



ST. JAMES-ASSINIBOIA
Parent Child
Coalition

Bringing families and the community
together to help our children
reach their full potential



Spring
2015

FAMILY FOCUS

Rhythm, Rhyme and Family Time

Join us for an evening of musical fun and
movement. Create your own instruments
then join the band as we move
and groove with Ms. Sonja!

Thursday
April 16th

Time: 5:45 - 6:00 p.m. (Sign-In)
6:00 - 7:00 p.m. (Program)

Location: Messiah Lutheran Church
400 Rouge Road

Pre-registration required, please leave
name, phone number and ages of children.

Online: www.sjapcc.ca
Email: familyresource@sjsd.net
Phone: 204-998-8400

Together in the Community



Generations at Play

Build a Birdhouse

Wednesday May 20th
9:30 - 11:00 a.m.

Deer Lodge Parent Child Drop In
323 Bruce Avenue

The St. James-Assiniboia Parent Child Coalition and the St. James Assiniboia 55+ Centre

are joining together to promote
and encourage activities
amongst the generations.
This is an exciting new initiative bringing
together people of diverse
age groups to play, share and learn
from each other.

A variety of activities have been planned for all to enjoy.

Please join us for our inaugural event
as the St. James Assiniboia 55+ Centre share
their expertise and skills in woodworking.
Families will be provided with materials to build
and creatively decorate their own birdhouse.

We encourage young children
to actively participate under adult supervision.



www.sjapcc.ca

INFANTS & TODDLERS



Things your baby wants you to know:

(Attachment Network of Manitoba)



1. **Delight in me** – Sharing joy helps my brain to grow.
2. **I need to be held** – Holding me gives me pleasure, comfort and security.
3. **Gaze into my eyes** – Lots of eye contact will help me feel reassured and connected to you.
4. **Follow my need** – Knowing I can rely on you helps me to feel secure as I grow up.
5. **You can't spoil me, I'm a baby!** – When I'm really little, I only ask for what I need.
6. **Stay with me when I'm unsettled** – This will teach me I am not alone.
7. **Talk out loud to me about feelings** – When I hear you talk about feelings (yours and mine), I will start to understand feelings.
8. **Perfection is impossible, aim for "good enough" in parenting** – Parenting takes practice.
9. **Be bigger, stronger, wiser and kind** – The heart of secure attachment is when I know I have a parent who can be counted on to lovingly provide tenderness, comfort, guidance and protection everyday.
10. **Take good care of yourself** – Getting rest, eating well and finding support will help our family be the best we can be.

For more information on attachment visit: www.attachmentnetwork.ca



Visit our Parent Child Drop In Centres!

Families of children birth – 6 years of age are invited to play with us. We offer creative activities, nutritious snacks and circle time with songs, rhymes and story. Drop in and visit and get to know other families in the community. All programs are free and no registration is required.

Monday Mornings

9:30 – 11:00 a.m. Sansome School

Tuesday Evenings

6:00 – 7:30 p.m. Lakewood School

Wednesday Mornings

9:30 – 11:00 a.m. Deer Lodge Community Club

Thursday Mornings

9:30 – 11:00 a.m. Crestview School

Friday Mornings

9:30 – 11:00 a.m. Buchanan School

Great Expectations

An opportunity for moms-to-be and parents of children under one year of age to learn more about various health and nutrition areas for the baby, themselves and the whole family. Children under age one remain with their parent during the session. A qualified childcare provider will care for older children.

Please call one week prior to session if child care is required.
(Prenatal to 12 months)

Thursdays 1:15 p.m. - 3:15 p.m.

Heritage Victoria Community Club
950 Sturgeon Road

Tuesdays 9:30 a.m. - 11:15 a.m.

