

A yellow circular icon containing a white megaphone symbol, indicating an announcement or call to attention.

Did you know that we have an employment opportunity made possible through the Jewish Foundation of Manitoba where we offer a place where current community members find community, feel empowered, and develop the skills they need to navigate life's path with confidence, while contributing to the operations of our family resource centre. Please see below as we introduce you to 2 of our current Community Leaders.

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My name is Helen, and I am a Community Leader at Acorn Family Place. Between secondary education and life experience, I have a varied skillset which I can call upon. Most of my time as Community Leader has been spent researching and creating images for special days and events that Acorn Family Place would like to acknowledge. This role has allowed me to be a voice in support of this inclusive community which I have been a part of for over eight years. Outside of work, I enjoy a vast array of creative endeavors, reading and walking my dog.

A white icicle graphic hanging from the top left corner of the text box.

Hi everyone! My name is Meagan and it is an absolute joy to join the Acorn Family Place team as a Community Leader. I carry a background of volunteer work within marginalized communities across Manitoba, and have worked with organizations supporting families with young children and aging adults, harm reduction, disability rights, and the artistic community as it relates back to all of these demographics. My deepest passion in life is connecting with folks I meet along my journey and working to support a truly thriving community.





News from the Playroom



The children have been absolutely thrilled with all the snow we had in December! The art projects featuring glitter, snowmen, and colorful, sparkly mittens have really captured their imaginations. Glitter glue has become a real favorite in our art activities lately. The artwork created by the kids truly brings our wall gallery to life!



We also set up a bullseye target for the kids to practice their throwing skills with some special Velcro critters that have tails. We're not entirely sure what these critters are, but when thrown just right, they stick perfectly! Many of the children are getting really good and enjoy challenging one another as well as the teachers. Another hit activity among the kids is playing "The Floor is Lava." Even the little ones, who may not fully grasp the rules, eagerly jump in and follow the lead of the older children.





CARING DADS

INCREASE YOUR PARENTING SKILLS AND COMMIT TO 17 WEEKS OF LEARNING, SUPPORT, AND GROWTH

Start Date: February 5, 2025

**REGISTRATION BEGINS
JANUARY 2025**

For more info please contact Matthew:
204-560-3149
caringdads@acornfamilyplace.ca



For more info please contact Nadine:
204-560-3148 or playroom@acornfamilyplace.ca

MY GYM

FRIDAY, JANUARY 3, 2025

FRIDAY, JANUARY 31, 2025

IN THE MINI-GYM
1:30 - 3:30



Outdoor Play WORKSHOP

WEDNESDAY, JANUARY 22, 2025
1PM - 3PM



Join us for an afternoon of learning, fun, and outdoor play.

For more information, please contact Jenn
at 204-560-3147 or
parenting@acornfamilyplace.ca



WrapAround WAYWAYNAY

Waywaynay is a 6-week harm reduction program from an Indigenous lens that is designed for caregivers who have Child and Family Services involvement. It is peer-led and nonjudgmental so we can meet people where they are on their journey rather than they are substance dependent or on their road of sobriety.

Introduction: Tuesday January 7 1:30pm-3:30pm

Planning & Speaker: Tuesday January 14 1:30pm-3:30pm

Supports & Naloxone Training: Tuesday January 21 1:30pm-3:30pm

Strengths & Speaker: Tuesday January 28 1:30pm-3:30pm

Sweat: Tuesday February 4 1:30pm-3:30pm

Celebration: Tuesday February 11 1:30pm-3:30pm

All gatherings will be held in the program room with snacks and bus tickets provided and certificate awarded when completed Waywaynay.



For more information or to register please contact
Tiffany Nolin (204) 588-2293 or email:
wafamilysupport@acornfamilyplace.ca

Journaling workshops

Come explore the power of journaling and writing in a safe and supportive environment

Benefits of Journaling

- Reduce Stress
- Organize thoughts
- Better Memory
- Boosts Creativity
- Regulate Emotions
- Improve Mental Health
- Become more self aware
- Work on Communication skills

January 10
January 17
January 24
1:30pm to
2:30pm

See Deja for more information
wellnessoutreach@acornfamilyplace.ca
204-979-2833

Thank you!



