

## 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](http://www.network4change.ca)



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## 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.



## 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.



## 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



## Making Connections

Exclusive to students directly referred by Sunrise School Division.  
Alternative academic/life skills programming using close community-school-home partnership.

This program provides an individualized alternative setting for academic accomplishment. Students of the Making Connections Program (referred solely by the Sunrise School Division Principal of Student Support Services) benefit from a small facility setting with a staff to student ratio no greater than 1-2.

Making Connections participants are able to work on the academic credits as well as establish a stronger base of life/independent living skills and pre-employment skill development.

Each participant has a complete plan of care developed focusing on short and long term goals with strategies implemented to achieve them.



## 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.