



Newcomer Family Resource Network

## Winter 2024 Brochure



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

*Through our Family programs we offer:*

*Language and cultural supports*

*Quality childcare*

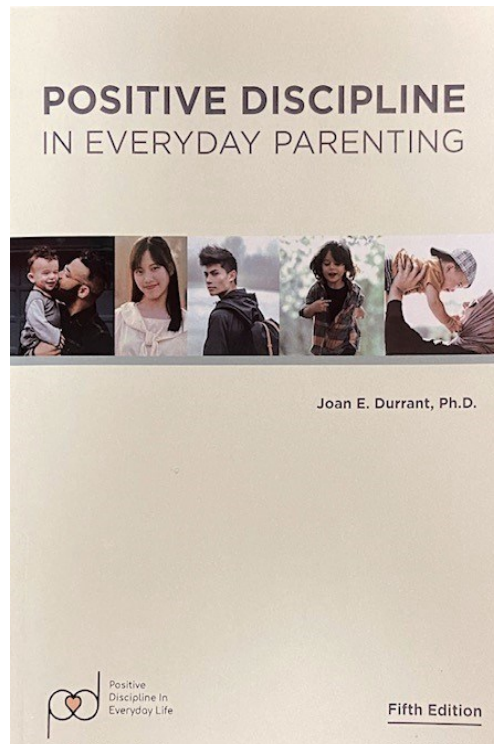
All our programs are **free**

People of different immigration statuses are all welcome.

Contact us for more information :

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

Or check our website **[www.mosaicnet.ca](http://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.”*

***Fridays***

***9:30 - 11:30 am***

***Jan 26-Mar 22***

***Mosaic Office***

***397 Carlton Street***

***To register, please email Gabriela :***

***GGalli@mosaicnet.ca***

**PDEP 1-1 Home Visiting Program in First Language**

***(only limited spots available)***

***To register, please email Maisa'a at mahmad@mosaicnet.ca***



*Circle of Security*

**Mondays**

Jan 22- Mar 18

( no session on Feb 19th Louis riel)

5:30-7:30 pm

**Online via zoom**

*In partnership with Seven Oaks Immigrant Services*

Is a program that is focused on helping caregivers reflect upon children's attachment needs in order to promote secure attachment with a child.

**To register, please email Gabriela at [ggalli@mosaicnet.ca](mailto:ggalli@mosaicnet.ca)**



**Fridays**

Feb 2-Mar 22

9:30-11:30 am

Fort Garry Mennonite Church

1771 Pembina Highway

Designed for parents of children aged 0 to 5 years. Enables parents to connect with each other, share questions and concerns about parenting, and provides effective parenting techniques.

**To register, please email Gabriela at [ggalli@mosaicnet.ca](mailto:ggalli@mosaicnet.ca)**

**My Tween and Me**



**Tuesdays**

Jan 23-March 12

5:30-7:30 pm

**Online via zoom**

*In partnership with Seven Oaks Immigrant Services*

Provides parents and their tweens with the knowledge, tools and support they need during the child's transition to adolescence.

**To register, please email Gabriela at [ggalli@mosaicnet.ca](mailto:ggalli@mosaicnet.ca)**



### **Fridays**

**Feb 9-Mar 15**

**12:30-2:30 pm**

**Mosaic Office, 397 Carlton Street**

*In partnership with Mount Carmel Clinic*

*Conversation circles for newcomers focused on addressing misinformation about our Indigenous relatives.*

**To register, please email Neveen at [nfanous@mosaicnet.ca](mailto:nfanous@mosaicnet.ca)**

## **Communication and Engagement**



### **Tuesdays**

**Jan 23-Mar 12**

**1:15-3:15 pm**

**Duvall Room (Knox Church)**

**406 Edmonton Street**

*Adults will gain the skills needed to initiate opportunities for children to participate in play, nurture their independent play, and stimulate their creativity.*

**To register, please email Gabriela at [ggalli@mosaicnet.ca](mailto:ggalli@mosaicnet.ca)**

## **Living Healthy**



### **Fridays**

**Feb 2 - Mar 22**

**1:00 - 3:00 pm**

**Trinity United Church**

**933 Summerside Ave**

*In partnership with Aurora Family Therapy Centre*

*Exploring ways for improving overall well-being by focusing on self-care, resiliency and problem-solving skills*

