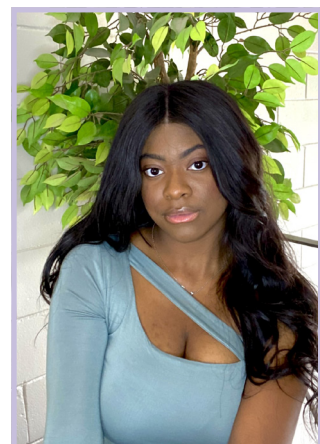


# Monthly News

## HELLO!

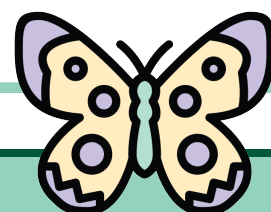
My name is Deja Opaleke, the new Community Resource Worker here at Acorn Family Place and I am very happy to be here.

I identify as a Black woman of Jamaican and Nigerian descent and I am very proud to be me. I am a Pisces who enjoys baking, karaoke, trivia games, doing things for the people I love and binge watching my favourite movies and tv shows over and over again. My favourite genres of movies are action/thriller, romantic comedies and science fiction, especially Marvel and X-Men movies.



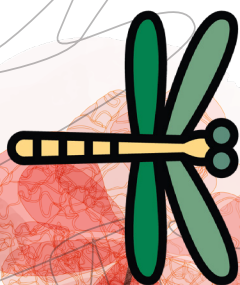
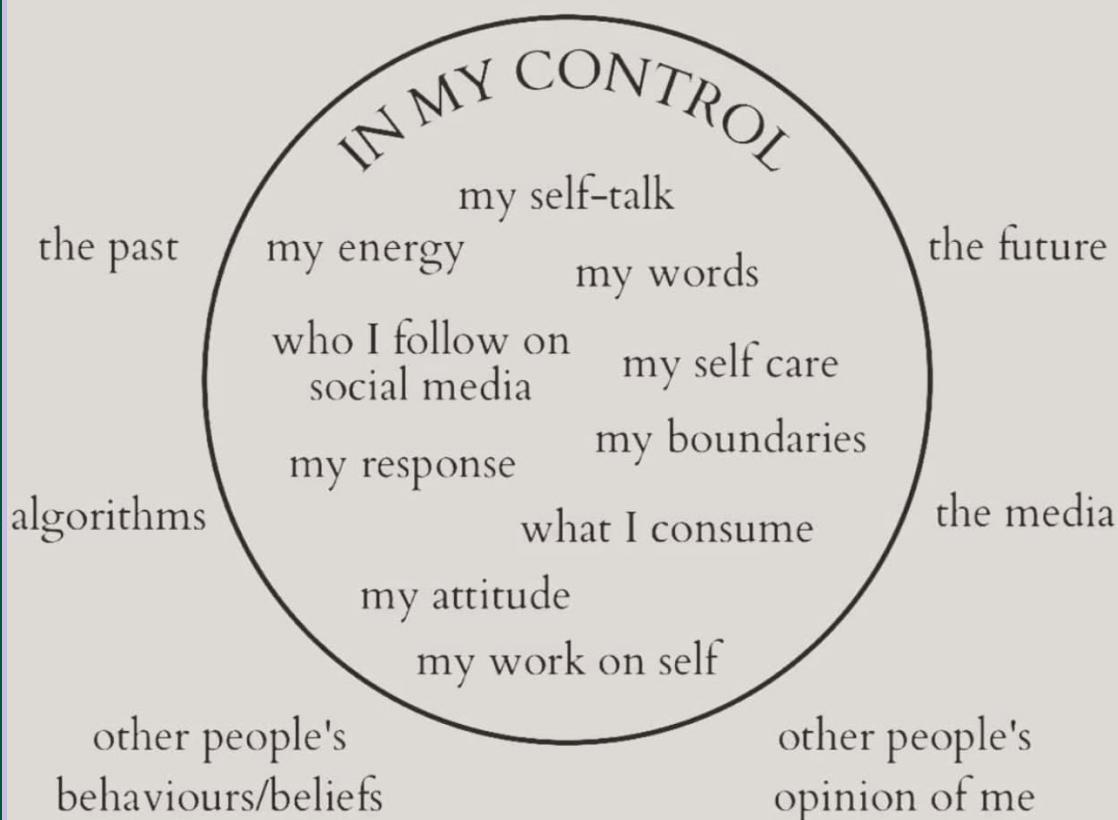
If I had to describe myself in three words, they'd be playful, clumsy and intelligent. I am so looking forward to connecting with each and every one of you!

Sincerely,  
Deja



## COUNSELLING CORNER

### OUT OF MY CONTROL





## PLAYROOM NEWS

Summer is here and the Playroom is busy with activities. On our first summer outing we went to Morning Sound Farm. It was a complete success with the children and their families.

A farmer took us around and showed us all the cows, pigs, sheep, goats, chickens, and turkeys. We watched the farmer shear a sheep and he gave each of the children some of the wool to take home. At another area we watched the farmer milk a goat and many of the children were able to milk the goat as well. There were ponies on the farm as well and many of the children were able to enjoy getting a pony ride.



### HELLO FROM OUR 2023 SUMMER STAFF



Hello everyone, my name is Shanee Bear. I have started working at Acorn Family Place as a Summer Student in the playroom where we engage in different activities such as games, play, crafts, music and field trips.

A little bit about me I enjoy singing, blues and swing dancing. I love to include music, dancing and theatre activities and games with the children.

I have been enjoying my time at AFP getting to know the families and children. I'm looking forward to spending the rest of the summer with all of you!



