



Child and Family Services
of Western Manitoba

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CFS Matters!

Winter 2023 Newsletter

A warm winter hello from the Board, staff and volunteers of Child and Family Services of Western Manitoba.

While the start of a new year is a time to look and plan ahead, we also take time to reflect on the challenges and successes of the year gone by.

This newsletter will give you a glimpse into some of our past and future events. We also will take the opportunity to highlight the generosity of our community, particularly during the recent holiday season. While a joyous occasion with celebration for many, it can be a stressful and vulnerable time for others.

Generosity of giving can take many forms, including in spirit, understanding, compassion and grace. A good thing to remember throughout the entire year.

Thank you for taking a look at and having a read of just some of the happenings at our agency.

We look forward to connecting with you throughout this new year.

Arlene Stewart
Chief Executive Officer

Joe Ball
President, Board of Directors



The Car Club and ERFRC staff at the Road Rebels AGM December 2022 where they presented their donation cheque.

The Road Rebels Supports our Centre Van and Drop-In Friday Program

The Road Rebels Car Club is a long time supporter of our Elspeth Reid Family Resource Centre.

Thank you for being part of our community of caring individuals. We look forward to what 2023 brings.



ELSPETH REID FAMILY RESOURCE CENTRE

Where community meets children & families

It has been another terrific season at the ERFRC! Staff did an amazing job supporting many families through Christmas by sharing the beautiful donations we were given. The expressions of gratitude from parents were plentiful. It was a heartwarming community effort.

Our calendar of programs remains full of opportunities for families. We are so thrilled to be back in partnership with many organizations once again. We have been working with Public Health, 7th Street Health Access, Brandon School Division, Community Mobilization, Brandon Friendship Centre and SERC just to name a few. Please follow us on Facebook and watch our website to learn more about the programs we offer.

Our Westaway Bay Family Centre has also remained active. We are fortunate to have strong community partners bring their supports to the neighborhood all these years. The families have been enjoying the outdoor library, our Breakfast Club, parent support days and the after school programs are always appreciated by the kids.

Our SHIFT committee recently had an amazing day together. We spent a day receiving Teachings from Deborah Tacan about the Ribbon Skirt.

Parents and professionals then spent the balance of the day actually making Ribbon Skirts and Ribbon Shirts. The sense of cultural pride these programs offer is transformational.

At the end of March, Brenda Lacerte will be retiring from her permanent facilitator position with the Centre. She will remain on in a casual capacity. Brenda has always brought creativity and joy to her programs and we are grateful for her many years of service to the community.

We wish her all the best as she enters into a time to relax and spend more time with her beloved family. Please stop by to wish her well. Remember to pop into the Centre to have a play in our Drop In Area or visit our free book library too! The Store remains a great way to also meet the needs of your family.

Stay well friends. Thank you for your continued support.



Follow us
on
Facebook



NEED HELP REGISTERING YOUR CHILD FOR KINDERGARTEN?

Monday Feb. 27 from 10 – 11:15am
Elspeth Reid Family Resource Centre | 255-9th Street

Call 204-726-6280 to sign up



A FOCUS ON EVIDENCE BASED PRACTICE

Why a practice framework?

Practice frameworks in child and family services help to ensure an evidence informed, best practice and consistent delivery of services to families. Practice frameworks guide and highlight the underlying values of these services. Preserving families, a focus on strengths, maintaining connections to relationships and culture, collaborating with community partners, and evaluating outcomes are values inherent in our practice framework.

Child and Family Services of Western Manitoba follows the General Authority's Safety Organized Practice Framework.

The objectives of this framework include:

Engagement-creates greater clarity and agreement among all involved (child, family, worker, supervisor, support network) about the worries and the plan to address these.

Critical Thinking-helps to consider and sort complicated and ambiguous case information

Reliability-assessment tools are applied consistently regardless of the worker and the family

Validity-assessment tools measure what they are intended to measure

Enhancing Safety- with fewer children entering care due to behaviourally based safety and support plans created with the support network.

