



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.



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



Kids Help Phone



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
September 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.

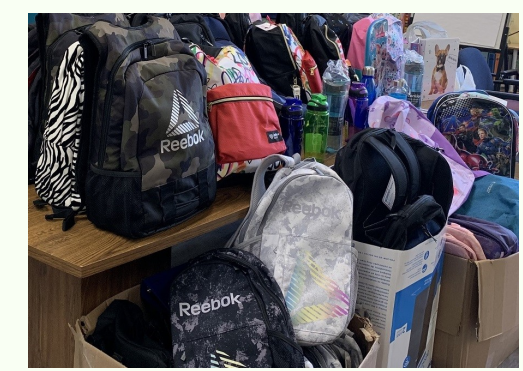


Hello Thrivers,

As another year of school begins and our schedules become busier with sports activities and preparations for the cooler weather, Thrive once again is getting ready to gather, smudge, share, and honour the children and their families who are lost and struggling, at our Every Child Matters ceremony on September 29th at 406 Edmonton, third floor.

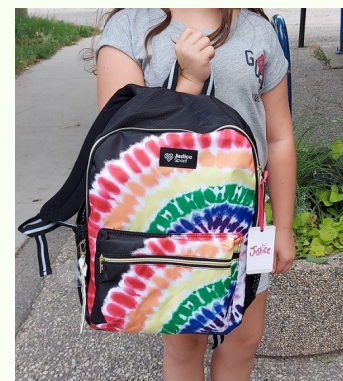
The National Day of Remembrance is September 30, so we encourage you to wear orange and participate in a local event or seek out resources to bring awareness and deepen your own personal understanding of our history and how we can move forward to work together to be better and to do better. We remember the past, and keep moving forward in a better way.

Reconciliation is possible, but it begins with non-Indigenous people recognizing, respecting, and embracing our common humanity with Indigenous Peoples.



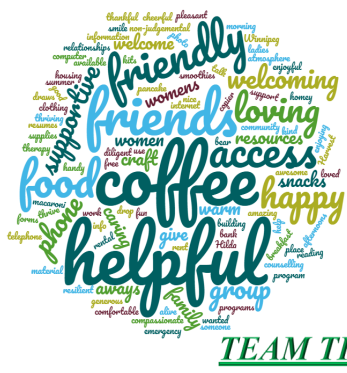
With that in mind, Thrive continues to collect school items and backpacks for children in our community so if you have extras, please share!

Thank you for all of you who already donated!



Our annual general meeting is coming up fast! Please come and join us at 100 -475 Sargent Ave at 6 pm September 18th. We will be sharing our highlights from another busy year, hearing from our child care team about some very special announcements, getting an update on our capital project, and reminiscing on 50 years of Thriving in the West End!

We look forward to seeing you soon!
Rhonda

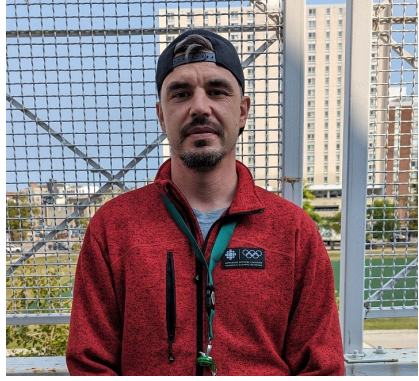


Resource Centre

Thrivers, comma look what's up this month!

Welcome Back!

Let's all welcome Tyler! Tyler has been working part time with us in our drop-in area but since he loves the community so much, he has decided to join our team full time!!



If you haven't heard, we have some great programs available at Thrive. Check us out on Facebook, Instagram, website or come on down and ask one of our wonderful staff for more information!

We also have Nobody's Perfect starting in October. Please let us know if you would like to register!

We started movie matinee in our drop in! For September and October, we will be playing family friendly movies with some yummy treats to go with it!

It will be open to the first 15 people.

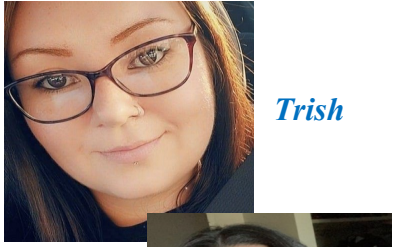
- ⇒ September 22 – Movie starts at 2pm
- ⇒ October 6 – Movie starts at 2pm
- ⇒ October 20 – Movie starts at 2pm

MOVIE TITLES TO BE ANNOUNCED!

