



NEWS FROM THE PLAYROOM

This month, we had the wonderful opportunity to create lasting memories with families from the centre. Staff met in the morning with families and headed off together on a couple of school buses for an exciting adventure! Our destination was Tinker town. We started out gathering under the sun, feeling excited as we waited for all the rides to begin.

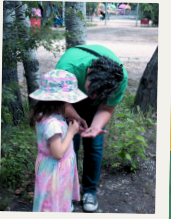
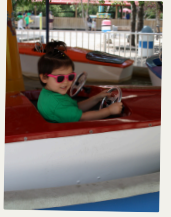
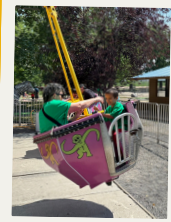


Each staff member enjoyed connecting with children and caregivers, sharing in their love for fun rides and tasty food. Caregivers laughed and smiled as they watched their children beam with wonder and joy at the twists and turns, dizzying speeds and sounds of each area we explored.

Children learned how to face their fears of heights in a safe environment. They also discovered how rides work by observing their mechanics and movement. This outing allowed both caregivers and kids to learn through play and enjoy the feeling of freedom as they experienced the motion of each ride while soaking up some vitamin D from the sunshine!



Tinker Town rekindled a sense of freedom and playfulness for many of us, both adults and children alike! The natural medicine for our mind, body, soul, and spirit is laughter, smiles, good food, and sunshine. We're grateful to our community, the staff of Acorn Family Place, and Tinker town for making this wonderful bonding experience possible.



Medicine Teachings

Wraparound was able to go medicine picking at Beaudry park on August 05, 2025. It was a collaboration with Mount Carmel Clinic, Needs, A&O and Immigrant center.



It was part of Mount Carmel's community land-based events focusing on teaching newcomers about Indigenous culture. The group had a fun time learning and being able to pick medicine.

Around the Table

This summer, families with children 4 years old and under engaged in a brand new AFP program called Around The Table. This program ran for six weeks between July and August and was focused on exploring family nutrition, which can be a daunting and tricky thing to facilitate as caregivers of little eaters!

The idea for Around The Table was ignited after families at the centre identified in a needs assessment survey that healthy recipes and food security were some of their top priorities for support that they wanted to access at AFP. Additionally, many conversations at the centre had been happening between parents, caregivers, and staff members around common challenges that are faced in the early years of eating such as creating healthy routines, drinking enough water, incorporating fruits and vegetables into meals, navigating sensory experiences, and beyond. In light of growing costs of food in the community, the challenging reality of food insecurity that many of us face, and the desire for more information and hands-on learning, it was clear that there was an opportunity to dive deeper into this theme.



Magic happens when people come together to respond to a need. Through the many beautiful relationships that AFP has with skilled and knowledgeable folks in the community, a wide variety of sessions were offered such as: teachings with Elder Audrey Logan, a presentation on neurodivergence and nutrition with Julia, a Registered Dietitian from St. Amant Centre, and a safety workshop from Ron at CORE First Aid. In house, we had Food Connections facilitate child-led smoothies and hummus making with families, Personal Development explored herbs and potting seeds, and WrapAround invited children to be detectives who inspected interesting textures and tastes.



Toddlers had the opportunity to create their own trail mix, and caregivers went home with reusable pouches for making their children popular snacks at a fraction of the cost. Perhaps the cherry on top of an already wonderful variety of offerings in this program, West Broadway Community Organization visited the program to share about the West Broadway Farmers Market, and gifted a generous amount of market currency to every family that was in attendance that day, allowing families to purchase fresh local produce in the community throughout the summer.

Thank you to every family who took a dive into exploring the many facets of nutrition with us this summer, we certainly feel full of good food, great fun, and community connection. Last but not least, we want to give a special shout out to Communities 4 Families who made this program possible through their grant for summer family programming.

New Wellness Workshops



It Starts With You Self Care Workshops

Fridays 1:30 - 3:30pm
From September 12th to October 10th



Creativity for Caregivers with Art City

Parents and Caregivers,
Join us Monday mornings and
start your week off with some
creativity and self-care!

Mondays in the Program Room
From 9:30am to 11:30AM

September 8th, 2025
to March 30th, 2026

Snacks and Childcare are provided!

Questions?

