

MOSAIC

NEWCOMER FAMILY
RESOURCE NETWORK

FAST FACTS

Mosaic offers
parenting programs
for newcomer
parents all year long.

*Thank you
to our many
generous
funders and
donors!*

*Thank you,
volunteers!*

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Mosaic's 1st EAL Summer Session

For the first time ever, English classes were held at Ft. Garry and Downtown locations over the summer for nine weeks. Classes had weekly themes (e.g. recreation, travel, fashion, etc) and field trips. The students did many fun activities in and out of the classroom while learning English.

Read some of their summer adventures below...

Pre-CLB to 2 class at Carlton

- Jen Lopez



Making a healthy snack in class.

Language learning in our class takes many forms this summer! We start each morning with a Sit and Speak session. We ask each other personal information questions, discuss about the weather and engage in small talk.

We also went on field trips. We went to the Explore Manitoba museum at the Forks, the Millennium Library, and the Manitoba Museum.

We take lots of photos during our field trips. Then, we use our own experiences as learning materials in class. It is very fun to read about our personal adventures!

In class, we had many fun activities, too. We made a nutritious lunch, had a tea party, and made a framed photo of ourselves using scrapbooking techniques.

We are having a lot of fun, but we are having fun using English.



By the Red River at The Forks

The class is making a great effort to improve everyone's language abilities.

Photos by Jen Lopez

CLB 2-4 class at Carlton

- Nicole McFarlane

Our class went to the Princess Street Goodwill Store and the students looked for clothing appropriate to wear to an interview. They had to come up with a complete outfit between \$10 to \$15. We found that it is possible to purchase a complete outfit for under \$15. This included a shirt or blouse, tie, pants, and shoes. The students even bought a few things for themselves. Another field trip we went on was to the Manitoba Museum. More than half the class had never been. It was a great experience to walk through and talk to the students about the unique things that make up Manitoba's history.



Looking at the bison

When we got to the parklands exhibit, a student told me about her experience growing up in Sierra Leone. She said that the landscape looked just like her country. From the rolling hills to the deer in the background and that her father used to thresh rice and bundle it exactly the same way as the pioneers were doing it in the exhibit with the wheat. It was touching to hear her story and interesting to know that even though we live in a totally different climate, culture, and language spoken there is a connection through the very thing that makes Manitoba so distinctive: our prairie landscape.

Positive Discipline

A new way to approach the world!

MOSAIC has given another great training opportunity to its facilitators not only for improving their skills but also for bringing their perception and understanding of child discipline to a whole new level.

In June 2013, a 3 full-day workshop was offered at the MOSAIC main location on Carlton St, where the facilitators learned, shared and experienced new techniques and tools to incorporate into their personal lives and into the programs they are running in the community.

This training was based on the book "Positive Discipline in Everyday Parenting" written by a Canadian Psychologist Joan E. Durrant, Ph.D. for Save the Children Sweden in 2007. The main focus is to show parents how they can teach their children while respecting their human rights.

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

Positive Discipline it is the key for success! Providing warmth and structure while focusing on the long term goals and understanding different temperaments seem to be simple yet essential to any relationship we have as human beings.



Facilitators posing with their certificates on the last day of PD Training.

Special thanks to the Jewish Foundation of Manitoba
for funding the Positive Discipline facilitator training.

Some of the facilitators have shared their thoughts about this learning experience:

The training for Positive Discipline (PD) has given me so many insights and skills that are applicable to my everyday life such as understanding the importance of keeping my lid cool, being empathetic, and the reality that people have different temperaments. Also, as someone who does not have children, I feel really grateful to have learned all the PD building blocks and tools; hopefully it will help build strong and healthy relationships for me and children in the future. I wish everybody in the world can take this awesome training!! - Marie Oquendo

I appreciated meeting facilitators from other agencies and programs, learning and exploring new positive ways in the care of children, whether our own or those we work or come in contact with. I felt empowered and encouraged that here we are from all over the place, but we can share our experiences and solutions. I liked the hands on approach from mini-facilitating to working in groups as that gave me time to reflect on my own experience as well as glean gems of tips from others.

Even though during childcare oriented programs, I can't help but reflect on the way I raised my kids and sometimes may feel twinges of regrets, yet with this program, I conclude, tomorrow is going to be a better day, it's never too late to be positive and I hope to impart that to others.

Our trainers were professionals yet down to earth motivating us to do it and not seek perfection, that perfecting comes from trying and in trying we'll find out what works and what doesn't work.

Last but not least, I was pleasantly surprised we had Joan Durrant visit us. I was touched by her enthusiasm, dedication and her humility. – Souada Bauer

Jean, thank you to teach us and you did lot of hard work at the training. I really learn lots of things providing Warmth and Structure and long term goals which are foundation. I will build positive discipline skills. When we make building those Warmth and Structure requires two tools, and our outside brain is thinking part and inside is emotional part. At 25 years old our brain is developed. Thank you so much again!! – Mahbuba Hoque

Thank you MOSAIC, Jean Tinling and Carmen Paterson-Payne for making this possible for all of us. Your dedication, hard work and passion were the motivation we needed to open our eyes and minds to a light of hope. If we all incorporate this knowledge in our daily lives, the world could finally be a better place to live....

Laura De La Rosa



JEWISH FOUNDATION
OF MANITOBA

Today. Tomorrow. Forever.



