



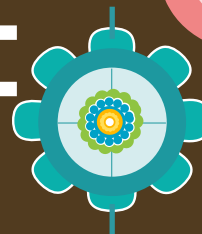
ST. JAMES-ASSINIBOIA  
**Parent Child**  
Coalition

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

SUMMER

2017

# FAMILY FOCUS



## YEAR END Picnic



Date: Wednesday June 21  
Time: 10:30 a.m. to 12:30 p.m.  
Location: Deer Lodge Community  
Centre (323 Bruce Ave)  
Lunch provided!

Bouncer, crafts and face painting!

Bring your sunscreen,  
bug spray and blanket or  
lawn chair.



## Parent Child Drop In Centres!

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

### The last day for Drop Ins before the summer break are:

May 30 - Tuesday	• 6:00 p.m. - 7:30 p.m.	• Sansome School (181 Sansome Ave.)
June 19 - Monday	• 9:30 a.m. - 11:00 a.m.	• Sansome School (181 Sansome Ave.)
June 21 - Wednesday	• 10:30 a.m. - 12:30 p.m.	• Deer Lodge Community Club (323 Bruce Ave.)
June 22 - Thursday	• 9:30 a.m. - 11:00 a.m.	• Crestview School (333 Morgan Crescent)
June 23 - Friday	• 9:30 a.m. - 11:00 a.m.	• Buchanan School (815 Buchanan Blvd.)

Parent Child Drop – In Centres will re-open the week of September 18<sup>th</sup> - 22<sup>nd</sup>

**\*\*LAST DAYS\*\***





# PROGRAM HIGHLIGHTS



## Summer Fun 2017

Join us Tuesday mornings from 9:30 – 11:00 a.m. as we take our play outside. Each week we will meet at the playground and explore nature. Pack your hats, sunscreen, bug spray, water bottles and imagination for endless fun and adventure (Snack Provided).

**July – The Living Prairie Museum Playground**

2795 Ness Ave – Entrance at the corner of Prairie View Rd

**August – Woodhaven Community Club Playground**

200 Glendale Blvd – Behind the Community Club

Date	Activity
July 4	<b>Kick off To Summer</b> - Join us inside the Museum for a special presentation on "Prairie Colors & Sounds" (Rain or Shine event so please dress for the weather)
July 11	Music In the Park – 'Bugs, Beats and Butterflies'
July 18	Recycled Bird Feeder Mobile
July 25	Nature Stars

Date	Activity
Aug 1	Nature Collage Sun Catchers
Aug 8	Shadow Art
Aug 15	Music In the Park – 'Sand, Sun and Song'
Aug 22	Nature Scavenger Hunt
Aug 29	<b>End of Summer</b> Fun and Games provided by Fit Kids Healthy Kids

**Please Note: Program cancelled if raining**

## Rock & Read

Rock & Read is a five-week family literacy program for parents and their children ages 3-5. Join us for rhymes, songs, and book sharing together. Children will explore themes in books through art 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.

To register, email [literacylinks@sjdsd.net](mailto:literacylinks@sjdsd.net) or call 204-885-1334 ext. 2304.

Please register for **one** session only.

### Summer 2017 Session:

#### Tuesday Evenings

6:00 – 7:30 p.m.

July 4, 11, 18, 25 & Aug 1

Bord-Aire Community Centre  
471 Hampton Street

#### Wednesday Mornings

10:00 – 11:30 a.m.

July 5, 12, 19, 26 & Aug 2

Westwood Community Church  
401 Westwood Drive

#### Thursday Mornings

10:00 – 11:30 a.m.

July 6, 13, 20, 27 & Aug 3

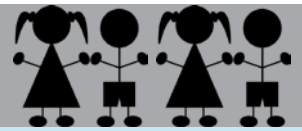
Heritage Park Children's Programs  
1 Braintree Cres.



