



ST. JAMES-ASSINIBOIA
Parent Child
Coalition

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

Fall
2015

FAMILY FOCUS

Parent Child Drop - In Centres

(For Families with Children birth – 6 years of age)

Parent Child Drop In Centres offer a warm, friendly and nurturing environment for families with children birth - 6 years of age to come together and play. Each week 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	Tuesday Evenings	Wednesday Mornings	Thursday Mornings	Friday Mornings
9:30 - 11:00 a.m. Sansome School 181 Sansome Ave.	6:00 p.m. - 7:30 p.m. **New Location** Sansome School 181 Sansome Ave.	9:30 - 11:00 a.m. Deer Lodge Community Club 323 Bruce Ave.	9:30 - 11:00 a.m. Crestview School 333 Morgan Crescent	9:30 - 11:00 a.m. Buchanan School 815 Buchanan Blvd.

Family Gym Drop In is a free program that offers families the opportunity to be active and discover fun in the gym! We have ride on toys, balls, bouncer, climber, tunnels, slides, floor hockey and so much more! Children have loads of fun as they gain strength, balance, coordination and confidence. Drop in and join us for this open gym experience!



Monday Evenings 6:00 - 7:30 p.m.
November 23rd - December 7th, 2015
January 11th - March 21st, 2016

Westwood Community Church
401 Westwood Drive

Tuesday Mornings 9:30 - 11:00 a.m.
September 15th - December 8th, 2015
January 5th - May 31st, 2016

Westwood Community Church
401 Westwood Drive



Together in the Community: Generations at Play

This exciting new program includes members of the 55+ Centre and families of the Parent Child Coalition reading, baking and sharing together.

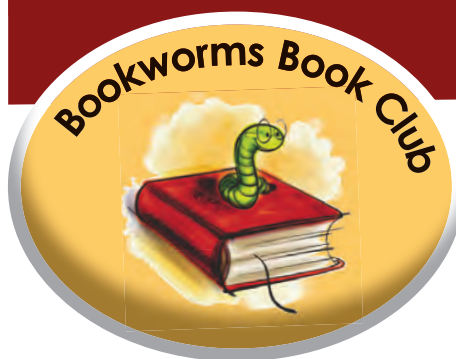
Book: "If You Give a Moose a Muffin"
Date: Wednesday November 4th 9:30 – 11:00 a.m.
Location: Deer Lodge Community Club
Parent Child Drop In (323 Bruce Ave)



"The more that you read, the more things you will know.
The more that you learn, the more places you'll go." Dr. Seuss



FALL PROGRAMS



Bookworms Book Club

This is a free interactive family literacy program to be enjoyed by parents/grandparents and young children aged 2 – 5 yrs. Come out and learn new songs, rhymes and stories. We will make crafts, read books and visit with other families during this 6-week program. **Registration is required.**

Monday Evenings
Sept. 28, Oct. 5, 19, 26, Nov. 2, 9
 6:00 – 7:00 p.m.
 Messiah Lutheran Church
 400 Rouge Rd

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



SHAKE, RATTLE & ROLL

Shake, Rattle & Roll is a physical activity program for Preschool Children and their Parents or Grandparents.

This exciting program promotes:

- A healthy and active way of life
- The importance of physical activity in pre-school play
- Gross motor skills
- Social and emotional development

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



This program is free but does require registration. We will be offering 2 sessions this fall, space is limited so please register for one of the following:

September 25, October 2, 9, 16 (4 weeks)
 Friday Mornings 9:30 – 10:30 a.m.
 Deer Lodge Community Club (323 Bruce Ave.)

October 26, November 2, 9, 16 (4 weeks)
 Monday Evenings 6:00 – 7:00 p.m.
 Westwood Community Church (401 Westwood Drive)



Speech and Language Assessments



Have you ever wondered how much your child should be talking? Review the checklist and if there are any items that your child is not doing yet, we invite you and your child to a free speech and language screening appointment.

Where: Westwood Community Church
 (401 Westwood Drive)

When: Monday Nov. 16th 5:30 – 7:30 p.m. or
 Tuesday Nov. 17th 9:30 – 11:30 a.m.

