

Connections



Spring into Wellness!

You are Invited to the Family Centre's Spring Wellness Fair

We are delighted to invite you to the Spring Fling Wellness Fair, a vibrant family-friendly event dedicated to health, well-being, and community connection. This special gathering is proudly hosted by the Family Centre, in collaboration with the Region of Waterloo Public Health and our esteemed Family Centre partners.

Date: Saturday, May 31st, 2025

Location: The Family Centre Gym

Time: 11:00 AM – 3:00 PM

This one-of-a kind event is designed to bring our community together in a warm, welcoming space filled with connection, inspiration, and well-being. Whether you are looking for family support services, expert advice, fun activities, or community engagement, there's something for everyone!

What Awaits you at the Spring Fling Wellness Fair?

A Hub of Family Wellness & Spotlight on Neighbourhood

- ✓ A Hub of Family Wellness & Connection – discover how the Family Centre fosters growth, health, and well-being for families in our community.
- ✓ Essential Health & Wellness Services – explore a variety of preventative, developmental, and social services designed to support children, youth and families.
- ✓ Meet the Experts & Community Organizations – engage with health professionals, community partners, and service providers offering valuable resources.
- ✓ Hands-On Activities & Interactive Workshops – Enjoy engaging activities for all ages – because wellness is about learning, movement, and fun!



Inside This Issue

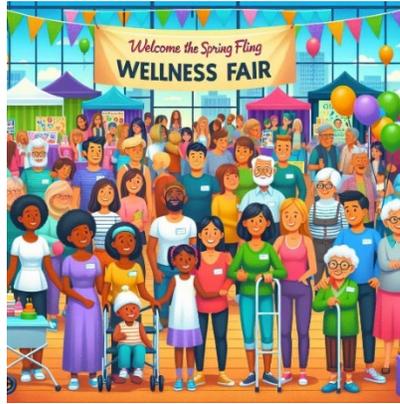
Spring Fling Wellness Fair

Your Family Centre

- Creative Space
- Exponential Learning
- Mini Act Theatre
- Muslim Social Services Waterloo Region
- Neighbourhood Nursing Team
- Sunbeam Developmental Resource Centre
- The Resilience Program

May 31, 2025

Spring Fling Wellness Fair - Highlights & Featured Booths



 **Health & Wellness**

- ✓Breastfeeding Support & Infant Care Guidance
- ✓Developmental Support for Children & Youth
 - ✓Health Resources
 - ✓Mental Health & Well-Being Services
- ✓Tobacco Cessation & Smoking Prevention
- ✓Sexual Health & Wellness Resources

 **Creative & Skill-Building Programs**

- ✓Culturally Inclusive Skills Development Programs
- ✓Hands-On Family Activities

 **Legal Support Services**

- ✓Community Legal Aid &
- ✓Family Law Resources
- ✓Newcomer & Family Settlement Services

 **Why You Shouldn't Miss This Event!**

- ✓Arts & Crafts for Kids & Youth
- ✓Be part of a Movement to Strengthen Community Ties
- ✓Connect with Local Organizations & Build Community
- ✓Discover Family & Newcomer Support Programs
- ✓Engage in Hands-On Activities that Promote Well-Being
- ✓Gain Valuable Insights from Health & Wellness Experts
- ✓Learn about Culturally Inclusive Skills Development
- ✓Learn about Hands-On Family Activities

This event is open to everyone – so bring your family, friends, and neighbours, especially those who are new to the community and looking for meaningful connections.

Join us for health, connection, and fun! Save the date!

We can't wait to welcome you at the Spring Fling Wellness Fair to celebrate well-being, and build a healthier, stronger community together. See you there!

Warm regards,

Dr. Oluwakemi Aderibigbe
Dr. Oluwakemi Aderibigbe

Your Family Centre



This month, we're excited to showcase the diverse range of programs and services available at the Family Centre through our in-house partners and partners in the community. From engaging programs for children, families and youth, supportive community groups and essential services, we're proud to share some of the programs in our community.

To help you explore all that's on offer from our in-house partners at the Family Centre visit our website, [Our In-House Community Partners - The Family Centre](#). Featured this month is a list of just some of the programs and services offered by our partners at the Family Centre. We encourage you to take a moment to browse through the list of programs in this newsletter and learn what makes the Family Centre and our community a great place to live, work and grow.

Creative Space

Part of the Resilience Project, creative space is a structured art program around the Wheel of Change that can make the sessions dynamic, fun, and adaptable to different skill levels. Artistic depiction of a "Wheel of Change" that merges art and personal transformation. It's designed to reflect the journey of self-discovery and growth, with art as a tool for meaningful change building and understanding individual and collective resilience.

