



BUILDING STRONG FAMILIES & HEALTHY CHILDREN

MANITOBA CAPC PROJECTS

"Oh, he's my little guy. This morning he said, "Mom, I'm gonna become a famous chef. . . And when you're old," he says, "I'll come and make good meals for you." I thought wow. . . That's the first time he's been speaking that he had dreams, you know, cause it was always, "I'm not going to be nothing because I'm stupid." And now he's got dreams."

Across Manitoba, families and children are participating in services allowing them to dream and to build a positive and healthy future. Services which strengthen their families and improve the health of children.

Manitoba is home to 14 projects funded by the Public Health Agency of Canada, Community Action Program for Children (CAPC). CAPC projects all share the common goal of enhancing the well-being of children aged 0–6 years, living in conditions of risk.

Each CAPC project has been developed in response to community needs, as identified by the communities themselves. Five projects follow a family resource centre model. The other projects are more specialized in nature, addressing issues such as: Fetal Alcohol Spectrum Disorder (FASD), family violence, teenage pregnancy prevention and Aboriginal health. Seven of the 14 CAPC projects are in the city of Winnipeg, with the remaining seven throughout the province.

Program activities enhance:

- ♦ parent life skills;
- ♦ access to services and resources;
- ♦ youth development;
- ♦ community development; and
- ♦ parenting skills;
- ♦ child development;
- ♦ Aboriginal culture;
- ♦ knowledge of Fetal Alcohol Spectrum Disorder



MANITOBA CAPC PROJECTS

Aboriginal Health & Wellness Centre of Winnipeg

215 - 181 Higgins Ave.,
Winnipeg, MB R3B 3G1

Phone: (204) 925-1201

Fax: (204) 925-1206

Email Address: aducharme@ahwc.ca

Webpage: www.abcentre.org

Description: The Abinotci Mino-Ayawin (Children's Healing) Program works with families with children between the ages of 0-6. This is a home visiting program, with individual support and incorporating Aboriginal culture. It is guided by the Seven Sacred Teachings.

Services offered in English

Andrews Street Family Centre

220 Andrews Street
Winnipeg, MB R2W 4T1

Phone: (204) 589-1721

Fax: (204) 589-7354

Email Address: asfc@manitobacapc.org

Description: A family resource centre, building on its community's strengths; encouraging its members to reach their full potential through support, friendship & positive experiences; involving families in resolving their own needs & those of the community.

Services offered in English

Child/Family Resource Centre

Box 212
Cranberry Portage, MB R0B 0H0

Phone: (204) 472-3671

Fax: (204) 472-3714

Email Address: childfam@mts.net

Description: The Child/Family Resource Centre strengthens and supports

families in our community with children aged 0-6 through providing educational and supportive resources, formal and informal parent and child learning programs and family advocacy services.

Services offered in English

Futures

125 Commercial Place
Thompson, MB R8N 1T1

Phone: (204) 677-7820

Fax: (204) 778-3523

Email Address: mducharme@marymound.com

Webpage: futuresprog@mts.net

Description: Futures' commitment is to enrich the lives of families through sharing and supporting one another in a safe environment. Programming is geared toward both teen pregnancy and children up to 6 years old.

Services offered in English

Growing Years Family Resource Centre

216 Manitoba Ave.
Selkirk, MB R1A 0Y5

Phone: (204) 785-8218

Fax: (204) 482-6667

Email Address: gryears@mts.net

Description: Growing Years offers an essential range of services and resources to build family/parental capacity to care for children. There is a continuum of programs/ services including individual support, groups, workshops, presentations and drop ins.

Services offered in English

In a Good Way

321 - 9th Street
Brandon, MB R7A 4A8

Phone: (204) 571-0670

Fax: (204) 571-1949

Email Address: goodway@mts.net

Webpage: www.mac.mb.ca

Description: In a Good Way offers programs and resources for Aboriginal families in a safe and supportive environment.

Services offered in English

Interagency Fetal Alcohol Spectrum Disorder Program

10 - 254 Stella Walk
Winnipeg, MB R2W 2T3

Phone: (204) 582-8658

Fax: (204) 586-1874

Email Address: Interagency_FAS@shaw.ca

Description: The Interagency FASD Project provides services to families with children age 0-6 who have been prenatally exposed to alcohol. It also provides education & support to the service network surrounding children with FASD and their families.

Services offered in English

Manitoba Association of Women's Shelters (MAWS)

c/o 6550 Betsworth Ave.
Winnipeg, MB R3R 0K4

Phone: (204) 897-3907

Fax: (204) 831-9722

Email Address: jennifer@maws.mb.ca

Webpage: www.maws.mb.ca

Description: CAPC programming in shelters provides programs and activities for children 0-6 who have been exposed to violence in the home. The goal is to improve their health and well-being.

Services offered in English



Pluri-Elles (Manitoba) Inc.

