



## WINTER 2022 PARENTING PROGRAMS



ALL PARENTING  
PROGRAMS ARE  
ONLINE VIA ZOOM

TO REGISTER:  
[WWW.SWFIC.ORG](http://WWW.SWFIC.ORG)  
OR 204-284-9311

### TRIPLE P TEEN

*FOR PARENTS OF CHILDREN AGES 11 AND UP*

Learn to apply Triple P Positive Parenting strategies with your teen. Parents learn about the causes of adolescent behaviour problems, setting specific goals, using strategies to promote a teenager's skills development, managing inappropriate behaviour, and teaching emotional self regulation. Learn how to plan around risk-taking behaviour or risky situations.

**DATES:** Thursdays, starting January 20 to February 24, 2022 (6 sessions)

**TIME:** 7:00 PM - 9:00 PM ONLINE on ZOOM

**FEE:** \$65 per individual - \$85 per couple

### THE STRESS OF BEING A PARENT

*FOR PARENTS AND CAREGIVERS*

Being a parent can certainly have it's stressful moments. In this one evening workshop we will talk about parental stress, how it affects us, how it can affect our children, and what we can do to better manage the stress we are under as parents.

**DATE:** Monday, February 7, 2022

**TIME:** 7:00 PM - 9:00 PM ONLINE on ZOOM

**FEE:** \$10 per individual

### TRIPLE P SELECT (POSITIVE PARENTING PROGRAM)

*FOR PARENTS OF CHILDREN FROM BIRTH TO AGE 12*

Learn practical strategies to help confidently manage your child's behaviour, prevent problems, and build strong, healthy relationships. Triple P is a research based parenting program with evidence to show it works.

**DATES:** Mondays, starting February 28 to March 14, 2022 (3 sessions)

**TIME:** 7:00 PM - 9:00 PM ONLINE on ZOOM

**FEE:** \$35 per individual - \$55 per couple

### ANXIETY IN CHILDREN

*FOR PARENTS OF CHILDREN WHO HAVE ANXIETY*

Do you have a child who is anxious? Looking for ways to help? This three evening workshop will explore what anxiety is, the different types of anxiety and their signs and symptoms, and strategies to support and help a child who is struggling with anxiety.

**DATES:** Thursdays, starting March 10 to March 24, 2022 (3 sessions)

**TIME:** 7:00 PM - 9:00 PM ONLINE on ZOOM

**FEE:** \$35 per individual - \$55 per couple

### TAKING CARE OF YOURSELF

*FOR PARENTS AND CAREGIVERS*

Does it seem like the things you would like to do are always at the bottom of your "to-do" list? In this one evening workshop, we will talk about why it's important to take care of ourselves, and how not doing so can impact our relationships, and how we parent. We will also discuss strategies to make giving ourselves the gift of time a little easier.

**DATE:** Monday, March 21, 2022

**TIME:** 7:00 PM - 9:00 PM ONLINE on ZOOM

**FEE:** \$10 per individual



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### **COPING WITH CHANGE**

**FOR PARENTS OF BABIES FROM BIRTH TO AGE 1**



Now that baby is here, do you think you should be feeling happier than you do? Do you feel depressed, angry, lonely...or that things aren't how you thought they'd be? Coping with Change is a group where new parents can talk openly and honestly about the wide range of feelings that come when a baby joins their lives. Meet parents, share experiences and learn you are not alone.

**DATES:** Mondays, starting January 17 to February 14, 2022 (5 sessions)

**TIME:** 1:00 PM - 2:30 PM ONLINE on ZOOM

### **DADS MATTER**

**FOR DADS, GRANDFATHERS, AND CAREGIVERS**



Join us for a live, interactive meeting on Zoom every Thursday evening to connect with other parents and discuss parenting challenges and fatherhood. There will be a focus on "Things Dads Do," the importance of fathers in the lives of children, and ways to have fun with your child at their different ages and stages.

**DATES:** Thursdays, starting January 20 to February 10, 2022 (4 sessions)

**TIME:** 6:30 PM - 8:00 PM ONLINE on ZOOM

### **HANDLE WITH CARE**

**FOR PARENTS OF CHILDREN AGES 2 TO 6**



Learn activities and strategies to promote your child's positive social and emotional development, secure attachment, and healthy self-esteem. There are 4 building blocks that we focus on; Building Trust & Attachment, Building & Enhancing Self-Esteem, Expressing Emotions, and Relationships with Others.