Our drop-in services will be closed for the afternoon on the days of the movie!

DATES TO REMEMBER:

Thrive is closed Monday October 9th for Thanksgiving
 Thrive is closed Friday October 13th for staff development



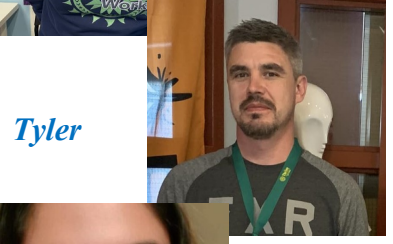
Trish



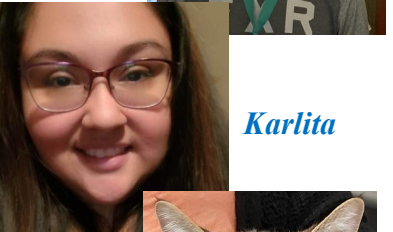
Michelle



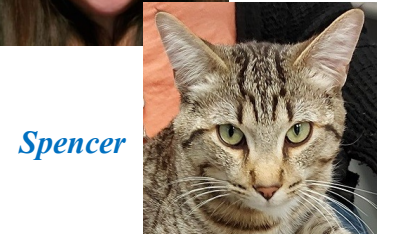
Susan



Tyler



Karlita



Spencer

We hope everyone has a great month of September!

Resource Centre is closed every Tuesday

Need Help With Rent And Not On EIA?

What is Non-EIA Rent Assist?

Non-EIA Rent Assist is a financial benefit for people who do not receive Employment and Income Assistance (EIA) and have housing costs to cover. It is for low-income private renters.

Am I Eligible?

- Canadian citizen, or a permanent resident of Canada
- Pay rent or room and board for unsubsidized housing
- Meet the net annual income thresholds per number of people living in residence
- Not renting from Manitoba Housing
- Not receiving any kind of housing benefit or subsidy
- Live outside of a First Nations reserve
- Not living in a nursing home, hospital or residential care facility
- Live outside of student housing

Application form and breakdown of income thresholds available at:
https://www.gov.mb.ca/fs/eia/rent_assist.html

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

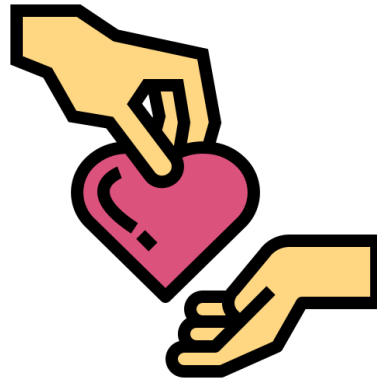
Please Donate Hygiene Items

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

help us give support

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.



JOIN TYLER FOR OUR

MEN'S SUPPORT GROUP

EVERY Wednesday
10:30-11:30

@ThriveCommunitySupportCircle
406 EDMONTON

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

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 sandakalasararakone@thrivewpg.com

virtual bi-weekly classes Tuesdays 11:00 am

Relaxation and stretching

Breathing exercises

Virtual community forum

coupons provided for healthy refreshments

Thrive Resource Centre

September 2023

To Book An Appointment Call: 204.775.9934
406 Edmonton Street

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Coffee 10am-3pm Lunch 10am Until supplies last	Income Tax 10am to 4pm	Coffee 10am-3pm Lunch 10am Until supplies last	Coffee 10am-3pm Lunch 10am Until supplies last	Coffee 10am-3pm Resources, Referrals & Program information 9 am to noon	Coffee 10am-noon Lunch 10am Until supplies last
Women's Circle 10:30 am to 11:30am	Mind and Body Wellness via Zoom every 2nd Tuesday at 11:00	Food Kits (appt only) Baby Supplies	Food Kits (appt only) Baby Supplies	Lunch 10am Until supplies last	Clothing Giveaway 10:30 am to noon Hygiene items (if available)
Health Nurse Julia 1:30 to 3:30 pm Layette	RESOURCE CENTRE Drop-in CLOSED TUESDAYS	Men's Support Group 10:30 am to 11:30am	Men's Support Group 10:30 am to 11:30am	Food Kits (appt only) Baby Supplies	Family Movie Day (must register)
Art for Wellness 3 to 4pm	EVERY CHILD MATTERS	Anger Management for Women starts Sept 13 at 1:30pm (must register)	Anger Management for Women starts Sept 13 at 1:30pm (must register)	Thrive Ask about our Safety Club	Movie afternoon September 22 at 2:00 pm
Pregnancy Tests (if available)		Resources, Referrals & Program information 1 to 4pm	Resources, Referrals & Program information 1 to 4pm	Resources, Referrals & Program information 1 to 4pm	Spencer the Therapy Cat