Birchwood

Thank You for Making Giving Tuesday a Success!

We are thrilled to share the success of the Giving Tuesday campaign! Thanks to the incredible generosity of our donors, we raised \$2,496 to support the families and programs at Acorn Family Place. We are especially grateful to Birchwood for their incredible support through a \$2,000 matching grant, which doubled the impact of every donation up to \$2,000. This partnership and the generosity of our community mean so much to us, and together, we've raised a total of \$4,496! Your contributions are making a real difference in the lives of families who rely on our services. Thank you for being part of this journey and helping us build a stronger, more connected community.



winnipeg **kinsmen**

We are incredibly grateful for our partnership with the Kinsmen Club of Winnipeg and their support through Kinsmen Jackpot Bingo. Thanks to this collaboration, Acorn Family Place received \$1,497.33 for our Essential Needs Program. These funds will help us provide emergency food hampers, diapers, hygiene products, and other vital resources to families in need. Thank you to everyone who played and contributed to this initiative. Together, we're making a real difference for families!

Thank you!








Once again, we were lucky to receive a donation of winter jackets from the St. James Council Knights of Columbus Council. We were honoured from such donation especially as the winter joined us quite abruptly.



Another year has passed, which means another year of partnering with Lite. With this partnership Food Connections, which is a pre-employment program that provides opportunities for parents who live in the community to develop employment-related skills and address employment barriers in a supportive work environment get to be part of something beyond Acorn Family Place. This year we had an opportunity to make Pea Soup mixes.



Programming Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
		1 CENTRE CLOSED 9-4 PM	2 CENTRE CLOSED 9-4 PM 	3 Breakfast for Caregivers' 9:30-11 AM Intention Setting Workshop 1:30-3:30 PM My Gym 1:30-3:30 PM
6 Creativity for Caregivers 9:30-11:30 AM WrapAround Drop-In 1:30-3:30 PM	7 Muffins and Tots 9:30 -11:30 AM Waywaynay 1:30 -3:30 PM	8 CENTRE CLOSED 9-1 PM 	9 Understanding Conflict 9:30-11:30 AM Cooking Class 1:30-3 PM	10 Breakfast for Caregivers' 9:30-11 AM Journaling Workshop 1:30-2:30 PM
13 Creativity for Caregivers 9:30-11:30 AM WCBO Tenant Support 10-11:30 AM WrapAround Drop-In 1:30-3:30 PM	14 Muffins and Tots 9:30 -11:30 AM Waywaynay 1:30 -3:30 PM	15 CENTRE CLOSED 9-1 PM 	16 Understanding Conflict 9:30-11:30 AM	17 Breakfast for Caregivers' 9:30-11 AM Journaling Workshop 1:30-2:30 PM Nurse Julia 1:30-3:30 PM
20 Creativity for Caregivers 9:30-11:30 AM WrapAround Drop-In 1:30-3:30 PM	21 Muffins and Tots 9:30 -11:30 AM Waywaynay 1:30 -3:30 PM	22 CENTRE CLOSED 9-1 PM	23 Understanding Conflict 9:30-11:30 AM Food Bank 1-4 pm	24 Breakfast for Caregivers' 9:30-11 AM Journaling Workshop 1:30-2:30 PM
27 Family Literacy Day 	28 Muffins and Tots 9:30 -11:30 AM Waywaynay 1:30 -3:30 PM	29 CENTRE CLOSED 9-1 PM Outdoor Play Workshop 1:30-3:30 PM	30 Cooking Class 1:30-3 PM	31 My Gym 1:30-3:30 PM 

- WrapAround programming connects parents & caregivers who are involved with CFS. Please contact Margot for info: 204-560-3153 or wraparound@acornfamilyplace.ca
- The sign-up sheet for Breakfast Club & Cooking Class will be in the Drop-In a half hour before the program starts
- Please call Joanne for info & to place your name on our Food Bank waiting list at: 204-560-3146

ACORN FAMILY PLACE
Crossways in Common Building
202-222 Furby Street, Winnipeg MB R3C 2A7
Phone: 204-560-3141 Fax: 204-560-3154
Email: admin@acornfamilyplace.ca
www.acornfamilyplace.ca