

# Elsbeth Reid Family Resource Centre



A facility of  Child and Family  
Services of Western Manitoba

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



United Way  
Brandon & District



**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.

## FALL PROGRAMS Sept. - December 2024

The Resource Centre will be closed Sept. 2 & 30, October 14, November 11, December 25 & 26

### PARENT EDUCATION:

#### SHARE, LEARN, CREATE:

Come together with other care-givers to focus on YOU and your wellness. Let's get together to connect with each other and to use our creativity and self-expression to explore ideas that contribute to your health, happiness, and well-being.

**Tues. Afternoons 1:30-3:15 p.m. Sept. 10, 17, 24 & Oct. 1/24**

#### 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.

**-Screen Time: Wed. AM 9:30-11:15 a.m. Sept. 11/24**

**-Sexual Exploitation Children & Youth: Tues. PM 1:30-3:15 p.m. Oct. 29**

**-Addictions: Wed. PM 1:30-3:15 p.m. Nov. 13/24**

#### 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.

**Thurs. Mornings: 9:30 - 11:15 a.m. Sept. 12, 19, and 26/24**

#### CALMING 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.

**-Transitions: Thurs. PM 1:30-3:15 p.m. Sept. 12/24**

**-Emotional Intelligence: Tues. PM 1:30-3:15 p.m. Oct. 15/24**

**-20 Things Every Kid Needs: Tues. PM 1:30-3:15 p.m. Nov. 19/24**

**-Managing our Shame/Blame/Anger: Thurs. PM 1:30-3:15 p.m. Dec. 19**

#### REASONS WHY IT IS IMPORTANT TO SET LIMITS WITH KIDS:

Join us to learn how limits are good for kids. We will talk about how limits teach self-discipline, teach your kids how to keep themselves safe, how limits help your kids cope with uncomfortable feelings and show your kids that YOU care.

**Mon. Afternoons: 1:30 - 3:15 p.m. Sept. 16 & 23/24**

#### THE 5 W'S of TIME-INS:

Come explore the 5 W's of Time In and bring some P.E.A.C.E. to your relationships. (Pause, empathy, accessibility, connecting the dots, engaging, and staying close.)

**Tues. Morning 9:30-11:15 a.m. Sept. 17/24**

#### INSTEAD OF "STRANGER Danger" you need to teach your child about "Tricky People":

For parents with children one year and over. Come learn how to educate your child to be aware of "Tricky People" not just "Stranger Danger".

**Wed. Afternoons: 1:30 - 3:15 p.m. Sept. 18 & 25/24**

#### POSITIVE DISCIPLINE IN EVERYDAY PARENTING:

This revised trauma informed program is for parents and caregivers of children of all ages. It provides interactive activities, discussions, self-regulation tools, and problem-solving practices that strengthen parent child connection. Knowledge and preparation are key to handling challenging situations constructively.

**Tues. Mornings: 9:30 - 11:15 a.m. Sept. 24-Nov. 26/24**

#### BECAUSE I LOVE YOU:

For parents with young children who want to get to know other parents, relax, and have fun. Topics include: strengthening the bond with your young child, childproofing and safety, mealtimes, routines, brain building, learning through play, stress, quality child care, etc.

**Thurs. Afternoons: 1:30 - 3:15 p.m. Sept. 19-Nov. 7/24**

#### PARENT CAFE:

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.

**Thurs. Mornings 9:30 - 11:15 a.m. Oct. 3, 10, 17, 24, & Nov. 7/24**

#### SELF CARE: (for parents and caregivers)

Let's focus 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 session will include a self-care activity, and tips for getting the self-care you need, as well as self-care items to take home.

**Thurs. Afternoons: 1:30 - 3:15 p.m. Oct. 3, 10, 17, 24, & 31/24**

#### REFRAMING LABELS:

Sometimes we can label our children without realizing it. When a child is labelled, it becomes a part of their identity. Unfortunately, too often, most labels do more damage than good. Let's come together to look for ways to reframe the labels into a more positive language.

