



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/

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
August 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.



I hope your summer is going well!

Thrive is busy humming along, with summer activities, including our weekly field trips and delicious lunches! The community greatly appreciates the clothing, food and water, and hygiene supplies that our generous donors provide so we can keep everyone comfortable and cool in the summer heat. 😊

To celebrate our 50th year of supporting our community we are giving fundraising a boost this year! We have several opportunities to help out your fellow Winnipegers:

Tickets for a 50/50 raffle with proceeds benefiting Thrive are a hot commodity right now! The draw will be held at our Annual General Meeting on September 18, 2023.



Contact kmuckosky@thrivewpg.com for details on how to get tickets.

pampered chef If you like Pampered Chef and love Thrive, Sarah Mann is hosting a fundraiser with 30% of proceeds going to support Thrive!

Order from the link to get your fabulous kitchen knick-knacks while supporting the community!
<https://www.pamperedchef.ca/party/sarahmann0801>

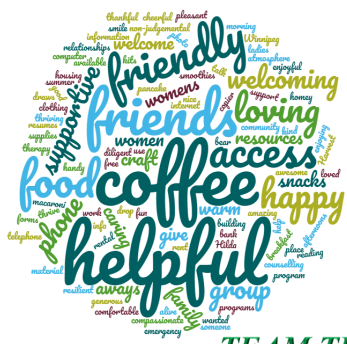


Thrive 50th-anniversary shirt sales! Choose from "I Love the West End" shirt or our original Thrive Shirt both with the special 50th logo!

Contact Kristy at (204) 772-9091 to place your order.

And speaking of our **GOLDEN anniversary**, we are working on some exciting celebrations right here in our community so stay tuned and if you have some ideas to help us celebrate, please email me at rhondaaliaspenner@thrivewpg.com and let me know, I look forward to hearing from you! 😊

Take care & enjoy the summer!
Rhonda



Resource Centre

Thrivers look what's up this month!

Hey there, August!

Staff at the Resource Centre hopes that everyone is having a safe and happy summer!

Just a reminder, our drop-in will be closed every Monday for the month of August. Staff will be attending field trips with the community members. ALL TRIPS ARE BOOKED.

AUGUST FUNTRIPS

August 14 – The LEAF

August 21 – The VIMY RIDGE PARK

August 28 – A SURPRISE



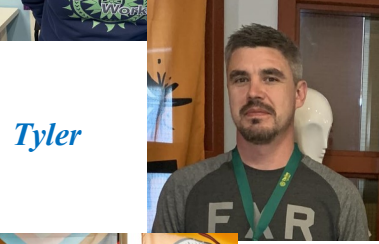
Trish



Michelle



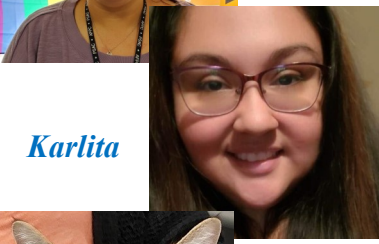
Susan



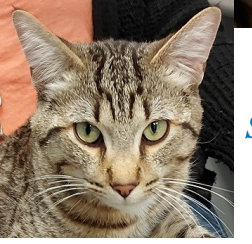
Tyler



Krista



Karlita



Spencer

Clothing Donations Wanted



Clothing days have changed to **Friday mornings only**, for the month of August and September. We will be back to Monday and Friday mornings starting in October. If you have any questions about clothing, please stop by and chat with Karlita!



We hope everyone has a great month of August!

Putting a call out for hygiene and baby supplies!!! We need all hygiene products! Men, women, and children.

- Shampoo/conditioner
- Deodorant
- Toothpaste
- Soap/body wash
- Diapers – sizes 4, 5, 6
- Baby wipes

Resource Centre is closed every Tuesday

MISSED THE TAX FILLING DEADLINE?

DONT WORRY WE GOT YOU

Free tax preparation services throughout the year to individuals and families who meet the following tax situation criteria and live in Manitoba.

Who qualifies?

