



Child and Family Services  
of Western Manitoba

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# CFS Matters!

## Fall 2023 Newsletter

We hope you enjoy this end of summer, beginning of fall version of our agency newsletter. You'll learn about some important events and celebrations, and the various activities that staff, volunteers and Board members have been involved with.

Everyone involved with our agency plays an important role in providing needed support to children and families. We like to take any opportunity to acknowledge the contributions of our dedicated staff and volunteers on their dedicated days. Social workers, Early Childhood Educators, Administrative Assistants, Residential Youth Care Workers, Volunteers, and Resource Families.

As well, staff reaching particular milestones in years of service receive special recognition at our Annual General Meeting each June.

Thank you for your interest in and support of our agency.

**Arlene Stewart**  
Chief Executive Officer

**Joe Ball**  
President, Board of Directors

## CHILD & FAMILY SERVICES OF WESTERN MANITOBA'S ANNUAL CONFERENCE

**15 MAY, 2024**  
**09:00AM - 4:00PM**

# Restoring RESILIENCE

with **Dr. Michael Ungar**

Looking at Systemic Approaches to Nurturing  
Resilience among Children, Youth and Families

Registration details coming in October 2023





# ELSPETH REID FAMILY RESOURCE CENTRE

## Where community meets children & families

Happy Fall everyone! The Elspeth Reid Family Resource Centre has had an amazing summer. We had a record of 104 different families enjoying our Summer Program. Many craft days, field trips and adventures lead to special memories for parents and their children.

The Westaway Bay Family Centre also had a great summer with our annual yard sale, many play days and folks continue to enjoy having time together. Our Centre remains an active participant in the Community Wellness Collaborative as well as many other community level committees.

Through our various programs and service, we continue to strengthen families and do community development to ensure the wellbeing of our children.

Our Fall calendar is now out and we encourage your involvement. Please stop by the Centre to sign up, visit our store, check out our free library or just say hello. We'd love to hear from you!

This fall we are pleased to welcome Sandy Smith as our new Program Facilitator. Sandy joins the ERFC team with her many years of experience working in this community and we're proud to have her join us.

It's back to school time! We know that parents play a vital role in supporting our children to succeed in school. It can be a challenging transition so remember we are here to help! We wish each of you all the very best this fall season.

*Lisa Ramsay*



Our Latest  
Program  
Calendar



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## New look for our Buses

We decal our Elspeth Reid Family Resource Centre buses. The buses are equipped with car seats for the children and comfortable ride with our childcare staff that picks and drops off our clients before and after their daytime parenting classes.

Wave when you see our branded buses driving around in the community!



## FACILITATION TRAINING

Agency staff attended Network Facilitation training as hosted by the General Child and Family Services Authority.

Our two facilitators along with our Leading Practices supervisor helped to create and deliver the 2 day training that focuses on organizing and planning with a family's support network.

This occurs within a Family Engagement Meeting (or support network meeting), where plans are created to address safety concerns for the children.

The network facilitator helps the family and their identified network create a plan that provides needed support to the parents and safety nets for the children. The family and their networks have follow up meetings as required.

This past year there were 179 Family Engagement meetings, involving 88 families and 191 children.



Marnie, Connie and facilitation trainers



## Baby Items Needed

We are looking for diapers, wipes, and formula for some of our clients. If you can help, please drop them off at our main office 800 McTavish 8:30am-4:30pm Monday through Friday.

Your generosity goes that extra mile  
for the parents that really need it.



## 2023 CHILD AND YOUTH TRAUMA SYMPOSIUM

As members of the Canadian Consortium on Child and Youth Trauma with McGill University, some staff attended the international conference on child and youth trauma. As well, a member of our Children's Therapy team presented on the results of our group home research and training project, completed with Dr. Lise Milne of the University of Regina.

The goals of the trauma informed training for our group care staff were:

- Enhanced support
- Enhanced knowledge and resilience for staff and ultimately,
- Improved care of children in youth in a group care setting

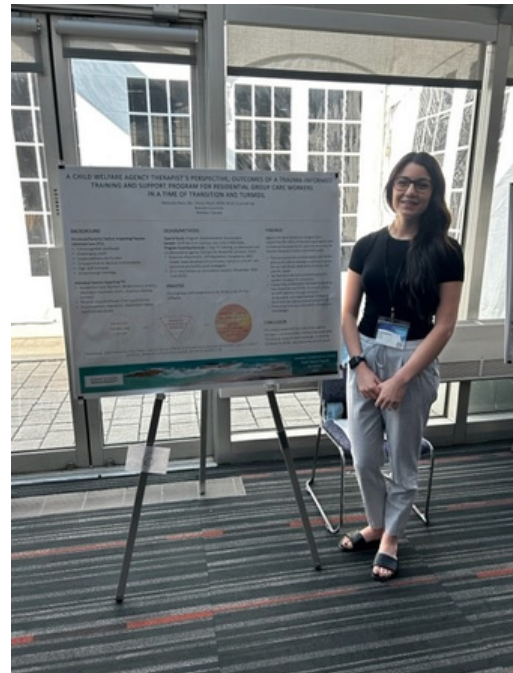
The training was based on:

- Attachment, self-regulation, competency (ARC) model
- Principles of brain development and impact of trauma
- Professional quality of life indicators
- Individual, team and organizational strategies
- Developing activities and tools for youth

Follow-up consultations focused on:

- Training elements
- Practicing activities
- Sharing experiences
- Working through challenges

Twenty-five staff participated in a 2 day training, followed by 8 follow up sessions and focus groups to share experiences and work through challenges.