Competence and skill-staff work in a continuous quality improvement manner

Road Rebels Trivia Night and Cruisin' Winter Style Social Evening



Ukrainian Reading Hall
1005 Assiniboine Ave

Saturday, Feb. 25

Doors open 5pm, Trivia 7-10pm

Email roadrebels.net or call 204-729-5808 for more info



TALKING, LEARNING, CARING (ABOUT PARENTING)

TLC at Elspeth Reid Family Resource Centre

The TLC group at the Elspeth Reid Family Resource Centre is a group for parents who are experiencing a crisis in their family life or who have become involved with any Child and Family Services agency. The program provides a safe and neutral space where the facilitator welcomes them with food, comfort, and gently promotes their self care and self awareness. This opportunity may be for some, the first time they have truly talked, listened and cared about themselves. The facilitator remains neutral, helping the group to walk through the topics. Often an informal network of peer support and wisdom emerges from the participants.

This series of eight TLC topics are rotated continuously:

- Community Resources
- Your Relationship with Workers and Agencies
- Family Courts - Legal Issues
- Family Visits - Supported Access
- Budgeting Lifeskills
- Parenting Styles and Children's Needs
- Ending the Cycle of Hurt
- Personal Wellness and Safety

The content of the topics are presented in such a way that allow parents to explore their rights as well as their responsibilities. Indigenous teachings and the medicine wheel are part of the cycle of hurt and the wellness and healing discussions.

The challenge for parents is to have the courage to "take the risk" to attend and participate in these discussions.

The facilitator must create a safe enough environment for them to do that intimate and internal kind of work.

TLC is not a parenting class, however it did originate from the Positively Parenting program, and it often serves as an introduction or stepping stone to other programs offered at the ERFRC. The facilitator clearly acknowledges that the parent may be grieving or have feelings of shame and guilt.

Skillful facilitation allows the parent to feel safe enough to move beyond shame and guilt and begin to take responsibility for their role in making necessary changes to meet the needs of their children; but first they require insight into themselves as parents/people.

Successes present in the "Ah Ha" moments when the awareness of their rights as parents, coincides with their responsibilities. Many times this self-awareness leads the parent to:

- Be able visit with their children more effectively; and/or
- Meet with their socialworker more effectively; and/or
- Sort out personal Issues; and/or
- Protect themselves and their children; and/or
- Deal with their courtand legal Issuesmore confidently; and/or
- Understand their impact on their children as they were parented, and/or
- Have a more permanentrelationship with their children.



COMMUNITY HIGHLIGHTS

Canadian Tire hosts CFS Holiday Tree again

Thank you to Canadian Tire in Brandon who hosted our local holiday gift tree. Thank you to the community for generously donating their time to find the right gift for children in need. We helped over 400 kids this year.

Virden Home Hardware supports local kids with Holiday Tree

Home Hardware in Virden hosted our first rural CFS Holiday Tree this year with overwhelming support for local children. Thank you for supporting our cause and for supporting over 50 children who without your help would have not had a present this past holiday season.

Last Donation from a long-standing supporter of children

Imperial Order Daughters of the Empire (IODE) Diamond Jubilee (1960) chapter in Brandon made their last donation of layettes – packages of baby clothing, toys and blankets –to CFS Western to give to adopted children or mothers in need. It a decades long tradition from this group of ladies and we truly appreciate all the packages we've received over the years.



Layette donation from IODE Diamond Jubilee (1960) Chapter



Kids give back to community with toys for kids in need

A group of kids likes to yearly spread some Christmas cheer. They make Christmas decorations to sell at their local craft sale and with the money raised, they help those less fortunate. They raised close to \$1000 this year and bought many gifts for children off our CFS Holiday Gift Tree.

Mint Orthodontics Pajama and Book Drive

Thank you to the Mint Orthodontics team and their customers who donated books and pajamas for children in need. Thank you for being part of our community of caring individuals.

Child in Care Christmas Store

Our Youth Engagement Program and Permanency Team hosts an annual Christmas Store, where children and youth in care can shop for gifts for their loved ones at no expense. These youth have come to look forward to this event every December and we would like to thank all of the workers for their efforts to bring in donations and kids to shop. We would especially like to acknowledge our caring community for donating their new items and helping to brighten the spirits of children and their networks this holiday season.



Staff at Mint Orthodontics with their Book and Pajama Drive for the Holiday Season



DOMESTIC VIOLENCE AWARENESS MONTH

November is domestic violence month, bringing awareness to its prevalence and impact. Exposure to intimate partner violence remains one of the main issues for children referred to child and family services.