- Single with income below \$35,000
- Two person household (single parent or married/common-law couple) with income below \$45,000
- Add \$2,500 to threshold for each additional dependant

You are NOT eligible for this program if you:

- Are filing a Pre/Post Bankruptcy Return
- Are filing a Deceased Return
- Are Self-Employed
- Have employment expenses
- Have income sources that include Capital Gains, Farming Income, Commission Income, Investment Income over \$1,000, Professional/Business Income, Rental Income
- Other complex returns

Contact your local Family Resource Centre to book an appointment.



Are you experiencing homelessness or at risk of homelessness?

Do you need help paying for your rent?



Then you might be able to get up to **\$350 per month** to help pay for your rent if you are:



Paying rent in the private market



Receiving Employment and Income Assistance (EIA) OR non-EIA Rent Assist

How to Apply:

Complete the application form at:

<https://gov.mb.ca/housing/progs/cmhb/cmhb-homelessness.html>



Canada-Manitoba Housing Benefit:
A Rent Benefit That Moves with You



Please Donate Hygiene Items

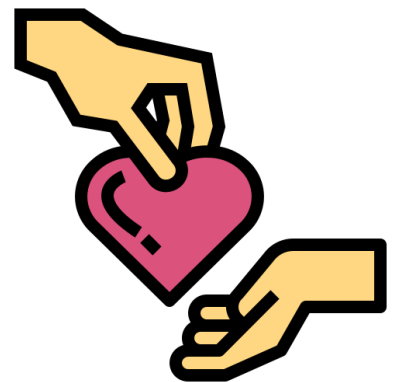
Thrive is in desperate need of Hygiene products for our participants, please, if you can give email: cynthiamoon@thrivewpg.com



Please contact Cynthia-Moon at **204.772.9091** for drop off and info.

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.



Aug 22/23

Join us for a



Community check in

with

Thrive Safety Club

find out about Thrive Services

4:00-6:00 pm
at Central Park



Starting September 11th

ART FOR WELLNESS

Mondays 3-4 pm

An inclusive space, to allow for self-discovery, self-reflection, confidence and exploration!

bus tickets available
coffee and tea

406 Edmonton 3rd Floor

call for info 204-772-9091

Thrive Resource Centre

Together We Thrive!
Please give us a call to inquire about our programs. 204.772.9091

To Book An Appointment Call: 204.775.9934
406 Edmonton Street

AUGUST 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RESOURCE CENTRE CLOSED MONDAYS	RESOURCE CENTRE CLOSED TUESDAYS	Resources & Referrals	Resources & Referrals	Clothing Giveaway 10:30 am to noon
FUNTRIPS	Programs coming up	Food Kits (appt only)	Food Kits (appt only)	Layettes
August 14 – The LEAF	Women & Men Support Circles	Baby Supplies	Baby Supplies	Hygiene items (if available)
August 21 – The VIMY RIDGE PARK	Art for Wellness	Lunch 10am Until supplies last	Lunch 10am Until supplies last	Lunch 10am Until supplies last
August 28 – A SURPRISE	Anger Management	Covid Masks	Pregnancy Tests (if available)	Information on Programs
	Safety Club	Coffee 10am-4pm	Coffee 10am-4pm	Coffee 10am-4pm



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

Thank you

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.

Nurse Julia and Spencer the therapy Cat

Immunizations available:

- TETANUS
- COVID
- HPV
- PNEUMONIA
- FLU
- HEPATITIS
- And more

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

Referrals for:

- Housing
- Mental health support
- Family doctors

Assistance with:

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

3rd floor-
406 Edmonton St.

Thrive for Mind and Body Wellness

to join zoom sessions call 204-775-9934 or email sandakalasarakone@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's Circle




See volunteer Anne showing our childcare children how a butterfly is developed and released!

Anne says: "Monarch butterflies are some of the more amazing ones as they migrate over several generations to Mexico, and then fly all the way back to Canada in one go the next spring!"

They start as tiny caterpillars, smaller than a pinhead, eat only milkweed for a week or two, and then become chrysalis to finish their amazing transformations.

