

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.

Resources



24 Hour Residential
School Crisis Line at
1-866-925-4419



Ray Tel: 204-783-5617



endhomelessnesswinnipeg.ca/services-supports/
Phone number: 204-942-8677



Phone: (204) 927-9935
Email: info@seedwinnipeg.ca



www.gov.mb.ca/health/familydoctorfinder/



FREE | CONFIDENTIAL | 24/7 | 150+ LANGUAGES



Manitoba

Call 2-1-1 or search mb.211.ca
to find the right resources.

Help starts here.



Newsletter

Thrive Community Support Circle

2024

Welcome to 2024! We hope you all had a wonderful holiday season celebrating with your family and recognizing your special traditions and cultural activities!

As the new year begins, we are looking ahead to the construction of our new building we are taking into account the impact of the pandemic over the past 4 years and asking our community of Thrivers for your thoughts on this new space!

We know that Winnipeg, like most cities in Canada, has seen a marked spike in homelessness, addiction, food insecurity, immigration from war-torn countries, generational trauma, and poor physical and mental issues. The list is long!! This has also contributed to an increase in both petty and violent crime and this has also impacted how safe and secure you all feel in the workplace.

The demand for Thrive services has increased exponentially over the last 4 years and this trend upwards is likely to continue. Recognizing these facts, combined with a decrease in both government and private dollars to support not-for-profit agencies, we need to give some serious consideration to how the space in the new building is best utilized not just a year from now but 10+ years on. With that in mind, we are held a listening sessions with staff, volunteers, and our community to get their valuable input! We look forward to seeing the results.

We would like to say a huge Thank you to Helen for the beautiful YIP YIPs she made in honour of Thrive's 50th birthday! Helen is an extremely creative community member who has shared both her skills and the creations she makes with Thrive over the years and we are so grateful to have them hanging around our space. Thank you to Helen and of course to her creative muse our dear Krista that suggested the idea to Helen. Thanks to you both Ladies, for taking note of this milestone in the organization!

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



Drop-in



Hello Thrivers!

In the last couple of months our drop-in has increased some of our essential services. Did you know we have added a computer station. Community member can now look up government documents or search for information for IDs or job opportunities.

Do's for donating clothing.

- ◆ Is anything collecting dust in your closet or at the bottom of your drawer? Consider donating clothes you simply don't wear anymore.
- ◆ Too small or tight? It's time to pass them on.
- ◆ No longer going through "that phase"? Get rid of anything that doesn't fit your style.
- ◆ Don't be afraid to include high-end items like a suit or formal dress. Those items can be for special programs that help people in need for a job interview or events like prom.



Clothing Donation **Don'ts**

- ⇒ No undergarments please unless they are brand new.
- ⇒ Consider donating items that are like-new or gently worn.
- ⇒ If any of your clothes have spots or stains on them, try to remove them yourself or take them to a professional. If the stain won't budge, then sadly the item should not be donated and instead repurposed.



Starting March 1st our clothing giveaways will now be booking appointments for Fridays between 10:00 am to noon.

Please call 204-775-9934 or email karlitamcgillivary@thrivewpg.com to book an appointment.

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.

Thrive
Community Support Circle
3rd floor * 406 Edmonton Street

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

Thrive
Community Support Circle

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
Community Support Circle

SMUDGE AND SHARE
Your invited to join us 😊

WEDNESDAYS 1:30PM – 2:30 PM
406 Edmonton, 204 - 775 - 9934, Buzz Thrive

Open to all walks of life
Light Snack Provided
Facilitators – Karlita & Delaney

Thrive
Community Support Circle

Louis Riel Day



This is an important year to celebrate Louis Riel Day because Louis Riel has been officially recognized as Manitoba's honorary first premier.

Who was Louis Riel?

Louis Riel was a leader to the Metis and on March 10, 1992, parliament passed a resolution stating that he was the Founder of Manitoba. He led two uprisings against the Canadian government under Prime Minister John A. Macdonald and spent part of his life in exile in the US.

Louis Riel led the 1869-70 Red River Resistance and was involved in drafting the List of Rights which was the core of the Manitoba Act. The provisional government he established set the terms under which Manitoba joined the Canadian Confederation. He ordered the execution of Thomas Scott for interfering with the provisional government and went to the US to avoid prosecution. He was elected as a member of the House of Commons but never took his seat because he feared for his life.

In 1884 Saskatchewan Metis leaders called upon Louis Riel for help resolving rights issues with the Canadian government. This led to the North-West Rebellion in 1885. He was defeated during the Battle of Batoche, imprisoned in Regina, and convicted of high treason. There were protests and the jury called for clemency but he was executed.

French Canadians saw Louis Riel as a hero and his execution had a negative impact on the country. It led to polarization and the marginalization of the Metis and alienation of the Francophones. Louis Riel's reputation was that of a rebel and religious fanatic but he is now honoured as a supporter of multiculturalism in Canada.



