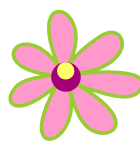




ST. JAMES-ASSINIBOIA
Parent Child
Coalition

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



Spring
2017

FAMILY FOCUS



DAYS



A nutritious meal helps children grow and learn.
Join us at our monthly nutrition sessions that will feature a food demonstration followed by a community kitchen where participants work together to prepare, cook and take home a family meal. Registration is limited for each session so please register early.

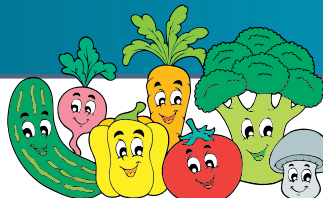
Formerly Nutrition
Nights, this program
now coincides with
the Family Gym
Drop In on Tuesday
mornings.

Session 1: Tuesday, March 7th

Session 2: Tuesday, April 11th

Time: 9:30 – 11:00 AM

Location: Westwood Community Church
(401 Westwood Drive)



To register for a session:

Email: familyresource@sjsd.net

Online: www.sjapcc.ca

(Child minding is available)

Presented by: The St. James-Assiniboia Parent Child Coalition and WRHA Public Health

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.

Please Note:

- Reminder in the wet weather to please bring inside shoes to wear at the Centres.



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	
9:30 - 11:00 a.m. Crestview School 333 Morgan Crescent	Friday Mornings
	9:30 - 11:00 a.m. Buchanan School 815 Buchanan Blvd.



PROGRAM HIGHLIGHTS



Shake, Rattle & Roll

Shake Rattle & Roll is a physical activity program for preschool children and their parent or grandparent. 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.

Fridays

Two Spring Sessions available:

Dates: March 10, 17, 24
(Note this session is only 3 weeks)

Dates: May 5, 12, 19, 26

Time: 9:30 – 10:30 AM

Location: Westwood Community Church
(401 Westwood Dr)

(Drop In program: no registration required)



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.

Wednesdays

Time: 9:30 – 11:00 a.m.

Date: March 22
Theme: Shamrocks & Leprachauns

Date: April 26
Theme: "Egg"stravaganza

Date: May 24
Theme: Under the Sea

Family Chefs



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.

Mondays

Dates: April 10, 17, 24 and May 1, 8

Time: 9:30 – 11:30 a.m.

Location: Bourkevale Community Centre (100 Ferry Road)

Registration required:

Online: www.sjapcc.ca

Email: familyresource@sjsd.net

Phone: 204-998-8400



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!

Spring Theme: Down on the Farm

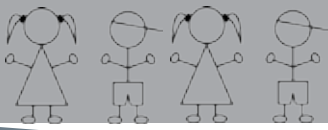
Dates: Thursday Evenings
April 6, 13, 20, 27

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

Location: Messiah Lutheran Church (400 Rouge Rd)

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





THE PRESCHOOLER



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

Literacy Links is a FREE summer literacy program in the St. James-Assiniboia School Division that supports parents in understanding how to develop a positive literacy environment in the home setting and make the important links between home and school.

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.



The program runs from
May 15th - August 23rd
Call today as spaces fill up quickly!

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

L i t e r a c y



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 2017 enrollment.

Discovery Children's Centre

889-2689

(Includes English, French Beginnings, and Forest School options)

Westwin Children's Centre

833-2500 (2491)

Lakewood Children's Centre

832-5802

Kirkfield-Westwood Nursery School

889-2392

Sigfusson Nursery School (Athlone School)

885-6476

Sigfusson Nursery School (Bannatyne School)

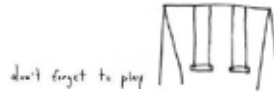
889-0435

St. James-Assiniboia Montessori School Inc.

888-5700

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

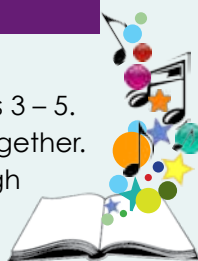
www.manitoba.ca/childcare



Rock & Read

Rock & Read is a five-week family literacy program for parents and their children ages 3 – 5. Join us for rhymes, songs, & book sharing 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 3rd, 2017.

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



Spring Session:

Monday Mornings

10:00 – 11:30 a.m.

May 29, June 5, 12, 19, 26

Heritage Victoria
Community Centre
950 Sturgeon Road

Wednesday

Afternoons

1:00 – 2:30 p.m.

May 24, 31 &
June 7, 14, 21

Messiah Lutheran Church
400 Rouge Road

time SPENT
PLAYING
WITH CHILDREN
IS NEVER
WASTED

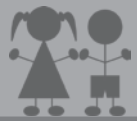
-DAWN LINTERO

Thursday Mornings

10:00 – 11:30 a.m.