Hi, I'm Akasha. I am a Summer Student working in the playroom. I have a few years of experience working with kids and I really enjoy doing a variety of art projects.

Acorn Family Place has helped many people that I know and love, I'm grateful for the opportunity to work here.

Excitement grew as we went to various areas of the farm and had the opportunity to cuddle with kittens, puppies, and bunnies. One area had little chicks that we were able to hold. Some children were only brave enough to pet these chicks while others were able to gently hold one in their hands.

We all got to go on a hay-ride for a tour of the farm and a chance to see some of the animals around the farm. We took a break and had a lovely lunch with sandwiches, fruit, and cookies. Then we were off to explore more of the farm.

The weather was perfect for spending a day at the farm, but we were ready to go home as we boarded the buses to take us back to Acorn Family Place.







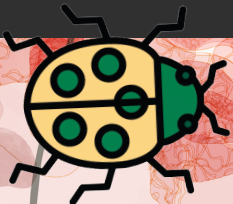
# CARING DADS

AT ACORN FAMILY PLACE

Caring Dads is a 17 week program for fathers who are looking to embrace new skills and peer support in order to bring increased safety to their families through child-centred parenting

**GROUP MEETS  
EVERY WEDNESDAY  
AUGUST 30-DECEMBER 20  
1-3 PM  
222 FURBY STREET- SECOND FLOOR**


For more information or to register please contact [CaringDads@acornfamilyplace.ca](mailto:CaringDads@acornfamilyplace.ca)



# Programming Calendar august 2023



a place for families

sunday	monday	tuesday	wednesday	thursday	friday	saturday
		<b>1</b> <b>Music Circle</b> 11:30am-12pm  <b>Reflexology</b> 1-3pm	<b>2</b> <b>CLOSED</b> 9am-1pm  <b>Wiggle, Giggle &amp; Munch</b> 10am-12pm	<b>3</b>   <b>Yoga for Caregivers</b> 1:30-3:30pm	<b>4</b> <b>CENTRE CLOSED</b>  <b>Family Fun Day at Tinkertown</b> 9am-4pm	<b>5</b>
<b>6</b>	<b>7</b> <b>CENTRE CLOSED</b>  <b>STAT</b>  9am-4pm	<b>8</b> <b>Music Circle</b> 11:30am-12pm  <b>Reflexology</b> 1-3pm	<b>9</b> <b>CLOSED</b> 9am-1pm  <b>Wiggle, Giggle &amp; Munch</b> 10am-12pm	<b>10</b>   <b>Food Bank</b> 1-4pm <b>Reading Tent</b> 1:30-2:30pm	<b>11</b> <b>Caregivers' Breakfast</b> 9:30-11am  <b>Waywaynaay</b> 1:30-3:30pm <b>Freezie Friday</b> 3-4pm	<b>12</b>
<b>13</b>	<b>14</b> <b>Tenant Support Drop-in</b> 10am-12pm	<b>15</b> <b>Music Circle</b> 11:30am-12pm  <b>Reflexology</b> 1-3pm	<b>16</b> <b>CLOSED</b> 9am-1pm  <b>Wiggle, Giggle &amp; Munch</b> 10am-12pm	<b>17</b>	<b>18</b> <b>Caregivers' Breakfast</b> 9:30-11am  <b>Nurse Julia</b> 1-3pm <b>Freezie Friday</b> 3-4pm	<b>19</b>
<b>20</b>	<b>21</b>   <b>WrapAround Drop-in</b> 1:30-3:30pm	<b>22</b> <b>Music Circle</b> 11:30am-12pm  <b>Reflexology</b> 1-3pm	<b>23</b> <b>CLOSED</b> 9am-1pm  <b>Wiggle, Giggle &amp; Munch</b> 10am-12pm	<b>24</b>   <b>Cooking Class</b> 1-3pm	<b>25</b> <b>Caregivers' Breakfast</b> 9:30-11am  <b>Freezie Friday</b> 3-4pm	<b>26</b>
<b>27</b>	<b>28</b>   <b>Community Council</b> 1-3pm <b>WrapAround Advisory</b> 1:30-3:30pm	<b>29</b> <b>Music Circle</b> 11:30am-12pm  <b>Reflexology</b> 1-3pm	<b>30</b> <b>CLOSED</b> 9am-1pm  <b>Wiggle, Giggle &amp; Munch</b> 10am-12pm <b>Caring Dads</b> 1-3pm	<b>PLAYROOM SUMMER PROGRAMMING INFO:</b> Music Circle: Tuesdays, 11:30am-12pm in the Playroom. Wiggle, Giggle & Munch: August 2-23 Wednesdays 10am-12pm at the garden behind 185 Young St Freezie Fridays: 3-4pm when out the door Reading Tent with Frontier College will be visiting the Playroom on August 10th from 1:30-2:30pm No pre-registration is required. Come by and drop-in. Connect with Nadine to learn more: (204) 560-3148		

- \* Wraparound programming connects parents & caregivers who are involved with CFS. Please contact Kristen for info: (204)560-3145 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 Foodbank waiting list at: (204) 560-3146
- \* Reflexology is a drop-in program. If you would more info or to register for yoga, please connect with Linda for info: (204) 979-2833 or wellnessoutreach@acornfamilyplace.ca
- \* Caring Dads group meets every Wednesday, August 30-December 20th, 1-3pm at 222 Furby St-2nd Floor. For more information or to register please contact: CaringDads@acornfamilyplace.ca

## 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](mailto:admin@acornfamilyplace.ca)

[www.acornfamilyplace.ca](http://www.acornfamilyplace.ca)



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