



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. 12



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



[www.gov.mb.ca/health/familydoctorfinder/](http://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



Together We Thrive  
 Please Donate Today  
**Official Newsletter**  
**July 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.



Our summer fun is in full swing and thanks to some fantastic donations from community partners and friends, we can continue to help our Thrivers stay cool, hydrated, and safe!

A huge shout out to:

- ◆ Blue Cross
- ◆ Kristie P. & her Angels of Donors
- ◆ St Peter's church
- ◆ Harvest Manitoba
- ◆ Direct Farm Manitoba
- ◆ Food Secure Manitoba
- ◆ No Frills
- ◆ Winnipeg Foundation
- ◆ United Way
- ◆ Cargill
- ◆ Red Cross
- ◆ Province of Manitoba
- ◆ All those caring individuals who have dropped off clothing, hygiene, personal care products, and food items!

We continue to need hats, sunscreen, and footwear for the community if you have any to donate it can be dropped off at 406 Edmonton, third floor.

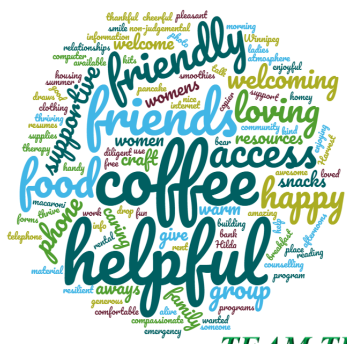
Thrive also relies on some core volunteers to help us provide essential needs, keep the space clean and organized and ensure participants are greeted and assisted while keeping everyone safe!

Thank you for your commitment to Thrive and for making this a better space for us all!



**We could not Thrive without YOU!**  
**Please have a safe and enjoyable summer!**  
**Rhonda**





# Resource Centre

## Thrivers look what's up this

A warm welcome to July.

Join us Monday, Wednesday, Thursday, and Friday between 9:00 am to 12:00 pm and/or 1:00 pm – 4:00 pm. We are temporarily located at 406 Edmonton Street. 3<sup>rd</sup> Floor. Get directions at the front entrance from our awesome door greeter Bruce. Come hang out and get to know our new staff, Kayla! Welcome back Trish who has been away for a bit. Spencer is available for cuddles and hellos.



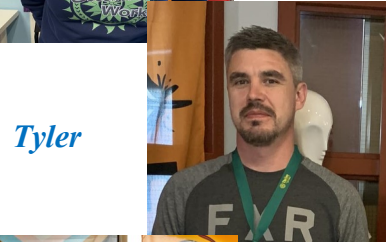
Trish



Michelle



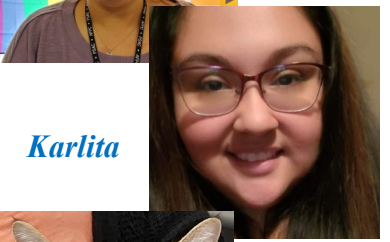
Susan



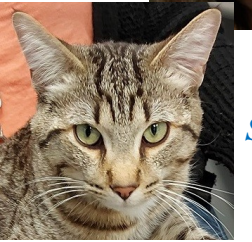
Tyler



Krista



Karlita



Spencer

We are closed on July 3<sup>rd</sup> in celebration of Canada Day.

Tuesday, July 18<sup>th</sup>, 2023, from 9:30 am – 12:00 pm come join us for our Grab n' Go Pancake Breakfast. We will be doing clothing this day instead of Monday this one time. Everyone is welcome!



Our clothing days will continue to be Mondays and Fridays 10:30 am- 12:00 pm after the July 18<sup>th</sup> event. Don't hesitate to ask Karlita for any specific clothing, she will do her very best to accommodate everyone's clothing needs.

Please keep checking in for our upcoming family fun field trips.

