

# ELSPETH REID FAMILY RESOURCE CENTRE

255-9th Street  
BRANDON MB  
R7A 6X1



OPEN: 9:00 a.m. - 5:00 p.m.  
MONDAY TO FRIDAY  
PHONE: 726-6280

## September 2010

### **\*\*REGISTER EARLY\*\***

If you have been on a waiting list for a course,  
**YOU MUST PHONE TO CONFIRM YOUR REGISTRATION.**

### **CHILD CARE**

**Day Time Programs:** Child care is available. Transportation (within Brandon) is also available for those who require it.

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

**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 - 9:00 p.m.  
Starting September 20, 2010 for 8 weeks

Tuesday afternoons: 1:30 - 3:30 p.m.  
Starting October 5, 2010 for 8 weeks

**TALKING, LEARNING, CARING:** A series of 8 sessions that parents are welcome to join 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 services offered by the Centre. You will receive information and handouts related to parenting issues. There will also be time for discussion and mutual support between group members. Please call if interested.

Every Tuesday morning: 9:30 – 11:00 a.m.

**MOTHERS & DAUGHTERS IN TOUCH:** This is an 8 session program that focuses on relationship and skill-building where mothers and daughters learn together.

Group for Mothers & Daughters (Ages 9 – 11)  
Monday evenings: 6:00 – 8:00 p.m.  
Starting September 20, 2010 for 8 weeks

Group for Mothers & Daughters (Ages 12 – 14)  
Wednesday evenings: 6:00 – 8:00 p.m.  
Starting September 29, 2010 for 8 weeks

**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 morning. We will try to accommodate requests for time of session but we need to ensure that the groups are divided equally. Please register early. There will be a \$5 registration fee for a family for this 9 week s program.

Wednesday mornings: 9:30 – 10:15 a.m. **OR** 10:45 – 11:30 a.m.  
September 22, 2010 – November 17, 2010



**COMMUNITY CONNECTION:** This support group is for families who have immigrated to Canada and who want to form new and supportive peer relationships. This is 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 for further information.

**PLAY-TIME MULTIPLIED:** Casual support group for families of twins, triplets and more. Expectant parents welcome too! This group will be held on the 2<sup>nd</sup> and 4<sup>th</sup> Friday of each month from 1:00-3:00 p.m. Phone ahead if you would like Child Care for your preschool children.

**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 are welcome to come on the 2<sup>nd</sup> and 4<sup>th</sup> open Friday of each month OR the 1<sup>st</sup> and 3<sup>rd</sup> open Friday of each month. Please call if you have questions.

Friday mornings: 9:30 - 11:15 a.m.  
September 10, 2010 – December 17, 2010

**RAISING YOUR SPIRITED CHILD:** A course for parents whose child is spirited and distinguished from other children by being "more intense, more persistent, more sensitive, and more uncomfortable with change."

Tuesday afternoons: 1:30 – 3:15 p.m.  
Starting September 28, 2010 for 6 weeks

**G.A.P. – GRANDPARENTS AS PARENTS:** This is an informal support group and opportunity for grandparents to come together 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 are invited to join this monthly get together to share ideas about this unique kind of family. Please call if you are interested in joining. The group meets the first Tuesday of each month from 7-9pm at the Centre.

**HELPING YOUR CHILD MANAGE THEIR ANGER:** This course will help parents understand their child's anger and learn skills to help them respond affectively.

Tuesday mornings: 9:30 – 11:15 a.m.  
Starting September 28, 2010 for 6 weeks

**KIDS & TECHNOLOGY:** Find out ways to keep your kids safe and smart as they explore cyber-space via their computer, cell phones and gaming devices.

Tuesday mornings: 9:30 – 11:15 a.m.  
November 23 & November 30, 2010 (2 weeks)

**DISCIPLINE IN MIDDLE YEARS:** Come and learn a fair, consistent approach for guiding your child's behaviour. Help your child show more self-control and accept responsibility.

Tuesday afternoons: 1:30 – 3:15 p.m.  
November 23 & November 30, 2010 (2 weeks)

**BLENDED FAMILIES:** Parenting a step family presents unique challenges and opportunities. This group will be facilitated by a couple who are parenting a step family situation. Please call to register. Both parents of the step family need to attend.

Tuesday evenings: 6:30 – 8:30 p.m.  
Starting October 5, 2010 for 6 weeks

**BRAIN GAMES IN THE EARLY YEARS:** Come join us for an afternoon of basic information about the importance of early brain development. This session will offer practical ideas and activities to stimulate early learning with your babes and preschoolers.

Thursday: December 2, 2010 1:30-3:15 p.m.

**TREASURING OUR VALUES:** A value is something we treasure and has great importance to us. The way we parent and the expectation we have of our children and ourselves reflect our values. Come join us for a fun hands-on discussion about how our children learn our values.

Thursday: November 25, 2010 9:30 – 11:15 a.m.

**FAMILY CHRISTMAS CRAFTS:** Children age 3-5 and their parents are invited to come together to enjoy making Christmas crafts. This is a great opportunity to have fun with your children and make some home made gifts for the season. Transportation and child care available, but spaces are limited so call early.

Tuesday: December 7, 2010 1:30 – 3:15 p.m.

OR (one per family please)

Thursday: December 9, 2010 9:30 – 11:15 a.m.

**WIGGLE, GIGGLE & MUNCH:** A time for parents and children to have fun together through active play, games and songs as well as enjoying a healthy snack together. Parents and children ages 1-4 are invited to this program. Location, dates, and times to be determined based on interest. To register please call 726-6280.

**DEVOTED AND DEDICATED (DAD):** Dads are a very important part of family life. If you are interested in meeting with other dads to share, learn, and discuss parenting, please join us for this session.

Wednesday evenings: 6:00 – 8:00 p.m.  
Starting September 29, 2010 for 6 weeks

**PRIME TIME FOR LEARNING (AN EARLY LEARNING CANADA PROGRAM):** 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 – 11:15 a.m.  
Starting September 16, 2010 for 8 weeks

**COOKING WITH KIDS:** Come and enjoy a fun filled afternoon with your little chef as we explore and create together in the kitchen. Children ages 3-6 can attend with parents. Space is limited so register early.

Thursday November 18, 2010 1:30 – 3:15 p.m.

If you are interested in joining a **cooking and sewing** group during the upcoming winter session, please call to get your name on a list. If there is sufficient interest we may be able to run this program again.

**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 – 3:00 p.m. **Good used donations are welcome.**

**HEALTHY BEGINNINGS:** (A Healthy Baby Program) For pregnant women and mothers with children up to the age of one. This group meets at Central United Church. For more information call Healthy Baby at **571-8482**.

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

**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, the stress of parenting, quality childcare and other interest areas of the group.

Thursday afternoons: 1:30 – 3:30 p.m.  
Starting September 23, 2010 for 8 weeks

#### **UPCOMING EVENTS:**

**NATIONAL FAMILY WEEK:** October 4-10, 2010. Brandon will be having its first major celebration with a special free family party on Sunday October 3, 2010 from 1-4 p.m. at Princess Park and Kristopher Campbell Skate Park. Join us for a concert from Al Simmons and additional entertainment and activities.

**VOLUNTEERS NEEDED!** Volunteers are needed for the Parent-Child Home Program. The goal of the program is to strengthen the relationship between parents and their children and to help parents discover their role as their child's primary teacher. Training takes place in September or October 2010. Please call Brenda at 726-6114 or Barb at 726-7413 for more information.



**For Further Information Please Call Us At 726-6280**  
**The Elspeth Reid Family Resource Centre**  
**Facility of Child and Family Services of Western Manitoba**