★ Let the children PLAY  
stomp in PUDDLES climb trees  
Dig in the DIRT go on a  
bug hunt make mud Pies  
ROLL DOWN a hill BUILD  
a cubby make a Daisy chain  
create a garden for fairies  
PLAYING  
outside  
makes  
children  
★ smarter  
healthier  
happier  
★ Let the children PLAY



# THE PRESCHOOLER



## FARMYARD FUN



Oink....Cluck....Baa....MOO!

Join us for Farmyard activities,  
crafts and music too.



Date: Thursday, July 13<sup>th</sup>

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

Location: Messiah Lutheran  
Church (400 Rouge Rd)



ST. JAMES-ASSINIBOIA  
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## Jungle Safari



We are **WILD** with Excitement and Happy to Say a Safari Adventure is coming your Way!  
Family Fun including: jungle games, music & dance, crafts and more!



Date: Thursday, August 17<sup>th</sup>

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

Location: Messiah Lutheran  
Church (400 Rouge Rd)







# PARENTING



## Positive Parenting Quick Tips:

([www.manitobatriplep.ca](http://www.manitobatriplep.ca))



*for every parent*

- **Give your child lots of physical attention** – children like hugs, cuddles and holding hands.
- **Children are more likely to misbehave when they are bored** so provide lots of engaging indoor and outdoor activities for your child such as play dough, colouring, cardboard boxes, dress ups, blanket tents, etc.
- **If your child misbehaves stay calm and give them clear instruction** to stop misbehaving and tell them what you would like them to do instead. (ex: "Stop throwing. Play with the truck on the ground.") Praise your child if they stop (ex: "Thank you for playing with the truck on the ground.")
- **Have realistic expectations.** All children misbehave at times and it is inevitable that you will have some discipline hassles. Trying to be the perfect parent can set you up for frustration and disappointment.
- **Look after yourself.** It is difficult to be a calm, relaxed parent if you are stressed, anxious or depressed. Try to find time every week to let yourself unwind or do something that you enjoy.

## Be A PLAYFUL Parent

Jump in Puddles Play pretend  
Have picnics in the living room

**GET MESSY** Laugh at their jokes

**CAMP OUT IN THE BACK YARD**

Have dance parties **Be fun!**

**PLAY IN THE MUD** Climb Trees

**TICKLE** Create art together

**ACT SILLY PLAY IN THE RAIN**

Give eskimo kisses Say yes often

Read them that extra story **EXPLORE**

Embrace this time Make it magical

**Make every moment count!**

.....  
**YOU can't GET BACK THEIR childhood  
BUT you Sure WILL miss IT!**

Growing A Jeweled Rose.com

### Manitoba Parent Line

Parenting isn't about having all the answers. It's okay to ask for help.

Open Monday to Friday  
8:00 AM – 8:00 p.m.

[www.manitobaparentzone.ca](http://www.manitobaparentzone.ca)

Toll free 1-877-945-4777

### Crisis Response Centre

The Centre provides urgent care for adults over the age of 18 experiencing a mental health crisis or severe emotional trauma.

**Call 204-940-1781**  
**24 Hours/7 Days a Week**  
817 Bannatyne Ave.

### Health Links – Info Santé

24 hour phone information line answered by registered nurses to provide answers over the phone to health care questions and guide you to the care you need.

**Call anytime 204-788-8200 or  
Toll-free 1-888-315-9257**

### Postpartum Depression Association of Manitoba

PPDAM – Empowering Manitoba Families through Education, Awareness and Resources

[www.ppdmanitoba.ca](http://www.ppdmanitoba.ca)

Easter  
Seals  
Timbres  
de Pâques

MAKE THE

**FIRST FIVE  
COUNT®**

[www.makethefirstfivecount.ca](http://www.makethefirstfivecount.ca)

A new online resource created for Canadian parents with children 0 – 5 years. It contains all the science of child development as well as tips, strategies and developmentally paced activities to support the healthy development of your child.