### To All At Thrive

*From Lauren, who greets us at the door.  
To Krista whose feet cannot touch the floor.  
Cynthia-Moon who officially brought me in.  
Karlita, who clothes me, so I'm able to win.  
Jennifer who coffees me after ten.  
Michelle, with her kind words again and again.  
Sue, who enjoys a good read, just like me.  
Brooke, who gets my particular brand of crazy.  
Spencer, no matter how I try, likes me not.  
All kinds of others, whose names I forgot, you provide sympathy, consideration, and ears for emotional release.  
Working together you make this a place of PEACE.  
All you do for us with care and uncommon GRACE makes for me a comfortable and safe place.  
Wishing I could thank you in a way more profound.  
All rescuing tortured souls, who were lost now found.  
From the bottom of my heart saying "Thank You" best as I could do.  
Just know this, this world is a better place thanks to all of you!*

anonymous<sup>2</sup>

### 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

## Please Donate Hygiene Items

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



## 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 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**



## Join our Compassionate Conversation:

supporting our community who live unsheltered

speakers include  
Al Weibe, Cst Justin Remillard, DCSP, SNA and community members

**July 25 2023**  
5:00 pm

406 Edmonton 3rd Floor  
Call Kristy for more info! 204-772-9091  
snacks and bus tickets provided




## Thrive Women's Support Circle



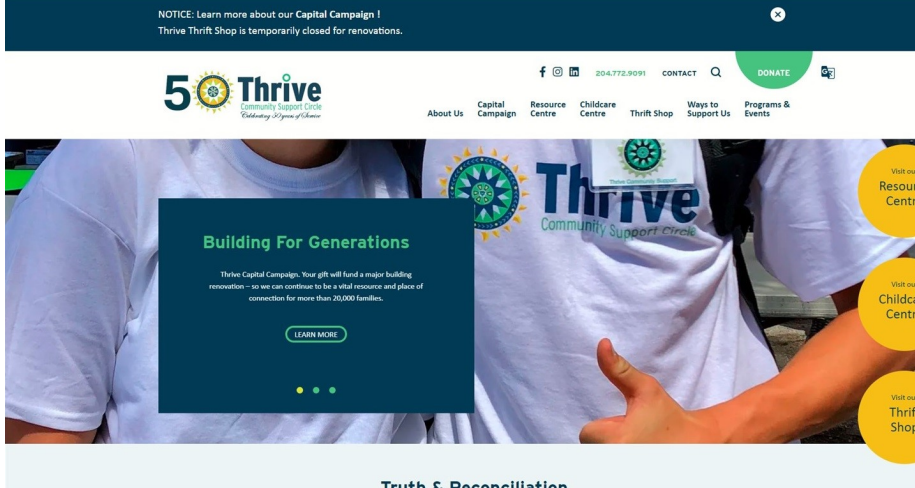
**Thursday July 27 at 10:30 am**

406 Edmonton 3rd Floor  
snacks and bus tickets are available

all women are welcome! 

call or email jess to register 204-560-7262  
jesssmith@thrivewpg.com

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.


Truth & Reconciliation

# NEW Thrive Website!

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

At [thrivecommunitysupportcircle.com](http://thrivecommunitysupportcircle.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

Referrals for:

- Housing
- Mental health support
- Family doctors

3rd floor—  
406 Edmonton St.



## Thrive for Mind and Body Wellness



to join zoom sessions call 204-775-9934 or email sandakalasararakone@thrivewpg.com

virtual bi-weekly classes Tuesdays 11:00 am with sanda and sue

Relaxation and stretching  
Breathing exercises  
Virtual community forum

coupons provided for healthy refreshments



## Thrive Resource Centre JULY 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-4pm		Coffee 10am-4pm	Coffee 10am-4pm	Coffee 10am-4pm

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




RED RIVER COLLEGE 2019 PARTNER RECOGNITION  
Communities & Families  
FRP CANADA  
DIRECT FARM - MANITOBA  
MANITOBA BLUE CROSS  
THE COLOUR OF CARING  
RED CROSS  
FSC Food Secure Canada  
SPARK CONNECTIONS FOR COMMUNITY  
CANADIAN BRIDGE FEDERATION INC.  
United Way Winnipeg  
seed WINNIPEG INC.  
KIWANIS INTERNATIONAL  
Government of Canada  
Manitoba  
Canada  
WINNIPEG LABOUR COUNCIL  
CANADIAN LABOUR CONGRESS  
CANADIAN WOMEN'S FOUNDATION  
THE WINNIPEG FOUNDATION  
community food centres CANADA good food is just the beginning



# Thrive's Circle

In recent months there has been so much talk about the rise in random and violent crime, drug use and overdoses, and increase in mental health challenges, especially since we have emerged from the pandemic. At Thrive we see this every single day and while we meet people where they are at, it can still be challenging to support people's needs while maintaining our personal safety and understanding their behavior.



