



mum + dad =
 auntie + uncle =
 foster mum + foster dad =
 mum + mum =
 dad + dad's boyfriend =
 mum + mum's girlfriend =
 mum = dad =
 dad + dad =
 dad + stepmum =
 mum + mum's boyfriend =
 grandma + grandpa =
 + =
 families =

Our Vision: Thrive believes in the potential of people and communities to grow and create change in a positive way. Through our community services including the programming, therapeutic counselling, drop in, thrift shop and child care, we provide opportunities and support to individuals to create this change in themselves and the community as defined in their personal journey. By working in cooperation with partnerships of other community agencies; recruiting qualified, caring and like-minded staff, volunteers and donors, and by respecting each person's individuality, we provide community members with professional and supportive service within the context of our resources.

FOLLOW US ON FACEBOOK



To donate you have several options:

Electronic transfer:

Use Info@thrivewpg.com
Password: Thriving

Cheque or Money Order:

Send to:

Thrive Community Support Circle
555 Spence St
Winnipeg, MB
R3B 1V9

Join the Annual Yes! Donation Drive or **Online** through

KidsHelpPhone.ca
1 800 668 6868

Kids Help Phone



Family Doctor Finder

www.gov.mb.ca/health/familydoctorfinder/

Administration Office: 204.772.9091
Resource Centre: 204.775.9934
Childcare Centre: 204.779.5093
Thrift Shop: 204.783.9281

50 Thrive
Community Support Circle
Celebrating 50 years of Service
406 Edmonton Street
P: 204.772.9091 F: 204.774.2161
W: thrivecommunitysupportcircle.com
Like us on facebook

Together We Thrive
Please Donate Today
Official Newsletter
June 2023

Thrive Community Support Circle is a diverse agency dedicated to offering services that are inclusive to all persons, in all stages, to cultivate life, provide opportunities for empowerment, and to grow the community we serve.



MANITOBA BLUE CROSS
THE COLOUR OF CARING



DIRECT FARM
- MANITOBA -



Its hard to believe June is here already, but the weather certainly tells us it is!

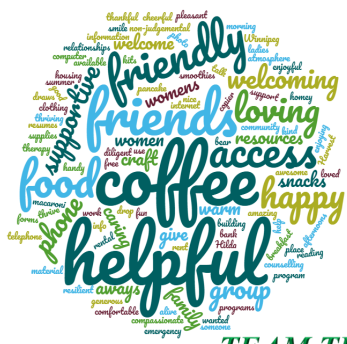
The heat is already presenting challenges for our community members struggling to keep cool whether at home or out on the streets, people are in need of hats, sunscreen, and summer clothing. Luckily Thrive is feeling the warmth of generosity from corporations like Manitoba Blue Cross, who has recently donated critically needed bottled water and a fantastic small BBQ which will allow us to provide nutritious lunches out in the community this summer. We are starting to receive more summer clothing from Thrive's generous friends and supporters including Surplus Direct, but we are in desperate need of shoes and sandals for all ages and well as hats and sunscreen. Donations can be dropped off at 406 Edmonton 3rd floor or call (204) 772-9091 for more information on what is currently needed the most.

As you may have heard recently, Manitoba is struggling to obtain the life saving overdose drug, Naloxone, at a time when we are seeing higher numbers of drug use and more incidents of tainted drugs on Winnipeg streets. This is an epidemic that will have catastrophic results if we are unable to secure additional naloxone kits. Any support with connecting Thrive to a naloxone supply is greatly appreciated.

Thrive is still seeing more families and individuals for essential needs including food supports, baby supplies, and hygiene kits, and this will no doubt remain in high demand as our summer programming is expected to bring more participants in our doors for activities and special events. We are thrilled to be part of the Direct Farm program this year providing food currency to community members to purchase fresh products from local farms all summer long! This will be another huge support to our community members struggling with food security!

Please check our monthly calendar for a list of what's happening and note that we will continue to offer some group programming, special information workshops, as well as our counseling, and family support services so check us out online to see what is happening at 406 Edmonton this summer.

