



ST. JAMES-ASSINIBOIA
Parent Child
Coalition

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



Winter
2016-2017



FAMILY FOCUS

Intergenerational Event



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.

A Multi-Cultural Evening for Families

St. James Assiniboia 55+ Centre & St. James Assiniboia Parent Child Coalition invite you to a FREE community event...Around the World.

Date: Tuesday, January 10
Time: 5:30 p.m. - 7:30 p.m.
Location: St. James Civic Centre Gym (2055 Ness Ave)
Entertainment: Provided by Folklorama
Dinner: Free

To Register:
Families of the Parent Child Coalition please RSVP to familyresource@sjsd.net

Members of the 55+ Centre please RSVP to meaghan@stjamescentre.com
****Let us know how many will be attending****

Monday Mornings	Tuesday Evenings
9:30 - 11:00 a.m. Sansome School 181 Sansome Ave.	6:00 p.m. - 7:30 p.m. Sansome School 181 Sansome Ave.
Wednesday Mornings	Note: Sansome School front doors will only be open from 6:00 – 6:15 p.m. so early arrival on Tuesdays is advised.
9:30 - 11:00 a.m. Deer Lodge Community Club 323 Bruce Ave.	
Thursday Mornings	Friday Mornings
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. 23 - Jan. 6, 2017.**
- Reminder in the wet weather to please bring inside shoes to wear at the Centres.
- **Family Gym Drop In will be closed from Dec. 19 – Jan. 6, 2017.**



WINTER PROGRAMS



Families are invited to join us on a musical adventure as we use singing, instruments, movement, stories and rhythmic rhyme to explore the musical world! "Rhythm and Rhyme" enhances the social, emotional and intellectual world of the child while improving their motor, language and literacy skills through the gift of music!

Winter Theme: Songs of the Sea

Location: Messiah Lutheran Church
(400 Rouge Rd)

Dates: Thursday Evenings,
Jan. 12, 19, 26 & Feb. 2

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

Time: 6:15 – 7:00 p.m.
Doors open at 6:00 p.m.



St. James- Assiniboia School Division Kindergarten Open House - February 2017

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
January 23 Lakewood Assiniboine Robert Browning Bannatyne	January 24 Brooklands Crestview Heritage Stevenson-Britannia	January 18 Phoenix January 25 Strathmillan Buchanan	January 19 Athlone Linwood January 26 Voyageur Sansome



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: Tuesday January 24

Available Appointment Times between:
9:00 – 11:30 a.m.

To book an appointment Call: 204-998-8400
(Sandra Doell, Family Resource Coordinator)
Email: familyresource@sjsd.net

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.



Book & Cook 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.) No registration required.

9:30 – 11:00 a.m.

- Date:** January 25
- Theme:** Winter
- Date:** February 22
- Theme:** Celebrating Friends
- Date:** March 22
- Theme:** Shamrocks & Leprechauns



Shake, Rattle & Roll

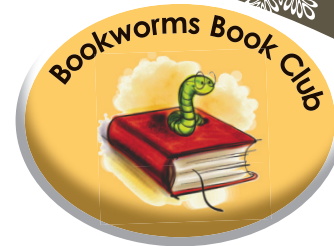
A fun program to promote the importance of physical activity in preschool play.

Fridays

**January 13, 20, 27
February 3**

9:30 – 10:30 a.m.

Westwood Community Church
401 Westwood Drive
No Registration Required



Bookworms Book Club

An interactive family literacy program that includes songs, rhymes, stories and crafts.

**Thursdays, February 9, 16, 23
March 2, 9, 16**

6:00 – 7:00 p.m.

Messiah Lutheran Church
400 Rouge Rd

Registration Required:

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

Nutrition Night



You are invited to join us for Interactive presentations on a variety of nutrition topics. Participants will be provided with suggestions and resources to help make healthy food choices for their families. (These sessions run simultaneously with the evening Family Gym Program).

Registration for child minding is required:

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

Location: Westwood Community Church (401 Westwood Dr)

Date: Monday January 9
Topic: Grocery Shopping Tips

Date: Monday February 6
Topic: Eating on a Budget

Date: Monday March 6
Topic: Cooking Demo

Time: 6:15 – 7:15 p.m.