For an Appointment Call: 204-998-8400
 (Sandra Doell, Family Resource Coordinator,
 St. James-Assiniboia Parent Child Coalition)

Screenings will take approximately 30 minutes and will be completed by a Speech-Language Pathologist from Access Winnipeg West.

Checklist for 3 Year Olds

- ☒ Follows 2 related directions (e.g. "close the book and give it to me").
- ☒ Creates sentences (e.g. using 3 to 5 words).
- ☒ Tells simple stories.
- ☒ Understood by most people outside of the family most of the time.
- ☒ Produces /m,n,p,f,b,d,h,y,k,g/ correctly. /s,r,l/ may be distorted. /v,sh,ch,j and th/ are still inconsistent.
- ☒ Engages in pretend play (e.g. pretending to cook a meal, repair a car, etc.).
- ☒ Reasons-answers "What do you do when you're hungry/cold?"

Checklist for 4 Year Olds

- ☒ Follows directions involving 3 or more steps (e.g. "get some paper, draw a picture and give it to mom").
- ☒ Uses adult-type grammar.
- ☒ Demonstrates increasingly complex imaginative play.
- ☒ Understood by strangers almost all of the time.
- ☒ Speaks sounds accurately except perhaps for /l,r,s,k,th,ch,sh,/.
- ☒ More reasoning – answers questions such as "What do you do when you are sleepy/thirsty?"
- ☒ Describes objects and events.



Mondays
October 19th & 26th
November 2nd, 9th & 16th

9:30 – 11:30 a.m.
 Bourkevale
 Community Centre
 100 Ferry Road

Family Chefs

Family Chefs is a 5-week cooking program for families with children 3 – 5 years of age. Together, adults and children will prepare tasty and nutritious recipes as well as 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 is required.**

Online Registration: www.sjapcc.ca

Email: familyresource@sjsd.net **Phone:** 204-998-8400

Raising a Healthy Eater Workshop Welcome to life with a Toddler!



Is your child becoming a picky eater? Do you find your child's appetite changes from one day to the next? Are mealtimes a struggle?

If so, join us for this informative workshop presented by:
 Public Health Dietitian Martina Gornik-Marion

Who: Parents of Pre-schoolers
 (18 months and up)

When: Monday, September 28th, 2015

Time: 9:15 – 11:15 a.m.

Where: Westwood Community Church
 401 Westwood Drive

Online Registration: www.sjapcc.ca

Email: familyresource@sjsd.net

Phone: 204-998-8400



Promoting Mental Health in Young Children

Handle With Care is a simple and interactive 4- week workshop to help parents and caregivers promote the mental health of young children from birth – 6 years of age.

Topics are presented in 4 Building Blocks:

Week 1 Building Trust and Attachment

Week 2 Building and Enhancing Self-esteem

Week 3 Expressing Emotions

Week 4 Relationships with Others

Who: Parents/Caregivers of Young Children

When: Tuesday Mornings

Time: 9:30 – 11:30 a.m.

Where: Messiah Lutheran Church
 400 Rouge Road

Space is limited and registration is required.

Online Registration: www.sjapcc.ca

Email: familyresource@sjsd.net

Phone: 204-998-8400

Wee Be Jammin - Music with Sonja

Join in the fun as we sing, dance and groove to music!

Sansome School Parent Child Drop In Centre

Mondays from 10:00 – 10:30 a.m.

October 5th & November 23rd

Tuesdays from 7:00 – 7:30 p.m.

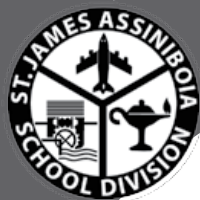
Oct. 6th, Nov. 3rd, Dec. 1st



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

Tuesday October 13th, 2015

Parenting Strategies

Presented By: Dr. Gary Altman MD, FRCPC, Child and Adolescent Psychiatrist, Maria Kerkinos, Behavior Intervention Resource Teacher, St. James Assiniboia School Division

Dr. Altman will be available to answer questions as they relate to understanding and parenting children and adolescents. If parents would like to ask questions anonymously, questions can be forwarded to mkerkinos@sjsd.net and Dr. Altman can answer those questions that evening.