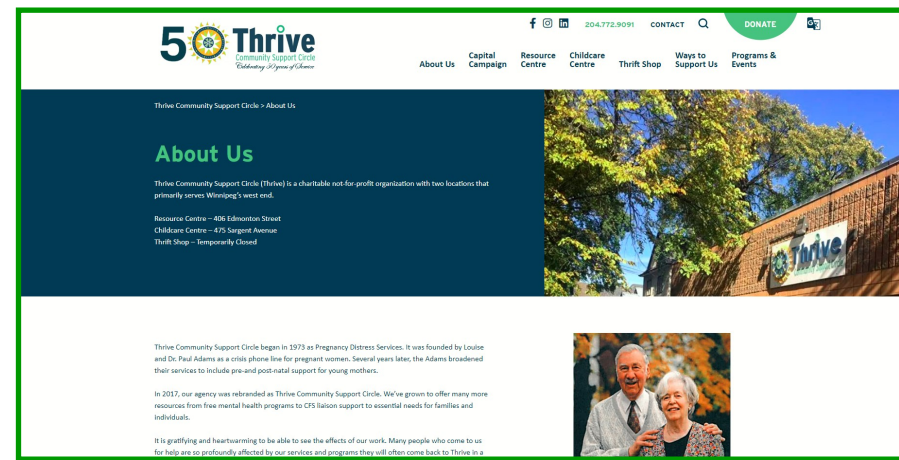
Teaching children that bugs aren't scary or gross, and that they are important to our world helps them respect and learn to take care of the world we share with animals." - @annepearn

Thank you, Anne! The children (and staff) enjoyed the opportunity to see a butterfly develop and be released! We are so thankful to you for offering us this amazing experience! 



Jolly-Our Supervisor:

Jolly has an important role at our centre. She is our on-the-floor supervisor and team lead. She has a big job to do! Not only does she have her own group of primaries that she plans and cares for, but also has the added job of keeping track of what is happening on the floor. She will step in if anyone is away in preschool, knows what is happening in the infant room, and keeps track of our inclusion program. She is the on-the-floor problem solver and does her best to keep the team going! We appreciate all she does to keep our centre well-run and fun! Jolly is an amazing ECE and children love her fun activities.



A big heartfelt THANK YOU to Relish Branding for creating a new and much improved website.

Relish was wonderful at understanding the needs of communicating agency information and programming to our community. They were also very fun to work with!



The project, which they donated for free, cost \$14,000! They have done this their Change in the Making Project and have worked with many agencies in takes a village and Relish, you are a big part of that.

NEW Thrive Website!

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

At 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 more about 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.



Thrift Shop is temporarily CLOSED!

Turtle Island * Indigenous Peoples History * Teachings

Metis Language

Michif

In earlier generations, the Métis were probably the most multilingual people in Canada — they spoke their own languages as well as a variety of First Nations and settler languages. Today, the Métis may speak Michif as well as Cree, Saulteaux, Dene and various settler languages. Besides speaking several First Nations and European languages, the Métis also invented Michif, French Michif, Northern Michif and Bungi (a Cree/Scots-Gaelic Creole). All Métis heritage languages are endangered. Losing any of them would be tragic because that would mean losing a rich Oral Tradition, healing traditions, spiritual systems, communitarian values and harvesting strategies.



Michif is spoken in all three Prairie provinces, and into Montana and North Dakota. Michif-speaking communities include those in central and southeastern Saskatchewan (from the Battlefords north to Debden and southeast towards Yorkton and into Qu'Appelle), southern and central Manitoba (St-Lazare, Camperville and Duck Bay), and northern North Dakota, where, in the Turtle Mountains, the language is known as "Turtle Mountain Chippewa-Cree."

While Michif is one of many hybrid languages throughout the world, linguists maintain that it is unique, demonstrating the Métis' genius for fusing disparate cultures into a coherent synthesis. It is composed of the Plains Cree dialect (with some Saulteaux) verbs/verb phrases and French (with some English) nouns/noun phrases. Its origins date to the late 18th century. It is spelled phonetically and does not yet have a standardized orthography. Traditionally, many Elders called Michif "Cree," while referring to themselves as "Michifs" or "métchifs" — a variation of "métif" or "mitif," an archaic French spelling of Métis.

