

ABOUT OUR AGENCY

Child and Family Services of Western Manitoba is a private, non-profit, community-based charitable Agency, led by a community-elected and community-represented Board of Directors.

The goals of our Agency are to:



Strengthen and support families



Protect children from neglect, abuse and exploitation



Ensure children in our care are nurtured and supported in ways that promote their well-being



Work in partnership with the community



Continue to lead in the advancement of health and well-being of children and families of Western Manitoba

We accomplish these goals by offering family strengthening programs and preventative resources to Westman communities.

FOR MORE INFORMATION:



255 9th Street
Brandon, MB



204-726-6280 or toll free
1-800-483-8980



cfswestern.mb.ca



frc@cfswestern.mb.ca

The Elspeth Reid Family Resource Centre is
open Monday to Friday, 9am - 5pm



CHILD AND FAMILY SERVICES
OF WESTERN MANITOBA



Elspeth Reid Family
Resource Centre

PARENTING OUTREACH PROGRAM

About the Parenting Outreach Program

The challenges of parenting can be overwhelming, discouraging, stressful and confusing. It is natural for all parents to have some or even all of these feelings at times. It's also why parenting support and education are so important. CFS Western's Parenting Outreach Program reinforces this support and education and can help make the job of parenting less stressful.

This program:

- Recognizes parenting as one of our most challenging responsibilities with the least amount of preparation
- Provides opportunities to discuss parenting issues
- Offers parenting information that can help build strong family relationships
- Focuses on parenting as a whole not just on the problem behaviours of children
- Places a strong emphasis on helping parents feel good about themselves

Delivery

The Parenting Outreach Program can be offered to community organizations, to address parenting education needs. Some of these organizations include:



Schools



Parent Councils



Daycares



Preschools



Community Centres

The Parenting Outreach Program can be offered at the Elspeth Reid Family Resource Centre or in the community.

Parenting Classes and Education Programs

The Parenting Outreach Program is flexible and depends on the needs that are identified. These may include:

- Tours of the Elspeth Reid Family Resource Centre
- Information sessions about programs offered
- Parenting courses
 - How to Talk so Kids Will Listen
 - Siblings Without Rivalry
 - Parenting Preschoolers
 - Raising Your Spirited Child
- Parent support groups
- Parent/child activities
- Educational sessions on parenting topics such as:
 - Child development
 - Positive, clear communication
 - Cooperation
 - Importance of play
 - Self esteem
 - Temper tantrums
 - Positive discipline
 - Problem solving
 - Raising responsible children



The Elspeth Reid Family Resource Centre is supported by:



United Way
Brandon & District



CHILD & FAMILY SERVICES
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FOUNDATION INC.