

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



Fall Programs **September – December 2020**

The Resource Centre will be **closed** on September 7, October 12, November 11 & December 25, 2020.

CHILD CARE/TRANSPORTATION

Child care is available for daytime programs. Transportation within Brandon, for daytime programs, is also available for those who require it. Our vans are equipped with child car seats to ensure your child's safety while transporting. 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

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. To register, call Melanie Martinos-Wutzke at **204-578-2599**.

Thursday evening: 5:00-8:00pm September 10, 2020

NAME STORIES: Children love hearing stories, either true or imagined, where their name is included. Come create and share your child's name story and learn why honouring your child's name strengthens attachment and self-esteem.

Thursday afternoon: 1:30-3:15pm September 10, 2020

PARENTING INFANTS AND TODDLERS: These workshops are for parents with children 0-3 years of age. Topics covered will include tuning in to your child, setting limits, establishing routines, fostering self-esteem, and learning through play.

Thursday mornings: 9:30 - 11:15am September 10 – October 8, 2020

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 15 - November 3, 2020 **OR**
Tuesday evenings: 6:30 - 8:30pm September 15 – November 10, 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 afternoons: 1:30 – 3:00pm September 17 – October 22, 2020

LEARNING FROM HOME: With the arrival of Covid-19 and the closure of schools, parents had little time to prepare for the new role of teacher. And, as the pandemic evolves, we will need to continue supporting our children's learning, at school and at home, in new and different ways. Over the course of two afternoons, we will share strategies and information in areas like scheduling for success, handling stress, communicating with the school, concept learning from everyday life, dealing with multiple grade levels and, most importantly, keeping your relationship with your child intact! Suitable for parents of students in Early and Middle Years.

Tuesday afternoons: 1:30 - 3:00pm October 13th and 20th, 2020

PARENTING YOUNG CHILDREN: These workshops are for parents with children 4-7 years of age. Topics covered will include listening and responding to children, encouraging emotional growth, structure and limits, resolving conflicts and helping your child succeed at school.

Thursday mornings: 9:30 – 11:15am October 15 – November 12, 2020

HANDLE WITH CARE: Parents of children ages 0-6 years are welcome to join us for a program about promoting the mental health of children. This program celebrates parents, teaches problem solving and gives you resources.

Thursday afternoons: 1:30 – 3:00pm October 29 – December 3, 2020

COPING WITH DAILY STRESS AND FRUSTRATIONS: Parents are invited to join us for a discussion about identifying our causes of stress in daily life and learning positive ways to cope with frustrations. We will also learn how to help our children deal with feelings of stress and frustration.

Tuesday afternoon: 1:30 – 3:15pm November 17, 2020

PARENTING TWEENS: These workshops are for parents with children 8-12 years of age. Topics will include parenting styles and decision making, resolving conflicts, communication problems and helpful strategies, structure and limits, and promoting safe solutions.

Thursday mornings: 9:30 – 11:15am November 19 – December 17, 2020

CHARACTER, CONSCIENCE AND VALUES: This program will focus on the role of family values in the development of a child's character. We'll define and explore our values as parents and look at the ways we communicate these values to our children. We will explore some common scenarios in family life which are opportunities to express our values.

Tuesday afternoon: 1:30 – 3:15pm November 24, 2020

DO YOU HEAR ME? DO YOU SEE ME?: Come join us as we explore the potential impacts of technology on child development, connection and attachment. Learn some screen time tips that promote healthy, balanced media habits for the whole family.

Tuesday afternoon: 1:30 - 3:15pm December 1, 2020

TEMPERAMENT TIDBITS: Temperament refers to the unique characteristics of each person's personality. It's what makes each child and adult unique. Come join us for an awareness raising session that will create a foundation of insight into children's individual differences and some reasons behind their behaviours.

Thursday afternoon: 1:30 – 3:00pm December 10, 2020

HAVE YOU FILLED A BUCKET TODAY?: Small gestures and kindness can enhance development of healthy self-esteem and promote empathy. Come join us for a session on teaching children about being capable, having personal power, and the differences between a bucket filler and a bucket dipper.

Thursday afternoon: 1:30 – 3:00pm December 17, 2020

PARENT & CHILD FAMILY PROGRAMS

FRIDAY PLAYTIME: An opportunity for parents and preschool children to play together in the child care room. Snack, circle time and crafts provided. **NOTE:** Families must now register for this program; it is currently not running on a drop-in basis. Group sizes will be kept small to help with social distancing. Please call for more information on the registration process for this group.

