



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



[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

# 50 Thrive

Community Support Circle  
Celebrating 50 years of Service

*Together We Thrive*  
Please Donate Today  
**Official Newsletter**  
**November 2023**

406 Edmonton Street  
P: 204.772.9091 F: 204.774.2161  
W: thrivecommunitysupportcircle.com  
Like us on facebook

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.



This month marks one of remembrance, honoring brave, generous, and caring people, both past and present, who stood up for human rights, freedoms, and peace for their countries, their neighbours, and future generations. Thrive appreciates the sacrifices made by soldiers and their families who gave their lives to make our world a better place, and those who continue to fight for justice and equality!



Thrive is 50!

Making life and our community healthier is and has been Thrive's mission for 50 years. November of 1973 Pregnancy Distress was created by Louise and Paul Adams with the assistance and generosity of many friends and local organizations. Their desire was to support unplanned pregnancies through free counselling, by January of 1974 it quickly grew, and PDS acquired a house on Furby for transitional housing for expectant mothers and then in the early 80s moved to a larger space on Spence to provide parenting support, food, and essential needs, thanks to a partnership with **Winnipeg Harvest**, and becoming a **United Way** funded agency. As the shift to assisting families with what they needed to have healthy, strong relationships and allowing parents to achieve their goals, the Young Parents Community Centre, a nursery drop-in program with a space for parents to visit and connect, attend programs, learn new skills, take parenting and GED classes, and engage in activities that bring the community together. It was at this time that our name changed to Pregnancy and Family Support Services (PFSS) to reflect the expansion of the vision of the agency and the extent of the support we were offering. New partnerships were created with the **Mennonite Central Committee**, **Manitoba Metis Federation**, and many more to continue to adapt to community needs for services.

The Thrift Shop opened in 1986 on 555 Spence by a group of dedicated and caring volunteers who ran the store 6 days a week with the commitment of approximately 60 volunteers per month to provide high-quality low-cost items to the community. The building and land was donated by the **Sisters of the Oblates** to the agency for \$1.00! This led to the first capital expansion to extend the building to add the administration office, counselling space, program room, and food distribution area. In 2005, the nursery program was funded by the **Provincial Government** to become a licensed child care center with 20 free spaces to provide care to children when parents were attending our programs or other forms of education. In 2013, with the increased need for childcare spaces, we expanded the child care to 32 preschool and 4 infant spaces. This meant moving the adult drop-in and programs to 555 Spence and finding another space for the administration and counselling needs, which was secured at 505 Sargent, upstairs.



# Resource Centre

hey there thrivers!

This November month is going to be packed full of exciting activities for all!

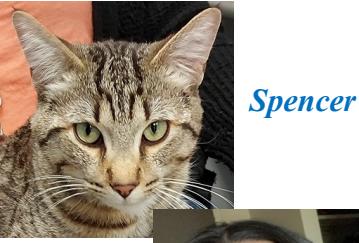
**Guess what's NEW!** Mondays, Wednesdays and Thursdays: Community members will have access to a computer in the Drop-in area to research for resources, print out documents, job search and look up information. The Resource Centre is very proud to be offering this vital opportunity to our fellow participants.



**It's that time of YEAR!** Every year Thrive teams up with United Way for Koats for Kids. Winter gear for little Winnipeggers. Every year from September to January, Winnipeggers donate over 6,000 coats, and Koats for Kids shares this winter gear with Winnipeg families. Imagine a winter in Winnipeg without warm clothing. For kids, having a coat, mitts, boots, and scarf doesn't only make the difference between being cold or comfortable—it can also make the difference between staying at home or going to school to learn. Being able to dress for our weather means kids can stay connected to friends during our city's many cold months, and warm gear protects tiny fingers and toes from frostbite and other exposures to the elements. So don't forget to ask about Koats for Kids.