May 25 & June 1, 8, 15, 22

Deer Lodge
Community Club
323 Bruce Ave. East



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, March 14th, 2017

ADHD: Assessment and Intervention Strategies

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

Tuesday, April 18th, 2017

**Supporting Speech and Language
Development at Home**

Presented by: Speech-Language Pathologists, Educational
Support Services, St. James-Assiniboia School Division

Tuesday, May 9th, 2017

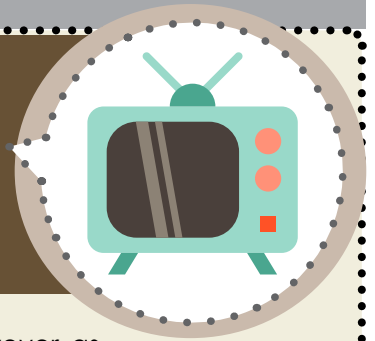
Concussions

Presented by: Dr. Michael Ellis, Medical Director,
Pan Am Concussion Program



CHILDHOOD

There's No App For That!



**Screen time is an inescapable
reality of modern families.** However, as

parents, we need to be aware of the importance of
managing screen time use – both in our own lives, as well
as in the lives of the children around us.

Research from neuroscientists tells us that there are
significant impacts on the developing brain when
children are over-exposed to screens.

From a family literacy perspective, the best environment
for our children is an **active play-based environment**
supported by caring adults who are providing lots of
interpersonal, face-to-face opportunities in which to
role model language, behaviors and other literacy skills.
Caregivers also need to foster positive attachment and
secure relationships. If an adult is spending more time
looking at a screen than talking to their child, it will affect
the relationship with that child. **Furthermore, adults need
to manage their own screen time in order to role model
appropriate use.**

Need more information on this topic? Bookmates has
developed a workshop titled "Childhood: There's No App For
That!" Please contact us at 204.582.1804 for more details or visit
us on Facebook or on our website at www.bookmates.ca

Submitted By: Nancy Tovell, Program Coordinator Bookmates Inc.

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 a fun and interactive session
to guide you on a path to wellbeing.

Topic: Be Positive **Date:** March 21st

Location: Westwood Community
Church (401 Westwood Drive)

Time: 9:45 – 10:45 a.m.

Explore www.wellbeingguide.ca for more
specific tips and strategies.

Sponsored by:



Winnipeg Regional
Health Authority
Caring for Health

Office régional de la
santé de Winnipeg
À l'écoute de notre santé



ST. JAMES-ASSINIBOIA
Parent Child
Coalition



SCIENCE OF PARENTHOOD MOM OLYMPICS



**Lego
Long Jump**



**Toddler
Dead Lift**



Sunscreen Wrestling



Freestyle Dinner Dive

© ScienceofParenthood.com



HEALTHY LIVING



Ways to Save at the Grocery Store?

Healthy eating doesn't have to be expensive

Submitted by: Martina Gornik-Marion, RD,
Public Health Dietitian, WRHA

Finding the time to make healthy, tasty meals the whole family will eat is tough enough but trying to do it on a budget can be overwhelming. Healthy eating doesn't have to be expensive. By planning ahead and following these tips, you'll be sure to see savings on your weekly grocery bill.



Plan a Menu: To save money on groceries, you need to plan what to eat for the week. Make the time to plan a menu and flip through grocery store flyers to find out what's on sale. Sale items can help inspire your menu. Keep your menus and use again. Menus can be used seasonally or use them as a template for weeks ahead and adapt as needed based on what's on sale or what you are in the mood for.



Use a Shopping List: Your shopping list will include all the ingredients needed to prepare foods on your menu plan. Be sure to check what you have on hand first, so only buy what you really need. When shopping stick to your list. Beware of promos and displays. These are there to tempt you to buy things you don't need.



Avoid Name Brands: Store brands are cheaper than brand name products. Don't judge before you try them. Many shoppers find the quality of store brands good as or even better than their name brand counterparts.



Buy in Season: Vegetables and fruit are cheaper when they are in season. Keep variety in your diet by choosing frozen or canned vegetables and fruit especially during winter months. These are as nutritious as and lower in cost than fresh produce.



Limit pre-prepared foods: Pre-washed greens, cut up fruit and vegetables and marinated meats might save you time, but won't save you money. Wash lettuce and cut up vegetables and fruit at home. Prepare enough for a few days at a time and store in plastic bags or containers so they are ready when you need them. Season meat and poultry with your favourite herbs, spices or marinades then freeze in smaller packs. When you do thaw them out, they'll be ready for the oven, pan or grill.



Use "unit" pricing to compare items: Figure out which item is the better deal by comparing the unit cost. This is the cost per weight of the item and it very helpful when comparing two items that are different brands or when packages are in different sizes. To find the unit cost take the price of the item ÷ item weight. Many store shelf labels include unit pricing per 100 grams.



Don't shop hungry: You will be tempted easily by all sorts of goodies if you shop when your stomach is empty. Save money by shopping after a meal or snack.

For more ways to save money go to
<https://www.eatrightontario.ca/en/Articles/Budget/20-Ways-to-Save-Money-on-Your-Groceries.aspx>

Family Gym Drop In

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

Location: Westwood Community
Church (401 Westwood Dr.)



