

New Realities

An Integrated Approach to Family Violence and Problematic Substance Use

Accepting Referrals

What is New Realities?

A program offering services to families that are ready to change the cycles of family violence and/or problematic substance use in their lives

Who Do We Work With?

- * Family members who know what they want to do and are willing to take actions to make changes
- * Mothers and Fathers who have the desire to establish a co-parenting relationship with reduced conflict and healthier communication

Who Can Refer?

- * Family members
- * Self Referral
- * Service Providers
- * Community Members

New Realities Program Criteria

- Willing to explore change
- Willing to take an active role in their change and recovery process
- Identified issues of family violence and /or problematic substance use

For more information and a copy of our pamphlet

Contact:

Lorna Monkman - Program Coordinator, Wolseley Family Place

LL 691 Wolseley Avenue, Winnipeg, MB R3G 1C3

(p) 788 8141 (f) 772 6035

newrealities@shaw.ca

I was drawn into New Realities because I wanted to work with men who wanted to change domestic abuse in their family... I have stayed because of the long term approach that New Realities provides.

Don, Peer Mentor

New Realities is about harm reduction and using the resources in our community to provide people a participant driven plan to make positive changes in their lives.

Alex, Peer Mentor

One of our main roles is to provide holistic support for participants as they carry out their plans for long term change and healing.

Lorna, Program Coordinator

New Realities

An Integrated Approach to Family
Violence and Problematic Substance Use

Information for Service Providers

New Realities is a program of Wolseley Family Place
691 Wolseley Ave., Lower Level Winnipeg, MB R3G 1C3
(P) 788-8052 (F) 772-6035

www.wolseleyfamilyplace.com

Frequently Asked Questions

What will happen if I refer a participant to New Realities?

The participant will meet with one of the program staff to discuss New Realities, define participant goals, needs and action steps. After the initial meeting, New Realities staff will determine suitability and follow up with you

If New Realities works with families does that put women in danger of further abuse?

New Realities is committed to safety. We work with participants to make safety plans and access resources. We will work with partners separately and will not facilitate communication if a No Contact Order is in place.

How exactly do you work with participants, do you have a therapy group or other set plan?

New Realities looks at each person individually and we don't have a set agenda or timelines. Our role is to support participants, make referrals to other community agencies, help participants integrate programs they access and encourage them to complete action steps they have identified as important. Our support can be short term or long term in scope.

Wolseley Family Place is a multi-service, non-profit, community based agency that promotes social support, cooperation and collective responsibility through offering a mix of education, information, activities, material support and other resources to families across a number of service and program areas. Wolseley Family Place programs deliver a range of services and programs guided by principles that focus on building supportive relationships, facilitating growth, respecting diversity and furthering community development.

WFP Organizational Values

The success of WFP as a family resource centre is primarily due to two organizational values:

- 1) a long-term commitment to families
- 2) a commitment to providing a reasonable breadth of programs and services

New Realities History

The vision for the New Realities program arose out of a noticeable pattern observed in our community. Numerous families were dealing with family violence and/or substance use issues.

Who Do We Work With?

- * Family members who know what they want to do and are willing to take actions to make changes
- * Mothers and / or fathers who have the desire to establish a co-parenting relationship with reduced conflict and healthier communication

Philosophy of the New Realities Program

- ▶ Empowerment - our approach uses both support and accountability to work WITH program participants to encourage active and cooperative involvement
- ▶ Participant Centered - New Realities works with individuals to determine their needs as they see them. We can assist participants to identify community resources available plus we can assist in creating a plan for lasting change
- ▶ Multi-dimensional - Individual family members may have different needs at the same time
- ▶ Holistic - Addressing physical, emotional, spiritual and psychological concerns

New Realities Program Criteria

- New Realities is a *voluntary* program
- Participants provide the agenda and direction
- Participants need to be willing to explore change
- Participants are to be willing to take an active role in their change and recovery process
- Whole families do not have to participate. New Realities will work with anyone who is interested in

working to change their current life situation, provided there are identified issues of family violence and /or problematic substance use

