

### Services Offered

#### INTAKE AND ADMISSIONS

Villa Rosa provides pre-natal services and supports in a safe and nurturing environment to women who are pregnant or have recently given birth. Any pregnant woman or new mother may access our services *free of charge*. Some programs are also available to women who are not residents of Villa Rosa.

Please feel free to call the Intake Social Worker at Villa Rosa for information or tours at 786-5741, extension 223.

#### THE POST NATAL HOUSE

The Post Natal House provides support and accommodation to eight women and their babies (under the age 18 months) for three to twelve months while they are preparing to live independently.

#### PARENT-CHILD CENTRE

The Parent-Child Centre focuses on mother-child attachment and infant stimulation. Consistent, high quality care is provided for babies by staff and volunteers whose mothers are convalescing or in school and programs.

A low adult-child ratio is maintained by staff, students and volunteers, which allows staff to role model and support the moms as they develop their parenting skills.

#### TODDLER ROOM

The Toddler Room gives babies the chance to explore their world and develop independence using their newly acquired skills in a safe, stimulating environment while their moms attend school and programs.

#### BREASTFEEDING SUPPORT

The Breastfeeding Support Program has been successful in substantially increasing both the number of women who choose to breastfeed their babies, as well as the length of time they continue to breastfeed.

Support is offered to new moms in the hospital to help initiate breastfeeding and is available 24/7 for questions and problem solving.

#### MEDICAL CARE

Villa Rosa provides physical and emotional support to each resident throughout her pregnancy and postpartum period.

Assistance is also given to connect with appropriate medical professionals (Public Health nurses, midwife, obstetrician, physician, etc.) in the community.

A variety of pre- and post-natal educational sessions are held to discuss nutrition, fetal development, emotional and physical changes in the mother, childbirth, newborn care and sexuality.

#### FOLLOW UP PROGRAM

The Follow-Up Program Social Worker supports women and their children in the community who are former residents of Villa Rosa by assisting in accessing programs in the community, offering support, counseling, crisis management, budgeting and information on child development and parenting issues. Participation in the Follow-Up Program is voluntary.

#### PROGRAMMING:

##### SCHOOL

The Villa Rosa Classroom, a division of the Interdivisional Student Services administered by the Winnipeg School Division, provides educational programming to students who are residents of Villa Rosa or Post Natal Residence, or Day Students from the community. Instruction is available in major subjects from elementary to Senior 4. Prenatal classes, aquasizes, child development, pottery and Aboriginal Studies have been approved to be used toward school credits in Life Skills 21G and/or Family Studies 20G. Credits in Home Economics (sewing) and Art are also available. An individualized program is planned for each student.

##### ABORIGINAL STUDIES

Villa Rosa School offers a vibrant program of Aboriginal Studies. Teachings by Villa Rosa Elder Donna Beaulieu provide students with traditional knowledge related to ceremonies, songs and drumming, and contemporary understanding of the medicine wheel. Ojibwe, Cree, Métis and Dakota traditions are included, with additional visits by Elders, Artists and Storytellers throughout the year. Field trips have been made to important cultural sites to support the curriculum. The program is open to all students and fosters cultural awareness, self-esteem, and a path for growth.

##### SUPPORT GROUPS

Individual counselling, as well as programs on Adoption Support, Decision Making and Healthy Lifestyles are offered to support our pre- and post-natal residents. Mom's Group is held one morning a week over breakfast and is self-directed in its content, covering topics such as the experience of being a mom, child development, problem-solving and resources available in the community.

##### EARLY LITERACY

Early Literacy Programs include Rhyme Time, Mother Goose and Rock and Read, during which moms, babies and prenatal residents share songs, rhymes, stories, snacks and conversation. Rock and Read also involves creating a handcrafted storybook. Both programs stress the importance of implementing early literacy practices.

##### COOKING PROGRAM

A hands-on program where participants learn about nutrition, basic meal preparation, how to follow a recipe, and how to prepare tasty, nutritious food on a budget.

#### PHYSICAL ACTIVITIES

Villa Rosa offers active and enjoyable activities such as a walking group, aquasizes, yoga and belly dancing that assist with relaxation, meditation, labour preparation and post partum toning.

#### SMOKING AWARENESS

Smoking Awareness provides residents who express a desire to quit or cut down on smoking an opportunity to explore and understand tobacco and other addictions. With the support of the group, participants work together to achieve their goals.

#### SPEAKERS

Speakers from a variety of community agencies are invited to Villa Rosa once every two weeks to present information to our residents about their programs and resources.

#### ANGER MANAGEMENT

The goal of the Anger Management Program is to bring about an awareness and understanding of anger, including what anger is, ways one may have expressed anger in the past, and different ways one could express anger constructively in the future.

#### PARENTING THE NEWBORN

Parenting the Newborn provides information, builds confidence and includes hands-on experience to pre-natal women about bathing baby, sterilizing, stimulation, ways to interpret and respond to crying, breastfeeding and safety.

#### BEING A PARENT

Being a Parent is based on the Nobody's Perfect series. The goal is to empower moms with positive parenting techniques. These programs explore safety issues, health care, nutrition, child development and behaviour of babies from newborn to 2 years old.

#### BUDGETING AND NUTRITION

The objective of Budgeting and Nutrition is to teach participants about consumer skills, budgeting, nutrition, grocery shopping, apartment guidelines and hazardous products.

#### SAVING CIRCLE PROGRAM

The Saving Circle Program helps to build capacity to manage finances through a money management program where participants' savings are matched to assist with planned household or educational purchases.

#### SPIRITUALITY

Services celebrating Mother's Day and Christmas and other special days take into consideration the diverse cultural backgrounds and experiences of the population we serve.