Resource Centre Calendar

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 & Hot Meal 10 am Until supplies last	Mind and Body Wellness via Zoom every 2nd Tuesday at 11:00 am	Food Kits(appt only) Coffee & Hot Meal 10 am Until supplies last	Food Kits(appt only) Coffee & Hot Meal 10 am Until supplies last	Coffee & Hot Meal 10 am Until supplies last
Grief & Loss Support Circle Mondays at 10:30 am	Drop-in Area CLOSED ALL DAY TUESDAYS	Baby Supplies Men's Support Circle Wednesdays -10:30 am	Baby Supplies	Clothing Giveaway 10:00 am to noon By appointment only
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	Anger Management Wednesday afternoons (Closed groups)	Women's Circle Thursdays at 1:30 pm	Safety Club Outreach Program 1:30 pm
Nobody's Perfect (Closed groups) Art for Wellness Mondays at 2:00 pm	Counselling Family Liaison Financial Empowerment Appointments only	Smudge and Share open to all walks of life Wednesdays - 1:30 pm	To book a food or clothing appt. call 204.772.9091	Community Activity Fridays at 1:30 pm new activity each week!

Thrive's Circle

Donations Needed

If you are able to collect and donate items we have a list of what we include in each hamper below. You can make a monetary donation from our website:

www.ThriveCommunitySupportCircle.com or e-transfer to info@thrivewpg.com.

Thank you for your support.

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

Baby Supplies:

- Sooters
- Baby toys
- Baby hygiene items

Hygiene Bags:

- Body wash or soap
- Brushes and combs
- Shampoo and conditioner
- Body spray
- Deodorant
- Toothbrush and toothpaste
- Hand cream
- Gloves/mittens
- Scarves/neck warmers
- Hats/earmuffs
- Socks
- Underwear/long underwear
- Hygiene items/fragrances



FREE tax clinic
GET YOUR BENEFITS
For Low Income Individuals and Families

Wed, Mar 6 (10am-3pm)
Tues, Apr 2 (10am-3pm)
Fri, Apr 19 (10am-3pm)

3rd Floor, 406 Edmonton St.

Tax Clinic at THRIVE Community Support Circle
We can help you file up to 10 years of taxes, even if you don't have all of your tax slips.
You'll need your:
Social Insurance Number (SIN)
Piece of ID

For more information call
204-772-9091 Ext 110



History of Chinese New Year

Chinese New Year, also known as Lunar New Year or Spring Festival, is China's most important festival. It is also the most important celebration for families and includes a week of official public holiday.

The history of the Chinese New Year festival can be traced back to about 3,500 years ago. Chinese New Year has evolved over a long period of time and its customs have undergone a long developmental process.

Lunar New Year 2024: The Year of the Dragon

Lunar New Year begins on the date (in East Asia) of the second new Moon after the [winter solstice](#), which always occurs in late December. This means that the first day of the Lunar New Year can occur anytime between January 21 and February 20.

In 2024, the second new Moon will occur in China on **Saturday, February 10**, marking the start of a new lunar year.

As with many winter solstice celebrations, the symbolic darkness of night is banished by the light of fireworks, lanterns, and candles. Man-made paper lanterns are hung by the hundreds in public areas, bringing good luck to the new year.

There are dragon dances, performances, and festival parades with music and acrobatics. The festivities continue for two weeks, finishing with a special lantern festival, which signals the end of the New Year celebration period.



Recognizing Black History Month in Canada

In 1978, the Ontario Black History Society (OBHS) was established. Its founders, including Dr. Daniel G. Hill and Wilson O. Brooks, presented a petition to the City of Toronto to have February formally proclaimed as Black History Month. In 1979, the first-ever Canadian proclamation was issued by Toronto.

The first Black History Month in Nova Scotia was observed in 1988 and later renamed African Heritage Month in 1996.

In 1993, the OBHS successfully filed a petition in Ontario to proclaim February as Black History Month. Following that success, Rosemary Sadlier, president of the OBHS, introduced the idea of having Black History Month recognized across Canada to the Honourable Jean Augustine, the first Black Canadian woman elected to Parliament.



In December 1995, the House of Commons officially recognized February as Black History Month in Canada following a motion introduced by Dr. Augustine. The House of Commons carried the motion unanimously.

In February 2008, Senator Donald Oliver, the first Black man appointed to the Senate, introduced the [Motion to Recognize Contributions of Black Canadians and February as Black History Month](#). It received unanimous approval and was adopted on March 4, 2008. The adoption of this motion completed Canada's parliamentary position on Black History Month.

Child Care Centre

Values Diversity and Inclusion

A big thank you to Shannon Eisbrenner and her co-worker Marni for standing in for Santa Claus so the children could have an enjoyable morning receiving their gifts. We miss you Shannon as part of our team and wish you all the best in your new role with The Mothering Project!



A HUGE thank you to all who donated so the children and families could receive a hamper from Thrive. A special thank you to Rick Sutcliffe for the books and other donations, and to Thrive's Capital Campaign group for their donations of gently used books for the centre and to share with the families. We couldn't do it without you!



