

Positive Discipline

A parenting program for
moms and dads
who have children from 0 to 18

Program Information:

- You will learn a positive approach for developing warmth and structure in parenting your children, from birth to age 18.
- This program is supported by the Family Resource Program and Save the Children.
- You will receive a Certificate of Completion at the end of the program.

A safe place to meet other parents with children of the same ages to share interests and concerns

Celebrating
45 years
1973 - 2018

Nobody's Perfect

A parenting program for
moms and dads
who have children ages 0 to 5

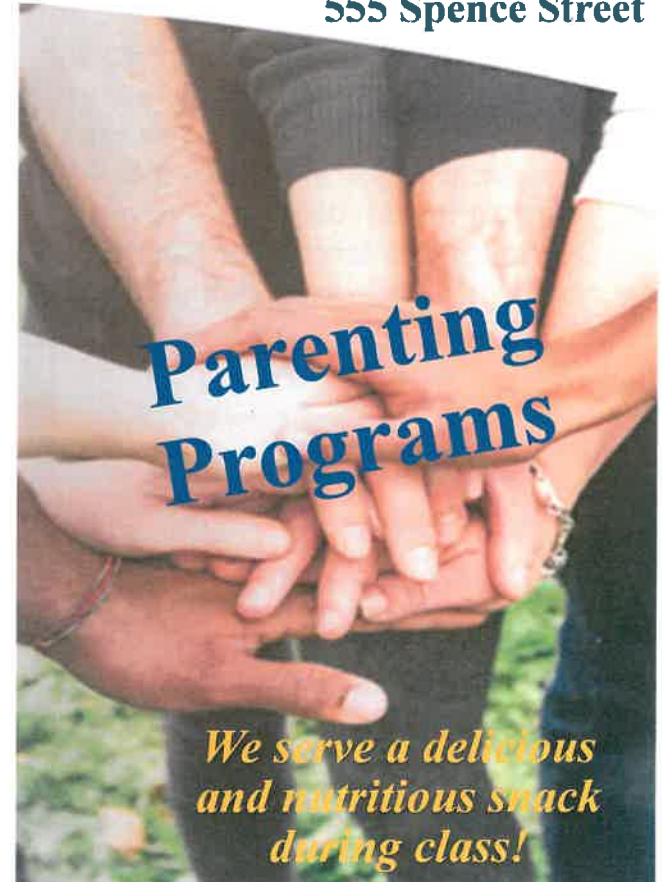
Program Information:

- Learn about your child's health, safety and behavior
- Build on your parenting skills
- Recognize your own strengths and find positive ways to raise happy healthy children!

A safe place to meet other parents with children of the same ages to share interests and concerns



Thrive
Community Support Circle
Resource Centre
555 Spence Street



Register for Programs 204-775-9934
If you need child care
Please call 204-779-5093

Handle with Care

A parenting program to promote the mental health and well-being

in young children

How long: 4 weeks

Program Information:

* How we feel, think, and

behave

* How we cope with ups

and downs in everyday

life

* How we feel about our-

selves and our life

* How we see ourselves and

our future

* How stress affects us

* How we manage negative

occurrences in our life

* Our self-esteem or confi-

dence

A safe place to meet other parents with children of the same ages to share interests and concerns

Pre natal

For Moms and Dads who are expecting!

How long: 8 weeks

Discussion Topics:

* How baby grows inside of you.

* Changes in your body and how to

cope.

* Foods to eat to help baby grow

and develop

* How to handle labor pain

* Breast feeding

* Stages of baby's development

A 'Welcome Baby Bag' will be

giving out at the end of 8 weeks.



Parent-Tot

A program for moms, dads, caregivers to attend with their children from ages 1 to 5

Program Information:

* Learn about the importance of physi-

cal literacy.

* Learn about different ways you can

incorporate physical literacy into

your family activities.

* Opportunity to meet other parents

and caregivers in your community.

Baby & Me

For moms and dads

to attend with their babies

How long: 8 weeks

Discussion topics:

* Attachment

* Nutrition

* Breast feeding

* Infant massage

* Infant brain development