

Winnipeg-based Parenting Programs

Agency/Program	Programming Offered	Certificate of completion available?
ANCR All Nations Family Resource Centre 1008 Wall St. 204-944-4268 www.asfc.mb.ca	→ Parenting classes → Nobody's Perfect → Triple P	Yes
Andrews Street Family Centre 220 Andrews St. 204-589-1721 (Jennifer) www.asfc.mb.ca	→ Nobody's Perfect	Yes
Better Fathering Sessions are held at: Kateri Parish 794 Ellice Ave. (side entrance on Home Street) 204-782-7987 www.betterfathersinc.com	→ Better Fathering: A Fathering Issues Series for Men (3 times per year: Sept-Dec, Jan-Apr, May-June)	Yes
Better Fathering Program, Aboriginal Health and Wellness Centre 181 Higgins Avenue (John) 204-925-7501	→ Weekly group → 8 to 10 weeks long	Yes
Family Dynamics (formerly the Family Centre of Winnipeg) 401-393 Portage Avenue (Portage Place) 204-947-1401 www.familydynamics.ca	→ Better Fathering → Anger and Assertiveness Group for Women → Parent Coach Program → Family Preservation Group programs run for 8 weeks Orientation/Intake interview required	Yes
Healthy Baby/Families Connecting Various locations throughout Winnipeg/Manitoba www.gov.mb.ca/healthychild/healthybaby/list.html	→ Prenatal, and mom and baby program	No
Healthy Start for Mom and Me Nine different neighbourhoods in Winnipeg 204-949-5350 www.hsम्म.ca	→ Pregnancy, and mom and baby drop-in program	No

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<p>Immigrant Centre 100 Adelaide Street 204-943-9158 In addition the programming can be available via the Neighbourhood Settlement Program at the various sites. http://icmanitoba.com</p>	<p>→ Positive Discipline → Nobody's Perfect → Newcomer Family Support Program → Wiggle Giggle and Munch Programs usually run from 6-8 weeks in duration.</p>	<p>Yes</p>
<p>Immigrant Women's Association of Manitoba 301-960 Portage Ave. 204-414-9452</p>	<p>→ Ongoing program → Cross-cultural focus to help immigrant parents adjust to Canadian parenting styles → One-on-one or small group sessions</p>	<p>Yes</p>
<p>IRCOM Inc. (Immigrant and Refugee Community Organization of Manitoba) 95 Ellen St. 204-943-8765 www.ircom.ca</p>	<p>→ Nobody's Perfect → Wiggle Giggle and Munch</p>	<p>Yes</p>
<p>Ma Mawi Wi Chi Itata McGregor Neighbourhood Site 363 McGregor St. 204-925-0340</p> <p>Anderson Neighbourhood Site 318 Anderson Ave. 204-925-0349</p> <p>Spence Community Care Site 443 Spence St. 204-925-0348 www.mamawi.com</p>	<p>→ Nobody's Perfect (6 weeks long) (program runs at alternating sites)</p>	<p>Yes</p>
<p>Mosaic (Newcomer Family Resource Network) 397 Carlton St. 204-774-7311 www.mosaicnet.ca</p>	<p>→ Positive Discipline → Wiggle, Giggle and Munch → Bounce Back and Thrive → Handle with Care → Nobody's Perfect</p>	<p>Yes</p>

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<p>Neah Kee Papa (Manitoba Metis Federation) 150 Henry Ave. 204-586-8474 ext 371 (Andrew Bird, co-ordinator) www.mmf.mb.ca</p>	<p>→ 6 sessions/2 hours each</p>	<p>Yes</p>
<p>New Directions Parenting Centre 321 McDermot Ave. 204-956-6560 www.newdirections.mb.ca</p>	<p>→ Triple P (in addition to the regular course they have 2 others specifically on attachment and traditional Aboriginal parenting) → Circle of Security (regarding attachment between baby and parent) → Having a Good Visit (program to help parents restructure and strengthen the family during visits with their children while they are in care) → Family Therapy → Children's Therapy</p>	<p>No</p>
<p>North End Women's Centre 394 Selkirk Ave. 204-589-7347 www.newcentre.org</p>	<p>→ 3 classes per year (8-10 weeks long), Tuesdays 1:30-3:30 → Create a healthy relationship with your children → Identify your personal strengths as a parent → Learn how to deal with difficult behaviour → Learn to set healthy boundaries with your child → Healthy snack, bus tickets, and childminding provided</p>	<p>Yes</p>
<p>North Point Douglas Women's Centre 221 Austin St. N 204-947-0321 www.northpointdouglaswomenscentre.org</p>	<p>→ Nobody's Perfect → Run twice a year Oct-Nov, Feb-Mar 6 weeks → Also have free diapers, formula, baby food → Free counselling 3 afternoons/week</p>	<p>Yes</p>
<p>NorWest Co-op Community Health (includes Immigrant Women's Counselling Services) Various sites 204-938-5900 www.norwesthealth.ca</p>	<p>→ Anger Management → Positive Discipline → Triple P (available at various sites)</p>	<p>Yes (for all programs listed)</p>

