

## EARLY LEARNING PROGRAMS

### *Aboriginal Head Start*

Center Director @ 204.687.1311

Monday through Thursday, School year

3 to 5 years old

2 groups of 16 children

This program is for aboriginal children and it focuses on culture and language. Parents are welcome to attend.



### *Cranberry Portage Child/Family Resource Center*

Debbie @ 204.472.3671

The Child/Family Resource Center provides support and services to families, through programs, activities and advocacy. A wide variety of programs are offered including playgroup and book buddies.

### *Flin Flon Guidance Nursery*

Center Director @ 204.687.5117

2 to 6 years of age (Have to be potty trained)

Max 30 children per session

\$5.00/session

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.*

Center Director @ 204.687.6207

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 @ 204.681.3415

2 sessions per month, 2 hours per session

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.

### *Mothers of Preschoolers (MOPS)*

First Baptist Church @ 204.687.4123

School year

Birth to 5 years of age

\$10 for Membership

MOPS is an international organization that is designed to help moms support moms.

### *Parent/Child Room*

Ruth Betts Community School @ 204.687.7538

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. The Parent/Child Room is open to the students, families, and community on a regular basis during the week.

### *Parenting Program*

Women's Resource Centre @ 204.681.3105

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 @ 204.687.1350

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. The program's focus is on helping parents make a big difference through small changes in how they connect with their children.

### *Women's Resource Centre*

Center Director @ 204.681.3105

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

# *Flin Flon Family Resources*



**Sponsored by  
The Flin Flon Parent/Child  
Working Group**

[www.flinflonfamilyresources.ca](http://www.flinflonfamilyresources.ca)

**November 2013**

### *Licensed Family Child Care*

For home listings please visit  
www.manitoba.ca/childcare or call 204.687.1700 for  
more information.

### *Pre-Kindergarten*

Creighton Community School  
@ 306.688.5138  
School year, 4 days per week  
3 to 4 years old  
30 children

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*

Heather Jobes @ 306.688.5818  
Community Adult Learning Centre  
@ 204.687.3223  
2 to 5 years of age  
10 families per session

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.

### *Smiling Hearts Daycare*

Center Director @ 306.688.5437  
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.

\*All programs are **FREE** unless otherwise noted.

*If you need further information,  
please contact us at  
ff\_familyresources@hotmail.com.*

## **HEALTH PROGRAMS**

### *Best Beginnings: Baby and Me*

Flin Flon Office @ 204.687.6183  
Creighton/Denare Beach Office @ 306.362.2229  
Call for appointment, referral, group and/or individual  
sessions.  
Home or office visits, Mom's Afternoon Out Group  
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.

### *Child Health Clinics*

Primary Health Care Centre  
@ 204.687.1350  
Birth to 5 years of age  
Immunizations, weigh and measure, child  
development assessments.

### *Children's Special Services*

Family Services & Housing  
@ 204.687.1733  
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.

### *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.

### *Weigh and Measure Clinics*

Primary Health Care Centre @ 204.687.1350  
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 SUPPORT PROGRAMS**

### *Families First*

Primary Health Care Centre @ 204.687.1350  
Birth to 5 years of age  
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. 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 @ 204.681.3135  
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.

### *Kids First North*

Director @ 306.688.6620  
Birth to 5 years of age  
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.