**Living Healthy 1-1 Home Visiting  
Program in First Language**

**To register, please email Neveen at [nfanous@mosaicnet.ca](mailto:nfanous@mosaicnet.ca)**

# Stay and Play (Drop-in) Program

## Mosaic Family Place at Knox Church



**OPEN**

**Mondays to Fridays**

**8:45 am - 3:00 pm**

**A special program runs 11:15 am - 1:15 pm**

*Open to all families that want to have fun, creative, and engaging time with their kids.  
It helps you make new friends and learn more about community resources.*

***It is free and a light snack is provided.***

**For more information:**

*Visit Eh Wah at Mosaic Family Place (Knox Church Basement, 406 Edmonton Street) or call (431) 588-3479 to register.*

*Online registration is available at <https://www.mosaicnet.ca/family/>*



## ***Connecting through the Arts***



### ***Mondays***

*Jan 22-Mar 18*

*(no session on Feb 19)*

*11:15 am - 1:15 pm*

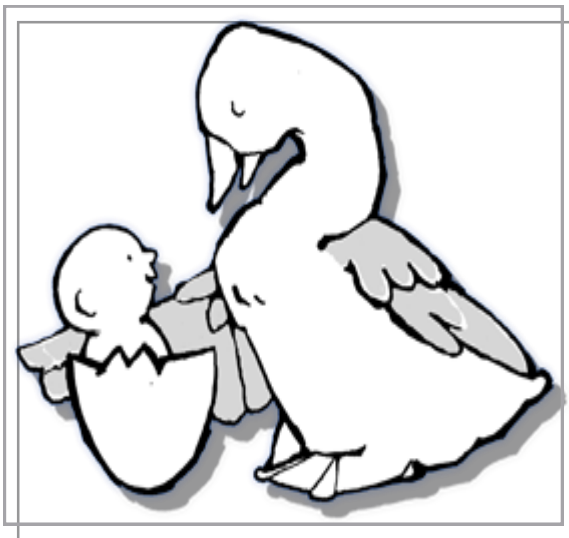
***Family Place (Knox Church)***

***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.

***To register, please email Melinda at [mpascual@mosaicnet.ca](mailto:mpascual@mosaicnet.ca)***

## ***Parent Child Mother Goose***



### ***Tuesdays***

*Jan 30-Mar 19*

*11:15 am - 1:15 pm*

***Family Place (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.

***To register, please email Melinda at [mpascual@mosaicnet.ca](mailto:mpascual@mosaicnet.ca)***

## Bonding with Family Bookmaking



**Wednesdays**

*Jan 31-Mar 20*

*11:15 am - 1:15 pm*

**Family Place (Knox Church)**

**406 Edmonton Street**

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

*To register, please email Melinda at [mpascual@mosaicnet.ca](mailto:mpascual@mosaicnet.ca)*

## Play to Learn, Learn to Play



**Thursdays**

*Feb 15-Mar 21*

*9:30-11:30 am*

**John M. King School**

**525 Agnes Street**

***In partnership with John M. King School***

Is a family learning model based on the value of play. Parents explore play from educational, social, and emotional perspectives. Parents are encouraged to value play in their children's and their own lives.

*To register, please email Melinda at [mpascual@mosaicnet.ca](mailto:mpascual@mosaicnet.ca)*



**Thursdays**

*Feb 1-Mar 21*

*11:15-1:15 pm*

**Family Place (Knox Church)**

**406 Edmonton Street**

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

*To register, please email Melinda at [mpascual@mosaicnet.ca](mailto:mpascual@mosaicnet.ca)*

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!**

- *Meeting weekly with a home visitor*
- *Home delivery of storybooks and activity packages*
- *HIPPY follows school year.*
- *Monthly meetings for HIPPY families.*



To register email Faiza at [FKhawar@mosaicnet.ca](mailto:FKhawar@mosaicnet.ca)

HIPPY office: 204-510-8216

**Contact us for more information :**

Mosaic Newcomer Family Resource Network, 204-774-7311, [www.mosaicnet.ca](http://www.mosaicnet.ca).

From 8:30 am to 4:00 pm Monday through Friday.