

SPRING PROGRAMS April – June 2024

The Resource Centre will be closed
Monday, April 1, Wednesday, May 15, and Monday, May 20, 2024.

We gratefully acknowledge the financial support of



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:

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.

Screen Time – Issues & Alternatives:	Tuesday Afternoon	1:30-3:15 p.m.	April 2, 2024
Parenting Goals & How to Achieve them:	Thursday Afternoon	1:30 – 3:15 p.m.	May 9, 2024
Surviving the Summer – Inspiration & Ideas for a great Summer:	Monday Afternoon	1:30-3:15 p.m.	June 24, 2024

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 item to take home.

Thursday Afternoons:	1:30 – 3:15 p.m.	April 4, 11, 18 and 25, 2024
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TRADITIONAL INDIGENOUS PARENTING: Please join us for 3 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 4, April 11, and April 18, 2024
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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 a.m.	April 9 – June 18, 2024 (no session on April 23)
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CIRCLE OF SECURITY PARENTING (4mos – 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 p.m.	April 9 – June 18, 2024 (no session on April 23)
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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 p.m.	April 11 – May 30, 2024
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PARENT CAFES: Cafes are about having a safe space where parents can talk and listen to each other on topics that matter to you. We look at the challenges and victories of raising a family, learn about wrapping our family in the protective factors, and create strategies from your own wisdom and experiences to strengthen your family.

Thursday Mornings:	9:30 – 11:15 a.m.	April 18, April 25, May 2, and May 9, 2024
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THE INCREDIBLE YEARS (0-8 YEARS): This program focuses on improving parent-child relationships and positive attachments before moving onto consistent routines, rules, and limits. There will be different topics each session to explore together with other parents and to learn what works for you and your child.

Thursday Mornings:	9:30 – 11:15 a.m.	May 16, May 23, and May 30, 2024
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SENSORY PROCESSING IN CHILDREN: Do you have a child who struggles with loud noises, bright lights, or scratchy clothes, and they may get very upset over unexpected changes? Join us with our guest speaker from CATC who will share information and ideas on how best to support your child.

Monday Morning:	9:30 – 11:15 a.m.	May 27, 2024
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7 C’S OF RESILIENCE 2 WEEKS: Young people live up or down to the expectations we set for them. They need adults who believe in them unconditionally and encourage their abilities and inner resources. Come join us for this two-week session and learn more about what cultivates resiliency. The focus will be on how caregivers can help their children rise above difficult circumstances and move forward with confidence and optimism.

Thursday Afternoons:	1:30 – 3:15 p.m.	June 6 and June 13, 2024
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TODDLER TANTRUMS WITH CONFIDENCE (1-5 YEARS): Come together with other parents for support on Decoding the Triggers in your children. We will share how active listening, boundaries and consistency, emotional regulation, encouragement, and patience practices can help us through this challenging time.

Thursday Mornings:	9:30 – 11:15 a.m.	June 6 and June 13, 2024
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HEALTHY FAMILIES PROGRAM – COMMUNITY MATTERS: Are you confused about what resources and supports are available in our community? Come learn tips and get practical support. Each session is topic based.

Healthy Relationships:	Thursday Afternoon:	1:30 – 3:15 p.m.	May 23, 2024
Food Security:	Thursday Afternoon:	1:30 – 3:15 p.m.	June 20, 2024

6 SMART THINGS parents can do to help water their Child’s brain (0-7 years): We will brainstorm as a group about what will help our children have a good start to learning. Topics can be about building confidence, supporting emotions, understanding the need for connection, fostering healthy language development, and how exploring through play is so important to learning.

Monday Afternoons:	1:30 – 3:15 p.m.	May 27 and June 3, 2024
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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 – 11:15 a.m.	May 29, 2024
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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.