The team has been looking at our environment and play materials. More opportunities for open-ended free play have been added to the day. Sharing, turn-taking, following, and giving instructions are all learned and practiced during play. Problem-solving is also a key component of free play. When adults prepare the environment children settle into play that offers opportunities to interact with each other and adults in a relaxed manner. Opportunities for learning language and having meaningful conversations happen naturally.

Play is an important part of our curriculum. It gives many opportunities for us to practice the Abecedarian Approach of which language is the most important element. Both Circle of Security and the Abecedarian Approach are practiced through frequent individual interactions that build relationships.

The photo shows what comes of an environment that allows time, materials, and a little bit of adult assistance for children to develop and act upon their ideas together. Thank you to ELCC, Melanie D Souza from Red River, and the professionals that visit our centre. With your support, our centre keeps learning new skills and growing confidence in their practices.

Thrive Child Care has received our funding to be a funded Abecedarian Centre. Those that need the Abecedarian training through Red River will start soon. We are working on hiring several new staff and finalizing our lunch program. Thank you to United Way for the funds to replace some of our appliances.



Thank you to Jess Smith, our in-house trainer for Trauma-Informed Care, the Thrive Child Care team have all been trained. We now all are on the journey of using a trauma-informed lens in our work.



A Message from Jess & the team

Tax Clinic with Krista

Greetings from the Financial Empowerment Desk!

As we enter a new year, it is time to start thinking about your annual income tax. Krista is here to guide you through the process. Taxes can be daunting, but they do not have to be. Join us at our tax clinics catered to individuals with an income under \$35,000 per year, or schedule a personalized one-on-one appointment with Krista. She will help you understand how taxes work and

make the process a breeze. To help you stay on top of things, we have included a handy chart outlining upcoming benefit dates. Do not miss out on the chance to improve your financial empowerment. Mark your calendars for the Carbon Credit Payment Dates in April 2024, July 2024, October 2024, and January 2025.

Remember, understanding and managing your taxes is the key to financial success. Contact Krista for more information or to book your appointment today!

Goods and services tax / harmonized Sales Tax (GST/HST) credit	Advanced Canada workers Benefit (ACWB)	Canada child benefit (CCB)
April 5, 2024 July 5, 2024 October 4, 2024	July 12, 2024 October 11, 2024	February 20, 2024 March 20, 2024 April 19, 2024 May 17, 2024 June 20, 2024 July 19, 2024 August 20, 2024 September 20, 2024 October 18, 2024 November 20, 2024 December 13, 2024

Family Support Liaison with Jennifer:

As the Family Support Liaison, I am excited to share that we completed our Nobody's Perfect Parenting program. Over the past several weeks, we've created a nurturing space for families to learn and grow together. I want to express my gratitude to all the participants for their active engagement and commitment to fostering strong family bonds. The connections and insights gained in this group will undoubtedly continue to resonate within our community. Thank you for being part of this meaningful journey.



Counselling and Wellness Department

As the weather is warming up and the groundhog predicting an early Spring meaning we are moving forward. On that note, we will set our clocks 1 hour ahead marking daylight savings time on Sunday, March 10th. This means that our days will be lighter and bring forth more sun throughout the day and Tuesday, March 19th is officially the First Day of Spring.

On Friday, March 8th it is also International Women's Day. It is important to recognize this day to celebrate and demonstrate the value of women, girls, and those who openly identify as female on gender equality and rights. It is amazing and inspiring to observe so many cultural, economic, political, and social changes toward women, however, fundamental to continue raising awareness and education for women, as there is still much more work needed in terms of advocacy, support, and unity.

I am fortunate and grateful to work directly with and alongside individually a diverse number of women who are truly resilient and remarkable in numerous ways and through that fulfill several roles and responsibilities while maintaining mutual respect, being transparent, providing empathy and support, and empowering others to continuously grow and learn. It is meaningful and refreshing to have so much wisdom and strength represented.

I leave you with an inspirational quote by Michelle Obama.

"Women and girls can do whatever they want. There is no limit to what we as women can accomplish".

**With appreciation and kindness,
Prabhjit (Penny) Gill**

The month that celebrates the love in our hearts. It is quite common for people to be critical, make complaints, and sometimes overlook the love present within our families, communities, and workplaces. We often fail to notice the caring gestures and the little things we do to express affection towards one another.

One of our Thrivers demonstrated her love and gratitude to Thrive by knitting beautiful Yip Yips to celebrate our 50th birthday. Thank you. With a heart full of love, I express my gratitude to all Thrivers, coworkers, and members of our West End community.

I am truly humbled to share feedback from a client who participated in both therapy and program, making our work incredibly rewarding.

***In the last eighteen months, I have learned tools and techniques to regulate my emotions, and process triggers as they are happening. Getting a proper diagnosis from St. Boniface Psychiatry was integral in creating a roadmap in my healing. Working with my GP and Sanda, I have been able to effectively stabilize and eventually ease off my antidepressants. I am a completely different person than I was when I came to Thrive. I feel overall more calm, happy, and able to navigate my day to day life without having breakdowns."* MK**

**Wishing everyone joy,
Sandakala (Sanda)**