


Elsbeth Reid Family Resource Centre

A facility of  Child and Family Services of Western Manitoba



255 – 9th Street
Brandon MB R7A 6X1
Telephone: 204-726-6280
www.cfswestern.mb.ca

The Elspeth Reid Family Resource Centre gratefully acknowledges the financial support of the



and the



United Way
Brandon & District
Change starts here.



Winter Programs **January - March 2017**

The Resource Centre will be **closed** January 2 & February 20, 2017.

Register Early!

CHILD CARE

Day Time Programs: Child care is available. Transportation within Brandon is also available for those who require it. Our vans are equipped with child car seats to ensure your child's safety while transporting.

Evening Programs: Child care is **NOT** usually available in the evenings. If you are unable to attend without child care, please mention this and arrangements MAY be possible.

PARENT EDUCATION

TOILET TRIALS: Learning to use the toilet is a developmental milestone for our children, yet it is also one of our biggest challenges. In this session, parents will learn some helpful hints towards a successful toilet teaching experience for their children.

Tuesday morning: 9:30 - 11:30am January 10, 2017

POSITIVE DISCIPLINE: Is helpful with strengthening parent-child relationships from ages 0-17 years. It enhances parent/child problem-solving skills and promotes emotional self-regulation of both parents and children.

Wednesday evenings: 6:30 - 8:30pm January 11 - March 22, 2017

Thursday mornings: 9:30 - 11:15am **OR** January 12 - March 23, 2017

1, 2, 3, 4 PARENTS! Is parenting children ages 1-4 tougher than you thought it would be? This is a 6 week program to support parents in finding ways to prevent temper tantrums, learn routines that make life easier, and how to care for your child at different stages.

Thursday afternoons: 1:30 - 3:15pm January 12 - February 16, 2017

BECAUSE I LOVE YOU: A parenting program for parents with young children who want to get to know other parents, relax and have fun while talking about life with baby. Topics include: bonding with baby, childproofing and safety, mealtimes, routines, brain building, learning through play, stress, quality child care and other topics of interest to the group.

Tuesday afternoons: 1:30 - 3:15pm January 17 - March 14, 2017

MEALTIME MADNESS: Parents of toddlers and preschoolers are invited to learn some "little things" that can make a big difference in enjoying a peaceful family mealtime.

Tuesday morning: 9:30 - 11:15am January 31, 2017

TALKING WITH YOUR CHILDREN ABOUT SEXUALITY: This is an interactive workshop with open discussions about issues related to sexuality. This workshop is suited for any parent/guardian who would like to learn how to talk with their pre-teen about sexual health. During this workshop, you will learn why it is important to talk with your tween about these issues, sexuality milestones, communication tips, and information about sexuality education within the Manitoba Physical Education/Health Education curriculum. This workshop is being presented in partnership with the Sexuality Education Resource Centre.

Tuesday evenings: 6:30-8:30pm February 7 & 14, 2017

SEEDS OF HOPE: This is a parenting program for Spanish speaking parents. It will be delivered in Spanish. Please join us to learn new tools and approaches to face the challenges of family life. You will learn more about positive discipline and communication within families. If you require transportation or child care (children ages 0 – 6 years) to attend, please make this request when you register. To register and make your child care/transportation request please call 204-726-6102 or 204-922-2212.

Thursday afternoons 1:30 - 3:15pm March 2, 9, 16, 23 & April 6, 2017

SEMILLAS DE ESPERANZA: Este es un programa de crianza de los hijos para padres y madres de habla hispana. Este programa será entregado en Español. Acompañenos para aprender nuevas herramientas y sobre cómo enfrentar los retos de la vida familiar. Usted va a aprender más sobre disciplina positiva y comunicación familiar. Si usted requiere transporte o guardería para niños entre 0-6 años, por favor infórmenos en el momento de registrarse. 204-726-6102 o 204-922-2212.

Jueves en la tarde: 1:30 - 3:15pm Marzo 2, 9, 16, 23 y Abril 6, 2017

BEYOND THE BIRDS & THE BEES: Join us in understanding early sexual development of your preschooler. Learn about communication tips, healthy bodies, and healthy minds. This workshop is in partnership with SERC.

Tuesday mornings: 9:30 - 11:15am March 14 & 21, 2017

TALKING, LEARNING, CARING: A series of eight sessions that parents are welcome to join at any time. If you are experiencing a crisis in your family life or if you have become involved in child welfare services this course will provide you with some practical information. This is NOT a parenting course but certainly can be an introduction to other programs offered by the Centre. You will receive informative handouts about parenting. There will also be time for discussion and mutual support between group members.

