish enhanced physical and mental health outcomes and over-all wellness/well-being.

Thursdays

April 20-May 25

11:15 am – 1:15 pm

Mosaic Family Place at Knox

406 Edmonton Street

Connecting through the Arts

In partnership with Immigrant Centre



Mondays

April 24 - June 5

(no session on May 22)

11:15 am - 1:15 pm

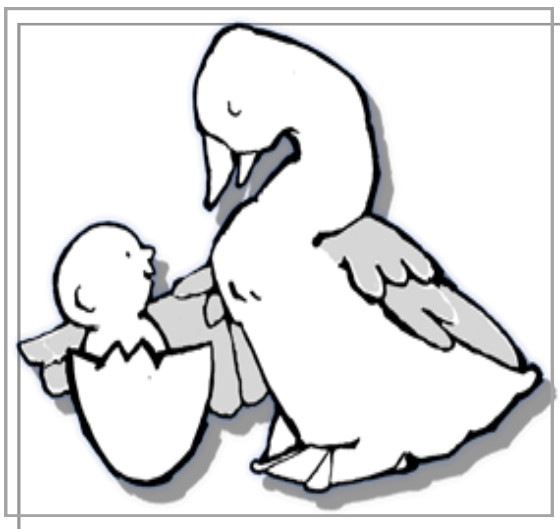
Mosaic Family Place

at Knox Church

406 Edmonton Street

Sharing one's culture through arts and crafts, a great way to start a conversation circle for newcomers learning the language and meeting new friends from the community.

Parent Child Mother Goose



Tuesdays

April 25 - June 6

11:15 am - 1:15 pm

Mosaic Family Place

at Knox Church

406 Edmonton Street

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

Bookmates' Rock and Read



Wednesdays

April 19 - May 24

11:15 am - 1:15 pm

Mosaic Family Place at Knox Church

406 Edmonton Street

Rock and Read is a hands-on learning experience, including rhymes, lullabies, finger plays, book sharing, bookmaking techniques, and connecting parents and children to the programs and resources available to them through their community library.

Bonding with Family Bookmaking



Fridays

April 14 - May 26

1:00 - 3:00 pm

Fort Garry Mennonite Church

1771 Pembina Highway

*To register, please email Melinda:
mpascual@mosaicnet.ca or visit:
www.mosaicnet.ca*

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



Fridays

April 21 - June 9

1:00 - 3:00 pm

Mosaic Family Place 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.

Stay and Play (Drop-in) Program

Mosaic Family Place at Knox Church



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 Mosaic Family Place 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/>



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 Spring 2023 Programs