



Newcomer Family Resource Network

Fall 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 card 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 in Everyday Parenting (PDEP)

PDEP helps parents handle conflict with children in a way that:

- Teaches non-violent problem solving
- Fosters healthy brain development
- Strengthens parent–child relationships
- Respects children as learners

To register, please email Emily at ENigh@mosaicnet.ca

Program schedule:

Fridays

October 3 - December 12

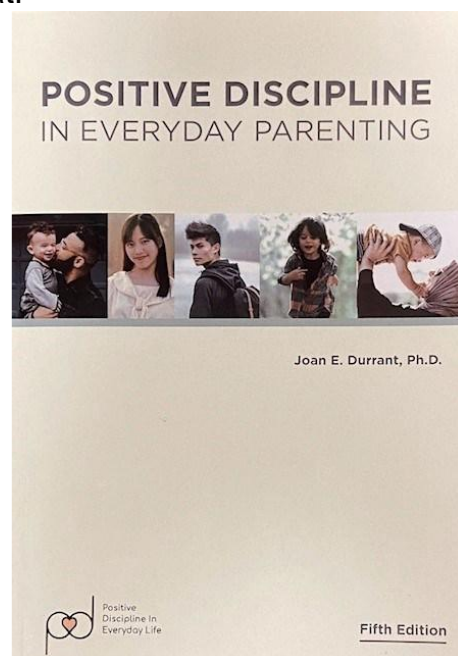
9:30 AM – 11:30 AM

Mosaic Office (397 Carlton Street)

PDEP can also be provided as a one to one home visit program in first language:

PDEP 1-1 Home Visiting Program in First Language

Please email Emily at ENigh@mosaicnet.ca or visit www.mosaicnet.ca/family_program/pdep-1-1 for more information.



Living Healthy

It is a wellness program for adults that provides support to participants in identifying their strengths, understanding their emotions, and building skills in problem-solving.

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

Program schedule:

Wednesdays

October 1 – November 19

5:30 PM – 7:30 PM

Mosaic Office (397 Carlton Street)



Nobody's Perfect

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



Program schedule:

Nobody's Perfect in Arabic

Wednesday

October 1 - November 19

10:30 AM – 12:30 PM

Glenwood CC (27 Overton St)

In partnership with **Glenwood Community Center**

Program schedule:

Thursday

September 11 – October 30

1:00 PM – 3:00 PM

CMWI (201-61 Juno St)

In partnership with **Canadian Muslim Women's Institute**

Program schedule:

Friday

October 3 – November 21

1:00 PM – 3:00 PM

Trinity United Church (933 Summerside Ave)

In partnership with **Resilia Community Wellness Centre**

Circle of Security Parenting

It is an attachment-based parenting education program that aims to help caregivers with children from birth to 6 years old better understand and strengthen their relationships with their children.

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



Program schedule:

Wednesdays

October 1 – December 3

(no sessions on Oct 15 and Nov 19)

9:30 AM – 11:30 AM

Access Fort Garry (135 Plaza Drive)

Note: **Childcare is not provided** for this

Program schedule:

Mondays

October 6 - December 1 (No session on Oct 13)

1:00 PM – 3:00 PM

Knox Duvall room (406 Edmonton st)

Bounce Back and Thrive

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

Program schedule:

Thursdays

October 2 – December 4

1:00 PM – 3:00 PM

Knox Duvall room (406 Edmonton st)



Play to Learn, Learn to Play

It is a parent and child 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

Program schedule:

Tuesdays

October 7 – November 4

1:00 PM – 3:00 PM

Mosaic Family Place (406 Edmonton st)



Bonding with Family Bookmaking

This program provides an opportunity for parents and their children to remember and share their family history and precious memories by making a family book together. Family bonds are also strengthened with fun activities.

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

Program schedule:

Wednesdays

October 8 – November 26

1:00 PM – 3:00 PM

Knox McLeod Hall (406 Edmonton st)



Stay and Play (Drop-in) Program

Mosaic Family Place at Knox Church



Our Drop-in Program Opens

Sep 8 - Dec 19

Monday - Friday

8:45 AM - 3:00 PM

406 Edmonton St (Basement)

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:

Call us at 204-774-7311, or email at mosaicinfo@mosaicnet.ca

You could also register online by visiting this website: www.mosaicnet.ca/family

HIPPY

Home Instruction for Parents Of Preschool Youngsters

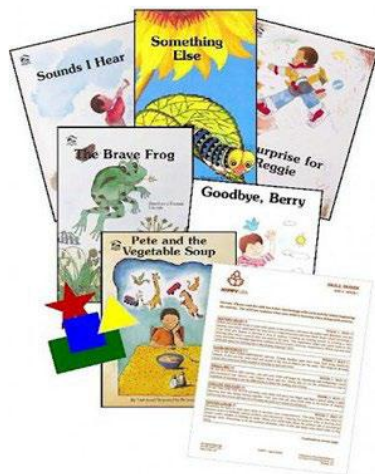
Are you a Newcomer to Canada?

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
Phone: 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