



South Winnipeg Family Information Centre

Strengthening and Supporting Families

All In Person Programs are held at 800 Point Road unless stated otherwise

Fall 2025 – Youth Programs

Register at www.swfic.org or 204-284-9311

BABYSITTER TRAINING (IN PERSON)

FOR STUDENTS AGES 12 AND UP

This 6.5 hour class is packed full of interesting, interactive activities to teach students how to care for babies and children safely and responsibly. Topics include: accident prevention, fire safety, emergencies, kids at different ages, and employer/employee responsibilities.

**In Manitoba, children must not be left home alone until they are 12 years of age.*

DATES (select ONE session only):

- Saturday, Sept. 27, 2025
- Friday, Oct. 24, 2025
- Saturday, Nov. 8, 2025
- Friday, Nov. 28, 2025
- Saturday, Dec. 6, 2025
- Tuesday, Dec. 30, 2025

TIME: All sessions will be from 9:00 AM – 3:30 PM

FEE: \$45 per student

READY, SET, SOLO! (IN PERSON)

FOR STUDENTS AGES 11 AND UP, ALONG WITH A PARENT OR GUARDIAN

Led by a skilled facilitator, together, you and your child are guided in creating a plan for them to stay at home alone safely and confidently. Topics include: safety at home, family rules, basic first aid, emergencies, strangers, safety in the community and online safety.

**In Manitoba, children must not be left home alone until they are 12 years of age*

DATES/TIMES (select ONE session only):

- Sunday, Oct. 19, 2025 from 1:00 PM – 4:00 PM
- Saturday, Nov. 29, 2025 from 9:00 AM – 12:00 PM

FEE: \$45 per family (one child + parent / guardian)



DRESS FOR SUCCESS CLOTHING SALE FUNDRAISER

FOR WOMEN AND NON-BINARY INDIVIDUALS

A large selection of gently used women's clothing to choose from. Most articles of clothing are \$5.00 each, and if you buy 4 you get 1 FREE! All proceeds go towards Dress for Success Winnipeg.

DATE: FRIDAY, Oct. 3, @ 800 Point Rd | **TIME:** 2:00 PM – 7:00 PM ***NOTE Fall sale is FRIDAY EVENING ONLY***



MENOPAUSE CAFÉ

FOR PEOPLE WANTING TO TALK/LEARN ABOUT MENOPAUSE

The Menopause Cafe is a discussion group, open to all ages and genders: no talks, no experts, aimed at breaking down the stigma around menopause, and increasing awareness of the impact of menopause on those experiencing it – all made that little bit easier with tea, coffee, and snacks!

DATES: Thursday, Oct. 16, 2025

TIME: 6:00 PM – 8:00 PM

LOCATION: 800 Point Rd (Lower Level)

To RSVP, visit www.swfic.org





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Fall 2025 – Free Drop In Programs

Register at www.swfic.org or 204-284-9311

FALL 2025 DROP IN SCHEDULE

Runs Sept. 8 - Dec. 11

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning 9:30 am – 11:30 am	Wiggle, Giggle & Munch Caregiver and Child 1-5 years		Seniors Connecting Join us for conversation and fun!	Stay and Play Caregiver and Child 0-5 years	
Afternoon 1:30 pm – 3:00 pm	Open Drop-In Need a place for support? Come on in!			Tech for Seniors Need help with a device? We're here to support you!	
Evening 5:30 pm – 7:00 pm				Family, Food, Fun! @Access Fort Garry 135 Plaza Dr * STARTS Sept 18	

For more information contact:
activities@swfic.org or visit our website www.swfic.org

South Winnipeg Family Information Centre

800 Point Road, Winnipeg, MB R3T 3L8

Website: www.swfic.org

Phone: 204.284.9311

Email: registrar@swfic.org



ATTENTION: SCHOOL ADMINISTRATION OFFICE

Thank you for helping us connect. Together we can support children and families in our community.

Please share the South Winnipeg Family Information Centre Spring program sheets with all families in your school through your school website, email, or printed copies.

Seasonal Highlights:

For Students

Babysitter Training classes on Saturdays, Oct 24 and Nov 28 Inservice days, in Winter break

Ready Set Solo for a parent and child to create a plan for safety when staying home alone

Study Skills learning styles, study techniques, test anxiety, and organization skills (next class Sat Jan 10, 2026)

FREE Drop In for families

Wiggle Giggle and Munch - parent and child physical activity, snacks, art and fun (Mon am)

Stay and Play - parent and child fun: rhymes, books, snacks, art and free play (Thurs am)

Family Food Fun - light meal and fun activities for families (Thurs evenings at Access FG)

For Seniors – Seniors Drop in (Wed am) and Tech for Seniors (Thurs afternoons)

Dress for Success Winnipeg

Refer women who are in need of employment clothing for a job interview or starting a new job.

Contact Eston or Sayo at 204-306-8704 or visit the website <https://www.dfswinnipeg.org/>

Don't Miss!

Menopause Café Raising awareness! Open to everyone, any gender, any age! FREE

Fall Women's Clothing Sale and Fundraiser to support Dress for Success Winnipeg

A large selection of gently used women's clothing (most items \$5 each buy 4 get 1 free!)

FRIDAY, Oct. 3, 2:00 PM - 7:00 PM *NOTE Fall sale is FRIDAY EVENING ONLY*

Did you know *Babysitter Training* and *Ready Set Solo* workshops can be offered at your school?

Contact Deidra by email at coordinator@swfic.org for information.

If you have any questions, please contact our office at 204-284-9311 or registrar@swfic.org .

Thank you,

Tricia Robinson

Executive Director,

South Winnipeg Family Information Centre