

**Anger Management:** The goal of Thrive's anger management group is to teach individuals how to examine their triggers and adjust how they look at situations. Participants can develop healthy ways to express anger and frustration. Anger management may benefit anyone seeking to improve their relationships with others.

**EIA Disability & Manitoba Support for Persons with Disability (MSPD):** Provides people living with disabilities monthly benefits that include basic needs and shelter components as well as other supports.

**Artistic Empowerment:** This walk-in program is offered free of charge for community members to explore their creativity. New hobbies such as art, play or music support positive mental health and help form positive mind body connections.

**Mind & Body Wellness:** The concept of meditation is a practice that connects the mind and the body. Meditation can give you a sense of calm, peace and balance benefiting both your emotional wellbeing and overall health. Release feel-good endorphins by joining our therapist and co-facilitator virtually every Tuesday at 11:00-12:00pm.

Visit us on

 @THRIVEwpg

 thrivecommunitysupportcircle

 Thrive Community Support Circle

 admin@thrivewpg.com

 thrivecommunitysupportcircle.com

### Purpose Statement

We believe in the potential of every person and the strength of community. We provide inclusive and compassionate support to all, meeting people where they are on their unique path toward empowerment and growth. Together, we are building a thriving, sustainable community where every person has the opportunity to lead a fulfilling life.

### Guiding Principles

**Community-Centred Support:** We provide professional and individualized support that improves the sense of safety, belonging, well-being, and self-worth of every community member.

**Collaborative Partnerships:** Together, with like-minded community agencies, committed staff, dedicated volunteers and generous donors, we enhance our reach and impact.

**Holistic Support and Equity:** We provide comprehensive wrap-around support services that are inclusive, culturally sensitive, barrier-free, and equitable.

**Thrive Community Support Circle operates three core services:**

Drop-in & Outreach Centre  
For more information please call 204-775-9934

Counselling & Wellness Department  
For more information call 204-772-9091 plus the extension

Early Learning Childcare Centre  
For more information email  
karenbryce@thrivewpg.com



**Thrive**  
Community Support Circle

**Community Resource  
Centre  
406 Edmonton Street**

**Services  
and  
Programs**



# SERVICES

**Public Health Nurse:** Visit our drop in on Mondays from 1:30-3:30 to connect with community and to answer any health questions or concerns you may have.

Referrals for: Family doctors

Assistance with: Pregnancy tests

Immunizations available: Tetanus – COVID – Flu – PneumoniaCa – HPV – Hepatitis - and more.

**Birth Certificate:** Assistance in obtaining the official document issued to record a person's birth, including such identifying data as name, gender, date of birth, place of birth, and parentage.

**Layette Service for Expecting Parent(s):** Each layette is created based on donations received and assembled with loving and caring hands. A layette includes a sleeper, diaper shirt, receiving blanket, newborn diapers, and other essential items needed coming home from the hospital.

**Family Support Liaison:** The Family Liaison will work with families and individuals involved with the Child and Family Services system. Through individual support, advocacy and group programming, our liaison will help parents and caregivers better understand their case plans and work towards completing them. The Liaison will assist families in all areas including wellness, mental health referrals, parenting programs, and risk prevention serving as part of a healthy support circle.

**Specialized Therapist:** Areas of focus

- ⇒ Mindfulness based training
- ⇒ Mental Health First Aid
- ⇒ Applied Suicide Intervention skills training
- ⇒ Trauma Informed Care
- ⇒ Cognitive Behaviour therapy
- ⇒ Dialectical Behaviour therapy
- ⇒ EMDR
- ⇒ Crisis Intervention
- ⇒ Self Injurious Behaviour in youth

**Counsellor:** Areas of focus

- ⇒ Grief and loss
- ⇒ Substance Use and Addictions
- ⇒ Trauma
- ⇒ Domestic Violence
- ⇒ Mental Health (anxiety, depression, suicide, self-harm, and injury)
- ⇒ Mindfulness and Self-compassion
- ⇒ Self-esteem
- ⇒ Advocacy and Support
- ⇒ Stress Management
- ⇒ Life's choices, Changes and Transitions (work, home, school, and social)

**Application Support:** Supports and referrals for housing, mental health, and disability services. Oversees the "breaking barriers awareness initiative" enhances community engagement, and ensures access to resources.

# DROP-IN SERVICES

- \* Food Kits (appointments only/once per month)
- \* Coffee/Beverages
- \* Snacks/Hot meal
- \* Hygiene Items
- \* Safe Sex Supplies
- \* Pregnancy Tests
- \* Baby Food & Supplies
- \* Layettes (Welcome Baby Bag)
- \* Health Nurse
- \* Outreach - Tuesday AM & Friday PM
- \* Phone, computer and fax access
- \* Printing and copying
- \* Referrals and resources for other agencies
- \* Clothing
- \* Peer & Advocacy Support
- \* Urgent Care
- \* Community Gatherings
- \* Surplus Items
- \* Volunteering

**Income Tax:** Do you have a simple tax situation and need help filing your taxes? This CRA approved service allows us to book an appointment with you at our office to get the process of filing your taxes started.

# PROGRAMS

**Nobody's Perfect:** It's no secret that every parent wants their child to be happy, healthy and safe. But none of us come fully prepared for the job. This program provides parents of children from birth to age 5 with:

- \*A safe place to build on their parenting skills.
- \*An opportunity to learn new skills and concepts.
- \*A place to interact with other parents who have children the same age.

**Circle of Security Parenting Program:** What are our kids trying to tell us? Through this program parents develop empathy and understanding for some of their child's challenging behaviors. They learn to recognize triggers that may be affecting their parent today. Parents will gain insight into why they react to unhelpful ways and learn how to parent the way they really want to!

**Men's Support Circle:** This group for all men addresses life issues in a safe and caring environment. The goal of the group is to support men by offering different solutions through speaking, listening, sharing and educating. Men will leave this program feeling more positive though supporting one another.

**Women's Support Circle:** Join a welcoming space for women to connect, share, and grow. Discover your voice, build confidence, and strengthen relationships while navigating life's challenges. Celebrate your individuality and embrace self-discovery in a supportive community dedicated to growth and renewal.