

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. – Dec. 2026

The Resource Centre will be closed Sept.30, Oct.12, Nov.11, Dec.25, Dec.28

PARENT EDUCATION:

CULTURAL SUPPORT GROUP:

Join Leanne and Jenny from **Empowered Traditions** for these family focused sessions to learn, share, and connect with your Indigenous culture, and other caregivers & families. Priority for registration will be given to caregivers with young children.

-FAMILY LUNCH

Join us for lunch – soup, Bannock and tea, teachings will focus on smudging and the four sacred medicine teachings.

Tuesday: 11:00 am – 2:00 pm Sept. 8

-MEDICINE WHEEL VISION BOARDS

Join Leanne and Jenny to learn about and create Medicine Wheel Vision Boards. Discussion will focus on understanding balance. (All caregivers welcome, and kids/youth are encouraged to join their caregivers.)

Thursday: 1:30 – 3:15 pm Sept. 10

5 DAILY HABITS THAT BUILD RESILIENCE:

Resilience is not some innate personality trait but a habit that gets cultivated bit by bit through everyday experiences. Let's break it down and talk about 5 simple habits that can build resilience for your child.

Wednesday: 9:30 – 11:15 am Sept. 9

THE WELLNESS SESSIONS:

Take time to focus on you. Connect with other caregivers while exploring wellness through creativity and self-expression. Sessions are flexible; join one or attend them all.

Wednesdays: 1:30 – 3:15 pm Sept. 9, Oct. 7, Nov. 25, Dec. 23

SUPPORTING A CHILD THROUGH DISAPPOINTMENT:

Let's get together to discuss how to support our children through their feelings of disappointment, to cope with the shock, and when the time is right, find a new dream, plan or expectation.

Thursday: 9:30 – 11:15 am Sept. 10

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.

**Mondays: 1:30 – 3:15 pm Sept. 14, Nov. 9, Dec. 14
9:30 – 11:15 am Oct. 29**

LET'S LEARN BODY AWARENESS SKILLS THAT HELP CHILDREN CALM DOWN:

Feelings often start as small signals in the body like a racing heart or tense hands. When children learn to notice these early, they can calm themselves before emotions take over. Join us to explore tools that build this important skill.

Tuesday: 9:30 – 11:15am Sept. 15

POSITIVE DISCIPLINE IN EVERYDAY PARENTING:

This revised trauma-informed program supports parents and caregivers of children of all ages. Through interactive activities and discussions, PDEP offers self-regulation tools and problem-solving strategies to strengthen parent-child connection.

Tuesdays: 1:30 – 3:15pm Sept. 15 – Nov. 17

BIG FEELINGS IN SMALL BODIES:

Let's talk about ways that we can help our kids handle big emotions. It's not easy to be the calm in their storm. They need us to help them regulate and to build healthy self-regulation skills that will impact them their whole lives.

Wednesday: 1:30 – 3:15pm Sept.16

AFTER SCHOOL CONSTRAINT COLLAPSE:

Some children hold it together all day and release their emotions at home. This can look like tears, outbursts, or disrespectful behaviour. Let's talk about how to respond in the moment, prevent meltdowns, and support children afterward.

Thursday: 9:30 – 11:15am Sept. 17, 24

SCREEN TIME:

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

Thursday: 1:30-3:15pm Sept. 17

HOW SIMPLE INTERACTIONS BUILD OUR BABIES BRAINS:

The way we engage and interact with our babies is important. Let's talk about simple interactions that build your baby's brain.

Monday: 1:30- 3:15pm Sept. 21

TIPS FOR GETTING KIDS READY FOR BACK 2 SCHOOL:

Back-to-school can bring both excitement and stress for children of all ages. These feelings are completely normal. Join us to explore simple tips and strategies to ease the transition and help your child return to routine with confidence.

Tuesday: 9:30 – 11:15am Sept. 22



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PARENT EDUCATION:

2STLGBQIA+ SUPPORTIVE CAREGIVERS:

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.

Tuesday: 6:00 – 7:30pm Sept. 22

PARENTING MINDFULLY:

Mindfulness = a parenting superpower. Learn the basics of mindfulness and how it can help us to be more patient and less reactive in our parenting.

Wednesday: 9:30-11:15am Sept. 23

WHEN WE HAVE A RUPTURE WITH OUR CHILD HOW DO WE REPAIR IT?

When we make mistakes, what matters most is the repair. Children learn how to repair by watching us. Join us to explore ways to reconnect after conflict so your child feels safe and supported.

Thursday: 1:30 – 3:15pm Sept. 24

COOKING UP CONVERSATION:

The kitchen is more than a place for meals; it's where connection and memories are built. While preparing a budget-friendly meal together, we'll explore parenting and ways to strengthen relationships around the table.

Monday: 1:30 – 3:15 pm Sept. 28, Oct.26, Nov. 23

Tuesday: 1:30 – 3:15 pm Dec.15

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.

Tuesdays: 9:30 – 11:15am Sept. 29 & Oct. 6

ANGRY OUTBURSTS.

What's happening below the surface for our 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.

