



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



FAMILY FOCUS

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



Parent Child Drop In Centres!

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. Starts Sept. 10 | 6:00 – 7:30 p.m. Sansome School 181 Sansome Ave. Starts Sept. 11 | 9:30 – 11:00 a.m. Deer Lodge Community Club 323 Bruce Ave. Starts Sept. 12 | 9:30 – 11:00 a.m. Crestview School 333 Morgan Cres. Starts Sept. 13 Thursday Afternoons NEW 1:30 – 3:00 p.m. Buchanan School 815 Buchanan Blvd. Starts Sept. 13 | 9:30 – 11:00 a.m. Buchanan School 815 Buchanan Blvd. Starts Sept. 14 |



Lions Foundation of Manitoba and Northwestern Ontario, in partnership with regional Lions Clubs, offer a quick, simple screening program for children. In a matter of minutes, a child's parent or caregiver can know if a follow up with an eye care professional is recommended

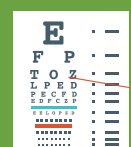
Lions Foundation has purchased a highly specialized and sophisticated camera that can detect vision issues easily and quickly in children aged six months to six years. Most of the vision issues detected during this age are reversible with very simple intervention. Without early detection these issues are often more difficult to correct and eyesight may be affected for the rest of the child's life.

FREE VISION SCREENING for Children 6 Months – 6 Years:

Tuesday October 16, 2018

Westwood Community Church (401 Westwood Dr) from 9:30 – 11:30 a.m.

Drop in, no appointment necessary



Fall 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!

Theme: Things That Go!

Time: Thursday Evenings 6:15 – 7:00 PM
(Doors open at 6:00 program starts at 6:15)

Dates: October 4, 11, 18, 25

OR

Time: Monday Afternoons 1:30 – 2:15 PM
(Doors open at 1:15 program starts at 1:30)

Dates: October 15, 22, 29, November 5

Registration starts
September 17

Theme: Around The World

Time: Thursday Evenings 6:15 – 7:00 PM
(Doors open at 6:00 program starts at 6:15)

Dates: November 8, 15, 22, 29

Location: Messiah Lutheran Church (400 Rouge Rd)

Registration Required:

online www.sjapcc.ca

email: familyresource@sjsd.net

Registration starts
October 15



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

October 12 – November 30

Time: 9:30 – 10:30 AM

Westwood Community Church
(401 Westwood Dr)

**** Drop-In and join us Friday mornings. No registration required!**



Family Chefs is a five-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.

Mondays

Oct. 15, 22, 29, Nov. 5 and 12.

Time: 9:30 – 11:30 AM

Bourkevale Community Club
(100 Ferry Rd)

To Register:

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

Registration starts
September 10



Join us the last Wednesday of the month for story time, music, crafts and kitchen fun!

Deer lodge Parent Child Drop In
Centre (323 Bruce Ave)
No registration required.

Date: September 26, 2018

Theme: Shiver and Shake

Book: Groovy Joe Ice Cream
& Dinosaurs

Cook: Smoothies

Date: October 31, 2018

Theme: Trick or Treat

Book: Go Away Big Green
Monster

Cook: Apple Faces

Date: November 28, 2018

Theme: Things That Go

Book: The Wheels on the Bus
Cook: Traffic Lights



Family Gym Drop In 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. Drop in and join us for this open gym experience.

Tuesday Mornings

9:30 – 11:00 AM
Westwood Community Church
401 Westwood Dr.

***Starts Tuesday September 11**

Mondays Evenings

6:00 – 7:30 PM
Westwood Community Church
401 Westwood Dr.

***Starts Monday November 5**



Introducing our Staff

Jackie – Program Facilitator

Having been a program facilitator with the St. James Parent Child Coalition for the past 3 years I have enjoyed meeting many children and connecting with their families. In the summer you'll find me camping with my husband, 2 children and our family dog. And the other 9 months, I'm often chasing after the kids, reading a great book and trying new recipes!