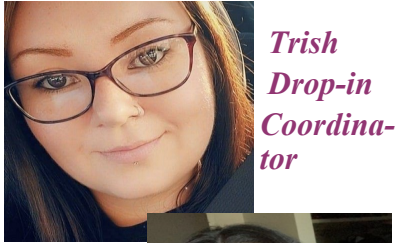
Happiness, peace and joy
Rhonda, Executive Director



Resource Centre

Thrivers look what's up

Please Join us Monday, Wednesday, Thursday, and/or Friday between 9:00 AM to 12:00 PM or 1:00 PM – 4:00 PM on the 3rd floor of 406 Edmonton Street. Come hang out and say hello to the staff and Spencer our therapy cat.



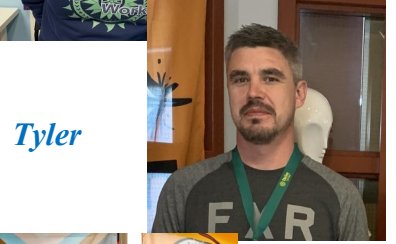
Trish
Drop-in
Coordinator



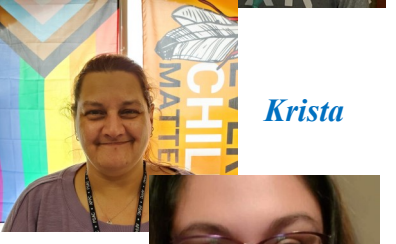
Michelle



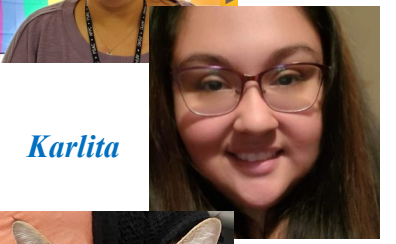
Susan



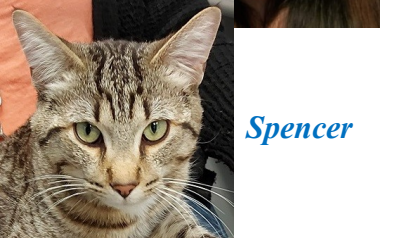
Tyler



Krista



Karlita



Spencer



Lunch and coffee will be served between 10:00 AM- 12:00 PM and 1:00 PM – 3:00 PM (while supplies last). We can also assist you with hygiene supplies, food hampers (by appointment only) and referrals.

Every Monday and Friday between 10:30 AM – 12:00 PM is the clothing give-away, come down and fill a bag that is provided for you. Please don't hesitate to ask Karlita for any specific clothing needs.



Thrive Safety Club Walk

This June TSC will be connecting with Dads to celebrate them!

406 Edmonton

Come join us!
June 13th
4-6 pm

call Jess for info
204-560-7262

Donations of men's items for the give away plus burgers, buns, chips and pop accepted

We will meet our cool neighbors to connect and share info about Thrive's resources

Tuesday June 13th at 4:00 PM please join us to celebrate all Fathers on our walk for dads with Thrive Safety Club. Once a month the club walks the community to spread love, treats and important resources.

WELCOME
to the **TEAM!**

Welcome Tyler to the Thrive team. He will be here in Thrive Resource Center helping with coffee, lunches and resources every Thursday and Friday.

Joke of the month: Why was Cinderella so bad at soccer?

Answer on page 9

ITEMS NEEDED:

- Water
- Milk
- Juices
- Pasta & pasta sauce
- Cereals
- Fruit & veggies
- Variety snack packs
- Canned items
- Potatoes
- Bread
- Tea & Coffee
- Whitener
- Sugar
- Crackers
- Eggs
- Toothbrush
- Toothpaste
- Deodorant
- Facial wipes
- Body wash
- Shampoo
- Conditioner
- Feminine products
- Soap
- Kleenex
- Sunscreen
- Diapers
- Brush/Comb
- Baby wash
- Baby lotion
- Hats

FOOD DRIVE for THRIVE



LET'S HELP THOSE IN NEED TOGETHER

WHAT WE NEED:
WATER, JUICE, PASTA, PASTA SAUCE, HOT/COLD CEREAL, CANNED ITEMS, FRUIT/VEGGIES, SNACKS, MILK, ETC.