Programs offered:

- Monday from 6 pm to 7:30 pm. Just Children, Free.
- Wednesday from 6pm to 7:30 pm. Whole family, free.

Upcoming Special Events:

- Celebration of the Art: June 2025
- Winter Celebration: December 2025

Art Installation: Check out the pollinator garden, where we send the message to our community on how we can be more attentive to protect and help the pollinators.



To learn about Pamela Rojas, Facilitator of Creative Space, watch this [video](#).

Exponential Learning



Exponential learning is dedicated to helping individuals achieve success on their Canadian English Language Proficiency Index Program (CELPIP) and International English Language Testing System (IELTS) exams for IRCC related processes. Expert instructors provide personalized coaching and support to help learners achieve their desired score.

IELTS Preparatory Classes

Exponential Learning offers comprehensive IELTS preparatory courses led by certified instructors. Their program begins with an initial assessment to determine your current proficiency level and target score. Based on the results, personalized guidance is available to strengthen areas requiring improvement, ensuring you are fully prepared for the exam.

Business English Courses

Specialized Business English courses for professionals and organizations. Whether you're seeking to improve your communication, writing, presentation skills, or business-specific vocabulary, tailored courses are designed to build confidence and proficiency in a professional context. These courses will help participants excel in business environments, whether you're preparing for meetings, presentations, or negotiations.

Additional Language Services

In addition to CELPIP and IELTS preparation, Exponential Learning offers customized English language training programs for general proficiency, academic English, and test preparation for other certifications. Whether you want to improve your conversational skills, academic writing, or prepare for other language exams, exponential learning offers flexible and effective solutions to meet your needs.

Email: ian@exponentiallearning.ca

Phone number: 1-226-581-4428

Mini Act Theatre- A Family Centre Creative Space Program



Mini Act Theatre is a free, weekly theatre workshop for children and youth aged 6-14. Our mission is to introduce young participants to the fundamentals of theatre through engaging activities that foster creativity, confidence, and teamwork. Our sessions provide a safe and inclusive space for self-expression and artistic exploration.

Theatre plays a crucial role in youth development by enhancing communication skills, boosting confidence, and fostering creativity. It teaches teamwork, adaptability, and problem-solving skills—valuable tools for both personal and academic growth. Through theatre, children and youth learn to express themselves in new ways and build lasting connections within their community.

Additionally, theatre provides a unique space for young people from different parts of the world to overcome language barriers, using movement, expression, and storytelling to communicate and connect beyond words.

Programs Offered:

Mini Act Theatre Workshop

- **Two Terms per year:** Winter and Fall terms
- **Day & Time:** Every Thursday, 2-hour session, From 6-8pm
- **Location:** Gym - The Family Centre
- **Cost:** Free

Upcoming Special Events:

- **Celebration of the arts**
- **Date & Time:** Mid June - Time TBD

The **Celebration of the Arts** is a special event featuring performances and works by students from Mini Act Theatre, The Creative Space, and The Music Academy. Families are invited to enjoy an evening of theatre, music, and creativity, showcasing the talents and growth of young artists.

News & Updates

We are working on a mini show with our actors, but we continue to welcome new participants!

Contact: Yazan Maarouf. **Email:** yazan.maarouf@gmail.com

Muslim Social Services Waterloo Region



Muslim Social Services Waterloo Region is a charitable organization that provides culturally- and spiritually sensitive social services to the Muslim and non-Muslim communities of the Waterloo Region. MSSWR aims to foster a healthy and inclusive region where people can live with dignity and respect. We aim to create a deep sense of belonging in community members from collectivist contexts through programs aimed at leveraging the resilience of children and youth, creating safer families, through community outreach initiatives, counselling, bridge-building, and capacity-building.

Programs (all free):

- Tutoring Program: Mondays at 6:00 PM in the Youth Room, The Family Centre. Starts April 7.
- Healing Through Art for Kids and Parents: Tuesdays at 5:30 PM at Forest Heights Community Centre. Starts April 8.
- Building Bridges: Thursdays at 12:00 PM at Forest Hill United Church. Starts April 10.
- Mindful Gardening Project: Fridays at 11:30 AM. Starts April 11.
- Neighbours Helping Neighbours: Fridays at 6:00 PM at Camino, 645 Westmount Rd E. Starts April 11.

Upcoming Events:

- Our AGM is scheduled for June 3rd at 6:00 PM at Camino, 480 Charles St. E. All are welcome to attend.