If parenthood came  
with a GPS it would  
mostly just say:  
**RECALCULATING**

@simoncholland



# HEALTHY LIVING



## Summer Food Safety Tips

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

Whether packing your child's lunch for a school field trip or planning a family barbeque at the beach, keeping food safe from bugs like E.coli and salmonella will make the difference between having fun in the sun or becoming very sick. Every year in Canada there are 11 million cases of food borne illness with incidents rising in the summer.

**Bacteria thrive at warm temperatures so keep your family safe by following these tips:**

1. Be sure to wash hands before handling food and after handling raw meats or poultry or after using washroom facilities.
2. Pack perishable foods such as lunch meats, cooked meats, and potato and pasta salads in a cooler with freezer packs or ice blocks to keep them cold.
3. When packing your cooler, wrap raw meats like hamburgers and chicken tightly, and place them on the bottom of the cooler to prevent juices from dripping onto other foods.
4. Try to keep your coolers containing perishable foods closed as much as possible. If you can, consider bringing a second cooler to store drinks only.
5. Do not keep foods out at room temperature for more than two hours. On a hot summer day, shorten that to no more than one hour. If it has been sitting longer than that before being gobbled up, toss it out!
6. When barbequing, test the doneness of meat by using a thermometer so there is no second-guessing. Be sure to clean and sanitize the temperature probe after each use if checking more than once.
7. Never use meat marinade as a sauce for basting barbequed meats or for dipping.
8. Instead of salads and veggies with creamy dressing try salads with vinaigrette dressings that will stand up to warmer temperatures better.
9. Enjoy cooked foods while they are still hot. Bacteria grow quickly when food is allowed to cool down slowly.
10. To ensure food areas are clean keep handy extra water earmarked for cleaning and food prep, paper towels, soap and wipes.

### BBQ - Temperature Chart



Food Item	Temperature – Food is Safe	
Ground meat (burgers)	71°C	160°F
Beef (steak or roast "medium")	71°C	160°F
Chicken pieces	74°C	165°F
Pork (pieces or whole roast)	71°C	160°F
Hotdogs	74°C	165°F

### 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.)

Last day to drop in is Tuesday June 20.  
Program will re-start on September 19.

#### Tuesdays

9:30 – 11:00 AM

\*Last session June 20\*



### Quick-Pickled Cucumber Salad

**Yield: 6 Servings Total time: 1 hr, 15 mins Hands-on time: 15 mins**

#### Ingredients

- 1/2 cup rice vinegar
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 1/4 teaspoon dried crushed red pepper (optional)
- 1/4 teaspoon black peppercorns
- 3 (1/4-inch-thick) red onion slices, separated into rings
- 1 English cucumber, cut into 1/8-inch-thick slices
- 3 fresh dill sprigs

#### Directions

1. Combine first 5 ingredients in a small saucepan over medium-high heat; bring to a boil. Remove pan from heat; let stand 20 minutes or until cool.
2. Combine onion slices, cucumber slices, and dill sprigs in a large zip-top plastic bag; add vinegar mixture, and seal bag. Lay bag flat in refrigerator for 1 hour, turning bag occasionally.
3. Enjoy at your next picnic lunch or barbeque!







# AROUND THE COMMUNITY



## Visit WINNIPEG PUBLIC LIBRARY to join the TD Summer Reading Club.

Read all summer, just for the fun of it! Check out special events at [winnipeg.ca/library](http://winnipeg.ca/library).

- Kids can have fun, improve their reading skills, and reduce summer learning loss.
- Receive a free bilingual reading kit.

Kick-off on **Saturday, June 17: 2 pm** at Millennium Library.

Library Day at the Ballpark is **Sunday, August 13!** Thanks to the Goldeyes for donating game tickets for a draw at each library.

Join us on **Tuesday, August 15: 1:30 pm** for the annual visit by Goldeyes baseball players.



Registration begins **Saturday, June 17**; the club ends **Friday, August 18**.



