



WOLSELEY FAMILY PLACE

Crossways in Common

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[Click this link and stay up-to-date with our COVID-19 Protocols](#)

Are You Okay?

It is okay if you are not feeling your best. Many people are struggling during these unprecedented times. Things can feel out of control, after all, the entire world is at the mercy of the Corona Virus. It is stressful that we had to change our lives so drastically and so suddenly. Having to think about keeping safe via using masks, distancing, and sanitizing all the time is exhausting. There is also a collective experience of ambiguous loss – hard to pinpoint feelings of sadness, grief, and despair from missing out on things we had in our lives before COVID-19. Some of us are sad that we missed out on birthday, graduation, and other community-based cultural celebrations. Some of us have lost our employment and educational opportunities and childcare. For some, the excitement that normally accompanied the first day of school was overshadowed by worry. Some of us are mourning the loss of spontaneity. Some may be feeling frustrated that they rarely get alone time, while others may be feeling quite lonely rarely getting together time.

Whatever you are going through, it can help to name the feeling. There is so much pressure put on us to be happy that we think the other feelings we experience are not okay and push them away. The problem with this approach is that unexpressed feelings do not just go away. It can help to just say it out loud, “I feel hopeless that things will return to normal”, “I feel sad that I missed my child’s graduation”, “I am so angry that my 9 year old has to wear a mask to school”. Saying it won’t make the problem go away, but it can help.

Once you identify what you are feeling, try taking a deep breath and telling yourself that it is also okay to have those feelings. It can also help to develop a gratitude practice. If you notice that you are focusing on all the things you don’t know or don’t have, try interrupting those thoughts by asking yourself, “What am I grateful for?” There is no answer too small. I am grateful my burger came with a pickle on it. I am grateful that I had 5 minutes of quiet. I am grateful that I had that belly laugh. Again, it won’t make COVID or crisis go away, but it can help make the day-to-day feel more manageable.

If you are feeling like you need to connect, Wolseley Family Place is open for you. Call to ask what is going on with our programming. We may have some counselling spaces. To find out more you can call (204) 560-3145.

If you are feeling like your mental health needs some support right away or you are experiencing an emergency, you can call Clinic Crisis Line at (204) 786 8686.

How do you feel today?





News from the Playroom

Wednesday mornings at Wolseley Family Place are dedicated to Outdoor Play. Our outdoor education program that provides a safe and fun way to engage with the outdoors for children and families! We head to Vimy Ridge with families within the area to take on Winnipeg's weather with outdoor play and you are more than welcome join us! One of our favourite activities is mud kitchen. If you want to try this one at home, bring your pots, pans, pie plates, spoons, and spatulas outdoors and create mud meals. Use flowers, fallen leaves, mud, rocks and grass to see what you and your children can cook up! This is a great activity that translates well into all seasons. Come use your imagination, get excited about the outdoors and play safely with other children.

We are at Vimy Ridge every Wednesday from 10am-12pm! Please dress accordingly. We will have additional warm clothing (mittens, toques) if needed and we provide snack. If you have any questions please call the Playroom at 204-560-3151 or email Katherine.pulak@wfpwpg.ca



Shine Dental Clinic

[Daycare Flouride Varnish Program is part of the WRHA's Smile Plus Children's Dental Program](#)

Bring your child, 6 months or older, to get a fluoride varnish. Flouride varnish strengthens teeth by making tooth enamel harder. Teeth are then better able to resist decay. A dental hygienist or dental assistant will dry off your child's teeth and paint on the varnish. The whole procedure will just take a few minutes. It is best if this happens 4 times per year.

You will need to register in advance and sign a consent for with the Playroom if you have not done so before.

Call 204-560-3145 or email healtheducator@wfpwpg.ca to sign up your child.



Replace 'I'm sorry' with 'Thank you'

Rachel Velishek, Fisher Titus Medical Centre

We often apologize for everything but never for the right things. There is this idea that being a nice person requires you to say "I'm sorry" a lot. When we constantly say "I'm sorry," we are inviting people to think we should be or need to be sorry for something. Very often the people who are saying "I'm sorry" most frequently are those who feel the least amount of respect. Instead of saying "I'm sorry," say "thank you."

When you start to communicate appreciation you will improve confidence in yourself. For many of us, we were not even aware of the frequency we texted, emailed, or verbalized "I'm sorry" until reading this. Now it is on your mind.

It is possible to be both confident and kind. It is possible to be kind to yourself, implement self-care, and still be kind to others. It is all about how we communicate. Replacing the language you use will shift the way you think not only about yourself but your relationships as well. When we say "sorry," we are expressing a negative feeling. It increases feelings of guilt.

There is an opportunity to be positive in your thoughts and feelings with "thank you." Save the apologies for when you experience true feelings of remorse, when there is guilt, or an intent was made to cause harm. Find the way to say "thank you" and stop apologizing for something that was not intended or was not your mistake.

There will be times that an apology is necessary, and "I am sorry" is genuine, but not all the time. Take the time to start evaluating what are valid reasons to say "I am sorry" and if you are overdoing it. The first step to achieving change is to recognize the need to change. Now that you know, start replacing the words and expressing gratitude.

Here are some examples of phrases you can use to break the cycle and replace negativity with positivity.

"I am sorry I was late" becomes "Thank you for your patience."

"I am sorry to make you do this" becomes "Thank you very much for taking care of this."

"I am sorry but I cannot make it to the party" becomes "Thank you for the invitation."

"I am sorry to ask you this" becomes "Thank you for helping me out."

"I am sorry for being emotional" becomes "Thank you for listening to me and loving me."