


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

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



and the



United Way
Brandon & District
Change starts here.



SPRING PROGRAMS April – June 2023**

The Resource Centre will be closed Friday, April 7, Monday, April 10, and Monday, May 22, 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: 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.

April 4 – June 6, 2023

POSITIVE DISCIPLINE: This program 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 – 3:15 p.m.

April 4 – June 6, 2023

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 6 – May 11, 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 care and other topics of interest to the group.

Thursday Afternoons: 1:30 – 3:15 p.m.

April 13 – June 1, 2023

HOW TO BE THE 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).

Monday Afternoons: 1:30 – 3:15 p.m.

April 17 – May 1, 2023

REASONS WHY IT IS IMPORTANT TO SET LIMITS WITH YOUR CHILDREN (1-12 YEARS): 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 feels and show kids that YOU care. (4-week course)

Monday Afternoons: 1:30 – 3:15 p.m.

May 8 – May 29, 2023

BEFORE YOU DISCIPLINE YOUR CHILD, ASK YOURSELF THESE 3 QUESTIONS (1-12 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)

Monday Afternoons: 1:30 – 3:15 p.m.

June 5 – June 19, 2023

ZOOM/VIRTUAL(RURAL PREVENTION) ACTIVE PARENTING-THE FIRST FIVE YEARS (0-5 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 you children can understand.

Wednesday Afternoons: 1:00 – 3:00 p.m.

April 19 – May 17, 2023

ZOOM/VIRTUAL (RURAL PREVENTION) ACTIVE PARENTING (6-12 YEARS): This five-week program looks at cooperation and communication, responsibility and discipline, building courage and self-esteem, understanding the real need behind the behavior and how to resist negative peer pressure.

Wednesday Afternoons: 1:00 – 3:00 p.m.

May 24 – June 21, 2023

SEEDS OF HOPE: This is a parenting program for Spanish speaking parents. It will be delivered in Spanish. Please join us to learn new tools and approaches to face the challenges of family life in a new culture. You will learn more about positive discipline and communication within families. If you require transportation or childcare (children ages 0 – 6 years) to attend, please make this request when you register by calling or texting at 204-726 7046 or 204 726 6043

Thursday Evenings

5:15 p.m. – 6:45 p.m.

April 27th – June 15th, 2023

Semillas de Esperanza es un programa **en español** que brinda ideas para fortalecer las estrategia de crianza en las familias hispanas. Acompañenos para conocer nuevas herramientas educativas en el hogar y sobre cómo enfrentar los retos de la vida familiar en una nueva cultura. Usted escuchará más sobre disciplina positiva y comunicación familiar.

Ofrecemos transporte y/o guardería para niños entre 0-6 años, si lo requiere, por favor infórmenos en el momento de registrarse al llamar o textear al 204-726 7046 or 204 726 6043

Jueves en la tarde 5:15 p.m. – 6:45 p.m. desde Abril 27 hasta Junio 15 de 2023

THE TWEEN YEARS: This course is for parents of pre-teens (8-12 years). Our goal is to promote positive parent-child relationships, build independence, encourage responsibility, learn limits and cope with the physical and emotional developmental changes.

Thursday mornings:

9:30 – 11:15 a.m.

May 18 – June 8, 2023

STEPS TO IMPROVE YOUR CHILDS SPEECH: “Simple Steps to Improve Your Child’s Speech Skills”. In this session A Speech-Language Pathologist will provide information about speech sound development and discuss / demonstrate strategies you can use to help your child if they have difficulty making certain sounds. If you or others find your child’s speech difficult to understand, come and discover some fun games and activities you can do at home, in the car or outside playing!

Wednesday Morning:

9:30 – 11:00 a.m.

June 14, 2023

PARENT & CHILD FAMILY PROGRAMS:

FRIDAY DROP-IN PLAYTIME: An opportunity for parents and children to play together in our childcare space. Snack, crafts, and story time provided.

Friday Mornings:

9:30 – 11:15 a.m.

April 14 – June 16, 2023

Friday Afternoons:

1:30 – 3:15 p.m.

April 14 – June 16, 2023

FAMILY CIRCLE: Join our group of parents and babies that promotes early learning and literacy through rhymes, songs, stories and lullabies. Parenting becomes a more positive experience when you can have fun with your child.

Wednesday Mornings:

9:30–10:15 a.m. or 10:45-11:30 a.m.

April 12 – June 7, 2023

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 – 11:15 a.m.

May 18 – June 8, 2023

CELEBRATING WOMEN: 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 2-6.

Friday Morning:

10:00 – 11:15 a.m.

May 12, 2023

BANANAS ABOUT BOOKS: If you want to encourage your child’s imagination and creativity, come join us as we read “How Do Dinosaurs Say Good Night?” Come join us as we roar, slam out tails, stomp our feet and pretend to sleep like our favorite dinosaurs. We will act out the story through movement, sing songs, create fun crafts and have a yummy snack.

Thursday Morning:

10:00 – 11:15 a.m.

June 22, 2023

CAMPING IN THE COURTYARD: Bring the family and enjoy an afternoon of camping experiences in our courtyard. Fun and exciting ways to appreciate nature and get active! Outdoor activities, crafts and snack provided. Limited transportation.

Tuesday Afternoon:

1:30 – 3:00 p.m.

June 13, 2023

BANANAS ABOUT BOOKS: If you want to encourage imagination and creativity, come join us on an exciting adventure with” Pete the Cat I Love My White Shoes.” No matter what you step in, keep walking along and singing your song because it is all good.” We will act out the story with movement, creative fun crafts and eat a yummy snack to end our adventure.

Thursday Morning:

10:00 – 11:15 a.m.

June 15, 2023

KIDS IN THE KITCHEN: Learn fun and creative ways for parents and pre-schoolers to explore the kitchen. Wish, mix, measure and craft a new creation. This is open to caregivers and children ages 3 -6.

Thursday Afternoon:

1:30 – 3:00 p.m.

June 15, 2023

ZOOM INTO SCIENCE: For parents with children 3-5 years. 5 science experiments that parents could do with their children at home.

Monday Morning:

10:00 – 11:15 a.m.

June 19, 2023

FUN FEST: Kick-off to our summer program. Call for more details. 204-726-6280

Friday Morning:

June 30, 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.

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.

April 19, May 17, and June 21, 2023

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.

GENERAL INFORMATION FOR ALL VISITORS TO THE CENTRE: Milestones Preschool Wellness Fair, April 18 at the Keystone Centre.