



South Winnipeg Family Information Centre

Strengthening and Supporting Families

Winter 2026 – Parenting Programs

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

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

TRIPLE P SELECT – POSITIVE PARENTING PROGRAM (ON ZOOM)

FOR PARENTS/CAREGIVERS OF CHILDREN AGES 0 TO 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: Thursdays, Feb. 5, Feb. 12 & Feb. 19, 2026 (3 sessions)

TIME: 7:00 – 9:00 PM (on ZOOM)

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



DADS MATTER (ON ZOOM)

FOR DADS/MALE CAREGIVERS

Dads Matter is a 4 week course for Dads and male caregivers, that focuses on the importance of fathers and how dads can make a difference in their children's lives. The course discusses ages and stages of development, and how our children grow and learn. There are discussions around the challenges parents face and strategies for positive parenting.

DATES: Tuesdays, Feb. 10, Feb. 17, Feb. 24 & Mar. 3, 2026 (4 sessions)

TIME: 6:00 – 8:00 PM (on ZOOM)

FEE: FREE courtesy of the Fort Garry / St. Norbert Healthy Child Coalition



POTTY TRAINING (ON ZOOM)

FOR PARENTS/CAREGIVERS OF CHILDREN AGES 0 TO 5

Kick start the Potty Training process! Parents build confidence as they learn how to recognize readiness signs and overcome common challenges. From preparing a young toddler to guiding them to sit on the potty. Caregivers receive practical guidance, real-life strategies, and personalized answers to their questions.

DATE: Wednesday, February 25, 2026

TIME: 6:00 – 7:30 PM (on ZOOM)

FEE: FREE courtesy of the Fort Garry / St. Norbert Healthy Child Coalition



PRESCHOOL AND TODDLER SERIES (ON ZOOM)

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



TANTRUMS, TEARS AND TIRED PARENTS

Thursday, March 12, 2026

Time: 6:00 pm – 8:00 pm (evening session)



COUNTING SHEEP AND HEALTHY SLEEP

Wednesday, March 18, 2026

Time: 1:00 pm – 3:00 pm (afternoon session)



THE STRESS OF BEING A PARENT

Wednesday, March 25, 2026

Time: 1:00 pm – 3:00 pm (afternoon session)



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

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

FEE: \$45 per individual



MENOPAUSE CAFÉ

FOR PEOPLE WANTING TO TALK/LEARN ABOUT MENOPAUSE

FREE

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:

- Wednesday, February 18, 2026
- Wednesday, March 25, 2026

TIME: 6:00 PM – 8:00 PM

LOCATION: 800 Point Rd (Lower Level)

FEE: FREE

To RSVP, visit www.swfic.org

Dress for Success Winnipeg

Provides support, professional attire and the development tools to help women thrive in work and in life.

www.dfswinnipeg.org

Contact us at: dfswhinnipeg@swfic.org or 204-306-8704

Job seekers can book an appointment to select interview-ready outfits. From shoes to accessories and everything in between, we help clients be ready to succeed in their employment search. Clothing appointments can be booked on our website or call for more information.

WEBINAR: TAX FILING READINESS (ON TEAMS)

FOR SELF IDENTIFIED WOMEN AND NON-BINARY INDIVIDUALS

The Canada Revenue Agency (CRA) shares tips for filing taxes in Canada/Manitoba for the first time

DATE: Monday, February 9, 2026

TIME: 6:00 PM– 7:00 PM (online – Teams)

Register on our website: www.dfswinnipeg.org/workshops-and-events/workshops

POP UP CLOTHING SALE

FOR SELF IDENTIFIED WOMEN AND NON-BINARY INDIVIDUALS

A large selection of new and gently used women's clothing to choose from. Most articles of clothing are \$5.00 each, and if you buy 4, you get 1 FREE! All proceeds go towards Dress for Success Winnipeg.

LOCATION: 800 Point Rd – SWFIC (Lower Level)

DATE: Saturday, February 7, 2026 | **TIME:** 1:00 PM – 4:00 PM

SPRING CLOTHING SALE AND FUNDRAISER

FOR SELF IDENTIFIED WOMEN AND NON-BINARY INDIVIDUALS

A large selection of new and gently used women's clothing to choose from. Most articles of clothing are \$5.00 each, and if you buy 4, you get 1 FREE! All proceeds go towards Dress for Success Winnipeg.

LOCATION: 800 Point Rd – Upper Hall

DATE: Friday, April 24, 2026 | **TIME:** 2:30 PM – 7:00 PM



Winter 2026 – Youth Programs

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

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All Online Programs are held on ZOOM

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. Our skilled facilitators will teach your child the ins and outs of what it takes to become a responsible (and fun) babysitter! Students who have taken our course 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):

- **Tuesday, Dec. 30, 2025** (Winter Break Session)
- **Friday, Jan. 30, 2026** (Common In-Service Day)
- **Friday, Feb. 13, 2026** (Common In-Service Day)
- **Saturday, March 14, 2026**
- **Wednesday, April 1, 2026** (Spring Break Session)

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

This 3 hour parent & child program incorporates games, interactive activities, and more to keep it fun and engaging. Led by our skilled facilitators, together, you and your child are guided in creating a plan for your child 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, Feb. 1, 2026 from 1:00 – 4:00 PM**
- **Saturday, March 7, 2026 from 9:00 AM – 12:00 PM**
- **Thursday, April 2, 2026 from 1:00 – 4:00 PM** (Spring Break Session)

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

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

FOR STUDENTS IN GRADE 6 – 12

Strengthen your Study Skills!

Ready to take your learning to the next level? This program will help you:

- Learn the Basics: Understand the foundations of effective study habits, including time management and organization.
- Discover Your Learning Style: Identify your preferred learning style (visual, auditory, or tactile) and learn strategies to maximize your potential.
- Manage Test Anxiety: Develop effective techniques to manage stress and anxiety during tests or exams.
- Explore Test-taking skills: Learn how to tackle different types of questions and improve preparation for tests and exams.

Join us and unlock your full potential!

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

DATE: Saturday, January 10, 2026

TIME: 9:00 AM – 1:00 PM

FEE: \$45 per student



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WINTER 2026 DROP IN SCHEDULE

Runs Jan. 12 - Apr. 3

	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	Open Drop-In Need a place for support? Come on in!			Tech for Seniors Need help with a device? We're here to support you! Mindful Munchkins Caregiver and Child 0-5 years Lets Talk about feelings!	
Evening 5:30 pm - 7:00 pm				Family, Food, Fun! @Access Fort Garry 135 Plaza Dr	

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