



Supporting Newcomer  
Families .....

***Westman Immigrant  
Services' Experience***

**JOY ESCALERA**

FAMILY PROGRAM FACILITATOR

WESTMAN IMMIGRANT SERVICES

# Westman Immigrant Services



1001 Pacific Avenue, Brandon MB

# Family Programs

- ▶ Based on needs assessment and evaluation of programs
- ▶ Researches, scholarly articles on psychology, sociology, diversity, culture, etc
- ▶ Best-practice in MB / Canada
- ▶ Consultation with different organizations in the community and community members
- ▶ Own Experience

# Maslow's Hierarchy of Needs



# Important to know...

- Change is not easy
- Immigrants give up a lot of things
- Not all immigrants want to become Canadians



*“When I left my country I was **blue**, and everyone in the new country was **yellow**...now I’ve returned to my country, I am **green**” **(anonymous)***

# Welcome to Brandon

► ENTRY Program



# Culture Shock and Adaptation Workshop

- ▶ Normalizes newcomer's experience
- ▶ Validates newcomer's feelings
- ▶ Letting newcomer know that help is available

## Stages of Cross Cultural Adaptation

Stage 1: Honeymoon Phase

Stage 2: Challenge and Crisis

Stage 3: Recovery

Stage 4: Adjustment

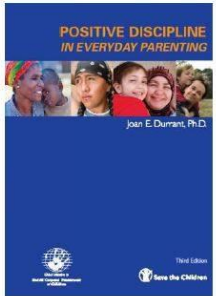
Stage 5: Reverse Culture Shock



# Parenting in Canada

## Positive Discipline in Everyday Parenting

Support for parents of children birth—18 years old



"Positive Discipline" describes a non-violent approach to teaching our children, while being respectful of the child as a learner and individual human being.

Brought to you by:



10-session **FREE** parent program for newcomers!

August 14—October 16 (Fridays)

1:00 PM—3:00 PM

Westman Immigrant Services, 1001 Pacific Ave

Register **NOW** at the Reception Desk!

For inquiries, please call

Joy Escalera

Family Program Facilitator

at 204-727-6031 Ext 2231

- **Child Care** is available to children 19 months of age or older
  - **Language support** is available
  - **Transportation** is available to those who qualify
- Space is limited!**

Westman Immigrant Services' programs are available to all newcomers who have a Permanent Resident Card including refugees.





## Nobody's Perfect Parenting

*Support for moms and dads  
with children from birth to age five*

**April 17, 2015 up to June 12, 2015**  
(8 sessions)

Every **Friday** 12:30pm—3:00pm  
Westman Immigrant Services, 1001 Pacific Avenue

- **Light snacks** are offered
- **Language support** is available
- **Child care** is provided to children between 19 months and 5 years old
- **Transportation** is available to those who qualify



To register or for more information,  
contact **Joy** at (204) 727-6031 ext 2231  
OR **Ping** at ext 2237

**FREE**

**Register now!**  
**Space is limited!**



Westman Immigrant Services programs and services are only available to permanent residents, landed immigrants and refugees.



Are you a newcomer?  
 Do you have children ages 0—5 years?  
 Do you want to learn new family rhymes, songs,  
 activities?  
 Do you want to meet other newcomer parents?



If you answered **YES** to all the questions above,  
**FAMILIES TOGETHER**—Newcomer  
 Family Literacy Program- is for **YOU!**

When: June 19—August 7 (every Friday)  
 Time: 1:00—3:00 PM  
 Where: Westman Immigrant Services,  
 1001 Pacific Ave

**FREE**

**REGISTER NOW,  
 SPACE IS LIMITED!**

- Light snacks are offered
- Language support is available
- Child care is provided to children between 19 months and 5 years old
- Transportation is available to those who qualify

To register or for more  
 information, contact Joy at  
 (204) 727-6031 ext 2231 OR  
 Ping at ext 2237



Westman Immigrant Services programs and services are only available to permanent residents, landed immigrants and refugees.





## School Break Day!

School break day at Westman Immigrant Services provides a fun, safe environment for children in grades K-8 while school is out. Activities include games, crafts and so much more! **Registration is required.**

January 30, 2015

9am-4pm

*\*Please bring a lunch (no warm up's), 2 snacks and indoor shoes.*



For more information or to register contact:

(204)727-6031

Joy ext.2231

Loraine ext.2245

Elena ext.2233

\*Westman Immigrant Services programs and services are only available to permanent residents, landed immigrants and refugees\*



Wiggle, Giggle & Munch is a program for parents and their Children aged 2-5 years.

Every Tuesday 1:00 pm-3:00 pm

July 7, 2015—August 25, 2015

at

Stanley Park,

on the corner of Princess Ave and 15th Street

Join us for...

- Active outdoor play
- Healthy snacks
- Crafts


For more information or to register, please contact Loraine @ (204) 727-6032 ext 2245 or Joy (204) 727-6031 ext 2231



Westman Immigrant Services programs and services are only available to permanent residents, landed immigrants and refugees.







