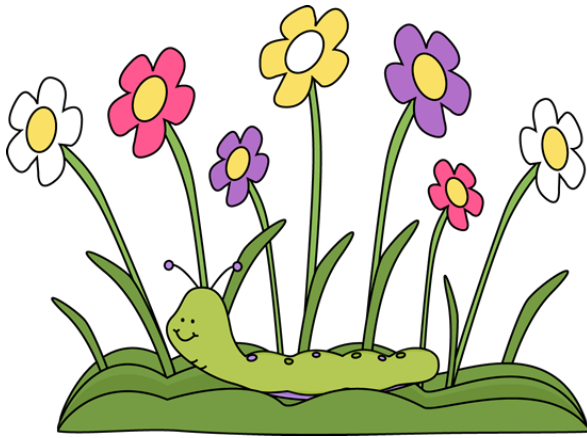




Newcomer Family Resource Network

Spring 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**

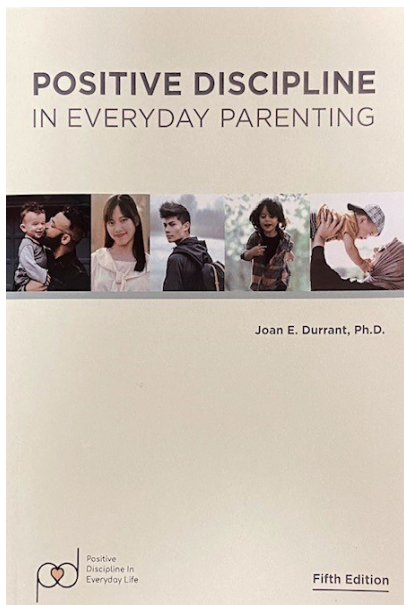
People of different immigration statuses are all welcome.

Contact us for more information :

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

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

“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

April 26 - June 21

9:30 - 11:30 am

**Mosaic Office
397 Carlton Street**

Fridays

April 26 - June 21

9:30 - 11:30 am

**Fort Garry Mennonite Church
1771 Pembina Highway**

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

***PDEP 1-1 Home Visiting Program in First Language
(only limited spots available)***

To register, please email Neveen at nfanous@mosaicnet.ca

Positive Foundations in Everyday Parenting



Wednesdays

May 1 - 29

1:00 - 3:00 pm

**Family Place (Knox Church)
406 Edmonton Street**

***Are you expecting a baby, planning to have a baby in the future,
or the parent/caregiver of a newborn?***

Join us for this five-session program to learn all about the joys and challenges of being a new parent.

To register, please email Melinda at mpascual@mosaicnet.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.

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

Thursdays
April 18 - June 27
(no session on April 25 and June 6)
1:00 - 3:00 pm
Knox (Duvall Room)
406 Edmonton Street



NPP in Dari (Afghan)
Fridays
April 26 - May 31
10:00 am - 12:00 noon
Mosaic Office
397 Carlton Street

NPP in Ukrainian On ZOOM
Fridays
April 26 - May 31
10:30 am - 12:00 noon

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

Community Engagement



Fridays
April 26 - June 14
1:00 - 3:00 pm
Trinity United Church
933 Summerside Avenue

Acknowledges cultural diversity and encourages participants to share their culture while learning about others. Participants may present their cultures through playing cultural games, cooking and baking, arts and crafts, singing and storytelling.

To register, please email Neveen at nfanous@mosaicnet.ca

Living Healthy



Tuesdays
April 23 - June 11
1:00 - 3:00 pm
Knox (Duvall Room)
406 Edmonton Street

Fridays
April 26 - June 14
1:00 - 3:00 pm
IRCOM
215 Isabel Street

Living Healthy 1-1 Home Visiting Program in First Language

(only limited spots available)

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

To register, please email Neveen at 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.*

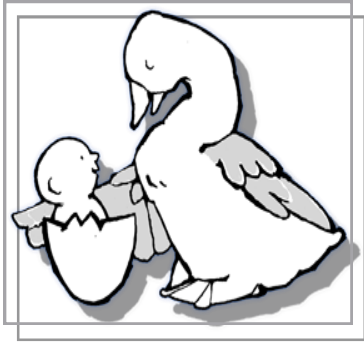
It is free and a light snack is provided.

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/>

Parent Child Mother Goose



Mondays

April 22 - June 17

(no session on May 20)

11:15 am - 12:45 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

Play to Learn Learn to Play



Tuesdays

April 23 - May 28

11:15 am - 12:45 pm

Family Place (Knox Church)

406 Edmonton Street

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

[@mosaicnet.ca](mailto:mpascual@mosaicnet.ca)

Bonding with Family Bookmaking



Wednesdays

April 24 - June 12

11:15 am - 12:45 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



Thursdays
April 25 - June 13
11:15 am - 12:45 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

Connecting Through the Arts



Fridays
April 26 - June 14
11:15 am - 12:45pm
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



Newcomer Family Resource Network



PROUD HOME OF THE
HIPPY PROGRAM IN CANADA

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

HIPPY office: 204-510-8216

Contact us for more information :

Mosaic Newcomer Family Resource Network, 204-774-7311, www.mosaicnet.ca.

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