

Parenting Program

Women's Resource Centre @ 681.3105

Geared to any age group

No fee

Based on the program "How to talk so kids will listen and listen so kids will talk" by Adele Saber & Elaine Mazlish.

Positive Parenting Program (Triple P)

Primary Health Care Centre @ 687.1350

Call for appointment

Infant to 12 years of age

Triple P is a positive parenting program whose aim is to increase parental knowledge and confidence in raising children. Triple P connects families with practitioners in the community who can provide a range of supports and advice on parenting. This may be about a single behavioural matter or about a wider range of concerns. Triple P is designed to provide varying levels of support to families who have different needs. The program's focus is on helping parents make a big difference through small changes in how they connect with their children.



Single Parent Support Group

Women's Resource Centre

@ 681.3105

September-June

Any age group

No fee

This program is for single mother's only and services the Flin Flon, Creighton area. Topics include self care, time management, building child's self-esteem, parenting tips, etc.

Women's Resource Centre

@ 681.3105

Various groups run throughout the year. Topics include parenting, self-esteem, healthy relationships, anger management, grief support, self-care, abusive relationships, cycle of violence, power and control, addictions, self-defense and safety planning.

*For program information updates please contact
ff_familyresources@hotmail.com*

Resources for Families with Young Children



*The Flin Flon
Parent/Child Working Group*

flinflonfamilyresources.ca

October 2010

EARLY LEARNING PROGRAMS

Aboriginal Head Start

Center Director @ 687.1311
Monday through Thursday, School year
9:00am - 11:30am for 3 years
1:00pm - 3:30pm for 4 & 5 years
3 to 5 years old
2 groups of 16 children
No fee



This program is for aboriginal children and it focuses on culture and language. Parents are welcome to attend. Offered in the lower level of the Flin Flon Friendship Centre.

Flin Flon Guidance Nursery

@ 687.5117
8:30am - 12:00pm
12:45pm - 4:15pm
2 to 6 years of age (Have to be potty trained)
Max of 20 children per session
\$9.40/session, Subsidies available
Guidance Nursery is licensed. A child can only attend a half day session. Parents are asked to donate food items. Snacks are provided. Program encourages readiness for school.

Flin Flon Kiddie Korner Daycare Inc.

@ 687.6207
7:00am - 6:00pm
2 to 6 years of age
\$18.80/day or \$9.40/half day
The daycare is licensed. Full-time, part-time, and flexible care is offered. There are 33 spaces available. Parents are to provide indoor shoes, change of clothes and lunch. Snacks will be provided.

Kindervention

Flin Flon School Division @ 681.3415
2 sessions per month, 2 hours per session
January to end of May
4 to 5 years of age
10 students per class
Helps children be more at ease once they enter the Flin Flon school system. There is a focus on socialization skills and developmental activities that parents can work on with their children at home.

Kids First North

@ 688.6620
Birth to 5 years of age
No fee

Kids First North is a volunteer program that helps families to become the best parents they can be and to have the healthiest children possible. The Program enhances knowledge, provides support and builds on family strengths. Serves Creighton and Denare Beach (non reserve).

Nobody's Perfect Parenting Class

Northern Pregnancy Care Centre @ 687.3381
6 week session
Birth to 5 years of age
No fee

This program is directed toward younger parents. There are activities to realize strengths and skills, how to build on those and provides problem solving techniques. It is also an opportunity to share with other parents. Childcare is provided and transportation is available if needed.

Parent/Child Room

Ruth Betts Community School @ 687.7538
8:30am - 4:00pm

The Community School Initiative was designed to support schools serving in low socio-economic neighbourhoods and helps to deliver the supports that meet the diverse needs of children, families, and the community. Research has shown that when caregivers and schools work as a team, students have a high rate of success in many different areas. The Parent/Child Room is open to the students, families, and community on a regular basis during the week. Coffee and a snack are always available. The Parent/Child Room offers many learning activities, toys, TV/DVD, kitchen, reading area, and visiting at no charge. Workshops, classes, and activities are offered throughout the year at various dates.



health, marital support and other topics as requested by the members of MOPS. Please come and join us!

PARENT SUPPORT PROGRAMS

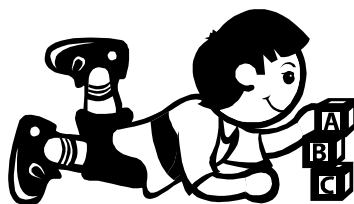
Families First

Primary Health Care Centre @ 687.1350

Birth to 5 years of age

No fee

Families First is a home visiting program that delivers a parenting curriculum called Growing Great Kids. It is designed for families with children prenatal through five years and is delivered provincially through the Regional Health Authorities. A visit with the public health nurse is the first step in accessing the program. During the visit the family and nurse explore what community resources would be the best fit for the family. If Families First seems to be the best option, a home visitor then meets with the family and a visiting schedule is planned. Home visits can occur for as long as the family finds them helpful with the upper time limit being three years. The visits usually begin on a weekly basis and are about an hour long.



