



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



Spring 2024 - Parenting Programs

Register at www.swfic.org or [204-284-9311](tel:204-284-9311)



TRIPLE P SELECT (ON ZOOM)

FOR PARENTS 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: Mondays, April 29, May 6, & May 13, 2024 (3 sessions)

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

FEE: \$35 per person | \$55 per couple

PARENTING STRATEGIES & ADHD (ON ZOOM)

FOR PARENTS/CAREGIVERS OF CHILDREN AGES 5 TO 12 WITH CONCERNS OF 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 May 2 - May 30 (5 sessions)

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

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

FIRST AID/CPR: LEVEL C FOR ADULTS (IN PERSON)

FOR ADULTS AGES 18 AND UP

This a certified course that meets provincial requirements for jobs needing an Emergency First Aid with CPR/AED level C course. This course covers CPR/AED, choking rescue, breathing and circulatory emergencies, and wound care.

DATE: Saturday, June 1, 2024

TIME: 9:00 AM - 4:00 PM

FEE: \$95 per individual

GENTLE PARENTING (ON ZOOM)

FOR PARENTS/CAREGIVERS OF CHILDREN AGES 0 TO 10



This three-week, six-hour 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, June 3, June 10, & June 17 (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: Saturday, June 1, 2024

FEE: \$95 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, April 20, @ 800 Point Rd | **TIME:** 9:00 AM - 12:00 PM





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DADS MATTER (ON ZOOM)

FOR DADS



This online group is for Dads/Male caregivers. Over the 4 weeks we will be discussing how we adapt to change and the importance of fathers, Ages and stages, child development, different ways to play with your growing child, challenges, strategies and resources, and coming together to talk about all that dads do.

DATES: Wednesdays, May 8 - May 29, 2024 (4 sessions)

TIME: 6:00 - 8:00 PM (on ZOOM)

FEE: Free!

NOBODY'S PERFECT (IN PERSON) @ ACCESS FORT GARRY

SUPPORT FOR PARENTS/CAREGIVERS OF CHILDREN AGES 0 TO 5



Nobody is born knowing how to be a parent. All parents need information and support. Being part of a supportive group can help parents to recognize their strengths and understand their needs. This 5 week group will bring parents together to share and discuss development, challenges, and how we can best meet our children's needs.

**Each participant will receive a set of 5 books. Snacks will be provided.*

**Childminding available (limited spaces)*

DATES: Tuesdays, May 7 - June 4, 2024 (5 sessions)

TIME/LOCATION: 1:00 - 3:00 PM. Located 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.*



UNDERSTANDING YOUR CHILD'S TEMPERAMENT

Wednesday, May 1, 2024

Time: 1:00 pm - 3:00 pm



THE IMPACT OF SCREENS ON TODDLERS AND PRESCHOOLERS

Wednesday, May 22, 2024

Time: 1:00 pm - 3:00 pm



TRANSITIONS AND SEPARATION ANXIETY

Wednesday, May 8, 2024

Time: 1:00 pm - 3:00 pm



BEDTIME ROUTINES

Wednesday, May 29, 2024

Time: 1:00 pm - 3:00 pm



THE STRESS OF BEING A PARENT

Wednesday, May 15, 2024

Time: 1:00 pm - 3:00 pm



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!

DATE: Wednesdays, April 10, May 1, & June 12, 2024 @ 800 Point Rd (Lower Level)

TIME: 6:00 PM - 8:00 PM

To RSVP, visit www.swfic.org



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Spring 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, April 27, 2024
- Saturday, May 25, 2024
- Saturday, June 15, 2024

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

FEE: \$45 per student

READY, SET, SOLO! - IN PERSON / ON ZOOM

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):

- Tuesday, April 23, 2024 (on ZOOM) from 5:30 - 8:30 PM
- Saturday, May 11, 2024 (in PERSON) from 1:00 - 4:00 PM

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

STUDY SKILLS (GRADES 9 - 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, May 4, 2024

TIME: 1:00 PM - 4:00 PM

FEE: \$45 per student

FIRST AID/CPR: LEVEL B FOR BABYSITTERS - IN PERSON

FOR STUDENTS AGES 12 TO 17

This is a certified course designed for babysitters, and students. 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, June 8, 2024

TIME: 9:00 AM - 4:00 PM

FEE: \$75 per student



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Spring 2024 - Free Drop In Programs

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SPRING 2024 DROP IN SCHEDULE

Runs April 8 - June 20

	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