


# 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



and the



United Way  
Brandon & District  
Change starts here.



## Winter PROGRAMS 2024\*\*

The Resource Centre will be closed January 1, February 19, March 29, and April 1, 2024.

### 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:

**HEALTHY FAMILIES COMMUNITY MATTERS:** Are you confused about what resources and supports are available in our community? Come learn tips and get practical support.

Money Matters	Thursday Afternoon	1:30-3:15 pm	January 4, 2024
Mental Health & Addictions	Tuesday Afternoon	1:30-3:15 pm	March 26, 2024

**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 Mornings	9:30-11:15 am	January 9 – March 12, 2024
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**ROUTINES FOR A REASON:** Healthy routines can help reduce stress, teach self-control, and reduce power struggles. Come join us for a session about the importance of routines and learn how they can help your young children and home feel more safe, secure, familiar, and predictable. This is for parents of children ages 0-6 years.

Tuesday Afternoon	1:30-3:15 pm	January 9, 2024
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**CIRCLE OF SECURITY (PARENTS WITH CHILDREN 4 MONTHS TILL 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 pm	January 9 – March 12, 2024
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**CALMING THE CHAOS – PARENTING ROUND-TABLE:** Parenting is hard! Sometimes it really challenges us! Join us to connect with other parents to discuss the challenges of parenting. Let's break it down and figure out how to ensure that our families thrive.

Tantrums	Thursday Morning	9:30-11:15 am	January 11, 2024
Navigating Transitions	Thursday Morning	9:30-11:15 am	February 22, 2024
No & Why our Toddlers Favourite Words	Wednesday Morning	9:30-11:15 am	March 20, 2024

**BECAUSE I LOVE YOU:** A parenting program for parents with young children who want to get to know other parents, relax, and have fun. 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 pm	January 11 – March 7, 2024
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**10 THINGS YOUR TEENAGER WANTS YOU TO KNOW:** Join us over zoom for an afternoon of sharing how we can support our teens in their developing independence and self-awareness.

Tuesday Afternoon	1:30-3:15 pm	January 16, 2024
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**HOW TO BE THE PARENT YOUR CHILD WANTS TO TALK TO:** Parents come to learn how to keep the communication doors open between you and your children and enhance your relationship.

Thursday Mornings:	9:30-11:15 am	January 18 – February 15, 2024
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**SETTING LIMITS IS IMPORTANT:** This is for parents of children ages 1-12 yrs. We will talk about how limits can teach self discipline, how children can keep themselves safe, and how limits help children with uncomfortable feelings.

Thursday Mornings	9:30-11:15 am	February 29 – March 21, 2024
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**SELF-CARE FOR PARENTS AND CAREGIVERS:** Join us for an afternoon focused on the importance of self-care. Learn how taking simple steps to take care of ourselves can help us to take better care of our families. Each afternoon will include a self-care activity, "tips and tricks" for getting the self-care you need, and a self-care package to take home.

3 Afternoons	1:30-3:15 pm	January 23, 25, and 30, 2024
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**PARENTING TWEENS (PARENTS OF CHILDREN 8-12 YEARS):** The Tween years are filled with exciting and challenging developmental, emotional, and physical changes. This 6 week program will support parents in understanding and navigating these changes, help build protective factors, and lessen the risk factors as we work towards fostering resiliency and strengthening the parent/tween relationship.

Tuesday Afternoons	1:30-3:15 pm	February 6 – March 12, 2024
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**BACK TALK – MOVING FROM CONFLICT TO COOPERATION:** Parents of children ages 3-17 years are invited to learn about back talk and how to develop the skill of cooperative communication.

Wednesday Morning	9:30-11:15	February 28 and March 6, 2024
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**HEAR ME, SEE ME, CONNECT WITH ME (PARENTS OF CHILDREN 2-12 YEARS):** By cultivating the connection first we minimize the risk of resistance and lessen the chances of setting ourselves up for negative reactions. Come explore how to understand and help deal with negative emotions, respond to our children's cues, and build skills that help us connect before we direct. A focus will be on listening skills and understanding and using the 3 R's (regulate, relate, and reason).

