

Connections



Welcome Back to Connections The Family Centre Newsletter

Welcome back to Connections, the Family Centre newsletter! We have been working hard to update the newsletter and get back to sharing news from our Family Centre partners and the local community. With a new look and features, We hope to continue to make this newsletter a space for us to share, learn and celebrate as we all work to make a positive impact in our community.

What's new? In each edition of the newsletter, we hope to feature a program or service provided by our in-house and community partners with a "spotlight on" article. This month, we spotlight the Neighbourhood Nursing program that has been making monthly visits to the Family Centre.

To learn more about the Neighbourhood Nursing program and how to connect with them, be sure to read the Spotlight on Neighbourhood Nursing.

If you have news that you would like to share in Connections, please contact us at [Family Centre Admin](#) and we will do our best to share your news in the next issue.

We are also excited to announce that we will be hosting a meet and greet for our in-house and local partners. With the recent changes at the Family Centre, this will be a wonderful opportunity to connect and learn from each other. Watch for the invite!

Through collaborative efforts, we can build a community where every family is empowered and supported to create a safe and loving home environment for their families.

Let's continue our collaboration as we work to make a positive impact on our community.

Enjoy this month's newsletter!

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[The Family Centre](#)

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Hello!

Hey wonderful readers/Family Centre Family! I am thrilled to introduce myself as the new Director of Community Engagement and Partnerships for FACS, and I also manage the Family Centre. I am all about fostering vibrant connections, sparking innovative collaborations, and making our community stronger, healthier, and brighter than ever.

A little about me: I am Dr. Oluwakemi Aderibigbe, but you can call me Oluwakemi (which means "God cares for me"). I am a mother, and I love to dance and meet new people. I bring a heart full of community spirit, contagious enthusiasm, and a wealth of experience in creating meaningful collaborations. So, think of me as your new go-to person for all things fabulous and collaborative.

Whether you have brilliant ideas to share, partnerships to propose, or just want to chat about how we can make the Family Centre or our community even more awesome, my door is always open. Feel free to drop by my office, shoot me an email, or catch me at our next meeting or event.

Your insights and energy are what make the Family Centre special, and I am here to support you every step of the way.

Let's create something amazing together to strengthen our families through community collaboration. I can't wait to meet you all!

Stay vibrant and keep shining!

Oluwakemi



Oluwakemi Aderibigbe

Oluwakemi.Aderibigbe@facswaterloo.org



Welcome Sunbeam Brightside ABA Services Team

Effective March 1st Sunbeam will be taking over the upper level of the old KidsAbility Space at the Family Centre.

[Sunbeam's Brightside ABA Services Team](#) will be moving into the space along with The Children's Psychiatry Clinic and Occupational Therapy. This space will also be used to help provide the Urgent Response Program through the Ontario Autism Program along with running Sunbeam's sibling support groups.

The longer-term vision of the Sunbeam team is to create wrap around services by way of a clinical hub with the potential for expansion to the larger space.

We are really excited to deepen the partnership with our colleagues at Sunbeam and we know you will offer your support wherever possible.

[Learn More About Sunbeam Brightside](#)





Spotlight: Neighbourhood Nursing Team

The neighbourhood nurses are out in our community at the Family Centre!

The Neighbourhood Nursing team provides free public health services and knowledge to people who are experiencing barriers to supports within Waterloo Region. The neighbourhood nursing team can also help make connections that support residents and organizations and; provide services that are flexible and customized to people's needs, delivered where they are most comfortable. **ALL Services are FREE. No Health Card Needed**

The nurse can help with:

- Vaccines
- Pregnancy questions
- Infant feeding
- Child care and development
- Sexual Health
- General health questions
- Nutrition supports
- Mental health
- Connection to other community supports
- Connection to dental care
- Navigating health care options and services
- Harm Reduction Supplies
- Other health topics

Need more information?

