

City of Winkler Parent Child Resource & Activity Guide

American Sign Language

Society for Manitobans with Disabilities and the Garden Valley School Division partnered to provide American Sign Language instruction to a group of parents.



Thank You

Building Solutions in Parenting Adolescents.

This 6 week parenting program is offered by Child and Family Services.

For more information contact Lee McLeod at 331-5049 or Audrey Armstrong at 331-5047.

Changing the way you feel by changing the way you think.

Addictions Foundation of Manitoba (AFM) - offers assessment and treatment. Contact numbers include: in Morden 822 1296, in Altona 324 8349, in Winnipeg 944 6200

Anxiety Disorders Association of Manitoba (ADAM)

In Central Region (which includes Winkler, Morden, Carman, Portage la Prairie, etc.) the outreach worker is Connie Eagle at 204 325 1385

ADAM offers 12 week courses for Panic Disorder and Social Anxiety Disorder

Manitoba Schizophrenic Society (MSS)

MSS offers information and peer support groups and is not limited to those with schizophrenia. In Central Region you can call Shelley on her cell at 362 3027
There is a support group with Shelley each 2nd and 4th Thursday in the Gym at EMHC.

Mood Disorders Association of Manitoba (MDAM).

MDAM offers support groups for people with depression (e.g. major depression, postpartum depression, etc.)

In Central Region (which includes Winkler, Morden, Carman, Portage la Prairie, etc.) the outreach worker is Tami Giesbrecht who can be reached at 204 325 8206

MDAM offers a 10 week course for depression and coping skills.

Also an 8 week course for women that have or have had a difficult relationship with their mothers.

Genesis House

Stay tuned for our next advertised parenting group.

Growing with Dad

Expectant father's and father's with infants up to 12 months of age. The group runs in Morden but is open to participants travelling from Winkler. Transportation may be available. For more information call Dave at 822-8085 or Laura at 822-7321.



Growing with Mom

expectant mother's and mother's with infants up to 12 months of age.

Mornings out for Moms



Currently full but will accept new registrations in January 2007.

Childcare is provided for preschoolers.

For more information contact the Mennonite Brethren Church at 325-8322.

Pembina Valley Crisis Centre

A privately funded agency whose services include group and individual parenting sessions.

PVLEA, Family Book Partners

For more information please contact Lori Sawatzky at 325-7718

South Central Cancer Resource

Offers a support group for children living with a parent or sibling diagnosed with cancer. The location of the group will depend on referrals.

For more information and an outline of the sessions please contact Patti or Jo-Anne at 160 Stephen St. Morden, MB, R6M 1T3; Tel: 822-9541, or toll free at 1-866-287-4730. Email:

sccr@mts.net; Website: www.sccr.mb.ca

"Walk 'n Play"

Mom & Children's morning out - (Low German)
Held Thursday mornings @ Covenant Mennonite Church.
For more information call Joyce @ 325-4068.

Winkler Library

offers the following programs:

Spring Library Time - April 5 - May 10

Wednesdays at 10:00 - 10:45 am.

The cost is \$4.00 for ages 3 ½ - 5.



Book Sale - May 11, 12, and 13 at the Morden Recreation Centre.

Summer Reading Club Theme: Quest for Heroes.

Registration begins June 27, 2006.

Fall Story Time - October 4 to November 8, 2006.

Registration from September 19 to 30.

Cost is \$4.00 for ages 3 ½ to 5.

Winkler Recreation Centre

Program and Events

All programs are subject to change in dates, times and locations. Programs may be cancelled where minimum registration is not met. To pre-register for programs, please call 325-8333 ext. 27

Kids Programs:

Active Kids Games Club

Looking for something fun to do after school? Try out Active Kids Games Club! Get a chance to play active games that will get your hearts pumping, plus you will receive a nutritious after-school snack! The instructor for this program will be Candice from CORE Fitness.

Dates: Tuesdays from February 28 - May 9, 2006

Time: 4:00 - 5:00 p.m.

Ages: Grades 2 - 5

Location: Winkler Arena Hall

Cost: \$30/participant (or \$50 for two participants in the same family)



Youth Programs:

Red Cross Babysitting Class

Instructor Tina Wolf from Winkler Fire Dept.

Dates: TBA

Ages: 11 years old and up

Cost: \$30/participant

Phone Winkler Parks & Recreation at 325-8333 to put your name on the course waiting list.

Families

Winkler's 1st Ever Half-Marathon

Pembina Valley Pregnancy Crisis Center is hosting Winkler's first ever Half Marathon (13.1 mile run)

Date: June 3, 2006

Time: Registration begins at 7:00 a.m., Race begins at 8 a.m.

Location: Winkler Recreation Complex, 600 Park Street



Women's Evenings for Moms

for more information contact Carol at 325-4652.

If you are aware of a parent-child family resource program or activity open to residents of Winkler, which does not appear above, please contact Jessica Askin, at jaskin@gvsd.mb.ca or Ang Braun at sscfv@mts.net