



WOLSELEY FAMILY PLACE

Crossways in Common

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April 2021

Talking About Postpartum and Caregiver Well-Being

When: Thursday, Apr 8, 2021 @ 2:30 PM on Zoom

Who Can Come? Caregivers, parents, people with infants or kids, people with lived experience, people with loved ones who might be struggling, those who just want to listen, those who want to ask questions or find out about supports.

How? Join Zoom Meeting <https://zoom.us/j/94371980567>

We are hosting a mom who has lived through postpartum depression. She will talk about how she came to realize something was not right, how she had to learn to navigate systems to get supports, and how, like many of you, she did her best to parent through this imperfect reality.

We will also hear from Dr. Leslie Roos who is also a parent and a psychologist at The University of Manitoba's Hearts & Minds Lab, which studies and supports child and caregiver health. <https://heartsandmindslab.com/>

Note: this event is open to all genders and caregivers, we notice a lot of the language refers to "mom's" and or "maternal" health, but we know that not all people who birth or raise a child, and/or experience postpartum identify as a "mom"

For more info re parental supports

Postpartum Depression Manitoba
<https://www.ppdmanitoba.ca/>

Parenting Supports at Women's Health Clinic
<https://whcbirthcentre.com/workshops/>

Healthy Baby Manitoba
https://www.gov.mb.ca/healthychild/healthybaby/list_winnipeg.pdf

Health Start for Mom and Me
<https://www.hsmm.ca/wp/>



If you are in crisis call Klinic Crisis Line @ (204) 786-8686



Hi folks, Carol here. I hope you're all enjoying the beautiful weather, packed with sunshine. It is a good time to call the Drop-in and make an appointment to shop in the clothing Depot, use the computers or the telephones, 204-560-3141. See you soon!



Hello from Food Connections

Cooking Class at WFP

Food Connections Contract Workers plan, prepare, execute and lead the Cooking Class on their own. Taking this leadership role enabled Contract Workers to gain valuable experience in menu planning, shopping, budgeting, time management and public speaking. We explored many cuisines from all over the world. Contract Workers pushed their boundaries by working with unfamiliar ingredients and everyone in the classes enjoyed trying and discussing new foods and flavours.

In the near future we will resume Cooking Class, until then, here is a recipe for Chinese food!

Play in the Playroom

It has been wonderful seeing some new and returning faces to the Playroom this past month. After a long winter we are so glad that our space continues to remain a safe place where children and their families feel comfortable to come and visit. While in the Playroom, children have the opportunity to try different skills as they play and explore the environment around them. There's a climbing structure with slide; blocks for building and tumbling, play dough for squeezing, paint for creating, books for reading, a kitchen for make-believe and so much more. And as children explore and play with the various areas and materials, staff are there to encourage and expand their play and learning. And as always, after each visit, toys and equipment are cleaned and sanitized ready for the next child to enjoy.

If you want to come and play, please call 204-560-3151 to schedule a visit. We can't wait to see you!



#moveitorloseit #mind #body #relationship #health

Get moving: inside or outside!

Kids love to move. So when your child is upset, and after you've acknowledged their feelings, give them reasons to move their body. Get on your bikes together. Play "keep it up" with a balloon. Wrestle. Try some yoga poses. Toss a ball back and forth. Moving the body is a powerful way to change a mood and connect.

Jennifer, Parenting Coordinator 204-560-3147



Sesame Chicken

- 1 pound boneless chicken (or pork or steak)
- 2 tablespoons sesame seeds
- 1 tablespoon sesame oil
- 2 tablespoons vegetable oil
- 4 ounces small mushrooms, quartered
- 1 large green bell pepper, seeded and cut into strips
- 4 scallions, chopped diagonally
- boiled rice, to serve

Marinade:

- 2 teaspoons cornstarch
- 2 tablespoons Chinese rice wine or dry sherry
- 1 tablespoon lemon juice
- 1 tablespoon soy sauce
- few drops of Tabasco sauce
- 1-inch piece fresh ginger, grated
- 1 garlic clove, crushed

