


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

The Elsbeth Reid Family Resource Centre gratefully acknowledges the financial support of the



and the



United Way  
Brandon & District  
Change starts here.



## Spring Programs \*\*April - June 2018\*\*

The Resource Centre will be **closed** April 1, April 25, & May 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 usually unavailable in the evenings. If you are unable to attend without child care, please mention this and arrangements MAY be possible.

#### PARENT EDUCATION

**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. We will focus on what sensory processing is, how it impacts the child and the importance of regulation with children.

Tuesday Afternoon: 1:30 - 3:15pm April 17, 2018

**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.

Thursday mornings: 9:30 - 11:15am April 12 – June 14, 2018

**Family Information Series - AFM WORKSHOP:** The Addictions Foundation of Manitoba will be offering information sessions for anyone wishing to learn about the process of addiction and the impact on families.

Thursday afternoons: 1:30 - 3:15pm April 12 - May 3, 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.

Tuesday Mornings: 9:30 – 11:15am May 1 – June 12, 2018

**SEEDS OF HOPE:** This is a parenting program for Spanish speaking parents. It will be delivered in Spanish. Please join us to learn new tools and approaches to face the challenges of family life. You will learn more about positive discipline and communication within families. If you require transportation or child care (children ages 0 – 6 years) to attend, please make this request when you register. To register and make your child care/transportation request please call 204-726-6280 or 204-922-2212.

Tuesday afternoons 1:30 - 3:15pm May 15 – June 26, 2018

**SEMILLAS DE ESPERANZA:** Este es un programa de crianza de los hijos para padres y madres de habla hispana. Este programa será entregado en Español. Acompañenos para aprender nuevas herramientas y sobre cómo enfrentar los retos de la vida familiar. Usted va a aprender más sobre disciplina positiva y comunicación familiar. Si usted requiere transporte o guardería para niños entre 0-6 años, por favor infórmenos en el momento de registrarse. 204-726-6280 o 204-922-2212.

Martes por la tarde 1:30 - 3:15pm 15 de mayo - 26 de junio de 2018

**Traditional Parenting:** Please join Renee Mekish and Deidre Gregory for a 2 week session about Traditional Indigenous Parenting. We will discuss prenatal and pregnancy care and share about the medicine wheel and our personal wellness.

Thursday afternoons: 1:30 – 3:15pm May 10 & 17, 2018

**Traditional Parenting:** Please join Renee Mekish and Deborah Tacan for a 2 week session about how to bring back Traditional Indigenous ways of parenting. We will share about the traditional roles of mothers and fathers as well as talk about the stages we go through in our development as people. All are welcome to attend!

Thursday evenings: 5:00 – 7:00pm May 24 & 31, 2018

**How To Talk So Little Kids Will Listen:** “The way we talk to our children becomes their inner voice” – Peggy O’Mara. Over the course of 2 mornings, come learn some new communication strategies from Joanna Faber’s book, “How To Talk So Little Kids Will Listen.”

Thursday afternoons 1:30 – 3:15pm June 7 & 14, 2018

**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

**LET'S TALK:** Join us for a 2 part workshop in partnership with the Sexuality Resource Education Centre to explore ways to strengthen the parent/teen connection.

**Week 1** – At the Elspeth Reid Family Resource Centre. Understanding how preteen/teen's think and feel and exploring ideas to help strengthen the teen/parent relationship.

**Week 2** – Will take place at the SERC location at 1700 Pacific Avenue. This session will explore current social media and technology trends impacting youth and how caregivers can help. Please call to register early at 204-726-6280

Tuesday evenings: 6:30 – 8:30pm May 15 & 22, 2018

\*\*Limited child care available on May 15 & No child care available on May 22\*\*

## **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**

**MUSICAL ME:** Parents and children ages 3 – 6 years are invited to create a variety of homemade instruments for singing, dancing, and making music together

Wednesday morning: 9:30 – 11:15am April 4, 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 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 April 25 as we are closed\*\***

Wednesday mornings: 9:30 – 10:15am **OR** 10:45 – 11:30am April 11 – June 13, 2018

\*\* Rides are available for earlier session (9:30) only\*\*

**TOT TIME TOGETHER:** Come join us for a fun filled morning with music, snacks and toddler friendly crafts. This parent-child activity is for children age's 2 – 3 years old. Child care is available for those under 2 and for 4 – 5 year olds.

Thursday afternoon: 1:30-3:15pm April 5, 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 1<sup>st</sup> and 3<sup>rd</sup> Friday of each month or the 2<sup>nd</sup> and 4<sup>th</sup> Friday of each month. Join any time.

Friday mornings: 9:30 – 11:15am April 6 – June 22, 2018

**MOTHERS & DAUGHTERS:** (For mothers and their daughters ages 9-11). This is an 8 session program that focuses on relationship and skill-building where mothers and daughters learn together and have fun.

Wednesday evenings: 6:00 – 8:00pm April 18 - June 13, 2018

**SPRING FLING:** Parents and children ages 3-6 years are invited for a fun time of play and crafts together. We'll celebrate the joy of spring!! Child care available for those under 3 years of age.

Tuesday morning: 9:30 - 11:15am April 17, 2018

**GROWING UP GREEN:** This program focuses on early learning experiences in nature. Parents and children ages 3-5 years can join in an afternoon of rhymes, books, exploring and creating nature based crafts. Child care available for children under 3 years old.

Tuesday afternoon: 1:30 - 3:15pm May 8, 2018

**MOTHER'S DAY CELEBRATION:** The whole family is invited to join us for a delightful morning to celebrate Mother's Day!

Friday morning: 10:00 - 11:15am May 11, 2018

**FATHER'S DAY CELEBRATION:** The whole family is invited to join us for a delightful morning to celebrate Father's Day!

Friday morning: 10:00 - 11:15am June 15, 2018

**STRETCHING THE STORY:** Parents and children ages 3-6 years are invited to join in the fun as we bring a favourite story to life through music, crafts & play.

Wednesday morning: 9:30 - 11:15am June 20, 2018