Contact Deja at 204-979-2833 or
wellnessoutreach@acornfamilyplace.ca



Leah Gazan 

Member of Parliament
Winnipeg Centre

Constituency Office:
892 Sargent Avenue
Winnipeg MB R3E 0C7

204-984-1675

leah.gazan@parl.gc.ca

leahgazan.ca

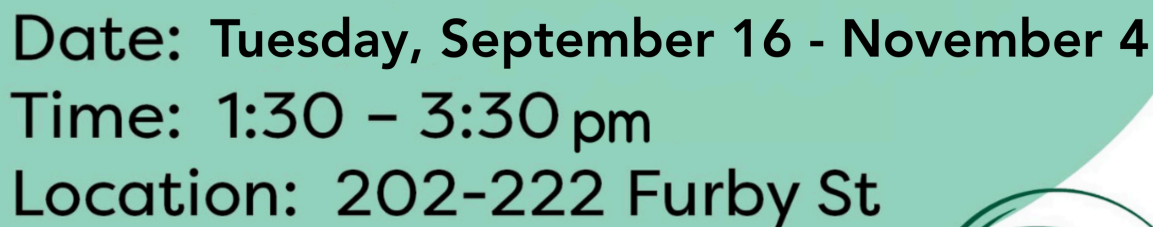


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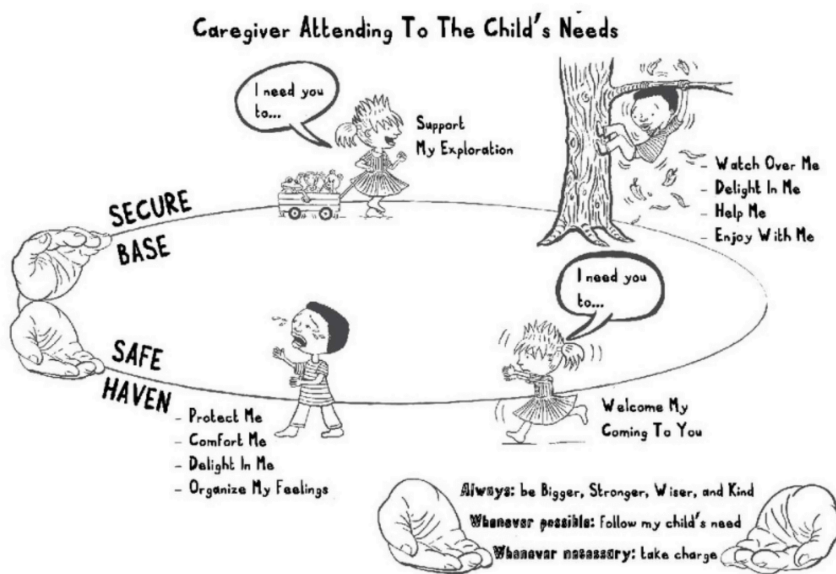
FOR MORE INFORMATION CONTACT:
goodfoodclub@westbroadway.mb.ca
204-774-7201 EXT 6





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.



- Understand your child's emotional world by learning to read the emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self esteem
- Honor your innate wisdom and desire for your child to be secure

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

MUFFINS & TOT'S



**Join Us Tuesday Mornings
September 9, 2025, to June 23, 2026**

This welcoming and informal group is for caregivers and moms who identify as female, caring for little ones aged 0–4 years, especially those with limited or no support.

Come connect, share, and grow in a supportive, confidential, and trauma-informed space. Each week, we focus on building friendships, exchanging stories and ideas, and creating a strong community together. Whether it's a planned topic or a spontaneous chat, your voice matters here.

Let's support one another through conversation, laughter, and learning, one Tuesday at a time!



**For more information please contact
Alescha @ 431-557-7884 or
personaldevelopment@acornfamilyplace.ca**

Programming Schedule

September

2025

Monday	Tuesday	Wednesday	Thursday	Friday
1 LABOUR DAY CENTRE CLOSED	2 MUFFINS AND TOTS 9:30-11:30 	3 CENTRE CLOSED 9AM-1 PM Caring Dads 1:30-3:30pm	4 Food Bank 1:30-3:30 pm Healthy Baby 1:00-3:00	5 Breakfast Club 9-11:30 am Music Circle 10:30-11:00 
8 Creativity For Caregivers 9:30-11:30	9 MUFFINS AND TOTS 9:30-11:30	10 CENTRE CLOSED 9AM-1 PM Caring Dads 1:30-3:30pm	11 Cooking Class 1:30-3:30 pm 	12 Breakfast Club 9-11:30 am Drop-in with Nurse Julia 1:00-3:30 It Starts With You: Self Care Workshops 1:30- 3:30
15 Creativity For Caregivers 9:30-11:30 	16 MUFFINS AND TOTS 9:30-11:30 Circle of Security 1:30-3:30	17 CENTRE CLOSED 9AM-1 PM Caring Dads 1:30-3:30pm	18 NATIONAL DAY FOR TRUTH AND RECONCILIATION FEAST 1:30-3:30pm Healthy Baby 1:00-3:00	19 Breakfast Club 9-11:30 am It Starts With You: Self Care Workshops 1:30- 3:30 Music Circle 10:30-11:00
22 Creativity For Caregivers 9:30-11:30 Community Council 1-3pm Acorn Family Place's Annual General Meeting 5:30pm	23 MUFFINS AND TOTS 9:30-11:30 Circle of Security 1:30-3:30	24 CENTRE CLOSED 9AM-1 PM Caring Dads 1:30-3:30pm	25 Cooking Class 1:30-3:30 pm SMILEPlus 1:30 	26 Breakfast Club 9-11:30 am It Starts With You: Self Care Workshops 1:30- 3:30
29 Creativity For Caregivers 9:30-11:30 WrapAround Truth and Reconciliation: What Does It Mean To You? 1:30-3:30 pm	30 NATIONAL DAY FOR TRUTH AND RECONCILIATION CENTRE CLOSED			

- 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
 Crossways in Common Building
 202-222 Furby Street, Winnipeg MB R3C 2A7
 Phone: 204-560-3141 Fax: 204-560-3154
 Email: admin@acornfamilyplace.ca
www.acornfamilyplace.ca