Joanna – Program Facilitator

In addition to a music degree I have specialized in early childhood music for the past eight years; first running my own studio in Saskatchewan before moving to Winnipeg where I've kept busy working with various Montessori schools, community organizations, and teaching in the Symphony's "Sistema Winnipeg" program. When not teaching music I spend my time running after my three children and enjoying a good cup of English tea.



Teri – Program Facilitator

I have been working with children and youth for over 25 years in a variety of settings. Having received my Bachelor of Education from the University of Winnipeg, I went on to work in schools and museums before staying home with my own two children. For the past seven years I have been playing with families through the Parent Child Coalition programs where I get to share my love for crafts and stories. In my spare time I love making memories with my family and scrapbooking.



Sandra – Family Resource Coordinator

One of the best parts of my job with the Parent Child Coalition is that work often involves play! It also allows me the opportunity to meet so many wonderful families and connect with a variety of community organizations in St. James. Fun facts: my favourite season is the fall, I love to travel and experience other cultures, have been known to binge on Netflix, shopping is my happy place and I enjoy hosting family dinners.



JUMP START INTO KINDERGARTEN

• AN EVENING FOR 4 YEAR OLDS & THEIR FAMILIES •

If your child was born in 2014, you and your child are invited to a special evening to learn and play together.

OCTOBER 17, 2018

6:00PM - 7:15PM

STEVENSON SCHOOL

1777 SILVER AVENUE



Rotate through play-based centres that model how to incorporate literacy & numeracy into your play at home.

REGISTRATION: <https://jumpstart-oct17.eventbrite.ca> or call **Andy McKiel** at 204-837-5886 ext#2100



PARENTING



An Introduction to Stress Management

Join us for two free sessions on stress & learn ways to cope and manage stress so you can enjoy life more

Sessions will be facilitated Nicole Neault, RSW & Donna Wiltshire, RSW

Dates: November 13th, 2018 Time: 9:00 - 10:30 AM

November 20th, 2018 Time: 9:00 - 11:00 AM

Attendance at both sessions is recommended

Where: ACCESS Winnipeg West – 280 Booth Drive in Room 209

To register, please call 204-940-2453

Adult Sleep Information Session

October 2, 2018 from 2:00 - 4:00 PM

ACCESS Winnipeg West – 280 Booth Drive in Room 209

To Register: Please call 204-940-2364

Dr. Jo Ann Unger, C.Psych., clinical psychologist at Access Winnipeg West, will provide some basic information on sleep, sleep hygiene, common sleep problems and where to access sleep services.



To help your baby have a healthy brain, visit this interactive website: www.HealthyBabyHealthyBrain.ca



www.ppdmanitoba.ca

PPDAM – Postpartum Depression Association of Manitoba



Triple P Group Workshop

Sessions are facilitated by Dr. Jo Ann Unger, C. Psych. & Dr. Sonia Marrone, C. Psych.

**Saturdays, October 20 & 27, 2018
@ 1:00-5:00 p.m.**

Parenting is challenging for everyone and kids don't come with a manual.

Positive Parenting Program

Skills are targeted for parents of children under 12 years old

In this workshop, parents will be provided with a wide range of effective parenting strategies over the course of the 2 half-day workshops.

The purpose of this program is to increase parents' ability to manage common behavioural problems and developmental issues as well as strengthen parent-child relationships.

After completion of both workshops, parents will be offered 4 follow-up phone consultations to help them tailor the strategies to their family's specific needs and values.

Service Providers: Send CHP referral form to Dr. Unger

To self-refer: Call Lisa @ 204-940-2364

**All sessions take place at
Access Winnipeg West
280 Booth Drive, Room 209**



Educational Support Services presents:

Parent Symposium

FREE Lunch

**Saturday October 13, 2018
1 Braintree Crescent**

Door Prizes

Morning sessions (10am-11:30am) include:

Positive Parenting Program (PPP)

(Relevant for ages 2-12 years old)

- Simple and practical strategies to help build strong, healthy relationships with your children and confidently manage their behavior.