Holiday Celebration

Wednesday
December 14th



**St. James Assiniboia 55+ Centre &
St. James Assiniboia Parent Child Coalition
invite you to a Holiday Celebration**

Deer Lodge Parent Child Drop In Centre
(323 Bruce Ave)
9:30 – 11:00 a.m.

**Free Pancake Breakfast, Visit from Santa, Crafts,
Face Painting, Photo Booth, & Entertainment.**



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 CHILDCARE IS PROVIDED FOR SESSIONS. When registering please indicate for how many children and their ages. 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 January 17th

Addictions Foundation of Manitoba

Presented by: Shannon Romance and Candy Burke, Addictions Foundation Manitoba (AFM)

Tuesday February 7th

Self-Regulation Strategies

Presented By: Mia Safiniuk, MEd, Resource and Guidance Teacher, Interlake School Division. Linda Stuart, Educational Assistant, St. James-Assiniboia School Division.

Tuesday March 14th

ADHD: Assessment and Intervention Strategies

Presented By: Maria Phelps Ph.D., Educational Support Services, St. James-Assiniboia School Division

Ways to Well Being



Would you like to learn some simple and enjoyable ways to de-stress, cope with the demands of parenting and enjoy life more?

Then join us for fun and interactive sessions to guide you on a path to wellbeing.

Topic: Be Positive
Date: January 12

Topic: Be Curious
Date: February 2

Location: Jameswood School (1 Braintree Cres)

Time: 6:00 – 7:30 p.m.

Free: Dinner Provided

Registration is preferred:

Online www.sjapcc.ca

Email: familyresource@sjsd.net

Phone: 204-998-8400

*Child minding will be provided but requires pre-registration

www.wellbeingguide.ca

Sponsored by:



Winnipeg Regional Health Authority
Office régional de la santé de Winnipeg
Caring for Health À l'écoute de notre santé



ST. JAMES-ASSINIBOIA Parent Child Coalition

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

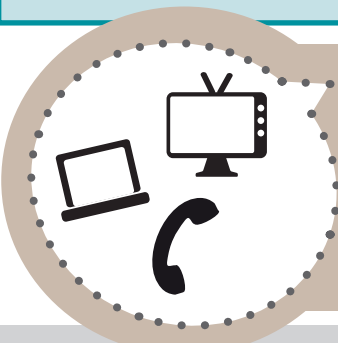
24 Hours a Day/7 Days a Week

Manitoba Parent Line

Parents can access the Manitoba Parent Line to receive free, confidential parenting support, tips and strategies by trained counselors Mon. - Fri. 8:00 a.m. – 8:00 p.m.

Call 204-945-4777

Toll free 1-877-945-4777



Do you spend your days toggling between the television, your smart phone, and the computer? **Set a good example** about limits and your kids will be **more likely to follow.**





Are You a Healthy Eating Role Model? Submitted by: Martina Gornik-Marion, RD

Did you know your attitude about food and eating habits can influence your children? You play one of the most important roles in helping your child develop a healthy relationship with food and develop healthy eating habits. Here are a few healthy eating habits parents can role model.



▶ Show by example; enjoy water and milk with meals instead of soft drinks. Eat a variety of vegetables and whole grains and always offer the same foods for everyone. No short order cooking or substitutions to please specific members of the family.

▶ Reward behaviour, good report cards and more with attention such as talking with your child, reading books, hugs and kisses and not with food. Furthermore avoid using food as a way to fill the time when bored, distract or eat when feeling stressed or upset. Seek other ways to cope like going for a walk or talking with a friend.

▶ Eat together as a family whenever possible. Children eating meals regularly with at least one adult present tend to do better in school, engage less in risky behaviours when older and have higher self-esteem.

▶ Focus on each other at mealtimes. Have children put away toys and turn off the television. The same rules apply to parents; no phone, tablets or newspapers. Engage in lively discussions about your day. Studies show conversations at the dinner table result in increased vocabulary in children.

