



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/

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
December 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.



A personal note from the ED:

The year's end and holiday season is a time for both celebration and reflection of the year past, and a time of hope and wonder of what lies in the year ahead. In this, Thrive's 50th year of service to the community, we celebrate all we have accomplished and grown over these decades, which is felt and seen by the stories of success and positive changes told by our participants throughout generations. The opportunity to see how the work we do has not just helped a person and their family, but our community and society is the reason Thrive exists and why I and so many of our dedicated staff do what we do, each and every day. It has been a year of significant change for the agency with the move to 406 Edmonton, a change in the Board of Directors, some changes to our staff and roles, and the capital project shifting to a rebuild project. I am so very blessed to work with such a great team doing the work that fills my cup with pride, a sense of accomplishment, and love for humanity.

Thank you to each and every person who helps this organization continue to Thrive, including our front-line team, the management including the Board of Directors, wonderful volunteers and committee members, our kind and generous donors, and the core funders who provide the sense of security and stability we need.

Thank you from the bottom of my heart!

With gratitude and appreciation,
Rhonda Elias-Penner, Executive Director



Happy Holidays from our house to yours,
Blessings of good health, joy and happiness for the new year!

Resource Centre

hohoho thrivers!

Welcome to December!

Please join us Monday, Wednesdays, Thursdays and Fridays between 9:00 AM to 12:00 PM and/or 1:00 PM – 4:00 PM.

Our coffee and lunch start at 10 am.

We are temporary located at 406 Edmonton Street, 3rd Floor.

At the front lobby entrance meet our awesome volunteer door greeter Bruce. He will guide you with a smile to our 3 floor via the stairs or the elevator.

Please welcome Lucus, our newest co-worker to the Drop-in. Lucus will be helping community members with coffee and hot lunches, hygiene supplies and will take the lead with our Outreach program hosted by the Thrive Safety Club.

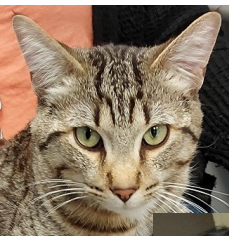
So blessed to have you as part of the Dew Crew!

Our clothing days will continue to be Fridays 10:30 AM- 12:00pm. Don't hesitate to ask Karlita for any specific clothing information, she will do her very best to accommodate everyone's clothing needs.

The Thrive Resource Centre will be **CLOSED** from December 25th to January 1st for the holiday season.



TEAM TRC



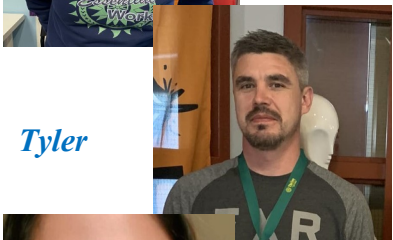
Spencer



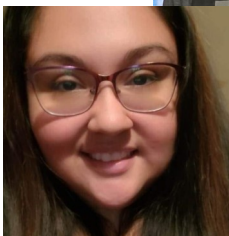
Michelle



Susan



Tyler



Karlita



Dates for our 2024 Tax Clinics

Wednesday, March 6th, 2024 : 10am – 3pm

Tuesday, April 2nd, 2024 : 10am – 3pm

Friday, April 19th, 2024 : 10am – 3pm



This is your reminder to start gathering up your paperwork for your 2023 taxes. Please keep an eye on our Facebook page and our newsletters for any changes .

Note: Krista is currently do any taxes 2022 and prior up to 2016. If this something that you need doing please email me and we can set up an

Financial Empowerment Worker
KristaDmytrowski@Thrivewpg.com
(204) 772-9091 EXT 1



Community Support Circle
Celebrating 50 Years of Service

Resource Centre is closed every **Tuesday**



From all of us here at the Drop-in *Happy Holidays*

JOIN TYLER FOR OUR

MEN'S SUPPORT GROUP

EVERY Wednesday
10:30-11:30

@ThriveCommunitySupportCircle
406 EDMONTON

ART for WELLNESS

Mondays at 2:00 pm

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

3rd floor * 406 Edmonton Street
Bus tickets and refreshments provided

Thrive Resource Centre

December 2023

To Book An Appointment Call: 204.772.9091
3rd floor-406 Edmonton Street

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Computer access Resources, Referrals & Program information 9 am to 4 pm	Safety Club Outreach Program 10 am	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 noon
Coffee & Lunch 10 am Until supplies last	Mind and Body Wellness via Zoom every 2nd Tuesday at 11:00 am	Food Kits(appt only) Coffee & Lunch 10 am Until supplies last	Food Kits(appt only) Coffee & Lunch 10 am Until supplies last	Coffee & Lunch 10 am Until supplies last
Grief & Loss Support Circle Mondays at 10:30 am	RESOURCE CENTRE Drop-in CLOSED ALL DAY	Baby Supplies Men's Support Group Wednesdays -10:30 am	Baby Supplies Men's Support Group Wednesdays -10:30 am	Clothing Giveaway 10:30 am to noon
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	Spencer Therapy Cat Here all week (except Tuesdays) Off at lunch	Women's Circle Thursdays at 1:30 pm	Safety Club Outreach Program 1:30 pm
Art for Wellness Mondays at 2:00 pm	DROP-IN 204-775-9934 or 204-772-9091	To book a food appt. call 204.772.9091	To book a food appt. call 204.772.9091	Community Activity Fridays at 1:30 pm new activity each week!

