


Elspeth Reid Family Resource Centre

A facility of  Child and Family Services of Western Manitoba



255 – 9th Street
Brandon MB R7A 6X1
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www.cfswestern.mb.ca

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



and the



United Way
Brandon & District
Change starts here.



WINTER PROGRAMS January – March 2023**

The Resource Centre will be closed Monday, January 2, and Monday, Feb. 20, 2023.

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:

CIRCLE OF SECURITY: (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 Mornings: 9:30 – 11:15 a.m. January 10 to March 14, 2023

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. January 10 to February 28, 2023

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 in their world. (3-week course)

Thursday Mornings: 9:30 – 11:15 a.m. January 12 to January 26, 2023

REASONS WHY IT IS IMPORTANT TO SET LIMITS WITH KIDS (1-12 YEARS): Come and join us for four 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 feels, and show kids that YOU care. (4-week course)

Thursday Mornings: 9:30 – 11:15 a.m. February 2 to February 23, 2023

BEFORE YOU DISCIPLINE YOUR CHILD, ASK YOURSELF THESE 3 QUESTIONS? (1-17 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! (3-week course)

Thursday Mornings: 9:30 – 11:15 a.m. March 2 to March 16, 2023

RURAL PREVENTION (VIRTUAL): 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. (4-week course)

Tuesday Evenings: 6:30 – 8:30 p.m. January 17 to February 7, 2023

RURAL PREVENTION (VIRTUAL): REASONS WHY IT IS IMPORTANT TO SET LIMITS WITH KIDS (1-12 years): Come and join us for four 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 feels, and show kids that YOU care. (4-week course)

Tuesday Evenings: 6:30 – 8:30 p.m. February 21 to March 14, 2023

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 Afternoons: 1:15 – 3:15 p.m. January 11 to March 15, 2023

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 car and other topics of interest to the group.

Thursday Afternoons: 1:30 – 3:15 p.m. January 19 to March 9, 2023

PARENT CAFÉ: Parents and caregivers are invited to attend this 3-week conversational program to discuss different aspects of the challenges and delights of parenting. The coffee will be on, as we share our wisdom and experiences with one another in a safe and informal setting.

Thursday Afternoons: 1:30 – 3:15 p.m. February 9, 16 and 23, 2023

VIRTUAL PARENTING TEENS: 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: 6:30-8:30 p.m. February 28-March 21 and April 4, April 11, 2023

HOW TO TALK SO LITTLE KIDS WILL LISTEN: (parents of children ages 0-6 years) "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. March 7, March 14 & March 21, 2023

SCREEN TIME & YOUR CHILD: Come join us for a session about creating a healthy balance of screen and family time in the early years. This session will focus on the mindful use of technology, the importance of establishing guidelines and boundaries for your child's screen time & tips for promoting healthy electronic habits.

Thursday Morning: 9:30 – 11:15 a.m. March 16, 2023

COMMUNICATION AND LANGUAGE IN YOUNG CHILDREN: Parents of children who are 18 months – 5 years: You are invited to join us for a workshop all about children and their language development. Do you have worries about how your young child's language and communication skills are developing? Join us and learn about fun and easy, everyday strategies and activities to encourage your child to communicate.

Tuesday Morning: 9:30 – 11:00 a.m. March 21, 2023

FEEDING YOUNG CHILDREN: Please join us for a session with local Registered Dietitian, Vanessa Hamilton, to discuss how to feed your baby and toddler. Come to learn how and when to introduce new foods and ensure good healthy development of your child.

Wednesday Morning: 9:30 – 11:00 a.m. March 22, 2023

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 Afternoons: 1:30 – 2:45 p.m. January 9 – February 13, 2023

MY TWEEN AND ME..... is for caregivers along with their children ages 8-12 years. Come join us in a safe and supportive group where we will learn skills that promote long lasting connections with your pre-teen. Each week is filled with fun, interactive learning opportunities and activities that foster strong family relationships, build effective communication skills and promote positive youth development during the pre-adolescent years.

Tuesday Evenings: 6:00-8:00 p.m. January 17 to February 21, 2023 (6 sessions)

FRIDAY DROP-IN PLAYTIME: An opportunity for parents and preschool children to play together in the childcare room. Snack, and crafts provided.

Friday Mornings 9:30 – 11:15 a.m. Jan. 13 – March 24, 2023

Friday Afternoons 1:30 – 3:15 p.m. Jan. 13 – March 24, 2023

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. Wed. Jan. 18 – March 15, 2023

FAMILY GAME NIGHT: Bring your family and join us for pizza and board games. A perfect way to spend a January evening having fun with people you love!

Thursday Evening: 5:00 – 7:00 p.m. January 26, 2023

MOTHERS AND DAUGHTERS REUNION: Past participants of the program are welcomed back for an evening of fellowship, food and fun as we celebrate the special bond of our Mother and Daughter relationships.

Wednesday Evening: 6:00 – 8:00 p.m. January 11, 2023

TOT-TIME: Play ideas and activities for children ages 2-3 years. Sensory, gross motor and fine motor experiences to keep your busy tot learning! Child- care available for children under 2, and transportation provided if needed.

Wednesday Morning: 9:30 – 11:00 a.m. January 11, 2023

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. January 12 and March 2, 2023

MOTHERS AND SONS REUNION: Past participants of the program are welcomed back for an evening of fellowship, food and fun as we celebrate the unique bond of our Mother and Son relationships.

Wednesday Evening: 6:00 – 8:00 p.m. January 18, 2023

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. February 3 and March 10, 2023

VALENTINES FUN FOR THE FAMILY: You are invited to join in a morning of family togetherness, fun, crafty creations, songs and snacks. Come celebrate the love of families at the Resource Centre. (for ages 2 – 6 years old and their caregivers).

Monday Morning: 10:00 – 11:15 a.m. February 13, 2023

BANANAS ABOUT BOOKS: CAREGIVERS AND THEIR CHILDREN 2-6 YEARS OLD If you want to encourage your child's imagination and creativity, come join us on an exciting adventure to find a bear. On our journey, we will encounter many different terrains. We will swish through a grassy slope, swim through a deep cold river, sludge through thick oozy mud, run through a deep dark forest, and walk through a swirling snowstorm. We will eventually reach a narrow, gloomy cave where we come face to face with a bear, who chases us all the way back home. We will act out the story with movement, create fun crafts and eat a yummy snack to end the journey.

Monday Afternoon: 1:30 – 3:00 p.m. February 27, 2023

BANANAS ABOUT BOOKS: CAREGIVERS AND THEIR CHILDREN 2-6 YEARS OLD If you want to encourage your child's imagination and creativity, come join us as we learn how a very hungry caterpillar turns into a beautiful butterfly! We will act out the story through movement, sing songs, do some fun crafts, and have a yummy snack.

Monday Afternoon: 1:30 – 3:00 p.m. March 6, 2023

INVITATION TO PLAY: We invite you to come and play. Discover engaging ways to play through numeracy, literacy, art, building and playdoh! For children ages 3-5 years old, child- care available for children under 2 and transportation provided if needed.

Monday Afternoon: 1:30 – 3:00 p.m. March 20, 2023

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.

Wednesday Evenings: 6:30 – 8:30 p.m. Jan. 18, Feb. 15, and March 15, 2023

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. Thank you.