

Community Ideas

- # # # Proclaim National Family Week in your community.
- # # # Post National Family Week materials with local merchants.
- # # # Become knowledgeable about neighbourhood concerns.
- # # # Organize a community fair.
- # # # Organize a block/street party or garage sale.
- # # # Invite your local police officer and fire fighter to your community centre for an information sharing evening.
- # # # Work together to establish a neighbourhood play area.
- # # # Become a member of Block Parents.
- # # # Introduce a Neighbourhood Watch Program.
- # # # Volunteer at your local community club, hospital or senior centre.
- # # # Organize a tour and build a history of your own neighbourhood.
- # # # Start a community garden.



The Family Centre is a not-for-profit social service agency which supports and strengthens Winnipeg families through services and advocacy:

- Counselling and Community Services
- Employee Assistance Program
- Family Support/Education Program
- Family and Child Care Resources

National Family Week, from its inception in 1985, sponsored by The Family Centre has:

- highlighted the family as a critical institution to the community.
- built bridges in the community between schools and parents, business, recreation, seniors, health.
- emphasized the value of family strengths in finding supportive solutions to its problems.
- provided Manitoba with an opportunity to celebrate the role of the family and its contributions to society.

Funding for The Family Centre is provided by the Province of Manitoba and the United Way. The Family Centre has sponsored National Family Week with no additional staffing or financial support.

To receive more information
on National Family Week
please contact
The Family Centre at 947-1401

*National Family Week in Manitoba
is sponsored by
The Family Centre of Winnipeg
401—393 Portage Avenue,
Winnipeg, Manitoba R3B 3H6*

Celebrate



Jump into Family Fun

October 5th-11th, 2009

Family time ideas
for everyone!

The Family Centre
Where families come first!

Family Ideas

- ☛ Turn meal times into special events such as weekend breakfasts, Sunday dinners, annual picnics or barbeques.
- ☛ Parents, ask your kids about their favourite family tradition and do it.
- ☛ Post a caring message on the fridge.
- ☛ Pick one night a week without TV and start a board game activity tradition.
- ☛ Reminisce together with the family photo albums or videos.
- ☛ Talk to relatives about your family traditions. Recording them can be fun and meaningful.
- ☛ Create our own TV-viewing traditions, such as watching NHL playoffs, classic movies or weekly comedy show.
- ☛ Explore different festivals in Manitoba.
- ☛ Organize a family reunion.
- ☛ Explore a different culture a month with your children.
- ☛ Use craft materials to make decorations that can become a special part of your family's celebrations from year to year.

Ideas for Schools, Daycares, Churches & Agencies

- ☛ Organize a mini-celebration of various cultures and family traditions.
- ☛ Organize a pot-luck dinner.
- ☛ Sponsor a Family Poster Contest showcasing family traditions.
- ☛ Sponsor an Essay Contest on family traditions.
- ☛ Organize a lecture or sermon series on family traditions.
- ☛ Start the tradition of a monthly contribution to your local food bank.
- ☛ Start an annual volunteer commitment at a local charity.
- ☛ Hold a grandparent/grandchild afternoon.
- ☛ Bring families together to participate in a local event as a team.
- ☛ Have different people in your community talk with the students/children about their traditions.
- ☛ Visit a senior citizen's home and do research on their different traditions.

Workplace Ideas

- ☛ Volunteer to distribute National Family Week posters and materials.
- ☛ Have staff bring in their favorite family recipe, photocopy and circulate as a cook book.
- ☛ Bring in photos of your family and post them near your desk. Introduce your family to your co-workers.
- ☛ Write an article about National Family Week in your newsletter.
- ☛ Donate to a local cause.
- ☛ Make your workplace more "Family Friendly".
- ☛ Have a staff pot luck lunch featuring traditional foods.
- ☛ Sponsor a noon hour lecture series on family traditions.
- ☛ Organize a family activity with co-workers.
- ☛ Bring a member of your family to your workplace.