InSight Mentor Program

Primary Health Care Center @ 687-1366

Prenatal (or up to 8 months after giving birth)

The InSight mentor program is a support program for pregnant women or new mothers who have used or are using substances (drugs/alcohol or both) during pregnancy. Each woman is given a mentor who works one on one to help her set and achieve her goals- whatever they may be. Examples of some goals our clients have set include housing, transportation, prenatal care, parenting support, harm reduction services, drug or alcohol treatment, birth control and connections to community services. our goal is to mentor, empower and support the women we work with.

Licensed Family Child Care

For home listings please visit www.manitoba.ca/childcare or call 687.1700 for more information.

Pre-Kindergarten

Creighton Community School @ 688.5138

School year, 4 days per week

3 to 4 years old

30 children

No fee

This is an early childhood education program for children entering the school system at Creighton Community School. Parents are encouraged to participate.

Read to Me

Lori Suss @ 687.7920

Community Adult Learning Centre @ 687.3223

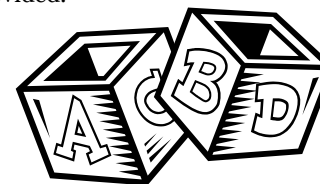
Tuesday & Thursday mornings for an 8 week session

2 to 5 years of age

10 families per session

No fee

Activities include circle time, crafts, & free play time. There is a lending library. Parent or caregiver must accompany child. Younger siblings are welcome. After circle time the parents participate in a separate session while children have free play time with the child care workers. Free transportation can be provided.



Smiling Hearts Daycare

@ 688.5437

7:30am - 6:00pm

Infants (6 weeks) to 12 years of age

Rates vary according to age of child

This daycare is licensed. Full-time, part-time, and flexible care is offered. There are 48 spaces available. Parents are to provide a change of clothes, indoor shoes, diapers, wipes, and anything an infant may need. Snacks and lunch are provided. A worker will walk school aged children to and from Creighton Community School.

HEALTH PROGRAMS

Best Beginnings: Baby and Me

Carol Hydamaka @ 687.6183

Karen Pretzer @ 362.2229



Call for appointment or referral
Group or individual sessions
Home or office visits
Relaxed environment in which to ask questions about having a healthy baby. Information is provided about healthy eating during pregnancy and prenatal health. Further topics include fetal development, breastfeeding information and support, labour and delivery, newborn care, infant nutrition, maternal health, infant development, and parenting tips. Milk coupons and vitamins can be provided.

Child Health Clinics

Primary Health Care Centre @ 687.1350

Call for appointment

Tuesdays

Birth to 5 years of age

Immunizations, weigh and measure, child development assessments.

Children's Special Services

Family Services & Housing @ 687.1733

www.gov.mb.ca/fs/ & click on "Children and Families"

Children's Special Services assists families who have children with developmental or physical disabilities with some of the out of the ordinary demands they may have. We believe parents and family members are the most important people in a child's life and know the needs of their family and child with disabilities the best.

Fetal Alcohol Spectrum Disorder Diagnosis

Norman Regional FASD Diagnostic Coordinator

@ (204) 623.9649

Ask questions about diagnosis and follow up for children 18 and under who were prenatally exposed to alcohol.

Speech and Language Therapy

Primary Health Care Centre @ 687.1350

By appointment or referral

Birth to 5 years of age

Referrals can be made by parents, day-cares, clinics, etc. 1) Speech Language Pathologist can do assessments, treatment, or screenings. Services offered in Flin Flon, Cranberry Portage, and The Pas. 2) Assist those not yet talking, difficulty with speech sounds, stuttering, or any other concerns. 3) Early Childhood Educator or parent presentations offered on request.

Weigh and Measure Clinics

Primary Health Care Centre @ 687.1350

Drop-in, Wednesdays, 1:30 - 3:30pm

Birth to 6 years of age

Child is weighed, measured and compared to developmental norms. A comfortable environment for parents to ask health care professionals questions about their child's development.

PARENT & CHILD PROGRAMS

Flin Flon Playgroup

Flin Flon Parks & Recreation @ 681.7542

Wednesday, 9:00am - 11:30am, Sept-May

Birth to 6 years of age

\$2 per family per session

It is a drop-in program (not a drop-off program) which is held at FF Community Hall. This is an opportunity for children, parents, caregivers, and babysitters to socialize and have fun. Parents expected to monitor their children.

Mothers of Preschoolers (MOPS)

Deb Lussier @ 687-7705

School year, MOPS meetings twice a month

Playgroup runs twice a month

Thursdays 9:30-11:15 am

Birth to 5 years of age

\$23.85 (USD) for International Membership

MOPS is an international organization that is designed to help moms support moms. During MOPS meetings, childcare is provided as the mothers are given a chance to take part in open and lead discussion, have refreshments and participate in activities. The activity is often a craft while other times an expert will present topics concerning parenting, women's

