

2017 Winter News

Estevan Family Resource Centre Inc.

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Colleen Macmillan – Executive Director, Volunteer & Support Services

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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 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

Session #1 Monday February 13th @ 2pm

Follow-up Monday February 27th @ 2 pm.



Upcoming Events

February 1

Minimize Chaos Workshop

February 26

Infant Massage for the DAD's

March 7

Managing Household Finances

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.



Infant Massage for DAD's – Danielle Garagan, MTAS, Infant Massage Specialist.

This class is specifically for Dad's. Moms are welcome to come to the Centre with the other kids and sit and have a coffee while all the Dad's learn massage techniques for their babies in another room with their own peer group.

Sunday February 26th at 2:00pm
Registration Required

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
February 8th – March 15th 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 January 24th – February 21st @ 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.

Thursdays @ 10 am
March 1st – 23rd
Registration required

Counseling & Support – Deanna Brown

The Estevan Family Resource Centre has a Counsellor on staff whom 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

Valentines Day
Tuesday February 14th

Bump Baby Family Expo
Saturday May 13th

Infant Massage for DAD's
Sunday February 26th

Family Day
Monday February 20th

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



This Isn't You Mama's Pressure Cooker – It's an Instant Pot

Tuesday March 7th @ 7 pm

Evening session for anyone interested in learning a few things about pressure cooking in an electric pressure cooker. Did you know you can cook a roast in 20 minutes? Make yogurt? Use it for soup and just about anything else saving a lot of time BUT did you also know that 95% of the nutrient value in food is kept when things are cooked in pressure cooker?

Registration Required, no cost

Minimize Chaos – De-Clutter and get Organized

Wednesday February 1st 1:00-3:00pm

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.

Managing the Household Finances – Developing a Family Budget

Tuesday March 7th 1:00-3:00pm

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.

Registration is required and space is limited.

Valentine Day

February 13th – Valentine Card Making for the kids will be set up both morning afternoon.

February 14th – join us for some Valentine treats 9-11:30 am



Upcoming Events

February 13

Infant Massage – session #1

February 27

Infant Massage session #2

February 26

Infant Massage for DAD's

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

