

Parenting Programs

Triple P Positive Parenting Program



As we all know, kids don't come with an instruction manual so chances are, if you're a parent or carer, you've come to here for help with a specific problem, like tantrums or sleeping, bullying or teenage withdrawal.

Or maybe you've heard of Triple P and want to know a bit more about it - who they are, what they do and how we can help you.

Perhaps you don't have a specific problem but just want some easy to understand information and tips on parenting in general and what to expect at your child's stage of development.

Nobody's Perfect



A parenting education and support program for parents of children from birth to age five, designed to meet the needs of parents who are young, single, socially or geographically isolated or who have low income or limited formal education.

Community Resource Centre 17-31 First St. S. (Hew Building) Beausejour, Manitoba

Our facility includes:

- Lending library
- Coffee support drop-in
- Counselling supports
- Community network meetings
- Space available for family meetings and parent-child playroom.

For more information,
contact us at:

Box 1698,
Beausejour, Manitoba, R0E 0C0
Phone: (204) 268-2506
Cell: (204) 268-5922
Fax: (204) 268-9490
Web: www.network4change.ca



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Community Parent/Child Programs

Laugh 'n Learn

Fall Session begins Monday September 22, 2008.
Join us for a morning of FREE family fun, enjoying and exploring the adventures that books bring to us.

Monday Mornings 10 am - 11:30 am
(Drop In) at the N4C Community Resource Centre

Bookmates

Bookmates inspires families to grow together through the joy of learning together. Bookmates is focused on the development, training and delivery of family learning programs to communities to enhance the learning of both children and adults. Bookmates offers a number of family literacy and learning programs which are ideal for use in schools, family resource centres and other organizations that care about families.

Time to Play

For Special Needs Children aged 3-11 years and their families. A play group designed for families with children of special needs.

Comfort, Play & Teach

Program of 6 one-hour sessions (one/week) of parent and child activities based on the Comfort, Play and Teach™ framework developed by Invest in Kids. The program provides parents with an opportunity to learn about and support their child's development. In a group setting, parents discover ways to comfort, play with and teach their toddler through participating in engaging, fun and interactive activities with their children. This program is designed for parents and their children of 18-36 months of age.



Preschool Play Pals

Join us Tuesday mornings for some FREE family fun. This is a drop-in play group open to all parents and other careproviders of children. Each week is a different themed event with activities, crafts, music and a snack. No registration is required. Program is free though a suggested donation of \$2 per family/session is appreciated to help offset the costs of supplies and space.

Tuesday Mornings 9:45am-11:30am
(Drop In) at the SunGro Centre (SICU Room)

Helping Out Parents Early (HOPE) Outreach

- Staffed by a full-time Family Outreach Worker
- Welcome Baby visits
- Support and advocacy for families with children aged between 0-11
- Parent-child play, activities, literacy and child development groups
- Parenting skill enhancement workshops
- Home visitation and support
- Transportation to appointments

Mothers and Daughters in Touch

Created by Youville and approved by Healthy Child Manitoba, this is some dedicated time just for Moms with their girls. The program is offered in two levels: 9-11 year old daughters and 12-14 year old daughters. The program runs for 8 weeks with a focus on communication, self awareness, healthy self esteem, and most of all FUN! We run two rounds of program per year (fall and spring), accepting a maximum of 8 mother/daughter pairs in each age group. Registration is FREE, but space is limited.

Strong Active Girls Encouraged (SAGE)

Positive peer mentorship group for twelve junior girls (grades 4 - 6) and twelve senior girls (ages 15 -19). Ten weekly group sessions focusing on the "Whole You"; family and friends, creativity, spirit and body. The program is FREE, though registration is required.

Breakfast 4 Learning

Partnership with Beausejour Early Years School (BEYS), providing a universal offering of a nutritious breakfast/ morning snack to elementary students of BEYS.