[Neighbourhood Nursing Team](#)

phnnt@regionofwaterloo.ca

519-575-4400 ext. 5897

Support the Neighbourhood Nursing Team and share this information with your network.

Celebrations & Events



June is Pride Month

You are invited to attend and support the events planned in June to celebrate Pride Month:

- FACS Waterloo participated at Tri-Pride on Saturday June 1, at Victoria Park Kitchener.
- On June 8, 2024, FACS Waterloo will be at Grand River Pride in Cambridge, On Main Street, downtown Galt.
- The FACS Waterloo flag raising ceremony, is on June 12, 2024 in collaboration with Kanatákon Odenaag.
- SPECTRUM Fundraising Gala. Tickets are available [here](#). SPECTRUM also has a listing of [Pride Discussion Events](#) and [Pride Social Events](#)



June is National Indigenous History Month

June is National Indigenous History Month. Local events this month to celebrate and learn about the history, legacy and culture of Indigenous Peoples:

- [A National Indigenous Peoples Day Event](#) at Woodland Cultural Centre on June 23, 2024
 - [At First Light: Sunrise Ceremony](#) at the Museum June 21, 2024
 - [Indigenous History Month](#) at the Waterloo Public Library
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Programs and Activities from our Partners

June 2024 Muslim Social Services KW Events Calendar				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Tutoring program days 9-12	4 10:30am Computer Class 12pm English Class 5:30pm Healing through Art (Kids & parents)	5 6pm Wellness Walks	6 11:30am Building Bridges Program- Cooking Class 5pm INSPIRE program	7 8pm Hourly Grief Support 9pm Thrive Together Program- On the Table ex- cuse walk!
8 Tutoring program days 9-12	11 10:30am Computer Class 12pm English Class 5:30pm Healing through Art (Kids & parents)	12 4pm Women's Volleyball	13 5pm INSPIRE program	14 8pm Mindful Grief Support 9pm Thrive Together Program- Thrive Together program with 1st neighbourhood
15 Tutoring program days 9-12	18 10am English Class 3:30pm Healing through Art (Kids & parents) 6pm Volunteer Appreciation Party	19 10:30am Computer Class 12pm English Class 5:30pm Healing through Art (Kids & parents)	20 11:30am Building Bridges Program- Cooking Class 5:30pm INSPIRE program	21 8pm Thrive Together Program- Thrive Together program with 1st neighbourhood
22 Tutoring program days 9-12	25 10:30am Computer Class 12pm English Class 5:30pm Healing through Art (Kids & parents)	26 4pm Women's Volleyball	27 8pm All-Hour Project (Young Women group)	28 8pm Thrive Together Program- Thrive Together program with 1st neighbourhood 9pm Youth Empowerment Program- Thrive Together



Muslim Social Services KW

Muslim Social Services June 2024 Events Calendar.

Need more information or want to register?

info@muslimsocialserviceskw.org

(519)-772-4339 ext. 2707

BFO Grief at Work: The Conference

A unique event focused on addressing the critical topic of grief and loss within professional settings.

October 1, 2024

[Register at:bfomidwest.org](https://www.bfomidwest.org)



The Resilience Project Programs

- The Resilience Project is a collaborative initiative among different partner organizations which fosters resilience in four interrelated aspects of human life: individual, familial, organizational and community/collective within local, regional, national and global contexts.
- [Current Programs Available](#)



Community Links, Events and Programs

Imagine a place where community groups and organizations work cooperatively to help children and families learn, share, and connect with others. The Family Centre is a very special place that does all that and more.

It provides a welcoming, safe environment that focuses on the positive and helps build the strengths, wellness, and resiliency of children, youth, and families in our community.

Learn More at: [Community Events, Programs and Activities](#).



In-House Partners

[Our In-House Partners](#)



THE FAMILY CENTRE	519-772-4399
www.facswaterloo/thefamilycentre	65 Hanson Avenue Kitchener, N2C 2H6

Thank you for reading!