How New Realities Works with Program Participants

- ↪ Individual Support - New Realities staff and / or Peer Mentors spend one-on-one time with each program participant. We work with participants to create goals and action plans, and provide support to carry them out
- ↪ Peer Support - Our peer mentors are community members who contribute time to others who are working to build healthier, more peaceful relationships
- ↪ Referrals - Participants who know what they want to do can be frustrated when seeking resources in the community. We help identify community programs and assist participants in matching their needs with community programs and services
- ↪ Facilitated Family Group Conversations - An approach that allows families, including relatives, friends and other close supports to discuss abuse or violence occurring in the family and make plans and decisions together. We invite others affected to participate directly in the process of healing and accountability, this may include service providers currently involved with the family. Follow up work with families, when appropriate, is an important part of this process

New Realities Is a Program of the Wolseley Family Place

To make a referral

Or for

Copies of this brochure

Please contact:

Lorna Monkman - Program Coordinator
Wolseley Family Place
LL 691 Wolseley Avenue
Winnipeg, MB R3G 1C3
(p) 788 8141 (f) 772 6035
newrealities@shaw.ca

or

Call our Peer Mentor Line
at (p) 788-8056

Other Services at Wolseley Family Place

- ★ Advocacy - housing, employment, CFS, Social assistance, etc...
- ★ Parenting Classes - Attachment, anger, conflict resolution, how to talk so kids will listen, Triple P.
- ★ Healthy Child Development - Prenatal and Healthy Start
- ★ Child care for those accessing our services
- ★ Short term respite by appointment
- ★ Supervised access services
- ★ Health education services
- ★ Access to a Doctor every Tuesday afternoon
- ★ Cooking and Nutrition classes
- ★ Community Store
- ★ Catering
- ★ Clothing Depot
- ★ Drop In
- ★ Family Events

I Need Help NOW

Manitoba Domestic Abuse Crisis Line
24-Hour Toll Free
1-877-977-0007

Winnipeg Crisis Line
24-Hour 942-3052

Ikwe-Widdjiitiwin
Toll Free
1-800-362-3344
Winnipeg 987-2780

Kids Help Phone
24-Hour Toll Free
1-800-668-6868

Klinic
Crisis/Suicide Line
24-Hour 786 8686

Toll Free numbers are no cost and do
not require coins when using a pay
phone

New Realities

Is a Program of Wolseley Family Place

*Wolseley Family Place also
offers:*

- Advocacy
- Parenting Classes
- Prenatal and Healthy Child Development
- Child Care
- Health educator and Doctor Services
- Cooking and Nutrition Classes
- Drop-In
- Family Events

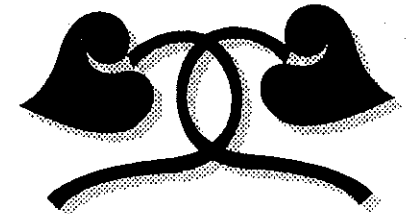


For more information, please contact:

Lorna Monkman
New Realities Program Coordinator
Wolseley Family Place
691 Wolseley Avenue Lower Level
Winnipeg, MB R3G 1C3
Phone: (204) 788 8141
Fax: (204) 772 6035
Email: newrealities@shaw.ca

Or call our Peer Mentor line at
(204)788-8056

New Realities



**For Families
Affected By
Violence
and
Substance Use**

What is New Realities?

A program offering services to families that are ready to change the cycles of family violence and/or problematic substance use in their lives



Who Do We Work With?

- * Family members who know what they want to do and are willing to take actions to make changes
- * Mothers and Fathers who have the desire to establish a co-parenting relationship with reduced conflict and healthier communication

Program Criteria

- * Willing to explore change
- * Willing to take an active role in your own change and recovery
- * Identified issues of family violence and/or problematic substance use

How We Work With You

- * We'll talk with you about your situation to listen to what changes you want to make
- * We'll assist you in making your plan for change
- * We can provide support to carry out your plan safely and with accountability as you work towards healthy, non-violent relationships with your family
- * We'll support you in finding the information and community resources available to you
- * Our support is short or long term as determined by participants



- * Our services are offered free of charge

What we Offer

- *One-on-One support:* New Realities looks at each person individually. We do not have a set agenda or timeline.

We can assist you and make introductions / referrals to other community agencies, help you coordinate programs and services plus we can encourage you to take the action steps that you have identified as important.

- *Peer mentors:* Mentors can provide one-on-one support while being available weekends or evenings. Mentors have accompanied people as they secure housing and employment or as they access programs.
- *Referrals:* You know what you want to do but finding and securing resources in the community can be frustrating and challenging. We know community programs and help match you with the programs and services that meet your needs.

