

# Elsbeth Reid Family Resource Centre

A facility of  Child and Family Services of Western Manitoba



255 – 9th Street  
Brandon MB R7A 6X1  
Telephone: 726-6280  
[www.cfswestern.mb.ca](http://www.cfswestern.mb.ca)

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



## Winter Program \*\*January - March 2012\*\*

The Resource Centre will be **closed** February 14 and February 20, 2012

### 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**

**HOW TO TALK SO KIDS WILL LISTEN:** A popular introductory course, which promotes clear communication and improved relationships with less stress.

Monday evenings: 7:00 – 9:00pm January 16 – March 12, 2012

**PARENTING TEENS WITH LOVE & LIMITS:** Parenting teens can be a time full of change and challenge. Join us in a supportive setting for this 8 week program that will provide the guidance and support needed to turn those challenges into opportunities for growth and independence.

Tuesday evenings 7:00 – 9:00pm January 24 – March 20, 2012

**POSITIVE DISCIPLINE:** What is positive discipline and how do we use it? These sessions are for parents of children age 0 - 12 years. We will discuss how warmth and structure are the foundation of discipline within a family.

Tuesday mornings: 9:30 – 11:15am January 17 – March 13, 2012

**BECAUSE I LOVE YOU!!!:** A parenting program for **young, new parents** who want to get to know other parents, relax and have fun while talking about life with baby (0-2 years). Topics include: Childproofing and Safety, Mealtimes, Routines, Discipline, Learning through Play, stress, quality childcare and other interest areas of the group.

Thursday afternoons: 1:30 – 3:15pm January 26 – March 15, 2012

**RAGES & STAGES:** Each stage of growth and development is a balancing act, with unavoidable stresses and frustrations. Parents have a crucial role in teaching their child how to manage these inevitable conflicts. This is a one-time session for parents with children two and five years of age. It will give parents strategies to guide their children through the excitement of learning a new skill and the outbursts that can be overwhelming to parents while children are attempting to be in complete control.

Thursday: 9:30 – 11:15am March 22, 2012

**DEVOTED AND DEDICATED:** Dads are an important part of family life. If you are interested in meeting with other dads to share, learn and discuss parenting, please join us.

Wednesday evenings: 6:30 – 8:00pm January 25 – March 14, 2012

**COOKING FOR YOUR FAMILY:** Parents can join us for an opportunity to learn easy, affordable and nutritious meals for our families.

Tuesday afternoons: 1:30 – 3:15pm February 21 – March 13, 2012

**T.V. TUNE UP:** In this interactive session, we will discuss how time in front of the T.V. and other technological screens can influence our children's lives both positively and negatively.

Tuesday: 1:30 – 3:15pm January 17, 2012

**PRIMETIME FOR LEARNING:** This program is fun, hands on, and informative. Come join in a time to discover ways to help young children learn. Caregivers will learn effective strategies to help children develop their language, literacy skills, and to think creatively.

Thursday mornings: 9:30 – 11:15am January 26 – March 15, 2012

## SUPPORT GROUPS

**“GAP” (Grandparents as Parents):** This is an opportunity for grandparents to come together as a support group to look at the unique challenges of raising your children’s children. If you are raising your grandchildren, this group may provide you with the social and emotional support you need. You’re invited to join an informal monthly get-together to share ideas about this unique kind of family.

1<sup>st</sup> Tuesday of the month

7:00 – 9:00pm

726-6280 for more info



**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.

**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

## PARENT-CHILD PROGRAMS

**MOTHERS & DAUGHTERS IN TOUCH:** This is an eight session program that focuses on relationship and skill-building where mothers and daughters learn together.

Group for mothers and Daughters (Ages 12 - 14) Monday evenings:

6:00 – 8:00pm

January 16 – March 12, 2012

**GLOBAL GLUE:** Come and share in an art and craft experience from around the World. Children ages 3 – 6 are invited for a morning session with a parent. Space is limited so register early.

Tuesday

9:30 – 11:15am

March 20, 2012

**ZUMBA:** Parents and children 8 years old and up are welcome to join us for some fun and exercise together.

Thursdays

4:45 – 5:30pm

January 26 – March 22, 2012

**CREATIVE CRAFT TIME:** Parents and children age 3-5 are welcome to join us for a relaxing and fun crafting afternoon.

Tuesday

1:30 – 3:15pm

February 7, 2012

**TRADITIONAL MÉTIS CRAFTING:** Louis Riel Day is Monday February 20th and the Centre will be closed in recognition of that day. We will however be celebrating Louis Riel Day on Friday the 17th of February. Parents and their preschoolers are welcome to join us for a fun afternoon of crafting. Verna Demontigny, from the Manitoba Métis Federation, will be offering a time for families to relax and enjoy an afternoon of beading and other traditional crafts. All are welcome. Registration is first come first serve so please call early.

Friday

1:30 – 3:15pm

February 17, 2012

## FAMILY LITERACY PROGRAMS

**FAMILY CIRCLE (A Parent Child Mother Goose Program):** Parents, babies and children 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 \$5 registration fee per family to attend.

Wednesday mornings:

9:30 – 10:15am **OR** 10:45 – 11:30am

January 18 – March 7, 2012

**FAMILY LITERACY DAY:** is Friday, January 27, 2012. Planning is underway so please stay tuned for more information.

**DROP-IN PLAYTIME:** An opportunity for parents and preschool children to play together in the child care room. A staff is available to assist you, but parents are responsible for supervising their own children. Snack, Circle Time and Crafts provided. Families can come twice a month – either the 1<sup>st</sup> and 3<sup>rd</sup> Friday of each month or the 2<sup>nd</sup> and 4<sup>th</sup> Friday of each month. Join any time.

Friday mornings:

9:30 – 11:15am

January 13 – March 23, 2012

**THE STORE:** The STORE has a good supply of used clothing, books, toys and household items. Store hours are Monday, Wednesday and Thursday from 1:00 – 3:00pm. In season only donations are appreciated.

**PARENTING OUTREACH PROGRAM:** Parenting presentations can be arranged for groups at community facilities. Call for information if you would like to arrange a presentation/discussion on a parenting topic at your school or community group.

**HEALTHY BEGINNINGS:** (A Healthy Baby Program) For information call Healthy Baby at **578-2545**.

**VOLUNTEERS NEEDED!!:** Please call us if you are interested in volunteering with our Agency. We have several different opportunities for you.

If you are interested in a Blended Families parenting program please call our Centre to put your name on a waiting list. This parent education program is designed for parents and step parents as couples. If we have enough folks interested, we may be able to offer it in the spring calendar. Thank you. 726-6280