


Elsbeth Reid Family Resource Centre

A facility of  Child and Family Services of Western Manitoba



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



and the



United Way
Brandon & District
Change starts here.



Spring Programs **April – June 2022**

The Resource Centre will be **closed April 15, April 18, and May 23.**

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

COOPERATIVE PARENTING & DIVORCE: Shielding Your Child From Conflict: The goal of this newly offered program is to assist parents as they shift from being partners to co-parents. Over the course of 8 weeks, as we keep the healthy development of our children at the forefront, we will discuss the effects of separation and divorce on our families, parenting as 2 households, child-focused communication, and strategies for conflict resolution.

Tuesday Afternoons: 1:30 – 3:15 p.m. April 5 to May 24, 2022

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. April 5 to June 7, 2022

CIRCLE OF SECURITY: Come make sense of what your child is really asking 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 Afternoons: 1:30 – 3:15 p.m. April 5 to June 7, 2022

SISTERS AND BROTHERS-STRENGTHENING YOUR SIBLING CONNECTIONS (Ages 7-12): Being a sibling can be both rewarding and challenging. This 4 week program will focus on a variety of activities that will help cultivate healthy sibling relationships through the principles of friendship, trust, collaboration, boundaries and emotional awareness. Siblings will attend together.

Wednesday Evenings: 6:00 – 8:00 p.m. April 6 to April 27, 2022

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.

Thursday Mornings: 9:30 – 11:15 a.m. April 7 to June 9, 2022

TRADITIONAL INDIGENOUS PARENTING: Please join us for 6 weeks of sharing with Deborah Tacan as we learn about our past, present, and future as Indigenous peoples. Together, we will share about the Traditions and learn how these Teachings apply to our family life. Sessions will include hands on activities, healing, and a sharing time.

Thursday Mornings 9:30 – 11:15 a.m. April 7 to May 12, 2022

POSITIVE DISCIPLINE REFRESHER: A follow-up program for parents who have completed the Positive Discipline Program and would like an opportunity to review their Positive Discipline plans, bring their questions to the group and review the problem solving process. We will take a closer look at Listening & Cooperation skills. This is a three week afternoon program.

Thursday Afternoons: 1:30 – 3:15 p.m. April 7, 14 and 21, 2022

PARENTING TEENS: (VIRTUAL CLASS) Are you a parent of a teenager? Do you need a safe place to explore the teenager/Parent relationship? Join us for 6 weeks of support, information sharing and relationship building tips. This is open to all parents of children ages 12 and older.

Tuesday Evenings: Virtual 6:30 – 8:30 p.m. April 12 to May 17, 2022

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. April 28 to June 16, 2022

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. May 4 to June 15, 2022

STRESS BUSTERS: (VIRTUAL CLASS) Parents are invited for this two-session workshop about parenting stress. This is being offered virtually. We will look at identifying the causes of our stress in our daily lives and learning positive ways to cope with stress. We will also share some ideas about how to support our children in dealing with their feelings of stress and frustration.

Tuesday Afternoon: Virtual 1:30 – 3:00 p.m. May 24 and May 31, 2022

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. May 31 to June 14, 2022

READY, SET, GROW!: Kindergarten is an exciting time for new experiences, learning and growth. How do we help children get their best start to school? Come join us for this two week session that promotes skills & tools to help your child start school ready to succeed. Some areas of discussion will include communication, language and thinking skills, social, physical and emotional readiness, numeracy and creative play.

Thursday Mornings: 9:30 – 11:15 a.m. June 2 and June 9, 2022

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.

Monday Mornings: 10:00 – 11:00 a.m. April 4 to May 2, 2022

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. April 8 to June 24, 2022

Friday Afternoons 1:30 – 3:15 p.m. April 8 to June 24, 2022

BRENDA'S BOOK CLUB – Author Series (ages 2-6 years): Join Brenda as she promotes the love of reading stories by 3 beloved children's authors -Todd Parr, Marc Brown and Robert Munsch. Their books will be accompanied by songs and activities the whole family will enjoy.

Thursday Afternoons: 1:30 – 3:00 p.m. April 14, 21 and 28, 2022

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. April 20-June 15, 2022

CELEBRATING THE WOMEN IN YOUR LIFE – It's a wonderful time to celebrate and share gratitude with the women who have helped us become who we are. Join us for some connection, movement and gift making. For parents and their children ages 3-6.

Friday Afternoon: 1:30 – 3:00 p.m. May 6, 2022

CRAFTS IN THE COURTYARD: Parents and children are invited to enjoy the fresh air of our outdoor space while creating a variety of crafts and concoctions!

Thursday Afternoons: 1:30 – 3:00 p.m. May 12, 19, and 26

KITCHEN CREATIONS: Fun, creative ways for parents and preschoolers to create in the kitchen. Wisk, mix, measure and craft new creations. For parents and their children ages 3-6 years.

Tuesday Afternoon: 1:00 – 3:00 p.m. June 7, 2022

CELEBRATING THE MEN IN YOUR LIFE – It's a wonderful time to celebrate and show your love to the men who have helped us become who we are. Join us for some fun, movement and gift making. For parents and their children ages 3-6.

Tuesday Afternoon: 1:30 – 3:00 p.m. June 14, 2022

HERE WE GROW! It was a long winter, so let's celebrate summer! Bring the family and join us in the court yard for summer activities, crafts and gardening. Transportation provided.

Tuesday Afternoon: 1:30 – 3:00 p.m. June 21, 2022

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.

Tuesday Mornings: 9:30 – 11:00 a.m.

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. Please wash hands in our washrooms upon arrival. Please wear a mask & socially distance. Thank you.