OR

Raising Children in the Digital World

- Understanding the impact of screen time on children and teens.
- How to set boundaries and keep children safe and healthy in today's world.

Afternoon sessions (12pm-1:30 pm) include:

Helping Your Anxious Child

(Relevant for preschool to teenage years)

- Information, hands on strategies and support for parents and loved ones of children presenting with symptoms of anxiety.

OR

How to Survive Parenting a Teenager

- Information and strategies on dealing with teen issues such as staying connected, dealing with emotions, setting boundaries, and managing high-risk behaviour.

Please Email Arlie at ptregistrations@sjsd.net to register by October 1, 2018. If you need childcare, please list how many children and ages at time of registration. All are welcome to attend all day or just one session in the morning or afternoon

FREE Childcare



(204) 788-8200
Toll Free: 1-888-315-9257

Health Links is a 24-hour, 7 days a week telephone information service.

Staffed by registered nurses with the knowledge 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



Fueling Up at the Recreation Centre

Written by: Martina Gornik-Marion, RD, Public Health Dietitian with the WRHA

It's that time of year again where we say farewell to the sizzling, leisurely days of summer and prepare ourselves for the frenzy of back to school and back to the fall line-up of activities. I find that our schedule is jammed packed once September rolls around and it seems like we are never home. Whether you're a hockey family or you have children in skating, dance, swimming or judo, I'm sure, as for me, you're on the go all the time. Keeping physically active has many health benefits and starting children off on the right foot can impact habits they have in later years. More and more though, families find themselves regularly away from home because of organized sports or activities and often rely on eating snacks and meals at various types of recreation facilities.

Unfortunately, many of the foods and beverages sold in recreation facilities are high in fat, sugar and sodium such as potato chips, chocolate bars, French fries, hot dogs and soft drinks. While these facilities offer a great way to promote health through the recreation and physical activities they offer, it's funny that the types of food provided there are a polar opposite. Consuming these nutrient-poor, calorie-laden foods regularly is strongly linked with negative health outcomes like rising rates of obesity and chronic disease such as heart disease, diabetes and some cancers.

We know that the food environment plays a big role in what, where, when and how we eat. Healthy foods choices are easier to make in settings where nutritious food is affordable, appealing and readily available. Next time you stop by the canteen at your local recreation facility, take a peek beyond the chips and soft drinks to see if there are other items that are more nutritious available such as the these suggestions.

- Quench thirst with water instead of sweetened beverages like soft drinks or juice. Keep in mind that sports drinks are rarely necessary for children involved in minor sports, so leave these on the shelves or in the vending machine.
- Popcorn or cereal bars can be a better choice than potato chips, nachos, French fries or chocolate bars when it comes to a snack on the go.
- Fuel up with sandwiches or chicken and veggies wraps if available instead of hotdogs or deep fried items.
- Look for fresh fruit, yogurt or trail mix to refuel after activities.

If you are hard-pressed to find healthier alternatives you might want to consider packing a snack or lunch bag especially when you find you are at the recreation centre at meal time. Also, share your concerns about the lack of healthy choices with those who run the canteen or oversee the recreation facilities you frequent. Many recreation centres across Canada have been creating policies and making changes to the foods they provide so that they are healthier. If the café or canteen at your local recreation facility is stocked with nutritious and delicious foods, it sure makes it easier to make the healthier choice.



Dial-a-Dietitian

1-877-830-2892

Call 204-788-8248 in Winnipeg

Free nutrition
information
for everyone

Mango Smoothie

This smoothie has the texture of a thick, luxurious milkshake but with the added advantage of calcium, protein, vitamins A & C and fibre. It makes a great, before or after activity snack!