▶ Do you snack all day long or skip meals? We all do better with scheduled meals and snacks, especially children. They will eat better and be more open to trying to new foods. Children who see parents skipping meals or grazing throughout the day will want to follow suit.

▶ Gently encourage family members to try new foods and be open to doing so yourself. Let children know it's okay not to like a new food they sample and that they don't have to finish eating it. Be a role model and describe why you enjoy a specific food or not. Discussing foods in this manner can show children a respectful way to share their likes and dislikes.

▶ Avoid labeling foods as good or bad, focusing on weight, talking about diets or how well your child eats or does not eat. Simply enjoy the meal, the time together and avoid power struggles at the table.

One Pot Chili Pasta

Takes: 40 minutes to prepare & cook.
Total Cost of recipe: \$9.71
Cost per serving: \$1.08

Ingredients

- 1 Tbsp olive oil
- 1 onion diced
- 2 cloves garlic, minced
- ½ pound (250 g) ground beef
- 2 Tbsp flour
- 2 Tbsp chili powder
- 1 (540 ml) can tomato sauce
- 1 (540 ml) can diced tomatoes
- 1 (540 ml) can black beans
- 1 (540 ml) can kidney beans
- 1 cup frozen corn kernels
- 2 cups uncooked elbow macaroni
- 2 cups beef broth
- 1 cup shredded cheese

Method

1. Cook onion and garlic in a large pot over medium heat for 1-2 minutes.
2. Add the ground beef and continue to stir and cook until it is fully browned. Drain off excess fat if needed.
3. Add the flour and chili powder to the pot, stir to coat the meat. Be careful to not let it flour and spices burn.
4. Drain and rinse the beans. Add the beans, tomato sauce, diced tomato, and corn kernels to the pot. Stir well to dissolve the flour/chili powder mixture from the bottom of the pot.
5. Add the dry macaroni and beef broth, stir to combine. Cover and bring to a boil. Once to a boil, stir well and replace lid. Turn heat low-medium and simmer for 15 minutes until pasta is cooked and most of the liquid is absorbed. Be sure to stir the pot a few times while simmering.
6. Once pasta is cooked, turn the heat off and add the cheese to the pot. Stir well. Serve hot.

Notes: Use bouillon prepared broth instead of canned or boxed broth to save money.



AROUND THE COMMUNITY



CITY OF WINNIPEG FREE PUBLIC Swimming & Skating



Free Public Swimming

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

Wednesdays
2:00 p.m. - 4:30 p.m.

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

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

Free Public Skating

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

Mondays
11:00 a.m. - Noon
Jan. 6 - Mar. 20
Cancelled Feb. 20

Saturdays
2:15 p.m. - 3:15 p.m.
Jan. 7 - Mar. 8

WINNIPEG PUBLIC LIBRARY PROGRAMS

Registration for All Programs Begins on Friday, September 9th
Register in person or by calling 204-986-4747

WESTWOOD LIBRARY - 66 Allard Ave - 204-986-4747
ST. JAMES ASSINIBOIA LIBRARY - 1910 Portage Ave 204-986-3425

Baby Rhyme Time

Ages newborn to 24 months & caregiver.
Rhymes and stories for baby and caregiver, siblings welcome.

**Thursdays
at 1:30 p.m.**

Time for Twos

Ages 24-36 months & caregiver
Stories, songs and Rhymes, siblings welcome!

**Tuesdays
at 10:30 a.m.**

Family Story Time

Story time for children ages 3-5 years old. Stories, songs and Fun!
Parents and siblings welcome!

**Thursdays at 10:30 a.m.
(Drop-In!)**

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.

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.**

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



Un Centre de la petite enfance et de la famille (CPEF) est un centre où les parents peuvent passer du temps avec leur(s) enfant(s). On peut y trouver plein de ressources et de programmes qui répondent aux besoins des enfants francophones âgés de 0 à 5 ans dans toutes les dimensions de leur développement. Voici quelques exemples de nos programmes et services: programmes de littéracie, programme de nutrition, cours de français, programmes pour les familles exogames, foire de la petite enfance, le mini-centre du CRÉE etc. Vous pouvez aller sur notre site web pour avoir plus de renseignements et/ou si vous avez des questions vous pouvez appeler le 204-885-8000 poste 133 ou par courriel à romeodallaire@cpefmb.org.



