



News From the Playroom

These days in the Playroom, we've really enjoyed discovering different shapes all around us. There are so many shapes here, each one unique just like us. We also came up with a fun game based on what we've learned about shapes and colours.

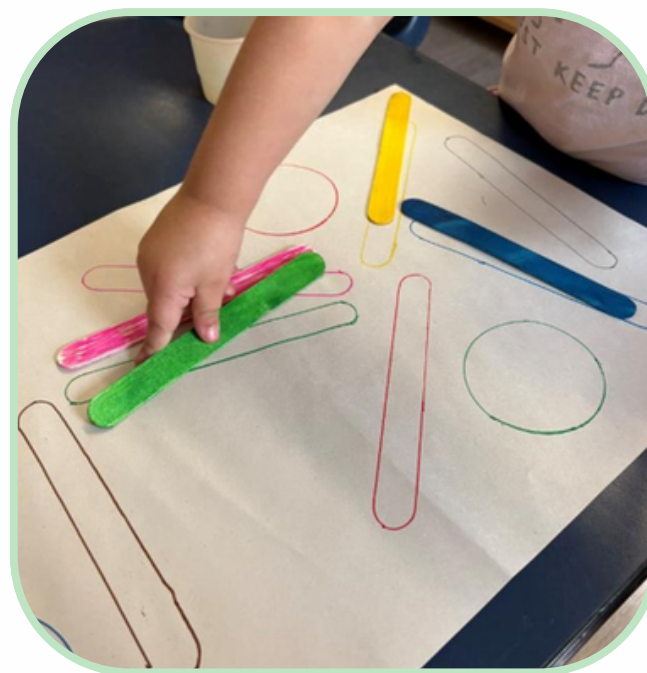
First, we carefully traced two different shapes using a variety of marker colours to match the already existing coloured popsicle sticks. Then, we tried to match the multi-coloured popsicle sticks to our traced lines.

This matching game sparked the kids' imagination, and they wanted to build a fort using these new shapes.

It was exciting to see how shapes can fit together, just like in our art activity. Our exploration led to the creation of a fantastic maze!

The children had a blast laughing and giggling as they made their way through the corners of the Playroom maze.

What kind of forts or structures should we build next in the Playroom?



TINKERTOWN JULY 2026



TRUE NORTH HEALTH: Health and Wellness Program



Available for individuals and families
who receive assistance from EIA and
are 7 years of age or older.

**Each
individual
receives the
following at
no cost:**

- 1 pair of shoes
- 1 pair of winter boots
- 1 pair of custom orthotics
- 1 full eye exam
- 1 pair of eyeglasses (if needed)

**The value of the program is
approximately \$700 per individual.**

Presentation & Fitting:

**Friday, September 4th from 1:30-3:00pm
at Acorn Family Place (202-222 Furby St.)**



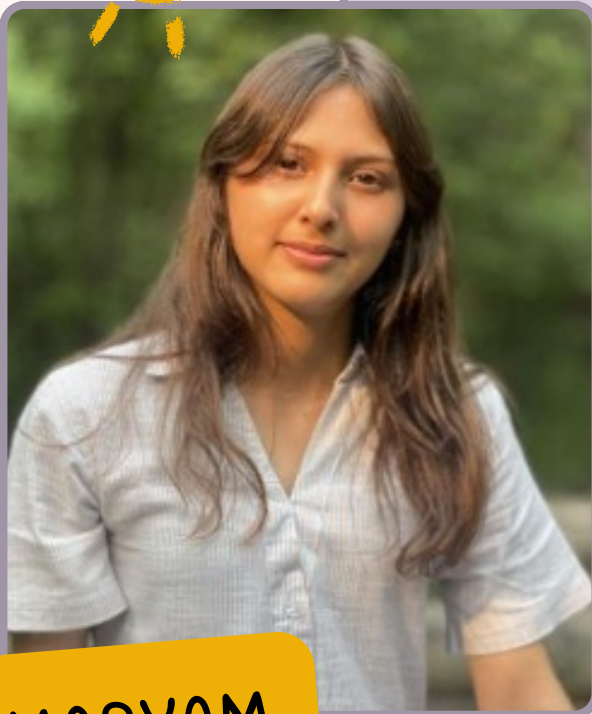
Please do not hesitate to contact
Troy at troy@truenorthhealth.co
or 1-204-430-4825 for more info.



thank you!