**Tues. Afternoon 1:30 - 3:15 p.m. Oct. 8/24**

#### TWEEN TURBULENCE: Navigating emotions and mental wellness:

This is a ZOOM session. The tween years (8-12 years) can be a roller coaster of emotions for both tweens and parents alike. Learn how to support your tween through the ups and downs of adolescence while prioritizing their mental health.

**Wed. Evening 6:30 - 8:00 p.m. Oct. 9/24**

#### PARENTING WITH A PARTNER:

A look at how we can work co-operatively as parents to reach our long-term parenting goals, while respecting each other's points of view.

**Tues. Afternoons: 1:30 - 3:15 p.m. Nov. 5 & 12/24**

#### PARENTING GOALS:

Goals play a vital role in parenting. They are a road map that provides clarity, direction, and focus. We'll learn about S.M.A.R.T goals and how truly impactful goal setting can be on our families and our relationships.

**Thurs. Afternoons: 1:30 - 3:15 p.m. Nov. 7, 14, and 21/24**

#### POWER OF PLAY:

Come join this 2- week experiential session on understanding your child's play. We will use all of our senses as we learn how playing with your child facilitates healthy parent-child connection and learning.

**Thurs. Mornings: 9:30 - 11:15 a.m. Nov. 14 & Nov. 21/24**

# PARENT EDUCATION:

## 7 C's of Resilience:

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 and how parents can support their children to rise above difficult circumstances and move forward with confidence and optimism.

**Thurs. Afternoons: 1:30 – 3:15 p.m. Nov. 28 & Dec. 5/24**

## THE ULTIMATE LIST OF AGE-APPROPRIATE CHORES:

A helpful resource for teaching kids valuable life skills. With a wide variety of tasks suitable for children of all ages.

**Thurs. Mornings: 9:30 – 11:15 a.m. Nov. 28 & Dec. 5/24**

## MINDFUL PARENTING:

Do you need help to be a more patient, understanding and resilient caregiver? This program explores mindful practices and techniques and how to apply them to our parenting so that we can be better at managing our own emotions, reactions, and interactions.

**Wed. Afternoons: 1:30 – 3:15 p.m. Dec. 4, 11, & 18/24**

## CULTIVATING GRATITUDE:

Gratitude is not something that just happens. Like any other skill, it takes practice. Come learn about how small, joyful moments positively impact the quality of relationships. A focus will be on tools for increasing empathy, self-esteem and practicing gratitude as a family.

**Tues. Morning 9:30 – 11:15 a.m. Dec. 10/24**

## STEPS TO IMPROVE YOUR CHILDS SPEECH:

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!

**Wed. Morning 9:30 – 11:15 a.m. Nov. 27/24**

## COMMUNICATION AND LANGUAGE IN YOUNG CHILDREN:

Parents with children 18 months – 5 years. Do you have worries about how your young child's language and communication skills are developing? Learn about fun and easy, everyday strategies and activities to encourage your child to communicate.

**Wed. Morning 9:30 – 11:15 a.m. Dec. 4/24**

# 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.

**Frid. Mornings 9:30 – 11:15 a.m. Sept. 6-Dec. 20/24 (not Oct. 25)**

**Fri. Afternoons 1:30 – 3:15 p.m. Sept. 6-Dec. 20/24 (not Oct. 25)**

## FAMILY CIRCLE:

Join our group of parents and babies that promotes early learning and literacy through rhymes, songs, stories, and lullabies.

**Wed. Mornings: 9:30-10:15 a.m. Sept. 25 – Oct. 30/24**

**Wed. Mornings: 10:45-11:30 a.m. Sept. 25 – Oct. 30/24**

## KIDS CLUB:

FUN! FUN! FUN! Join us for an activity, games and craft-based program for 7 – 12 year-olds. Snack included.