For more information please call 204.775.9934
Drop-off Resource Centre / 555 Spence Street

Please Donate Hygiene Items

Thrive is in desperate need of Hygiene products for our participants, please, if you can give email: cynthiamoon@thrivewpg.com



Please contact Cynthia-Moon or Lauren at **204.772.9091** for drop off arrangements and information.

Resource Centre
address: 3rd floor
406 Edmonton Street

Never get tired of doing little things for others, sometimes those little things occupy the biggest parts of their hearts.

Resource Centre is closed every Tuesday



5 Thrive
Community Support Circle
Celebrating 50 Years of Service

TAKE THE BITE OUT OF YOUR BARK!

Anger Management at Thrive with counselors Glenn and Sanda

Wednesdays
1:30-3:30 pm
406 Edmonton 3rd Floor
sandakalasarakone@thrivewpg.com

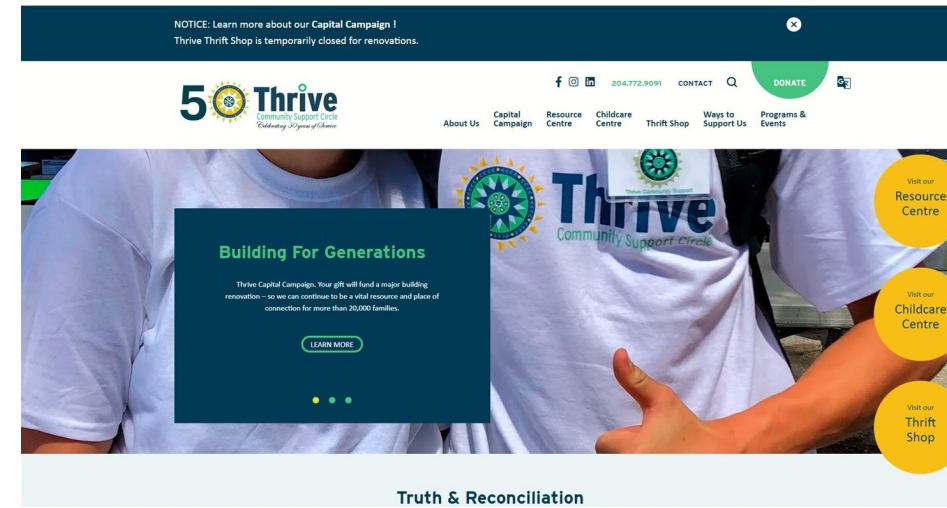
Friday June 2/23
1:00 PM

Women's Support Circle

SHARE
LISTEN
SUPPORT
GROW

406 EDMONTON
3RD FLOOR

SNACKS WILL BE SERVED
CALL JESS FOR INFO
204-560-7262



NOTICE: Learn more about our Capital Campaign! Thrive Thrift Shop is temporarily closed for renovations.

5 Thrive Community Support Circle
Celebrating 50 Years of Service

Building For Generations
Thrive Capital Campaign. Your gift will fund a major building renovation - so we can continue to be a vital resource and place of connection for more than 20,000 families.

Learn More

Truth & Reconciliation

NEW Thrive Website!

Did you know that Thrive has launched a brand new website?!

At thrivewpg.com you will find detailed information and vibrant pictures of our four different departments and the caring service they provide to the community. There are 7 different areas to choose from; About Us, Capital Campaign, Resource Centre, Child care Centre, Thrift Shop, Ways to Support Us, and Programs and Events to learn about all things Thrive and the happenings here. We are proud to include stories and beautiful pictures of our participants and recognize our generous donors.

Please visit the Capital Campaign section to get all the updates on our renovation project at 555 Spence St. and check out the video attached with folks describing how their lives have been touched by the work we do here. Our Executive Director Rhonda has been tirelessly working to achieve the dream of bringing all our staff and community members together in an all-inclusive, accessible, and welcoming space! Not to mention the beautiful layout and design of our new building that we will call home.

Thrive Resource Centre

Public health nurse Julia will be visiting our drop in on Monday's from 1:30—3:30 to connect with the community and answer any health questions/concerns you may have.

