



2012 WINTER PROGRAM SCHEDULE

LOWER LEVEL, 800 POINT ROAD

Phone: 284-9311

www.swfic.org

Fax: 284-9315

BASICS FOR BABYSITTERS

This 6.5 hour workshop is designed to provide students in Grades 6 (and up) with the skills required to become certified babysitters. Students must be 12 years of age within two months of the workshop. Nut free, bagged lunch required.

Dates: Saturdays, January 28th, February 11th, February 25th, March 3rd, March 17th
or Thursday, March 29th (Spring Break) (choose one day only please)

Time: 9:00 a.m. - 3:30 p.m.

Fee: \$30.00 per student

READY, SET, SOLO!

(for children 11 years and up)

A three-hour workshop for parent and child, which outlines steps to ensure kids know how to be safe on their own. The goal is to provide children with the confidence and skills needed to manage short periods of time home alone.

Dates: Wednesday, January 25th 6:00 p.m. - 9:00 p.m.

Sunday, February 12th 6:00 p.m. - 9:00 p.m.

Sunday, March 4th 1:00 p.m. - 4:00 p.m.

Fee: \$35.00 per family

STUDENT STUDY SKILLS

This 2.5 hour workshop, for students, will provide them with tips and tools to be more prepared for tests and school work. They will learn organizational skills and identify their preferred learning style (visual, auditory, tactile).

Dates: Wednesday, February 8th 6:00 p.m. - 8:30 p.m. (Grades 5 - 7)

Monday, February 27th 6:00 p.m. - 8:30 p.m. (Grades 8 & up)

Fee: \$25.00 per student

TRIPLE P - POSITIVE PARENTING PROGRAM

(Ages 5-10)

A series of three seminars to provide you with additional confidence and competence as a parent.

Date: Mondays, January 30th, February 6th and February 13th

Time: 7:00 p.m. - 9:00 p.m.

Fee: \$35.00 per person or \$45.00 per couple

A.R.C. - ACCOUNTABILITY, RESPONSIBILITY AND CONSEQUENCES

(Ages 6 - 10)

A.R.C. is designed to teach parents the benefits that children receive when they understand the consequences of their choices. This program will illustrate a step-by-step approach to achieve family success by teaching a unique and powerful discipline system based on the principle of personal accountability.

Date: Wednesdays, February 15th, 22nd and March 7th **no class on Feb 29th**

Time: 7:00 p.m. - 9:00 p.m.

Fee: \$45.00 per person or \$60.00 per couple (includes the cost of supplies)

PARENTING COACH

This one-on-one service, will provide you with an opportunity to discuss challenges you are experiencing as a parent with our parenting coach, Lori Chrol. Appointments are required.

For details on fees or to book an appointment please contact us at 284-9311.

FOR DETAILED INFORMATION REGARDING OUR PROGRAMMING

PLEASE VISIT OUR WEBSITE AT WWW.SWFIC.ORG

REGISTRATION FORM

The following 5 workshops are on Thursday evenings from 7:00 pm to 9:00 pm. Fee: \$ 15.00 each
Please register for each one separately.

BUILDING SELF ESTEEM

Having positive feelings about themselves is extremely important to the success and happiness of children and teens, as well as being an important factor in good decision making. This workshop will assist parents to promote and develop their child's self esteem.

Date: Thursdays, February 23rd

BULLYING

Many children encounter bullying behaviour during their childhood in one of three scenarios: as the bully, as the bullied or as the bystander. This workshop will build awareness about the impact of bullying behaviour in all three scenarios and help parents provide support and encouragement to their child who may be experiencing one of these scenarios.

Date: Thursday, March 1st

BUILDING EMPATHY IN YOUR CHILD

Research strongly suggests that a lack of empathy in children can contribute to a bullying personality. This workshop will look at the positive attributes of the empathic child and how parents can encourage empathy in their child.

Date: Thursday, March 8th

COMMUNICATION

Ineffective communication can break down the relationship between a parent and child creating a lose/lose environment where no one is happy. This workshop will focus on the parental role in fostering a respectful approach to more effective communication skills.

Date: Thursday, March 15th

DISCIPLINE

Discipline is the one area of parenting that seems to take the most time, attention and energy for parents. This workshop will look at some of the reasons behind your child's misbehaviour, as well as focusing on respectful and positive approaches to dealing with that behaviour.

Date: Thursday, March 22nd

THE CLOTHES CLOSET SPRING SALE

April 28th, 2012
9:00 a.m. - 11:30 a.m.

Participant's name: _____

Parent/Guardian (where applicable): _____

Address: _____

City/town: _____ Postal Code: _____

Home #: _____ Work #: _____

Cell # _____ Fax #: _____

E-mail: (please print clearly): _____

Program: _____

Program date(s): _____

Birth date: (required for youth programs only): _____

Fee enclosed: \$ _____

Please enclose a cheque or money order, payable to "SWFIC", with your registration form. If you wish to register using VISA, MASTERCARD, AMEX or DISCOVER please complete the following:

CARD #: _____

Expiry Date: _____

Cardholder Name: _____

Signature: _____

TO REGISTER:

MAIL: SWFIC, Lower Level 800 Point Road
Winnipeg, MB R3T 3L8

FAX: 284-9315 OR

PHONE: 284-9311

A confirmation will be sent to you either by e-mail or mail (if you have not provided us with an e-mail address). If you do not receive your confirmation prior to the workshop start date, please contact our office.

I would like to receive updated programming information