


# ***Elsbeth Reid Family Resource Centre***

A facility of  Child and Family Services of Western Manitoba



255 – 9th Street  
Brandon MB R7A 6X1  
Telephone: 204-726-6280  
[www.cfswestern.mb.ca](http://www.cfswestern.mb.ca)

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



and the



**United Way**  
Brandon & District  
Change starts here.

## **Spring Programs \*\*April, May & June 2015\*\***

The Resource Centre will be ***closed*** April 3, 6 and May 18, 2015.

### ***Register Early!***

#### **CHILD CARE**

**Day Time Programs:** Child care is available. Transportation within Brandon is also available for those who require it. Our vans are equipped with child car seats to ensure your child's safety while transporting.

**Evening Programs:** 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**

**BECAUSE I LOVE YOU:** A parenting program for parents with young children who want to get to know other parents, relax and have fun while talking about life with baby. 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 – 3:15pm April 9 - May 28, 2015

**POSITIVE DISCIPLINE:** 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.

Thursday mornings: 9:30 – 11:15am April 9 - June 11, 2015

**FAMILY FOUNDATIONS:** Explore the building blocks that help strengthen the parent/child relationship and create a warm and respectful home environment. This program is for parents with children ages 0-12 years.

Tuesday evenings: 7:00 - 8:45pm April 14 – June 2, 2015

**INCREDIBLE YEARS:** Come join other parents for this 8 week program and find more ways to make positive changes at home while parenting children ages 1-4 years.

Tuesday mornings: 9:30 - 11:15am April 14 - June 9, 2015

**AGES & STAGES:** Parents of children ages 2-5 years are invited to join us for a 4 week program to learn more about their child's social and emotional development. We encourage your child/ren to attend child care. This program will provide opportunities to observe and engage with our child/ren to practise the skills we learn.

Tuesday afternoons: 1:30 - 3:15pm May 5, 12, 19 & 26, 2015

#### **SUPPORT GROUPS**



**COMMUNITY CONNECTIONS:** This support group is for families who have immigrated to Canada and who want to form new and supportive peer relationships. 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. Please call to hear more. 204-726-6280. Members are added to this group as space permits.

**LDAM:** Learning Disabilities Association of Manitoba. The Centre partners to offer parent education, workshops and parent support sessions. Please call us at 204-726-6280 to hear dates and times of upcoming evening sessions. Limited child care support is available so please book one full week in advance.

Thursday evenings: 7:00 - 9:00pm April 9 & 23, May 14 & 28, June 11, 2015

**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. You will receive informative handouts about parenting. There will also be time for discussion and mutual support between group members.

Tuesday mornings: 9:30 – 11:00am No TLC on Tuesday, May 5

**MAP (Mothers are People) / PAST (Parents Are Special Too) / OUT (Our Uninterrupted Time):**

There are currently the above three weekly parenting support groups offered for parents who could benefit from group support and a variety of educational, social and recreational activities. Members are added to these groups as space permits and spaces are usually offered to parents who have completed a parenting course.

**PARENT-CHILD PROGRAMS**

**MOTHERS & DAUGHTERS IN TOUCH:** (for Mothers and their daughters ages 9-11) This is an 8 session program that focuses on relationship and skill-building where mothers and daughters learn together. Numbers will be limited for this group.

Monday evenings: 6:00 – 8:00pm April 13 - June 8, 2015

**SPRING INTO FUN:** Parents and children ages 2-5 years are invited to join us for an afternoon filled with crafts, play and a celebration of spring.

Friday Afternoon: 1:30 – 3:15pm May 8, 2015

**ARTSY AFTERNOON:** Have your school-aged child join us for an afternoon of art creation. This session takes place on an in-service day and is geared towards 6-12 year olds.

Friday Afternoon: 1:30 – 3:30pm May 15, 2015

**TOT TIME TOGETHER:** Join us for a fun filled afternoon with music, snack and toddler friendly crafts. This parent child activity is for children who are 2-3 years old. Child care is available for children under 2 years and also for 4 & 5 year olds.

Monday Afternoon: 1:30 – 3:15pm June 15, 2015

**FAMILY LITERACY PROGRAMS**

**DROP-IN PLAYTIME:** An opportunity for parents and preschool children to play together in the child care room. A staff is available to assist you, but parents are responsible for supervising their own children. Snack, Circle Time and Crafts provided. Families can come twice a month – either the 1<sup>st</sup> and 3<sup>rd</sup> Friday of each month or the 2<sup>nd</sup> and 4<sup>th</sup> Friday of each month. Join any time.

Friday mornings: 9:30 – 11:15am

**FAMILY CIRCLE (A Parent Child Mother Goose Program):** Parents, babies and children under the age of 2 join together in a circle to enjoy action rhymes, songs and stories. There are two sessions held on Wednesday mornings. We will try to accommodate requests for time of session but we need to ensure that the groups are divided equally. Please register if you plan on attending the upcoming 9 week session. **NOTE:** There will be a \$50 (fifty) registration fee per family to attend this program. If this presents a challenge for you, please call Lisa (726-6258) to discuss options.

Wednesday mornings: 9:30 – 10:15am **OR** 10:45 – 11:30am April 15 - June 10, 2015

\*\* Rides are available for earlier session (9:30) only\*\*

**GENERAL INFORMATION**

- ☺ Summer is coming! Please stay tuned to hear about our family recreation program that runs through July and August. Fun Fest is our annual celebration event to kickoff our summer program. Call for details 204-726-6280.
- ☺ This Centre operates on donations and grants. Your contribution is always welcomed.
- ☺ Volunteers are an important support to our programs and services. Please call Brenda at 204-726-7178, if you are seeking this opportunity.