Unfortunately, colonization has had a devastating impact on the Métis' collective identity, particularly through the near eradication of Métis heritage languages. For almost a century, the Métis bore the stigma of having Indigenous heritage, having mixed ancestry and of being labelled as "rebels." This meant that many Métis downplayed or hid their heritage for cultural safety in order to better fit into the non-Indigenous mainstream. Moreover, non-Indigenous people often ridiculed the Métis for speaking Michif in the school system and in the community. This teasing led many Métis to become ashamed of their identity. Moving to cities also meant that most Métis lost their Michif language and culture. The end result was a loss of heritage language retention among at least three generations of Métis, which means that most Métis today (perhaps 90-95 per cent) are unable to have a simple conversation in any of their heritage languages. The vast majority of those who still speak Métis heritage languages regularly are elderly. As a result, English has become the working and living language of the Métis Nation, with French still used in some Métis communities.

Source: <https://indigenouspeoplesatlasofcanada.ca/article/languages/#:~:text=The%20M%C3%A9tis%20are%20primarily%20known,Laurent%2C%20Man.%2C%20St.>

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Promoting Family Literacy:

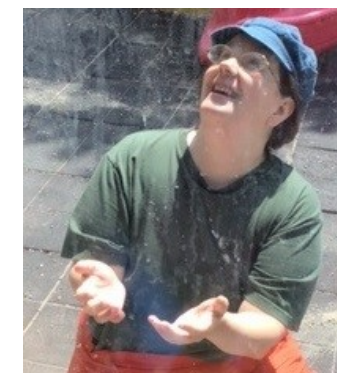
We are so thankful for the family literacy packages that we received from **Bookmates** - Open a Book, Open the World: At Home program. This project was supported by funding from **The Winnipeg Foundation**. We just recently distributed the packages to 10 families at our centre.

The other children in the centre received a book to take home from a private donation so no one would feel left out.

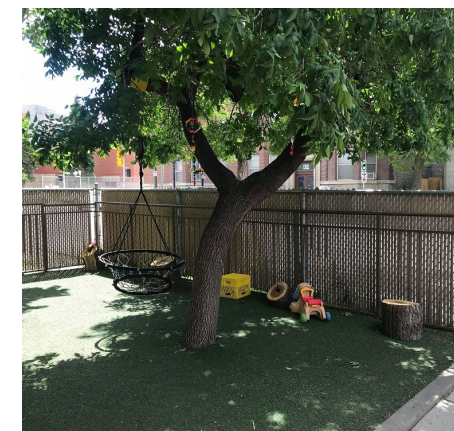
We strongly value promoting literacy and practicing the Abecedarian Approach at our centre. Sharing books and supplies support families to carry through with promoting literacy at home. Without support from programs like this, we are unable to send materials home. The smiles on the children's faces when receiving the packages reflected the joy the program hoped to instill!

Enjoying Nature and Natural Objects:

A big thank you to Anne Pearn who brought us several caterpillars that we were able to see grow into Monarch butterflies. (Story on page 4) It was very exciting for the children (and staff) to see them grow, develop a cocoon, and then emerge. Anne came several times to teach the children about the development of the butterflies and to take part in the final release. We were excited to see that we had one male and one female butterfly. It was a beautiful moment when they took flight, and everyone was in awe!



We are slowly moving to replacing some of our bright plastic toys with items made with natural materials and adding loose parts to our environment. The children love the open-ended play opportunities that these materials provide. Thank you to Maya and Haifa for adding them to the environment. A big thank you to the whole team for collecting items and then helping keep them organized!



Important Dates in August:

Please note that we are closed on August 7th for the civic holiday.

Enjoy the long weekend with your family!

Any other dates will be announced as needed. Watch your emails.

A message from Jess

Back by popular demand! Thrive's Art Program to re-start Sept 11th at a new time! Come on Mondays at 3:00 pm for "Art for Wellness" with Sue.