Immunizations available:

- TETANUS
- COVID
- HPV
- PNEUMONIA
- FLU
- HEPATITIS

And more

MONDAYS 1:30-3:30
CALL: 204-775-9934
To check for availability

Assistance with:

- Applying for EIA/ Disability
- Food security
- Pregnancy tests/ counselling

Nurse Julia and Spencer the therapy Cat

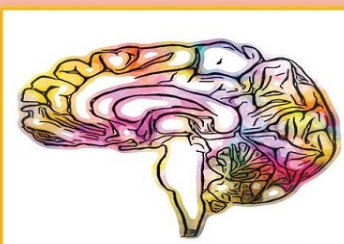
Referrals for:

- Housing
- Mental health support
- Family doctors


3rd floor—
406 Edmonton St.

Thrive Community Support Circle Presents:

Art and Play for Wellness



Come join counsellor Glenn and Jess starting March 27/23
This is an art and play program that will make your brain and heart — HAPPY!



4:30 pm every Monday at 406 Edmonton St 3rd floor
Nutritious food will be served!
Call Jess to register or for more information
204-560-7262 or jesssmith@thrivewpg.com

5 Thrive Community Support Circle
Celebrating 50 Years of Service

JUNE 2023

To Book An Appointment Call:
(204)775-9934

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Clothing Giveaway 10:30 am to noon		Resources & Referrals	Resources & Referrals	Clothing Giveaway 10:30 am to noon
Layettes	RESOURCE	Food Kits (appt only)	Food Kits (appt only)	Layettes
Pregnancy Tests (if available)	CENTRE	Baby Supplies	Baby Supplies	Hygiene items (if available)
Lunch 10am Until supplies last	CLOSED	Lunch 10am Until supplies last	Lunch 10am Until supplies last	Lunch 10am Until supplies last
Health Nurse Julia 1:30 to 3:30 pm	TUESDAYS	Covid Masks	Pregnancy Tests (if available)	Information on Programs
Coffee 10am-3pm		Coffee 10am-3pm	Coffee 10am-3pm	Coffee 10am-3pm

Together We Thrive!
Please give us a call to inquire about our essential services.

Thrive Resource Centre





Thrive Journey

2019-2022 I was in a treatment facility battling my intravenous meth addiction.

Shortly after leaving treatment I quickly realized I needed something positive to distract me as I came to learn that boredom in recovery is dangerous.

I enrolled in the Eagles Nest program via zoom. It was very helpful to me as it taught me that I was eager to join the workforce. I started applying for work. When my first interview flopped, I knew I needed help practicing interview skills and updating my resume.

I tried several employment programs but they weren't a match for me or I didn't hear back from anyone. I was getting discouraged, maybe I was too honest about my recovery journey and they didn't think I was a reliable participant.

Before my addiction I completed the Information Office Administrative Assistant Program through Red River College. I knew I wanted to work with the inner city community. I grew up in the inner city, it's home. I wanted to contribute something positive, I realized now would be perfect as I have personal experience and now have a better understanding in how to connect with community members.

I applied at a group home type setting, once again I flopped the interview, nerves got the best of me. Discouraged once again.

I started talking to a friend, venting about my failed attempts in trying to join the workforce. She brought up RaY (Resource Assistance for Youth). They helped with everything I needed upgrading in. They were positive and caring towards me in my active addiction, always making sure I was good and safe. I over thought it big time, why would they want to help me knowing I was a junkie? She told me to shut up and apply. I'm glad I listened and didn't let my fear of being judged get in the way.

Right from the get go it was very positive, they didn't care about my past. They became like an older sibling, always there through the ups and downs and helped me on my feet, employment wise. They pushed me to trust myself, to find my confidence. Reassured me in my self doubt moments.

I now am working directly with the inner city community here at Thrive Community Support Circle. I have a few roles, ones that I wouldn't have believed I could do. The experience in the program has taught me that even though you don't know someone's story, ALWAYS treat them with kindness, love and respect.

My favourite part of working at Thrive is interacting with the community members in the Resource Centre drop in!

***** Thank you to Karlita for sharing your story, and for wanting others to be helped by your honesty and transparency. You are such a great addition to Thrive!

