

## The Challenges of Parenting Can be:

- ◆ overwhelming
- ◆ discouraging
- ◆ stressful
- ◆ confusing

It is natural for all parents to have some or all of these feelings at times. This is why parenting support and education is so important.

The Elspeth Reid Family Resource Centre provides parenting support and education that can make your role as a parent less stressful and more enjoyable.

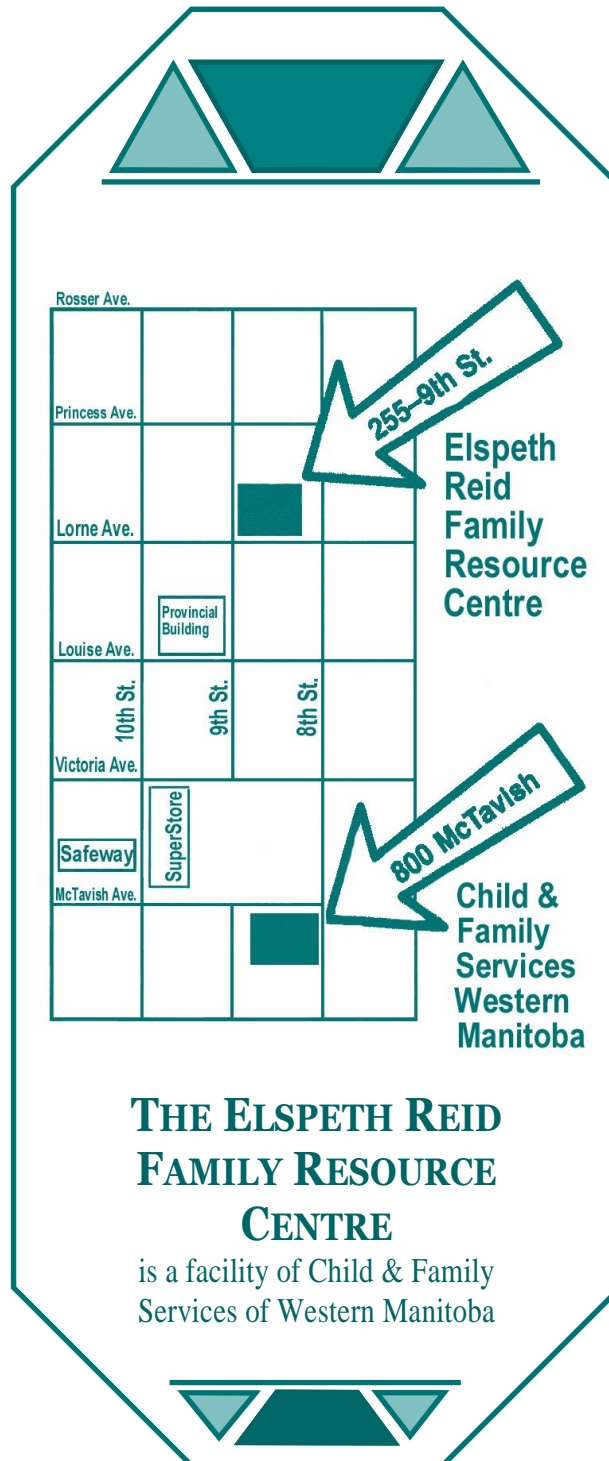
For Information on any of the programs offered at the Elspeth Reid Family Resource Centre please call:

**(204) 726-6280**

[www.cfswestern.mb.ca](http://www.cfswestern.mb.ca)



Child and Family Services of Western Manitoba is a Member Agency of the Brandon & District United Way



## THE ELSPETH REID FAMILY RESOURCE CENTRE

is a facility of Child & Family  
Services of Western Manitoba

## ELSPETH REID FAMILY RESOURCE CENTRE



**...A Place for Families**

255 - 9TH STREET  
BRANDON, MB R7A 6X1

**(204) 726-6280**

Toll Free: 1-800-483-8980



**Hours of Operation**  
Monday - Friday  
9:00 a.m. - 5:00 p.m.

## The Elspeth Reid Family Resource Centre

The Elspeth Reid Family Resource Centre is an informal, welcoming facility with a focus on family strengthening. The Centre provides a number of programs designed to promote and contribute to the well being of children and to strengthen family life.