**FRIDAY FUNDAYS!** Every Friday our dedicated Drop-in staff will be hosting a fun Friday activity for our wonderful community members. Now this could be anything but the only way you will find out is joining us Friday afternoon at 1:30 pm. It promises to be an afternoon of laughter, community togetherness and a whole lot of warmth!



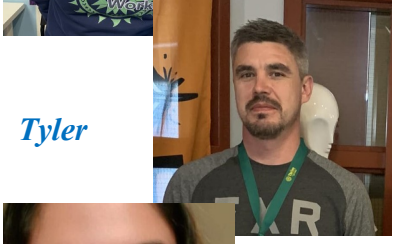
Spencer



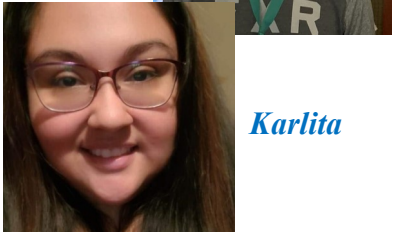
Michelle



Susan



Tyler



Karlita

*From our drop-in team \* have a fantastic month!*

**Resource Centre is closed every Tuesday**

Here are some Halloween pics from our Outreach Program



## Grief and Loss

2 Part Workshop

Grief is a natural human response to the loss of someone or something that you loved. It can show itself in many ways. Grief moves in and out of your life and eventually you adjust. Learn how to find balance and keep moving forward with good mental health.

All are welcome

November 06 & 13, 2023  
Mondays at 10:30 am

Losing someone or something you love is really hard. We're here to help you feel better. Join us on November 6th and 13th at 10:30 AM for our Grief and Loss workshop. At this workshop, you'll discover the tools to find balance and nurture your mental well-being after experiencing loss. Our aim is to provide a safe space for you to heal and grow.

Call us today at 204.772.9091 and let's walk this path of healing together. You don't have to do it alone.

## 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)

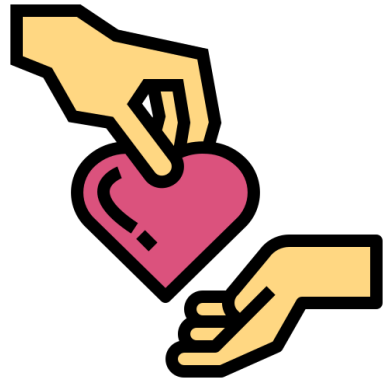


basket of h.u.g.s

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

## ART FOR WELLNESS

COFFEE AND TEA

**MONDAYS**  
2:30 PM - 3:30 PM

DECORATIVE PUMPKINS AVAILABLE OCTOBER 30TH

BUS TICKETS AVAILABLE

**JOIN US!**

DISCOVER, REFLECT, GAIN CONFIDENCE, AND EXPLORE IN OUR INCLUSIVE SPACE.

