



FAMILY PROGRAM

January - March

Family Programs at Westman Immigrant Services seeks to provide support to newcomer families to make their settlement and adaptation to their new country a positive experience.

Our programs and services include:

- *Parent-child programs
- *Parent programs
- *Family literacy programs
- *Cooking & nutrition class
- *Women Wellness programs (WOW series)
- *Skill Development

● **Wellness of Women - January 17 to February 21**

(6 sessions) Every Wednesday 6:00-8:00 PM

For newcomer women. Promotes physical and mental health through participation in physical activities and information sessions.

● **Handle with Care - January 26 to March 16**

(8 sessions) Every Friday 1:00 - 3:00PM

For parents and caregivers of children from birth to 6 years. Build a strong relationship with your child, develop your child's self-esteem, learn the importance of self-care to support social and emotional well-being.

● **Sewing Class - January 26 to March 2**

(6 sessions) Every Friday 10:00-12:00AM

Sewing class for beginners. Learn the basics of sewing. Make your own tote bag and other special projects.

● **Positive Discipline - February 28 to May 2**

(10 sessions) Every Wednesday 1:00 - 3:00PM

Support for parents and caregivers of children from birth to 18 years. Promotes positive discipline, respect, communication, and strengthening of problem solving skills.

Canada



City of
BRANDON



United Way
Brandon & District

For more information contact:

Ana or Jemie

Family Program Facilitators

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- *Pre-registration is required*
- *Language support is available*
- *Transportation available to those who qualify*
- *Child care provided to children 19 months and up*
- *Westman immigrant services' programs and services are for permanent residents*