We are so grateful to the
**Red River Co-op Seasons of Tuxedo
Store** for their incredibly generous
donation of \$1000 worth of
diapers and formula for our
Basic Needs Program!





MARYAM

Hi, this is Maryam, and I'm excited to introduce myself. I love meeting new people and learning about different cultures and experiences. One interesting fact about me is that I'm working toward my dream of becoming a lawyer. I enjoy meeting new people, learning about different cultures, and finding reasons to smile every day. Whether it's exploring a new place, trying a new food, or learning a new skill, I'm always up for an adventure.

I'm looking forward to getting to know everyone and being part of this amazing community!

SAY HI TO THE PLAYROOM SUMMER STUDENTS!

Hey there, my name is Jules! Short for Julianne. I am a certified Childcare Assistant working towards my ECE degree. My studies used to be geared towards Psychiatric Nursing but over the years I found my true calling to be with Early Childhood Education.

I still have a deep passion for psychology and find child development to be one of the most fascinating aspects of Early Childhood Education.

Some of my favourite things are doing art with different media, playing a variety of video games that range from relaxing to competitive and finally nature walks.

Don't be shy! Come say hi!



JULES



WELCOME BACK MAHIN TO THE WELCOME DESK!

MAHIN

My name is Mahin, and I'm excited to be a part of the Acorn Family Place team as a Summer Student Community Resource Worker.

I have numerous volunteer experiences with other non-profit organizations such as Broadway Neighbourhood Center, Siloam Mission, and Winnipeg Harvest. For fun I like to read, listen to music, and play video games.

Overall I'm passionate about giving back to the community and I look forward to this summer!



MEET AMBREEN, WRAPAROUND ADVOCATE

My name is Ambreen Khuram (she/her).

I have over 18 years of experience working with children, youth, and families in Winnipeg, Manitoba, as a Youth Care Worker and Educational Assistant. I hold a Bachelor of Science in Physics and Mathematics, a Bachelor of Education, and a Master of Science from the University of Peshawar.

Throughout my career, I have supported youth facing social, emotional, behavioral, and mental health challenges through crisis intervention, individualized care planning, life-skills development, and educational support.

I have worked with organizations such as Marymount, McDonald Youth Services, and the Winnipeg School Division, helping young people achieve positive outcomes in both residential and educational settings.



AMBREEN



Regards,
Ambreen



WRAPAROUND

Cultural Teaching with Elder Aunty Val



Monday August 10, 2026
From 1:30pm-3:30pm
In the Program Room

CARING DADS

What is Caring Dads?

Caring Dads is an important initiative that recognizes the interconnectedness of violence against women and children. By involving fathers in efforts to enhance the safety & well-being of their children, the program aims to address both gender-based violence and child safety simultaneously.

This holistic approach ensures that both issues are tackled together, promoting a safer and healthier environment for families.

