# **Monthly News**





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
JANUARY 17 - MAY 8 2024
1:30 - 3:30 PM
222 FURBY STREET- SECOND FLOOR

For more information please contact CaringDads@acornfamilyplace.ca or call 204-560-3145





### HAPPINESS CHEMICALS

and how to hack them

#### DOPAMINE

THE REWARD CHEMICAL

- · Completing a task
- · Doing self-care activities
- · Eating food
- · Celebrating little wins

#### OXYTOCIN

THE LOVE HORMONE

- · Playing with a dog
- · Playing with a baby
- · Holding hand
- · Hugging your family
- · Give compliment

#### SEROTONIN

THE MOOD STABILIZER

- Meditating
- · Running
- · Sun exposure
- · Walk in nature
- Swimming
- Cycling

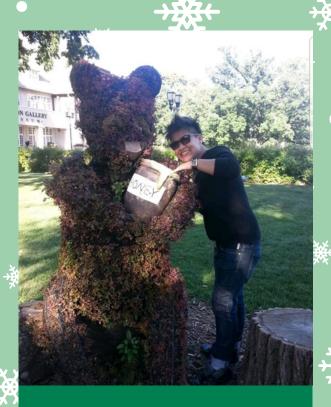
#### **ENDORPHIN**

THE PAIN KILLER

- · Laughter exercise
- · Essential oils
- · Watch a comedy
- · Dark chocolate
- Exercising

1 TheMinds-Journal

MIND OURNAL



Hi I'm Ruby Garcia, the new addition to the WrapAround Support team.

I could be found in the garden most summers.
I'm also an animal lover and adventure seeker.
This winter I want to get back to horseback riding among other things.
I am glad to be joining Acorn and take part with the flourishing

community.

## News from the Playroom



The Playroom has been very festive this October.

Music Circle was extra special this month with our music teacher Jaimie teaching us lots of ghoulishly spooky songs. We sang songs such as Old Macdonald but instead, he lived in a haunted house. We also sang about being ghosts blowing in the wind with our scarves and being witches on broomsticks!

The children have also been highly creative this month with some new additions being added to the Playroom. Beige mats were added to our active area where the children do a lot of running and jumping. One day one of the children got the idea to use the beige mats as sand and the blue mats beside the beige mats as water and go on a beach picnic. Speaking of picnics, one day we went on another picnic but great creativity as our picnic basket and plates were made from magnetic blocks!

Some more festivities that happened this month was pumpkin carving and trick or treating around the AFP offices as well as with our neighbours downstairs! The kids adored seeing all the staff dressed up just like them, but their favourite part was probably receiving goodies in their goody bags that they had decorated themselves. During the pumpkin carving some kids discovered that the pumpkin insides had the texture of 'over-activated slime,' but they loved it and collected seeds as well. The Playroom Staff also helped with an experiment with the carved pumpkins adding baking soda and food colour-dyed vinegar inside the pumpkin to make the pumpkins appear as if vomiting. The children thought it was so cool and funny to see their little jack-o-lantern explode from possible eating too much candy.









Monday	Tuesday	Wednesday	Thursday	Friday
				1 Breakfast for Caregivers' 9:30-11 am
4 Creativity for Caregivers 9:30-11:30 am WCBO Tenant Support 10-11:30 am WrapAround Advisory Meeting 1:30-3:30 pm	5 Music Circle 11:30 am-12 pm Conquering Conflict 1-3:30 pm	6 CENTRE CLOSED 9-1 PM Caring Dads 1:30-3:30 pm	7 Cooking Class 1-3 pm	8 Breakfast for Caregivers' 9:30-11 am Nurse Julia 1:30-3:30 pm
11 Creativity for Caregivers 9:30-11:30 am WCBO Tenant Support 10-11:30 am Sharing Circle 1:30-13:30 pm	12 Music Circle 11:30 am-12 pm	CENTRE CLOSED 9-1 PM Caring Dads 1:30-3:30 pm	14	15 Breakfast for Caregivers' 9:30-11 am
18 Creativity for Caregivers 9:30-11:30 am WCBO Tenant Support 10-11:30 am Community Council 1-3 pm WrapAround Holiday Party 1:30-3:30 pm	19 CENTRE CLOSED FOR WINTER CELEBRATION 9-4 PM	20 CENTRE CLOSED 9-1 PM	21 Food Bank 1-4 pm	22 Breakfast for Caregivers' 9:30-11 am Nurse Julia 1:30-3:30 pm WrapAround Christmas Movie & PJ Party 1:30-3:30 pm
25 CENTRE CLOSED 9-4 PM	26 CENTRE CLOSED 9-4 PM	27 CENTRE CLOSED 9-4 PM	28 CENTRE CLOSED 9-4 PM	29 CENTRE CLOSED 9-4 PM

- WrapAround programming connects parents & caregivers who are involved with CFS. Please contact Margot for info: 204-560-3153 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 Food Bank waiting list at: 204-560-3146

#### **ACORN FAMILY PLACE**

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