## St. James Assiniboia 55+ Centre



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

**Email: [info@stjamescentre.com](mailto:info@stjamescentre.com)  
Website: [www.stjamescentre.com](http://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!

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

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



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](mailto: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](mailto: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](http://www.familyforce.ca) / [www.facebook.com/WinnipegMFRC](http://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

**Closed August 1 - 3 and 8 - 10**

**For more information call  
Traci 204-885-5415**





# June 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> Crestview 9:30 - 11:00 AM	<b>2</b> Buchanan 9:30 - 11:00 AM	<b>3</b>
<b>4</b>	<b>5</b> Sansome 9:30 - 11:00 AM	<b>6</b> Family Gym 9:30 - 11:00 AM	<b>7</b> Deer Lodge 9:30 - 11:00 AM	<b>8</b> Crestview 9:30 - 11:00 AM	<b>9</b> Buchanan 9:30 - 11:00 AM	<b>10</b>
<b>11</b>	<b>12</b> Sansome 9:30 - 11:00 AM	<b>13</b> Family Gym 9:30 - 11:00 AM	<b>14</b> Deer Lodge 9:30 - 11:00 AM	<b>15</b> Crestview 9:30 - 11:00 AM	<b>16</b> Buchanan 9:30 - 11:00 AM	<b>17</b>
<b>18</b>	<b>19</b> Sansome 9:30 - 11:00 AM (Last Day)	<b>20</b> Family Gym 9:30 - 11:00 AM (Last Day)	<b>21</b> FAMILY PICNIC Deer Lodge 10:30 - 12:30 (Last Day)	<b>22</b> Crestview 9:30 - 11:00 AM (Last Day)	<b>23</b> Buchanan 9:30 - 11:00 AM (Last Day)	<b>24</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	



# July 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 <b>TUESDAYS at the PARK</b> The Living Prairie Museum Playground 2795 Ness Ave - Entrance at the corner of Prairie View Rd					<b>1</b>
<b>2</b>	<b>3</b>	<b>4</b> Kick Off to Summer "Prairie Colors & Sounds" In the Museum 9:30 - 11:00 AM	<b>5</b>	<b>6</b>	<b>7</b>	 CANADA 150
<b>9</b>	<b>10</b>	<b>11</b> Music at the Park 'Bugs, Beats and Butterflies' 9:30 - 11:00 AM	<b>12</b>	<b>13</b> Special Event FARMYARD FUN 9:30 - 11:00 AM Messiah Lutheran Church (400 Rouge Rd)	<b>14</b>	
<b>16</b>	<b>17</b>	<b>18</b> Recycled Bird Feeder Mobile 9:30 - 11:00 AM	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>23</b>	<b>24</b>	<b>25</b> Nature Stars 9:30 - 11:00 AM	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>30</b>	<b>31</b>					



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Nature Collage Sun Catchers 9:30 – 11:00 AM	2	3	4	5
			Woodhaven Community Club Playground 200 Glendale Blvd - Behind the Community Club			
6	7	8 Shadow Art 9:30 – 11:00 AM	9	10	11	12
13	14	15 Music at the Park 'Sand, Sun and Song' 9:30 – 11:00 AM	16	17 Special Event JUNGLE SAFARI 9:30 – 11:00 AM Messiah Lutheran Church (400 Rouge Rd)	18	19
20	21	22 Nature Scavenger Hunt 9:30 – 11:00 AM	23	24	25	26
27	28	29 End of Summer Fun & Games (Fit Kids Healthy Kids) 9:30 – 11:00 AM	30	31	You can find magic wherever you look. Sit back and relax, all you need is a book. - Dr. Seuss	

## FAMILY FOCUS

Bringing families and the community together...

Visit St. James-Assiniboia Parent  
Child Coalition online at

[www.sjapcc.ca](http://www.sjapcc.ca)



Connect with us on Facebook

## EDITORIAL BOARD



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