Community Safety Meeting check-in Aug 22, 4-6 pm at Central Park. Come meet the club and find out all about Thrive's resources. Fill out a volunteer application or join the safety club! Our club will be handing out hotdogs and snacks to honor the "Dog Days of Summer". Donations of hotdogs, buns, chips, drinks, and granola bars are greatly accepted. See you there!

Our Grief Circle is Aug 14 at 10:00 am, call to register at 204-772-9091

More about Thrive's Grief and Loss Circle.

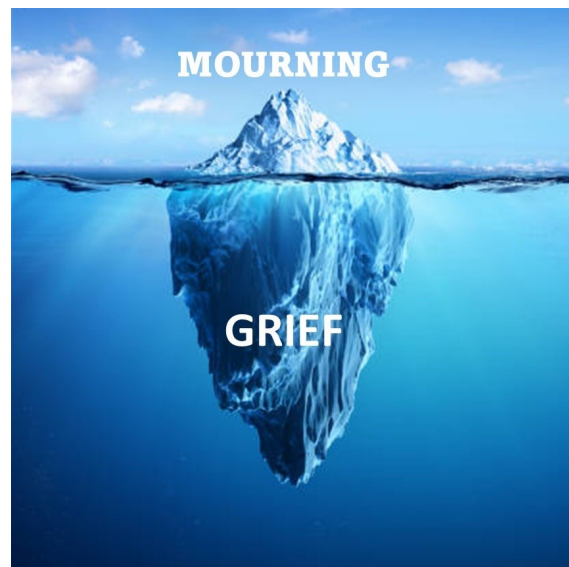
This program is for all community members who may be facing loss in their lives. We use the metaphor -losing something or someone that you care about is like being hit in the chest with a gigantic block of ice! It is so large; you can barely focus on or see anything else that is going on. It feels so heavy on your chest, and you can't do anything that you used to do. You may feel like you are having trouble breathing or thinking clearly. It is overwhelming and really heavy.

We learn together in the circle that we don't feel like this forever. You do things differently and in a new way because you have this giant ice block on your chest. You might change some of your routines and learn how to do the special things in your life again. One helpful thing that you might start to do is reach out for support.

That is why Thrive is here, to support you. Please come to this group, you'll be glad that you did!



*See you soon!
Jess*



Counselling and Wellness Message

Happy August everyone and hope you get to enjoy the tail end of summer with this beautiful weather.

Thrive Wellness department is happy to welcome Agustina, our new master's student while being sad to say goodbye to the 3 current master's students Brooke, Melissa, and Oksana. We really appreciate your commitment to the community and value the contribution you made to Thrive wellness department that it is today. We are truly grateful! There is no doubt that you all will do great work in the field.

I am happy to mention that we hosted another "Mind and Body Wellness Program" in person on the 18th of July which was a very rewarding experience. This online platform started during covid outbreak (back in 2020) to support community members to deal with social isolation and has been running up to now. In this, we offer a community platform to talk and share ideas and offer light stretches and breathing techniques along with meditation. It was truly amazing to see how all the participants have bonded so well though they have met only once in the last 30 months. They all were at ease and wanted to share their happy and challenging moments in life with each other as if they belong to one family.



This is what one of our participants has to share about Mind and Body.

I have been participating in Mind and Body online for about 2-1/2 years now. Initially, it was during times of great isolation as a result of the Covid-19 pandemic restrictions and it helped me to be connected to the community at large in a meaningful way by sharing stories, doing guided body meditations and breathing exercises. It continues to be relevant in my life today after the Covid-19 restrictions were lifted as I enjoy participating in this virtual group that usually concludes with my feeling more agile and on a higher plane of experience.

*Wishing everyone joy,
Sandakala (Sanda)*

Look at what our fellow agency is offering now!
Fantastic RaY!

RaY now offers counselling during their drop-in hours! If you need to talk through anything, they are available Tuesdays and Thursdays.

Just need to talk?

RaY now offers

Drop-In Counselling

Tuesday and Thursday afternoons
between 1-4pm

Register with any RaY staff
member at the front desk

