

Hello Nursing Students and Faculty,

My name is Morgan Sawchyn, and I am a Year 4 Term 2 nursing student. My student partner Jane Richards and myself are completing our Community Health clinical rotation at N.E.E.D.S Inc.

Located in Downtown Winnipeg, N.E.E.D.S. Inc. offers accessible services for newcomer children, youth, and families to support their transition into Canadian society. Serving both immigrant and refugee children and youth, N.E.E.D.S provides education, employment, mentorship, recreation, and psychosocial support programs to help participants develop life skills and confidence to overcome the challenges of migration and realize their hopes for a safer and happier future. N.E.E.D.S serves more than 2000 newcomer children, youth, and families each year.

As students, we are working within the agency's "Introduction to Canadian Education Program", which offers free educational and social preparedness and orientation programming for newly arrived refugee children and youth aged 6-21 years.

During free time at N.E.E.D.S, we have seen how much participants enjoy playing games with each other and with staff. During times of anxiety or uncertainty, games can be an effective tool to support mental health, promoting emotional regulation, socialization, and a sense of accomplishment. It's beautiful to see groups of young people coming from very different cultural backgrounds, speaking different languages, connecting, and laughing over a game.

We've noticed that many of the games available at the center are broken or incomplete. Also, our attendees are living in temporary housing, where they have only the few possessions brought with them on their journeys from home. Imagine being six years old and living in a hotel room for weeks with limited access to age-appropriate entertainment.

We know that many of your families probably have old games sitting sad and forgotten in the basement. Our goal is to collect 50 used or new games or dolls by June 15th! Considering language barriers, best are simple games that are based on shapes, colours, pictures, numbers, or simple English words/phrases. Good examples include puzzles, Snakes and Ladders, Connect 4, Spot It!, card games, dice games, and tactile/stacking games. We ask that games have all the original pieces if possible. We are also accepting dolls! These will be donated to the center and/or directly to families in need. We are also accepting cash donations to buy these items.

We hope that you will consider supporting our cause and helping children to find connection!

We can personally collect donations at **Helen Glass Centre** on **Mondays** and **Fridays** from **0830-1530** or at **N.E.E.D.S Center**, 251a Notre Dame Ave, Winnipeg, MB, **Tuesday to Thursday** from **0830-1600** To arrange a drop off during these or alternate times, you can contact at: sawchynm@myumanitoba.ca and richar96@myumanitoba.ca



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