Mondays

6:00 – 7:30 PM

*Last session

March 20, 2017*



Tuesdays

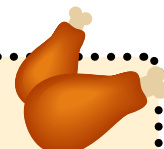
9:30 – 11:00 AM

*Last session

June 20, 2017*

Sheet Pan Sweet & Sour Chicken

Serves: 6 Total Cost of recipe: \$9.93 Cost per serving: \$1.66



Ingredients

- | | |
|--|--------------------------|
| 1 large onion | 1/4 tsp garlic powder |
| 2 green peppers | 1/2 tsp ground ginger |
| 1 red bell pepper | to taste salt and pepper |
| 1 can (398 ml) pineapple chunks | 1/4 cup ketchup |
| 2 boneless, skinless chicken breast (~500 g) | 1/4 cup brown sugar |
| 1/3 cup rice or apple cider vinegar | 1 1/2 Tbsp soy sauce |
| 2 Tbsp canola oil | 1 1/2 Tbsp cornstarch |
| | 3 green onions, chopped |

Directions

- Preheat oven to 400F. Cut the onion, peppers, and chicken into one-inch pieces. Drain the pineapple, reserving the juice for the sauce.
- Place the onion, peppers, chicken and pineapple on a large sheet pan (cookie sheet) in a single layer. Use two sheets, if needed.
- Drizzle the oil over the ingredients on the sheet pan and add the garlic powder, ground ginger and salt and pepper. Toss ingredients well in the pan.
- Bake the chicken and vegetables in the oven for about 40 minutes, or until slightly browned on the edges. Stir half way during baking.
- While chicken and peppers are in the oven, prepare the sweet and sour sauce. In a small pot, combine reserved pineapple juice (1 cup), ketchup, brown sugar, vinegar, soy and cornstarch. Stir well to combine. Heat mixture over medium heat, stirring often until it starts to simmer. Once sauce has thickened remove it from heat and set aside.
- When chicken and vegetables are finished baking, remove from the oven and toss with sauce.
- Serve over white or brown rice. Sprinkle with chopped green onions.

Recipe From: <https://www.budgetbytes.com/>

Note: Buy chicken breasts on sale or use the same weight of boneless, skinless chicken thighs.



AROUND THE COMMUNITY



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 Monday to Friday from 8:00 a.m. – 8:00 p.m.

Call 204-945-4777
Toll free 1-877-945-4777

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!)

CITY OF WINNIPEG Free Public Swimming

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

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

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

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



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: 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 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



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



March 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Deer Lodge 9:30 - 11:00 AM	2 Crestview 9:30 - 11:00 AM Bookworms 6:00 - 7:00 PM	3 Buchanan 9:30 - 11:00 AM	4
5	6 Sansome 9:30 - 11:00 AM Family Gym 6:00 - 7:30 PM	7 Family Gym 9:30 - 11:00 AM Nutrition Day 9:30 - 10:30 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 Shake Rattle Roll 9:30 - 10:30 AM	11
12	13 Sansome 9:30 - 11:00 AM Family Gym 6:00 - 7:30 PM	14 Family Gym 9:30 - 11:00 AM Sansome 6:00 - 7:30 PM	15 Deer Lodge 9:30 - 11:00 AM	16 Crestview 9:30 - 11:00 AM Bookworms 6:00 - 7:00 PM	17  Buchanan CLOSED Shake Rattle Roll 9:30 - 10:30 AM	18
19	20 Sansome 9:30 - 11:00 AM Family Gym 6:00 - 7:30 PM (Last Evening Gym)	21 Family Gym 9:30 - 11:00 AM Ways to Well-being 9:45 - 10:45 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	24 Buchanan 9:30 - 11:00 AM Shake Rattle Roll 9:30 - 10:30 AM	25
26	27	28	29	30	31	

All Centres Closed for Spring Break

April 2017

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Sansome 9:30 - 11:00 AM Family Chefs 9:30 - 11:30 AM	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 9:30 - 11:00 AM Shake Rattle Roll 9:30 - 10:30 AM	6 
7	8 Sansome 9:30 - 11:00 AM Family Chefs 9:30 - 11:30 AM	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 Shake Rattle Roll 9:30 - 10:30 AM	13
14 Mother's Day 	15 Sansome 9:30 - 11:00 AM	16 Family Gym 9:30 - 11:00 AM Sansome 6:00 - 7:30 PM	17 Deer Lodge 9:30 - 11:00 AM	18 Crestview 9:30 - 11:00 AM	19 Buchanan 9:30 - 11:00 AM Shake Rattle Roll 9:30 - 10:30 AM	20
21	22 Programs Closed	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 Shake Rattle Roll 9:30 - 10:30 AM	27
28	29 Sansome 9:30 - 11:00 AM	30 Family Gym 9:30 - 11:00 AM Sansome 6:00 - 7:30 PM	31 Deer Lodge 9:30 - 11:00 AM Book & Cook Club			

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 Summer Issue will be available June 2017