

2019 Winter News

Estevan Family Resource Centre Inc.

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Colleen Macmillan – Executive Director, Volunteer & Support Services

Deanna Brown, BSW, RSW – Counseling & Support Services

Confidential line 306.634.7234

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, Pre/post Natal and Infant Massage, Labour & Delivery support Specialist will be teaching this class.

This class will be held in two sessions allowing you to learn the techniques and then come back for a follow-up class to ask questions and get a refresher. There is also a class being held for Dad's in between these two classes.

Registration required
February 20th at 1:30 pm



Upcoming Events

February 21

Minimize Chaos Workshop

March 21

Art Journal Workshop for Adults

March 6

Pete the Cat Story Series

Important Information

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

The Centre is a NUT-Free 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

January 30th – February 27th 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 26th – March 26th @ 10:00 am.

Registration required



Pete the Cat Story Time – 2-4yr olds

Enjoy the adventures of Pete the Cat while learning early literacy skills with your child. Children will have a story in one of the Adventures of Pete the Cat followed by a craft related to the story.

Wednesdays @ 10 am

March 6th – 27th

Registration required

Counseling & Support – Deanna Brown

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.

Deanna Brown, BSW, RSW

Confidential Line 306-634-7234



Upcoming Events & Special Days

Savour the Southeast
Saturday May 4th

Counseling & Support
Confidential line (306) 634.7234

Baby Play Group
Wednesday January 30

Valentine's Day
Thursday February 14th

The Estevan Family Resource Centre Inc. is able to operate through the following Major funders:

Community Initiatives Funds
Estevan United Way
Anonymous Foundation

Other grants and donations fundraiser



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.

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

Feb. 5th and 19th

No Registration Required

Minimize Chaos – De-Clutter and get organized

Thursday February 21st 10:00-11:00am

Minimize –“making room for life’s important things – which actually aren’t things.”

Decluttering means making decisions about what is most important to you, and letting the rest go, in order to have more freedom to live the life you want.

Left with family treasures of your children, and inheritance from elderly relatives, how do you decide what to get rid of, and what to keep, so your possessions don’t hold you in the past? Spend an afternoon learning how to “de-own” items, how to sort through the mounds of “stuff” and move forward to a more organized life and house.

Registration is required

Managing the Household Finances – Developing a Family Budget

Having a hard time making ends meet? Wonder where all your money goes? A Budget acts as a “Road Map” that can reveal waste, align your priorities, provides structure, predicts cash flow and can significantly reduce financial stress.

Participants will learn to analyze their past spending, understand their baseline funds, see financial waste, develop their own budget and learn how to allocate resources for your financial future.

Individual sessions are available upon request

Deanna 306.634.7234

Valentine Day

February 14th – Valentine Card Making for the kids and Valentine snacks 9-11:30 am



Upcoming Events

February 20

Infant Massage

Savour the Southeast

www.savoursoutheast.com

Pete the Cat Series

Starts March 6th

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



Saturday May 4th



The Savour the Southeast Committee is dedicated to providing funding for the Estevan Family Resource Centre Inc.

This year's event is already well into the planning for another successful event. If you would like to help out on a committee level please contact Brittany Zahn at 306.421.7443

Right now the best way to help is work a shift at the event.

You can sign up online through the website

www.savoursoutheast.com

Art Journaling for Adults – Express to De-stress

Art journaling does not have to be expensive or complicated. It's one of the most forgiving ways to make art because in an art journal, everything you make is safely contained within your own personal book. You may choose to never share any of your pages with anyone so it's a space where you can let loose and explore with colors, shapes, lines, and your words all at once. You may choose to leave your journals more free-form and expressive, or you may want to have more of a "finished" art product on each page. Join us for a class in Art Journaling.

Thursday March 21st @ 10:00 am

All materials will be provided

Registration I required.

