

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 the Newborn

Parenting the Newborn is a 6-week program that provides information and “hands-on” experience to prenatal women. The goal of the program is to expand knowledge and build confidence for when their newborn arrives. The classes include bathing, sterilizing, stimulation, interpreting and responding to crying, breastfeeding and safety. Classes are done individually or in small groups.

Being a Parent

The goal of this program is to empower moms with positive parenting techniques. These programs explore safety issues, health care, nutrition, child development and behavior of babies newborn to 2 years old.

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. Postnatally, we offer programs focusing on coping with change, post-partum depression, self-care, and attachment through the Circle of Security series. 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.

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.

Spirituality

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

Our Mission

Villa Rosa provides support to mothers, babies and their families during and after pregnancy.

Our Vision

Capable mothers, healthy babies, thriving families.

Our Values

Respect and dignity

We honour and embrace all people and provide services in a culturally appropriate manner.

Empowerment

We appreciate the abilities of each individual and encourage potential through education and support.

Family

We understand that a healthy child is best nurtured in a healthy family, whatever its composition.

Healthy Living

We encourage choices that promote healthy, safe and non-violent families.



Villa Rosa

784 Wolseley Avenue
Winnipeg MB R3G 1C6

(204) 786-5741

1-866-643-0733

info@villarosa.mb.ca

www.villarosa.mb.ca

Villa Rosa Program Information

A Caring Place for Moms and Babies



784 Wolseley Avenue

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Toll-Free 1-866-643-0733

GENERAL INFORMATION

Intake and Admissions

Villa Rosa provides accommodation, services and supports to pregnant women and girls in a safe and nurturing environment.

Funding through the Province of Manitoba and the United Way allows Villa Rosa to provide services *free of charge*. Transportation costs, spending money, clothing needs, personal needs and medication are not covered by Villa Rosa, but the Intake Social Worker will discuss on an individual basis various arrangements that may be made to cover these expenses. Women eligible for funding from their First Nation may receive services on a per diem arrangement, which may be reimbursed by the Department of Indian and Northern Affairs.

Referrals are accepted from many different sources, including self-referrals, former residents, Child and Family Services, Public Health, Employment and Income Assistance, teachers, counselors, and Federal agencies. Please arrange a pre-admission appointment and tour with the Intake Social Worker at (204) 786-5741, extension 223 or email intake@villarosa.mb.ca

Post-Natal Program

The Post-Natal House provides support and accommodation to 8 women and their babies (under the age of 1 year) for a minimum of 3 months while they are preparing to live independently.

This program offers support and assistance with the skills needed to live on your own with a baby, such as cooking, budgeting, grocery shopping and cleaning. A staff person is available through the night for support with a crying baby or other issues. We strive to meet the needs of each resident as she becomes independent.

Day Program

Women who do not live at Villa Rosa may be eligible to attend programs at Villa Rosa during the day. Please contact the Intake Social Worker for information at (204) 786-5741, extension 223 or email intake@villarosa.mb.ca.

Community program

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

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.

Medical Care

Villa Rosa connects residents with appropriate medical professionals (midwife, obstetrician, physician, etc.) in the community. Weekly 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. Labour companion sessions allow the mother to learn about the labour and birth process, and gives guidance on the labour companion's role.

Breastfeeding Support Program

The Breastfeeding Support Program has been successful in increasing substantially both the number of women who choose to breastfeed their babies as well as the length of time they continue to breastfeed. We consistently have a breastfeeding rate higher than the national average. The Breastfeeding Support Worker is available 24/7 for phone calls to answer questions and help problem-solve, and to visit new moms in the hospital after giving birth to help initiate successful breastfeeding from the start.

PROGRAMMING:

School

Winnipeg School Division Interdivisional Student Services provides in-house educational programming to students who are residents of Villa Rosa or Day Students from the community. Instruction is available in major subjects from elementary to Grade 12. Prenatal classes, child development and Aboriginal Studies have been approved to be used toward school credits in Life Skill 21G and/or Family Studies 20F. Credits in Home Economics (sewing), Art and Physical Education are also available. An individualized program is planned for each student.

Aboriginal Studies

Villa Rosa offers a vibrant program of Aboriginal 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. Field trips have been made to important cultural sites to support the Manitoba curriculum. 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.

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.

Circle of Security

The Circle of Security is a relationship based early intervention program designed to enhance attachment security between parents and children. Decades of university-based research have confirmed that secure children exhibit increased empathy, greater self-esteem, better relationships with parents and peers, enhanced school readiness, and an increased capacity to handle emotions more effectively.

Coping with Change

Coping with Change engages new mothers in discussions and workshops that reveal the realities, myths, silences, and emotional adjustments in the transformation process of becoming a mother. Coping with Changes engages the feminist philosophy that places women at the centre of care, acknowledges the larger social norms and expectations placed on mothers, and provides coping strategies for mothers dealing with these various maternal physical, mental and social changes.

Addiction Awareness

Addiction Awareness provides the opportunity to explore and understand the impact that addictions have on themselves and their babies both before and after birth.

Speakers

Speakers from a variety of community agencies are invited to Villa Rosa to present information about their programs. Topics include addictions and the prevention of fetal alcohol spectrum disorder, sexually transmitted infections, legal issues, The Children's Advocate Office.

Decision Making

Decision Making provides information on adoption and parenting, making decisions, supporting those who choose adoption, healthy relationships and maintaining a balanced life.