



ST. JAMES-ASSINIBOIA
Parent Child
Coalition

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

Winter
2015-2016

FAMILY FOCUS

Congratulations

On November 23rd, 2015, the St. James Assiniboia Parent Child Coalition was the recipient of a **Member's Statement at the Manitoba Legislature** by Hon. Sharon Blady, MLA for Kirkfield Park. The Coalition was recognized for its contribution to creating healthy and holistic programming for families. Collaboration with community partners enhances program opportunities to support the best possible outcomes for children.



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. 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.

Please Note:

- Parent Child Drop In Centres will be **closed for the holidays from Dec. 21st - Jan. 1st**. Centres will re-open the week of January 4 – 8th.
- Sansome School front doors will only be open from 6:00 – 6:15 PM so early arrival on Tuesdays is advised.
- Reminder to please bring slippers or indoor shoes during the winter months.

"Play keeps us fit physically and mentally." Stuart Brown

www.sjapcc.ca

RISKY PLAY

SOURCE: SECD - Science of Early Child Development

Children love to play in risky ways – taking chances and challenging their abilities. Research in this area has identified the physical and emotional benefits of this type of free play such as learning how to regulate and manage fear and anger. When engaging in risky free play, children choose for themselves how much they can handle. As they manage the fear and anger they build the capacity to deal with these feelings in healthy ways as adults.

What constitutes risky play? Ellen Sandseter, a professor of psychology at Queen Maud University has been studying children's play and has identified six categories of risks that seem to attract children everywhere: great heights, high speeds, dangerous objects, dangerous elements, rough and tumble play and disappearing and getting lost. As caregivers, providing opportunities for risky play involves allowing children reasonable risk-taking while still ensuring safety.



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

This program will also acknowledge the importance of self-care for parents as an effective way to promote personal well-being and create a nurturing, loving environment.

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: Mondays Jan. 18th, 25th & Feb. 1st, 8th

Time: 5:30 – 7:30 p.m.

Where: Westwood Community Church
401 Westwood Drive

Space is limited and registration is required.
Child minding will be provided.

Online Registration: www.sjapcc.ca

Email: familyresource@sjsd.net

Phone: 204-998-8400



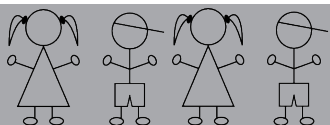
Family Gym Drop In

Don't let the cold weather keep you inside – drop by and join the fun! Family gym drop in is a free program that offers families the opportunity to be active and discover fun in the gym! We have balls, bikes, a 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!

Mondays 6:00 - 7:30 p.m. Westwood Community Church
Tuesdays 9:30 - 11:00 a.m. 401 Westwood Drive



THE PRESCHOOLER



St. James- Assiniboia School Division Kindergarten Open House - February 2016 @ 7:00 p.m.



Children, who reach age 5 before December 31st of any year, are eligible to enter kindergarten in September of that year.

Monday	Tuesday	Wednesday	Thursday
February 8 Lakewood Assiniboine Robert Browning Bannatyne	February 9 Brooklands Heritage February 16 Sansome Voyageur	February 3 Phoenix February 10 Strathmillan Buchanan February 17 Stevenson-Britannia Crestview	February 4 Linwood Athlone



Cook & Book Club

Families are invited for a morning of reading, baking and sharing together at our Deer Lodge Parent Child Drop In Centre (323 Bruce Ave).

Date: January 27th
Book: The Little Red Hen
Cook: Biscuits



Date: February 17th
Book: The Little Mouse, The Red Ripe Strawberry and the Big Hungry Bear
Cook: Strawberry Smoothies



Fun for Everyone
9:30 a.m. - 11:00 a.m.

The St. James-Assiniboia Parent Child Coalition welcomes participation from Dads, Moms and Grandparents for all programs.

Learn How to Raise a Healthy Eater



SHAKE, RATTLE & ROLL

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

This exciting program promotes the importance of physical activity in pre- school play. Weekly sessions offer a variety of games and equipment to develop children's gross motor skills.

Registration is not required, just drop in and join the FUN!

Friday Mornings January 8th, 15th, 22nd, 29th
9:30 – 10:30 a.m.

Westwood Community Church
401 Westwood Drive

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

If you answer YES to any of these questions this workshop is for you.

