


# 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 Elspeth Reid Family Resource Centre gratefully acknowledges the financial support of the



and the



United Way  
Brandon & District  
Change starts here.



## Spring Programs \*\*April - June 2020\*\*

The Resource Centre will be **closed** April 10, April 13, April 28, May 18, & May 21, 2020

### 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

**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 evenings: 6:30 - 8:30pm April 14 – June 16, 2020

**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  
March 31, 2020  
April 7, 14, 21, 2020  
May 5, 2020

**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  
31 marzo  
7, 14, 21 De abril y  
5 de mayo

**THE IMPORTANCE OF RITUALS:** Rituals are a very meaningful part of family life. Parents will learn about the history and purpose behind I Love You Rituals. We will also discuss how rituals can be incorporated into daily activities benefiting both your relationship and your child's emotional development.

Thursday morning: 9:30 – 11:00am April 9, 2020

**CIRCLE OF SECURITY:** Come make sense of what your child is really asking from you! This program will support parents in understanding their child's world by learning to read their emotional needs, support and manage emotions, enhance self-esteem and honor the circle of security. For parents with children 4 months – 6 years.

Tuesday mornings 9:30 – 11:15am May 5 – June 23, 2020

**POWER OF ENCOURAGEMENT:** One of the most powerful parenting skills is your ability to encourage your children. Learn about how we give "courage" and show our children with helpful words and actions, how to face and solve their problems. For parents with children 0-6 years.

Wednesday morning: 9:30 – 11:15am April 15, 2020

**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 mornings: 9:30 – 11:15am April 23 – June 11, 2020

**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 afternoons: 1:30 – 3:00pm May 26 – June 16, 2020

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

Thursday mornings: 9:30 – 11:15am June 11 & 18, 2020

## PARENT & CHILD FAMILY PROGRAMS

**IMAGINATION STATION:** Open your creative mind to the wonderful world of art. It's going to be messy fun so wear appropriate clothing! Parents and children ages 3-6 years.

Thursday afternoon: 1:30 – 3:00pm April 9, 2020

**HOME SWEET HOME:** Come explore the different homes of humans and animals alike through art, music, books and games. Children ages 3-6 years are invited to participate with a parent.

Thursday afternoon: 1:30 – 3:00pm April 16, 2020

**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.

Monday evenings: 6:00 – 8:00pm April 20 – June 15, 2020

**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.

Wednesday mornings: 9:30 – 10:15am **OR** 10:45 – 11:30am April 22 – June 17, 2020  
\*\* Rides are available for earlier session (9:30) only\*\*

**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 their physical activity with your child and an active for life attitude. Wear comfy clothing and bring water bottles!

Thursday afternoons: 2:00 – 3:00pm April 23 & 30, 2020  
May 14, 28, and June 4, 2020

**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 17 – June 26, 2020

**MEDIEVAL TIMES:** Let's use our imagination to travel to a land where kings and queens live in castles and mythical creatures roam the kingdom! Creativity can come alive as children ages 3-6 and their parents participate in many "royal" activities.

Thursday morning: 9:30 – 11:00am May 14, 2020

**ALL ABOUT CARS:** Come join us and our Road Rebels friends for a fun family time all about cars! See cool cars, learn about vehicle maintenance, and enjoy crafts and our free BBQ.

Wednesday evening: 5:30 – 7:30pm June 17, 2020

**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 afternoon: 1:30 – 3:00pm June 18, 2020

**BIRDS & BEES:** Insects and birds abound, as we learn about some of nature's most interesting creatures. Children ages 3-6, together with their parents, can take flight as they participate in many crafts and activities related to our winged friends.

Tuesday afternoon 1:30 – 3:00pm June 23, 2020

**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 ages 2-3 years old. Child care is available for those under 2 and for 4-5 year olds.

Thursday afternoon: 1:30 – 3:00pm June 25, 2020

**FUN FEST:** Join our Kick Off to Summer celebration on Tuesday, June 30<sup>th</sup>. Stay tuned for details!

## SUPPORT GROUPS

**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 support and a variety of educational, social, and recreational activities. Members are added to these groups as space permits.

**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.

**TLC (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 information handouts about parenting. There will also be time for discussion and mutual support between group members.

Tuesday mornings: 9:30 – 11:00am

**PARENT TALK:** A time of peer support for parents with children who have learning difficulties or extra challenges.

Wednesday evenings: 6:30 – 8:30pm April 8, May 13, June 3, 2020

## 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.
- ☺ Milestone Preschool Wellness Fair – Free Professional Screening for 3 & 4 year olds:  
Tuesday April 21, 2020 9:00am – 5:00pm at Keystone Centre Upper Concourse