570, rue Des Meurons
Saint-Boniface, MB R2H 2P8

Phone: (204) 233-1735

Fax: (204) 233-0277

Email Address: pluridg@shaw.ca

Webpage: www.pluri-elles.mb.ca

Description: Helping parents/caregivers to improve parenting or mentoring skills, Pluri-Elles is the only provider of a French PACE/CAPC program in MB. Services include peer support, theraplay, support groups, FASD phone line, counselling, and information sessions.
Services offered in French

The Laurel Centre

104 Roslyn Road
Winnipeg, MB R3L 0G6

Phone: (204) 783-5460

Fax: (204) 774-2912

Email Address: tlc youth@mts.net

Description: TLC, offering services for women sexually abused as children, has 3 CAPC programs: The Parenting Program, Youth Group (developing positive life skills) and Girls' Outreach Program (assisting girls in developing safe environments for self).
Services offered in English

The Pas Family Resource Centre

#16 & 17 Tremauden Ave., P.O. Box 97
The Pas, MB R9A 1K3

Phone: (204) 623-4841 or 623-5575

Fax: (204) 623-4346

Email Address: tpfrc@mts.net

Description: The Pas Family Resource Centre Inc., is dedicated to promoting, supporting and enhancing the growth and well-being of families in The Pas and area. This is achieved through the provision of programs and services delivered in a holistic, inclusive manner.
Services offered in English

Wahbung Abinoonjiiag

225 Dufferin
Winnipeg, MB R2W 5N7

Phone: (204) 925-4610

Fax: (204) 582-9508

Email Address: belindav@wahbung.ca

Description: Using the Medicine Wheel and culturally-based programming, Wahbung provides services to Aboriginal children (0-6 years) and their mothers who have left abusive relationships.
Services offered in English

Wolseley Family Place

691 Wolseley Ave., Bsmt
Winnipeg, MB R3G 1C3

Phone: (204) 788-8081

Fax: (204) 772-6035

Email Address: sharon.taylor@mts.net

Website: www.wolseleyfamilyplace.com

Description: A community-based resource centre for pregnant women, single parents, & families with children 0-6 years: offers voluntary, drop in services regarding parenting, pre and post-natal care, children, healthy lifestyles & relationships, referrals and abuse prevention.
Services offered in English

Young Parents Resource Centre

110 Saskatchewan West
Portage la Prairie, MB R1N 0M1

Phone: (204) 857-9011

Fax: (204) 239-4851

Webpage: www.yprc.mb.ca

Email Address:

youngparentsrc@mts.net

Description: YPRC encourages healthy families and children through individual support, parenting education, drop ins, youth presentations, and access to resources.
Services offered in English



Manitoba CAPC Coalition

220 Andrews Street
Winnipeg, MB R2W 4T1

Phone: (204) 589-1721

Fax: (204) 589-7354

Email Address: coalition@manitobacapc.org

Website: www.manitobacapc.org

Description: The collective of the 14 Manitoba projects receiving CAPC funding. The Coalition provides a collective approach to addressing issues facing CAPC projects and creates a more level playing field regarding resources, communication, evaluation and support.



A CAPC STORY

Charlene Chief has moved back and forth from her home in The Pas to Brandon several times in the past few years in search of a safe place to settle her family. In The Pas, she left behind her mother, who has custody of her oldest son, and an abusive partner. When Chief arrived in Brandon with her two young children in tow, a friend suggested that if she needed any support, she knew of the just the place.

Chief followed her friend's advice and turned to *In A Good Way* for assistance. The Brandon-based family resource centre is sponsored by the Brandon Friendship Centre, and is funded by the Public Health Agency of Canada's Community Action Program for Children (CAPC), and is open to families living in conditions of risk, with children up to age six.

Over the next year, Chief accessed many of the program's services, including prenatal and postnatal classes, and parenting groups. With the birth of her fourth child, Chief was about to need more support than ever before. Her youngest son Carleto, now a year old, had been diagnosed with a rare disease. Carleto suffers from arthrogriposis or "clubbed feet," which limits the use of his legs.

The neighbourhood resource centre located in Brandon's core area has a positive effect on many areas of participant's lives. For Chief, *In A Good Way* was there when she had nowhere to turn. "They're amazing. They drove me to Carleto's doctor's appointments when I wasn't able to get there by myself." says Chief.

The centre is open to all families in need of assistance. Coordinator Mavis Canada estimates that 85 per cent of the families that attend *In A Good Way* are of Aboriginal descent. Because of this, the services provided by the centre reflect the Aboriginal culture. One example is the Mother Raven program, an adaptation of the Mother Goose program, which teaches children common nursery rhymes and songs. "In the Mother Raven program we teach the kids traditional Aboriginal stories that have been passed down from our elders."



Chief says that the Mother Raven program offered her and her children cultural insight that they've never experienced before. "I was never taught those songs or stories when I was a child. I'm just happy that my kids will have that chance to learn things I wasn't able to teach them. And I get an opportunity to learn too," says Chief, now 24.

Families that attend the centre also have access to weekly prenatal and postnatal programs, and Child Health Clinics, offered once a month by a public health nurse from the Brandon Regional Health Authority. As well, *In A Good Way* staff work to make medical services accessible to families by providing support.

In addition to offering parenting classes, *In A Good Way* also provides an annual pre-school preparation class for children who are three years old. The class runs September to June and is scheduled for one and a half hours in the morning and afternoon every Tuesday. Toddlers are left at the centre without their caregiver, and are taught the skills needed to be pre-school ready. Throughout the program year, a public health nurse assists in developmental testing to ensure that the child is ready for further learning, and also to help develop the best learning plan for the child.

Chief is glad that she took her friend's advice and paid a visit to *In A Good Way*. "It really has changed my life and the lives of my kids. They were really welcoming of us and very supportive. The staff is like family," said Chief.

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To learn more about the unique programs offered by Manitoba's CAPC projects, and for contact information, visit the website of the CAPC Coalition of Manitoba:
www.manitobacapc.org