Wolseley Family Place Goals

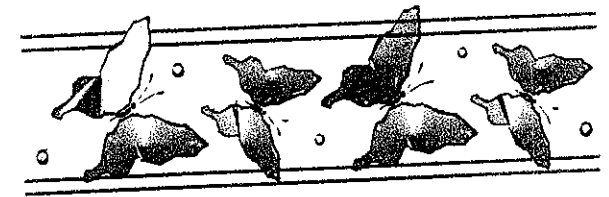
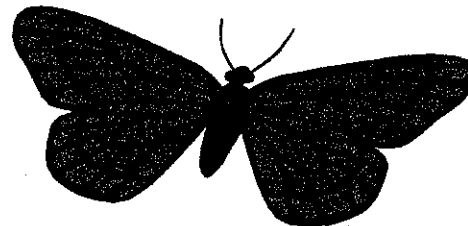
- *To provide families with equitable opportunities to reach their fullest potential.
- *To develop program services that improve the health of families and their children.



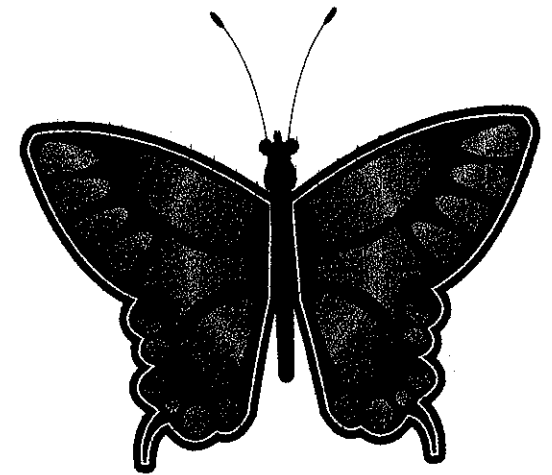
Wolseley Family Place nurtures the development of healthy moms, healthy babies and healthy families within the community.

Wolseley Family Place Inc.

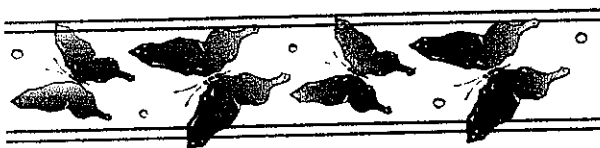
Lower Level, 691 Wolseley Avenue
Winnipeg, Manitoba
R3G 1C3
email: wfp.admin@mts.net
Fax: (204) 772-6035
Phone: (204) 788-8052



WOLSELEY FAMILY PLACE



**A Family Resource
Centre**



What is Wolseley Family Place?

Wolseley Family Place is a resource centre for families with young children. Located in the West Broadway area, Wolseley Family Place offers a variety of programs and services that are directed by the community.



Our Vision

Wolseley Family Place fosters the development of healthy moms, healthy babies and healthy families within the community.

Wolseley Family Place Offers

Education

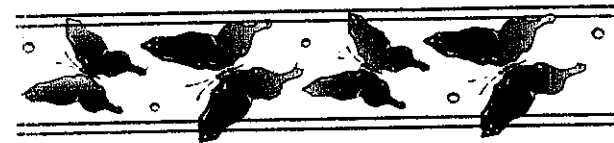
Aboriginal Cultural Awareness
Active Living Programs
Early Childhood Play Programs (0-6)
Food Connections Program
Parenting Classes
Pre/Post Natal Classes
"There's a Cook In TheHouse"
Cooking Class
Women and Children Health Issues

Support

Clothing Depot
Community Store
Emergency Food
Girls Club
Outreach
Peer Support
Swimming
Womens Group

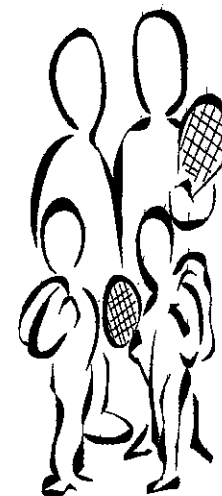
Community Links

Healthy Start For Mom And Me
Home Visits
Information and Referral
Networking With Other Organization
Physical & Recreational Activities
And Much More



Family Participation

Wolseley Family Place is a voluntary drop-in centre for families. Participants choose the activity most suitable to their needs and interests. Programs change on an ongoing basis, enabling new, innovative and creative ideas.



