

Connections



Welcome to Connections, The Family Centre Newsletter

The Family Centre is a vibrant community hub in Waterloo Region, where families connect, access services, and find programs that support their growth, wellness, and belonging.

Our quarterly newsletter brings you highlights of past events, a look ahead to upcoming programs, and stories from our partners who make this space possible. Each edition is designed to keep you informed and connected with all that's happening at The Family Centre.

Whether you have visited before or are discovering us for the first time — welcome! We are glad you are here, and we look forward to connecting with you.

This issue is especially exciting as we welcome two new partners to our community:

Black Afri-Can Youth Association (BAYO) –

Empowering youth of African descent through leadership, mentorship, and community connection.

Al-Salaam Islamic Centre –

Supporting Muslim families and individuals with inclusive programs and services.

We are thrilled to have them join our network, expanding the opportunities and supports available for families across our region.

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In this newsletter you can expect:

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Spring Together

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Looking Back Together at Spring 2025

Spring at The Family Centre was a season of **connection, creativity, and celebration**. Together with our partners and families across the community, we hosted events that brought people closer, highlighted the incredible talents of children and youth, and showcased the supportive role of The Family Centre as a hub for preventive services, wellness, and belonging. These gatherings not only celebrated our community but also strengthened the bonds that make our Centre such a vibrant and welcoming space. We are deeply grateful to our partners, youth, families, volunteers, and facilitators who made these events possible and look forward to continuing the momentum with our upcoming Fall Wellness Workshop and End of the Year Celebration of the Arts.



The FC Spring Fling Wellness Fair (May 2025)

On May 31st, 2025, we were thrilled to host the Spring Fling Wellness Fair in collaboration with the Region of Waterloo Public Health and our Family Centre Partners.

The gym came alive with the energy of children, families, and neighbours who explored a wide variety of health, developmental, and social services available through the Centre. Guests took part in interactive activities, learned from public health experts, and enjoyed hands-on wellness experiences designed for all ages.

The Wellness Fair wasn't just about sharing information — it was a true celebration of community well-being and togetherness. It gave families, newcomers, residents and community partners an opportunity to connect with resources, build relationships, and strengthen the support network for children and families in our region.



June 2025

Celebration of the Arts

Just a few weeks later, the Family Centre was transformed again during our bi-annual Celebration of the Arts in June.

This special event gave children and youth from our Creative Space programs a platform to showcase what they had been working on — everything from mini theatre performances to visual arts, and music lessons/therapy. Families, friends, and community members were treated to a vibrant showcase of creativity, resilience, joy, and food.

More than just a performance, the Celebration of the Arts highlighted the healing and empowering role of creativity in building confidence, resilience, and self-expression among young people. It was inspiring to see their hard work and talent shine in such a supportive community setting.



Partner Spotlight - Black Afri-Can Youth Organization (BAYO)

BAYO is proud to be featured in this month's spotlight! As a youth-led nonprofit rooted in empowerment and equity, we focus on creating opportunities for Black youth through education, wellness, and community leadership.

What's New at BAYO?

Mental Health Support

We're excited to launch a new wellness initiative with Dr. Hannan, a medical graduate volunteering with BAYO to provide peer support focused on mental health and mental illness awareness.

This program creates a safe, non-judgmental space where youth and families can:

- Talk openly about their emotions
- Reflect on their experiences
- Feel supported in navigating life's challenges

Our goal: to help individuals feel less alone, gain new perspectives, and connect with the right resources for ongoing support.

Let's Talk About Your Mental Health.

As part of this initiative, BAYO will host "Check In with Yourself" sessions — brief, confidential mental health conversations open to all community members.

These sessions are designed to:

- Provide a supportive space to share how you're feeling
 - Connect participants with helpful resources
- Stay tuned for more details!

Workshops & Mentorship.

Between September and October, BAYO continues its free workshops on trades and STEM careers, along with mentorship opportunities for youth ages 14–24.

Grand Opening of BAYO at the Family Centre.

We are excited to announce our upcoming Grand Opening at the Family Centre!

Date: Coming soon (stay tuned for updates)
This will be a chance to connect with the community, meet our team, and learn more about BAYO's programs and initiatives.

