



Hi, I'm Katherine! I use she/her pronouns. You'll be seeing me around for the next year as the Manager of Programs, helping to support many of the AFP programs that you love.

Feel free to ask me about my cat Angela, tell me about what craft project your working on, or give me all of your Manitoba camping trip recommendations!



We're excited to reintroduce Alesha, one of our dedicated counsellors! She specializes in compassionate counselling services and can offer valuable support on your well-being journey.

Alescha now has availability for short-term counselling sessions (8-10 sessions). You can contact her at 431-557-7884 or counsellor@acornfamilyplace.ca for more information.

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
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 204-560-3153**



**A new Caring Dads session
is starting this January
17th!**

**Interested in joining?
Contact Matthew at
204-560-3153 or
caringdads@acornfamilyplace.ca
for more information or to
sign up!**

6 Types of Boundaries



acorn
Family Place

Adapted from Nawal Mustafa, M.A.

@thebraincoach



Physical Boundaries

Who is allowed in your personal space, who can touch you, how close someone can get to you, and what you choose to put into your body (i.e., eat/drink)

Examples:

- "Please do not touch me like that."
- "Could you please take a step back, you are too close."
- "I won't be drinking tonight, but thank you for offering."
- "I know you mean well, but please don't tell me what to eat. I can take care of myself."
- "I'd like you to ask first if you need to go into my room."
- "I do not want you commenting on my appearance."



Emotional Boundaries

Not taking on other people's emotional burden when you don't have the capacity; not engaging in triggering topics; separating yourself from your feelings.

Examples:

- "This is not a topic that I want to discuss right now."
- "I want to support you, but I have too much on my plate right now."
- "I will no longer engage in this conversation if you are choosing to be disrespectful."
- "I need some time alone when I am feeling upset."
- "I do not have the emotional capacity to discuss politics or world events right now."



Communication Boundaries

How someone is allowed to speak to you; what someone can and cannot say to you; how you speak to yourself; how you speak to others.

Examples:

- "Please stop telling me I am too sensitive or overreacting. It is not helpful, and it feels dismissive."
- "I know you mean well, but I can make this decision on my own."
- "I appreciate you sharing your experience with me, and I'm hopeful things will work out differently for me."
- "I am not ready to talk about this personal matter and I am choosing to keep it private."
- "Please do not speak to me in that tone."



Mental Boundaries

Allowing yourself to have personal thoughts, beliefs, and opinions that differ from others; being okay with others not agreeing with you.

Examples:

- "It's ok that you do not agree with me."
- "I respect your perspective even though I do not agree with it."
- "I hear you, and let's agree to disagree on this one."
- "I cannot convince you that my opinion is the correct one, just as you cannot convince me that your opinion is the correct one."
- "It is ok that we disagree on this topic, I still need you to speak to me respectfully."



Time Boundaries

How much time you choose to spend with others; how others should respect your time (lateness, asking for favours, and such); how much time you spend on a certain task.

Examples:

- "I will call you, however, I can only chat for 15 minutes."
- "Please let me know in advance if you know you are going to be late."
- "It was great to have you over to catch up, but I have an early day tomorrow, so I will have to catch some sleep now."
- "I have an hour to help you."
- "Thank you for the invite, but I need to stay in tonight. Let's connect another time."



Relationship Boundaries

How people can treat us; how they can behave around us; and what they can expect from us.

Examples:

- "I am not okay with you discussing my private matters with your friends/family, please respect my privacy."
- "I cannot read your mind, please clearly let me know your expectations and needs."
- "I would appreciate it if we could talk this through and not leave it unresolved, it will only build up resentment between us."
- "I need 30 minutes to rest and recharge after my work day."



News from the Playroom



This month we explored our fine motor skills by manipulating variety of shapes, stacking them, and fitting shapes together with our hands.



We explored colours and how we can use many colours to mix into a new colour. To the children's excitement we saw them gain a new passion of exploring textures and colours on paper. We used our learning of shapes and colours to tell stories.








We also went on a bear hunt exploring the different areas in the Playroom following the lead of the children. This helped in the development of children's language and literacy skills as well as their social skills as they practiced voicing their choices and negotiating between their friends.



Programming Schedule

January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 CENTRE CLOSED 9-4 PM	2 Music Circle 11:30 am-12 pm	3 CENTRE CLOSED 9-1 PM	4 Cooking Class 1-3 pm 	5 Breakfast for Caregivers' 9:30-11 am
8 WCBO Tenant Support 10-11:30 am WrapAround Tobacco Ties 1:30-3:30 pm 	9 Music Circle 11:30 am-12 pm	10 CENTRE CLOSED 9-1 PM	11	12 Breakfast for Caregivers' 9:30-11 am Nurse Julia 1:30-3:30 pm
15 Creativity for Caregivers 9:30-11:30 am WCBO Tenant Support 10-11:30 am WrapAround Bracelet Making 1:30-3:30 pm	16 Music Circle 11:30 am-12 pm	17 CENTRE CLOSED 9-1 PM Caring Dads 1:30-3:30 pm 	18 Cooking Class 1-3 pm Wellness Workshop: How to Help Calm Your Child 1:30-2:30 pm	19 Breakfast for Caregivers' 9:30-11 am
22 Creativity for Caregivers 9:30-11:30 am WCBO Tenant Support 10-11:30 am WrapAround Bingo 1:30-3:30 pm 	23 Music Circle 11:30 am-12 pm	24 CENTRE CLOSED 9-1 PM Caring Dads 1:30-3:30 pm	25 Food Bank 1-4 pm	26 Breakfast for Caregivers' 9:30-11 am Nurse Julia 1:30-3:30 pm
29 Creativity for Caregivers 9:30-11:30 am WCBO Tenant Support 10-11:30 am Community Council 1-3 pm WrapAround Sharing Circle 1:30-3:30 pm	30 Music Circle 11:30 am-12 pm	31 CENTRE CLOSED 9-1 PM Caring Dads 1:30-3:30 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

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