

2020 Winter News

Estevan Family Resource Centre Inc.

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Confidential line 306.634.7234

Karolina Tamulaitiene, BSc. Holistic Nutrition – Program Facilitator

About Us

The Estevan Family Resource Centre is a prevention model of service delivery. We offer a comprehensive range of programs aimed at enhancing child and family wellbeing by reducing family isolation, supporting healthy child development and providing information to support positive parenting. We act as a visible, inclusive and welcoming access point for ALL families in the community and surrounding area.

We provide services in four core areas: Parenting Education; Early Learning; Family Wellness and Support and Information and Referrals

Drop-In and play area

Infant Massage – Danielle Garagan, MTAS, SpMT, Pre/post Natal and Infant Massage, Labour & Delivery support Specialist will be teaching this class.

Massage helps create quality time where you can learn to better understand your baby's cues which enhances trust and bonding. Learn techniques that can ease tension, improve digestion, provide bonding and so much more.

Registration required
February 19th at 1:45 pm



Upcoming Events

February 8
Family Dance

March 25
Intermittent Fasting Workshop

February 6
Valentine Card Making

Important Information

The Estevan Family Centre offers free programs, however, we do ask that you fill out a Membership form.

The Centre is a NUT-Safe zone. We ask that any food be eaten in the area set aside for snacks.

Supervision of your children is YOUR Responsibility. Please supervise your children while you are here playing.

If your child has taken out lots of toys we ask that you help them put them away after they are done playing.



GymBabies & Wiggles n Giggles –0-12 month olds

We are combining these classes this guide but if class size is too large, we will break out into two groups.

Classes for Moms/Dads and their baby who is 0-12 months. Interactive play activities to support development and attachment.

Wednesdays @ 1:30 pm

February 12-March 18th Registration required.



Rhyme Time – class is for 1-3 yr olds. Interactive Literacy program filled with songs and finger plays followed by a story book bag.

Tuesdays February 11th – March 10th @ 10:00 am.

Registration required



Counseling & Support – Alana Clow

The Estevan Family Resource Centre has a Counsellor on staff who offers support services and assistance to children, youth, adults, seniors; no individual or situation is turned away. If you or a family member is experiencing stress, involved in a situation you're not sure how to handle and think you may need support this may be the best place for you. All services are at no cost.

Alana Clow, BSc Psychology, CFLC, CBT Cert.

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Scribbles 'n Scraps – 2-4yr olds

A multitude of art supplies awaits your little artists and creative creatures! This is a hands on make what you want how you want. It's important to let children explore and create things that make sense to them.

Fridays 9:30-11:00am Come and Go.

No Registration Required

Upcoming Events & Special Days

Fearless Living Group

February 25 Evening & Daytime groups

Family Dance

Saturday February 8th

Baby Play Group

Starts Wednesday February 12

IMPACT FAIR

March 17th

The Estevan Family Resource Centre Inc. can operate through the following Major funders:

Community Initiatives Funds
Estevan United Way
Anonymous Foundation
City of Estevan

Other grants and donations fundraiser



Fearless Living 6 Week Group

Tuesday February 25th – March 31st

Group 1 - 1:30-3:00pm

Group 2 – 6:30 – 8:00pm

Alana Clow is a Certified Fearless Living Coach has her BSc. Psychology and certified CBT. Alana has extensive counselling experience and continuing education in many areas of mental health and wellbeing. She will be offering two 6-week Fearless Living Group Sessions.

Learn to master FEAR! Whether that's a fear of rejection or loss; fear of failure or success; fear of abandonment or pain, Rhonda Britton, Fearless Living creator has developed a method for anyone, anywhere to master the invisible, insidious fear we all have of 'not being good enough.'

...If You Don't Feel 100% Thrilled with The Life You're Living.....Give Yourself Permission to join this 8 week program. Want to learn to be more optimistic, confident, understanding and self-aware...and, more importantly, to be more you, the real, authentic, powerful FEARLESS you. Finally Break Free from the Invisible Pattern That Keeps Holding You Back.

For more information on Rhonda Britton and the Fearless Living Program

www.fearlessliving.org

Registration Required

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Cookie Camp

It's the school break and this is for kids in GRADES 1-4. We will be teaching the art of cookie decorating. All registrants will be decorating 4 cookies each.

If there is enough interest, we will split the group and increase the Grade level.

Thursday February 20th 1:00-3:00pm

Registration is required



Upcoming Events

February 19

Infant Massage

Epicurious Kids

February 10 - March 16

Scribbles n scraps

Fridays starting February 7th

Important Information

Did you know that we are NOT Government funded?

We rely solely on grants, fundraisers and volunteer support to keep the classes running and the doors open.

Volunteers can help in many way
Running Programs
Opening for Drop In Play Area
Cleaning and Sorting Toys
Fundraising





A Little Love this Month

February 6th – Valentine Card Making for the kids. This is a make and Take Craft time for everyone.

10:00 am-11:00 am

February 14th – Come enjoy some cookie decorating and Valentine card making.

10 am-11am

Nutrition Talks with Karolina

Karolina Tamulaitiene, Bsc. Holistic Nutrition will be offering informal nutrition talks. These presentations will be focusing on healthy eating and young children. We will be experimenting using a Zoom Room for this. A Zoom Room is an online format where you will be sent a link to log in and the presentation is done in real time and all people who sign in can participate. Put the kids down for an afternoon nap and log in. Its FREE and accessible right from home.

Monday March 23 & 30 (Zoom Room opens at 1:30 pm, you will receive directions and link)

Registration is required

Epicurious Kids

Hands on interactive cooking class for 4 year olds. We will learn the basics of hand washing, stirring, pouring, measuring, spreading and maybe even a few eggs to crack!

Space is limited for this class so register early! Parents must stay in the building during class. Due to the nature of the class depending on what we are making you may be asked to join us to help your child.

February 10- March 16th

Mondays 10:00 am *Registration Required*



United Way
Member Agency

Intermittent Fasting Workshop

When you see the word “fasting” do you automatically think about starving yourself by removing food from your life for a few days? Intermittent fasting is not just about food. What is it that you need to take a break from? Intermittent fasting is the willing abstinence or reduction of something in your life.

This evening workshop will be addressing not only intermittent fasting related to food but also a digital fast. In todays fast paced world we are often grabbing that quick snack or meal and our body pays the price. When it comes to social media, we tend to be connected 24 hrs. a day and our mental health is often affected.

Learn how to Intermittently Fast successfully: Healthy body & mind.

March 25th at 6:00 pm

Registration is required



