



# WOLSELEY FAMILY PLACE

Crossways in Common

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## February 2021

### Bev is Retiring!

After nearly 19 years of being part of the Wolseley Family Place Playroom as Playroom Supervisor, it is with fond memories that we say farewell to Bev Gray as she begins her retirement. Bev has been an integral part of the Playroom for all these years. So much so, that it has often been called "Bev's Room". She has impacted so many lives with her infinite patience, kindness and gentle heart. Bev has watched countless children grow and leave WFP. And yet as some of these children return as young adults to say "Hi" and "Do you remember me?" (of which she always seems able to), it is clear that her presence in their lives has been a positive and cherished memory for them both.

Bev has been a mentor for many staff, students and volunteers who have been part of the Playroom. Her wisdom and knowledge has inspired many to pursue further education and training in the field of childcare. Also, as the in-house artist, Bev has inspired many with her encouragement that "everyone is an artist" to create beautiful art. She has been a wonderful teacher to so many.

Her optimism and joy for those around her has left a lasting impression for all who have had the pleasure to know her.

We will miss her terribly. On behalf of the staff, families and friends of Wolseley Family Place we wish her a wonderful future as she enters this next chapter in her life.

Thank you for everything.



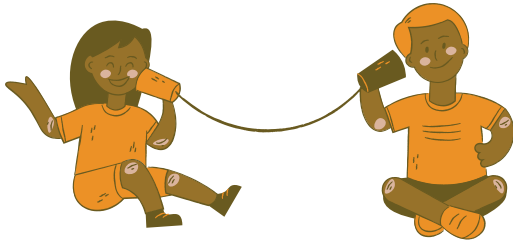
*It is time for me to say goodbye to the beautiful playroom. I have loved being a part of your lives and working with all the amazing staff at Wolseley Family Place. I have met the most amazing children and their parents and will miss you all.*

*For everyone who came to join art inK (formerly known as Art in the Kitchen) I have to tell you that it was a great pleasure to make art with you. I have so many fond memories that I will treasure forever!*

## News from the Playroom

With winter well underway and families likely feeling the pressures of entertaining their children, the staff in the Playroom want everyone to know that we are open and awaiting everyone's return. We ask though, before visiting the Playroom, to please phone and book an appointment. Call 204-560-3151 to book a spot for your children. As we continue to follow the Public Health orders, we must all remain flexible to change.

Thank you for your understanding and we can't wait to see you again.



## art ink

We are still not able to get together at Wolseley Family Place for art ink but that can't stop us from making art!

If you are interested in picking up an art journaling kit to work on from home please contact Carol at WFP at (204)560-3141.

\*There are a limited number of kits available.



## Drop-in-ology

Hi Folks, so as you're all aware, our new lifestyle remains the same until January 22 but shopping in the Clothing Depot is now available by appointment. Just call me at 204-560-3141 and by the ways, it is FREE!



## What's Happening in Food Connections

Thank-you CN for your contribution to Wolseley Family Place through Community Investment. With this funding the Food Connections Program is able to provide pre-employment working hours to our Contract Staff that will host nutrition-based programming for families, including cooking classes and preparation of hampers and food bank distribution to improve food security in our community. Food Connections also acts as a social enterprise, doing outside catering jobs for other organizations. This project empowers and brings together parents of young children who, working alongside each other, grow together, mentor each other, build skills, gain confidence and create strong bonds of friendship. Their work brings the community together because we know that sharing food brings community, and it provides a way for people of diverse backgrounds to connect.



## WrapAround Program



This program is offered to families who are interacting with child welfare systems. Families who are facing challenges with the parenting of their children may also benefit from the support of WrapAround.

Therefore, WrapAround families may be:

- encountering difficulties in managing family life,
- involved with a family enhancement program through a child protection agency,
- separated due to apprehension, with the children in care,
- in the process of reunification,
- reunified and still needing some support to ensure on-going stability, or
- staying connected through long-term care placement.

For more information, contact Melanie at 204-560-3141 or [wraparound@wfpwpg.ca](mailto:wraparound@wfpwpg.ca).