Thrive's Circle

Walk into the Layette room and you will hear Pauline talking to her phone, leaving herself a voice message reminder to buy more treats for Spencer.

Pauline has been volunteering with Thrive for exactly two years as our "Layette Person". She puts together bundles of unused baby clothes and supplies for new moms. She loves the position because she LOVES to organize! "It's so fun to give away these cute bundles, it's like being Santa Claus!"

Living in the West End for 10 years, she says that putting together so many cute items in the bundles has made her want to push her daughters to have grandchildren!

She loves volunteering with Thrive and says she fell in love with the staff. "Cynthia is amazing, as is Lauren. Karlita is very helpful as well". Pauline says that they are very understanding of all her medical appointments and love the feeling of appreciation that she gets for her hard work. "They are constantly affirming how good of a job I do".

In her free time, she loves to perform karaoke and stand-up comedy. "My friends and exes have given me a lot of material!", she laughs. "Laughter and applause are the best feelings". She also loves to write and hopes to publish her own biography one day.

Thank you, Pauline, for the thousands of layettes that you have created for all of the new moms and dads in our community. We know that they are definitely made with love.

Quote: "WOW! I can't believe all the services you guys offer! This layette is amazing! Look at me I have goosebumps!" -Homecare Worker



Annual General Meeting
September 18, 2023, at 6:00 pm
Location: Thrive Childcare
100-475 Sargent Ave.

- ◆ Highlights from 2022-2023 by Rhonda Elias-Penner, Executive Director
- ◆ Celebrate 50 years of community
- ◆ Meet the Board of Directors
- ◆ Come support this amazing community organization!



West End Community! I wanted to formally say goodbye to this beautiful neighbourhood! After 8 years, I am leaving the Thrive nest. I remember my first day of working at Thrive's Thrift Shop on Spence Street. You made me laugh, I high-fived your children, and found you great items at low costs!

You meant the world to me and I loved seeing your faces every day! I loved hearing the stories of your loved ones; they were getting married, they were sick, someone had a house fire, someone was moving up north. We talked about the books you were buying and delivered

furniture to your new home. I loved getting to know you!

West End, you are the true definition of "community". Just yesterday, I was sitting in Central Park and I had three different people ask me how my day was.

Thank you for coming into the store to chat with me - you brightened my day! I loved working to make the community come together. I truly believe the thrift shop was a light on a hill! I'll come shop with you there when it reopens in 2024!

Much love, Kristy



Thrift Shop is temporarily CLOSED!

Turtle Island * Indigenous Peoples History * Teachings



Each year, September 30 marks the National Day for Truth and Reconciliation. The day honours the children who never returned home and Survivors of residential schools, as well as their families and communities. Public commemoration of the tragic and painful history and ongoing impacts of residential schools is a vital component of the reconciliation process.

wear orange



Both the National Day for Truth and Reconciliation and Orange Shirt Day take place on September 30.

Orange Shirt Day is an Indigenous-led grassroots commemorative day intended to raise awareness of the individual, family and community inter-generational impacts of residential schools, and to promote the concept of "Every Child Matters". The orange shirt is a symbol of the stripping away of culture, freedom and self-esteem experienced by Indigenous children over generations.

If all you do is watch this video on September 30th, you have begun the journey of change...

Phyllis Webstad Orange Shirt Day Presentation <https://www.youtube.com/watch?v=EuW4WbekhxY>



Source: <https://www.canada.ca/en/canadian-heritage/campaigns/national-day-truth-reconciliation.html>
<https://www.culturalsurvival.org/news/every-child-matters-september-30-orange-shirt-day>

C H I L D C A R E C E N T R E



Hello Thrive Families!