What is Trauma Informed Care?

Traumatic events are common and can have lasting effects on a person's life and health and a community's well-being. The effects of trauma go far beyond its immediate psychological and physical effects. Experiencing trauma can alter individual biology and behavior over the life course; these changes have an impact on interpersonal and intergenerational relationships.

When you come across someone in distress, being aggressive, and expressing a need, even without professional training you can use a trauma-informed approach by staying calm, using your curiosity to wonder, not assume you know what is going on for them, and focussing on what they need in that moment rather than what you need them to do or what you think they need. This can typically defuse their immediate frustration or prevent further escalation in that moment.

Core principles in providing a trauma-informed approach;

1. Safety – stay calm and reassuring!
2. Trust – sensitive to people's needs and patience.
3. Choice – do you provide opportunities for choice?
4. Collaboration – do you communicate a sense of supporting them rather than doing things for them?



Hi!

My name is *Maya Kaluzny*.

I am a CCA at Thrive Child Care and if you didn't already know, I am currently well into my third month of college to receive my ECE II. I am so grateful for this opportunity of schooling funded for me by the MMF to further my knowledge of early childhood development and childcare.

I have learned so much so far about how to enrich our already *thriving* program (see what I did there.) Some wonderful things I've learned are the importance of natural, found materials as well as how to allow children to take the lead and

teach us the best way for them to learn.

Every week I feel so excited to bring what I've learned back into our centre and share it with my coworkers and our families. I am very thankful to my team, as well as Thrive, for supporting me in this journey and allowing me the 2 days away in the week to attend class. I can't wait to share with you all what I've learned!



# Thrift Shop is temporarily CLOSED!

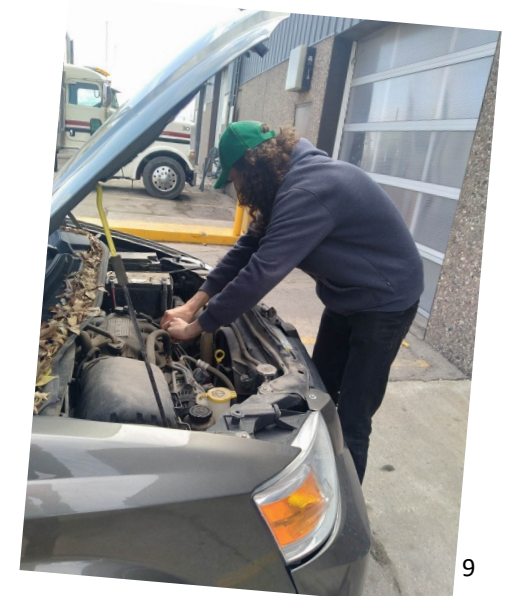


## Employment Opportunity

Are you interested in hearing about job opportunities with the City of Winnipeg? They are offering to provide employment presentations to participants and clients! Their employment presentation typically provides an overview of what the City of Winnipeg is structured like, including a breakdown of the departments and services, the jobs they are currently hiring for and often hire for throughout the year, how applicants can apply with them, as well as what they look for in a resume, cover letter, interview, and the benefits to working for the City of Winnipeg.

Please let us know if this may interest you!

**Kudos** to Michelle for driving to save Kristy (Director of Operations) and Jesse (Volunteer Driver) as the van ran out of oil on their way back from picking up a big bread donation! And a big thank you to Jesse for knowing how to fill 'er up! She's purring like a kitten now :)





# Turtle Island \* Indigenous Peoples History \* Teachings



## Two-Spirit

The two-spirit flag, with two feathers representing female and male, and a circle combining them together.

“Two-Spirit” is a term used within some Indigenous communities, encompassing cultural, spiritual, sexual, and gender identity.