Thursday Afternoon	1:30-3:15 pm	March 21, 2024
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## **PARENT & CHILD FAMILY PROGRAMS**

**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.	January 5 – March 22, 2024
Friday Afternoons	1:30 – 3:15 p.m.	January 5 – March 22, 2024

**KIDS CLUB:** Children ages 7-12 years can join us for crafts, games, and an after school snack.

Wednesdays	4:00-5:00 pm	January 10 + 24, February 7 + 21, March 6 + 20, 2024
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**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 am or 10:45-11:30 am	January 10 – February 14, 2024
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**FUNDAY MONDAY – PRESCHOOL FUN FOR PARENT & CHILD:** Start the week with a fun and informative child and parent play-based program. Play is a “super-food” for brain development, learn the fundamentals of play through play, in this informative and fun program.

Monday Mornings	10:00-11:15 am	January 15+ 29, February 12 + 26, March 11 + 25
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**FAMILY GAME NIGHTS:** Join us for a fun night of games, activities, and snacks.

Tuesday Evenings	5:30-7:00 pm	January 16, February 20, March 12, 2024
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**FIT KIDS:** Parents and children ages 2-6 years come to develop their movement skills through a fun approach.

Wednesday Afternoons	1:30-2:45 pm	January 17, 24, 31, 2024
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**READING CIRCLE:** Parents/Care givers and their 3-5 year olds are welcome to join us for drop-in songs, rhymes, and stories that help build early literacy skills. Snack included. Books will be available to sign out from the Public Library.

Friday Afternoon	1:30-2:15 pm	January 26 – Elspeth Reid Family Resource Centre
Friday Afternoon	1:30-2:15 pm	February 23 at Public Library Downtown location
Friday Afternoon	1:30-2:15 pm	March 22 – Elspeth Reid Family Resource Centre

**VALENTINES FAMILY FUN:** Parents and children ages 2-6 years are invited for fun activities all about the love within our families.

Friday Morning	10:00-11:15 am	February 9, 2024
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**KIDS CLUB PD DAY EDITION:** FUN! FUN! FUN! Join us for an activity, games, and craft-based program for 7-12 year olds. Snack included.

Friday Afternoons	1:00-3:00 pm	January 5, February 2, March 15, 2024
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**LOUIS RIEL DAY CELEBRATION:** Parents and children. Join us for a fun-filled morning with crafts and activities that focus on how Louis Riel and the Metis people have positively impacted our community. Snack provided!

Wednesday Morning	10:00-11:15 am	February 21, 2024
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**BANANAS ABOUT BOOKS:** Parents and children ages 2-6 years can come learn how a very hungry caterpillar turns into a beautiful butterfly! We will have fun acting out the story, singing songs, doing crafts and enjoy a yummy snack together.

Wednesday Morning	10:00-11:15 am	March 13, 2024
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**FRIENDS FOREVER (AGES 2-5 YEARS):** Plan a play date or make a new friend in our child care space. Come and enjoy an afternoon of activities, crafts, and games. Friendships are important for a strong social growth, so let's play and have some fun!

Tuesday Afternoon	1:30-3:00 pm	March 19, 2024
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**EASTER EGGSTRAVAGANZA (AGES 2-5 YEARS):** Nothing to do during spring break? Come and enjoy a collection of Easter activities, crafts, and an Easter egg hunt! A great opportunity to come together and spend time as a family.

Wednesday Afternoon	1:30-3:00 pm	March 27, 2024
OR		
Thursday Morning	9:30-11:00 am	March 28, 2024

## **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 pm	January 17, February 21, March 20, 2024
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**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 am	
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**EMT (EMPOWERING MOMS TODAY):** This is a weekly support group. Please inquire at our front desk if interested.

Wednesday Afternoons	1:30-3:15 pm	
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