406 EDMONTON ST 3RD FLOOR

CALL 204.772.9091 FOR MORE INFO

## 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

coupons provided for healthy refreshments

Relaxation and stretching

Breathing exercises

Virtual community forum

# Thrive Resource Centre November 2023

To Book An Appointment Call: 204.775.9934  
3rd floor-406 Edmonton Street

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Coffee 9 am Lunch 10 am Until supplies last	Safety Club Outreach Program 10 am	Coffee 9 am Food Kits (appt only)	Coffee 9 am Food Kits (appt only)	Coffee 9 am Food Kits (appt only)	Coffee 9 am Lunch 10am Until supplies last
Computer access Resources, Referrals & Program information 9 am to 4 pm	Mind and Body Wellness via Zoom every 2nd Tuesday at 11:00 am Nov. 7 & 21	Computer access Resources, Referrals & Program information 9 am to 4 pm	Computer access Resources, Referrals & Program information 9 am to 4 pm	Computer access Resources, Referrals & Program information 9 am to 4 pm	Clothing Giveaway 10:30 am to noon
Grief Support Group 10:30 am November 6 & 13	<b>RESOURCE CENTRE</b> <b>Drop-in</b> <b>CLOSED ALL DAY</b> <b>TUESDAYS</b>	<b>RESOURCE CENTRE</b> <b>Drop-in</b> <b>CLOSED ALL DAY</b> <b>TUESDAYS</b>	Baby Supplies Lunch 10 am Until supplies last	Baby Supplies Lunch 10am Until supplies last	Community Activity Fridays at 1:30 pm new activity each week!
Health Nurse Julia 1:30 to 3:30 pm Pregnancy Tests (when available)	DROP-IN Answering phones 9 am to 11 am 1 pm to 3 pm	DROP-IN Answering phones 9 am to 11 am 1 pm to 3 pm	Men's Support Group 10:30 am to 11:30 am	Hygiene items (when available)	Women's Circle 1:30 am to 2:30 am
Layettees Art for Wellness 2:30 to 3:30 pm	DROP-IN 204-775-9934 or 204-772-9091	DROP-IN 204-775-9934 or 204-772-9091	Social Anxiety starts November 1 at 1:30 pm (must register)	<b>CLOSED</b> November 13th for Remembrance Day	Spencer Therapy Cat 9 am to 4 pm Off at lunch All week

# Thrive's Circle

Hi, I am Joey. I'm currently in my second year of the Master of Social Work program at the University of Manitoba, and it's also my second year here in Canada. I am originally from China, where I was volunteer and activist in promoting LGBTQ+ rights, sex education, gender equity, and queer research field for three years.

For an international student, it is never easy. New country, new life, and immersing myself in a whole different language is also a big challenge. However, I've also discovered that these experiences have equipped me with a unique perspective on social work practice. During my last field placement, I provided services to new immigrants and refugees. I found that I could better understand and empathize with my clients, while they tend to trust me more when knowing I am also a newcomer. I used to worry a lot about whether, as a "foreigner," I could truly be an effective social worker here. But then, I realized that what I initially perceived as a disadvantage could actually be turned into an advantage. And that's the part I hope I can bring to Thrive too.

As a placement student, I am lucky to have Thrive. Here I am provided various opportunities from clinical to community practice. It is amazing being in real community setting – getting to know people, accompanying them, and observing the community dynamics. Through this, I've come to understand what does "support circle" really mean. In Thrive, people can be supported from essential needs to mental health. And that truly how I perceived about community centre in the past. It turns out that community support can be so well-designed and comprehensively supportive. Knowing that clients not only can be supported by me and also have access to other services just within the agency also is assuring for me, for which I know where I can refer them to and how to support them better.



When I was a child, my family moved to a big city but could only afford to live in a slum area. And they were always busy with work. Back then, it was the community centre that supported me and offered me a safe space to learn and read after school. It is almost like destiny, from China to Canada, from a migrant child to a social worker. I still believe in change, believe in that what we believe forms what we are. And my journey is just beginning here.

## A Legacy of Giving;

A special thank you to Gail Burns for the generous and thoughtful legacy gift to Thrive programs.

This gift will positively impact so many families and children we support!

"There is no exercise better for the heart than reaching down and lifting people up."

# Together We Thrive

## Thrive is 50!

In 2017, PFSS as it was affectionally known, decided the time had come for a name that reflected the true inclusion of the vast services and all people we support, and we became Thrive Community Support Circle! With the growing need for mental health support and programming, the increase in demand for essential needs, and the addition of services like our Financial Empowerment services and Family Liaison Support staff, who works with families at risk of breakdown or involvement with Child Services, all 3 buildings Thrive delivered services. Overflowing and the challenges of being in different spaces became even greater, and after quadrupling our drop-in visits during the pandemic, it is time to embark on our biggest project yet- to create a building at 555 Spence to house all of Thrive's programs and services!

I am so proud and humbled to have witnessed so many examples of positive human nature over the past 15 years, I wanted to pause to celebrate and appreciate all the generous, caring, and kind people who have helped this agency grow, support, and care for so many generations of people so that we all have opportunities to THRIVE and be a part of a healthier community for all!

