

## 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. For information or tours contact the Intake Social Worker at (204) 786-5741, extension 223.

### THE POST-NATAL HOUSE

The Post-Natal House provides support and accommodation to eight women with their babies (under 12 months old) for three to twelve months while they are preparing to live independently.

### PRE-NATAL CLASSES

Villa Rosa offers weekly classes that focus on coping with all aspects of pregnancy, birth and post-partum recovery and healing, as well as the early weeks of living with a newborn.

### 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 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 post-partum period. 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.

Dr. Helen Harmer runs a weekly clinic for residents and babies to receive in-house medical care. Assistance is also given to connect with appropriate community medical professionals, as needed.

### PARENT-CHILD CENTRE

The Parent-Child Centre focuses on mother-child attachment and infant stimulation. Consistent, quality care is provided by staff and volunteers for babies whose mothers are convalescing or in school and programs. A low adult-child ratio is maintained by staff, students and volunteers, allowing staff to support the moms as they develop their parenting skills.

### OUTREACH PROGRAM

The Outreach Social Worker supports women who are former residents of Villa Rosa and their children by assisting them to access programs in the community, offering support, counselling, crisis management, budgeting and information on child development and parenting issues. Participation in the Outreach Program is voluntary.

### PROGRAMMING

Individual counselling, as well as programs that cover adoption, decision making and healthy lifestyles are offered to support pre- and post-natal residents in their personal growth and to make a plan for themselves and their baby.

### SCHOOL

Winnipeg School Division Interdivisional Student Services provides in-house educational programming from grade 7 to 12 to students who are residents of Villa Rosa or past residents coming as Day Students from the community. An individualized program is planned for each student based on their learning needs.



### INDIGENOUS STUDIES

Villa Rosa offers a vibrant program of Indigenous Studies. Teachings by an Elder provide students with traditional knowledge related to ceremonies, Villa Rosa's tipi, 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. The program is open to all students and fosters cultural awareness, self-esteem and a path for growth.

### EARLY LITERACY

Early Literacy Programs include Rhyme Time and Rock & Read, during which moms, babies and pre-natal residents make baby books, share songs, rhymes, stories, snacks and conversation. Both programs stress the importance of implementing early literacy practices.

### SPIRITUALITY

Various celebrations and ceremonies take into consideration the diverse cultural backgrounds and experiences of our residents.

### PHYSICAL ACTIVITIES

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

### ADDICTION AWARENESS

Addiction Awareness provides residents who wish to quit or cut down on smoking an opportunity to explore and understand tobacco and other addictions. Participants work together to achieve their goals with the support of the group.

### SPEAKERS

Speakers from a variety of community agencies are invited to present information about their program and resources once every two weeks.

### ANGER MANAGEMENT

Anger Management brings about awareness and understanding of anger, ways one may have expressed anger in the past, and different ways one could express anger constructively in the future.

### PARENTING PROGRAMS

Programs are offered to pre-natal moms that cover areas such as bathing, sterilizing, stimulation, and ways to interpret and respond to crying, breastfeeding, and safety. The goal is to empower moms with positive parenting techniques based on the Nobody's Perfect program. We explore car seat and home safety, health care, feeding issues, child development and behaviour through to the age of 2. We also offer post-natal programs that look at post-partum depression, self-care, and attachment through the Coping with Change and Circle of Security series.

### INDEPENDENT LIVING SKILLS

Topics include consumer skills, budgeting, nutrition, grocery shopping, tenant rights and responsibilities, laundry, finding furniture, and assisting with apartment searches. A hands-on cooking program teaches basic meal preparation, how to follow a recipe and how to prepare healthy food on a budget.

### MONEY MANAGEMENT

The Money Management Program helps to build capacity to manage finances, open a bank account and a Canada Learning Bond for baby, and save money which is matched to assist with household or educational purchases.