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<p>Family Community Centre 555 Spence St. 204-775-9934</p> <p>Associated with: Pregnancy and Family Support Services Unit 4 - 505 Sargent Ave. 204-772-9091</p> <p>(Parenting programs run at 555 Spence location)</p> <p>www.pfsswinnipeg.com</p>	<ul style="list-style-type: none"> → Positive Discipline (for parents of children 0-18 yrs) – 8 weeks → Nobody's Perfect → Wiggle Giggle and Munch → Baby and Me → Prenatal classes → Triple P → Programs run fall/ winter/spring 	<p>Yes</p>
<p>Pluri-elles (Manitoba) 570 Des Meurons Rue 204-233-1735 www.pluri-elles.mb.ca</p>	<ul style="list-style-type: none"> → Communiquer avec son enfant (Communicating with my Child) → Discipline positive (Positive Discipline) → Les drogues et mon adolescent (My Adolescent and Drugs) → Écoute active (Active Listening) → Explorer notre rôle de parent – attachement et autres (Exploring our Parental Role – Attachment and Others) → Premier bébé, nouvelle maman (First Baby, New Mom) → Lutte de pouvoir (Power Struggles) → Processus de deuil chez l'enfant (Grieving Process for Children) → Résolution de conflits (Conflict Resolution) → Sécurité chez mon enfant (My Child's Safety) → Sexualité chez mon enfant (My Child's Sexuality) → Trouble d'attention – hyperactivité (Attention Disorders – Hyperactivity) → Chansons, contes et comptines (Songs, Stories, and Tales) → Communication mère fille (Mother Daughter Communication) → Communication mère fils (Mother Son Communication) → Communication père fille (Father Daughter Communication) → Communication père fils (Father Son Communication) → Groupe pour parents d'adolescent (Group for Parents of Adolescents) 	<p>Yes</p>

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Pluri-elles (continued)	→ J'apprends en famille (Learning in Family) → Parler pour que les enfants écoutent, écouter pour que les parents parlent (How to Talk so Kids Will Listen, And Listen so Kids Will Talk) → Triple P → Y'a personne de parfait (Nobody's Perfect) → Grandir avec son enfant (Growing with your Child)	
Snowbird Lodge – Sherbrook	→ Classes run every four months (8-9 weeks long)	Yes
South Winnipeg Family Information Centre 800 Point Rd. 204-284-9311 www.swfic.org	→ Triple P → Effective Discipline → One-on-one Parent Educator (fee-based programs)	No
Triple P (The Positive Parenting Program), Healthy Child Manitoba Triple P Phone Line 204-945-4777 1-877-945-477 (toll free) manitoba.ca/triplep	→ Triple P Multiple sites offer Triple P programming for information or questions contact the phone line for registration information.	All sites provide certificates
West Central Women's Resource Centre 640 Ellice Ave. 204-774-8975 http://wrcw.ca	→ Parent Mentor Program, including: <ul style="list-style-type: none"> ▪ Our Mothers Support Group (10 week closed group, runs 3 times per year) ▪ One-on-one support 	No
Wolseley Family Place 691 Wolseley Ave. 204-788-8052 www.wolseleyfamilyplace.com	→ Triple P → Parents Exploring Anger → Nobody's Perfect → How to Talk so Kids will Listen → Setting Healthy Limits	Yes (for all of the programs listed)
Youville 6-845 Dakota St. 204-255-4840 www.youville.ca	→ Drop-in Mom and Me group	No

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