**DATES:** Tuesdays, starting February 1 to February 22, 2022 (4 sessions)

**TIME:** 10:30 AM - 11:30 AM ONLINE on ZOOM

### **RAISING A HEALTHY EATER**

**FOR PARENTS OF CHILDREN AGES 1 TO 6**



Led by a registered dietitian, discuss tips and strategies that address common challenges and concerns when feeding your child. Topics include; division of responsibility, picky eating, and how to make meal time more enjoyable for everyone.

**DATE:** Monday, March 21, 2022

**TIME:** 1:00 PM - 3:00 PM ONLINE on ZOOM

### **ZOOM 101: PLATFORM BASICS AND TRAINING**

**FOR FACILITATORS, SERVICE PROVIDERS AND ANYONE WHO WANTS TO LEARN ZOOM!**

This individualized one to one service will provide you, in your role as parent, with an opportunity to focus on challenges you are experiencing with your child.

**DATES & TIMES:** Thursday, Jan 20, 2022 from 1:30 PM - 3:30 PM

-OR- Thursday, Feb 10, 2022 from 6:30 PM - 8:30 PM

**FEE:** \$35 per individual - all sessions ONLINE on ZOOM

To get agency rates for a staff booking, please email: [coordinator@swfic.org](mailto:coordinator@swfic.org)

### **PARENT EDUCATOR 1 to 1 APPOINTMENTS**

**FOR PARENTS AND CAREGIVERS**

This individualized one to one service will provide you, in your role as parent, with an opportunity to focus on challenges you are experiencing with your child.

**DATE & TIME:** By appointment only, starting at 1 hour ONLINE on ZOOM

**FEE:** \$45 per 1 hour appointment only

To request an appointment, please email: [registrar@swfic.org](mailto:registrar@swfic.org)

## READY, SET, SOLO! ONLINE ON ZOOM

**FOR STUDENTS AGES 11 AND UP, ALONG WITH A PARENT OR CAREGIVER**

*This parent & child program incorporates games, interactive activities, and more to keep it fun and engaging. Led by a skilled facilitator, together, you and your child are guided in creating a plan for your child to stay at home alone safely and confidently. Discuss concerns related to your family, create guidelines, and increase communication between you and your child. Topics include: home safety, family rules, emergencies, and strangers.*

**Due to the nature of this program, we encourage you to turn your screens on to help the facilitator be able to communicate effectively to the group.**

*\*In Manitoba, children must not be left home alone until they are 12 years of age*

*\*Registration is for one family using one device (computer, tablet or phone).*

*Please share 1 screen with your child*

**DATES (select ONE session only):**

**Monday, January 3, 2022 (Winter Break) 1:00 PM to 4:00 PM**

**Thursday, January 20, 2022 - 5:30 PM to 8:30 PM**

**Wednesday, February 23, 2022 - 5:30 PM to 8:30 PM**

**Saturday, March 12, 2022 - 1:00 PM to 4:00 PM**

**Tuesday, March 29, 2022 (Spring Break) 1:00 PM to 4:00 PM**

**TIME:** Please refer to the times listed beside each class

**FEE:** \$35 per family

## BABYSITTER TRAINING ONLINE ON ZOOM

**FOR STUDENTS AGES 11.5 AND UP**

*This 6.5 hour class is packed full of interesting, interactive activities to teach students how to care for babies and children safely and responsibly. Kids who have taken our course often feel more confident to stay home alone, especially when they have to take care of younger siblings or other family members. Topics include: accident prevention, fire safety, emergencies, kids at different ages, and employer/employee responsibilities.*

**For all online classes we will require screens to be turned on for hands on activities and to have proper evaluation. If you have any concerns or questions, feel free to contact us at any time. Successful participants will receive a certificate.**

*\*In Manitoba, children must not be left home alone until they are 12 years of age.*

*\*Registration is for one student using one device (computer, tablet or phone)*

**DATES (select ONE session only):**

**Tuesday, January 4, 2022 (Winter Break)**

**Saturday, January 22, 2022**

**Friday, February 4, 2022 (City Wide In Service Day)**

**Saturday, February 26, 2022**

**Saturday, March 19, 2022**

**Monday, March 28, 2022 (Spring Break)**

**Thursday, March 31, 2022 (Spring Break)**

**TIME:** All sessions will be from 9:00 AM - 3:30 PM

**FEE:** \$35 per student

**\*All online classes require a student manual and supplies. Please refer to the curbside pickup schedule at registration. Students without a manual cannot attend the course.**



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YOUTH PROGRAMS



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