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: frjackie@mts.net
1 Braintree Cres.



MILITARY FAMILY RESOURCE CENTRE

102 Comet St. / 642 Wihuri Road

For information: 204-833-2500 ext. 2491
www.familyforce.ca / www.facebook.com/WinnipegMFRC

Kids Care Casual Child Care

Child Care on a casual basis for children 6 Months - 5 years of age. Register by calling 204-833-2500 ext. 2491 up to a week in advance.

Tuesdays and Thursdays

Hours: 9:00 - 12:00, 1:00 - 4:00 or 9:00 - 4:00
(Fees Apply)

CREATIVE TOTS

A free program that offers parents/caregivers and their children crafts, songs, stories and free play.

Thursdays 9:30 - 11:00 am
Westwin Children's Centre, 642 Wihuri Rd

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 mths)

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 2016



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

January 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Year's Day 	Program's Closed					7
8	9 Sansome 9:30 - 11:00 AM Family Gym 6:00 - 7:30 PM Nutrition Night 6:15 - 7:15 PM	10 Family Gym 9:30 - 11:00 AM Intergenerational Event Multi-Cultural Celebration 5:30 - 7:30 PM	11 Deer Lodge 9:30 - 11:00 AM	12 Crestview 9:30 - 11:00 AM Rhythm & Rhyme 6:15 - 7:00 PM Ways to Well-being 6:00 - 7:30 PM	13 Buchanan 9:30 - 11:00 AM Shake Rattle Roll 9:30 - 10:30 AM	14
15	16 Sansome 9:30 - 11:00 AM Family Gym 6:00 - 7:30 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 Rhythm & Rhyme 6:15 - 7:00 PM	20 Buchanan 9:30 - 11:00 AM Shake Rattle Roll 9:30 - 10:30 AM	21
22	23 Sansome 9:30 - 11:00 AM Family Gym 6:00 - 7:30 PM	24 Family Gym 9:30 - 11:00 AM Speech Assessments 9:00 - 11:30 AM Sansome 6:00 - 7:30 PM	25 Deer Lodge 9:30 - 11:00 AM Book & Cook Club	26 Crestview 9:30 - 11:00 AM Rhythm & Rhyme 6:15 - 7:00 PM	27 Buchanan 9:30 - 11:00 AM Shake Rattle Roll 9:30 - 10:30 AM	28
29	30 Sansome 9:30 - 11:00 AM Family Gym 6:00 - 7:30 PM	31 Family Gym 9:30 - 11:00 AM Sansome 6:00 - 7:30 PM				





February 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Deer Lodge 9:30 - 11:00 AM	2 Crestview 9:30 - 11:00 AM Rhythm & Rhyme 6:15 - 7:00 PM Ways to Well-being 6:00 - 7:30 PM	3 Buchanan Closed Shake Rattle Roll 9:30 - 10:30 AM	4
5	6 Sansome 9:30 - 11:00 AM Family Gym 6:00 - 7:30 PM Nutrition Night 6:15 - 7:15 PM	7 Family Gym 9:30 - 11:00 AM Sansome 6:00 - 7:30 PM	8 Deer Lodge 9:30 - 11:00 AM	9 Crestview 9:30 - 11:00 AM Bookworms 6:00 - 7:00 PM	10 Buchanan 9:30 - 11:00 AM	11
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19	20 Programs Closed	21 Family Gym 9:30 - 11:00 AM Sansome 6:00 - 7:30 PM	22 Deer Lodge 9:30 - 11:00 AM Book & Cook Club	23 Crestview 9:30 - 11:00 AM Bookworms 6:00 - 7:00 PM	24 Buchanan 9:30 - 11:00 AM	25
26	27 Sansome 9:30 - 11:00 AM Family Gym 6:00 - 7:30 PM	28 Family Gym 9:30 - 11:00 AM Sansome 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 2017