When: Tuesdays, 1:30-3:30pm
August 25th - December 15th 2026

Location: Acorn Family Place
202-222 Furby Street



For more information & intake process,
please contact Matt at: **431-791-4466** or
email caringdads@acornfamilyplace.ca



Leah Gazan



Member of Parliament
Winnipeg Centre

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PUBLIC HEALTH NURSE DROP-IN

NEXT DROP-IN DATE IS

AUGUST 11TH 1:00 TO 3:00PM

**DISCUSS ANY CURRENT
HEALTH CONCERNS**

**GET CONNECTED TO A DOCTOR
IN YOUR AREA**

**REFERRAL TO MENTAL HEALTH
SUPPORT SERVICES**

**IMMUNIZATIONS INCLUDING
VACCINE EDUCATION**

**SUPPORTING YOU/YOUR FAMILY TO
DETERMINE YOUR HEALTH CARE NEEDS!**



**WANT TO MAKE SURE YOU
NEVER MISS A NEWSLETTER?**

Scan the QR code
and sign up for our
email updates!



acorn
Family Place

WHAT'S NEW IN THE KIDS CLOSET?

Thanks to a generous donation from Central Church of Christ, we have a wide selection of new and gently used summer items available in the Kids Closet!



DID YOU KNOW?

New infant items may be available at the Welcome Desk upon request. Just ask!

Pictured are some of the summer items currently available, such as summer shoes, swimwear, hats, life jackets, and more.

Families can visit the Kids Closet every two weeks to choose the items they need, free of charge.



We want to say a huge thank you to **Communities 4 Families** for their support of our summer **Wiggle, Giggle and Munch** program! We've been having a blast moving, playing and sharing healthy snacks together.



Join us every **Tuesday morning**, from **10:00-11:30am**, until **August 11th**.

Open to caregivers with children ages 1-4, no registration required.

thank you!



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.

Learning Objectives of the Program:

- ✓ 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



When: Wednesdays, Sept 16th – Nov 18th from 1:30–3:30pm

Where: Acorn Family Place (202-222 Furby Street)



For more information & intake process, please contact Jenn at: 204-558-5193 or email parenting@acornfamilyplace.ca
Registration required. Childcare & snacks provided.

Support Caregivers. Nourish Families.



- \$25** provides one emergency food kit.
- \$50** helps caregivers gain paid work experience.
- \$75** funds one weekly caregiver breakfast.



Your support helps caregivers gain paid work experience while preparing nutritious meals and food hampers for families in our community.
Scan the QR Code to donate.



Acorn Family Place

AUGUST

Programming
Schedule 2026



Monday	Tuesday	Wednesday	Thursday	Friday
3 CENTRE CLOSED	4 Wiggle, Giggle & Munch 10:00-11:30am 	5 CENTRE CLOSED 9AM-1 PM	6	7 Breakfast Club 10:00-11:00am Music Circle 10:30-11:00am 
10 WrapAround : Cultural Teaching with Auntie Val 1:00-3:30pm	11 Wiggle, Giggle & Munch 10:00-11:30am Drop-in with Nurse Lara 1:00-3:00pm	12 CENTRE CLOSED 9AM-1 PM	13 Cooking Class 1:30-3:30pm	14 Breakfast Club 10:00-11:00am
17 	18	19 CENTRE CLOSED 9AM-1 PM	20 Boundaries Workshop 1:30-3:30pm 	21 CENTRE CLOSED FOR SUMMER OUTING
24 Community Council 1:00-3:00pm	25 Caring Dads 1:30-3:30 pm	26 CENTRE CLOSED 9AM-1 PM	27 Cooking Class 1:30-3:30pm	28 Breakfast Club 10:00-11:00am
31 WrapAround Drop-in: 1:00-3:30pm 	STAY COOL AT THESE SPLASH PADS THIS SUMMER: Magnus Eliason Recreation Centre Spray Pad - 430 Langside St. Vimy Ridge Memorial Park Spray Pad - 821 Preston Ave. Central Park Spray Pad - 400 Cumberland Ave. Fort Rouge Park - 295 River Ave 			

- Caring Dads requires pre-registration.
All other programs are drop-in programs open to caregivers.
- WrapAround programming connects caregivers who are involved with CFS. Please contact Ruby for more info:
204-560-3141 or wasupport@acornfamilyplace.ca
- The sign-up sheet for Breakfast Club & Cooking Class will be in the Drop-In room 30 minutes before the program starts.

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