Sturgeon Heights Community Centre
210 Rita Street

For more information call Traci 204-885-5415

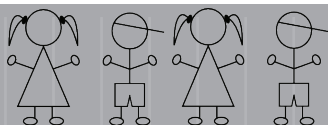
BREASTFEEDING SUPPORT GROUP

A group for anyone breastfeeding and needs support or help. Or just an opportunity to connect with other moms like yourself!

Thursdays
10:00 - 11:30 a.m.

*New day, time
and location*

Sturgeon Heights
Community Centre
210 Rita Street
Call 204-940-2040



THE PRESCHOOLER



Do you have a child entering Kindergarten this fall? If so, Literacy Links is for you!

L i t e r a c y



The program runs from May 19th - August 21st

Call today as spaces fill up quickly!

A literacy facilitator will:

- contact families and arrange to meet them for four visits at mutually acceptable times.
- demonstrate and provide developmentally appropriate and enriching activities that focus on daily reading and writing, environmental print, math activities and rhyming games.
- provide a home package of materials that includes literacy information, books, activities and games.

To register, please email literacylinks@sjsd.net or call 204-885-1334 ext. 2304.



Nursery School

Nursery School offers children (3 & 4 yrs old) an opportunity to learn and practice many important skills. Nursery School children are exposed to a number of activities that help them develop socially, cognitively, physically and emotionally. If your child will be three by the end of December, perhaps you would be interested in enrolling them in one of the following Nursery School programs available in the St. James area.

Note - Nursery Schools usually begin accepting registrations in March for September 2015 enrollment.

Discovery Children's Centre *(Enhanced Nursery School)	889-2689
Westwin Children's Centre *(Enhanced Nursery School)	833-2500 (2491)
Lakewood Children's Centre *(Enhanced Nursery School)	832-5802
Heritage Park Children's Programs Inc.	831-5950
Kirkfield-Westwood Nursery School	889-2392
Sigfusson Nursery School (Athlone School)	885-6476
Sigfusson Nursery School (Bannatyne School)	889-0435
Sigfusson Nursery School (Voyageur School)	832-5786
St. James-Assiniboia Montessori School Inc.	888-5700

For information on licensed family child care homes, centres and nursery schools go to:

www.manitoba.ca/childcare

Rock & Read

Rock & Read is a five-week family literacy program where parents and children will enjoy a variety of songs/rhymes, fingerplays and books together. Children will explore themes in books through art activities and activity centers, as well as make some new friends! Parents will create a special homemade book that their child will cherish as they begin their first school year. Please register for one session only, beginning May 4th, 2015.

To register, email literacylinks@sjsd.net or call 204-885-1334 ext. 2304.



Spring Session:

Monday Mornings
10:00 – 11:30 a.m.
May 25 & June 1, 8, 15, 22
Heritage Victoria
Community Centre
950 Sturgeon Road

Wednesday Afternoons
1:00 – 2:30 p.m.
May 27 & June 3, 10, 17, 24
Messiah Lutheran Church
400 Rouge Road

Thursday Mornings
10:00 – 11:30 a.m.
May 28 & June 4, 11, 18, 25
Deer Lodge
Community Club
323 Bruce Ave. East

Summer Session:

Tuesday Evenings
6:00 – 7:30 p.m.
July 7, 14, 21, 28 & August 4
Bord-Aire
Community Centre
471 Hampton Street

Wednesday Mornings
10:00 – 11:30 a.m.
July 8, 15, 22, 29 & August 5
Heritage Park
Children's Programs
1 Braintree Crescent

Thursday Mornings
10:00 – 11:30 a.m.
July 9, 16, 23, 30 & August 6
Westwood
Community Church
401 Westwood Drive

PARENTING

PARENTING TODAY WORKSHOPS

(Sponsored by the St. James-Assiniboia Parent-Child Coalition)



Workshops held from
6:00 p.m. - 8:00 p.m.
Jameswood School

(1 Braintree Crescent, off Olive & Ness)
Educational Support Services



To register please contact Arlie Williams-Taylor at
204-885-9555 or email ptregistrations@sjsd.net

Free pizza supper will be offered from 6:00 - 6:30 p.m. with the session taking place from 6:30 p.m. - 8:00 p.m.

