


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



and the



United Way
Brandon & District
Change starts here.



FALL PROGRAMS September – December 2021**

The Resource Centre will be **closed** Sept. 6, Oct. 11, Nov. 11, Dec. 27 & 28, 2021

Groups will be held in person and Public Health regulations will be followed.

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 Afternoons 1:30-3:00 p.m. Sept. 14 – Nov. 16, 2021

ACTIVE PARENTING...the FIRST 5 YEARS: The first 5 years is about building a strong foundation for children from birth to age 5. This course will show you how to nurture your child by building a strong bond, and use the "just right" combination of independence and effective discipline young children can understand.

Tuesday Mornings 9:30-11:15 a.m. Sept. 14 – Nov. 16, 2021

POSITIVE DISCIPLINE BOOSTER PROGRAM: FOR PARENTS AND CAREGIVERS WHO HAVE ALREADY TAKEN THE POSITIVE DISCIPLINE PROGRAM! We will review Positive Discipline concepts and practise problem solving in the context of COVID-19.

Tuesday Evenings 6:30 – 8:30 p.m. Sept. 14 – Nov. 16, 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. Sept. 16 – Oct. 21, 2021

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.

Thursday Mornings 9:30 – 11:15 a.m. Sept. 16 – Nov. 25, 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. Oct. 28 – Dec.16, 2021

SIX SMART THINGS parents can do to help water their child's beautiful brain! Learn about self control, building confidence, supporting big emotions, understanding the need for connection and fostering healthy language development. Birth to age 5.

Tuesday Mornings 9:30 – 11:15 a.m. Nov. 23 – Dec. 14, 2021

SIBLING RIVALRY: During this 5- week program, information and activities will be shared with parents about how to guide your children towards peaceful sibling relationships.

Tuesday Mornings 9:30 – 11:00 a.m. Nov. 16 – Dec. 14, 2021

PARENTING TWEENS: A 4- week program for parents and children aged 8 – 12. With new challenges ahead, learn how to build lasting connections with your pre-teen in a safe and supportive group. My Tween and Me Parenting Program will help develop skills and activities to continue to influence your pre-teen's choices, values, goals and behaviour, while helping you discover your own skills and strengths as a parent.

Tuesday Afternoons 1:30 – 3:15 p.m. Nov. 23 – Dec. 14, 2021

PARENT & CHILD FAMILY PROGRAMS:

FRIDAY PLAYTIME: An opportunity for parents and preschool children to play together in the childcare room. Snack, circle time and crafts provided. Please call for more information on the registration process for this group.

Friday Mornings	9:30 – 11:15 a.m.	Sept. 10 – Dec. 17, 2021
Friday Afternoons	1:30 – 3:15 p.m.	Sept. 10 – Dec. 17, 2021

THE ART OF CARING: This is a 4-week series inviting parents and children, ages 3-6, to explore the ways we show kindness and caring to ourselves and others. Songs, games, stories and discussions with special guests will be the focus of each weekly theme. You are invited to register for 1 or all of the weeks.

Week 1	Taking Care of You – Healthy Bodies and Minds
Week 2	Health Care Heroes
Week 3	Helping our Community
Week 4	Caring for Creatures

Tuesday Mornings	9:30 – 11:00 a.m.	Sept. 14, 21, 28 and Oct. 5, 2021
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MOTHERS & DAUGHTERS (9-11 YRS.): This program focuses on relationship and skill-building for mothers and daughters to learn together and have fun!

Wednesday Evenings	6:00 – 8:00 p.m.	Sept. 15 – Nov. 3, 2021
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BE DRAMATIC: For kids ages 6-12. We will play games, create props and stretch our imaginations in this introduction to the world of drama.

Friday Afternoons	1:30 – 3:00 p.m.	Oct. 1, 22 and Nov. 19, 2021
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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.

Wednesday Mornings	9:30–10:15 a.m. or 10:45-11:30 a.m.	Oct. 6-Dec. 1, 2021
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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 Morning	9:30 – 11:00 a.m.	Oct. 12, 2021
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BANANAS ABOUT BOOKS: Come join us and share in the love of reading together. Parents and children between the age of 2-6 years will listen to a story, create some crafts related to the book, and have fun acting it out.

Friday Afternoon	1:30 – 3:15 p.m.	Oct. 15, 2021
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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.

Tuesday Mornings	10:00 – 10:45 a.m.	Oct. 19-Nov. 2, 2021
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PEACEFUL PIECES: Together, parents and children ages 3-6 will learn about symbols of peace, meet a real-life soldier, and make some crafts of remembrance.

Tuesday Morning	9:30 – 11:00 a.m.	Nov. 9, 2021
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MOTHERS & SONS: Mothers and sons (ages 9-12 years) are invited to spend time together having fun and learning skills that will impact their relationship.

Wednesday Evenings	6:00 – 8:00 p.m.	Nov. 10 – Dec. 8, 2021
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HOLIDAY HOOPLA: Join us for holiday fun, as we craft, eat and play our way into the holiday season. For parents and children aged 2-6 years.

Friday Afternoon	1:30 – 3:15 p.m.	Dec. 10, 2021
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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 – 11:00 a.m.
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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**. This session is in partnership with the Learning Disabilities Association of Manitoba.

Sept. 15, Oct. 20, Nov. 17 & Dec. 15, 2021	6:30 – 8:30 p.m.
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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. Please wash hands in our washrooms upon arrival. Please wear a mask & socially distance. Thank you.