- ☒ Do you have a picky eater?
- ☒ Do you praise your child for trying something new?
- ☒ Does your child need to eat "three more bites" before they have dessert?
- ☒ Do you feel like a short order cook?

Join us for an informative and interactive workshop featuring:

Videos

Activities

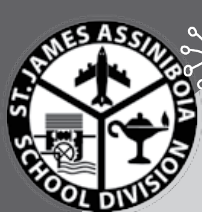
Resources

The St. James-Assiniboia Parent Child Coalition and the Public Health Dietitian will be offering this workshop in early 2016. More information including date and time will be available soon on our website: www.sjapcc.ca

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 - 8:00 p.m.

Tuesday, December 8th, 2015

Teens

Presented by: Jeffery Kerr B.S.W. & Hayley Plesh B.S.W.
Educational Support Services
St. James-Assiniboia School Division

Parents of teens have to strike a delicate balance between encouraging growth and independence on the one hand, and protecting teens from the hazards of risky situations and establishing boundaries for acceptable behaviour on the other. In this evening session, presenters Hayley and Jeff will discuss some of the challenges for parents of teens, including promoting emotional self-regulation, managing inappropriate behaviour, and planning around risky behavior's and situations.

Tuesday, January 12th, 2016

Sensory Processing

Facilitated by Monica Desgagnés & Robin Jewers,
Occupational Therapists, Educational Support Services, St.
James Assiniboia School Division

The division Occupational Therapists will talk about the common senses of touch, smell, vision, hearing and taste as well as the "hidden" senses of balance and body position. Come out to learn to understand how these senses contribute to social and academic learning. The presentation will provide you with tips for children to encourage sensory engagement at home and at school.

Tuesday, February 2nd, 2016

Coaching For Confidence

Facilitated by: Dr. John Walker

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.

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

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

BREASTFEEDING SUPPORT GROUP

Sturgeon Heights
Community Centre
210 Rita St.

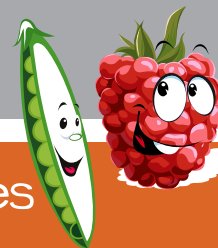
Thursdays 10:00 - 11:30 a.m.

Call 204-940-2040

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



HEALTHY LIVING



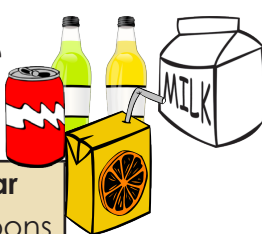
The Sweet Truth about Sugar-Sweetened Beverages

Whether it's a steaming cup of hot chocolate on a cold winter's day or an ice-cold soft drink on a balmy, July afternoon, they have one thing in common. **It's the sugar.**

Sugar sweetened beverages are any drinks with sugar such as soft drinks, lemonade, fruit punch, sweetened powdered drink mixes, sport drinks, sweetened teas, specialty coffees, and juice. These beverages are the single largest contributor of sugar in our diet. Excess sugar consumption is associated with adverse health effects in children and adults, including heart disease, stroke, obesity, diabetes and dental caries, better known as cavities.

It's not only the sugar in these drinks that's a problem. It is what's missing as well. Most sugary beverages are not only loaded with free sugars they have no health benefit because they are lacking in healthy vitamins and minerals and often take the place of healthier foods and drinks in the diet.

How much sugar is in our favourite beverages?



Drink (250 ml)	Sugar Grams	Sugar Teaspoons
Lemonade	19	4 ³ / ₄
Unsweetened apple juice	20	5
Sports Drink	19	4 ³ / ₄
Cola	27	6 ³ / ₄
Hot chocolate mix	24	6
Apple cider mix	45	11 ¹ / ₄
Cow's milk	12	3
Water	0	0

Quench their thirst with water!

For health's sake, everyone is far better off to quench their thirst with water. It is calorie-free, sugar-free and important because your body's cells and functions all need water. If you find it boring, flavour can be enhanced by adding some lemon or orange wedges or even a splash of juice. Another option is to go for milk or unsweetened soy beverage. It does have some natural sugars but far less than other drinks and is also a good source of calcium, vitamin D, and protein.

On that cold winter's day, children and adults alike enjoy a hot, creamy drink. If you do use packaged hot chocolate mixes, at the very least make them with milk instead of water. Even better, make your own home-made hot chocolate. Use milk and control the sugar content.