There are so many individuals, churches, community groups, funders, and organizations that brought this agency to where we are now and for that we are truly grateful and extremely blessed! Thank you to each and every one of you who has been a part of this journey of love!



# Turtle Island \* Indigenous Peoples History \* Teachings

National Indigenous Veterans Day

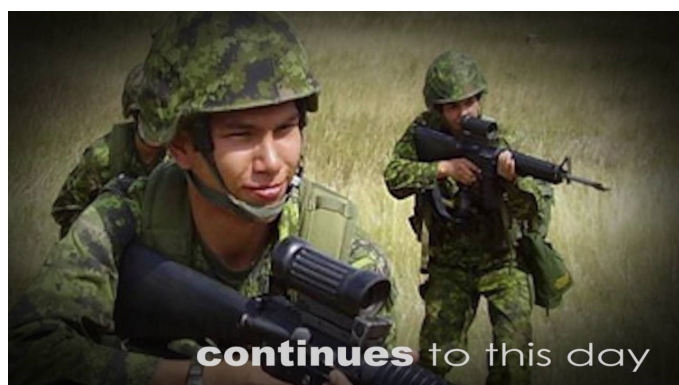
Wednesday, November 8th

Indigenous Veterans Day is observed in Canada on November 8, **in recognition of Indigenous contributions to military service, particularly in the First World War, Second World War and the Korean War.** National Aboriginal Veterans Day was first observed in Winnipeg on November 8, 1994 and has since spread nationwide.

Indigenous peoples have served in times of war and peace for more than 200 years in the War of 1812 to Afghanistan and continue to serve. For many years, that service was often overlooked and underappreciated.

It is estimated that more than 7,000 Indigenous people served in the First and Second World Wars and the Korean War, and an unknown number of Inuit, Métis and other Indigenous people also served. Some estimates indicate up to 12,000 may have served in the Canadian Forces in the past century.

Many Indigenous people also currently continue to serve in the Canadian Armed Forces in Canada and on operations around the world. They continue to uphold the proud legacy of service started by past generations.



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

Winter is here! Getting outside even in the cold weather is important for emotional and physical health. At Thrive Child Care we take the children outside as much as possible.

Adults want to keep children warm and children desire to move freely. We find most of the tears outside are due to either not being dressed warm enough or being so bundled that they cannot move!

The best outerwear is warm, easy to take on and off, and allows for movement to fully enjoy outdoor activities.

Some things to consider are:

- ⇒ Dress in light layers to trap warmth. Children's skin is very often sensitive, and many soft layers are more tolerable than 1 bulky layer.
- ⇒ A one-piece snow suit that fits well is often the most comfortable item. Otherwise, a well-fitting jacket that zips up and ski pants that fit well will allow for your child to climb and play.
- ⇒ Mitts keep hands warmer than gloves. Gloves are hard for children to put on themselves and hard for adults to help children with. Nothing is worse than having several children crying because their hands are cold and it takes longer to get to them because everyone has gloves to put on. Clips to fasten them to their jackets help keep them from getting lost. Otherwise, put mittens on first then their jacket.
- ⇒ A warm hat is one of the most important pieces of clothing for outdoor play. A lot of body heat is lost through your head. A close-fitting hat made of soft wool or fleece will help keep your child warm and happy while outdoors. One that has ear flaps and fastens under the chin is even better!
- ⇒ Avoid strings or ribbons that could get caught and be a choking hazard.
- ⇒ For child care please label every item to make it easier for the staff to help keep items organized.
- ⇒ For car safety, it is recommended to take your child's jacket off before fastening your child in the car seat. Then place a blanket over your child and the car seat to keep them warm.