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

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
sandakalasamarakone@thrivewpg.com

virtual bi-weekly classes
Tuesdays
11:00 am

Relaxation and stretching
Breathing exercises
Virtual community forum

with sanda and sue

coupons provided for healthy refreshments



Thrive's Circle

The holiday season is here once again and our 'Thrive Elves' are busy preparing food hampers and gifts to ensure our participants are not left out in the cold this year!

If you are able to collect and donate items we have a list of what we include in each hamper below and you can contact Cynthia at (204) 772-9091 or you can make a monetary donation from our website: www.ThriveCommunitySupportCircle.com or e-transfer to info@thrivewpg.com.

Thank you for your support in making the season jolly and bright for families in our community!

Food Hamper:

- 1 jar of peanut butter
- 1 package of dried pasta
- 1 bottle of pasta sauce
- 1 can of beans
- 1 can of either tuna or chicken
- 1 box of cereal or granola bars
- 1 can of vegetables
- 1 can of fruit
- 1 can of soup
- 1 box of tea or a package of coffee

Hygiene Bags:

- Body wash or soap
- Brushes and combs
- Shampoo and conditioner
- Body spray
- Deodorant
- Toothbrush and toothpaste
- Hand cream
- For Females or those who identify as female:
 - Gloves/mittens
 - Scarves/neck warmers
 - Hats/earmuffs
 - Socks
- Underwear/long underwear
- Hygiene items/fragrances

For Males or those who identify as male:

- Gloves/mittens
- Scarves/neck warmers
- Hats/earmuffs
- Socks
- Underwear/long underwear
- Hygiene items/fragrances

For Older Teens (16-20):

- Games
- Cards
- Earbuds
- Mittens
- Toques (winter hats)
- Scarves
- Hygiene items/fragrances
- Makeup



Additionally, we are collecting gifts and toys valued at approximately \$15.00 for ages ranging from birth to 15.

Your generosity can make a significant difference in the lives of those who need it most. Please consider donating and sharing the holiday spirit with our community. Together, we can create a season of warmth, love, and togetherness.

This is how we thrive!

Together We

Grief and Loss

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
Mondays at 10:30 am

Bus tickets and refreshments provided.



Wellness is a complex concept that includes physical, mental, emotional, and spiritual health. By exploring a variety of topics related to wellness, women's groups can help find ways to care for themselves, loved ones, build healthy relationships, and navigate the challenges of daily life.

Women's Support Circle

Thursdays

1:30 pm

3rd floor * 406 Edmonton Street



Bus tickets and refreshments provided

Turtle Island * Indigenous Peoples History * Teachings

Sharing through Stories

Oral traditions retain the history of Indigenous Peoples by passing cultural information from one generation to the next. For Indigenous communities creation stories, connections to the land, historical accounts, traditional ecological knowledge, teachings, language, and culture stories have been kept alive



Eleven things you should know about oral traditions. Please keep in mind that the need to respect cultural diversity and encourage you to understand that each community is distinct and unique.

1. The Courts allow Indigenous oral history as admissible evidence in rights and titles cases.
2. Historically, storytelling was a seasonal tradition which was practiced in the winter when the hunting and gathering activities had slowed, food was processed and stored, and people had time to relax and share stories.
3. Indigenous storytellers were the first performance artists. The drama of the stories is enhanced by the storyteller so that the audience can experience the drama. Enactment keeps ancient stories alive.
4. Stories, like songs and dances, are often owned. Hearing a story does not give one the right to retell that story, just as watching a dance or listening to a song does not equate as the right to perform them.
5. Certain stories are never written down, which preserves the tradition of sharing knowledge, culture, and history orally. These stories are the fabric of the community's history, knowledge and culture, and some are thousands of years old. In some cultures, if a story is written down it is degraded.
6. Certain stories are very protected and only retold to select audiences. This, and not writing them down, protects the story. If you are selected to be part of the audience, consider it an honour.
7. Certain stories are much more than mere entertainment - they are used as lessons and provide a moral, through the form of a traditional belief, that will help guide people through their lives.
8. Many communities had "memorizers" whose role was to memorize history, witness and memorize current events (including what happened, who attended, even what key figures wore), and identify and train up young people to become memorizers.
9. Knowledge is one of the greatest gifts an Indigenous person has to give - the telling of oral traditions requires the storyteller to trust the listener to take away the proper message of the story.
10. When being told a story, do not interrupt with questions, do not seek or expect constant eye contact and do not ask questions - questions can imply disbelief, which is an insult - remember the saying "There's a reason you have two ears and only one mouth"!
11. When being told a story, be sure the storyteller has finished speaking before saying anything.