Tuesday, April 14th, 2015

Assistive Tools for Students with Autism that Foster Engagement

Presented by: Linda Stuart, Educational Assistant
Mia Safiniuk, Student Services Educator, Parent
Kim Campbell, Manager of Community Initiatives

This session will provide useful tools and strategies to engage children/youth on the autism spectrum.

Tuesday, May 12th, 2015

Anxiety ~ Coaching For Confidence

Presented by: Dr. Maria Phelps, Educational Support Services,
St. James-Assiniboia School Division

Shyness and anxiety are normal human emotions. Some children, however, are much more shy or fearful than the average child. For these children, anxiety may interfere with their enjoyment of school, activities with other children, new experiences (swimming lessons, birthday parties, etc.) and their development of independence and confidence. In this session, parents will learn about anxiety in children aged four to seven and gain useful tools to help their children overcome this problem.

Postpartum Warmline

Postpartum Mood Disorders are not character flaws or signs of weakness; they are the most common complications of childbirth. Early recognition and prompt treatment can help you manage your symptoms — and enjoy your baby.

**Postpartum Depression can affect any new mother.
You are not alone.**

For a warm voice to talk to, call:

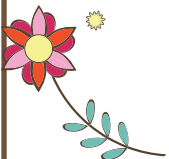
Postpartum Warmline:

204-391-5983

Peer Support Line:

204-786-0987

(Mood Disorders Association of Manitoba)



Back by Popular Demand this summer

Tuesdays at the Park and Throwback Thursdays.

Pick up the Summer 2015 issue for program details and locations.



**TUESDAYS
at the PARK**

**THROWBACK
Thursdays**



FAMILY GYM DROP-IN

Families of preschool children (birth – 6yrs of age) are invited to stay active and enjoy quality fun time together. This free program offers families the opportunity to play and discover fun in the gym. No registration required so drop in and join us!

Tuesdays 9:30 a.m.- 11:00 a.m.

**Westwood Community Church
(401 Westwood Drive)**

*Sponsored by: St. James-Assiniboia Parent Child Coalition
and Westwood Community Church*



Mental Health Mobile Crisis Services

This team of mental health professionals will come out and assist people in the Winnipeg region who are in mental health crisis.

Call 204-940-2782

24 Hours a Day/ 7 Days a Week

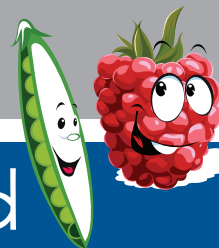
Online ChildCare Registry

The Online Child Care Registry is now available province-wide. The Online Child Care Registry makes it easier for families to find and apply for licensed child care in Manitoba.

**For more information, visit:
onlinechildcareregistry.gov.mb.ca**



HEALTHY LIVING



For the Love of Food and Your Child

Lately you may have heard about the poor nutrition content in many of the store-bought toddler foods. According to the Centre for Disease Control and Prevention, more than seven out of ten packaged meals for young children have too much sodium (salt) and more than a third of the cereal bars and breakfast pastries have too much sugar. Data was collected on many popular name brand foods including macaroni and cheese, rice cakes, crackers, dried fruit snacks and yogurt treats.

The high sugar and salt content is a concern because they can cause health issues such as extra weight and high blood pressure which are related to heart disease and diabetes.

But another major concern is these foods can affect children's taste preferences later in life. A salty sweet diet early in life can program the taste buds to seek out these types of foods later on.

Reading labels is the first line of defense for parents. It is important caregivers of preschoolers and toddlers limit salty snacks and pre-made dinners, sweet treats and sugary drinks. Parents can help their children make good choices and create a respect for food and what goes into their body.

As kids grow older you can also involve them in choosing and preparing delicious and nutritious meals and snacks. Cooking is a lifelong skill they will be able to use forever. Get in the kitchen and have fun trying and learning together! Here's a simple recipe you can try making together.