Breakfast Club

Wolseley Family Place serves breakfast to parents and children every Friday morning. Breakfast will be served on a first come, first served basis. Breakfast sign up starts at approximately 9:30 a.m. Come in early.

Healthy & Fun:

Come and end your week with a healthy fun breakfast.

Bring the family, let us do the cooking.
It is free.

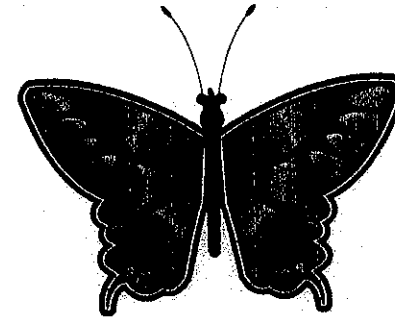
For more information phone

Wolseley Family Place

788-8043

Wolseley Family Place nurtures the development of healthy moms, healthy babies and healthy families within the community.

Wolseley Family Place



Breakfast Club

**A Family Resource
Centre**

Wolseley Family Place

**Lower Level, 691 Wolseley Avenue
Winnipeg, Manitoba
R3G 1C3**

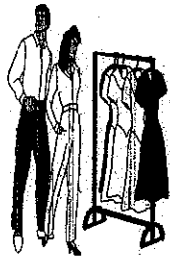
Email: wfp.admin@mts.net

Fax: (204) 772-6035

Phone: (204) 788-8052

Clothing Depot

The Wolseley Family Place Clothing depot is an inexpensive depot that carries a variety of different items. These include:



- * Clothing for everyone
- * Books and Games
- * Household goods
- * Baby supplies
- * Toys

Hours

Monday, Tuesday, Thursday and Friday
9:00 a.m. to 12:00 p.m. & 1:00 p.m. to 4:00 p.m.

Wednesday
1:00 p.m. to 4:00 p.m.

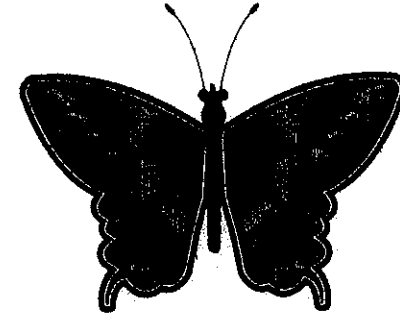
Cost

Shopping bag \$1.00
Garbage bag \$2.00
or trade a bag for a bag!

If you would like to donate phone
Wolseley Family Place
788-8052

*Wolseley Family Place nurtures the
development of healthy moms, healthy
babies and healthy families within the
community.*

Wolseley Family Place



Clothing Depot

A Family Resource
Centre

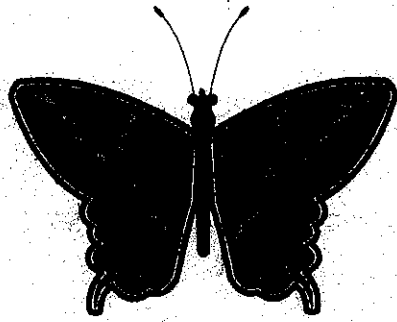
Wolseley Family Place
Lower Level, 691 Wolseley Avenue
Winnipeg, Manitoba
R3G 1C3

Email: wfp.admin@mts.net

Fax: (204) 772-6035

Phone: (204) 788-8052

Wolseley Family Place



Community Services

A Family Resource
Centre

Wolseley Family Place
Lower Level, 691 Wolseley Avenue
Winnipeg, Manitoba
R3G 1C3

Email: wfp.admin@mts.net

Fax: (204) 772-6035

Phone: (204) 788-8052

Community Services

Committed to serving the community,

Wolseley Family Place

offers a host of services to assist families.

Some of these include:

- *Offering support and encouragement
- * Providing information about and access to community services, programs and activities.
- * Promoting healthy lifestyle choices.
- * Promoting healthy, positive parenting skills.
- * Promoting programs at Wolseley Family Place.