Our agency practices within the **Safe and Together™** framework for working with children, survivors and perpetrators of domestic violence. Historically, a child welfare response placed sole responsibility on mothers to protect their children from domestic violence, often requiring them to go to a shelter or other place of safety when violence occurred. The Safe and Together™ model recognizes **coercive control** as domestic violence and holds the perpetrator accountable for their actions against their partner. In the context of child welfare, perpetrating violence against the other parent is also seen as a parenting choice. The model addresses many misconceptions about effective interventions with domestic violence.

The Safe and Together™ framework looks at:

- The perpetrator's pattern of coercive control
- Actions taken by the perpetrator to harm the child
- The full spectrum of the non-offending parent's efforts to protect the child
- The adverse impact of the perpetrator's behavior on the child
- The role of substance abuse, mental health, culture and other socio-economic factors
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As part of our agency's practice framework, staff receive training in the Safe and Together™ framework. A 4 day foundational training was again provided to agency staff by a certified trainer within the General Authority. One of the strategic goals of the General Authority is to have staff from all of their agencies trained in the model. A further goal will be to provide this training to collaterals who work with children, survivors and perpetrators of domestic violence.



INVITATION TO PLAY

Let's discover engaging ways to play through numeracy, literacy, art, building and playdoh. For children 3-5 years old.

March 20 @ 1:30 - 3:00 pm
255-9th Street | 204-726-6280



BOARD OF DIRECTORS ENGAGES WITH COMMUNITY

The next consultation event of the Board of Directors for Child and Family Services of Western Manitoba is planned for March 2nd, 2023 with our partners and collaterals from the Virden and surrounding areas.

These events provide opportunity to work collaboratively with other child, youth and family serving organizations to understand how each can better respond to needs in our communities.

Our Goals are to:



Strengthen and support families



Protect children from neglect, abuse, violence and exploitation



Ensure children in our care are nurtured and supported in ways that promote their well-being



Work in partnership with the community



The health and wellbeing of children and families of Western Manitoba will continue to drive our Agency's commitment to improve the services we deliver

The Agency goals are derived from our mission to protect children and strengthen families. One of our goals encompasses working in partnership with the community and other social service agencies in the communities that we serve.

Our community-led board hosts the community consultations in Brandon and rural surrounding areas on a yearly basis. The collaborative discussions lead to partnerships, new initiatives and informed feedback from collaterals, Agency staff and clients.

Purpose of Community Consultations



Responsibility to Stakeholders



Further the understanding of Family and Community needs



Information needed for strategic planning priorities

Community Consultation Rural (Virden) Collaterals

We value your voice

Child and Family Services of Western Manitoba is seeking consultation and collaboration advice from our local community collaterals.

MARCH 2 | 10:00 AM | VIRDEN ALLIANCE CHURCH (375 FRAME ST E)



THE FOUNDATION FORUM

Joe Ball, On behalf of the Foundation

The Elspeth Reid Family Resource Centre is located in the heart of Brandon since 1991. It's a remarkable place, which anchors our agency in the core of downtown Brandon. The Elspeth Reid Family Resource Centre is born from a desire to serve the community, and it does that in a number of ways.

You may have heard about some of the programming that draws people into the Centre. These are programs such as "How to Talk so Kids will Listen" or the Kindergarten Registration Event intended to assist parents with the first step in their child's formal education. Daytime respite childcare is also available. These are things that draw families into the Centre. But CFS of Western Manitoba also reaches out from the Elspeth Reid Family Resource Centre.

They operate a van that picks people up for parenting programs, and children for childcare. At the Centre, you will find a small shop for clothing and other needs, with pricing designed to ensure that clients have access to easily affordable baby clothes, or winter wear. Because it's just a small spot, it quickly converts to deliver what's needed depending on the season. And during the recent Pandemic, the store moved right out onto the street, with the warm winter wear hung on the railings outside, so that anyone who needed gloves, a sweater or scarf could help themselves.

The staff at the Elspeth Reid Family Resource Centre are committed to engagement with the needs of the community, inviting people in for Family Strengthening programs, and reaching out to ensure that families have easy access to what they need to succeed.

The CFS Western Foundation is proud to support the work being done, both in and out of, the Elspeth Reid Family Resource Centre.

Joe Ball, Chair

255 9th Street, Brandon MB R7A 6X1
204-726-6122
www.cfswestern.mb.ca/foundation