Ingredients

- 2 cups Greek yogurt, plain
- 1/2 teaspoon cinnamon
- 1 tablespoon honey
- 1 teaspoon vanilla extract
- 2 teaspoon lemon juice
- 4 cups mango cubes, frozen



Directions

- Add yogurt, cinnamon, honey, vanilla, lemon juice and mango, to a blender.
- Mix until smooth.
- Smoothie too thick? Simply add your favorite milk (cow's milk, soy or nut beverage) a little at a time and blend until you get the desired consistency.

Recipe adapted from: <https://www.superhealthykids.com/fresh-mango-smoothie-from-frozen-mangoes/>

Parenting Tips for Picky Eating

October 25, 2018

5:00 - 7:00 p.m.

ACCESS Winnipeg West – 280
Booth Drive in Room 209

To Register: Please call 204-940-2364

Dawne Lachapelle, RD, dietitian and Dr. Jo Ann Unger, C. Psych., clinical psychologist will provide parents with helpful tips for children with picky eating.

Both dietary considerations and helpful parenting tools will be provided.



www.outsideplay.ca

An online tool to help parents and caregivers gain the confidence to allow their kids to engage in more outdoor play.



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.

Saturdays 7:00 p.m. - 9:00 p.m.

ST. JAMES CIVIC CENTRE

2055 Ness Ave

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

Free Public Skating

ST. JAMES CIVIC CENTRE

2055 Ness Ave

Mondays 11:00 a.m. - Noon

Saturdays 2:15 - 3:15 p.m.



* check online at
Winnipeg.ca for
schedule changes



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 littératie, 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.

St. James Assiniboia 55+ Centre



3 - 203 Duffield St., 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.

Neighbourhood Immigrant Settlement Worker (NISW)

Support for Newcomers - St. James Assiniboia

Fatima Labib and Lee Lederer

Phone: 204-202-4574

Cell: 204-470-9325 or 204-470-9326

nisw.stjames@familydynamics.ca

Jameswood Community School
1 Braintree Cres.



www.familydynamics.ca

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.

GREAT EXPECTATIONS (Prenatal to 12 mths)

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.

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

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.



WESTWOOD LIBRARY FALL LINEUP- September/October 2018

Registration for all programs begins August 23
at 10:00 a.m.

Register by calling 204-986-4747, visiting us at 66 Allard Ave or online at wpl.winnipeg.ca using our PROGRAMS & EVENTS button.

Family Literacy Fun Day

Saturday, September 22, 12:00 - 4:00PM

Travel between activity stations that promote the playful use of reading, writing and language skills. For families. Registration is not required. Drop in any time!

Pumpkins Here, There, and Everywhere!

Saturday, October 27, 2:00 - 2:45PM

Jack-O-Lantern tales and a gourdish craft! For the whole family but best enjoyed by ages 3-5.

Time For Twos

Tuesdays, 10:30-11:00AM

September 25 to November 13

Explore the world of picture books, rhymes, finger plays and felt stories.

For ages 24-36 months with caregiver.

Family Storytime

Thursdays, 10:30-11:00AM

September 27 to November 15

Stories, rhymes and activities geared primarily for children 3-5 years but everyone can join in the fun! For families. Registration is not required. Drop in any time!

Baby Rhyme Time



Fridays, 10:30-11:00AM

September 28 to November 16

Discover the joy of songs, finger plays, simple books and bouncing rhymes. Please bring a small blanket to place on the floor for your baby. For ages newborn to 24 months and caregiver.



September 2018

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--------------------------|---|---|---|---------------------------|--|
| | | | | | | 1 |
| 2 | 3 Centres Closed | 4 Centres Closed | 5 Centres Closed | 6 Centres Closed | 7 Centres Closed | 8 |
| 9  | 10 Sansome 9:30-11:00 am | 11 Family Gym 9:30 – 11:00 am Sansome 6:00-7:30 pm | 12 Deer Lodge 9:30-11:00 am | 13 Crestview 9:30-11:00 am Buchanan 1:30-3:00 pm | 14 Buchanan 9:30-11:00 am | 15 |
| 16 | 17 Sansome 9:30-11:00 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 Buchanan 1:30-3:00 pm | 21 Buchanan 9:30-11:00 am | 22 |
| 23 | 24 Sansome 9:30-11:00 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 Buchanan 1:30-3:00 pm | 28 Buchanan 9:30-11:00 am | 29  |
| 30 | | | | | | |

