

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.

WINTER PROGRAMS January – March 2026

The Resource Centre will be closed Jan 1 & Feb 16, 2026

PARENT EDUCATION:

ATTACHMENT AND OUR BABIES:

Join us to discuss the caregiver/child bond and why it is so critical in our baby/child's development. Ages 0-2

Monday: 1:30 – 3:15 p.m. Jan. 5

DISCIPLINE 101:

This is the only childhood our children will ever have. The way we live now, the things we do as a family are the ground from which our children's awareness and expectations are being shaped. Join us to discuss how we can discipline our children with an open, optimistic, and safe connection to the world.

Tuesdays: 1:30 – 3:15 p.m. Jan. 6, 13, 20, 27, Feb. 3

ANGRY OUTBURSTS:

What's happening below the surface for your children: It's okay to feel angry. Knowing what makes you angry can help you manage yours and your child's feelings better. Join us at exploring ways to manage our big feelings.

Wednesday: 9:30-11:15 a.m. Jan. 7

SELF-CARE CLUB:

YOU are important! Join the monthly Self-Care club to connect with other caregivers and get some focused time for YOU. Registration is flexible – register for sessions individually or for them all.

Wednesdays: 1:30-3:15 p.m. Jan. 7, Feb. 4, Mar. 4

CONNECTION RITUALS TO HELP CHILDREN BATTLE

ANXIOUSNESS:

Being away from parents/primary caregivers is hard on children – even when they become teens. Join us to learn how to manage and share our favorite connection rituals to soothe anxiousness, and foster resiliency, in children and teens.

Thursdays: 9:30 – 11:15 a.m. Jan. 8 ,15, 22, 29

PARENT CAFES: Cafes are about having a safe space where parents can talk and listen to each other about 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.

-PARENTHOOD: THE TOUGHEST HOOD

Monday: 1:30 – 3:15 p.m. Jan. 12

-PICTURE PERFECT

Monday: 1:30 – 3:15 p.m. Jan. 26

-NO RAIN, NO FLOWERS

Monday: 1:30 – 3:15 p.m. Feb. 9

-JUST LIKE RIDING A BIKE

Monday: 1:30 – 3:15 p.m. Mar. 23

THE WELLNESS SESSIONS:

Come together with other caregivers to focus on YOU. 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. Registration is flexible.

Wednesdays: 1:30-3:15 p.m. Jan. 14, 28, Feb. 11, Mar. 11, 18

FAMILY AWARENESS PROGRAM WITH ADDICTION SERVICES:

This program offers support and information to families and friends who have loved ones that are struggling with addiction related issues, (alcohol, drugs or gambling).

Thursdays: 1:30-3:15 p.m. Jan. 15, 22

EARLY COMMUNICATION AND OUR BABIES:

Come and explore the importance of early interactions and their big impact on child development. Ages 0-2

Monday: 1:30 – 3:15 p.m. Jan. 19

TOUR & TALK:

These monthly sessions are a fun and relaxed way to introduce you or reintroduce you to the Family Centre and all the wonderful things we have to offer in terms of programming and support.

Tuesdays: 1:30 – 3:15 p.m. Jan. 20, Feb. 10, & Mar. 24

SCREEN TIME:

Join the folks from Prairie Mountain Health – Health Promotions to discuss screen time and strategies for finding a healthy balance for our families.

Wednesday: 1:30-3:15 p.m. Jan. 21

THE SEVEN HABITS OF A POSITIVE PARENT:

When you adopt these positive parenting habits you build a deeply connected parent-child relationship. Join us and share your ideas about positive parenting.

Tuesday: 9:30 – 11:15 a.m. Jan. 27

ARTS & CRAFTS FOR CAREGIVERS:

Join us for a relaxed afternoon of crafting. Snacks & supplies included.

Thursday: 1:30-3:15 p.m. Jan. 29

BRAIN DEVELOPMENT AND OUR BABIES:

Let's talk about brain development in the early years and discuss why this period is so critical. Ages 0-2

Monday: 1:30 – 3:15 p.m. Feb. 2

WHAT HELPS CHILDREN CALM DOWN AT EVERY AGE:

Come explore how calming tools look different at every stage. We look at how to identify early signs of outbursts, and strategies to manage feelings with more self-control.

