



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

Fall 2024 – Parenting Programs

Register at www.swfic.org or 204-284-9311

CIRCLE OF SECURITY (ON ZOOM)

FOR PARENTS/CAREGIVERS OF CHILDREN AGES 0 TO 12

Children who feel more secure often have increased empathy, healthy self-esteem, positive relationships, and 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 Oct. 3 – Nov. 28 (8 sessions) ***NO SESSION OCT. 31**

TIME: 7:00 – 9:00 PM (on ZOOM)

FEE: \$85 per individual

ANXIETY IN CHILDREN (ON ZOOM)

FOR PARENTS/CAREGIVERS OF CHILDREN WITH ANXIETY*

Do you have a child who is anxious? Looking for ways to help? This three session 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 diagnosis required.**

DATE: Mondays, Oct. 21, Oct. 28, and Nov. 4 (3 sessions)

TIME: 7:00 – 9:00 PM (on ZOOM)

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

GENTLE PARENTING (ON ZOOM)

FOR PARENTS/CAREGIVERS OF CHILDREN AGES 3 TO 10

This 3 week virtual program will explore what gentle parenting is and is not, look at the four cornerstones of gentle parenting – empathy, respect, understanding and boundaries – and discuss concepts and strategies to help you practice gentle parenting with your family.

DATES: Mondays, Nov. 18, Nov. 25, & Dec. 2 (3 sessions)

TIME: 7:00 – 9:00 PM (on ZOOM)

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

PARENT EDUCATOR 1-ON-1 APPOINTMENTS (ON ZOOM)

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: 1 hour, by Appointment Only. To request an appointment, please email: registrar@swfic.org

FEE: \$45 per individual

DRESS FOR SUCCESS CLOTHING SALE FUNDRAISER

FOR WOMEN AND NON-BINARY INDIVIDUALS

A large selection of gently used women's clothing to choose from. Most 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, Oct. 26, @ 800 Point Rd | **TIME:** 9:00 AM – 12:00 PM





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MY TWEEN & ME (IN PERSON) @ ACCESS FORT GARRY

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: Thursdays, Sept. 19 – Oct. 24, 2024 (6 sessions)

TIME: 5:30 – 7:30 PM.

LOCATION: Access Fort Garry (135 Plaza Dr)

FEE: Free!

PRESCHOOL AND TODDLER SERIES (ON ZOOM)


FOR PARENTS 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 are FREE, courtesy of the Ft Garry / St. Norbert Healthy Child Coalition.*

 **WAYS TO REDUCE WHINING**
Monday, Sept. 23, 2024
Time: 6:00 pm – 8:00 pm (evening session)

 **LEARNING TO SHARE**
Wednesday, Oct. 16, 2024
Time: 1:00 pm – 3:00 pm (afternoon session)

 **THE STRESS OF BEING A PARENT**
Monday, Oct. 7, 2024
Time: 6:00 pm – 8:00 pm (evening session)

 **ENCOURAGING LANGUAGE DEVELOPMENT**
Wednesday, Oct. 23, 2024
Time: 1:00 pm – 3:00 pm (afternoon session)

 **MANAGING EMOTIONS**
Wednesday, Oct. 30, 2024
Time: 1:00 pm – 3:00 pm (afternoon session)

MENOPAUSE CAFÉ

FOR PEOPLE WANTING TO TALK/LEARN 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 snacks!

DATES: Friday, Oct. 18, 2024 (World Menopause Day!), Wednesday, Nov. 27, 2024

TIME: 6:00 PM – 8:00 PM

LOCATION: 800 Point Rd (Lower Level)

To RSVP, visit www.swfic.org



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Fall 2024 – Youth Programs

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BABYSITTER TRAINING (IN PERSON)

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. 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, Oct. 5, 2024**
- **Friday, Oct. 25, 2024** (Common In-Service Day)
- **Friday, Nov. 22, 2024** (LRSD & WSDI In-Service Day)
- **Friday, Nov. 29, 2024** (PTSD In-Service Day)
- **Saturday, Dec. 7, 2024**

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

FEE: \$45 per student

READY, SET, SOLO! (IN PERSON)

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

Led by a skilled facilitator, together, you and your child are guided in creating a plan for them to stay at home alone safely and confidently. Topics include: safety at home, family rules, basic first aid, emergencies, strangers, safety in the community and online safety.

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

DATES/TIMES (select ONE session only):

- **Sunday, Oct. 6, 2024 from 1:00 - 4:00 PM**
- **Saturday, Nov. 16, 2024 from 1:00 - 4:00 PM**

FEE: \$45 per family (one child + parent / guardian)

STUDY SKILLS (GRADES 6 - 12) (IN PERSON)

FOR STUDENTS

Students learn the three key things for good study habits: responsibility, time management, and communication. There will be discussions, activities, and tips for students around test anxiety and organization. Parent tip sheets to support your child.

**Not for students that require support in a learning environment.*

DATE: Saturday, January 11, 2025

TIME: 1:00 PM - 4:00 PM

FEE: \$45 per student



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Fall 2024 – Free Drop In Programs

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FALL 2024 DROP IN SCHEDULE

Runs Sept. 9 - Dec. 12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning 9:30 am - 11:30 am	Wiggle, Giggle & Munch Caregiver and Child 1-5 years		Seniors Connecting Join us for conversation and fun!	Stay and Play Caregiver and Child 0-5 years	
Afternoon 1:30 pm - 3:00 pm	Tech for Seniors Need help with a device? We're here to support you!			Mindful Munchkins Caregiver and Child 0-5 years	
Evening 5:30 pm - 7:00 pm		Family, Food, Fun! @SWFIC 800 Point Rd		Family, Food, Fun! @Access Fort Garry 135 Plaza Dr	

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