Thursdays: 9:30 – 11:15am Oct. 1, 8 & 15

WHAT YOUR BABY NEEDS TO BE HEALTHY & HAPPY:

Let's talk about babies! This 2-part session will focus on everything your baby needs to thrive.

Mondays: 1:30- 3:15pm Oct. 5, 19

TRADITIONAL INDIGENOUS PARENTING:

Please join us for 4 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 – 3:15pm Oct. 8, 15, 22, 29

EMOTIONAL INTELLIGENCE:

October is Emotional Intelligence Awareness month. Let's talk about the importance of EI and how it helps to make our kids healthier, happier and more successful.

Wednesday: 1:30 – 3:15pm Oct. 14

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 – 11:15am Oct. 20

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.

Tuesday 6:00pm – 7:30PM Oct. 20

TERRIFIC 2'S & TREMENDOUS 3'S:

Reframe this potentially challenging time into a parenting win. 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.

Wednesday: 1:30-3:15pm Oct. 21, 28

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 were not taught.

Thursdays: 9:30 – 11:15am Oct. 22, 29

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.

Mondays: 1:30 – 3:15pm Oct. 26, Nov. 23

TEACHING A CHILD TO SPEAK UP FOR THEMSELVES:

Involves building their self-confidence through everyday practice and healthy communication. Join us to learn the many ways we can guide our children to understand self-awareness, personal boundaries, and problem-solving so they can speak up for themselves and their rights.

Tuesday: 9:30-11:15am Oct. 27

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 – 3:15pm Nov. 2



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PARENT EDUCATION:

HEALTHY FRIENDSHIPS:

Encouraging our children to think about their friendships and to explore between healthy and unhealthy relationships. We will do an activity and create a poster that you can take home and do with children.

Tuesday: 9:30-11:15am Nov. 3

5 LOVE LANGUAGES OF KIDS:

Let's talk about Love Languages. By understanding a child's love language we can bridge communication gaps, prevent misunderstandings, and support healthy emotional development.

Wednesday: 1:30-3:15pm Nov. 4

PLAYTIME FOR PARENTS:

Are you ready to play?! Drop your kiddos off in childcare and join us for some fun. Every session will be a new creative adventure. We'll have the supplies and snacks, BYO creativity. Registration is flexible.

Thursdays: 1:30 - 3:15pm Nov. 5, 12, 19, 26

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.

Thursdays: 9:30-11:15am Nov. 5, 12, 19

POTTY TRAINING STRUGGLES AND SUCCESS:

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

Monday: 1:30 - 3:15pm Nov. 16

HELPING A CHILD TURN "I CAN'T" INTO "I DID IT!":

Let's break down big fears into manageable steps. Teaching our children that one step at a time that they can handle discomfort and reach their goal.

Tuesday: 9:30 - 11:15am Nov. 17

MANAGING STRESS AND ANXIETY

Join Dr. Marsha Harris, Brandon University's Counselling Therapist to learn about the impacts of stress and anxiety on our health and wellbeing. We'll also explore self-care strategies and ways to manage stress with hands on tools.

Wednesday: 1:30-3:15pm Nov. 18

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 -3:15pm Nov. 24, Dec. 1, 8

WHAT CAN YOU DO WHEN YOUR CHILD FEELS LEFT OUT?

When your child faces unkind behavior from others, it can be a deeply distressing experience. Let's look at how your response can greatly influence how your child copes with this situation and learns from it.

Thursday: 9:30 - 11:15am Nov. 26

WHEN A CHILD IS SCARED OF TRYING NEW THINGS:

Helping a hesitant child overcome fear requires a gentle step-by-step approach by the parent. Let's create a Fear-O -Meter Ladder together to work through the steps to get your child closer to their goal. A good topic around the holiday season to help our children navigate concerts etc.

Tuesday: 9:30 - 11:15am Dec. 1

THE POWER OF PRAISE: REWARDING EFFORT OVER OUTCOME

Praise feels good! But the way we praise our children is important. Let's talk about praise and how to do it right.

Wednesday: 9:30 - 11:15 Dec. 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.

Wednesdays: 1:30 - 3:15pm Dec. 2, 9, 16

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.

Thursdays: 9:30 - 11:15am Dec. 3, 10

SCREENS AND OUR BABIES:

Let's talk about the impact of screens on our baby's development.

Monday: 1:30 - 3:15pm Dec. 7

SURVIVING THE "SEASON OF WANT":

Parent Café during the holidays offers a supportive space to talk about the season's joys and challenges. Together, we'll explore balancing traditions, managing expectations, and handling holiday meltdowns. Join us for coffee, tea, and treats as we share and connect.

Tuesday: 9:30 - 11:15am Dec. 15

ANXIETY BUSTERS:

Anxiety is the leading mental health issue worldwide. Let's discuss anxiety, how it impacts your family and practical ways that we can deal with it.

Wednesday: 9:30 - 11:15am Dec. 16

THE HOLIDAY SEASON AND OUR BABIES:

How do the holidays impact our babes? Let's talk about how our kiddos are affected by the holidays and what we can do to minimize the negative impacts.