The term reflects complex Indigenous understandings of gender roles, spirituality, and the long history of sexual and gender diversity in Indigenous cultures. Individual terms and roles for Two-Spirit people are specific to each nation. The word "Two-Spirit" was created in the early 1990s, by a group of Two-Spirit community members and leaders. Due to its cultural, spiritual, and historical context, the concept of "Two-Spirit" is to be used only by Indigenous people. However, not all Indigenous people who hold diverse sexual and gender identities consider themselves Two-Spirit, many identify themselves as LGBTQ+.

Before colonization, Two-Spirit people were included and respected as valued community members, often holding revered roles such as healers, matchmakers, and counsellors, among many others. As part of the colonization process, there has been an attempted erasure of Two-Spirit people. The western religious values and belief systems that were imposed on Indigenous people condemned any sort of sexual or gender diversity, and Two-Spirit people were killed or forced into assimilation and hiding. One of many lasting impacts of colonization on Two-Spirit people, is an increased level of homophobia and transphobia within many Indigenous communities, which can often cause Two-Spirit people to leave their home communities (and subsequently, their families, land, and culture).

The role of Two-Spirit people in Indigenous communities is now being reclaimed, and it is becoming increasingly recognized that homophobia and transphobia are in direct contradiction with most traditional Indigenous values. Reclaiming the traditional roles and value placed on Two-Spirit people's gifts, is part of a larger healing process taking place within Indigenous communities. As part of this reclamation, there has been a resurgence of Two-Spirit leadership, resources, community organizations and events, as well as recognition and representation within LGBTQ+ communities and Indigenous communities.



Source: <http://www.phsa.ca/transcarebc/gender-basics-education/terms-concepts/two-spirit#:~:text=%E2%80%9CTwo%2DSpirit%E2%80%9D%20is%20a%2Cgender%20diversity%20in%20Indigenous%20cultures.>

**Thrive Child Care** Hello Thrive Families!  
**Values Diversity and Inclusion** **Manitoba** 

On January 18th, 2022, Early Learning and Child Care (ELCC) became part of the newly formed Department of Education and Early Childhood Learning. Manitoba has committed to the Canada-wide Early Learning and Child Care Plan (<https://www.gov.mb.ca/education/childcare/actionplan.html>) which will bring affordable and high-quality options for child care. The goal is to boost economic growth, increase labor force participation, and have long-term social and economic outcomes.

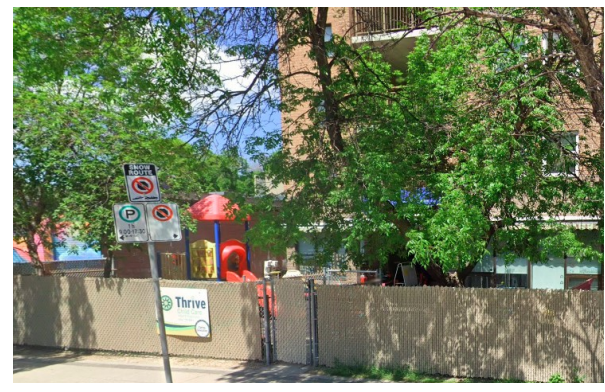
Since February 2022 we have seen many positive changes that will benefit families and the childcare field. In February 2022 the threshold for subsidy increased so now 70% of Manitoban families can qualify for full or partial subsidy. Then on April 2nd, 2023 parent fees moved to a maximum of \$10 for full-time care for children 6 and under. Information for families is available here: [https://www.gov.mb.ca/education/childcare/families/guide\\_childcare/#a18](https://www.gov.mb.ca/education/childcare/families/guide_childcare/#a18)

To keep income stable for childcare centres we now have a parent fee reduction grant which with parent fees and subsidy should equal the amount we were bringing before with subsidy and parent fees.

Operating grants increased in July 2022 and will increase again this month. To increase the retention of early childhood educators and our childcare assistants ELCC has implemented a wage grid that states the minimum that staff in licensed childcare can be paid and the target wage that centres should reach by July 2024. Thrive has met and in some cases surpassed these already! Our operating grant increases must be used for the wage increases.

There have been 3 grants that have been paid to centres at the end of March 2023. The Quality Early Learning and Environment Grant is to make improvements to the environment for the staff, parents, and children. The Enhancing Diversity and Inclusion Grant is to improve the centre's inclusion program and to promote diversity in our programming. The Recruitment and Retention Grant is to provide funds for innovative ways to increase recruitment and retention.