1. Trim the meat and cut into thin strips about 1/2 x 2 inch.
2. Make the marinade. In a bowl, blend the cornstarch with the rice wine or dry sherry, then stir in the lemon juice, soy sauce, Tabasco sauce, ginger and garlic. Stir in the strips, cover and leave in a cool place for 3-4 hours.
3. Place the sesame seeds in a wok or large frying pan and dry-fry over moderate heat, shaking the pan, until the seeds are golden. Set aside.
4. Heat the sesame and vegetable oils in the wok or frying pan. Drain the meat, reserving the marinade, and stir-fry a few pieces at a time until browned. Remove with a slotted spoon.
5. Add the mushrooms and green pepper and stir-fry for 2-3 minutes. Add the scallions and 1 minute more.
6. Return the meat to the wok or frying pan, together with the reserved marinade, and stir over a moderate heat for a further 2 minutes, or until the ingredients are evenly coated with glaze. Sprinkle the sesame seeds on top and serve immediately with boiled rice.



Could having a computer or smart device and home internet help your family?

Wolseley Family Place
Connecting Families @Home Program
Call 204-560-3141
or email csw@wfpwpg.ca to apply



How to become a better learner. - The Learner Lab, Trevor Ragan

Sam and Nick are brothers. Sam and Nick are also tigers. Sadly enough they were separated at birth and Sam went to live in a zoo. Here he spent most of his time in a cage. Every day the zookeeper would bring him food and water. Every day was the same. Everything was done for him. It was easy. It was safe. He learned a couple of tricks like how to jump through a hoop and stuff, but that was about it.

Meanwhile, Sam's brother, Nick was growing up in the jungle. When he was hungry he had to hunt. When he was thirsty he had to find water. Nothing was done for him. No two days were ever the same. It was hard, random, and sometimes dangerous. It was the wild! It wasn't always easy but after awhile Nick learned to adapt, to survive, and take care of himself.

Quiz time! What would happen if we took Sam the Zoo Tiger and threw him into the jungle?

That's right - he couldn't hang, like at all. In fact, he would probably starve to death while wondering where the zookeeper was with his lunch! But why couldn't Sam the Zoo Tiger survive? Because he never learned to do anything. All he knew was what was inside of his cage back at the zoo (I've done this talk with 2nd graders and even they get that).

On the other hand, Nick the Jungle Tiger was able to survive in the wild because he was trained in the wild.

This wasn't about genes, natural abilities, or physical gifts. The ONLY difference between the two was the way that they were trained and developed. One approach was easy, safe, and repetitive and it led to death. The other was ugly, random, and hard but it led to survival.

Tip: This lesson applies to ALL of us! You see, sports and life in general = the wild. And in order to survive in the wild we have to train in the wild. It's really that simple. If you want to add some scientific terms to this what we're talking about is the motor learning principle of specificity. It's so straightforward, yet as coaches and teachers, as parents we are terrible at applying it in our fields. We teach to the test. We use block practice. We can't stand when things get a little ugly, a little random, a little out of control. We steer towards the simple, the easy, the safe, and the pretty approach. This essentially turns us into zoo keepers that are hand feeding our players, students and children, and developing a bunch of zoo tigers. And then, of course, we get angry when we don't see results. We do it to ourselves as well...We love the comfort inside the cage. We shy away from the random and unknown in favor of the easy and the safe. We love doing things that we're already good at and absolutely HATE the things that we're not. We live like zoo tigers and then expect to survive in the wild. Sorry - Just ask our friend Sam, it just doesn't work like that.

In order to grow, in order to learn we HAVE to get out of the cage. We have to get out of our developmental comfort zones and into the wild. This means trying new things, working on your weaknesses, finding a better job, and speaking up in class.

We have to go dance with the fear, make mistakes, and learn to survive in the jungle. What is your comfort zone? What is the developmental cage that you've put yourself in? Why are you still there? Why not get out and head for the wild!?

