

# 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](http://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.



## Spring Programs \*\*April – June 2021\*\*

The Resource Centre will be **closed** April 2, April 5 and May 24, 2021.

**Due to COVID-19,  
we will be offering these programs VIRTUALLY VIA ZOOM.**

### **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. April 13 – June 15, 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. April 8 – May 27, 2021

**SIBLINGS WITHOUT RIVALRY:** During this 4 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. April 13 – May 4, 2021

**ACTIVE PARENTING: FIRST 5 YEARS:** Building a strong foundation for children from birth to age 5. Here's what you'll learn: effective discipline young children can understand, building a strong bond and using mindfulness to keep your cool.

Wednesday Mornings 9:30-11:15 a.m. April 14 – June 16, 2021

**POSITIVE DISCIPLINE ONLINE COVID-19 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 Afternoons 1:30-3:15 p.m. April 20 – May 25, 2021

**IT'S POTTY TIME! READY OR NOT?** Learning to use the toilet is a big event in a young child's life. Parents will learn some helpful tips towards a successful toilet teaching experience for their child.

Monday Mornings 9:30-11:00 a.m. April 19 and April 26, 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 6.

Thursday Mornings 9:30 – 11:15 a.m. May 6, May 13, May 20, and May 27, 2021

**MY TWEEN AND ME:** A 7 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.

Monday Evenings 6:30 – 8:00 p.m. May 3 – June 21, 2021

**THE MINDSET MATTERS:** Parents will explore ways to guide and nurture their children's love of learning through discussions and activities on positive language, the importance of making mistakes, perseverance, resilience, gratitude, kindness and accepting challenges. Between sessions, materials will be provided for parents to use at home with their children. Suitable for parents of children ages 5 – 12.

Tuesday mornings 9:30 – 11:00 a.m. May 11, 18 and 25, 2021

**PARENTING TEENS:** Are you a parent of a teenager? Do you need a safe place to explore the teenager/parent relationship? Join us for three weeks of support, information sharing and relationship building tips.

Thursday Evenings 6:30 – 8:00 p.m. June 3, June 10 & June 17, 2021

### **TODDLER TIPS SERIES:**

Based on the popular books by Elizabeth Verdick, parents will learn tips and strategies to help raise happy and healthy toddlers. Participate in one or all of the sessions on Tuesday mornings in June 2021.

|                               |                                  |                       |                 |
|-------------------------------|----------------------------------|-----------------------|-----------------|
| "Feet Are Not for Kicking":   | physical aggression and tantrums | June 1 <sup>st</sup>  | 9:30-11:00 a.m. |
| "Words Are Not for Hurting":  | dealing with big feelings        | June 8 <sup>th</sup>  | 9:30-11:00 a.m. |
| "Voices Are Not for Yelling": | choices and cooperation          | June 15 <sup>th</sup> | 9:30-11:00 a.m. |
| "Worries Are Not Forever":    | dealing with change              | June 22 <sup>nd</sup> | 9:30-11:00 a.m. |

**MINDFUL MOMENTS/PRESENT PARENTS:** Balance and support are essential to parenting. We will reflect to better understand oneself as a parent, find strategies to help you self-regulate and connect with your child.

Thursday Afternoons      1:30 – 3:00 p.m.      June 3 and June 10, 2021

### **PARENT & CHILD FAMILY PROGRAMS:**

**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.

Thursday Mornings      10:00 – 10:45 a.m.      April 8 – May 27, 2021

**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 on-line for some singing, movement and gift making. Ages 2 – 6 years.

Friday morning      May 7, 2021      10:00 - 10:30 a.m.

**FAMILY CIRCLE:** Parents with babies and toddlers under the age of two come together virtually to enjoy rhymes, songs and stories.

Wednesday mornings      April 14 – June 9, 2021      9:30 – 10:15 a.m. **OR** 10:45 – 11:30 a.m

**ZOOMING INTO SCIENCE:** Exciting experiments for parents and children ages 3-6 to learn while they play! Your children are sure to have a blast as we provide fun activities to nurture your child's curiosity and explore the world around them. (All materials will be provided).

Friday morning      May 14, 2021      10:00 – 11:00 a.m.

**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! Should public health regulations not yet allow us to do in-person programming, we will provide materials and ideas that you can create in your own backyards!!

Thursday mornings      June 3, 10, 17, 24, 2021      10:00 - 11:15 a.m.

**YOGA IN THE COURTYARD:** Come join us in the courtyard for easy yoga poses you can enjoy with your child ages 3-6. Learn breathing exercises that can improve emotional regulation and reduce anxiety. Should public health regulations not yet allow us to do in person programming, we will provide these exercises on-line that you can enjoy in your back yard.

Wednesday Afternoon      June 16, 2021      1:30 – 2:15 p.m.

**FATHERLY FUN:** Kids, ages 3-6 years, and their Fathers or Father figures are invited to come celebrate Father's Day with us. A variety of crafts, books and songs will provide the FUN!

Friday Morning      June 18, 2021      10:00 – 11:00 a.m.

### **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.

Call the centre to make an appointment: 204-726-6280

**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.

April 21, 2021, May 19, 2021, and June 16, 2021      6:30 – 8:30 p.m.

**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.