



The Network News

Young Parents Support Network
2541 Empire Street Victoria, BC V8T-3M3
(250) 384-0552 www.ypsn.ca
General Inquiries: petra@ypsn.ca

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A BIG Thank You

to

Elisita's Photography

For the
Fun (& Free) Photo Shoots
this past spring and fall!

Awesome!
Great Job!

Learning, Chaos and Love

There can be so much **pressure** to parenting: being the head of a family, co-parenting with someone who has a **different** history than you, being a **good** partner – all while maintaining your sense of self. Your SELF can get a bit **lost or confused** among all the learning, chaos and love that characterizes this time. Whether you are at home with babe all day, always shuttling between work, daycare and duties at home, or if it's **all the expectations** that everyone seems to have of you – staying you (or remembering who that is!) can be really hard. 

Strangely enough, sometimes the most useful place to **be reminded of who you are** is with a group of strangers... On page 3 we have some more great reasons to **join a parenting, activity or community group!**

Have You Got Something To Say? It could be RIGHT HERE!

Do you draw, write poetry, or enjoy any other visual arts that we could help share?
Our Newsletter is always looking for new content and we would LOVE to give you a space to show off!

Parenting as a Young Parent Program

Winter Schedule

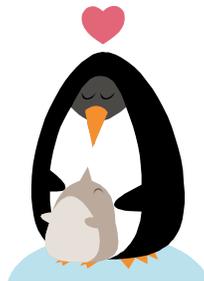
YPSN Office—Ahimsa Center
2541 Empire Street (at Haultain)

(We are right by Haultain Fish and Chips - one block off Bay and Cook!)

- Week 1: Personal and Family Values
- Week 2: Ages and Stages
- Week 3: Parenting Strengths and Struggles
- Week 4: Personality & Parenting
- Week 5: Positive Parenting Part 1 - Boundaries & Limits
- Week 6: Positive Parenting Part 2- Strategies and Tools
- Week 7: Parenting in Times of Stress - Self Care & Support
- Week 8: Leftovers, Questions, Suggestions and Evaluation

Facilitator: Jacquelin Green, Family Support Worker
250 384 0552

familysupport@ypsn.ca



Healthy Holiday Tips

Make a new tradition of staying well throughout the holidays.

You owe it to yourself.

How can you walk the tightrope?

Find a happy medium, and indulge in things you really love!

Allow your sorrow. You may be mourning the loss of something or someone. Give yourself room. Let yourself feel the things that come up for you. Lean on someone, or take time for yourself. The important thing is to give yourself permission to do what is **right for you!**

Don't let expenses sour your spirit! Whether it's financial, emotional or personal, this time of year can sap the strength of the most festive folks. Regardless of how you choose to spend your time this season, there is far more to the Joy of Winter than food, gifts or parties. Focus on the Pleasures of Being. That could mean being you, being a family (whatever that may look like for you), or even being here to enjoy life, regardless of the crazy challenges this busy time of year can bring!

Whatever makes you feel warm and safe is your best option. Some people look forward to crafts: glitter, glue and macaroni might be your idea of a great time. Others may prefer to get cosy in a snugly blanket with a good book or movie, or curl up in front of a fire. If other people don't agree with your decisions, try not to take it personally. Everyone wants to share their idea of magic this season, and it's okay to go your own way!

*And remember,
A little sparkle goes a long way!*



Great Reasons to Join a Group!... *Continued from page 1*

- Sometimes there's childcare (everyone needs *some* adult time)!
- Spending time with other kids will help socialize your children.
- Gets you out of the house!
- You can compare notes with people who may be going through similar things.
- Learning opportunities – sometimes there are speakers or resource people at the groups.
- Find out from other parents about what's really worked, and what's been really challenging (and where to get the best deals!)
- New friends!
- Other people can often bring up things that you are feeling and experiencing, but you aren't ready to talk about yet... You get your concerns answered, and maybe even feel less isolated.
- Knowledgeable support from staff and volunteers
- The mess is made in someone else's space (and you don't have to worry about it).
- There might be snacks!
- It is a neutral place, outside of your house where you can consider challenges and recognize accomplishments.
- The pressure is off. You are likely the one being entertained, not entertaining.
- Some time to focus on you!

**BECOME A FAN ON FACEBOOK...
SPREAD THE WORD!
WE'RE ALSO ON THE WEB:
WWW.YPSN.CA**

POETRY CORNER

*Haikus are easy
but they don't always make sense
refrigerator*

Beat The Blahs!

When you know you've got a **busy schedule**, have a snack ahead of time so you're not starving. Reminding yourself to eat **before you are hungry** can help to avoid that 'crash' feeling we're all so familiar with.

Soups are **hearty, healthy and easy** to have on hand. Even if you don't want all the extra ingredients in most packaged soups (or have an empty pantry cupboard), this cold-weather staple can be made quickly from almost anything. Got some leftover chicken or beans? A carrot? Some celery or an onion? Voila. A slow cooker can be very useful, but your stove works just as well when you're at home. You might be surprised how **easy and delicious** this comfort food can be! Below, find our **Butternut Squash Soup with Apples** — it's a fall classic!

Ingredients:

- 1 large butternut squash
- 1 medium onion, diced
- 3 apples, peeled and chopped
- Olive oil
- 3 pats of butter (optional)
- Salt and pepper to taste
- Ground coriander
- Ground cinnamon (try replacing with sage)
- Ground nutmeg (try replacing with bacon)
- 6 to 8 cups chicken stock or broth

Preparation:

1. Preheat oven to 350 degrees Fahrenheit.
2. Cut about an inch off the top and bottom of the squash, then slice in half length-wise.
3. Scoop the seeds out of the bottom of each half of the squash, then peel squash and place both halves in a small roasting pan, hollow side up.
4. Score the inside of the squash with a knife to allow olive oil to seep in, then sprinkle with olive oil, salt, pepper and coriander.
5. Cover the squash with tin foil, and roast in the oven for about an hour.
6. Heat up olive oil and butter in soup pot on medium low heat. Add onion to soup pot, sprinkle with salt. Saute until onions are soft.
7. Chop the squash and add to the soup pot.
8. Add remaining ingredients, bring soup to a boil. Reduce heat to low, allow to simmer for about 30 minutes.
9. (Optional) Using an immersion blender, food processor or electric beater, puree the soup to a smooth consistency.

How to Get to The Ahimsa Family Centre

According to the Free Online Dictionary, **Ahimsa** is the word that expresses the belief in the sacredness of all living creatures and urging the avoidance of harm and violence

We are at the corner of Haultain & Empire Street right above Haultain fish & chips. That's one block from the corner of Bay & Cook.

By bus:

#24/25 runs along Cook street. Get off near Bay, find Haultain & you're there..

#4 runs up & down Hillside. Get off at Cook. Then there's a short walk down the hill. Try cutting through in front of the old Cridge building and come straight down Empire Street.

#10 runs from the Dockyard up Esquimalt and all the way to the Jubilee hospital. Get off on Bay and walk one block north.

By car:

There is lots of street parking & two designated parking stalls in front of our door. Please leave the spaces in front of the businesses on Haultain for their customers.

With a stroller:

On the Empire side of the Parking Lot, follow the gravel path behind the building to the back door.