

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.

SPRING PROGRAMS April– June 2026

The Resource Centre will be closed April 3, April 6, May 14, May 18

PARENT EDUCATION:

THE WELLNESS SESSIONS:

Come together with other caregivers to focus on YOU. These sessions will revolve around 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. Registration is flexible – register for sessions individually or for them all.

Wednesdays: 1:30 – 3:15 pm Apr. 1, May 6, Jun. 3

PARENTING MINDFULLY:

Do you need help to be a more patient, understanding and resilient caregiver? Come discuss how to apply the basics of mindfulness to your parenting, so that you are able to manage your own emotions, reactions, and interactions.

Tuesday: 1:30 – 3:15 pm April 7

WHAT PARENTING STYLE IS RIGHT FOR YOU?

If you feel that your child is having some behavior issues, you might decide you need to adjust your parenting style. Behavior change can be as difficult for parents as it is for kids. Let's explore the 4 styles and see what one works best for you and how it affects your children.

Wednesdays: 9:30 – 11:15 am Apr. 8, 15

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 pm Apr. 8, May 13, Jun. 10

HAPPY KIDS:

Lessons from Danish Parenting: Learn the secrets to happy, healthy and emotionally regulated kids from the happiness experts.

Thursdays: 1:30 – 3:15 pm Apr. 9 & 16

THE CIRCLE OF SECURITY PARENTING PROGRAM:

At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. Let's explore how secure parent-child relationships can be supported and strengthened. Looking at how to read emotional needs, to support your child's ability to manage emotions, build self esteem and honor your desire for your child to be secure. (Birth to 6 years)

Thursdays: 9:30 – 11:15 am Apr. 9 – Jun. 11

CHANGING YOUR PERSPECTIVE ON HARD PARENTING MOMENTS:

Parenting can feel difficult sometimes: however, taking a moment to shift your mindset can transform a parenting challenge into a moment of connection. Let's work together to rephrase how we think of hard parenting moments.

Monday: 1:30 – 3:15 pm April 13

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 pm Apr. 14 – May 19

No class May 5

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 pm Apr. 14, May 19 & Jun. 16

2STLGBQIA+ SUPPORTIVE PARENTING:

Join SERC to discuss how we can be supportive grown-ups for the young people in our lives. We'll provide information on 2STLGBQIA+ identities, talk about how we can support our kids' identities and advocate for their rights and the rights of others in our homes and communities.

Wednesday: 1:30 – 3:15 pm April 15

WHY CALM MATTERS FOR OUR BABIES:

Join us to discuss the importance of regulation and co-regulation and the implications for our babies health and development. Ages 0-2

Monday: 1:30 – 3:15 pm April 20

BOREDOM:

Come and explore the idea of Boredom and why it's the greatest gift we can give our kids.

Wednesday: 9:30 – 11:15 am April 22

PARENT EDUCATION:

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 (incl. alcohol, drugs or gambling).

Wednesdays: 1:30 - 3:15 pm Apr. 22, 29

CONNECTION CAPITAL:

Let's talk about strategies for increasing connection and closeness in your family.

Thursdays: 1:30 - 3:15 pm Apr.23, 30

COOKING UP CONVERSATION:

The kitchen is the place where family meals begin, of course, but it's also where connections are built, where skill in generosity and hospitality is learned, where meaningful memories are forged. We know that some kids more readily open their hearts when their hands are busy. We will create a budget friendly meal while talking about parenting and how to form deeper relationships.

Mondays: 1:30 - 3:15 pm Apr. 27, May 11

Wednesday: 9:30 - 11:15 am Jun. 17

SLEEP AND OUR BABIES:

Come and explore and share with other caregivers the often-difficult subject of sleep. Your sleep, your babies sleep, and what we can do so that everyone sleeps better.

Ages 0-2

Monday: 1:30 - 3:15 pm May 4

MILESTONES PRESCHOOL WELLNESS FAIR:

For 3 to 4 year olds. Get General Development Screenings, Pre-Kindergarten Immunizations, Speech & Language Screenings, Hearing Screenings for your kids before Kindergarten. Event is at the Keystone Center.

Tuesday: 9:00 am - 6:00 pm May 5

ARTS & CRAFTS FOR CAREGIVERS:

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

Thursday: 1:30 - 3:15 pm May 7

SETTING HEALTHY BOUNDARIES:

Personal boundaries are lines we draw for ourselves to establish what we are comfortable accepting from other people, and what other people can expect from us. Boundaries help prioritize, practice self-care, and nurture self-worth. Let's look at some steps in how to put healthy boundaries in place.

Tuesdays: 9:30 - 11:15 am May 19, 26

STRESS, ANXIETY & SELF-REGULATION/COPING SKILLS:

Join Marsha Brandon University's Counselling Therapist to learn about the impacts of stress and anxiety on our health and wellbeing and ways to cope and flourish.

Wednesday: 1:30 - 3:15 pm May 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.

Thursdays: 1:30 - 3:15 pm May 21 & 28

Wednesday: 1:30 - 3:15 pm May 27

HOW TO MINIMIZE SIBLING DISPUTES:

Let's come together and brainstorm how you can help your children build stronger, more compassionate relationships with their siblings.

Tuesdays: 1:30 - 3:15 pm May 26, Jun. 2

NUTRITION AND OUR BABIES: (AGES 0-2)

Come and explore and share with other caregivers the challenges and successes that you've had with food and nutrition.