Check
the Label On
Toddler Foods!

FOODS IN THE CHILDREN'S AISLE ARE NOT ALWAYS THE BEST CHOICE

Hurry-Up-Fill-Me-Up Burritos

Recipe makes 10 burritos. Leftovers can be wrapped in plastic or foil and frozen for later use.

Ingredients

- 1 cup Brown rice, cooked
- 1 can Low sodium canned black beans, rinsed and drained
- 1 cup Frozen corn niblets
- $\frac{3}{4}$ cup Salsa
- 10 10" whole wheat tortillas
- 1 $\frac{1}{4}$ cup Cheddar cheese, shredded

Directions

1. Drain and rinse beans
2. In a bowl, mix rice, beans, corn, salsa and cheese
3. Place some of the mixture on the middle of each tortilla and roll up, tucking in the ends
4. Bake for $\frac{1}{2}$ hour at 350, until heated through.
5. Can be served with shredded lettuce, chopped tomatoes, plain yogurt and chopped avocado.

Written by Cheryl Ogaranko, RD
Access Winnipeg West
St. James Assiniboia and Assiniboine South



Family Chefs is a 5-week cooking program for families with children three to six years of age. Together, adults and children will prepare tasty and nutritious recipes, participate in fun interactive activities, crafts, songs and stories.

These experiences will help set the stage for the development of life-long healthy eating habits and behaviours.

Registration begins Monday March 23rd Phone: 204-998-8400

Mondays

April 13th – May 11th
9:30 – 11:30 a.m.

Bourkevale Community Centre
100 Ferry Road



AROUND THE COMMUNITY



WINNIPEG PUBLIC LIBRARY PROGRAMS

Registration is required for all programs (unless otherwise indicated) and begins on Friday, March 13th



ST. JAMES-ASSINIBOIA LIBRARY 1910 Portage Ave 204-986-3425

WESTWOOD LIBRARY - 66 Allard Ave - 204-986-4747

Baby Rhyme Time

Ages newborn to 24 months & caregiver. Discover the joy of songs, finger plays, simple books and bouncing rhymes.

Tuesdays at 10:30 a.m. Apr 13th - May 26th

Time for Twos

Ages newborn to 24-36 months & caregiver. Explore the world of picture books, rhymes, finger plays and felt stories.

Thursdays at 10:30 a.m. Apr 16th - May 28th

Preschool Story Time

Books, action rhymes, finger plays and felt stories for children ages 3-5 years who are ready to be on their own in a group.

Fridays at 10:30 a.m. Apr 17th - May 29th

Family Story Time

Stories, rhymes and activities are geared toward children ages 3 - 5.

Saturdays at 10:30 a.m. Apr 18th - May 16th
(Drop-in program, no registration required)

Little Metis Sing with Me

Explore Métis culture, history and language with fun activities for both adults and pre-school children.

Wednesdays at 10:15 a.m. Apr 8th - May 13th

The following programs take place from April 14th - May 28th

Time for Twos

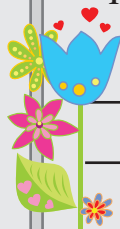
Tuesdays at 10:30 a.m.

Preschool Story Time

Thursdays at 10:30 a.m.

Family Story Time

Thursdays at 6:30 p.m.



Spring Break Special Events

Reading with Raptors

For ages 6 and up. **Saturday March 28th 2:00 - 2:45 p.m.**

Karin Adams: Writing Workshop

For ages 9 - 12 years. Come plot & plan with a story board.

Tuesday March 31st 2:00 - 4:00 p.m.

Leigh-Anne Kehler: Interactive Storytelling Performance

Ages 5 and up. **Thursday April 2nd 2:00-2:45 p.m.**

Squishy Circuits

Can play dough conduct electricity?