Tuesdays: 9:30 – 11:15 a.m. Feb. 3, 10

HOW TO ENCOURAGE YOUR CHILD'S INDEPENDENCE:

Sometimes we don't realize what our kids can do. We will explore what tasks they can handle for their age. This helps them be independent and successful later on. Let's look together how we can help your child grow.

Thursday: 9:30 – 11:15 a.m. Feb. 5

PARENT EDUCATION:

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.

Tuesdays: 1:30 – 3:15 p.m. Feb. 10, 17

THE 5 LOVE LANGUAGES OF KIDS:

Children have a primary love language through which they feel most loved and understanding this can improve the parent –child relationship by allowing parents to express love in a way that deeply resonates with their child. Join us to see what your child’s love language is.

Thursday: 9:30 – 11:15 a.m. Feb. 12

SIGNS YOUR CHILD IS LOOKING FOR CONNECTION:

Ever feel like the day slips by before you’ve really connected with your child? You’re not alone --- that’s exactly why you should join us to help build a daily habit of quality time (even if it’s just 5 minutes) with your child. It strengthens your relationship in fun, low pressure ways.

Tuesday: 9:30 -11:15 a.m. Feb. 17

CULTURAL SUPPORT GROUP:

Join Leanne and Jenny from Empowered Traditions to learn, share, and connect with your culture. Sessions will include Baked Bannock and Cedar Tea, beading and medicine bags with the Four Medicine Teachings. Supplies included. All caregivers welcome, and kids/youth are encouraged to join their caregivers.

Afternoons: 1:30-3:15 p.m. Feb. 18, 23, Mar. 9

STRATEGIES FOR A STRONG-WILLED CHILD:

Join us if you want practical tools and strategies to help your family through conflict, disrespect, and melt- downs with kids. We will learn how to reduce conflict and increase family connection.

Thursday: 9:30 – 11:15 a.m. Feb. 19

TRADITIONAL INDIGENOUS PARENTING:

Please join us for 6 weeks of sharing with Deborah Tacan as we learn about 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.

Thursdays: 1:30-3:15 p.m. Feb. 19 – Mar. 26

SHORT-TERM VS LONG-TERM GOALS:

Goals play a vital role in parenting. They are a road map that provides clarity, direction, and focus. This session focuses on the differences between these 2 types of goals.

Tuesday: 1:30-3:15 p.m. Feb. 24

TALKING WITH YOUR KIDS ABOUT PUBERTY:

Knowing how to have conversations with our kids about puberty can be tough. Join SERC to discuss how we can talk about bodies, puberty changes, periods and taking care of yourself to help prepare our kids for puberty.

Wednesday: 1:30-3:15 p.m. Feb. 25

NURTURING GRATITUDE:

Gratitude plays an important role in healthy, happy families. Let’s discuss this important idea and how to foster gratitude in ourselves, our kids and our families.

Wednesday: 9:30-11:15 a.m. Feb. 25

ROUTINES AND OUR BABIES:

Let’s talk about the importance of routines and the part they play in your babies/child’s development. Ages 0-2

Monday: 1:30 – 3:15 p.m. Mar. 2

KEEPING IT TOGETHER & WHAT TO DO WHEN YOU DON’T:

Parenting is hard! Join us to connect with other caregivers and discuss parenting challenges and learn vital strategies to keep our cool in the midst of the chaos.

Tuesdays: 1:30-3:15 p.m. Mar. 3, 10, 17

~~TERRIBLE 2’S!~~ TERRIFIC 2’S? SURVIVAL GUIDE FOR NAVIGATING THE BOUNDARY PUSHING AGE:

Come and discuss this amazing age, whether you’re in the middle of it or approaching it, and gain some solid skills for navigating it.

Wednesdays: 9:30-11:15 a.m. Mar. 4, 11

POTTY TRAINING STRUGGLES AND SUCCESS:

No matter where you are at in the potty-training process, join us to discuss struggles, strategies and successes with this important milestone.

Monday: 1:30 – 3:15 p.m. Mar. 16

BACKTALKING MOVING FROM CONFLICT TO COOPERATION:

There are ways to move from conflict to cooperation, and it starts with understanding why your child is backtalking in the first place. Once you know, you can support your child towards more cooperative behavior.

