



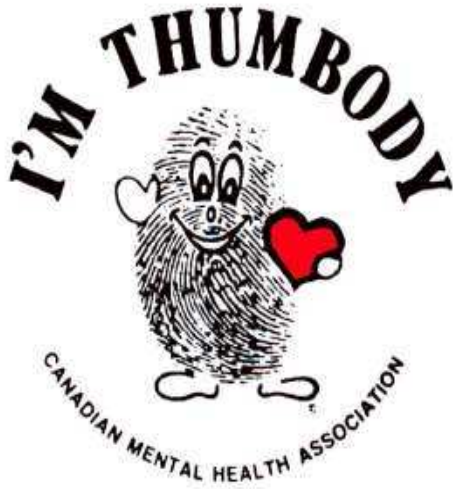
# Inservices for Parents and Volunteers

## 2011 - 2012

- ◆ **Volunteers and parents are welcome to attend as many sessions as they wish.**
- ◆ **Because space may be limited and refreshments are provided, advance registration is required. Enrolment is confirmed without a callback.**
- ◆ **To register please call 474-1513.**
- ◆ **There is no charge for any of these sessions.**

**Volunteer Services  
Winnipeg School Division**

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# *I'm Thumbbody*

**"I am me! There's not another person  
in the whole world exactly like me.  
I have my very own thumbprint.  
I AM SPECIAL."**

**"I'm Thumbbody" is a self-esteem program for Grade 3 students which helps to :**

- ◆ **build healthy self concepts;**
- ◆ **stimulate the development of self-confidence;**
- ◆ **instill feelings of self-worth, individuality and responsibility;**
- ◆ **enhance self-awareness;**
- ◆ **develop an understanding of each person's unique skills and interests and the value of these differences, strengths, and individuality.**

**Originally developed by the Canadian Mental Health Association, the program is unique in that it is presented by trained parent/community volunteers to the Grade 3 children in their home school.**

**The program has proven to be a wonderful opportunity for both children and parents to gain a greater awareness and understanding of the importance of healthy self esteem in children.**

**The training session for facilitators will take place:**

**Tuesday, November 15, 2011  
9:00 a.m. - Noon  
Earl Grey School  
340 Cockburn St. N.**

**For further information on "I'm Thumbbody", please contact:**

<p><b>Dolores Sousa Parent Resource Coordinator 474-1513</b></p>
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The following **INSERVICES** are available for **PARENTS** and **VOLUNTEERS**  
To Register Call: Volunteer Services, Earl Grey School, 474-1513.



## Fine Motor Development

This session will cover:

- Why is proper pencil grip so important?
- How soon can you work on developing it?
- Help your child develop the skills needed for printing.
- Learn lots of other fun activities that will help your child prepare and do well at school.

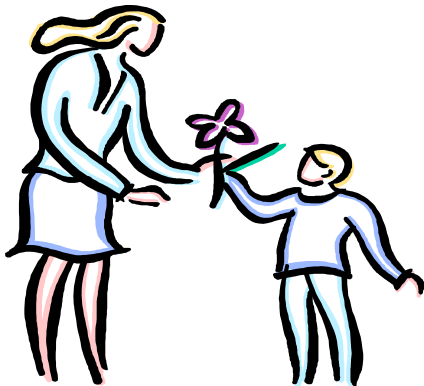
Wednesday, Oct. 19, 2011

1:15 - 3:00 p.m.

Robertson School

550 Robertson Street

**PRESENTER:** Nancy Stillinger, Occupational Therapist



## Understanding FASD

- ◆ What does FASD mean?
- ◆ What challenges do children and adults with FASD face?
- ◆ How can I help my child with his/her strengths?
- ◆ How does FASD impact my child in school?

Tuesday, January 24, 2012

6:30 - 8:00 p.m.

David Livingstone School

270 Flora Avenue

**PRESENTER:** Debbie Thordarson, Divisional FASD  
Support Teacher

The following **INSERVICES** are available for **PARENTS** and **VOLUNTEERS**  
To Register Call: Volunteer Services, Earl Grey School, 474-1513.



## Bathtub and Folding Books

- Making books is a fun family literacy activity.
- This hands-on workshop will introduce fun ideas for making books with children.
- We will be making bathtub books, folding books and pop-up books.

Thursday, February 23, 2012  
1:15 - 3:00 p.m.  
Carpathia School  
300 Carpathia Road

### About Triple P – The Positive Parenting Program

The Positive Parenting Program is an effective, practical approach to raising children that emphasizes the positive.

Triple P is based on strong nurturing relationships, good communication and positive attention to help children develop. It involves creating a family environment that is loving, supportive and predictable.