As with all of Wolseley Family Place's programs, our priority is families with children aged 0-6



## Volunteering at Wolseley Family Place



Wolseley Family Place is always interested in having new volunteers that can bring new and fresh skills. Despite many of our programs being scaled back or online right now due to COVID-19, it's still a great opportunity to get to know potential new and future volunteers. Call Mélissa at 204-560-3149 if you think you could be a great addition to our volunteer team. Perhaps you can help facilitate arts and craft activities? Physical activity sessions? Perhaps you can translate documents, are an amazing organizer or have other skills you think our community could benefit from?

Here are some of the many benefits volunteering can bring:  
*(found on helpguide.org Authors: Jeanne Segal, Ph.D. and Lawrence Robinson)*

### Volunteering connects you to others

One of the more well-known benefits of volunteering is the impact on the community. Volunteering allows you to connect to your community and make it a better place. Even helping out with the smallest tasks can make a real difference to the lives of people, animals, and organizations in need. And volunteering is a two-way street: It can benefit you and your family as much as the cause you choose to help. Dedicating your time as a volunteer can help you make new friends, expand your network, and boost your social skills.



### Make new friends and contacts

One of the best ways to make new friends and strengthen existing relationships is to commit to a shared activity together. Volunteering is a great way to meet new people, especially if you are new to an area. It strengthens your ties to the community and broadens your support network, exposing you to people with common interests, neighborhood resources, and fun and fulfilling activities.

### Increase your social and relationship skills

While some people are naturally outgoing, others are shy and have a hard time meeting new people. Volunteering gives you the opportunity to practice and develop your social skills, since you are meeting regularly with a group of people with common interests. Once you have momentum, it's easier to branch out and make more friends and contacts.

## MORE PLAY, PLEASE!

On any given day there are plenty of frustrating moments with the kids. Consider, if you will, an attitude adjustment-yours, not theirs :-)

MAKING FUN YOUR DEFAULT IS A WHOLE NEW (AND EFFECTIVE) WAY TO PLAY IT!

Try to clean up the PLAYFUL way: Instead of stopping playtime for tidying, make clean up a game. To move things along, ask kids to pretend they're a vacuum or a magnet to see how many toys can get sucked up or stick to their hands.

\*PLAY is important for adults too! PLAY allows us to tap into creativity & imagination. Try to find 3 things you lose track of time doing to put on your to do list each week and see what happens to your mood and productivity.

For more insight into parenting and fun ideas to better connect with your children call Jennifer (204) 560-3147 or email [parenting@wfpwpg.ca](mailto:parenting@wfpwpg.ca)



# Toxic Positivity

## Examples of Non-Toxic & Accepting Statements

Toxic Positivity	Non-Toxic Acceptance & Validation
"Don't think about it, stay positive!"	"Describe what you're feeling, I'm listening."
"Don't worry, be happy!"	"I see that you're really stressed, anything I can do?"
"Failure is not an option."	"Failure is a part of growth and success."
"Everything will work out in the end."	"This is really hard, I'm thinking of you."
"Positive vibes only!"	"I'm here for you through both good and bad."
"If I can do it, so can you!"	"Everyone's story, abilities, limitations are different, and that's okay."
"Delete Negativity."	"Suffering is a part of life, you are not alone."
"Look for the silver lining."	"I see you. I'm here for you."
"Everything happens for a reason."	"Sometimes we can draw the short straw in life. How can I support you during this hard time?"
"It could be worse."	"That sucks. I'm so sorry you're going through this."

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### West Broadway Housing Plan

What are your thoughts about housing and living in West Broadway?

We need your input. We are currently updating the West Broadway Community Plan and Housing Plan. Your input is important in making sure these plans reflect your needs.

The survey is available online at: <https://www.surveymonkey.com/r/WBCOSurvey>.

These plans help:

- guide and shape development and growth in West Broadway
- identify issues, challenges and strengths in West Broadway
- identify ways to address issues and challenges
- identify ways to build on neighbourhood strengths
- provide clear goals and action plans for the community
- secure grants and government funding for programs and initiatives
- make changes that reflect the communities needs and desires

If you would like additional ways to participate or information on the plans check out the West Broadway page of our [website](https://www.lahrkconsulting.com/wbco.html): <https://www.lahrkconsulting.com/wbco.html>

Paper survey copies and other participation tools are available by contacting us at [lahrkco.op@gmail.com](mailto:lahrkco.op@gmail.com)