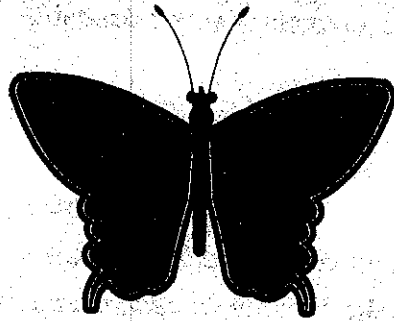
For more information phone

Wolseley Family Place

788-8257

*Wolseley Family Place nurtures the
development of healthy moms, healthy
babies and healthy families within the
community.*

Wolseley Family Place



Community Store

A Family Resource
Centre

Wolseley Family Place

Lower Level, 691 Wolseley Avenue

Winnipeg, Manitoba

R3G 1C3

Email: wfp.admin@mts.net

Fax: (204) 772-6035

Phone: (204) 788-8052

Community Store

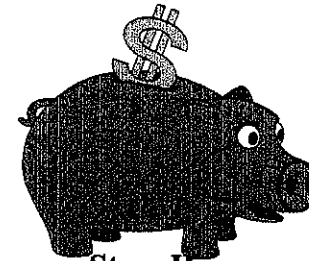
Bargains Galore!

The *Wolseley Family Place Store* offers families the chance to buy a variety of items and products at very reasonable prices.

Need ingredients to make a meal?

Well, you can buy them here for quite a deal. Get all your spices for real cheap.

And yes, the community store even sells household goods and necessities for your baby.



Store Hours

Monday to Friday

1:00 p.m. to 3:30 p.m.

Thursday mornings

9:30 a.m. to 11:30 a.m.

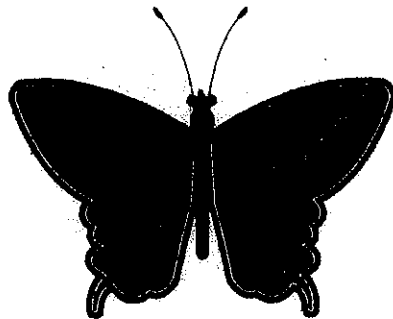
For more information phone

Wolseley Family Place

788-8043

Wolseley Family Place nurtures the development of healthy moms, healthy babies and healthy families within the community.

Wolseley Family Place



Cooking Class

"There's A Cook In The House"

A Family Resource
Centre

Wolseley Family Place

Lower Level, 691 Wolseley Avenue
Winnipeg, Manitoba
R3G 1C3

Email: wfp.admin@mts.net

Fax: (204) 772-6035

Phone: (204) 788-8052

Cooking Class

"There's a Cook In The House"

Do you enjoy cooking, baking
and most of all having
fun?

If so,

Wolseley Family Place

Cooking Class

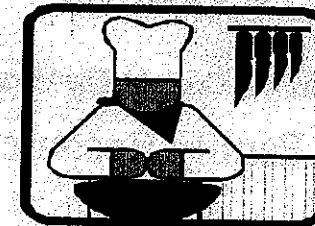
is just for you

When is it?

Wolseley Family Place cooks up a storm
every Monday afternoon from

1:00 p.m. to 3:00 p.m.

No experience necessary!



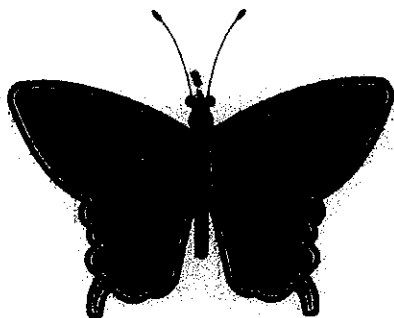
For more information phone

Wolseley Family Place

788-8043

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Wolseley Family Place



Drop-In

A Family Resource Centre

Wolseley Family Place
Lower Level, 691 Wolseley Avenue
Winnipeg, Manitoba
R3G 1C3

Email: wfp.admin@mts.net

Fax: (204) 772-6035

Phone: (204) 788-8052

Drop-In

Wolseley Family Place offers families a comfortable atmosphere to drop-in and relax. Some of the activities you can enjoy are:

- * Help yourself to some coffee/tea
- * Read the newspaper
- * Play on the computer
- * Use the internet hook up
- * Do a load of laundry
- * Hang out with our parents
- * Have a chat with a peer resource person
- * Do some shopping in the clothing depot or in the community store.

