

# Elspeth 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



## FALL PROGRAMS \*\*September - December 2022\*\*

The Resource Centre will be **closed Sept. 5, Sept. 30, Oct. 10, Nov. 11, Dec. 26 & 27/2022.**

### 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

**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. Sept. 8 to Oct. 27, 2022

**COOPERATIVE PARENTING & DIVORCE: Shielding Your Child from Conflict:** The goal of this 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. Sept. 13 to Nov. 1, 2022

**PRIME TIME FOR LEARNING (0-6 years):** For all parents and those who have a role in the lives of young children. A time to share with others about young children's learning with lots of fun hands-on activities. Learn about how children develop language, become effective thinkers and the POWER OF PLAY!

Tuesday Mornings: 9:30 – 11:15 a.m. Sept. 13 to Nov. 22, 2022 No class November 15

**THE CIRCLE OF SECURITY PARENTING PROGRAM (4 months to 6 years):** Imagine what it might feel like if you were able to make sense of what your child was really asking from you. This program is based on decades of research about how secure parent-child relationships can be supported and strengthened. Parents learn to understand their child's emotional world by learning to read emotional needs, support their child's ability to manage emotions, enhance their child's self-esteem and honor their child to be secure.

Tuesday Afternoons: 1:30 – 3:15 p.m. Sept. 13 to Nov. 22, 2022 No class November 15

**POSITIVE DISCIPLINE (EVENINGS – IN PERSON) (0-17 years):** This 10- week course is helpful with strengthening parent-child relationships. It promotes emotional self-regulation of both parents and children. Parents will learn how to 1.) Set goals 2.) Create a positive home environment 3.) Understand how children think and feel 4.) Problem solve in challenging situations.

Tuesday Evenings: 6:30 – 8:30 p.m. Sept. 13 to Nov. 15, 2022

**NEW VIRTUAL ACTIVE PARENTING (5-12 YEARS!):** This **eight-** week program looks at cooperation and communication, responsibility and discipline, building courage and self-esteem, understanding the real need behind the behaviour and how to resist negative peer pressure.

Wednesday Evenings: 6:30 – 8:30 p.m. Sept. 14 to November 2, 2022

**HOW TO BE A PARENT YOUR CHILD WANTS TO TALK TO! (0-17 years):** Parents can take steps to make a difference in their communication with their children. Communicating effectively is one of the most important factors in your relationship with your child. In these three sessions we will look at listening and talking, better ways of saying it, open ended questions, accepting your child's feelings, and the use of "I" messages. Come learn how to keep the doors open between you and your child and encourage them to let you into their world.

Thursday Mornings: 9:30 – 11:15 a.m. September 15, 22, and 29, 2022

**REASONS WHY IT IS IMPORTANT TO SET LIMITS WITH KIDS (1 yrs-6yrs):** Come and join us for three sessions about how limits are good for kids. We will talk about how limits teach self-discipline, teach kids how to keep themselves safe, how limits help kids cope with uncomfortable feelings, and show kids that YOU care.

Thursday Mornings: 9:30 – 11:15 a.m. October 6, 13 and 20, 2022

**BEFORE YOU DISCIPLINE YOUR CHILD, ASK YOURSELF THESE 3 QUESTIONS? ( 1-6 years):** Come join us for three sessions to learn how to **PAUSE** before you jump to discipline or punishment, always chase the **Why** to figure out the child's behavior, and once we **understand** our child, we can then **teach** them to engage in the world in **healthier** ways!

Thursday Mornings: 9:30 – 11:15 a.m. October 27, November 3, and November 10, 2022

**VIRTUAL POSITIVE DISCIPLINE FOR RURAL AREAS (0-17 years):** This 10-week course is helpful with strengthening parent-child relationships. It promotes emotional self-regulation of both parents and children. Parents will learn how to 1.) Set goals 2.) Create a positive home environment 3.) Understand how children think and feel 4.) Problem solve in challenging situations.

