

ELSPETH REID FAMILY RESOURCE CENTRE
255-9TH ST Brandon MB R7A 6X1
PHONE: 726-6280

**FOLLOWING ARE THE DESCRIPTIONS OF PROGRAMS OFFERED AT THE
FAMILY RESOURCE CENTRE THROUGHOUT THE YEAR.**

DROP-IN: You are invited to Drop-In for coffee and to visit the Resource Centre.

STORE: We have a good supply of used clothing, books, games, toys, and household items. Everyone is welcome to shop at the Store. Store hours are Monday, Wednesday and Thursday from 1:00 - 3:00 p.m. Donations to the Store are always welcome.

SUPPORT GROUPS FOR PARENTS:

MAP (Mothers are People)/ PAST (Parents Are Special Too)/ OUT (Our Uninterrupted Time):

There are currently the above three 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.

TLC (Talking, Learning, Caring) About Parenting: This is a series of 8 different 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 can provide you with some practical information. You will receive information and handouts related to parenting issues. There will also be time for discussion and mutual support between group members.

Parent Talk: A once a month Evening Support Group for parents who have already taken a parenting course.

Community Connections: A parenting support group for families who are recent immigrants and are adjusting to a new language and culture.

Play-Time Multiplied: Casual support group for families of twins, triplets and more. Expectant parents also welcome. This group will be held twice a month on Friday afternoons.

“DAD” (Devoted and Dedicated): Dads are a very important part of family life. If you are interested in meeting with other dads and learning more about parenting, please join us.

“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.

FAMILY LITERACY PROGRAMS:

Family Circle (A Parent/Child Mother Goose Program): Join our group of parents, babies and young children and learn action rhymes, songs and stories together. Parenting becomes a more positive experience when you can have fun with your child using the ideas you learn in this program.

Drop In Play Time: An opportunity for parents and preschool children to play together in the Child Care room. A staff member is available to assist or talk to but parents are responsible for supervising their own children. Snack and Circle Time provided.

PARENTING COURSES:

How to Talk So Kids Will Listen: A popular introductory course which promotes positive, clear communication and improved relationships with less stress.

Parenting Teens: Gives practical and effective methods for parenting teens.

Parenting Preschoolers: Effective methods of parenting, building relationships, and winning cooperation for parents of preschool children.

Early Learning Canada: This program will help parents of preschoolers understand learning and discover ways to help their children learn. Courses are offered at the Resource Centre and at other community facilities.

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”.

Step-Family Living: This program is for parents who have at least one child in their home from a previous relationship. This program will help you understand the pitfalls and potential of step-family living.

I Love You Rituals: : Learn delightful, fun activities that give parents, grandparents, and other guardians of toddlers and preschoolers the tools they need to help their children thrive. In only minutes a day, these powerful rituals: prepare the child's brain for learning, help children cope with change, enhance attention, cooperation and self-esteem, help busy parents stay close and strengthen the parent-child bond. The last half of every session will allow parents time to practice the activities with their child.

Because I Love You: The goal of this program is to improve parent's capabilities to maintain and promote the health and well-being of their 0-2 year old children.

The Tween Years: This course is for parents of pre-teens, focusing on children between the ages of 8-12. The goal of this program is to promote positive parent child relationships, including building independence, encouraging responsibility, setting limits and coping with emotional and physical development.

Parenting From A - Z: An opportunity for parents to attend an informative and supportive discussion on a wide variety of parenting issues. Parents can choose to attend according to the topics that interest them.

Coping With Change: **Having a baby changes almost every part of your life.** This program will help new parents cope with the emotional adjustments mothers can experience after the birth of a baby.

Keeping the Peace: The constant fighting, put downs, and arguing among children can frustrate even the most patient parents. Find ways to handle the quarrels and diffuse the anger and bring peace back into your family relationships. For parents of older preschoolers – middle years.

Kids Are Worth It: A four session parenting program developed from material in Barbara Coloroso's books. Mrs. Coloroso's aim is to help parents provide an attitude and an environment that helps their children to develop a sense of self-discipline.

Temperament Traits: From birth, your child has a preferred style of interacting with the world around them, called a temperament. This course will focus on nine different temperament traits that effect your child's mood and personality.

Brain Games: Parents are their child's first teacher. The early years are when your child's brain is the most receptive to learning. This course will be your resource for activities, recipes, and resources that will help you prepare your child for future success in school.

Toddler Trials: This session will look at ways to deal with your independent, active toddler. What do you do when their favourite words are "mine" and "no"? What is the best way to handle temper tantrums and toilet training? Come and learn ways to turn toddler trials into the terrific twos and threes.

Helping Your Child Manage Their Anger: This course will help parents understand their child's anger and learn skills to help respond effectively.

Mothers & Daughters in Touch: This is an 8 session program that focuses on relationship and skill-building where mothers and daughters learn together. There are two separate programs available, one for daughters ages 9-11, and another for ages 12-14.

PARENT/CHILD HOME PROGRAM: This is a program using books and toys which shows parents ways of helping their children learn and of becoming more involved with their children. Trained volunteers visit the home twice a week for half an hour each time. It is fun! If your child is 2 years old and you would like information about this program, leave your name at the Family Resource Centre or call Barb Martens at 726-6280.

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.

CHILD & FAMILY SERVICES FOUNDATION: Your commitment towards changing the life of a child is an investment into the future of your community and signifies that you, as a donor, can make great things happen with your gift. Please contact the CFS Foundation to learn more about the many options available to you to make a difference in the life of a family today.

If there are other programs you would like to see offered, feel free to mention this.



**The Elspeth Reid Family Resource Centre is a
Facility of Child and Family Services of Western Manitoba**