Kristy



Thrive

THRIFT SHOP

Serving the Community for over 35 years

Danielle
Thrift Shop Manager
555 Spence Street
Phone: 204-783-9281



The heart of a volunteer is never measured in size, but by the depth of commitment to make a difference in the lives of others.

A little News tid-bit

Thank you to Joanne and Gary Cyr for the donation of a new walker! This will make Linda a lot speedier! Thank you for supporting our community!

Our fabulous resource centre team will be happy to accept donations
Monday to Friday 9-12 and 1-4 pm!
We all appreciate the support to keep our less fortunate friends safe!



Answer: She kept running away from the ball.

Turtle Island * Indigenous Peoples History * Teachings



May 10th
Jordan's Principle
 Spirit Bear Day

Jordan's Principle is a legal rule named in memory of Jordan River Anderson, a First Nations child from Norway House Cree Nation in Manitoba. Born with complex medical needs, Jordan spent more than two years unnecessarily in hospital, waiting to leave, while the Province of Manitoba and the federal government argued over who should pay for his at home care—care that would have been paid for immediately had Jordan

not been First Nations. Jordan died in the hospital at the age of five years old, never having spent a day in a family home.

With the support of their community of Norway House Cree Nation and others, Jordan's family gifted his name to the creation of child-first principle to ensure First Nations children could access the services they need without denial, delay, or disruption.

Unfortunately, despite the unanimous support of the House of Commons in 2007 for a broad definition, the federal government went on to implement Jordan's Principle in a manner so narrow that few, if any, First Nations children qualified.

In a landmark ruling on January 26, 2016, the Canadian Human Rights Tribunal (CHRT or Tribunal) ruled that Canada's definition of Jordan's Principle was discriminatory and ordered the federal government to take immediate measures to implement the full and proper scope of Jordan's legacy.

Canada failed to comply with the Tribunal's ruling and three months later, in April 2016, the CHRT issued its first non-compliance order against Canada. In all, the Tribunal has been forced to issue more than 20 additional orders, many of them non-compliance orders against Canada. The Tribunal orders have led to over 1.4 million products, services, and supports for First Nations kids through Jordan's Principle.

Other updates on Jordan's Principle: Under Jordan's Principle we are ensuring that First Nations children can access the products, services and supports they need, when they need them, while we work with First Nations partners, provinces and territories to develop long-term approaches to help better address the unique needs of First Nations children.

On September 29, 2021, the federal court upheld orders by the Canadian Human Rights Tribunal regarding eligibility under Jordan's Principle and compensation. The Government of Canada did not appeal the orders about Jordan's Principle eligibility for products and services. This means that First Nations families can continue to access Jordan's Principle under the same eligibility criteria that has been in place since November 25, 2020. To find out more, visit:

<https://www.sac-isc.gc.ca/eng/1568396042341/1568396159824#chp01>

Source: <https://fncaringsociety.com/jordans-principle#:~:text=Jordan's%20Principle%20is%20a%20legal,House%20Cree%20Nation%20in%20Manitoba.>

Between July 2016 and February 28, 2023
 more than
2.56 million
 products, services and supports were approved under

- speech therapy
- educational supports
- medical equipment
- mental health services and more

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Thrive Child Care Hello Thrive Families! Values Diversity and Inclusion

As summer approaches the older children at Thrive will slowly start moving on as they approach the start of school and the start of a new phase of life. When children have been with us for a long time it is difficult to say goodbye. There are so many memories and the relationship with the whole family is strong. Our goal at Thrive is to provide quality programming with the Abecedarian Approach, Circle of Security, Second Step and Division of Responsibility in Feeding. Seeing the growth and development of the children who have been with us long term shows us that there is a benefit to following through with our programming. We appreciate the partnerships we develop with families and community agencies that help support us in providing the best care possible. Watching the language and general development of the children during their time with us is testament to the value of quality care. We will miss the children as they move on and wish them well. We will have a small celebration on June 30th to say goodbye and celebrate those who will be moving on in the fall.



The warm weather has been welcomed by the children and staff. We have been playing outside every day and enjoying the beautiful weather. Many mornings begin with the children having snacks outdoors. The children love to be outside and there are many things to discover and do outdoors. The children have been noticing the ants, the baby birds and the way the raindrops hit the ground for example. Bubbles and water are a favorite activity so far. Jolly and the team are planning fun activities for the summer months. Some highlights this month are: Scavenger Hunt, Reading Camp Day, Face Painting, Dance Party, Wash Day and Indigenous Day activities.

