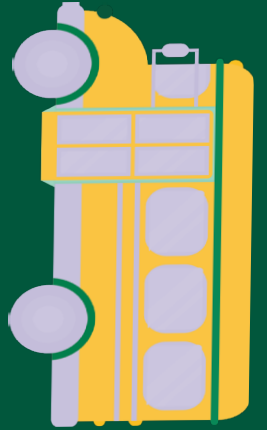


# Monthly News

**WHOLEhearted SCHOOL COUNSELLING**

## REMINDERS FOR HARD DAYS

1. A bad day does not equal a bad life. *You are not this struggle.*
2. Not all thoughts are true. *Phew.*
3. Feelings are not facts. *But all your feelings are valid, real, and allowed.*
4. The only way out is through. *DARN IT.*
5. Your worth is not contingent on circumstances. *You are LOVABLE and ENOUGH always.*
6. Nothing stays the same. *Life guarantees this.*
7. You can't be everything to everyone. *But you can be true to yourself.*
8. Be gentle with yourself. And trust your inner voice, strength, resilience, and strength. *And be vulnerable.*
9. You're not alone. It's okay to ask for help. *^*
10. Focus on the things you can control. *Let go of the rest. This is easier said than done.*



**It's Our 25th Anniversary!**

**تحتفلنا بـ 25 عاماً من المشي بجانب العائلات**  
Celebrating 25 Years of Walking Alongside Families

**acorn Family Place**

Starting Monday, September 11-15, 2023  
2nd Floor-222 Furby St  
**Join Us For A Week of Celebration!**

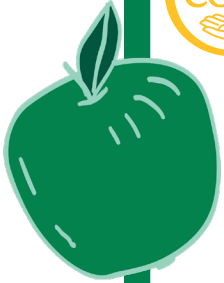
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>10:30-11:30am Wiggle Giggle and Munch</p> <p>1:30-2:30pm Dance Party</p>	<p>1:30-3:30pm Family Craft</p>	<p>1:30-2:30pm Indigenous Games Find us in the field behind BNC (185 Broadway)</p>	<p>10-11:30AM Bingo</p>	<p>1:30 - 4pm</p> <ul style="list-style-type: none"> <li>• Speakers</li> <li>• Tours of the Centre</li> <li>• Photo Display</li> <li>• High Tea</li> <li>• Prizes</li> </ul>

Come down to the centre and celebrate our 25th Anniversary with us the week of September 11-15th. We have a fun, family-friendly activity planned everyday. On Friday afternoon we'll host a big community event, **Celebrating 25 Years of Walking Alongside Families** to close the week

**acorn Family Place**

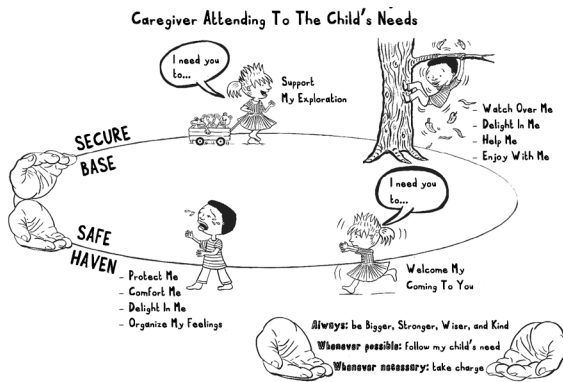


## Acorn Family Place Circle of Security Parenting Group



At times all parents/caregivers feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you.

The Circle of Security Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.



Date: Tuesday  
September 19 – November 7  
Time: 9:30 – 11:30 am  
Location: 202-222 Furby St

For more information or to register please contact Jenn:  
204-560-3147 or [parenting@acornfamilyplace.ca](mailto:parenting@acornfamilyplace.ca)  
Limited space. Registration is required. Childcare & snacks provided.

## Koats for Kids

Hello my wonderful community members, Vanessa here from the Drop-in. I still can't believe that summer is over and we're in September already. I know, with being a parent myself that, there is a lot on our minds this month. With back to school and then the sad reality that winter is just around the corner, getting the much-needed winter

outerwear will be another thing on our minds. We want to make getting winter clothing easier for our families. Starting this month, we will be offering Koats For Kids.

Koats For Kids collects and distributes, free of charge, gently used winter outerwear to Winnipeg families. Partners in this joint venture are United Way and many more. These sponsors collectively provide support to promote the program and to collect, transport and clean the donated clothing. The program runs from October through February. On average, 10,000 requests are received for winter outerwear each year. Families can come see me in the Drop-in to enroll their child or children. Pick up will be at Acorn Family Place during opening hours.

For more information and or questions I can be reached at 204-560-3141.