Monday: 1:30 - 3:15pm Dec. 21

PARENT & CHILD FAMILY PROGRAMS:

FALL FUN FEST:

Let's celebrate the new season together. Activities, snacks and fun for the whole family. No registration required.

Friday: 9:30 - 11:15am Sept. 4



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PARENT & CHILD FAMILY PROGRAMS:

DROP IN PLAYTIME (0-5 YEARS)

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

Fridays: 9:30 - 11:15am Sept.11 - Dec.18
(No Drop in Playtime on October 23)

FRIENDSHIP PLAYGROUP:

You are invited for a fun afternoon of play. All ages welcome.

Fridays: 1:30 - 3:00pm Sept. 11 & 25, Oct. 9, 23, Nov. 13 & 27, Dec. 11

BUSY BABY: (NEWBORN - 18 MONTHS)

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 - 11:15am Sept. 14 & 28, Oct. 26, Nov. 9 & 23, Dec. 14

NATIONAL PLAY DOH DAY:

Celebrate National Play Doh Day with play doh fun. Everyone can take play doh home with them. All ages welcome!

Wednesday: 10:00 - 11:15am Sept. 16

PUBLIC HEALTH:

A Public Health Nurse will be at the ERFRC to offer immunizations and answer your health-related questions. No appointment necessary, feel free to pop in.

Friday: 9:30 - 11:00am Sept. 18

SATURDAY FUN-N-PLAY:

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

Saturdays: 10:00 - 11:30am Sept. 19, Oct. 17, Nov. 14, Dec. 12

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 - 11:15am Sept. 21, Oct. 5, 19, Nov. 2, 16, & Dec. 7, 21

MUSIC IN THE SQUARE:

Music plays a pivotal role in nurturing imagination in children. Meet us in the courtyard for the chance to sing along to their favorite songs, explore musical instruments and of course...dance! All ages welcome. Limited transportation.

Wednesday: 1:30 - 3:00pm Sept. 23

EVERY CHILD MATTERS ORANGE SHIRT DAY:

"The orange shirt has become a symbol of hope, reconciliation and a commitment to a better future." Join us for stories, activities and orange shirt making to honour this special day.

Thursday: 10:00 - 11:15am Oct. 1

Family Circle - (0-24 months):

Family Circle is an interactive experience designed for infants and their caregivers. Participants engage in rhymes, songs, and playful movements that foster a sense of joy and connection.

Wednesdays: 9:30 - 10:15 OR Oct. 7 - Nov. 18
10:45 - 11:30 Oct. 7 - Nov. 18
(no class Nov.11)

HALLOWEEN HOWL:

Dress up and join us for a spooktacular Halloween! Enjoy creative craft stations and activities that are sure to keep everyone entertained. Prize for the best costume! All ages welcome. Limited transportation.

Friday: 9:30 - 11:15 am Oct. 30

EVERYTHING SENSORY!

This hands-on program invites children to explore textures, sounds, and sights through engaging activities, sparking creativity while supporting developmental milestones in a fun, enriching environment. Ages 18+ months - 5 years.

Tuesdays: 10:00 - 11:15 am Nov. 10, 24

CHRISTMAS PARADE FUN:

Join us before the Santa Claus Parade for hot chocolate, treats and Christmas Fun. All ages welcome! Stay tuned for details.

MICKEY & MINNIE MOUSES BIRTHDAY:

It's party time, celebrate 2 very important birthdays - with Mickey and Minnie themed activities, play and snacks. Decorate your own cupcakes. Join the party! All ages welcome!

Wednesday: 10:00 - 11:15am Nov. 25

LUNCH & PLAY:

Lunch is served! Join us for a delicious lunch and play date. All ages welcome!

Monday: 11:00 - 2:00pm Nov. 30

TUMBLE TOTS

Winter is long! Tumbling activities are a great way to burn energy indoors. Let children discover their physical ability in our safe and enjoyable atmosphere. Ages 18+months - 5 years. Limited transportation.

Thursdays: 1:30 - 3:00 pm Dec. 3, 10, 17

SANTA FAMILY PHOTOS:

Come celebrate Christmas and have a family photo time.

Friday: 9:30 - 11:00am Dec. 4

POP UP CHRISTMAS STORE + FUN:

Join us to celebrate Christmas. Create decorations and shop our free pop-up Christmas Store. All ages welcome.

Wednesday: 10:00 - 11:15am Dec. 9

CHRISTMAS EVE'S EVE CRAFTS:

Come and celebrate the eve of Christmas Eve with some fun crafts, activities, and snacks. All ages welcome.

Wednesday: 10:00 - 11:15am Dec. 23

HOLIDAY DROP-IN PLAYTIME:

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

Tues. & Wed.: 9:30 - 11:15am Dec. 29 & 30

FAMILY NEW YEAR'S EVE CELEBRATION:

Join us to ring in the New Year family style, with some play, activities, snacks, and some 2027 surprises. All ages welcome.

Thursday: 9:30 - 11:15am Dec. 31

SUPPORT GROUPS:

TALKING, LEARNING, CARING:

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 support and practical information. Join anytime!

Tuesdays: 9:30 - 11:00 am