


Elsbeth Reid Family Resource Centre

A facility of  Child and Family Services of Western Manitoba



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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.



Winter Programs **January-March 2021**

The Resource Centre will be **closed** January 1 and February 15, 2021.

If we are unable to have in-person programs, due to COVID-19, we will be offering these programs virtually via Zoom.

CHILD CARE/TRANSPORTATION

Child care is available for in-person daytime programs. Transportation within Brandon, for daytime in-person 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

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 – 11:15 a.m. January 5, 2021 – March 9, 2021

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 sessions, come learn some new communication strategies from Joanna Faber’s book, “How to Talk So Little Kids Will Listen.”

Tuesday afternoons 1:30 – 3:15 p.m. January 5, 2021 – January 19, 2021

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, promotes and enhances self esteem and focuses on building trusting relationships.

Thursday afternoons 1:30 – 3:15 p.m. January 7, 2021 – February 11, 2021

ACTIVE PARENTING...THE FIRST FIVE YEARS: This 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 afternoons 1:30 – 3:15 p.m. January 12, 2021 – March 16, 2021

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 Evenings 6:00 – 8:00 p.m. February 4, 2021 – February 25, 2021

I LOVE YOU RITUALS: Learn delightful, fun activities that gives parents, grandparents and other guardians of toddlers and preschoolers the tools they need to help their children thrive. The last half of session 2 and 3 will allow parents time to practice the activities with their child.

Tuesday afternoons 1:30 – 3:15 p.m. February 9 – February 23, 2021

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 – 3:15 p.m. February 18, 2021 – March 25, 2021

PARENTING TEENS: Are you a parent of a teenager? Do you need a safe place to explore the teenager/parent relationship? Join us for three weeks of support, information sharing and relationship building tips.

Tuesday evenings 6:30 – 8:30 p.m. February 23, 2021 – March 9, 2021

WHAT IS MY PARENTING STYLE?: Join us for an overview of the approaches and methods of parenting patterns and explore the short/long term impacts each approach can have on the family relationship.

Thursday morning 9:30 – 11:15 a.m. March 11, 2021

STRESS BUSTERS: Before you can give to others you first must be healthy and well yourself. Join us for a session to discuss how stressors impact our parenting and how self-care can help promote personal well being and create a nurturing, loving environment.

Thursday morning 9:30 – 11:15 a.m. March 25, 2021

PARENT & CHILD FAMILY PROGRAMS

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!

Thursday mornings: 10:00 – 11:00 a.m. January 7, 2021 – February 25, 2021

BRENDA'S BOOK CLUB: Join Brenda as she promotes the love of reading and singing through stories and songs that the whole family will enjoy.

Thursday mornings: 10:00 – 10:30 a.m. January 7, 2021 – February 25, 2021

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 – 11:15 a.m. January 8, 2021 – March 26, 2021
Friday afternoons: 1:30 – 3:15 p.m. January 8, 2021 – March 26, 2021

FAMILY CIRCLE: Parents with babies and toddlers under the age of two come together in a circle to enjoy rhymes, songs and stories. **NOTE:** Group sizes will be limited to allow for social distancing.

Wednesday mornings: 9:30 – 10:15 am **OR** 10:45 – 11:30 am January 20, 2021 – March 17, 2021

COLOUR MY WORLD: Come explore the world of colour through a rainbow of books, songs, games and crafts designed to brighten the day of 3 - 6 years old and their parents.

Tuesday afternoon: 1:30 – 3:00 p.m. January 26, 2021

OR Tuesday morning: 9:30 – 11:00 a.m. March 16, 2021

WHAT AM I FEELING?: Learning about the importance of sharing and recognizing our feelings, and the feelings of others, is the focus of this program. Children ages 3-6 and their parents are invited to explore their emotions through interactive discussion and activities.

Tuesday afternoon: 1:30 – 3:00 p.m. February 2, 2021

OR Thursday Morning: 9:30 – 11:00 a.m. March 11, 2021

VALENTINE'S FUN: Parents and children ages 3 – 6 years are invited to enjoy fun activities to celebrate the love of families.

Friday afternoon: 1:30 – 3:00 p.m. February 12, 2021

THE SUPERHERO IN ME!: Come dressed as your favorite superhero as we explore wonderful ways to see how super and special you truly are! Together, parents and preschoolers will participate in virtual discussions and activities that will reveal your unique SUPER POWERS!!

Based on the book, SuperPowers by M.H. Clark.

Friday mornings: 10:00 - 11:00 a.m. February 12 & February 19, 2021

MOTHERS AND DAUGHTERS IN TOUCH: This program focuses on relationship and skill-building for mothers and daughters to learn together and have fun!

Mothers & Daughters (ages 9 – 11)

Wednesday evenings 6:00 – 7:15 p.m. February 24 – March 24, 2021 via ZOOM

SPACE ADVENTURE: Use your imagination as you become an astronaut exploring space on a rocket ship. Creativity comes alive as children ages 3-6 years and their parents participate in activities to the moon and back!!

Tuesday afternoon: 1:30 – 3:00 p.m. March 2, 2021

TOT TIME: 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. Childcare is available for children under 2 years and for 4 - 5 years old.

Thursday morning: 10:00 – 11:15 a.m. March 4, 2021

CONSTRUCTION SITE: Together, parents and children ages 3-6 years, will have the opportunity to learn about and build simple structures and creations using everyday materials.

Tuesday afternoon: 1:30 - 3:00 p.m. March 9, 2021

MESSY TOT TIME TOGETHER: Leave the clean up for us! Come and join us for a fun filled morning of music, snack and ooey goeey art projects. This parent child activity is for children ages 2 & 3 years old. Childcare is available for children under 2 years and for 4 – 5 years old.

Thursday morning: 10:00 – 11:15 a.m. March 18, 2021

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!! Childcare is available for those under 3 years of age.

Tuesday afternoon: 1:30 – 3:00 p.m. March 23, 2021

BUILDING CHARACTER: As parents, we hope to raise our children to have strong values and character. Come participate in an afternoon where we will discuss and share key strategies for building character in our children that will last a lifetime!!

Thursday afternoon: 1:30 – 3:00 p.m. January 28, 2021

OR

Tuesday afternoon: 1:30 - 3:00 p.m. March 23, 2021

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

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. This session is in partnership with the Learning Disabilities Association of Manitoba.

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.