


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.



Winter Programs **January – March 2018**

The Resource Centre will be **closed** January 1 & February 19 & 21, 2018

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

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

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 afternoons: 1:30 - 3:15pm January 9 – March 13, 2018

OR

Tuesday evenings: 6:30 – 8:30pm January 9 – March 13, 2018

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 January 25 – March 15, 2018

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 January 25 – March 15, 2018

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

WEATHER WISE! Come join us for a morning of crafts and fun as we explore the elements of weather in our ever-changing Manitoba climate. Parents and children ages 3-6 years are welcome.

Wednesday morning: 9:30 - 11:00am January 10, 2018

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 January 12 – March 23, 2018

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. ****No Family Circle on February 21 as we are closed****

Wednesday mornings: 9:30 – 10:15am **OR** 10:45 – 11:30am January 17 – March 21, 2018
** Rides are available for earlier session (9:30) only**

MAKING MEMORIES THROUGH MOVEMENT: Join us for a fun morning of crafts and activities that will have you up and moving around! This parent child activity is for parents and their 3 to 5 year old children.

Thursday morning: 9:30 – 11:00am January 18, 2018

BRANDON SCHOOL DIVISION – KINDERGARTEN INFORMATION MEETING: If you have a child entering kindergarten in September 2018, please join us for an information meeting. You will learn about registration process, transportation, lunch program, before and after programs and more! The meeting will be held at the Elspeth Reid Family Resource Centre.

Tuesday morning: 10:00 – 11:00am February 6, 2018

COMFORT, PLAY & TEACH: Join us for a morning of sensory activities with your young child (ages 0-5 yrs). Explore, play and create a sensory treasure with your child to take home.

Friday morning: 10:00 - 11:15am March 2, 2018

STRETCHING THE STORY: Parents and children, ages 3-5 years, are invited to join in the fun as we bring a favourite story to life through music, crafts & play.

Monday afternoon: 1:30 – 3:00pm March 19, 2018

EASTER WITH YOUR TOT: Come and enjoy Easter themed arts and crafts and leave the mess with us! This parent child activity is for parents and their 2-3 year old children. Child care is available for children under 2 years of age and for 4 & 5 year olds.

Tuesday afternoon 1:30 – 3:00pm March 20, 2018

WHAT AM I FEELING: Parents and children ages 3-6 years are invited to this parent/child fun afternoon. Through a variety of activities, games, and books, we will explore the importance of sharing and recognizing feelings.

Thursday afternoon: 1:30-3:00pm March 22, 2018

VALENTINE'S FAMILY FUN: Parents and children ages 3-6 years are invited to fun activities to celebrate the love of families.

Tuesday morning: 9:30-11:00am February 13, 2018

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.