

Parent Circle

River East, Transcona & Elmwood

Parent Circle is a newsletter created by the Parent and Family Support Network of River East, Transcona and Elmwood



Pick up this Newsletter for more information on programs and services located in the River East, Transcona and Elmwood community

Parenting Supports in the Community

Parents, guardians or caregivers can call the hotline at 204- 945-4777 or toll-free at 1-877-945-4777 to discuss parenting concerns such as bedtime problems, tantrums and toilet training. Hours are Monday to Friday from 8:00 a.m. to 8:00 p.m.

Parents can also participate in Triple P adapted phone programs or get referrals to face-to-face programs from partner agencies.

***The Triple P Parent Line is not a crisis line for parents. Crisis calls will be referred to community resources better equipped to deal with these situations**

Programs Being Offered:

Triple P One-on-One

Together in Elmwood Parent Child Coalition
480 Chalmers Avenue at Chalmers Community Centre
Email: tietykes@gmail.com to schedule an appointment
Or visit us on Facebook at TIE TYKES

For more information on programs offered by Parent Child Coalitions contact:

Together In Elmwood Parent Child Coalition:

together-in-elmwood@live.ca

Early Childhood Matters:

preschool@retsd.mb.ca or visit www.retsd.mb.ca

Check out the Manitoba Parent Zone at

www.manitobaparentzone.ca for more resources and information.



2015

The Parent and Family Support Network (PFSN) is a group of members from the River East, Transcona and Elmwood Community. We work together to share information and provide resources to the families within the communities we serve.

PFSN is a sub-committee of the River East Neighbourhood Network.

Visit our website at parentcircle.ca or email us at pfsn@live.com for more information.

Sunrise Breakfast Bun

These tasty little buns are a perfect breakfast on a winter day. Wrapped individually, they can be frozen and then later reheated for a quick and easy snack!

Ingredients:

<i>Bread (whole wheat, rye or multigrain)</i>	<i>6 slices</i>
<i>Margarine</i>	<i>1-2</i>
<i>tablespoons</i>	
<i>Eggs</i>	<i>6</i>
<i>Green onion, chopped</i>	<i>¼ cup</i>
<i>Cheddar cheese, grated</i>	<i>¼ cup</i>

How to make them:

1. Preheat oven to 350°F.
2. Lightly spread each slice of bread with margarine.
3. Press a slice of bread, margarine side down, into each muffin cup of a muffin tin.
4. In a small bowl, beat the eggs. Pour the eggs on top of the bread in the muffin cups.
5. Sprinkle on top with the chopped green onions and grated cheddar cheese.
6. Place in 350°F oven for about 15-20 minutes. You will know when the buns are done when a knife is inserted in the middle and comes out clean.

Serves 6.

Recipe adapted from Healthy Start for Mom and Me.

Questions on food and nutrition?

Call Dial-a-Dietitian at (204) 788-8248

Parent Circle is a website presented by the Parent and Family support network of River East, Transcona and Elmwood. This website provides access to resources to all parents, caregivers and those who support them in the community.



Visit www.parentcircle.ca

WINNIPEG PUBLIC LIBRARY

Pick up a copy of “@ The Library” Guide or visit us online at Winnipeg.ca/Library for a complete list.

Henderson

1-1050 Henderson Hwy..... 204-986-7916

Munroe

489 London Street 204-986-3736

Transcona

111 Victoria..... 204-986-3950

For Priceless Fun Guide info:

www.winnipeg.ca/cms/recreation/leisureguide.stm

Link to Skating Rinks information:

http://www.rinktime.com/skating_rinks/mb/winnipeg_mb_skating_rinks_arenas.cfm

COMMUNITY HAPPENINGS

Car Seat Safety Presentation Thursday, November 19, 2015, 9:30 am to 10:30 am, Access River East, 975 Henderson Hwy.

Light up Elmwood, December 3rd, 2015 – For more information, contact Cath at 204-806-3548

Elmwood Community Resource Centre Breakfast with Santa

Saturday, December 5th, 2015

10:00 am to 12:00 pm at Riverwood Church

Snow Trek, Sunday, February 7th, 2016 12:00 pm to 4:00 pm at Harbourview Recreational Complex

If you are interested in volunteering or need a little extra assistance, please contact the organizations below:

Toy Mountain PH:204.946.9490

Email: Weetamah@mts.net

Koats for Kids PH: 204-586-5628

Email: koats@UnitedWayWinnipeg.mb.ca.

Christmas Cheer Board PH:204-948-2022

Email: ccbinfo@mymts.net

Healthy Baby Community Groups

Day	Time	Location	Contact for more information
TUESDAY	1:00—3:00 PM	Families Connecting Transcona Memorial United Church 209 Yale Avenue West	Liegha 204-947-2422 ext. 143
TUESDAY EVENING	4:30—6:30 PM	Young Parents Connecting Focus: under 21 years of age Kildonan East Collegiate 845 Concordia Ave	Rosanne 204-223-9450
WEDNESDAY	5:00—7:00 PM	Families Connecting Access River East 975 Henderson Highway	Jennifer 204-947-2422
THURSDAY	1:15—3:15 PM	Parents Connecting Braeside Mennonite Church 1011 Munroe Avenue	204-982-1720