



Promoting Mental Health in Young Children

The **Handle With Care** program aims to increase the mental health of young children, birth to six years, by introducing their parents and caregivers to a variety of engaging activities and strategies that promote children's positive social and emotional development, secure attachment and healthy self-esteem.

Handle with Care is offered in the following Central Region programs:

Altona and Area Family Resource Group – Nina Edbom-Kehler, Coordinator. Box 473 Altona, MB R0G 1K0 Telephone 204-324-2352. Email nedbom-keehler@southernhealth.ca

Carman Family Resource Centre – Michelle Bergsma Box 124 Carman, MB R0G 0J0 Telephone 204-745-5571 Email carfrc@mymts.net

Lorne Family Resource Connections – Janet Desrochers Telephone 204-825-7266 Email janetdesrochers4@gmail.com

Macdonald Healthy Child Inc. – Shauna Hewitt Box 211 Sanford, MB R0G 2J0 Telephone 204-736-3465 Email shaunahewitt@mts.net
Red River Valley Parent Child Centre

Manitou Parent Child Resource Centre – Jennifer Long Box 692 Manitou, MB R0G 1G0 Telephone 204-242-2652 Email mprc@mts.net

Morden Parent & Child Resource Centre – Janine North 200-30 Stephen Street Morden, MB R6M 2G3 Telephone 204-822-1231 Email mordenpcrc@westernsd.mb.ca

Red River Valley Parent Child Centre Inc. – Cheryl Crick Box 1005 Morris, MB R0G 1K0 Telephone 204-712-6162 Email cherylcrick@mymts.net

Tupper Street Family Resource Centre Inc. – Cathy Vanstone 234 Princess Avenue Portage la Prairie, MB R1N 0R1 Telephone 204-239-3997 Email cathy@tsfrc.com

Winkler Family Resource Centre - Cathy Savage P.O. Box 997 Winkler, MB R6W 4B1 Telephone 204-332-9418 Email winklerfrc@gmail.com