



# South Winnipeg Family Information Centre

Strengthening and Supporting Families

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



## Winter 2024 - Parenting Programs

Register @ [www.swfic.org](http://www.swfic.org) or 204-284-9311



### TRIPLE P SELECT (POSITIVE PARENTING PROGRAM)

FOR PARENTS/CAREGIVERS 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 Jan. 22 to Feb. 5 (3 sessions)

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

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

### EFFECTIVE DISCIPLINE

FOR PARENTS/CAREGIVERS OF CHILDREN AGES 7 AND UP

Discipline is one area of parenting that seems to take the most time, attention, and energy for parents. This three week program will look at some of the reasons behind your child's challenging behaviours as well as focusing on respectful and positive approaches to dealing with behaviour.

DATES: Thursdays, starting Feb. 1 to Feb. 15 (3 sessions)

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

FEE: \$45 per individual - \$65 per couple

### TANTRUMS, TEARS, AND TIRED PARENTS

FOR PARENTS/CAREGIVERS OF CHILDREN AGES 1 TO 5

Discipline is one area of parenting that seems to take the most time, attention, and energy for parents. This three week program will look at some of the reasons behind your child's challenging behaviours as well as focusing on respectful and positive approaches to dealing with behaviour.

DATES: Monday, Feb. 12

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

FEE: \$15

### ANXIETY IN CHILDREN

FOR PARENTS/CAREGIVERS OF CHILDREN WITH 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.

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

DATES: Thursdays, starting Feb. 19 to Mar. 14 (3 sessions)

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

FEE: \$45 per individual - \$65 per couple

### HOW TO TALK SO KIDS WILL LISTEN

FOR PARENTS OF CHILDREN AGES 0 TO 9

This 3 week program will cover key topics from How to Talk so Kids will Listen, including helping children manage their feelings, effective discipline, using praise, and encouraging autonomy.

DATES: Mondays, starting June 5 - June 19 (3 sessions)

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

FEE: \$45 per individual - \$65 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, on ZOOM

FEE: \$45 per 1 hour appointment only

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



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## Winter 2024 - Free Programming

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### PRESCHOOL AND TODDLER SERIES

FOR PARENTS/CAREGIVERS OF CHILDREN FROM BIRTH TO AGE 5

These 2 hour workshops will help you navigate the common challenges parents face when parenting a toddler. Learn valuable tips, strategies and communication tools to help your toddler manage their emotions and behaviour.

Feel free to register for one session or as many as you like!

All sessions will be held on ZOOM on Wednesdays from 1:00 - 3:00 PM!

\*All sessions are FREE, courtesy of the Ft Garry / St. Norbert Healthy Child Coalition.



#### MANAGING YOUR CHILD'S PHYSICAL OUTBURSTS OF EMOTION

DATE: Wednesday, Feb. 7



#### ENCOURAGING HEALTHY SELF ESTEEM

DATE: Wednesday, Feb. 21



#### WAYS TO REDUCE WHINING

DATE: Wednesday, Feb. 14



#### TAKING THE FIGHT OUT OF FOOD BATTLES

DATE: Wednesday, Feb. 28

### WINTER DROP IN ACTIVITIES - 800 POINT ROAD, LOWER LEVEL

Drop In Runs Jan. 15 - March 28, 2024. For more information visit our website [www.swfic.org](http://www.swfic.org) or contact [activities@swfic.org](mailto:activities@swfic.org)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning</b> 9:30 am - 11:30 am	Wiggle, Giggle & Munch Caregiver and Child 1-5 years	_____	Seniors Connecting	Stay and Play Caregiver and Child 0-5 years	_____
<b>Afternoon</b> 1:30 pm - 3:00 pm	<b>NEW DAY</b> Tech for Seniors	_____	_____	<b>NEW PROGRAM</b> Mindful Munchkins Caregiver and Child 0-5 years	_____
<b>Evening</b> 5:30 pm - 7:00 pm	_____	Family, Food, Fun! @ SWFIC 800 Point Rd	_____	Family, Food, Fun! @ Access Fort Garry 135 Plaza Dr	_____



### MINDFUL MUNCHKINS

DROP IN FOR PARENTS/CAREGIVERS OF CHILDREN AGES 0 TO 5

Through group games and parent-child activities, this fun program teaches children about various emotions, self-regulation, problem solving skills, positive self-esteem, and empathy.

All of this takes place while developing strong and positive parent-child relationships!

DATE: Every Thursday starting Jan. 17 - March. , 1:30 PM - 3:00 PM @ 800 Point Rd (Lower Level)



### MENOPAUSE CAFÉ

FOR PEOPLE WANTING TO TALK ABOUT MENOPAUSE

The Menopause Cafe is a discussion group, open to all ages and genders: no talks, no experts, aimed at breaking down the stigma around menopause, and increasing awareness of the impact of menopause on those experiencing it - all made that little bit easier with tea, coffee, and cake!

DATE: Wednesday, Jan. 31, @ 800 Point Rd (Lower Level)

TIME: 6:00 PM - 8:00 PM

To RSVP, visit [www.swfic.org](http://www.swfic.org)



### DRESS FOR SUCCESS: CLOTHING SALE

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 go towards Dress for Success Winnipeg.

DATE: Saturday, April 20 , @ 800 Point Rd

TIME: 9:00 AM - 12:00 PM



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## Winter 2024 - Youth Programs

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## STUDY SKILLS FOR STUDENTS

### FOR STUDENTS

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.**

#### DATES:

- Saturday, Jan. 13 (Grades 9 - 11)
- Saturday, Feb. 10 (Grades 6 - 8)

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

FEE: \$45 per student

## 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):

- Saturday, Feb. 3, 1:00 PM - 4:00 PM (in PERSON)
- Tuesday, March 5, 5:30 PM - 8:30 PM (on ZOOM)
- Sunday, March 17, 1:00 PM - 4:00 PM (in PERSON)
- Thursday, March 28, 1:00 PM - 4:00 PM (in PERSON) **\*SPRING BREAK**

TIME: See next to date

FEE: \$45 per family | \$55 twin rate

## BABYSITTER TRAINING

### FOR STUDENTS AGES 12 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):

- Wednesday, Jan. 3
- Saturday, Jan. 27
- Friday, Feb. 2
- Saturday, Feb. 24
- Saturday, Mar. 9
- Tuesday, Mar. 27 **\*SPRING BREAK**

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

FEE: \$45 per student | \$55 twin rate

## FIRST AID/CPR FOR BABYSITTERS

### FOR STUDENTS AGES 12 AND UP

This a certified course designed for babysitters, child care providers, and parents. This course covers CPR/AED, choking rescue, breathing and circulatory emergencies, wound care, head and spinal injuries, breaks and sprains, sudden medical emergencies, environmental illnesses and poisoning. This is an ideal follow up to a babysitting course. This course meets provincial requirements for ECE and daycare worker safety requirements.

DATE: Saturday, Mar. 16 (in PERSON)

TIME: 9:00 AM - 4:00 PM

FEE: \$75 per student