### Winter Layers FOR KIDS

Add your base layer:



Add your mid layer:



Add your final layer:



Boots + Accessories



**Important Dates in November:**

- ◆ **November 5th: Fall Back-set your clocks back 1 hour**
- ◆ **November 9th: PMC meeting**
- ◆ **November 13th: Remembrance Day-TCC is closed.**
- ◆ **November 13th: Soraya's birthday**
- ◆ **November 17th: Sadia's birthday**
- ◆ **November 24th: Birthday Celebration**
- ◆ **November 28th: We will close at 3:30 for our staff meeting.**



*A message from Jess*

I recently took training through the Crisis and Trauma Resource Institute which made me look hard at the world through a trauma-informed lens. Now that we are on the other side of a worldwide pandemic, we can look back at the isolation and living in "survival mode" for what it is, and that is the collective trauma we experienced.

At Thrive, we say that work from a trauma-informed perspective but what does that even mean?

Operating as trauma-informed means we work to help people feel safe, and they have a say in what they need for their own lives, to give folks choices and remind them of their strengths. It takes more than just wanting it to become trauma-informed. All staff, volunteers and community members must take the time to invest in creating a truly holistic and trauma-informed space. This means checking your own attitudes and biases, reinforcing the amazing ways that are already working, and maintaining the focus on collective well-being within our agency for staff and community.

Please let me know through email or even a phone call what ways you feel that Thrive is trauma-informed and what ways we can improve.

Thank you! [jessicasmith@thrivewpg.com](mailto:jessicasmith@thrivewpg.com) 204-560-7262

**Thrive Programs:**

Mondays: Grief Support, Nobody's Perfect Parenting, Art for Wellness

Tuesdays: Safety Club Outreach, Mind and Body Wellness via zoom

Wednesdays: Men's Support Circle, Social Anxiety

Fridays: Women's Support Circle

And don't forget our new program for youth Buffalo Riders, our wonderful Nurse Julia and Karlita's Amazing Clothing Depot.

*See you soon!  
Jess*

**Wellness Message**

It is that time of year again when the seasons are changing and so is time. On November 5<sup>th</sup>, 2023, Daylight Savings ends, and we turn our clocks back 1 hour which means it will be darker earlier and less sunlight will be exposed which already seems to be setting in even now, so it is a friendly reminder to do things to ensure that we take care of ourselves. There is no quick fix, however, there are several things we can do to help with this transition.

These include but are not limited to the following:

- ◆ Change all clocks the night before and note that some electronic devices change automatically on their own
- ◆ Try to keep your sleep schedule consistent
- ◆ Take Vitamin D
- ◆ Get outside earlier in the day when there is sunlight
- ◆ Seasonal Affective Disorder can be a tough time for some individuals so reach out for help and support during this time
- ◆ Use a SAD Lamp if possible
- ◆ Lastly, take into consideration that "Transitions are a time for reflection and a time for looking forward" Roy Cooper

That is all folks, I wish you all well and take care of yourselves, till next time.

*Take care,  
Prabhjit (Penny) Gill*

Daylight Saving Time always **begins on the second Sunday in March and ends on the first Sunday in November.**

To remember which way to set their clocks, folks often use the expression, "spring forward, fall back."

- **Daylight Saving Time ends on Sunday, November 5, 2023, at 2:00 A.M.** On Saturday night, clocks *are set back 1 hour* (i.e., gaining one hour) to "fall back." Sunrise and sunset will be about 1 hour earlier on Nov 5, 2023, than the day before. There will be more light in the morning.
  - Daylight Saving Time begins on Sunday, March 10, 2024, at 2:00 A.M. On Saturday night, clocks *are set forward 1 hour* (i.e., losing one hour) to "spring forward." Sunrise and sunset will be about 1 hour later on March 10, 2024, than the day before. There will be more light in the evening.
- Note: Since the time changes at 2:00 A.M., we generally change our clocks before bed on Saturday.*

[almanac.com/content/when-daylight-saving-time](https://almanac.com/content/when-daylight-saving-time)