## News From The Playroom

It's hard to believe that summer is quickly coming to an end. The Playroom was super busy as many children, both new and old, came to play. A game that was popular with many of the children was soccer. With the generous donation of mini soccer nets, a large spot within the room was cleared to provide the kids a safe place to play a friendly game of soccer. And when it was possible, some of those same kids were able to take this game outside to the park. Going outside is always a special treat for staff and children alike, as it takes plenty of coordination, cooperation, and an extra set of hands, or two.



Another activity that gained the attention of many was the introduction of plastic cups. Although not a typical toy for kids to play with, this item sparked the imagination and attention of children for many days as they stacked them, carried them, and knocked them down.



Lastly, an obvious highlight of the past month was our trip to Tinkertown. It was a beautiful sunny day as we headed out for a fun day of carnival rides, yummy treats and good times with our young friends and their caregivers.



And as many of our friends are off to school this month, we wish them all the best and hope that they come back to visit when they can.

With the return to fall programming, the Playroom is once again happy to offer respite. For more information or to book a spot, please call Nadine at 204-560-3148 or the Playroom at 204-560-3151. Otherwise, we hope to see you soon!

## Hey there!



My name is Jules and I am so excited to be apart of the Playroom! I am a certified Child Care Assistant and have a fascination with child psychology and development. For most of my summer, I spent it in a career development class called Level Up! Throughout the class I learned valuable assets that strengthened not only my resume, but my self-confidence.



I consider myself to be an introvert and enjoy my Friday nights cozied up with tea watching new tv series while tending to my silly little Animal Crossing Island on my Nintendo Switch. Outside of playing video games on the computer and Nintendo Switch I really enjoy doing art in the forms of drawing, painting and recently starting to learn the art of crocheting.

I am so excited to meet all the wonderful families who come to Acorn Family Place and look forward to learning all your children's names and interests to help them enjoy their stay. I am thrilled to have this great opportunity to work here and be apart of a great team!

# Programming Calendar september 2023



a place for families

sunday	monday	tuesday	wednesday	thursday	friday	saturday
<p>* Wraparound programming connects parents &amp; caregivers who are involved with CFS. Please contact Kristen for info: (204)560-3145 or wraparound@acornfamilyplace.ca</p> <p>* The sign-up sheet for Breakfast Club &amp; Cooking Class will be in the Drop-in a half hour before the program starts. Please call Joanne for info &amp; to place your name on our Foodbank waiting list at: (204) 560-3146</p> <p>* 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</p>					<p><b>1</b> Caregivers' Breakfast 9:30-11am Medicine Picking 9:45-11:30am CLOSED Farewell Summer BBQ 12-4pm</p>	<b>2</b>
<b>3</b>	<p><b>4</b> CENTRE CLOSED  STAT 9am-4pm</p>	<p><b>5</b> Circle of Security Parenting 9:30-11:30am Music Circle 11:30am-12pm</p>	<p><b>6</b> CLOSED 9am-1pm  Caring Dads Group 1-3pm</p>	<b>7</b>  Food Bank 1-4pm	<p><b>8</b> Caregivers' Breakfast 9:30-11am  Nurse Julia 1-3pm</p>	<b>9</b>
<b>10</b>	<p>WrapAround Sharing Circle 1:30-3:30pm</p>	<p><b>12</b> Circle of Security Parenting 9:30-11:30am</p>	<p><b>13</b> CLOSED 9am-1pm Caring Dads Group 1-3pm</p>	<b>14</b>	<p><b>15</b> Caregivers' Breakfast 9:30-11am</p>	<b>16</b>
<b>25th Anniversary Celebrations!!</b>						
<b>17</b>	<p><b>18</b> Waywaynaay 1:30-3:30pm</p>	<p><b>19</b> Circle of Security Parenting 9:30-11:30am Music Circle 11:30am-12pm</p>	<p><b>20</b> CLOSED 9am-1pm Caring Dads Group 1-3pm</p>	<b>21</b>  Cooking Class 1-3pm	<p><b>22</b> Caregivers' Breakfast 9:30-11am  Nurse Julia 1-3pm</p>	<b>23</b>
<b>24</b>	<p><b>25</b> Community Council 1-3pm WrapAround Drop-in 1:30-3:30pm</p>	<p><b>26</b> Circle of Security Parenting 9:30-11:30am Music Circle 11:30am-12pm</p>	<p><b>27</b> CLOSED 9am-1pm Caring Dads Group 1-3pm</p>	<b>28</b>	<p><b>29</b> Caregivers' Breakfast 9:30-11am</p>	<b>30</b>
						<p><b>31</b></p>

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## ACORN FAMILY PLACE

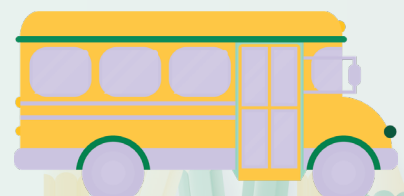
Crossways in Common Building

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)



a place for families