October 2018

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|--|--|----------|
|  | 1 Sansome 9:30-11:00 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 Buchanan 1:30-3:00 pm Rhythm & Rhyme 6:15-7:00 pm | 5 Buchanan 9:30-11:00 am | 6 |
| 7 | 8 Thanksgiving PROGRAMS CLOSED  | 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 Buchanan 1:30-3:00 pm Rhythm & Rhyme 6:15-7:00 pm | 12 Buchanan 9:30-11:00 am Shake Rattle Roll 9:30-10:30 am | 13 |
| 14 | 15 Sansome 9:30-11:00 am Family Chefs 9:30-11:30 am Rhythm & Rhyme 1:30-2:15 pm | 16 Family Gym 9:30 – 11:00 am Vision Screening 9:30 – 11:30 am Sansome 6:00-7:30 pm | 17 Deer Lodge 9:30-11:00 am | 18 Crestview 9:30-11:00 am Buchanan 1:30-3:00 pm Rhythm & Rhyme 6:15-7:00 pm | 19 Buchanan CLOSED Shake Rattle Roll 9:30-10:30 am | 20 |
| 21 | 22 Sansome 9:30-11:00 am Family Chefs 9:30-11:30 am Rhythm & Rhyme 1:30-2:15 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 Buchanan 1:30-3:00 pm Rhythm & Rhyme 6:15-7:00 pm | 26 Buchanan 9:30-11:00 am Shake Rattle Roll 9:30-10:30 am | 27 |
| 28 | 29 Sansome 9:30-11:00 am Family Chefs 9:30-11:30 am Rhythm & Rhyme 1:30-2:15 pm | 30 Family Gym 9:30 – 11:00 am Sansome 6:00-7:30 pm | 31 Costumes Welcome! Deer Lodge 9:30-11:00 am Book & Cook Club |  | | |

November 2018

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|---|--|--|
|  |  |  |  |  | | |
| | | | | 1 Crestview 9:30-11:00 am Buchanan 1:30-3:00 pm | 2 Buchanan 9:30-11:00 am Shake Rattle Roll 9:30-10:30 am | 3 |
| 4 | 5 Sansome 9:30-11:00 am Family Chefs 9:30-11:30 am Rhythm & Rhyme 1:30-2:15 pm Family Gym 6:00-7:30 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 Buchanan 1:30-3:00 pm Rhythm & Rhyme 6:15-7:00 pm | 9 Buchanan 9:30-11:00 am Shake Rattle Roll 9:30-10:30 am | 10 |
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| 18 | 19 Sansome 9:30-11:00 am Family Gym 6:00-7:30 pm | 20 Family Gym 9:30 – 11:00 am Sansome 6:00-7:30 pm | 21 Deer Lodge 9:30 - 11:00 am | 22 Crestview 9:30-11:00 am Buchanan 1:30-3:00 pm Rhythm & Rhyme 6:15-7:00 pm | 23 Buchanan CLOSED Shake Rattle Roll 9:30-10:30 am | 24 |
| 25 | 26 Sansome 9:30-11:00 am Family Gym 6:00-7:30 pm | 27 Family Gym 9:30 – 11:00 am Sansome 6:00-7:30 pm | 28 Deer Lodge 9:30 - 11:00 am | 29 Crestview 9:30-11:00 am Buchanan 1:30-3:00 pm Rhythm & Rhyme 6:15-7:00 pm | 30 Buchanan 9:30-11:00 am Shake Rattle Roll 9:30-10:30 am |  |

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

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Lisa Twomey

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Family Focus Winter Issue will be available December 2018