Please sign in, so we can count you in.

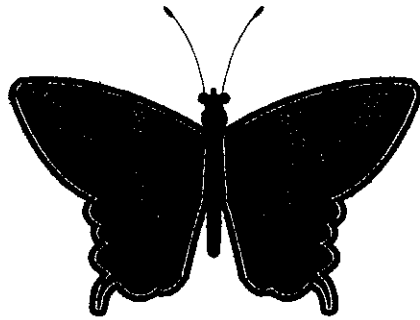
Have a question?

We will try to find the answer.

For more information phone
Wolseley Family Place
788-8052

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Wolseley Family Place



Health Educator

A Family Resource
Centre

Wolseley Family Place
Lower Level, 691 Wolseley Avenue
Winnipeg, Manitoba
R3G 1C3
Email: wfp.admin@mts.net
Fax: (204) 772-6035
Phone: (204) 788-8052

Health Educator

Drop in and see the **Health Educator**.
Ask any questions, **BIG** or **SMALL** about yourself
or your family.

The **Health Education Coordinator** offers holistic
health information, programs and one-on-one
support for you and your family.

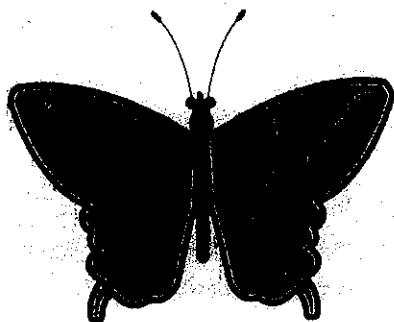
Family Health Information Topics

- * Healthy childhood development
- * Prevention of disease and injury
- * Drugs and alcohol issues
- * Nutrition
- * Active living
- * Self esteem

For more information phone
Wolseley Family Place
788-8054

*Wolseley Family Place nurtures the
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babies and healthy families within the
community.*

**Wolseley
Family Place
and
Healthy Start For
Mom And Me**



Prenatal and Postnatal Drop-Ins
.....Working together to ensure that all babies
have a chance at a good beginning.

**A Family Resource
Centre**
Wolseley Family Place
Lower Level, 691 Wolseley Avenue
Winnipeg, Manitoba
R3G 1C3
Email: wfp.admin@mts.net
Fax: (204) 772-6035
Phone: (204) 788-8052

**Healthy Start For
Mom & Me**

When?

Wednesday 1:30-3:30 p.m.

(Prenatal is one week, Postnatal-Babysteps is
the next week).

Who?

- * Pregnant teens, women, and their partners
- * Parents with babies up to one year.

Drop in and join others for:

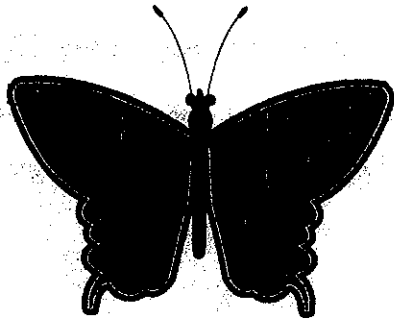
- * A healthy snack & try new foods
- * Meet other women
- * Coupons for free milk and orange juice for
pregnant moms, and until baby is 3 months
old (if needed).
- * Answers to questions about your pregnancy,
your baby, being a mom, or any other
concerns.
- * Learn about Cooking.
- * Have fun with your baby and take home
some new ideas.
- * Watch videos and play interesting games.

Children welcome!

**For more information phone
Healthy Start for Mom & Me
949-5350**

Healthy Start for Mom & Me is funded by :
Health Canada (Canada Prenatal Nutrition Program)
Healthy Child Manitoba (Healthy Baby Program)

**Wolseley
Family Place**



**New
Realities**

**A Family Resource
Centre**

Wolseley Family Place

Lower Level, 691 Wolseley Avenue

Winnipeg, Manitoba

R3G 1C3

Email: wfp.admin@mts.net

Fax: (204) 772-6035

Phone: (204) 788-8052

**New
Realities**

**Support for Families Ready
to Break the Cycle of
Violence and Substance
Use**

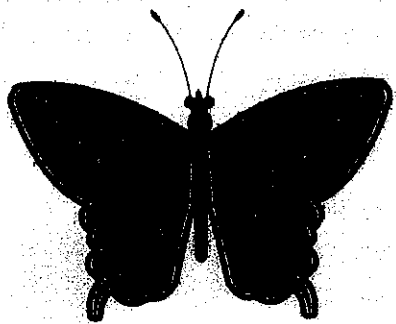


Are you or someone you know
affected by violence or
substance abuse?

