



Newcomer Family Resource Network

Spring 2025 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**

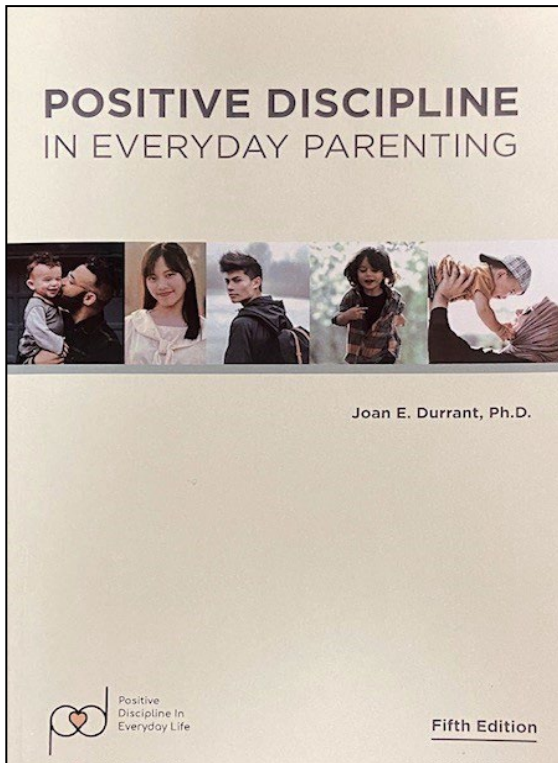
People of different immigration statuses are all welcome.

If you are a Permanent Resident, please bring your **Permanent Resident and Health Card** to register for programs

For more information, call us at 204-774-7311 or check our website www.mosaicnet.ca

This information is available in alternate formats on request. Please contact us by email at mosaicinfo@mosaicnet.ca or by phone at 204-774-7311.

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



Mondays

April 14 - June 23 (No session on April 21 & May 19)

9:30 - 11:30 am

Norwest (945 Notre Dame Ave)

In Partnership with Norwest

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

Fridays

April 11 - June 20

1:00 - 3:00 pm

Trinity United Church (933 Summerside Ave)

In Partnership with Aurora

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

Fridays

April 25 - June 20

1:00 - 3:00 pm

Mosaic office (397 Carlton St)

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

Positive Foundations in Everyday Parenting



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.

Thursdays

May 8 - June 5

12:30 - 2:30 pm

ANCR (627 Erin St)

In Partnership with ANCR

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



Promoting Mental Health in Young Children

Thursdays

April 10 – May 1

9:30 - 11:00 am

Frontenac School (866 Autumnwood Dr)

In Partnership with Frontenac school

Handle with Care supports parents and promotes the social and emotional well-being of families. The program caters to parents and caregivers with young children from birth to 6 years old.

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



Tuesdays

April 15— June 17

1:00 - 3:00 pm

Knox Church - Duval Room

(406 Edmonton St)

Bounce Back and Thrive is a Resiliency program for parents with children under 8 years of age. This program helps parents build skills that increase their capacity to role model resilience in their daily interactions with their children.

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



Tuesdays

May 20 - June 3

9:30 - 11:30 am

Access Fort Garry (Pembina Crossing,
135 Plaza Dr.)

Nobody's Perfect is a parenting program where newcomer parents share and learn together. Enjoy rhymes and songs in English and your first language, meet with other newcomer parents and talk about being a parent in Canada.

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

Communication and Engagement



Thursdays

April 17 - June 5
1:00 - 3:00 pm

Knox Church - Duval Room
(406 Edmonton St)

Communication and Engagement - 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

Grandfriends



Wednesdays

April 23 - June 11
5:30—7:30 pm

Mosaic Office
(397 Carlton Street)

In Partnership with Resilia

Grandfriends - Sharing and Caring across Generations. Parents and children together with our senior friends share stories and memories while cooking, playing, board games or making books together.

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



Wednesdays

April 9 – May 28

1:15 – 3:15 pm

Sister Macnamara School

(460 Sargent Ave)

In Partnership with Sister Macnamara

Thursdays

April 17 – June 5

11:15 am – 12:45 pm

Knox Church - McLeod Hall

(406 Edmonton Street)

Wiggle, Giggle and Munch is a fun, active family program for parents and children together. Families enjoy time together playing games and engaging in physical activities as well as learning about and eating healthy snacks. Parents with preschool aged children are welcome to attend.

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

Play To Learn, Learn To Play



Monday

May 5 – June 9

12:00 – 2:00 pm

Fort Garry Mennonite Church

(1771 Pembina Hwy)

Play to Learn, Learn to play is parents and children program where parents meet separately to learn about the value of play and then have time to engage in meaningful play with their child, Enjoy learning and playing with your child.

To register, please email **Maisa'a** at MAhmad@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 11:30 am - 1:00 pm

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.

Our programs are free for everyone, and light snacks are provided.

For more information:

Visit at Mosaic Family Place (Knox Church Basement, 406 Edmonton Street) or call (431) 588-3479 / (204) 774-7311 to register.

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



Newcomer Family Resource Network



PROUD HOME OF THE
HIPPY PROGRAM IN CANADA

HIPPY

Home Instruction For Parents Of Preschool Youngsters

Are you a Newcomer to Canada?

Do you have a 3-, 4-, or 5-year-old?

Are you willing to spend 15 minutes a day working with your child and preparing them for Kindergarten?

IF YES, HIPPY IS JUST FOR YOU!

- Meeting weekly with a home visitor at your home
- Free storybooks and activity packages
- HIPPY follows the school year.
- Monthly meetings for HIPPY families.



To register email Faiza at FKhawar@mosaicnet.ca

PH: 204-774-7311

Contact us for more information: call us at 204-774-7311 from 8:30 am to 4:00 pm Monday through Friday, or check our website www.mosaicnet.ca