Ages 9-12. Saturday April 18th 2:00 - 3:30 p.m.



Qu'est-ce qu'un CPEF?

Un CPEF est un centre où les parents peuvent passer du temps avec leur(s) enfant(s). On peut y trouver plein de ressources et programmes qui répondent aux besoins des enfants francophones âgés de 0 à 6 ans dans toutes les dimensions de leur développement.

Contactez nous pour plus de renseignements au Joanne 204-885-8000 ext. 133, Email: Romeodallaire@cpefmb.org ou visitez notre site web: www.cpefmb.org

CPEF Roméo-Dallaire | www.cpefmb.org
81 Ch. Quail Ridge | Wpg, MB | R3T 5W4 | 831-1060

What's a CPEF? The cpef is a french resource center where parents can spend quality time with their children. The center offers services and programs that promote healthy early childhood development, especially in literacy, nutrition, parenting and community capacity building.

For more information on our programs contact Joanne 204-885-8000 ext. 133, Email: Romeodallaire@cpefmb.org or visit our website: www.cpefmb.org

WESTWIN KIDS CARE Register: 204-833-2500 ext. 2491 (min. 24 hrs in adv.)
630 Wihuri Road

The Military Family Resource Centre offers child care on a casual basis for children 6 mths - 5 yrs of age. If you need some time for yourself to work out/run errands/appointments/take a break - perhaps we can help. This program meets quality standards as licensed by Manitoba Early Learning and Child Care.

Tuesday & Thursday 9:00 a.m. - 4:00 p.m. (hourly) 9:00 a.m. - 12:00 p.m.

Fees: \$5.00/Hour or

Children under 12 years: \$12/3 hrs or \$28/7 hrs (siblings ½ price)

Children over 12 years: \$10/3 hrs or \$24/7 hrs (siblings ½ price)



HERITAGE PARK FAMILY RESOURCE CENTRE 1 Braintree Cres.

Open Monday to Friday offering parent/child programs (prenatal - 5 yrs)

Registration Required Contact Jackie at 204-895-2519 Email: frcjackie@mts.net

MILITARY FAMILY RESOURCE CENTRE:



102 Comet St. / 642 Wihuri Road

For information: 204-833-2500 ext. 2491

www.familyforce.ca

www.facebook.com/WinnipegMFRC

A PARENT COMMUNITY

Fridays 9:30 a.m. - 11:30 a.m. MRFC 102 Comet St.
March 13, 20, 27

Drop in program for informal parenting discussions.
Free child care available for children +18 months.
Younger children remain with their parent.

CREATIVE TOTS

Thursdays, 9:30 - 11:00 a.m. 630 Wihuri Road
March 12, 19, 26

A drop in play group for parents & children,
infant - 5 yrs.

Free Programming

Programs open to the community include Nursery
School, play groups, parenting groups and
casual child care.



CITY OF WINNIPEG FREE PUBLIC Swimming

**ST. JAMES-ASSINIBOIA
CENTENNIAL POOL**
644 PARKDALE ST

FREE FAMILY SWIM:
Wednesdays
2:00 p.m. - 4:30 p.m.


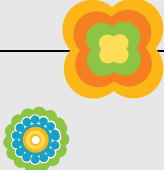
**ST. JAMES-ASSINIBOIA
CIVIC CENTRE**
2055 NESS AVE

FREE FAMILY SWIM:
Fridays
7:30 p.m. - 9:30 p.m.