These grants provide money upfront to centres to make the changes needed to improve the quality of care provided.



On June 15th it was announced that \$30 million dollars will be invested in Manitoba ECE training program expansion and tuition reimbursement. The goal is to increase the number of trained Early Childhood Educators.

There have been smaller initiatives and changes to move towards ensuring Manitoba can provide accessible, affordable, and high-quality care for Manitoban children. With that being said there still are not enough childcare spaces for the number of children requiring care and all centres have long waitlists. There also aren't enough early childhood educators or qualified childcare assistants to meet the need. Thrive Child Care has dedicated staff and is proud that Maya Kalunzy has taken the step to become trained as an Early Childhood Educator!



**Important Dates in July:**

- ◆ July 3rd-Thrive will be closed for Canada Day. Enjoy your long weekend!
- ◆ July 4th & 5th-Karen will be away.
- ◆ August 7th-We will be closed for Civic Day. Enjoy your long weekend.
- ◆ **No PMC meeting or early closure for staff meetings this month.**

## A message from Jess

About the Thrive Safety Club



Our club's goal is to meet people where they are and involves regular walks throughout the community. Thrive staff and volunteers, check in with individuals who may be struggling or facing barriers. Our friendly staff and volunteers make caring connections with the community while sharing snacks, harm-reduction supplies, and information about Thrive's resources. The safety club gives community members special themed snacks (like burgers for the "dad's walk" 😊). Thrive staff and volunteers will now be wearing highly visible Thrive clothing with our logo and the color green thanks to a grant from the Winnipeg Foundation! These cool shirts will provide a sense of visual safety to the community, but also a feeling of belonging to those of us who wear them. This regular opportunity to participate in safety club meetings, especially eating together, helps develop supportive relationships and promotes a collective sense of well-being. Thrive staff and volunteers often gather to share delicious and nutritious foods at our safety club meeting, while discussing group strategies and accomplishments. Jess and TRC staff prepare giveaways that have been donated by Manitoba Harvest and other citizens for outreach. A new idea coming up for fall is that the group will head out every Tuesday morning for a few hours to provide community support and make connections. Everyone involved will develop a sense of purpose and as a result, have more positive mental health, knowledge about who to reach out to, and feel safer in their community.

Our next safety club meeting and presentation will be on July 25th at 5:00 pm.

*See you soon!  
Jess*



"A Compassionate Conversation" on how to support folks living unhoused in Winnipeg."

## Counselling and Wellness Message

Finally, summer has arrived, and the warm weather is here to stay! The school year is over for most school-aged children. However, during this time it is important for children to stay physically active and kept busy. This might not always be possible whether it be extreme weather with high hot temperatures and/or financially feasible due to rising costs for standard of living.

I have listed some activities indoors and outdoors you can do but please note this might not work for everyone as one size does not fit all.

These include:

- Playing hide and seek
- Going to the city library and taking out some books to read
- Colouring and/or Painting
- Going to the local park, splash pad, and/or community pool
- Riding a bike
- Going for a walk
- Attending a local farmer's market
- Dancing and/or singing to music
- Hydrate by drinking lots of water
- Cooking a meal and/or baking a delicious snack
- Shoot some hoops and/or kicking the soccer ball around
- Making some arts and crafts
- Watching a movie
- Skipping Jump Rope
- Blowing Bubbles

Lastly, I am going to leave you with a recipe for slime that a colleague of mine shared with me that seems to be one of the all-time favourites I get asked about. Try it out! It can be a lot of fun.

Recipe for Slime:

1. Pour 1/2 cup (250ml) of white glue into a cup
2. Measure 1 teaspoon (5ml) of baking soda and mix well into the glue
3. Slowly mix contact solution (about one teaspoon at a time) until the mixture comes together and doesn't feel sticky (typically about 3-4 teaspoons is required) \*\*\*If you are keeping the mixture as slime, feel free to add food colouring or glitter **before adding the contact solution.**



That is all for now folks,  
I hope you all have a safe and enjoyable summer.

*Take care,  
Prabhjit (Penny) Gill*