Alex Paiva presenting at the Child and Youth Trauma Symposium.

"I would like to think that part of the impact was that it did draw attention to the strengths of staff, too. Their resilience. Some of the things they had been doing so far to cope, the things they could be doing to cope but overall, drawing attention to the fact that their well-being definitely impacts their ability or personal capacity to do this work."

-Focus Group Participant



## COMMUNITY HIGHLIGHTS

This past spring we celebrated back-to-back weeks for our volunteers, early childhood educators, administrative professional day and youth care workers. Here are some pictures from the activities that we planned and participated in.

### **Volunteer Week**

We have amazing volunteers that volunteer within several parts of our agency. We have volunteers that run our in-house thrift store at our Family Resource Centre, volunteers that are mentors for our clients, volunteers that promote early literacy within the home and strengthen the parent and child bond, and volunteers that fill in casually at our childcare centre within our Family Resource Centre. Thank you to these incredible volunteers that give back to our community in such a meaningful way.

### **ECE Week**

We have quite a few early childhood educators within our agency that spans our Victoria Daycare Centre, Preschool Enrichment Program and our childcare centre at Elspeth Reid Family Resource Centre. To shape the minds of our youngest generation is something special and needs certain personalities which we have plenty of. Thank you for all that you all do for our little ones!

### **Administrative Professional Day**

Administrative professional day was celebrated by taking our clerical team out for lunch and having the Director of Programs cover the main phone line. Without our clerical team, we would not be able to do all the work that we do at the Agency. They keep us running efficiently and effectively.

### **Youth Care Workers Week**

We could not run our two group homes without our amazing youth care workers. They change the lives of the youth we care for and we would not be able to develop the relationships that we have with the youth without them. Thank you for all that you do for our group home youth.

### **Gifts for tree starting mid-Nov**

Help Make a Child Smile this Holiday Season. Mid-November, we will have a few trees up throughout the community. Please show your support by donating a new toy or two. Your generosity helps the families that really need it. How it works is that you pick a child's tag off the tree and buy a gift that is appropriate for that child then drop it off. This gift is distributed the week of December 18th for parents to wrap for their kids.



## KEYS TO ATTACHMENT

Let's discuss keys to building a healthy and secure attachment with a focus on essentials for a trusting, healthy, relationship with your child.

Nov. 21 – Dec. 12 @ 1:30 – 3:15 p.m.  
255-9th Street | 204-726-6280



## OUR ANNUAL GENERAL MEETING

We held our 124th Annual General Meeting June 6th at the Westman Centennial Auditorium. The night included an emotional video of a former client sharing their story and experience of voluntarily giving up their children so that they could get the help needed to be the best parent they could be. We concluded the video portion of the evening with a picture review of the year at the Agency.

We celebrated 27 long service awards this year with many employees reaching five, ten, fifteen, 20 & 30 years of service with us. We enjoyed the centrepieces and artwork around the room from the children attending our Preschool Enrichment Program, Victoria Daycare Centre and our Elspeth Reid Family Resource Centre.

We highlighted our Annual Report with the theme, Focus on Families with a trivia quiz compiled with answers found in the report.



## BANANAS ABOUT BOOKS

Come join us as we read "How Do Dinosaurs Say Goodnight? Let's roar, slam our tails, stomp our feet, and pretend to sleep like our favourite dinosaurs. We will act out the story through movement, sing songs, create fun crafts and have a delicious snack.

Sept. 20 @ 10:00 – 11:15 a.m.  
255-9th Street | 204-726-6280



## THE FOUNDATION FORUM

Joe Ball, On behalf of the Foundation

As I sit down to write this, it's the beginning of September; and while it's still sunny and warm outside, one can't help but be aware of the impending change of seasons. There's a list of tasks that come to mind when I have a moment to think ahead, and all those tasks are really about preparation for the fall and winter that are right around the corner.

But first, our CFS Foundation Board will have to finish our summer project: In early September, we wrap up the Cruise Night BBQs. This is the 3rd summer we've worked with Heather Manuliak and her family to run the Cruise Night BBQs, and I have to say, I think we're getting the hang of it!

It takes at least 8 people to make the BBQ stand function, and over time, we've become a pretty smooth team. The funds we raise through these BBQs go directly to support the programs at Elspeth Reid Family Resource Centre, and the Preschool Enrichment Program at the McCutcheon Early Learning Centre. But the dollars are not the only benefit. Just as important is the opportunity for our Foundation board to put a face on the Foundation, so that people know who we are, when we are asking for support in this community.

The other big benefit is the experience of working as a team, towards a common goal. We're a small board – too few to effectively operate the BBQ stand alone. But with the support of friends and family members who have come alongside for every Cruise Night, we've been able to make it work – together.

That's a teaching that applies to all the work of child welfare, and it's that attitude that informs our motto, as a Foundation: "Together, we are stronger." I'm grateful for the willing work of all those who partner with this Foundation, to improve the lives of children and families in this region.

Thank you for your support.

Joe Ball, Chair

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