Creamy Hot Chocolate

Makes 1 cup



1 tbsp sugar
1 tbsp unsweetened cocoa
1 tbsp hot water
1 cup hot milk (skim, 1% or 2%)
¼ tsp vanilla

Submitted by: Martina Gornik-Marion, RD
Public Health Dietitian for St. James & Assiniboine South

Directions

Combine sugar, unsweetened cocoa and hot water in a cup. Mix well to dissolve. Add vanilla and pour in hot milk. Stir and enjoy!



AROUND THE COMMUNITY



St. James Assiniboia 55+ Centre



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.



WINNIPEG PUBLIC LIBRARY

WESTWOOD LIBRARY

66 Allard Ave - 204-986-4747

ST. JAMES ASSINIBOIA LIBRARY

1910 Portage Ave 204-986-3425

For program information and events visit the website: www.wpl.winnipeg.ca/library/childrens/kidsprograms.asp



CITY OF WINNIPEG FREE PUBLIC Swimming & Skating



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 SKATING:

Mondays 11:00 a.m. - 12:00 p.m.
January 4 - March 7
(Cancelled February 15)

Saturdays 2:15 p.m. - 3:15 p.m.
January 2 - March 19

FREE FAMILY SWIM:

Fridays 7:30 p.m. - 9:30 p.m.

KIDS CARE CASUAL CHILD CARE 630 Wihuri Road (Kids Care Room)

The Military Family Resource Centre offers child care on a casual basis for children 6 mths - 5 yrs of age. Register by calling 204-833-2500 ext. 2491 a minimum of 24 hours in advance. Peanut free snacks, lunch and diaper supplies (if required) should be sent.

Tuesday & Thursday

9:00 a.m. - 4:00 p.m. (hourly), 9:00 a.m. - 12:00 p.m. or 1:00 to 4:00 p.m.

Fees: \$5.00/Hour per child. Ask about our family rates. **Register:** 204-833-2500 ext. 2491
Children under 2 years: \$12/3 hrs or \$28/7 hrs (min. 24 hrs in adv.)
Children over 2 - 5 years: \$10/3 hrs or \$24/7 hrs



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 December 4th and 11th 9:30 a.m. - 11:30 a.m.
MRFC 102 Comet Street

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

CREATIVE TOTS

Thursdays, December 3rd and 10th 9:30 - 11:00 a.m.

Westin Children's Centre

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.



HERITAGE PARK FAMILY RESOURCE CENTRE

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

Registration Required

Contact Jackie at 204-895-2519

Email: frcjackie@mts.net

1 Braintree Cres.

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

December 2015

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

January 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Sansome 9:30 - 11:00 AM Family Gym 6:00 - 7:30 PM	5 Family Gym 9:30 - 11:00 AM Sansome 6:00 - 7:30 PM	6 Deer Lodge 9:30 - 11:00 AM	7 Crestview 9:30 - 11:00 AM	8 Buchanan 9:30 - 11:00 AM SRR * 9:30 - 10:30 AM	9
10	11 Sansome 9:30 - 11:00 AM Family Gym 6:00 - 7:30 PM	12 Family Gym 9:30 - 11:00 AM Sansome 6:00 - 7:30 PM	13 Deer Lodge 9:30 - 11:00 AM	14 Crestview 9:30 - 11:00 AM	15 Buchanan 9:30 - 11:00 AM SRR 9:30 - 10:30 AM	16
17	18 Sansome 9:30 - 11:00 AM Family Gym 6:00 - 7:30 PM HWC * 5:30 - 7:30 PM	19 Family Gym 9:30 - 11:00 AM Sansome 6:00 - 7:30 PM	20 Deer Lodge 9:30 - 11:00 AM	21 Crestview 9:30 - 11:00 AM	22 Buchanan 9:30 - 11:00 AM SRR 9:30 - 10:30 AM	23
24	25 Sansome 9:30 - 11:00 AM Family Gym 6:00 - 7:30 PM HWC 5:30 - 7:30 PM	26 Family Gym 9:30 - 11:00 AM Sansome 6:00 - 7:30 PM	27 Deer Lodge 9:30 - 11:00 AM Book & Cook Club	28 Crestview 9:30 - 11:00 AM	29 Buchanan 9:30 - 11:00 AM SRR 9:30 - 10:30 AM	30
31	*HWC Registration Req'd				*SRR - Drop In No Registration Req'd	



February 2016



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

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 Spring Issue will be available March 2016