


# 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.



## Fall Programs \*\*September - December 2018\*\*

The Resource Centre will be **closed** September 3, October 8, November 12, December 25 & 26, 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.

#### **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 Thursday, September 6, 2018 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.

Monday afternoon: 1:30 – 3:00pm September 10, 2018

**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.

Monday evening: 5:30 - 8:30pm September 10, 2018

**PRIMETIME FOR LEARNING:** This program will help parents of preschoolers understand learning and discover ways to help their children learn. This is a hands-on, fun and informative session. You will learn strategies to help children develop their language, literacy skills and to think creatively. Parents of children ages 0-6 years are welcome.

Tuesday afternoons: 1:30 - 3:15pm September 11 - November 13, 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

**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 - 11:00am September 20 - November 22, 2018

**PARENTING TEENS:** Gives practical and effective methods for strengthening the parent/teen relationship.

Tuesday evenings: 6:30 - 8:30pm September 25 – November 13, 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 – 3:00pm October 4 – November 22, 2018

**THE FIRST FIVE YEARS:** This three week program is for parents of children ages 0 – 5 years. Participants will learn about positive discipline methods and the power of encouragement in the early years.

Tuesday mornings: 9:30 – 11:15am October 16, 23 & 30, 2018

**BUILD A BOOK:** Parents are welcome to come build a book with us over this three week session. Materials will be supplied and you can simply relax and enjoy this time to capture treasured time for your family. Limited child care is available so please call.

Wednesday mornings: 9:30 – 11:15am November 21 & 28 & December 5, 2018

**INDIGENOUS PARENTING:** Please join Deborah Tacan and Deidre Gregory for a full day workshop about Indigenous Parenting. All are welcome to attend. Lunch will be provided. Child care and transportation available if requested in advance. "Let us put our minds together and see what life we can make for our children" - quote from Sitting Bull.

Tuesday morning: 9:30 – 3:00pm December 11, 2018

**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.

Wednesday Morning:

9:30 – 11:00am

December 12, 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**

**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

September 7 – December 21, 2018

**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 11 – October 30, 2018

**TOT TIME TOGETHER:** Come join us for a fun filled morning 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.

Wednesday Morning:

9:30 – 11:00am

September 12, 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.

Wednesday mornings:

9:30 – 10:15am **OR** 10:45 – 11:30am

September 19 - November 14, 2018

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

**WE ARE THANKFUL:** We invite parents and children ages 3-6 to join us as we explore the topics of thanksgiving and gratitude through art, music and games.

Tuesday morning:

9:30 - 11:00am

October 2, 2018

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

Tuesday mornings:

10:00 - 11:15am

November 20 & 27 & December 4, 2018

**MOTHERS & SONS IN TOUCH:** Mothers and sons (ages 9-12 years) are invited for an opportunity to spend time together having fun and learning new skills that will impact their relationship.

Tuesday evenings:

6:00 - 8:00pm

November 20 – December 11, 2018

**FUN ON THE FARM:** This busy afternoon will focus on crafts and activities about farming and rural life in Manitoba.

Tuesday afternoon:

1:30 – 3:00pm

November 27, 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.

Thursday morning:

9:45 - 11:00am

November 29, 2018

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

Thursday morning:

9:30 - 11:00am

December 6, 2018

**OR**

Monday afternoon:

1:30 - 3:00pm

December 10, 2018

**DADDY & Me:** Dads and children ages 3 – 6 years are invited to a fun filled morning of play. We'll enjoy lots of crafts and memory making moments together.

Thursday morning:

10:00 – 11:15am

December 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](http://www.cfswestern.mb.ca) and you'll find calendar & programs information as well as many different parenting articles.