Tuesday October 20th, 2015

Triple P- Seminar 1: 'The Power of Positive Parenting'

Presented By: Kristy Wake, Behavior Intervention Resource Teacher, Educational Support Services, St. James-Assiniboia School Division

This seminar will introduce parents to the 5 core principles of positive parenting:

- ensuring a safe, engaging environment for children
- creating a positive learning environment
- using assertive discipline
- having realistic expectations
- taking care of yourself as a parent



Tuesday October 27th, 2015

Triple P- Seminar 2: 'Raising confident, competent children'

Presented By: Kristy Wake, Behavior Intervention Resource Teacher, Educational Support Services St. James-Assiniboia School Division

This seminar will show parents how they can use positive parenting principles to teach children important values and skills, such as:

- encouraging respect and cooperation
- learning to be independent
- learning how to develop healthy self-esteem
- learning how to become good problem-solvers

Tuesday November 3rd, 2015

Triple P- Seminar 3: 'Raising Resilient Children'

Presented By: Kristy Wake, Behaviour Intervention Resource Teacher, Educational Support Services, St. James-Assiniboia School Division

This seminar will focus on how parents can help children learn how to:

- recognize and accept feelings
- express their feelings appropriately
- build positive feelings
- deal with negative feelings
- deal with upsetting or stressful life events

Tuesday November 24th, 2015

Making Math Meaningful

Facilitated By: Antonia Hasey, Simone Kirwan, Lisa Page and Dayna Quinn-LaFleche: The Numeracy Itinerant Resource Teachers

Come and discover activities, resources, and games designed for you and your child to do together to help instill a love of math and a feeling of "I can do it!"

Manitoba Parent Line

Parents can access the Manitoba Parent Line to receive free, confidential parenting support, tips and strategies by trained counselors Monday to Friday from 8:00 AM – 8:00 p.m.

CALL 204-945-4777

Toll free 1-877-945-4777

Manitoba Parent Zone Website

The Manitoba Parent Zone website provides parents with plainly written, trusted parenting and child development information that they can use to make informed decisions on behalf of their children and families. The website includes links to resources on Manitoba-based public education and public health campaigns. It also includes an Ask an Expert forum that allows parents to submit questions to subject matter experts for response.

www.manitobaparentzone.ca



HEALTHY LIVING

Yes Winnipeg, peanut and nut allergies are serious:

Many children in Winnipeg have a peanut or tree nut allergy (almonds, hazelnuts, pecans, brazil nuts, walnuts, cashews & pine nuts). Peanut and nut allergies can be severe and may be fatal. Even tiny amounts of peanut or nuts in foods, on hands or on table surfaces can cause someone with this allergy to have a strong reaction. Without treatment, this person could die within minutes.



What can I do as a parent?

Save peanut butter sandwiches and Nutella™ for home. Check ingredient lists and packages carefully. Make sure the food you send with your child to school or daycare is not labeled "may contain peanut or tree nuts" or "may contain traces of peanuts or tree nuts". Luckily in Canada, when a product contains or may have come in contact with peanut or tree nut ingredients during processing or packaging, it must have an allergen warning on the label. The warning "May Contain Peanuts" or "Contains Peanut or Tree Nuts" is easy to understand. This helps you choose a safe food to send to school or daycare.

What if my child eats foods that contain(s) peanuts or nuts at breakfast?

The smallest amount of peanuts and nuts can cause a serious reaction. Even being touched by someone who has peanut or nut residue on his hands can endanger an allergic child's life. If your child has foods that contain peanuts or nuts at breakfast, make sure your child washes her hands with warm soapy water. Check to see that the clothes your child is wearing has no peanut or nut residue on it.

For more information on food allergies, visit Health Canada website at www.hc-sc.gc.ca (see food and nutrition and food safety)

Article Written By: Rosemary Szabadka, RD
Public Health Dietitian
St. James Assiniboia, Assiniboine South
& Fort Garry

Corn and Bean Pockets

Ingredients (Makes 1 - 2 servings)

- 1/4 cup canned black beans, drained and rinsed
- 2 Tbsp. grated cheddar cheese
- 1/4 cup canned corn niblets, drained and rinsed
- 2 Tbsp. tomato salsa
- 1 10-inch flour tortilla



Directions

In a small bowl, combine the beans, corn, cheddar and salsa, stirring to combine. Place filling into the center of the tortilla and roll it up, burrito-style. Toast, seam side down, in a non-stick pan over medium heat until golden brown.



