


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.



Fall Programs **September - December 2017**

The Resource Centre will be **closed** September 4, October 9, November 13, December 25 & 26, 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.

ERFRC - Open House!

Are you new to the Family Resource Centre? Do you plan to take programs this fall session? Do you want to learn more about our programs and services? Please join us on Tuesday, September 5, 2017 from 2:00-4:00pm to learn more. Complete your child care paperwork and meet our staff.

PARENT EDUCATION

WHAT'S IN YOUR LUNCH?: Many of us struggle with packing a delicious, varied, and healthy lunch kit every day. Please join us to learn new ideas about how to make an affordable, healthy, and safe lunch for ourselves and our children. This will be led by Prairie Mountain Health Nutritionist, Karen Larocque.

Wednesday morning: 9:30 - 11:15am September 6, 2017

SAFE TALK: This is a 3 hour workshop that prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first aid resources. Registration is required. To register call Kaila Derhak at 204-578-2490.

Thursday evening: 5:30 - 8:30pm September 7, 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

RAISING A HEALTHY EATER - FOCUS ON PRESCHOOLERS: Learn more about common concerns for this age group; what and how much to feed a preschooler, family meals, roles at mealtimes, meal and snack ideas, "picky" eaters, etc. This will be lead by Prairie Mountain Health Nutritionist, Karen Larocque.

Wednesday morning: 9:30 - 11:15am September 13, 2017

BASIC BUDGETING: Not your accountant's class; this session focuses on the first steps of money management while balancing life and a family.

Thursday afternoon: 1:30 - 3:15pm September 14, 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.

Tuesday mornings: 9:30 - 11:15am September 19 - November 28, 2017

Tuesday afternoons: 1:30 - 3:15pm September 19 - November 28, 2017

OR

ACTIVE PARENTING - THE FIRST FIVE YEARS: Your child's first five years are so important! In this 8 week program, you'll learn the best ways to nurture your child from birth to pre-k with a "just right" combination of freedom and positive discipline. Let's give your children a strong start!

Thursday mornings: 9:30 - 11:15am September 21 - November 9, 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.

Thursday afternoons: 1:30 – 3:15pm September 21 - November 9, 2017

SIBLING RIVALRY: During this 4 week program, information and activities will be shared with parents about how to guide your children towards peaceful sibling relationships.

Tuesday evenings: 6:00 - 8:00pm November 14 - December 5, 2017

SENSORY PROCESSING & SELF REGULATION: Please join us for an informative discussion around sensory processing in children and the impact it has on behaviour and family dynamics. Week one will focus on what sensory processing is, how it impacts the child and the importance of regulation with children. Week two will focus on the impact of sensory processing on the family and the importance of self regulation for parents.

Wednesday mornings: 9:30 - 11:15am November 22 & 29, 2017

AFM: The Addictions Foundation of Manitoba is offering a four week program for individuals who have been affected by the alcohol, drug use or gambling behaviour of someone close to them. These 4 sessions are designed to create an awareness of addiction and its effect on family members. Topics include: Co-dependency, Detachment, Shame and Communication.

Thursday afternoons: 1:30 - 3:15pm November 16, 23, 30 & December 7, 2017

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.

PARENT & CHILD FAMILY 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 September 8 - December 22, 2017

TOT TIME TOGETHER: Come join us for a fun filled afternoon 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 and 5 year olds.

Monday afternoon: 1:30 - 3:00pm September 11, 2017

MOTHERS & DAUGHTERS IN TOUCH: This is an 8 week program that focuses on relationship and skill building for mothers and daughters to learn together and have fun!

Ages 9-11 years: Tuesday evenings: 6:00 – 8:00pm September 12 - November 7, 2017
Ages 12-14 years: Wednesday evenings: 6:00 - 8:00pm September 27 - November 15, 2017

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 September 20 - November 15, 2017
** Rides are available for earlier session (9:30) only**

PEACEFUL PIECES: Together, parents and children ages 3 -6 years, will learn about symbols of peace, meet a real life soldier and make some crafts of remembrance.

Monday morning: 9:30 - 11:15am November 6, 2017

FIT KIDS: Parents and children ages 2-6 years are invited to join us for some fun physical activities!

Thursday mornings: 10:00 - 11:15am November 16 & 23, 2017

JUST MY GRANDFRIEND & ME: Children ages 3-6 are invited to accompany their grandparent or grandfriend for a morning of crafts, stories and fun as we celebrate the connection between these two special generations.

Thursday morning: 9:30 - 11:15am November 30, 2017

HOLLY JOLLY CRAFTS: Come celebrate the holiday season with your child. This morning will include crafts, snacks, stories and songs. Parents and preschoolers over 3 are welcome to attend.

Tuesday morning: 9:30 - 11:00am December 5, 2017

CHRISTMAS COUNTDOWN: Come celebrate the holiday season with your child. This afternoon will include crafts, snacks and fun! This activity is for parents and their children ages 3 - 6 years of age.

Tuesday afternoon: 1:30 – 3:15pm December 12, 2015

GENERAL INFORMATION

- ☺ Volunteers Needed! Please call Brenda Lacerte at 204-726-7178 if you would like to volunteer with our Centre.
- ☺ Checkout our website www.cfswestern.mb.ca and you'll find calendar & programs information as well as many different parenting articles.