



South Winnipeg Family Information Centre

Strengthening and Supporting Families

All In Person Programs are held at 800 Point Road. All Online Programs are held on ZOOM



Fall 2022 - Parenting Programs

Register @ www.swfic.org or 204-984-9311



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 September 29 to October 13, 2022 (3 sessions)

TIME: 7:00 - 9:00 PM (on ZOOM)

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

MY TWEEN AND ME

FOR PARENTS, ALONG WITH THEIR CHILD AGES 7 TO 12

My Tween & Me is a facilitated group program that provides parents and their tweens with the knowledge, tools and support they need during the child's transition to adolescence. This parent/child program will help you build lasting connections with your child and will help them make safe, healthy choices now and during the teen years.

DATES: Wednesdays, starting October 12 to November 16, 2022 (6 sessions)

TIME: 6:00 - 7:30 PM (in PERSON)

FEE: FREE! (Funding provided by the WRHA and Manitoba Health, Seniors and Active Living)



CIRCLE OF SECURITY PARENTING

FOR PARENTS OF CHILDREN AGES 0 TO 12

Children who feel more secure often have increased empathy, healthy self-esteem, positive relationships, and a greater ability to manage their emotions more effectively. Learn new ways to understand, and respond to, your child's needs and behaviours, that help to increase the emotional security of your children.

DATES: Thursdays, starting October 27 to December 15, 2022 (8 sessions)

TIME: 7:00 - 9:00 PM (on ZOOM)

FEE: \$20 per individual (Funding provided by the WRHA and Manitoba Health, Seniors and Active Living)

NOBODY'S PERFECT

FOR PARENTS OF CHILDREN AGES 0 TO 6

Meet with other parents of young children, share questions, concerns and ideas about being a parent, learn about child development, safety, health & behaviour, discuss real-life parenting solutions, and discover positive ways of parenting. Childminding and snacks provided.

DATES: Tuesdays, starting November 1 to December 6, 2022 (6 sessions)

TIME: 9:30 - 11:30 AM (in PERSON)

FEE: FREE! (supported by the Healthy Child Coalition)



PARENTING STRATEGIES & ADHD

FOR PARENTS OF CHILDREN AGES 5 TO 12 WITH ADHD*

Explore parenting strategies such as effective communication, and positive approaches to discipline to strengthen your relationship with your child. Topics include: teaching new skills, defining rules, responding to challenging behaviour consistently, planning for potentially difficult situations, encouraging positive behaviour, and being an advocate for your child's needs.

***No proof of diagnosis is required. The program is not intended for assessment.**

DATES: Thursdays, starting November 7 to December 5, 2022 (5 sessions)

TIME: 7:00 - 9:00 PM (on ZOOM)

FEE: \$55 per individual - \$75 per couple

PARENT EDUCATOR 1-ON-1 APPOINTMENTS

FOR PARENTS AND CAREGIVERS

This individualized one on 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 on ZOOM

FEE: \$45 per 1 hour appointment only

To request an appointment, please email: registrar@swfic.org



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Fall 2022 - Youth Programs

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STUDY SKILLS WORKSHOP

FOR STUDENTS FROM GRADE 6 TO GRADE 8

Students learn the three key things for good study habits, responsibility, time management, and communication. Students identify their preferred learning style (visual, auditory, tactile) and learn about strategies for each style. Tips on different types of tests. There will be discussions, activities, and tips for students around test/school/project anxiety. Parent tip sheets to support your student. ***Not for students that require support in a learning environment.**

DATE: Saturday, October 8

TIME: 1:00 PM - 4:00 PM (in PERSON)

FEE: \$30

READY, SET, SOLO!

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.

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

DATES (select ONE session only):

Thursday, Oct. 13, 5:30 PM - 8:30 PM (in PERSON)

Monday, Nov 7, 5:30 PM - 8:30 PM (on ZOOM)

Sunday, Nov. 27, 1:00 PM - 4:00 PM (in PERSON)

TIME: See next to date

FEE: \$45 per family

BABYSITTER TRAINING

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.

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

DATES (select ONE session only):

Saturday, Sept. 24 (in PERSON)

Friday, Oct. 21 (in PERSON)

Friday, Oct. 21 (on ZOOM)

Saturday, Nov. 5 (in PERSON)

Friday, Nov. 25 (in PERSON)

Saturday, Dec. 3 (in PERSON)

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

FEE: \$45 per student

DROP IN ACTIVITIES - 800 POINT ROAD, LOWER LEVEL

For more information visit our website www.swfic.org or contact activities@swfic.org



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning 10:00 am - 11:30 am	Wiggle, Giggle & Munch Caregiver and Child 1-5 years	_____	Seniors Connecting Seniors *9:30 am - 11:30 am	Stay and Play Caregiver and Child 1-5 years	_____
Afternoon 1:30 pm - 3:00 pm	Baby & Me Time Caregiver and Baby	_____	_____	_____	_____
Evening 5:30 pm - 7:00 pm	_____	Family, Food, Fun! Returns in October	_____	_____	_____



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Fall 2022 - Programs for Adults

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FINANCIAL EMPOWERMENT DAY

FOR ADULTS

Do you have financial questions? We are here to help!



COMMUNITY FINANCIAL COUNSELLING SERVICES: FREE tax preparation, benefits screening and assistance with benefits applications available!

COMMUNITY UNEMPLOYED HELP CENTRE: Get information and support for issues related to EI and EIA!

SEED WINNIPEG INC.: Need identification? Get free Canadian Birth Certificates. (AB & SK excluded), plus info on MPI I.D. and Status cards!

ASSINIBOINE CREDIT UNION, RBC, and SCOTIABANK: No cost RESP account setup to access free Canada Learning Bond money! NO FEE bank account set up also available via Assiniboine Credit Union!

SERVICE CANADA: Get Social Insurance Numbers for your child or yourself.

DATE: Thursday, October 6, 2022

TIME: 2:00 - 6:00 PM (in PERSON)

FEE: FREE Drop In! No registration required!

DRESS FOR SUCCESS CLOTHING SALE

FOR WOMEN

A large selection of gently used women's clothing to choose from.

All articles of clothing are \$5.00 each, and if you buy 3 you get 1 FREE!

All proceeds to benefit our volunteer run program, Dress For Success Winnipeg.

DATE: Saturday, October 29, 2022

TIME: 9:00 AM - 12:00 PM (in PERSON @ Fort Garry United Church)

FEE: FREE ADMISSION! Every item \$5, buy 3 get 1 FREE!



RENT SMART BASICS

FOR ADULTS

Rent Smart Basics is a course designed to help you learn important skills to build your knowledge and confidence to find and keep housing. You'll learn important tools to understand what it means to have a successful tenancy: paying your rent, peaceful enjoyment, and looking after your home.

DATE: Saturday, November 19, 2022

TIME: 1:00 - 4:00 PM (in PERSON)

FEE: FREE!



DRESS FOR SUCCESS WEBINAR

FOR WOMEN

More information to be announced.

DATE: Thursday, November 24, 2022

TIME: 1:00 - 2:00 PM (on ZOOM)

FEE: FREE!