# THE WOW SERIES

Wellness of Women

**June 11-July 30**

Every Thursday • 1pm to 3pm •  
At Westman Immigrant Services  
(1001 Pacific Avenue)

**DRUMS ALIVE**  
at every session

**INFO SESSIONS**  
to follow

- June 11: Healthy Eating
- June 18: Mental Health
- June 25: Cancer Facts
- July 2: Sexual Education
- July 9: Tobacco Cessation
- July 16: Healthy Relationships
- July 23: Budgeting/Grouping/ Couponing
- July 30: Pamper Day!

**LIMITED SPACE! REGISTER NOW!**

Contact Joy or Elena at 204-727-6031

Free!

- ✓ Healthy Snacks Provided
- ✓ Child Care (19 months—5 years old)
- ✓ Language Support
- ✓ Transportation is available if eligible

\*\*\*Available to newcomers with permanent resident status and refugee claimant.





# FAMILY COOKING TIME

A COOKING AND NUTRITION CLASS FOR NEWCOMER FAMILIES

NOVEMBER 7—  
DECEMBER 19  
(8 SATURDAYS)

11:00 AM—12:30 PM

7TH STREET HEALTH  
ACCESS CENTRE  
(20—7TH STREET)

**FREE!**

Learn to prepare low cost, nutritious and delicious meals.  
Have fun with your family!  
Make new friends!

**Limited  
Space!**



FOR ADULTS AND YOUNG CHILDREN AGES 2 YEARS AND OLDER

CONTACT JOY ESCALERA TO REGISTER AT 204-727-6031 EXT 2231



Westman Immigrant Services' programs are available to all newcomers who have a Permanent Resident Card including refugees.

# Care for Newcomer Children (CNC) Program



# CNC Program





# National Child's Day Celebration at WIS

The screenshot shows a Facebook page for Westman Immigrant Services. The main post is from the organization, dated 1 hour ago, announcing a children's food/clothing drive for National Child's Day on November 20th. The post includes a photo of several cardboard boxes labeled 'DONATIONS' stacked on a wooden shelf. The left sidebar shows the page's cover photo, a rating bar, and sections for 'APPS' (with a Target logo for a newsletter), 'PHOTOS', and 'VIDEOS'. The right sidebar displays a 'Recent' list of likes from users like Aiyeon Noynay Oakden and Lalily Laguilles-Villafuerte, and a 'GROUP CONVERSATIONS' section with 'Family Chat' and 'New Barkada Msg Board'. The Windows taskbar at the bottom shows the time as 5:53 PM on 2015-11-17.

Westman Immigrant Services

1 hr · 🌐

#NationalChildsDay is November 20th. It is a special day for children to celebrate their rights. One right we are exercising is the right for children to have their basic needs met! Kids' Corner is hosting a children's food/clothing drive this week at Westman Immigrant Services. We are excited to help the children in our local community. Canned foods, good condition children's clothing, toys, pampers, etc. We will deliver the donation boxes on Friday Nov 20th. Please drop off @1001 Pacific Avenue, front desk or ask for Courtney.

Like Comment Share

Cathy Grain likes this.

Search the web and Windows

5:53 PM 2015-11-17

# Youth Programs



# Youth Programs



# Why clients come to programs?

- Family programs are all FREE
- Snacks is usually offered
- Child care is available to children from 19 months and older
- Language support is available
- Cultural Support
- Preservation of family
- Transportation is provided to those who qualify
- Families-oriented programs
- Focus on child's health and development
- They feel respected
- Safe environment
- They belong

# Determinants of success

- ▶ Positive evaluation results
- ▶ High number of clients attending programs
- ▶ Support from the community (funding agencies, agencies, individuals)
- ▶ Participants volunteer to co-facilitate or assist in programs

# Partners in the Community

- ▶ Funding agencies
  - United Way
  - City of Brandon
  - Brandon Healthy Families Team (Healthy Child Coalition)
  - Healthy Together Now
  - RBC
- ▶ Local businesses
  - Heritage Co-op
  - J and G
  - Christies Office Supplies
- ▶ Donations in kind (space, equipment, materials, support, etc)



▶ Agencies/Groups in the Community

- Elspeth Reid Family Resource Centre
- SERC
- Brandon School Division
- Rotary Club

▶ Community members (cash and in kind)

▶ Volunteers



Family program is FUN.

The kind of FUN that leads to newcomer's adaptation and integration to the community.





## Joy Escalera

Family Program Facilitator

Westman Immigrant Services

1001 Pacific Avenue, Brandon MB

204 7276031 Ext 2231

[joye@westmanimmigrantservices.ca](mailto:joye@westmanimmigrantservices.ca)

[www.westmanimmigrantservices.ca](http://www.westmanimmigrantservices.ca)