Wednesday Afternoons: 1:15 – 3:15 p.m. Sept. 21 to Nov. 30, 2022 No class November 16

**HANDLE WITH CARE:** Young children's mental health is critically important in order for them to flourish, thrive and grow into healthy adults. Mental health and well-being is a precious resource for children and parents. Join us for 6 weeks of interactive strategies to help parents and caregivers promote the mental health of our young children. (for parents of children ages 0-6 years)

Thursday Afternoons: 1:30 – 3:15 p.m. November 3 to December 8, 2022

**VIRTUAL STRESS BUSTERS:** One of the most important things we can do is learn to manage our own stress and frustration. This is called Emotional regulation and it is foundational for the parent-child relationship. When we can calm ourselves and regulate our nervous system, we can think our way through and find solutions to stress and conflict. Parents are invited to join in on a

discussion about the stresses of parenting, and some healthy ways for parents to cope with and regulate their and their children's stress.

Tuesday Afternoons: 1:30 – 3:00 p.m. November 22 and November 29, 2022

**SIBLINGS WITHOUT 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 Afternoons: 1:30 – 3:15 p.m. Nov. 8 – Dec. 6, 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. Nov. 10 – Dec. 15, 2022

**MEALTIME MADNESS:** Mealtimes can be both a source of joy and a challenge for families. Join us for the afternoon as we discuss the importance of mealtime routines, promoting new food choices and how to avoid power struggles through our use of positive language and involving our children in the preparation and mealtime process.

Thursday Afternoon: 1:30 – 3:15 p.m. December 8, 2022

**BEDTIME BLUES:** We will dedicate the afternoon to the importance of making bedtime a pleasant experience for both children and parents. We will discuss creating a safe and nurturing transition necessary for successful bedtime that helps children look forward to the end of their day and a good night's sleep.

Thursday Afternoon: 1:30 – 3:15 p.m. December 15, 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 two-week refresher.

Tuesday Evenings: 6:30 – 8:30 p.m. December 6 and 13, 2022

## **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. 9 to Dec. 9, 2022

Friday Afternoons 1:30 – 3:15 p.m. Sept. 9 to Dec. 9, 2022

**BRENDA'S BOOK CLUB:** Join Brenda as she promotes the love of reading for parents and children (ages 2-6). Stories will be accompanied by songs and activities the whole family will enjoy.

Thursday Afternoons: 1:30 – 3:00 p.m. Sept. 15 & 29, Oct. 13 & 27, Nov. 10 & 24, 2022

**BE DRAMATIC:** For kids ages 6-12 years. We will play games, create props, and stretch our imaginations in this introduction to the world of drama.

Friday Afternoons: 1:30 – 3:15 p.m. Sept. 23, Oct. 21, and Nov. 18, 2022

**MOMS AND SONS:** 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 – 8:00 p.m. October 5 to October 26, 2022

**CRAFTY CRAWLERS: (7 months-18 months):** Come join us for a morning of fun through movement, music, and sensory activities to do with your child. Child care is provided for children 2-5 years and transportation provided if needed.

Wednesday Morning: 10:00 – 11:15 a.m. October 5, 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. October 12 to December 7, 2022

**MOMS AND 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. November 2 to December 14, 2022

**SANTA DAY:** Santa is coming to the centre. Stay tuned for more details.

Friday: 10:00 – 12:00 a.m. December 2, 2022

**CHRISTMAS CRAFT DAY (2-6 years):** Come join us for festive holiday fun with holiday crafts and activities for parent and child.

Monday Morning: 9:30 – 11:15 a.m. December 5, 2022

**KITCHEN CREATIONS:** Come and celebrate the holiday season where you and your preschooler will have fun mixing, pouring, experimenting, and whisking up some new creations.

Thursday Afternoon: 1:30 – 3:00 p.m. December 15, 2022

**CHRISTMAS FAMILY ACTIVITY:** Bring your holiday spirit and join us for some festive crafts and activities to do as a family. For families with children under the age of 6. Transportation can be provided.

Friday Afternoon: 1:30 – 3:15 p.m. December 16, 2022

## **SUPPORT GROUPS (Monday afternoons)**

**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. Please call to register.

**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.

**ERFRC/LDAM RESOURCE FAIR – SEPTEMBER 21<sup>ST</sup>. 6:30 – 8:30 p.m.** Do you have a child with a learning difficulty or extra challenges? Are you wondering what services and supports are available in our community for your child? Join us for an evening of resource sharing where parents can get information from a variety of community agencies. More information will be shared closer to the date. Watch for the poster and announcements early September 2022.