Get Involved.

BAYO is always looking for:
Community partners
Volunteers
Youth leaders

Email: blackyouthwr.org@gmail.com

Phone: 519-576-0540 ext. 2705



Partner Spotlight - Hummingbird Centre for Hope – Upcoming Programs & Events

The Hummingbird Centre for Hope is dedicated to supporting families who are grieving the death of a loved one. Through compassionate programs and community connections, they provide a safe space where children, youth, and caregivers can process their grief, build resilience, and discover new hope for the future. All programming is designed to support widowed parents with kids at home.

LEGACY Academy Group (LEGACY an acronym for Learning to Embrace Grief And Care for the Young)

The goal of our LEGACY Academy program is to empower widowed parents by offering education, emotional support and practical assistance. Program topics are carefully designed to help develop the skills and confidence to model healthy grieving for their children, while also restoring hope and dreams for their family's future.

Runs 1st Thursday of each month 7:00 - 8:30 pm

LEGACY TRaCS Group

Conversations will focus on the continuing challenges experienced along the journey of grief, and how the death of a spouse or partner impacts our daily lives. Shared experiences will allow participants to engage in themes that relate to relationships, parenting alone, the enormity of daily responsibilities, and how our grief has redefined us. This support program is focused for those who are farther along in their grief journey

Runs 1st Monday of each month 7:00 - 8:30 pm

Better Together Dad's Virtual Group

Dad's bring a uniqueness of their own to widowed parenting journey

We recognize that men often cope with grief in their own distinctive ways and face specific challenges after losing a spouse or partner.

Many hesitate to seek support, often unsure of where to turn. Our "Better Together" Widowed Dad's virtual group offers a space just for fathers, where they can share and find comfort in knowing they're not alone.

Runs 3rd Wednesday of each month 7:00 - 8:30 pm

LEGACY Kids (for parents)

This three-week educational seminar is designed to provide parents with the knowledge and skills needed to support their children who are grieving after the death of a parent. Parents will learn practical strategies and tools to care for their family while managing their own grief. The seminar covers essential topics such as how to talk to children about grief, how to distinguish between typical childhood behavior and grief-related behavior, and how to help children not only cope with loss but also grow and thrive.

Offer twice per year in fall and spring

[Registration Link for all programs](#)

Or can call/email Marny for details
marny@hummingbirdcentreforhope.com
519-500-8535

Programs & Events Spotlight

Save the Date – Family Centre Fall Wellness Workshop

Our Fall Wellness Workshop is coming u in October! Join us for a day of interactive sessions and resources for the whole family. Full details will be shared in the September newsletter.

Family Centre Café Reopening This Fall!

We're thrilled to announce that the FC Café is reopening. The café will be a cozy and welcoming spot for families, neighbours, and friends to gather. Enjoy fresh coffee, light snacks, and a space designed to spark connection and conversation.

Family Centre Partners

The Family Centre thrives because of the incredible organizations we work with. Together, we provide resources, support, and opportunities for families across Waterloo Region.

Here are our valued partners:

- Al-Salaam Islamic Centre
- Black Afri-Can Youth Association (BAYO)
- Canadian Arab Women Association
- Canadian Aweil Youth Association
- Creative Space
- Eritrean Islamic Community of Waterloo Region
- Ethiopian Association of K-W & Surrounding Areas
- Exponential Learning
- Hummingbird Centre for Hope
- Levant Canada
- Region of Waterloo Public Health Neighbourhood Nursing Team
- Sunbeam
- White Owl Native Ancestry Association

Meet the Family Centre Team

We are proud to introduce the dedicated team who make The Family Centre a welcoming, safe, and supportive hub for families:



DR. OLUWAKEMI ADERIBIGBE
Director of Community
Engagement & Prevention



Edward Carrington
Facilities Services Supervisor



Roberto Ascencio
Facility Coordinator



AMANJOT KAUR
FC Admin Assistant



Stay Connected: Follow us on social media and visit our website for updates, program details, and community stories. Thank you for being part of The Family Centre — together, we make community stronger.

**We would love to hear from you. Please scan the QR code below to provide your feedback.
It takes less than 3 minutes!**



Thank you for reading!

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