

Acorn Family Place

Monthly News

February 2024



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Family Place



It was perfect weather for our annual winter celebration to FortWhyte Alive. Many enjoyed walking around and exploring the outdoors while others just stayed close to the fire pit that kept them warm. There was delicious hot chocolate to drink once we came back into the building. The children had so much fun participating in a scavenger hunt to find the various exhibits inside the building. We also had lots of crafts and colouring for the children and adults alike who preferred to stick close by.

Thank you to Assiniboine Credit Union for your generous contribution that helped make our Winter Celebration a success! We are grateful to have partners like you that invest in our community and make a positive impact in the lives of our community members.



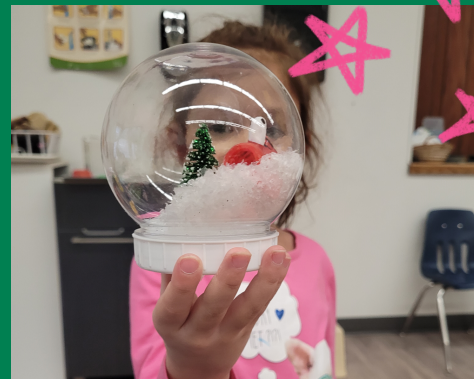
Money doing more.



Assiniboine
Credit Union™

News From The Playroom

The Playroom continued to be busy with various activities that included some beautiful snow globes that many of the children made. They put a lot of effort into making them and were excited to show them to their caregivers.



The children love to do various experiments so one day we showed them what would happen if we mixed vinegar and baking soda in a bottle and then put a balloon on the neck of the bottle. Seeing the balloons expanding as the gas entered was exciting to watch.

PALENTINE'S DAY LET'S CELEBRATE FRIENDSHIP!

FEBRUARY 13TH 2024

**COOKIE
DECORATING**

**FRIENDSHIP
BRACELETS**

**PHOTO
BOOTH**

**MOVIE:
LADY AND
THE
TRAMP**

**ACTIVITIES IN
THE MINI GYM
9AM TO 12PM**

**MOVIE IN THE
PROGRAM ROOM
STARTS 1:30PM**



As a caregiver, learn how to use stories to guide your children in the values that are most important to your family and culture.

**Tuesdays @ Acorn Family Place
February 20 - April 9
1:00- 3:00**

**For more information or to register please see Nadine
or call 204-560-3148**



WrapAround WAYWAYNAY

Introduction: Monday March 4 1:30pm-3:30pm

Planning: Monday March 18 1:30pm-3:30pm

Supports: Monday April 8 1:30pm-3:30pm

Strengths: Monday April 22 1:30pm-3:30pm

Understanding Triggers: Monday May 6 1:30pm-3:30pm

Celebration: Monday May 20 1:30pm-3:30pm

All gatherings will be held in the program room with snacks and bus tickets provided and certificate awarded when completed Waywaynay.



For more information or to register please contact
Tiffany Nolin at (204) 588-2293

Waywaynay is a harm reduction program with an Indigenous lens that is open to people who have or are at risk of having CFS involvement.

Things I would tell myself a year ago that I want you to know about yourself.

1. You are stronger than you think.

Even though you might doubt it, you can get through hard things.

2. Your voice matters.

Don't silence it out of fear, but know that your heart is worthy of being heard.

3. Dare to dream big.

Not just safe, but big.

You have to put the big dream out there. There is no risk besides the risk of not trying.

4. Forgive yourself and others and let stuff go.

The past is in the past.

Don't let it define your tomorrow.

5. Change takes work. But life is short.

Don't spend it wishing things were different, make it different.

6. Love well. And with your whole heart.

And know that you deserve love too.

My friends be brave, be strong and know that you are enough.

You have within you great courage.

Rachel Marie Martin
The Brave Art of Motherhood
FindingJoy.net



Muffins & Tot's

TIME: 9:30 am - 11:00 am



Come join us in "Counselling Corner" every Tuesday morning beginning February 6, 2024, for 8 fun weeks. This informal group is designed for caregivers and moms who identify as female who are caring for a "tot" ages 0-3 years and may have little or no support. The focus of this group is to build support networks, make new friendships, and to have open and healthy conversations in a safe, confidential, and trauma informed space. This group will also focus on growing and learning from each other's skills, stories, ideas, and any random or chosen topics of the week.

For more information or to register, please contact Alescha @ 431-557-7884 or counsellor@acornfamilyplace.ca



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Programming Schedule

February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2 Breakfast for Caregivers' 9:30-11 am Drag King Story Time 1:30-2:30 pm
5 Creativity for Caregivers 9:30-11:30 am WCBO Tenant Support 10-11:30 am WrapAround: Dream Catchers 1:30-3:30 pm	6 Muffins and Tots 9:30 am-11 am Music Circle 11:30 am-12 pm	7 CENTRE CLOSED 9-1 PM Caring Dads 1:30-3:30 pm	8 Cooking Class 1-3 pm	9 Breakfast for Caregivers' 9:30-11 am Nurse Julia 1:30-3:30 pm
12 Creativity for Caregivers 9:30-11:30 am WCBO Tenant Support 10-11:30 am WrapAround: Tobacco Ties 1:30-3:30 pm	13 Muffins and Tots 9:30 am-11 am Music Circle 11:30 am-12 pm Palentine's Day	14 CENTRE CLOSED 9-1 PM Caring Dads 1:30-3:30 pm	15 Wellness: Literacy Activity for Adults 1:30-2:30 pm	16 Breakfast for Caregivers' 9:30-11 am
19 CENTRE CLOSED FOR LOUIS RIEL DAY	20 Muffins and Tots 9:30 am-11 am Music Circle 11:30 am-12 pm Raising the Village 1-3 pm	21 CENTRE CLOSED 9-1 PM Caring Dads 1:30-3:30 pm	22 Food Bank 1-4 pm Reading with Osa Muskwa Iskewew 1:30-2:30 pm	23 Breakfast for Caregivers' 9:30-11 am PJ Story Time 1:30-2:30 pm
26 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	27 Muffins and Tots 9:30 am-11 am Music Circle 11:30 am-12 pm Raising the Village 1-3 pm	28 CENTRE CLOSED 9-1 PM Caring Dads 1:30-3:30 pm	29 Cooking Class 1-3 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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