As part of the agency's early emphasis on prevention, the first parenting and support groups began in the 1960's. The Family Resource Centre first opened in 1984 and moved to its new location in 1995. The current facility was built and furnished entirely by funds raised in the community through a Capital Campaign.

Programs at the Centre are available and accessible to all families in the community. Funding comes from a variety of sources including private donations, Healthy Child Manitoba and the Brandon and District United Way. Contributions to assist ongoing programming are greatly appreciated and can be made to the Elspeth Reid Family Resource Centre or to the Child and Family Services of Western Manitoba Foundation, a registered charity which issues charitable receipts.

### Beliefs and Philosophy

- ◆ Parenting is one of the most challenging responsibilities in life with the least amount of training available.
- ◆ Parenting education and support can make a parent's job more enjoyable and less stressful.
- ◆ The availability of parenting information and support can help build strong family relationships.
- ◆ Our programs focus on parenting as a whole not just on the problem behaviors of children.
- ◆ We place a strong emphasis on helping parents feel good about themselves and they are then better able to parent their children.
- ◆ The Resource Centre can offer families a sense of "belonging" in the community.

## Parenting Education and Support

Programs are geared to adults with the goal of helping them develop their potential as effective parents. We offer **Parenting Courses, Support Groups, Life Skills and Family Literacy Programs.** Children's needs, child development, ways children learn, ways to discipline, different styles of parenting, life skills and communication skills are some of the topics of discussion. The support parents receive from the staff and group members is an essential part of group participation.

### Parenting Courses

A variety of courses are offered for parents to help them understand their children's behaviour and learn effective ways to respond to them. Some of these are:

- ◆ How To Talk So Kids Will Listen
- ◆ Parenting Teens
- ◆ Parenting Preschoolers
- ◆ Nobody's Perfect

For a complete list of courses, ask for the monthly calendar.

### Support groups

- ◆ MAP (Mothers are People)
- ◆ PAST (Parents are Special Too)
- ◆ CONTACT
- ◆ Parent Talk
- ◆ Positively Parenting

### Lifeskills Programs

- ◆ Sewing
- ◆ Cooking
- ◆ Crafts

### Family Literacy/Preschool Programs

- ◆ Family Circle (A Parent Child Mother Goose Program)
- ◆ Drop-In Playtime
- ◆ Parent Child Home Program

Programs are available mornings, afternoons and evenings. Parenting Education and Support Programs run from September to June. A calendar of Fall, Winter and Spring programs is available. To receive a calendar of upcoming programs, phone the Resource Centre and ask to be put on the mailing list.

**PARENT'S DROP-IN** is a comfortable setting where parents can drop-in and have a cup of coffee. Parents can talk to other parents or staff. There is opportunity to discuss a problem or seek guidance and information. Feel free to ask the staff if you have any questions. A telephone is available for local calls.

**CHILDCARE** is provided to children whose parents are attending day time parenting programs at the Resource Centre. Respite childcare is also provided between the hours of 9:30 - 11:30 and 1:30 - 3:30. This is by appointment and as space permits. Child care can be booked if you have medical or other appointments, have shopping to do or when you need a break. Ask for the Child Care guidelines for further information.

**THE STORE** is open to sell clothing and other household items at very low prices. Please inquire about the hours the Store is open. Donations of clothing, toys, household items, etc. are always welcome. The STORE is run by volunteering parents who attend the Centre.

**TRANSPORTATION** within the Brandon City limits is available for parenting and support programs held in the daytime.

### PARENT CHILD HOME PROGRAM

This is a home visiting program for families with 2 and 3 year olds. It uses toys and books to show parents ways of helping their children learn. Volunteers are trained as home visitors and visit the family twice a week for 23 weeks for two years. The results of the program continue to be very positive as parents become more involved with their children's learning and children have greater success in school. Both volunteers and families comment on how much fun the program is. If you are interested in participating as a family or a volunteer, contact the Coordinator at 726-7143.

### FAMILY SUMMER ACTIVITY PROGRAM

During July and August family oriented programs are offered for parents and children to enjoy together. Activities include recreational opportunities, crafts, cooking and field trips.

**Volunteers** are helpful in many programs. If you are interested please contact the Volunteer Coordinator at 726-6110.