Source: <https://www.ictinc.ca/blog/11-things-you-should-know-about-aboriginal-oral-traditions>

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

We are finally on the way to becoming a funded Abecedarian centre. The Agreement is in the last stages of being signed and then the funding will be released! A slower start than first anticipated, but so exciting to finally be on the way to seeing our centre as a funded Abecedarian program.



Jolly and I attended the onboarding session with ELCC and Red River on November 21st. We met the other 3 centres that will be participating and started to form some connections for a community of practice (support). We meet Kimberly Meunier Executive Director of the Abecedarian Education Founda-

tion who is also the daughter of the founder of the Abecedarian Approach, Joseph Sparling! She came out to meet our team and visit our centre. Joseph Sparling sent a warm welcome by video to the 4 centres.

The next step is to hire 2 staff to enhance the ratio and possibly some administrative help for the onboarding of the Abecedarian Agreement. We will get our kitchen and menu organized for a hot lunch program that will hopefully start in January. The rest of the team will be taking the Abecedarian training starting in January.

Jolly will be our Abecedarian Mentor taking over from Maya. Maya is busy taking her ECE 11 and will assist Jolly in feeling comfortable with the mentoring. We appreciate and thank Maya for her dedication to the Abecedarian Approach. With her help, I was able to put in the proposal to ELCC for this funding. Welcome Jolly and we look forward to having you work closely with the team!

I will be including the Parent Connector role in my job description. This is a new role in our programming and will develop over time with Red



River, ELCC, and Thrive's input to define the expectations. We will be able to offer more support, parenting programs, and work closely with the families enrolled at Thrive.

Other brief news: We will be finally filling our reserved spaces with participants of the Newcomer Employment Hub. We will be onboarding 6 new families over the next couple of weeks.

Our TCC team is on the way to being trained in Trauma-Informed Care.



Important Dates in December:

- ◆ We will be offering a Circle of Security parenting group in the new year.
Watch for details.
- ◆ PAC Dec.14th Abecedarian and Hot Lunch Information: Watch for details.
- ◆ Dec.21st: Special Lunch, Holiday, and Birthday Celebration
- ◆ Dec. 22: We are closed at 12 pm.
- ◆ Dec.25,26 and 27th: Thrive Closed for the Holiday



*See you soon!
Jess*

A message from Jess

Programs! Programs! Programs!

- ⇒ Men’s Support Circle with Tyler every Wednesday at 10:30 am
- ⇒ Coping with Social Anxiety with Sue and Sanda! Congratulations to the brave participants for completing the group!
- ⇒ Buffalo Riders for Youth with Karlita to be announced.
- ⇒ Grief & Loss Support Circle with Cynthia every Monday at 10:30 am
- ⇒ Women’s Support Circle with Cynthia every Thursday at 1:30 pm
- ⇒ Nobody's Perfect Parenting with Jen and Jess Mondays at 1:00-2:30 (closed group)
- ⇒ Thrive Safety Club’s Outreach Program is open to all! Tuesday mornings and Friday afternoons
- ⇒ Art for Wellness with Sue Mondays at 2:00 pm
- ⇒ Mind and Body Wellness via Zoom every 2nd Tuesday with Sanda and Sue
- ⇒ Addictions Support & Recovery- an event TBA!
- ⇒ Anger Management starts in January 2024
- All Welcome
- ⇒ Circle of Security for Parents with Karen and Jess starts in January 2024



Please call or email (me) Jess for more details at 204-560-7262 jessicasmith@thrivewpg.com

"Awareness of trauma is reflected in our mission, vision, beliefs, and values."

Wellness Message

2023 has been a very exciting year for Thrive and our Wellness Department with has grown in strength post-pandemic. As Thrive approaches its 50th birthday the therapy department branched out under the “Wellness Banner” making it possible for us to better cater to the needs of the community by providing more programs, financial empowerment and supporting community members to deal with matters related to CFS in addition to counseling and therapy.

Last month, Thrive Wellness Crew was invited to host another wellness program with Future Hope consisting 28 participants. The program was well received by all the participants and it was heart-warming to see how bravely they explored dark holes in their hearts and fill them with love and forgiveness. Furthermore, we also hosted our first-ever Women's Anger Management Program which was a great success with 5 of the participants receiving Certificates of Completion. Our next Anger Management Program will be in January 2024.

We are proud that we ended programs for 2023 with the very popular Social Anxiety Program that all participants embraced with joy. Though this is not a mandated program there is great enthusiasm by all and it is very rewarding to see how the former participants have moved past the barriers they encountered after engaging in this program

On a concluding note, I thought of highlighting how privileged we are as Canadians as we still have peace and harmony in this country at a time when people in most parts of the world are affected by war and natural disasters causing suffering and loss of many lives. Let us all hope and wish that these people, especially the people in the war zones (Gaza, Ukraine, and other affected areas) will have peace during this festive season and a happy and prosperous new year and pay our gratitude to this country for maintaining peace and harmony.



*Wishing everyone joy,
Sandakala (Sanda)*

Happy Holidays!
**May all living beings have peace and harmony
in the year 2024 that awaits us all.**