We Offer Men, Women and Youth:

- Free training for community members interested in providing peer support
- Information and Education on Family Violence and Substance Use
- Peer Support and Mentoring
- Referrals for Individual, Couple or Family Counselling
- Family Conversations

Wolseley Family Place



Playroom

A Family Resource
Centre

Wolseley Family Place
Lower Level, 691 Wolseley Avenue
Winnipeg, Manitoba
R3G 1C3

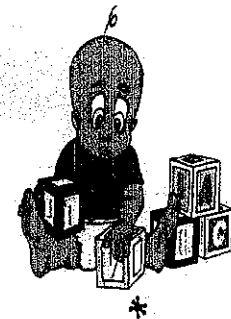
Email: wfp.admin@mts.net
Fax: (204) 772-6035
Phone: (204) 788-8052

Playroom

The Wolseley Family Place Playroom is a place where children from 12 weeks to 6 years old can play and learn while their parents are participating in programs or enjoying a break.

Come and Play with us. It's

Imaginative
Fun
Safe
Culturally diverse
Stimulating
Non-violent
Child-directed



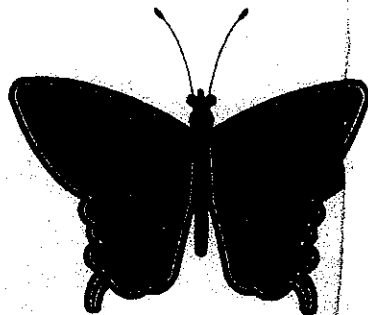
Hours

Monday, Tuesday, Thursday and Friday
9:00 a.m. to 12:00 p.m. & 1:00 p.m. to 4:00 p.m.
Wednesday
1:00 p.m. to 4:00 p.m.

For more information phone
Wolseley Family Place
788-8325

*Wolseley Family Place nurtures the
development of healthy moms, healthy
babies and healthy families within the
community.*

**Wolseley
Family Place**



**Prenatal
Classes**

**A Family Resource
Centre**

Wolseley Family Place
Lower Level 691 Wolseley Avenue
Winnipeg, Manitoba
R3G 1C3

Email: wfp.admin@mts.net

Fax: (204) 772-6035

Phone: (204) 788-8052

**Prenatal
Classes**

Wolseley Family Place offers childbirth
class to assist expectant parents to
prepare for childbirth, breastfeeding and
beyond.

Weekday classes:

Six Weekly sessions on Monday evenings
from 7:00 p.m. to 9:30 p.m.

Fee: \$75.00

Weekend Classes:

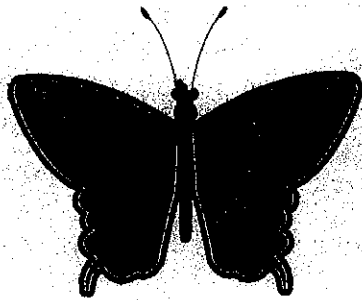
Two consecutive Saturdays from
9:00 a.m. to 4:00 p.m. These
sessions include a snack.

Fee \$75.00

**To sign up for
prenatal classes phone
Wolseley Family Place
788-8052**

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community.*

Wolseley Family Place



Swim

A Family Resource Centre

Wolseley Family Place
Lower Level, 691 Wolseley Avenue
Winnipeg, Manitoba
R3G 1C3

Email: wfp.admin@mts.net

Fax: (204) 772-6035

Phone: (204) 788-8052

Swim



When?

Every Friday

1:30 p.m. to 2:30 p.m.

Meet at *Wolseley Family Place* to sign in and then we'll walk through the tunnel to the *Misericordia Health Centre Pool*.

Change rooms are available at the pool.

What do I bring?

* Swimsuit

* Towel

* Diaper cover (for children not toilet trained)

Children Must be 6 months to 6 years old.



For more information phone

Wolseley Family Place

788-8052

*Wolseley Family Place nurtures the
development of healthy moms, healthy
babies and healthy families within the
community.*