

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



Fall Programs ** September - December 2019**

The Resource Centre will be **closed** September 2, October 14, November 11, December 25 & 26, 2019.

Register Early!

CHILD CARE

Day Time Programs: Childcare 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: Childcare is **NOT** usually available in the evenings. If you are unable to attend without childcare, 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

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.

Tuesday evening: 5:30 - 8:30pm September 10, 2019

POSITIVE DISCIPLINE: This course 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 17- November 19, 2019

DISCIPLINE IN THE FIRST FIVE YEARS: All children test limits as they are learning about their world. Come join us for 8 sessions about teaching discipline skills that build the bond.

Tuesday afternoons: 1:30 - 3:00pm September 17-November 19, 2019

PARENTING PRETEENS: This session explores how 9-13-year old's think and feel and how parents can continue to nurture their confidence. Using the tools warmth and structure, parents will learn how to create a safety net and encourage independence.

Thursday mornings: 9:30-11:00am September 19-Oct 24, 2019

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 childcare and other topics of interest to the group.

Thursday afternoons: 1:30 -3:00pm September 26 – November 14, 2019

PARENTING TEENS: Join us for 2 sessions to discuss the challenges and joys of parenting teens.

Tuesday evenings: 6:00-8:00pm November 19 & 26, 2019

TAMING TANTRUMS AND OTHER BIG FEELINGS: Sometimes our brain can become overwhelmed with feelings of sadness, anger and fear and when that happens it can be confusing; especially for children. Join us for two sessions where we will explore the science behind self-regulation and the development of emotional growth. Come learn how to help your young children understand and grow their ability to express and understand emotions.

Thursday evenings: 6:00- 8:00pm November 21 & 28, 2019

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 3 afternoons, come learn some new communication strategies from Joanna Faber's book, "How To Talk So Little Kids Will Listen."

Tuesday afternoons: 1:30 -3:00pm November 26, December 3 & 10, 2019

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.

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.

PARENT & CHILD FAMILY PROGRAMS

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 10-October 29, 2019

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. Childcare is available for those under 2 and for 4- 5-year olds.

Thursday morning: 10:00-11:15am September 12, 2019

DROP-IN PLAYTIME: An opportunity for parents and preschool children to play together in the childcare 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 13-December 20, 2019

FAMILY CIRCLE (A Parent Child Mother Goose Program): Parents, babies and toddlers under the age of 2 join 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. **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 18-November 13, 2019
**** Rides are available for earlier session (9:30) only****

GRANDFRIENDS & ME: Grandparents and Grandfriends are an important part of family life. Please join us for a special afternoon to honour this relationship.

Thursday afternoon: 1:30-3:00pm Sept 19, 2019

CREATE-A-GAME: Families are invited to come for a light lunch followed by the opportunity to make and play with a collection of homemade games.

Friday 11:00am-1:30pm October 25, 2019

HALLOWEEN HOOPLA: Come join us for a 'spooktakular' morning of Halloween fun, food and crafts. For families with children ages 2 -6 years.

Thursday morning: 9:30 -11:00am October 31, 2019

FIT KIDS: Parents and children 2-6 years come together to develop their movement skills through a fun approach. Let's build positive emotions towards physical activity with your child and an active for life attitude. Wear comfy clothing and bring water bottles!

Thursday mornings: 10:00-11:15am November 7-28, 2019

"ICE CREAM" ABOUT BOOKS: Parents and children up to the age of 6, will listen to guest readers sharing some of their favorite stories and games, followed by a chance to make their own delicious ice cream sundaes. Families are also invited to bring some books from home that they wish to exchange with other families.

Thursday afternoon: 1:30-3:00pm November 14, 2019

NURSERY RHYME TIME: Nursery rhymes, old and new, are always fun for children. Come join us for rhymes, songs, crafts and snacks all to do with nursery rhymes. For parents and their children ages 2- 5 years.

Wednesday morning: 10:00 -11:15am November 20, 2019

PUPPET PLAY: On this PD day, school aged 6-12-year olds will spend the afternoon making a variety of puppets and participating in drama activities.

Friday afternoon: 1:00 - 3:00pm November 29, 2019

SNOW MUCH FUN: Join us for "snow much fun" as we craft, eat and play our way into the holiday season. For parents with children ages 2-6 years.

Tuesday afternoon: 1:30 -3:00pm December 3, 2019

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 -11:00am December 4, 2019

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

Thursday morning: 9:30- 11:00am December 5, 2019

GENERAL INFORMATION

- ☺ ERFRC & PCHP Anniversary – Thursday September 5, 2019 at 3:00-5:00pm. Free Snacks. Fun. Bubbleman Show at 4:00pm. All are welcome!
- ☺ Santa is Coming! Come celebrate the season with us! Santa will visit our centre; you can have a family photo taken and enjoy holiday treats. Friday December 6, 2019 at 10:00-12:00pm.
- ☺ 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.