Tuesday mornings: 9:30 – 11:00am

SUPPORT GROUPS

COMMUNITY CONNECTIONS: This support group is for families who have immigrated to Canada and who want to form new and supportive peer relationships. Come join us in a warm, caring and supportive environment, where you will gain knowledge about parenting in Canada, share parenting ideas and learn about your community. Please call to hear more. 204-726-6280. Members are added to this group as space permits.

LDAM: Learning Disabilities Association of Manitoba. The Centre partners to offer parent education, workshops and parent support sessions. Please call us at 204-726-6280 to hear dates and times of upcoming evening sessions. Limited child care support is available so please book one full week in advance.

MAST (Mothers Are Special Too) / OUT (Our Uninterrupted Time):

There are currently the above two weekly parenting support groups offered for parents who could benefit from group support and a variety of educational, social and recreational activities. Members are added to these groups as space permits and spaces are usually offered to parents who have completed a parenting course.

STOREKEEPERS SUPPORT GROUP: We invite interested adults to register for a monthly support group in the Store. Together we will sort and hang donations. We will also put up seasonal decorations and perform general store maintenance. Light refreshments will be provided.

Tuesday afternoon:	1:30 - 3:00pm	January 10, 2017
Tuesday morning:	9:30 - 11:15am	February 14, 2017
Tuesday afternoon:	1:30 - 3:00pm	March 21, 2017

PARENT & CHILD PROGRAMS

DROP-IN PLAYTIME: An opportunity for parents and preschool children to play together in the child care room. Snack, Circle Time and Crafts provided. Families can come twice a month – either the 1st and 3rd Friday of each month or the 2nd and 4th Friday of each month. Join any time.

Friday mornings:	9:30 – 11:15am	January 13 - March 24, 2017
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STRETCHING THE STORY: Parents and children (ages 3-6) are invited to join in the fun as we bring a favourite story to life through music, crafts and play.

Tuesday morning:	9:45 - 11:15am	January 17, 2017
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FAMILY CIRCLE (A Parent Child Mother Goose Program): Parents, babies and toddlers under the age of 2 join together in a circle to enjoy action rhymes, songs and stories. There are two sessions held on Wednesday mornings. We will try to accommodate requests for time of session but we need to ensure that the groups are divided equally. Please register if you plan on attending the upcoming 9 week session. **NOTE:** There will be a \$50 (fifty) registration fee per family to attend this program. If this presents a challenge for you, please call Lisa (726-6258) to discuss options.

Wednesday mornings:	9:30 – 10:15am OR 10:45 – 11:30am	January 18 - March 15, 2017
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** Rides are available for earlier session (9:30) only**

MAKING MEMORIES THROUGH MOVEMENT: This program is for parents and children ages 3-5 years. Movement and play are essential for healthy child development. Come and join us for a morning that focuses on crafts and physical movement together.

Tuesday morning:	9:30 - 11:00am	January 24, 2017
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FAMILY, FRIENDS, & FUN: Parents and children ages 3-6 years are invited for a morning of fun together! There will be crafts and games to celebrate the Valentines season.

Tuesday morning:	9:30 - 11:15am	February 7, 2017
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JUST MY GRANDFRIEND & ME: Children ages 3-6 are invited to accompany their grandparent or grandfriend for an afternoon of crafts, stories, and fun as we celebrate the connection between these two special generations.

Tuesday afternoon:	1:30 - 3:00pm	February 21, 2017
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TOT TIME TOGETHER: Come join us for a fun filled morning with music, snack and toddler friendly crafts. This parent-child activity is for children ages 2 & 3 years old. Child care is available for those under 2 and for 4 & 5 year olds.

Thursday morning:	9:30 - 11:00am	February 23, 2017
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FIT KIDS: Parents and children ages 2-6 years are invited to join us for some fun physical activities!

Wednesday OR Tuesday morning:	10:00 - 11:15am	January 11, 2017 or March 7, 2017
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FAMILY FUN DAY: Parents and children (0-12 years) are invited for an afternoon of family fun. There is no school for K-grade 8 in Brandon School Division. Space is limited so call soon to sign up!

Friday afternoon:	1:30 - 3:15pm	March 3, 2017
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SPRING INTO FUN: Spring is a great time to enjoy the outdoors and nice weather with your children. Come join us for some fun filled spring parent and child activities. Parents with children ages 3-6 years can attend together.

Wednesday morning:	9:30-11:00am	March 22, 2017
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