**Wed. Afternoons 4:00 – 5:00 p.m. Sept. 11 & 25, Oct. 9 & 23, Nov. 6,**

**Dec. 4 & 18/24**

## CAMPING IN THE COURTYARD: Parents and children (Ages 0-5)

Come for a morning of camping experiences with your family. Spending time outside provides children with the opportunity to explore, discover and appreciate nature. Enjoy sensory rich experiences and physical activity for our minds and bodies. Transportation provided if need.

**Wed. Morning 9:30 – 11:00 a.m. Sept. 18/24**

## BABY PLAY:

Playdates are valuable opportunities for children to promote their social development and enhance their interaction skills. Join us in our child care room for Baby Play. Older siblings (5 and under) are welcome to join. Transportation provided if needed.

**Wed. Mornings: 9:30 – 11:00 a.m. Nov. 6, 13, & 20/24**

## FUNDAY MONDAY – FUN FOR PARENT & CHILD:

Start the week off with a fun and relaxed "play date" in our drop-in space. Join other caregivers and kiddos for some fun and connection. All ages welcome! If a ride is required, call the Centre.

**10:00 – 11:15 a.m. Sept. 9, 23, Oct. 7, 21, Nov. 4, 18, & Dec. 9/24**

## FAMILY FUN GAMES NIGHT:

Join us for a fun family night of games, activities, and snacks! Prizes will be up for grabs!

**Tues. Evenings 5:30 – 7:00 p.m. Sept. 17/24**

## FIT KIDS: Parents and children (2-6 years)

Join us 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.

**Wed. Afternoons 1:30 – 2:45 p.m. Oct. 16, 23, 30, & Nov. 6/24**

## HALLOWEEN HOWL:

Parents & children (Ages 0-5 years). Wear your costume and come Trick or Treating at the Resource Centre. Celebrate indoors and enjoy crafts, activities, music, and play. Come for the treats and stay for the fun! Transportation provided if needed.

**Thurs. Morning 10:00 – 11:15 a.m. Oct. 31/24**

## 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.

**1:00 – 3:00 p.m. Oct. 7 & Nov. 22/24**

## CHRISTMAS CRAWLERS: (7 months-24 months)

Babies learn through exploration, curiosity and creativity! Come join us for Christmas themed crafts and activities to keep your little one engaged.

**Wed. Morning 10:00 – 11:15 a.m. Dec. 11/24**

## READING CIRCLE:

Join us for drop-in songs, rhymes and stories that help build early literacy skills. Snack included. All ages welcome!! [Public Library Downtown location.](#)

**Fri. PM 1:30 – 2:15 p.m. Sept. 20, Oct. 18, Nov. 15 & Dec. 15/24**

## BANANAS ABOUT BOOKS: Parents and children (2-5 years old)

If you want to encourage your child's imagination and creativity, come join us as we read "How Do Dinosaurs Say Goodnight?" Join us as we roar, slam our tails, stomp our feet, and pretend to sleep like our favourite dinosaurs. We will act out the story through movement, sing songs, and create fun crafts.

**Tues, Morning 10:00 – 11:15 a.m. Sept. 10/24**

## SANTA DAY:

Santa's in town & visiting our centre. Come take a picture with your family & celebrate this holiday season.

**Fri. Morning 10:00 – 12:00 p.m. Dec. 6/24**

## HOLLY JOLLY HOOPLA: Parents and children (2-6 years old)

Come and create exciting holiday crafts, do movement, sing songs and enjoy snack. We will be concentrating on experiencing the Holiday season through our senses. We will learn about textures, colors and smells that make this part of the year so special.

**Thurs. Morning 10:00-11:15 a.m. Dec. 12/24**

Follow us on our socials!



@ERFRC  
on Facebook



@cfswesternmb  
on Instagram

# SUPPORT GROUPS:

## TALKING, LEARNING, CARING:

**Tues. Mornings: 9:30 – 11:00 a.m.**

## CIRCLE OF SHARING:

**Wed. Evenings: 6:30-8:30 p.m. Sept. 18, Oct. 16, Nov. 20, Dec. 11/24**

## COMMUNITY CONNECTIONS:

**A weekly group for Newcomer moms who want to meet with other moms**