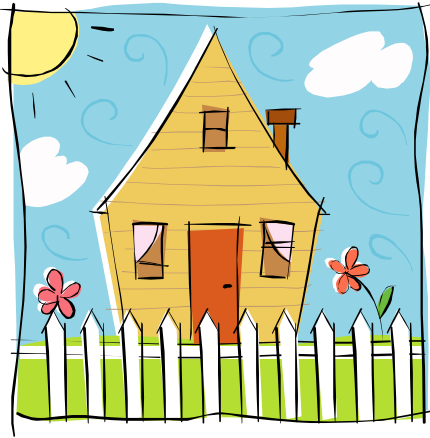
The program offers easy-to-follow suggestions for small changes that make big differences to parents, children and families.

It is proven to be very successful in developing good attitudes and behaviour.

Triple P offers parents practical easy-to-use information and support, from simple tip sheets and individual advice to, group discussions and family counseling.

Triple P is flexible and adaptable to each family's specific needs. No matter what your situation, there is support available to help you.

For more assistance or information, call Triple-P phone line at **945-4777** in Winnipeg or toll free **1-877-945-4777**, or email at [infotriplep@gov.mb.ca](mailto:infotriplep@gov.mb.ca).



# Housing Services

## REQUESTING PUBLIC EDUCATION FROM THE RESIDENTIAL TENANCIES BRANCH

The Residential Tenancies Branch has a number of staff available to speak at a public event or to provide educational sessions. These sessions are offered on specific topics for various groups including landlords, tenants, students, seniors, community groups and others.

Here are some examples of the types of sessions normally delivered by Branch staff:

- Knowing your rights and responsibilities as a tenant
- Knowing your rights and responsibilities as a landlord
- How the Residential Tenancies Branch can help you
- What you should know before you rent
- What you should know while you rent
- Information about Rent Increases
- Information about Unit by Unit Rehabilitation

To request a speaker from the Residential Tenancies Branch, complete the Request for Speaker form in as much detail as possible. (3-4 weeks advance notice is required to ensure someone will be available to speak to your group!)

You can:

- complete the form [on line](http://www.gov.mb.ca/fs/cca/rtb/publiceducation/form_publicspeaker.html) [http://www.gov.mb.ca/fs/cca/rtb/publiceducation/form\\_publicspeaker.html](http://www.gov.mb.ca/fs/cca/rtb/publiceducation/form_publicspeaker.html)
- OR
- print the form ([pdf](http://www.gov.mb.ca/fs/cca/rtb/publiceducation/Request%20for%20Speaker.pdf)) <http://www.gov.mb.ca/fs/cca/rtb/publiceducation/Request%20for%20Speaker.pdf>  
and mail or fax it to the Branch at:

**Speaker's Program Administrator**  
**Residential Tenancies Branch**  
302-254 Edmonton Street  
Winnipeg, MB R3C 3Y4  
Fax: (204) 945-6273

For more information please call the Branch at (204) 945-2476 or Toll Free in Manitoba 1-800-782-8403

You can also visit our website which is located at <http://www.gov.mb.ca/fs/cca/rtb/index.html> .  
On the left hand side of our website page you will see a category entitled "Public Education."



# Addiction Awareness

AFM (Addictions Foundation of Manitoba) strives to meet the needs of family and friends of persons who are struggling with alcohol, drugs or gambling. AFM offers various sessions and programs, such as:

- **Family Information Sessions**
- **Initial consultation Sessions**
- **Family Awareness Program**
- **Family Recovery Program**
- **Intervention Consultation**
- **Services for families who have someone in a Rehabilitation for alcohol, drugs or gambling.**

**Parents Intervention Program** - this program is designed for parents and caregivers who are concerned about their child's use of alcohol and other drugs or gambling. Through this program, participants will be provided with:

- Information about our programs and how your child may benefit
- Information about the signs of harmful alcohol and drug involvement, and problem gambling
- Suggestions for dealing with alcohol and drug-related behaviour and its effects on the family
- An introduction to a community support group

**Family Information Sessions & Family Awareness Program** - Information will be provided about services for families and there will be time for you to ask questions.

The program is a safe haven where people can express feelings and experiences openly and honestly. People share in the experiences of others and draw strength and support from the group. This is where you can begin to lay a foundation of understanding based upon education and honesty, to become aware of the things you can change and how you can create a framework for better living.

***These groups are open. No pre-registration is required. There are no fees for our services. Programs are offered continually throughout the year at:***

**WINNIPEG - CHRISTIE HOUSE**

8 Sessions held weekly

Choice of Tuesday or Wednesday from 6:30 - 9:00 p.m.

or

One Morning Session

Every Monday from 9:00 - 11:30 a.m.

**FOR MORE INFORMATION, PLEASE CONTACT:**

**Addictions Foundation of Manitoba  
Youth Services  
944-6235  
or  
www.afm.mb.ca**

