

# Elspeth 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.

## WINTER PROGRAMS January – March 2025

The Resource Centre will be closed January 1 and February 17.

### PARENT EDUCATION:

#### 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.

**Wed. Mornings: 9:30 – 11:15 a.m. Jan 8, 15, 22, & 29**

#### CONNECTION RITUALS:

Come and share some connection rituals that soothe anxiety, fosters resilience in children, and strengthens the parent-child attachment. This two-week session is for parents to join together with other parents for some support, connection, and sharing.

**Thurs. Mornings: 9:30-11:15 a.m. Jan 9 & 16**

#### 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 afternoon will include an informative discussion, 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. Jan 9, 16, 23, 30, & Feb 6**

#### 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.

**-Regulation & Co-regulation: Tues. Afternoon 1:30-3:15 p.m. Jan 14**

**-Resilient Families: Thurs. Afternoon 1:30-3:15 p.m. Feb 20**

**-Tantrums: Thurs. Afternoon 1:30-3:15 p.m. Mar 27**

#### 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. Jan 14 – Mar 18**

#### 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".

**Mon. Afternoons: 1:30 – 3:15 p.m. Jan 20, 27, & Feb 10**

#### 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.

**-Post-Partum Support with Mood Disorders Assoc. of Manitoba:**

**Wed. Afternoon: 1:30-3:15 p.m. Jan 22**

**-Boundaries & Consent with the Women's Resource Centre:**

**Wed. Afternoon: 1:30-3:15 p.m. Feb 12**

**-Impacts of Trauma with Prairie Mountain Health-7th St. Health Access:**

**Wed. Afternoon: 1:30-3:15 p.m. Mar 12**

### CURIOS PARENTING:

For a fresh and relatable approach to parenting our children. All caregivers and their children have the encouragement, support, and tools they need to explore the world curiously and live life fully. Join me for these three topics:

**-Reframing Labels (0-17 years):** 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. Afternoons: 1:30 – 3:15 p.m. Jan 21, 28, & Feb 4**

**-Big/Little Feelings (1-5 years):** Get some "real tips" for toddler and preschooler struggles. Example: tantrums, potty training, bathtime, mealtime, and bedtime. Let's take a fresh look on toddler/preschooler troubles and support them with their big feelings.

**Thurs. Mornings: 9:30-11:15 a.m. Jan 23, 30, & Feb 6**

#### -Your Actions Teach More Than Words (1-17 years):

Children learn by observing your actions rather than just listening to your words. Let's come together to look at six concrete tips to model positive behavior and confidence.

**Tues. Afternoons: 1:30-3:15 p.m. Feb 11, 18, & 25**

#### FUNDAMENTALS OF EMOTIONAL INTELLIGENCE (EQ):

Emotional Intelligence (EQ) is really important for both ourselves and our children. Experts say that EQ is more important than IQ for predicting health and happiness for our families. Kids that have a high EQ tend to be healthier, happier, and more successful. Learn the fundamentals of emotional intelligence and how to grow your EQ and your child's EQ.

**Wed. Afternoons: 1:30-3:15 p.m. Jan 29 & Feb 5**

#### 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. Feb 6 – Mar 20**

#### 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. Feb. 13, 20, & 27**

## 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. Mar 4, 11, 18, & 25**

### 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!

**Thurs. Morning: 9:30 - 11:15 a.m. Mar 6**

### 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.

**Thurs. Afternoons: 1:30 - 3:15 p.m. Mar 6, 13, & 20**

### KEYS TO NAVIGATING COMMUNICATION IN THE TWEEN/TEEN YEARS (VIRTUAL):

Join us for this virtual session that will focus on keys for staying engaged during frustrating and unpredictable moments. The main focus will be on listening, connection and collection skills.

**Mon. Evening: 6:30-8:00 p.m. Mar 10**

## PARENT & CHILD FAMILY PROGRAMS:

### 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.

**Mon. Mornings: 10:00 - 11:15 a.m. Jan 6 & 20, Feb 3, Mar 3 & 17**

### WINTER CELEBRATION:

You are invited to celebrate all things winter! Parents & children join us for various winter themed activities & free snacks. No registration required, just come play!

**Tues: 11:00-1:30 p.m. Jan 7**

### FRIDAY DROP-IN PLAYTIME:

An opportunity for parents and preschool children to play together in our childcare space. Snack and crafts provided.

**Fri. Mornings: 9:30 - 11:15 a.m. Jan 10 - Apr 4**

**Fri. Afternoons: 1:30 - 3:15 p.m. Jan 10 - Apr 4**

### 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.

**Fri. Afternoons: 1:00-3:00 Jan 31 & Mar 14**

### FAMILY FUN GAMES NIGHT:

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

**Tues. Evening: 5:30 - 7:00 p.m. Feb 4**

### 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. Mornings: 10:00-11:15 a.m. Feb 5, 12, & 19**

### CELEBRATE LOVE:

Come join for some family fun and celebrate love and connection through movement, arts and crafts, songs and a tasty snack. For parents with children 2-6 years.

**Fri. Morning: 10:00-11:15 a.m. Feb 14**

### FAMILY CIRCLE:

Parents with babies and toddlers under the age of two come together in a circle to enjoy rhymes, songs, and stories.

**Wed. Mornings: 9:30-10:15 a.m. Feb 26 - Apr 2**

**Wed. Mornings: 10:45-11:30 a.m. Feb 26 - Apr 2**

### BANANAS ABOUT BOOKS:

If you want to encourage imagination and creativity, come join us on an exciting adventure with "Pete the Cat! I Love My White Shoes. No matter what you step in, keep walking along and singing your song because it is all good." We will read and act out the story with movement, creative fun crafts, and eat a yummy snack to end our adventure.

**Wed. Afternoon: 1:30-3:00 p.m. Feb 26**

### TEACHABLE TODDLERS (ages 2-3 years):

Toddlers are constantly absorbing new information and learning through play. Take advantage of those teachable moments in our child care space through sensory, gross and fine motor activities. Transportation if needed.

**Thurs. Morning: 10:00 - 11:15 a.m. Mar 13**

### CURIOS CRAWLERS (ages 7 m-18 m):

Curiosity encourages children to explore their environment. It helps to stimulate the brain creating new connections as well as strengthening existing ones. Join us for activities that will peek their curiosity! Transportation if needed.

**Thurs. Morning: 10:00-11:15 a.m. Mar 20**

### SPRING TIME ADVENTURES WITH YOUR CHILDREN:

Come join us in building stronger family bonds through shared experiences. Let's embrace some springtime activities together through play, movement, art, and snack. For parents and children 2-6 years.

**Thurs. Morning: 10:00 - 11:15 a.m. Mar 27**

## SUPPORT GROUPS:

### COMMUNITY CONNECTIONS:

A weekly group for newcomer moms who want to meet other moms.

### 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.

**Tues. 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.

**Wed. Evenings: 6:30-8:30 p.m. Jan 15, Feb 19, & Mar 19**

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