March 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Sansome 9:30 - 11:00 Family Gym 6:00 - 7:30 PM	3 Family Gym 9:30 - 11:00 Lakewood 6:00 - 7:30	4 Deer Lodge 9:30 - 11:00 Music Ms Sonja	5 Crestview 9:30 - 11:00	6 Buchanan 9:30 - 11:00	7
8	9 Sansome 9:30 - 11:00 Family Gym 6:00 - 7:30 PM	10 Family Gym 9:30 - 11:00 Lakewood 6:00 - 7:30	11 Deer Lodge 9:30 - 11:00	12 Crestview 9:30 - 11:00	13 Buchanan 9:30 - 11:00	14
15	16 Sansome 9:30 - 11:00 Family Gym 6:00 - 7:30 PM	17 Family Gym 9:30 - 11:00 Lakewood 6:00 - 7:30	18 Deer Lodge 9:30 - 11:00	19 Crestview 9:30 - 11:00	20 Buchanan 9:30 - 11:00	21
22	23 Sansome 9:30 - 11:00 Family Gym 6:00 - 7:30 PM	24 Family Gym 9:30 - 11:00 Lakewood 6:00 - 7:30 Music Ms Sonja	25 Deer Lodge 9:30 - 11:00	26 Crestview 9:30 - 11:00	27 Buchanan 9:30 - 11:00	28
29	30	31	Spring Break 			

April 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
		Spring Break 			Good Friday	
5 Easter Sunday	6 Sansome 9:30 - 11:00	7 Family Gym 9:30 - 11:00 Lakewood 6:00 - 7:30	8 Deer Lodge 9:30 - 11:00 Music Ms Sonja	9 Crestview 9:30 - 11:00	10 Buchanan 9:30 - 11:00	11
12	13 Sansome 9:30 - 11:00 Family Chfs 9:30 - 11:30	14 Family Gym 9:30 - 11:00 Lakewood 6:00 - 7:30	15 Deer Lodge 9:30 - 11:00	16 Crestview 9:30 - 11:00 FAMILY NIGHT 6:00-7:00 PM Messiah Lutheran Church 400 Rouge Rd	17 Buchanan 9:30 - 11:00	18
19	20 Sansome 9:30 - 11:00 Family Chfs 9:30 - 11:30	21 Family Gym 9:30 - 11:00 Lakewood 6:00 - 7:30	22 Deer Lodge 9:30 - 11:00	23 Crestview 9:30 - 11:00	24 Buchanan 9:30 - 11:00	25 
26	27 Sansome 9:30 - 11:00 Family Chfs 9:30 - 11:30	28 Family Gym 9:30 - 11:00 Lakewood 6:00 - 7:30 Music Ms Sonja	29 Deer Lodge 9:30 - 11:00	30 Crestview 9:30 - 11:00	Registration Required for Family Chfs (Apr 13 - May 11) and Family Night Apr 16	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Sansome 9:30 - 11:00 Family Chefs 9:30 - 11:30	5 Family Gym 9:30 - 11:00 Lakewood 6:00 - 7:30	6 Deer Lodge 9:30 - 11:00	7 Crestview 9:30 - 11:00	8 Buchanan 9:30 - 11:00	9
10 Mother's Day	11 Sansome 9:30 - 11:00 Family Chefs 9:30 - 11:30	12 Family Gym 9:30 - 11:00 Lakewood 6:00 - 7:30	13 Deer Lodge 9:30 - 11:00 Music Ms Sonja	14 Crestview 9:30 - 11:00	15 Buchanan 9:30 - 11:00	16
17	18 Centre Closed	19 Family Gym 9:30 - 11:00 Lakewood 6:00 - 7:30	20 Deer Lodge 9:30 - 11:00 *Build A Birdhouse Event*	21 Crestview 9:30 - 11:00	22 Buchanan 9:30 - 11:00	23
24 	25 Sansome 9:30 - 11:00	26 Family Gym 9:30 - 11:00 Lakewood 6:00 - 7:30 Music Ms Sonja	27 Deer Lodge 9:30 - 11:00	28 Crestview 9:30 - 11:00	29 Buchanan 9:30 - 11:00	30 
31						

FAMILY FOCUS

Bringing families and the community together...

Visit St.James-Assiniboia
Parent Child Coalition online at
www.sjapcc.ca



Connect with us on Facebook



Follow us on Twitter

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Family Focus Summer Issue will be available June 2015