Amazing News! On August 1st the government's action plans to affirm childcare priorities were announced. (<https://news.gov.mb.ca/news/index.html?item=60116>) Part of the action plan focuses on quality, inclusion, and diversity which includes expanding the Abecedarian program. The Abecedarian Approach is an evidence-based, proven program that is especially beneficial for children and families living in higher-need neighborhoods. Thrive Child Care was chosen to be one of the 4 centres that will have a funded Abecedarian program starting this fall! More information about Abecedarian is available on these websites:

- https://www.gov.mb.ca/education/childcare/centres_homeproviders/abecedarian.html
- <https://earlydevelopmentresources.com/pages/abecedarian-approach>

The Abecedarian Approach consists of 4 interconnected elements that support children's general development, especially language, which is the overall priority of the program.

Language Priority – a commitment to make every experience an opportunity for talking, listening, and learning language.

Enriched Caregiving – intentionally adding emotional connection and educational content to the daily, repeated routines of care.

Conversational Reading – reading to one or two children at a time, encouraging dialogue and interaction.

Learning Games – 200 experiences or games played between an adult and one or two children.



Thrive Child Care has practiced the Abecedarian Approach since 2018 and has received funding from United Way in the past for a staff member to enhance the ratio and for books/learning game supplies. Red River has provided training and mentoring for a core group of the team. This funding will ensure enhanced ratios, a mentor for the team, a lunch program, and parent support! We are excited and proud to be chosen.



Important Dates in September:

- September 4th: Closed for Labor Day**
- September 14th or 21st: Parent Meeting-TBA**
- September 22nd: Jolly's Birthday**
- September 26th: Closed at 3:30 for staff meeting**
- September 29th: Thrive closed for PD**

A message from Jess



**Free Parenting Program
for Parents and Caregivers
with children 6 years and under**

Parents talk about:

- children's growth and learning
- children's behaviour
- children's health and safety
- parenting stress

When: October 16 to November 20

Time: Mondays 1:30 to 2:30 pm

Where: 406 Edmonton Street, 3rd floor

To Register: Trish: 204.775.9934 or Jen: 204.560.7261

Drop-in Childcare: Karen: 204.779.5093 - space limited
Children 2 to 5 yrs. only



Nobody's Perfect starting in October. Please let us know if you would like to register!

Call Trish at 204.775.9934
Or
Jen at 204.560.7261

*See you soon!
Jess*



Sponsored by



Thank you for the tickets. It is amazing experience. The children are so happy to catch the ball and just have fun.

Thank you.
Tetyana and the kids.



Thrive: We love partnerships! Thank you to Future Hope for inviting us to work with your group of men. This monthly interaction has been a great way to connect your community to ours.

Future Hope: Thank you!!! We love our partnership as well and so appreciate your staff coming to work with our guys!! The anger exercise was really great!!

Counselling and Wellness Message

Summer is officially ending, and Fall is on its way as summer seemed to fly by quickly than we thought and speaking of endings our Master of Arts in Counselling Psychology Students from Yorkville University have completed their practicum placement with us at Thrive Community Support Circle. Brooke, Melissa, and Oksana you will be missed, and it was great working with you all. Thank you for all your hard work as you all did such an amazing job and wish you all the best in your future endeavors. Congratulations!

As we roll into the Fall season it is time to think about re-establishing routines and schedules as back to school season for most children and families is amongst us and important to making a consistent one to help children. Here are some tips to help children get ready for school.

Tips include but are not limited to:

- ◆ Going to bed earlier, so can rise early (Getting back to a proper sleep schedule is vital)
- ◆ Limit screen time
- ◆ Have all your children's clothes, school supplies including a backpack and healthy lunch prepared to go
- ◆ Navigate where you are going not just the school building but also familiarize self with the classroom, playground, and teacher information
- ◆ Discuss safety rules and protocols
- ◆ Explore children's feelings about returning and/or starting school
- ◆ Celebrate the upcoming school year and checking-in with your children

That is all folks, I hope this helps and as Aristotle said it best "We are what we repeatedly do"

*Take care,
Prabhjit (Penny) Gill*