Friday mornings:	9:30 – 11:15am	September 4 – December 18, 2020
Friday afternoons:	1:30 – 3:15pm	September 4 – December 18, 2020

KITCHEN CREATIONS: Come join us as we prepare simple, inexpensive kid concoctions. See how and what children learn while measuring, pouring and experimenting, all while having fun and playing. Parents with children 3-6 years are welcome.

Tuesday afternoons:	1:30 - 3:00pm	September 8 th , 15 th , and 22 nd , 2020
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FAMILY CIRCLE: Parents with babies and toddlers under the age of two come together in a circle to enjoy rhymes, songs and stories. There is a \$40 registration fee per family to attend this program. If this presents a challenge for you, please call to discuss options. Transportation available for 9:30 session only. **NOTE:** Group sizes will be limited to allow for social distancing.

Wednesday mornings:	9:30 – 10:15am OR 10:45 – 11:30am	September 9 – October 21, 2020 OR
Wednesday mornings:	9:30 – 10:15am OR 10:45 – 11:30am	October 28 – December 16, 2020

FAMILY FUN: Parents with children ages 3-6 years are invited to come play, craft and explore with us.

Wednesday afternoons:	1:30 – 3:00pm	September 9 – November 4, 2020
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MOTHERS & DAUGHTERS IN TOUCH: This program focuses on relationship and skill-building for mothers and daughters to learn together and have fun!

Mothers & Daughters (ages 12-14) Tuesday evenings:	6:00 – 8:00pm	September 15 - November 3, 2020
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Mothers & Daughters (ages 9-11) Wednesday evenings:	6:00 - 8:00pm	September 16 – October 28, 2020
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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 years and their parents participate in many royal activities.

Thursday afternoon:	1:30 – 3:15pm	September 17, 2020
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BRENDA'S BOOK CLUB: Join Brenda and friends as she promotes the love of reading for parents and children (ages 2-6) through stories, books and crafty fun!

Thursday afternoons:	1:30-2:30pm	September 24 – November 19, 2020
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HARVEST TIME: Each fall, we collect and enjoy a variety of crops that have grown in our own gardens and in rural farmlands. Children ages 3-6 and their parents are invited to gather together to learn about and give thanks for the season of harvest, through hands-on family activities.

Tuesday afternoon:	1:30-3:00pm	October 6, 2020
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LIFE'S TEACHERS: Throughout our lives, many people and many things can teach us important life lessons. Our parents teach us about family values and traditions. Our teachers teach us important concepts like reading and math. Maps teach us about travel. Recipes teach us how to cook, and so on. Come explore life's many teachers through activities and crafts suitable for ages 3-6 and their parents.

Tuesday afternoon:	1:30-3:00pm	October 27, 2020
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MOTHERS AND SONS CONNECT: Mothers and sons (ages 9-12 years) are invited to spend time together having fun and learning new skills that will impact their relationship.

Wednesday evenings:	6:00 – 8:00pm	November 4 – December 9, 2020
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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 your child's physical activity and create an "active for life" attitude. Wear comfy clothing and bring water bottles!

Tuesday mornings:	10:00-11:00am	November 10 – December 1, 2020
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PEACEFUL PIECES: Together, parents and children ages 3-6 years will learn about symbols of peace, meet a real life soldier, and make some crafts of remembrance.

Tuesday afternoon:	1:30 - 3:00pm	November 10, 2020
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SNOW MUCH FUN: Join us for "snow" much fun as we craft, eat and play our way into the holiday season. For parents and children ages 2-6 years.

Tuesday afternoon:	1:30 - 3:00pm	December 8, 2020
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CHRISTMAS STORYTIME: Parents with children up to six years of age are welcome to come and listen to a guest reader share a favourite Christmas story. We will do artwork, play games and sing together. We will also make a yummy snack! Families are welcome to bring a storybook to trade with another family if you like.

Tuesday afternoon:	1:30 – 3:15pm	December 15, 2020
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SUPPORT GROUPS

COMMUNITY CONNECTIONS: This group is for parents who are new to Canada. 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. Members are added to this group as space permits.

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.

Wednesday mornings:	9:30 – 11:00am
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PARENT TALK: A time of peer support for parents with children who have learning difficulties or extra challenges. Meetings are once a month in the evenings from 6:30-8:30pm.

GENERAL INFORMATION FOR ALL VISITORS TO THE CENTRE: Your health and safety is very important to us. We are taking extra measures to ensure our Centre is sanitized on an ongoing basis. If any member of your household is experiencing cold or flu-like symptoms, we ask that you not attend the Centre.