Tuesdays: 9:30 -11:15 a.m. Mar. 17, 24

BUILDING RESILIENCE:

Learn the fundamentals of resilience and how to build this important skill in ourselves, our children and our families.

Wednesdays: 9:30-11:15 a.m. Mar. 18, 25

THINGS I WASN’T TAUGHT, BUT I WILL BE TEACHING TO MY KIDS:

Join us in sharing your ideas around what is important to you to teach your kids that you weren’t.

Thursday: 9:30 – 11:30 a.m. Mar. 19

HEALTHY RELATIONSHIPS:

This session is for caregivers, join Cori Pople CFS Domestic Violence Coordinator to discuss teen dating relationships and the rise of unhealthy dating relationships.

Wednesday: 1:30-3:15 p.m. Mar. 25

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 ride required, call the Centre.

Mondays: 10:00 – 11:15 a.m. Jan. 5, 19, Feb. 2, Mar. 2, 16

BUSY BABY: (NEWBORN-2YRS)

Babies learn about their world through play! Keep your baby busy in our vibrant and stimulating environment. A wonderful opportunity for babies to interact with peers and parents to form connections within a supportive community.

Transportation available if needed.

Mornings: 10:00-11:15 a.m. Jan. 6, 12, 13, 20 & Jan. 26, Feb. 9 & 23, Mar. 9 & 23

WINTER FEST

You are invited to celebrate the magic of winter. Parents and children join us indoors for winter themed activities and crafts. No registration required, just come play!

Friday: 9:30 – 11:15 a.m. Jan. 9



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PARENT & CHILD FAMILY PROGRAMS:

DROP IN PLAYTIME: (0-5 YEARS)

An opportunity for parents and their children to play together in our childcare space. Snack, craft and story included.

Fridays: 9:30-11:15 a.m. Jan. 9 – Mar. 27

FAMILY CIRCLE: (NEWBORN-24 MONTHS)

This program provides a nurturing environment for infants and caregivers to connect through rhymes, songs, and lullabies, enhancing emotional bonds. Join us for a joyful journey that will capture the attention of your little ones. Transportation and childcare provided if needed.

Wednesdays: 9:30 – 10:15 am Jan. 14 – Feb. 18
OR

Wednesdays: 10:45 – 11:30 a.m. Jan. 14 – Feb. 18

SATURDAY FUN-N-GAMES:

Join us for a fun family Saturday morning of games, activities, and snacks! All ages welcome!

Saturdays: 10:00 – 11:30 a.m. Jan. 17, Feb. 7, Mar. 14

READ TO LEAD: (0-5YRS):

February is 'I Love to Read' month. A habit of reading at any age cultivates a mindset of lifelong learning so let's make it fun! Join us as we celebrate a variety of different authors, engaging activities and guest readers.

Thursdays: 1:30-2:45 p.m. Feb. 5,12

AND

Tuesday 10:00-11:15 a.m. Feb. 24

BE MINE VALENTINE'S PARTY: (0-5 YRS)

Join us for a delightful Valentine's Day Celebration! An opportunity for children and parents to explore the spirit of love and kindness through engaging activities and crafts. Transportation available if needed.

Friday 9:30-11:15 a.m. Feb. 13

TUMBLERS:(1 ½ YR -5 YR)

Winter can be long! Bring the family to the Centre for a drop-in gym time. The perfect place for children needing to burn off some energy in a safe indoor environment. Transportation available if needed.

Thursdays: 10:00-11:15 a.m. Feb. 26, Mar. 5, 12

SLEDVENTURE DAY: (1/12 YR – 5 YR)

Join us for an exciting time of sledding fun at the Sugar Bowl, packed with laughter, friendly races and snowy memories for the whole family. Hot chocolate and snack provided. Limited transportation available. Sleds available if needed. Please dress for the weather.

Tuesday: 10:00-11:15 a.m. Mar. 3

BANANAS ABOUT BOOKS:

If you want to encourage your child's imagination and creativity, come join us as we learn how a very hungry caterpillar turns into a beautiful butterfly! We will act out the story through movement, sing songs, do some fun crafts, and have a yummy snack.

Thursday: 9:30 – 11:30 a.m. Mar. 26

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.

Tuesdays: 9:30 – 11:00 a.m.

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. Call for more information.

Mondays: 1:30 – 3:00 p.m.



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