Monday: 1:30 - 3:15 pm June 1

PARENTING IN THE AGE OF AI:

Artificial Intelligence is just the latest challenge in a long line of parenting firsts. It may feel overwhelming, but you can rely on the parenting instincts you already have to help you navigate this new technology.

Tuesday: 9:30 - 11:15 am June 2

OUR FAMILY'S RECIPE FOR A SUMMER OF JOY:

What's your secret recipe for summer fun? Come join us to plan your awesome summer by deciding how to add lots of laughs, chill time, thankfulness, adventures, family hangouts, and cool projects. We will make some fun hands-on activities that you can teach your children throughout the summer.

Monday: 1:30 - 3:15 pm June 8

UNDERSTANDING YOUR CHILD'S BRAIN AND HOW TO WORK WITH BIG EMOTIONS:

We will talk about the 3 R'S: regulate, relate and reason. When we have a better understanding of the brain we can help support our children in their big emotions.

Tuesdays: 1:30 - 3:15 pm Jun. 9 & 16

SIMPLE STEPS TO HELP SUPPORT YOUR CHILD'S SPEECH AND LANGUAGE DEVELOPMENT:

Parents of children who are 18 months - 5 years: you are invited to join us for a workshop to learn strategies to help children understand and use language to communicate. Speech sound development will also be discussed. Strategies will focus on fun and easy everyday activities and how to incorporate them into daily routines to support your child's speech and language skills.

Thursday: 1:30 - 3:15 pm June 11

BABY BOOK MAKING:

Bring your pictures and baby memorabilia to design and create your very own Baby Book. Supplies will be provided but bring your creativity and inspiration.

Mondays: 1:30 - 3:15 pm Jun. 15 & 29



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PARENT EDUCATION:

THE POWER OF PLAY: PMH - HEALTH PROMOTIONS

Play is essential to how young children learn, grow, and thrive. This parent session focuses on the importance of active play for young children's development, health, and well-being. .

Wednesday: 1:30 - 3:15 pm June 17

MINDFUL MOTHERHOOD

Join Ashley from Mood Disorders Association of Manitoba to discuss what postpartum is, how postpartum affects mothers and postpartum care for mind and body.

Wednesday: 1:30 - 3:15 pm June 24

PARENT & CHILD FAMILY PROGRAMS:

INTERNATIONAL CHILDREN'S BOOK DAY:

Join us to celebrate all that is books! We will have stories, crafts, activities and snacks. Books are beautiful! Everyone can choose a book to take home, (including adults) All ages welcome!

Wednesday: 10:00 - 11:15 am April 1

DROP IN PLAYTIME: (0-5YEARS)

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

Fridays: 9:30 - 11:15 am Apr. 10 - Jun. 19

SATURDAY FUN-N-GAMES:

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

Saturday: 10:00 - 11:30 am April 11

BUSY BABY: (AGES 3 MONTHS - 1 ½ YEARS)

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 to create a supportive community.

Mondays: 10:00 - 11:15 am Apr. 13, 27, May 11, May 25, June 8 & 22

SCHOOL AGED FUN- N -GAMES:

Are you looking for something fun to do on the P.D Day. Come join us for some fun-n-games.

Friday: 9:30 - 11:15 am April 17

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.

Monday: 10:00 - 11:15 am Apr. 20, May 4, Jun. 1, 15 & 29



@ERFRC
on Facebook



@cfswesternmb
on Instagram

PARENT & CHILD FAMILY PROGRAMS:

FAMILY CIRCLE: (NEWBORN - 24MONTHS)

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. Childcare provided if needed. Transportation is not available

Wednesdays: 9:30 - 10:15 am Apr. 29 - Jun. 3

OR

Wednesdays: 10:45 - 11:30 am Apr. 29 - Jun. 3

SATURDAY MOTHER'S DAY CELEBRATION:

Join us for a fun family Saturday morning to celebrate the wonderfulness of moms, grandmas, and aunties with play, games, activities, and snacks! All ages welcome! Everyone welcome!

Saturday: 10:00 - 11:30 am May 9

COLORFUL CRAWLERS:(6 MONTHS - 2YR)

Let's explore the role of colors and shapes in your babies development. Join us for practical and engaging ways to stimulate brain activity and improve recognition. Limited transportation available.

Tuesday: 10:00 - 11:15 am May 12

SIMPLY SPRING: (ALL AGES)

Spring is meant to be celebrated! Take advantage of the warmer weather and enjoy the simplicity of nature awakening. Bring the family for activities and crafts to enjoy. Limited Transportation provided.

Thursday: 1:30 - 3:15 pm June 4

MEET THE POLICE WITH BRANDON POLICE SERVICE:

Join us for some fun activities and interactions with the Community Police Members and Cadets. Help solve a mystery and get a tour of a police vehicle. All ages welcome.

Wednesday: 10:00 - 11:15 am June 10

FUN FEST:

Kick-off to our summer program. Call for more details

Friday: 9:30 - 11:15 am June 26

SATURDAY FATHER'S DAY CELEBRATION:

Join us for a fun family Saturday morning to celebrate the wonderfulness of dads, grandpas, and uncles with play, games, activities, and snacks! All ages welcome! Everyone welcome!

Saturday: 10:00 - 11:30 am June 27

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 am