News/updates:

- MSSWR was nominated for The Community Impact United Way Waterloo Region Communities Spirit Award.
- We hosted a community iftar in honour of International Women's Day on March 13th.
- We made and distributed 100 food hampers for families in need for Ramadan, in collaboration with Islamic Relief Canada.
- We served 200 hot meals on February 3rd to unhoused individuals in collaboration with Islamic Relief Canada and Ray of Hope.
- We received the King Charles III Coronation Medal Award.
- We are continuing to offer our counselling services. Our updated fee model is as follows:
 - \$100/session with insurance
 - \$85/session without insurance
 - Sliding scale: \$25–\$35 if financial need

Contact: info@msswr.org

Neighbourhood Nursing Team



The Region of Waterloo helps all residents, from [newborns](#) to [older adults](#), to be healthy, safe, and live their best life. [Public Health and Paramedic Services](#) and [Community Services](#) offer education, support, and a variety of programs and services for people of all ages.

The Neighbourhood Nursing Program works to meet people where they are. They support people in spaces where they are comfortable. They help people navigate their health care needs and connect to community support. The Neighbourhood Nurses specialize in helping people who often experience barriers to health care. Neighbourhood Nurses provide access to many public health services and supports, including:

- **Vaccines** - The nurses can give vaccines and help you figure out which vaccines you need.
- **Sexual health** - Get counselling, testing and treatment for sexually transmitted infections (STIs). Nurses can help you with emergency contraception and access to birth control.
- **Harm reduction** - Nurses can provide supplies for safer drug use. They can also connect you to information about treatment and support.
- **Mental health** - Connect to mental health supports and peer help groups in your community.
- **Prenatal health** - Nurses provide advice and connections to health supports during pregnancy.
- **Breastfeeding** - Get practical information about feeding babies and connection to ongoing support.
- **Childhood development** - Nurses can help you identify development concerns for your child. They can connect you with community organizations for support.
- **Dental health** - Nurses can help you figure out if you are eligible for dental coverage. They can provide information on dental care options.

All Public Health services are free, and no health card is needed.

Routine drop-in times are offered at a variety of locations throughout Waterloo Region. Check with your local community center or contact Public Health Neighbourhood Nursing directly for a list of current times and locations.

Public Health Neighbourhood Nursing services are available for community organizations upon request. Email phnnt@regionofwaterloo.ca or call 519-575-4400 ext. 5897 for more information.

Update

Our Public Health team and Neighbourhood Nurses are working hard to support our community with immunizations, especially as student suspensions under The Immunization of School Pupils Act (ISPA) take place throughout April and May. Our Neighbourhood Bus and fixed-site clinics have been bustling with families ensuring their kids' vaccines are up to date!

Public Health is also focused on managing and preventing the spread of measles, which has now reached our community. We encourage everyone to take a moment to check their measles vaccine records. If you or your child(ren) are missing your measles vaccine(s), or if you're an adult born after 1970, please reach out to your Health Care Provider to discuss measles immunization.

For more information on immunizations: <https://www.regionofwaterloo.ca/en/health-and-wellness/immunizations-and-vaccines.aspx>

For more information on measles: <https://www.regionofwaterloo.ca/en/health-and-wellness/measles.aspx>

Contact: phnnt@regionofwaterloo.ca

Phone number: 519-575-4400 ext. 5897

The Resilience Program



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](#)

Sunbeam Developmental Resource Centre (SDRC)



Sunbeam Developmental Resource Centre (SDRC) assists individuals with developmental disabilities and their caregivers in evaluating needs and connecting with community services and supports.

Most SDRC services are available to children and adults with developmental disabilities, although adults wishing to access developmental services and supports must first go through Developmental Services Ontario Central West Region (DSO). In supporting the vision, mission, core values and service principles of our parent body – Sunbeam Community & Developmental Services – we are committed to providing collaborative services to persons with developmental disabilities, their families and caregivers.

Services that can be accessed through SDRC include consultation in the areas of behaviour, speech and language, health care, counselling, autism services, service coordination, service resolution, Applied Behaviour Analysis, residential supports, respite supports, and community participation supports.

SDRC is funded by the Ministry of Children, Community and Social Services, and there is no fee for services provided. There may be costs associated with respite services or community participation services that are arranged by SDRC but provided by other developmental service agencies. Brightside ABA Services do have a fee attached. For more information, please visit their website at brightsideabaservices.com.

Main office: 205 – 1120 Victoria Street North, Kitchener, ON, N2B 3T2
Phone Number: 519-741-1121

Thank you for reading our newsletter!

Contact Us



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65 Hanson Ave. Kitchener, ON
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519-772-4399

[Welcome to the Family Centre](#)