AROUND THE COMMUNITY



An Invitation To Children Born in 2011

Jump Start into

KINDERGARTEN

Children born in 2011 are invited to bring their parents for a special evening to learn and play together. Rotate through play-based centers, including blocks, games, songs/rhymes, story & snack, collections and gross motor.

Why To share information and model activities on play-based numeracy

When: October 14th & 21st, 2015 (Please choose one of these dates; this event is offered twice to accommodate all families)

Location: October 14th Assiniboine School 175 Winston Street
October 21st Buchanan School 815 Buchanan Blvd

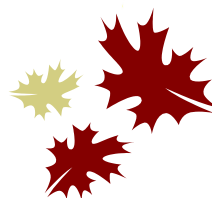
Time: 6:00 – 7:15 p.m.

R.S.V.P: Please register online to attend either session:

<http://mathnight-oct14.eventbrite.ca>

<http://mathnight-oct21.eventbrite.ca>

Or call Sharon Desrosiers at 204-888-7951 ext. 2017



WINNIPEG PUBLIC LIBRARY PROGRAMS

WESTWOOD LIBRARY

66 Allard Ave - 204-986-4747

ST. JAMES ASSINIBOIA LIBRARY

1910 Portage Ave 204-986-3425

For program information and events
Website: www.winnipeg.ca/library

St. James Assiniboia 55+ Centre



3 - 203 Duffield Street
Winnipeg, MB R3J 0H6
Phone: 204-987-8850

Email: info@stjamescentre.com
Website: www.stjamescentre.com

St. James Assiniboia 55+ Centre is an independently operated non-profit charitable organization with a mission to encourage Seniors to improve their quality of life by providing educational, recreational, health and social opportunities.

GREAT EXPECTATIONS

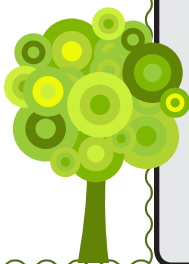
An opportunity for moms-to-be and parents of children under one year of age to learn more about various health and nutrition areas for the baby, themselves and the whole family. Children under age one remain with their parent during the session. A qualified childcare provider will care for older children.

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

Tuesdays
9:30 a.m. - 11:15 a.m.
Sturgeon Heights
Community Centre
210 Rita Street

Thursdays
1:15 p.m. - 3:15 p.m.
Heritage Victoria
Community Club
950 Sturgeon Road

For more information call
Traci 204-885-5415



BREASTFEEDING SUPPORT GROUP

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

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

Sturgeon Heights
Community Centre
210 Rita St.
Call 204-940-2040

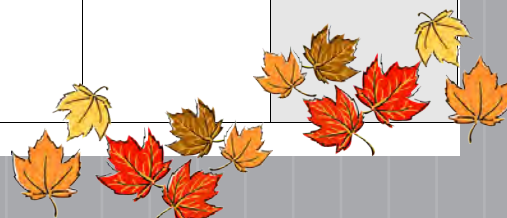


September 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7 Labor Day	8	9	10	11	12
13 Programs Start	14 Sansome 9:30 - 11:00 AM	15 Family Gym 9:30 - 11:00 AM Sansome 6:00 - 7:30 PM (New Location)	16 Deer Lodge 9:30 - 11:00 AM	17	18	19
20	21 Sansome 9:30 - 11:00 AM	22 Family Gym 9:30 - 11:00 Sansome 6:00 - 7:30 PM	23 Deer Lodge 9:30 - 11:00 AM	24 Crestview 9:30 - 11:00 AM	25 Buchanan 9:30 - 11:00 AM SRR * 9:30-10:30 AM	26
27	28 Sansome 9:30 - 11:00 AM Raising a Healthy Eater Workshop * 9:15-11:15 AM Bookworms * 6:00-7:00 PM	29 Family Gym 9:30 - 11:00 Sansome 6:00 - 7:30 PM	30 Deer Lodge 9:30 - 11:00 AM			

* Indicates Registered Program SRR (Shake Rattle & Roll)