Wednesday Morning: 9:30 – 11:15 a.m. June 5, 2024

10 THINGS YOUR TEENAGER WANTS YOU TO KNOW: This is a **ZOOM** session. Join us over zoom for an afternoon of sharing how we can support our Teen’s in a safe and healthy way as they navigate their developing independence, self-awareness, and self-identity.
Thursday Afternoon: 1:30 – 3:00 p.m. June 20, 2024

TALKING WITH YOUR CHILDREN ABOUT SEXUALITY: Join us to talk about how we can start the conversation and keep it going around sexuality and sexual health with our kids of all ages. We’ll talk about sexuality, consent, and child sexual development, and answer questions!
Wednesday Morning: 9:30 – 11:15 a.m. June 26, 2024

HEALTHY MOM & BABE POST-NATAL CLINIC: Join physiotherapists Tryna & Candace for information & tips to keep new moms and babes healthy, happy & feeling good.
Wednesday Morning: 9:30 – 11:15 a.m. June 26, 2024

2STLGBQ+ SUPPORTIVE PARENTING: Join us to discuss how we can be supportive parents for our kids in the 2STLGBQ+ community. We’ll provide information on 2STLGBQ+ identities and talk about how we can support our kids’ identities and advocate for them outside of our home.
Thursday Morning: 9:30 – 11:15 a.m. June 27, 2024

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 or afternoons 9:30 – 11:15 a.m. or 1:30 – 3:15 p.m. April 5 to June 21, 2024

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 10, April 17, April 24, May 1, May 8 & May 22

KIDS CLUB: FUN! FUN! FUN! Join us for an activity, games and craft-based program for 7 – 12 year-olds. Snack included.
Wednesday Afternoons: 4:00 – 5:00 p.m. April 3, April 17, May 1, May 22, June 5 & 19

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. All ages welcome! If ride required, call the Centre.
Monday Mornings: 10:00 – 11:15 a.m. April 8, April 22, May 6, June 3, and June 17, 2024

SPRING INTO 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.
Wednesday Afternoons: 1:30 –2:45 p.m. April 10, April 17, and April 24, 2024

FAMILY FUN GAME NIGHT: Join us for a fun family night of games, activities, and snacks!
Tuesday Evenings: 5:30 – 7:00 p.m. April 16, May 14, and June 11, 2024

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 Afternoon: 1:00 – 3:00 p.m. April 19, 2024

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. Location Public Library.
Friday Afternoons: 1:30 – 2:15 p.m. April 26, May 24, and June 21, 2024

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 years.
Friday morning: 10:00 – 11:15 a.m. May 10, 2024

BANANAS ABOUT BOOKS: For caregivers and their children aged 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.
Wednesday Afternoon: 1:30 – 2:45 p.m. May 29, 2024

CREATIVE CRAWLERS: Babies learn through experiences; it gives them exposure to different concepts, sensations, and sounds. Come join us for budget friendly crafts and activities to keep your little one engaged (7 months to 24 months).
Wednesday Morning: 9:30 – 11:15 a.m. June 12, 2024

TALENTED TODDLERS: Encourage your child’s curiosity and help them learn and explore new things. Your toddler is talented, so let them show you with our help through crafts and activities. (for ages 2-3 years).
Wednesday Morning: 9:30 – 11:15 a.m. June 19, 2024

DINOMANIA: Attention Dinosaur lovers! Our activities and crafts are Dino-mite! Perfect for exploring and learning all about dinosaurs. (Ages 3 +)
Thursday Morning: 9:30 – 11:15 a.m. June 20, 2024

FUN FEST: Kick-off to our summer program. Call for more details. 204-726-6280
Friday Morning: June 28, 2024

SUPPORT GROUPS:
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.

CIRCLE OF SHARING: Join us monthly for an evening of peer support, connection and sharing of parenting information.
Wednesday Evenings: 6:30 – 8:30 p.m. April 17, May 15, and June 12, 2024

Milestones Preschool Wellness Fair, April 23 at the Keystone Centre from 9:00 to 5:00.