“Encouraging a child to go outside in all-weather builds resilience, but more importantly it saves them from spending their life merely tolerating the ‘bad’ days in favour of a handful of ‘good’ ones – a life of endless expectations and conditions where happiness hinges on sunshine.” – Nicolette Sowder



Important Dates in June:

June 5-9: Karen will be taking Positive Discipline in Everyday Parenting-Offsite.

June 15: PMC

June 21: Summer Solstice and National Indigenous Day

June 23: Special Lunch made by Jolly

June 27: Staff Meeting. We will close early at 3:30.

June 29: Birthday Celebrations

June 30: Celebration for the children who will be moving on to school in the fall

July 3rd: Thrive will be closed for Canada Day. Enjoy your long weekend!

A message from Jess



Thrive Safety Club's Community Connection event "Overcoming Addiction" was a huge success! The Safety Club hosted a speaker night with a couple of amazing guys from NA and CA, who told their stories about addiction and recovery. It was such an inspiration, and we are planning on more of these evenings to support and connect to one another. The next speaker night will be a HUUUUUGE event. Stay tuned!

I took an eye opening course this week through Marymount on the topic of "Substance Abuse and Youth". It was very informative and helpful for both my personal and work life. Although I knew about trauma and addiction through experiences during my life journey, my way of thinking was still pretty "old school". For example, addiction is not a choice, but it is really complex! People who are using substances are trying to cope with pain and this creates more pain! Ouch! 😞 We should also try not to label people who are dealing with addictions, they are a PERSON who matters, there is more to them than their struggle.

I heard this quote and had to write it down, "Only when compassion is present can we help create the change". Now, we use the harm reduction model to support folks who may be experiencing issues with substances. We have to work to meet people where they are at, not just to say that we are. You can help people make their own decisions about the services they access, and they will feel more empowered.

Don't forget that the AFM library has a ton of free resources!

Current Thrive Programs:

TSC Walk for dads June 13/23

Nurse Mondays 1-4 pm

Men's Support Circle Mondays 2:30-3:30

Art and Play for Wellness Mondays 4:30-??

Anger Management Wednesdays 1:30-3:30

Women's Support Circle- Friday June 2 1:00-2:00 pm

Mind & Body Wellness- every 2nd Tuesday via zoom

Stretches with Sue (for Thrive Staff)

Free Clothing Giveaway Mondays and Fridays 10-12

*See you soon!
Jess*

Counselling and Wellness Message

Welcome June, and your beautiful summer!

As we celebrate the month of Pride, I thought it would be good to explore the history and some real facts about why we celebrate Pride month.

The roots of the gay rights movement goes back to the early 1900s, when a handful of individuals in North America and Europe created gay and lesbian organizations such as the Society for Human Rights, founded by Henry Gerber in Chicago in 1924. Gay Pride, also called LGBTQ Pride, by name **Pride**, annual celebration, is held usually in June to recognize and acknowledge the rights of lesbian, gay, bisexual, transgender, and queer (LGBTQ) people. Pride commemorates the Stonewall riots, which began in the early hours of June 28, 1969, after police raided the Stonewall Inn bar in New York City's Greenwich Village neighbourhood. In 1970, on the first anniversary of the riots, several hundred demonstrators marched along Greenwich Village's Christopher Street, which runs past the Stonewall, in what many consider the first Gay Pride march (though other commemorations were also held that year). (<https://www.britannica.com/to pic/Gay-Pride>)

As we celebrate the Pride month it is important to make it more meaningful. Our acknowledgement becomes meaningful when it's done with our heart and when we can embrace all human beings without paying regard to gender, color or the physical appearance. It is encouraging to see how the transition is taking place and I am dreaming to see the day where everyone is embracing each other without these barriers. Pride month is a celebration of love, both internal and external, unity, acceptance, and solidarity.

Let us put aside our anger and resentment and celebrate the true spirit of the month.

*Wishing everyone joy,
Sandakala (Sanda)*

