



Newcomer Family Resource Network

## Winter 2026 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](http://www.mosaicnet.ca)

This information is available in alternate formats on request. Please contact us by email at [mosaicinfo@mosaicnet.ca](mailto: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](mailto:ENigh@mosaicnet.ca)

## **Fridays**

January 23 – March 20

9:30 AM – 11:30 AM

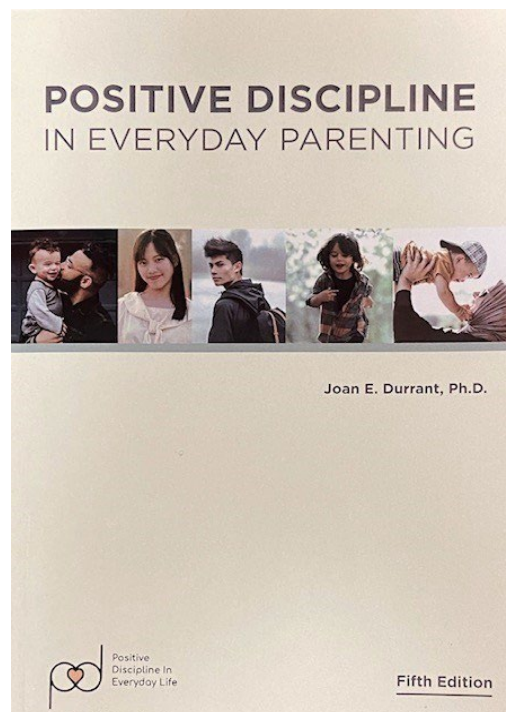
Mosaic Office (397 Carlton Street)

## **Wednesdays**

January 21– March 18

1:00 PM - 3:00 PM

Victoria Albert School (110 Ellen Street)



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

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](mailto:ENigh@mosaicnet.ca) or visit [www.mosaicnet.ca/family\\_program/pdep-1-1](http://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 Gabriela at [ggalli@mosaicnet.ca](mailto:ggalli@mosaicnet.ca)

### Fridays

January 9 – February 27

1:00 – 3:00 PM

Sister McNamara School (460 Sargent Ave)



## Handle With Care

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.

### Thursdays

January 22 – March 12

4:30 PM – 6:30 PM

Victor Mager School (81 Beliveau Rd)



Promoting Mental Health in Young Children

## Bounce Back and Thrive (Online)

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:ggalli@mosaicnet.ca)

### Fridays

January 16 – March 20

9:30 AM – 11:30 AM

Online (email Gabriela for the link)



## 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](mailto:ggalli@mosaicnet.ca)

### Wednesday

January 21 – February 11 & March 25 – April 22  
5:30 PM – 7:30 PM

Mosaic Carlton Office (397 Carlton Street)

In partnership with Resilia Community Wellness Centre



### Nobody's perfect in Dari:

#### Thursday

January 22 – March 12  
4:30 PM – 6:30 PM

In partnership with Nehal Community Centre  
(211 Edmonton St)

## My Tween and Me Parenting Program

A parenting program intended for families with children aged 7-12 years designed to strengthen the confidence and ability of parents to positively influence the lives of their school-aged children.

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

### Fridays

January 23 - March 13  
1:00 PM – 3:00 PM

Trinity Church (933 Summerside Ave)  
In partnership with Resilia Community Wellness Centre



#### Tween:

Meaning 'child aged 7-12 years'

This age lies in-between the early childhood and adolescent years of life. This age group faces its own unique set of developmental milestones that – while more subtle than those encountered earlier and later – none-the-less present significant rewards and challenges to children themselves and development during adolescence. Children in this age group need and want positive interactions with their parents. Families need to know how to positively influence their tween's healthy development.

## Wiggle, Giggle and Munch

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 Maisa'a at [mahmad@mosaicnet.ca](mailto:mahmad@mosaicnet.ca)

### **Tuesdays**

January 20 – February 24  
9:30 AM – 11:30 AM

### **Frontenac school**

(866 Autumnwood Drive)

### **Thursdays**

January 22 – March 12  
10:00 AM – 12:00 PM

### **Knox Church – McLeod Hall**

(400 Edmonton St)



### **Wednesdays**

January 21 – February 25  
10:00 AM – 12:00 PM

### **Lavallee School Family Centre**

(505 St. Anne's Road)

### **Wednesdays**

January 7 /21 /28 & February 11/18/25  
4:30 pm – 6:30 PM

IRCOM (95 Ellen st.)

**In partnership with IRCOM**

## 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](mailto:mahmad@mosaicnet.ca)

### **Wednesdays**

January 21 – March 11  
10:00 AM – 12:00 PM

**Knox Church- McLeod Hall (400 Edmonton st)**





# Stay and Play (Drop-in) Program

## Mosaic Family Place at Knox Church

**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 Drop-in Program Opens

Jan 5 – Mar 27

Monday - Friday

8:45 AM - 3:00 PM

Knox Church - Family Place

406 Edmonton St (Basement)

For more information:

Call us at 431-588-3479 / 204-774-7311, or email at [mosaicinfo@mosaicnet.ca](mailto:mosaicinfo@mosaicnet.ca)

# Mini Gym (Drop-in) Program

You're welcome to join us for a fun-filled Indoor Playground experience with your children.



**Program opens every**

**Mondays & Fridays Only**

10:00 AM - 3:00 PM

Jan 5<sup>th</sup> – Mar 27

Knox Church - McLeod Hall

406 Edmonton St (Basement)

For more information:

Call us at 431-588-3479 / 204-774-7311, or email at [mosaicinfo@mosaicnet.ca](mailto:mosaicinfo@mosaicnet.ca)

## 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](mailto: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](http://www.mosaicnet.ca)