October 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Crestview 9:30 - 11:00 AM	2 Buchanan 9:30 - 11:00 AM SRR * 9:30-10:30 AM	3
4	5 Sansome 9:30 - 11:00 AM Bookworms * 6:00-7:00 PM	6 Family Gym 9:30 - 11:00 AM HWC Workshop* 9:30-11:30 AM Sansome 6:00 - 7:30 PM	7 Deer Lodge 9:30 - 11:00 AM	8 Crestview 9:30 - 11:00 AM	9 Buchanan 9:30 - 11:00 AM SRR * 9:30-10:30 AM	10
11	12 Thanksgiving Day Programs Closed	13 Family Gym 9:30 - 11:00 AM HWC Workshop* 9:30-11:30 AM Sansome 6:00 - 7:30 PM	14 Deer Lodge 9:30 - 11:00 AM	15 Crestview 9:30 - 11:00 AM	16 Buchanan 9:30 - 11:00 AM SRR * 9:30-10:30 AM	17
18	19 Sansome 9:30 - 11:00 AM Family Chefs * 9:30-11:30 AM Bookworms * 6:00-7:00 PM	20 Family Gym 9:30 - 11:00 AM HWC Workshop* 9:30-11:30 AM Sansome 6:00 - 7:30 PM	21 Deer Lodge 9:30 - 11:00 AM	22 Crestview 9:30 - 11:00 AM	23 Buchanan 9:30 - 11:00 AM	24
25	26 Sansome 9:30 - 11:00 AM Family Chefs * 9:30-11:30 AM Bookworms * 6:00-7:00 PM SRR * 6:00 - 7:00 PM	27 Family Gym 9:30 - 11:00 AM HWC Workshop* 9:30-11:30 AM Sansome 6:00 - 7:30 PM	28 Deer Lodge 9:30 - 11:00 AM	29 Crestview 9:30 - 11:00 AM	30 Buchanan 9:30 - 11:00 AM	31

* Indicates Registered Program SRR (Shake Rattle & Roll) HWC (Handle With Care)





November 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Sansome 9:30 -11:00 AM Family Chefs * 9:30-11:30 AM Bookworms * 6:00-7:00 PM SRR * 6:00 – 7:00 PM	3 Family Gym 9:30 – 11:00 AM Sansome 6:00 – 7:30 PM	4 Generations at Play Book & Cook Club Deer Lodge 9:30 – 11:00 AM	5 Crestview 9:30 -11:00 AM	6 Buchanan 9:30 – 11:00 AM	7
8	9 Sansome 9:30 -11:00 AM Family Chefs * 9:30-11:30 AM Bookworms * 6:00-7:00 PM SRR * 6:00 – 7:00 PM	10 Family Gym 9:30 – 11:00 AM Sansome 6:00 – 7:30 PM	11 Remembrance Day Programs Closed	12 Crestview 9:30 -11:00 AM	13 Buchanan 9:30 – 11:00 AM	14
15	16 Sansome 9:30 -11:00 AM Family Chefs * 9:30-11:30 AM SRR * 6:00 – 7:00 PM	17 Family Gym 9:30 – 11:00 AM Sansome 6:00 – 7:30 PM	18 Deer Lodge 9:30 – 11:00 AM	19 Crestview 9:30 -11:00 AM	20 Buchanan 9:30 – 11:00 AM	21
22	23 Sansome 9:30 -11:00 AM "Family Gym FUN Night" * 5:30 PM - Supper 6:00 PM – Program	24 Family Gym 9:30 – 11:00 AM Sansome 6:00 – 7:30 PM	25 Deer Lodge 9:30 – 11:00 AM	26 Crestview 9:30 -11:00 AM	27 Buchanan 9:30 – 11:00 AM	28
29	30 Sansome 9:30 -11:00 AM Family Gym 6:00 – 7:30 PM	* Indicates Registered Program SRR (Shake Rattle & Roll)				

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

EDITORIAL BOARD



ST. JAMES-ASSINIBOIA
Parent Child
Coalition

Sandra Doell

Family Resource Coordinator
204-998-8400

Lynda McCausland
Copy Consultant

Family Focus Winter Issue will be available December 2015