Thank you to everyone
who attended our
Annual General Meeting
last June 19th.

Summer 2013 Updates

Wiggle, Giggle and Munch

Every summer, Mosaic strives to run the Wiggle, Giggle and Munch program. WGM is a drop-in program that offers parents and their children aged 1 to 6 two hours of physical activities, such as active



Parents and children making bunny ears

songs, games and dancing. It also provides healthy snacks for all the participants as well as helpful information about physical activity and healthy eating. There are also craft-making for parents and children to do together.

During these sessions, parents have the opportunity to meet with other parents in their community. These meetings break down multiple barriers that most newcomers experience in their lives: feelings of being alone, inability to have access to resources about physical activity and healthy eating, etc.

Over the summer, Knox Church (400 Edmonton Street) became the venue for WGM sessions every Tuesdays and Thursdays for 12 consecutive weeks from July 9th to August 15th. This year, we have 7 mentees who worked really hard to make this program a great success. We have between 20-25 participants every session. Most of them are newcomers as well as families who live in the downtown area. They made the WGM this year very fun.

Melinda Pascual

We would like to send thanks to Safeway for donating healthy snacks for the WGM.

Positive Discipline



Group discussion about problem solving

Positive Discipline in Everyday Parenting, a nine weeks program designed for families with children from birth to 18 years, launched this summer. During these intensive nine weeks, the sessions were interactive with a lot of

valuable information on positive parenting. Twenty-three (23) families registered for the program, but due to the limited space of child care room we ended up with sixteen participants.

One participant states, "Joining this program and families from diverse communities changed me and my parenting style. Learning about the different stages of child development were the base to understand my children, regulate myself and solve problem together with my children." Positive discipline training made us think not only how we could raise our children, but also self-reflect on how we were raised and how that affects our lives in a new environment.

The heart of this summer's session come from the extensive dedication and team work of the three facilitators, the participants' enthusiasm to learn and share, and the inspiring support of the family program director.

Finally, as newcomers we are grateful to have organizations like Mosaic which helps families, respects and values diverse cultures and provides us opportunities to develop and build ourselves and help our communities.

Zebiba Ibrahim

CanadaHelps is a charitable organization dedicated to help other charities in Canada. Their website has a database of organizations that people can give donations to. You can now give to Mosaic through CanadaHelps. For more information, visit their website and search for Mosaic. www.canadahelps.org





Mosaic at the Folk Festival

The Winnipeg Folk Festival celebrated its 40th year this year, and Mosaic was very fortunate to be Guests for a Day on the last day of the festival. It was a really nice day to be at Bird's Hill Park. For some of us, it was our first time to attend the Folk Festival, and it was such a wonderful experience! The live performances, the food, and the company of friends and family made this day really special. Many thanks to our friends from the WFF for giving us this opportunity.

EAL Summer Classes (from front page) **Pre-CLB to 2 class at Fort Garry - Tim Phelan**

This summer, I had my first EAL teaching opportunity at Mosaic. My class was down the hall from Sheila, who was instructing the more advanced students. Sheila's experience level, kind smile and easygoing nature was re-assuring, and together we would sit down at the end of class to update each other on the students' progress, while planning the next week's field trip.

The students in my class were all genuinely lovely people. I could tell from my first day that they wanted to try their best to learn English, but also wanted to have fun doing it. And have fun we did! The basement of the friendly and welcoming church in Ft. Garry was often filled with laughter, in between the chattering murmur of conversation from multiple students speaking at the same time and honing their skills.



Fancy clothes for the Fashion Show

Topping off the amazing summer at Mosaic was the weekly field trips our two classes would combine to go on every Thursday. From exploring the origins of Manitoba's history at the Forks, to glow bowling at Dakota Lanes, our two classes had an absolute blast.

And as much as I witnessed the students' English improvement, I also realize that over the summer I learned a lot from my students as well. I admire my students for the courage and determination they have shown to take on such an immense challenge: moving to Canada for a better life for themselves and their families. They did it with belief in themselves and their dreams, and by sharing a laugh along the way at every chance they got.

News: Mosaic's New Board Members

Mosaic welcomes two new members to our Board of Directors: Tom Papagiannopoulos, and Guadalupe Carmorlinga. The Board also has a new executive, with Ariana Yaftali taking over as Chair from Briar Jamieson who is the new Secretary. Tom will be serving as Treasurer. Together with members Catherine Moss and Lan Doan, we are excited for the start of a new year.

Volunteer Profile ~ Muriel Chisholm

Many years ago, Jean and I taught together in the Winnipeg School Division. She introduced me to Mosaic, and the wonderful programmes that they offer. I have just finished my third summer of volunteering with the Wiggle, Giggle and Munch program operating out of Knox Church at Central Park. The program gives newcomer moms and their children an opportunity to get together, practice their English, and have fun. For the last two years, not only did it benefit the moms and children who came along to sing and play together, but it also provided training for members of the EAL classes who took an active part in the running of the program. This summer two of



Jean and Muriel - WGM 2012

the facilitators had attended the program as participants themselves! During the school year I volunteer each week at St. Matthew's church, in one of the EAL classes. I really admire these students who come out to class, (despite the weather), and who are so motivated and eager to learn. I am sure that we are all looking forward to beginning this school year in our bright classrooms in the new building.