



ST. JAMES-ASSINIBOIA Parent Child Coalition



Spring
2019

FAMILY FOCUS

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



Buchanan Parent Child Drop In Centre

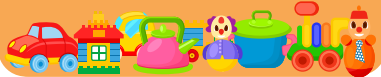
(located in Buchanan School 815 Buchanan Blvd)

In our continued effort to support families of young children, we are excited to work together with community partners to enhance programming. Families are invited to join us for some of the unique opportunities listed below. For more information visit our website at www.sjapcc.ca

Parent Child Drop In

Thursday afternoons
1:30 – 3:00 PM

Friday mornings
9:30 – 11:00 AM



Musical Instrument Make & Take

Join us in making maracas and singing and shaking the afternoon away to our favourite songs.

Tuesday March 12
1:30 – 2:30 PM



Enhancing Story Time

Participants will get to make & take a variety of hands-on tools to add spice to your story time and enhance your child's literacy skills.

Tuesday March 19
9:30 – 11:00 AM



Stay & Play

Looking to get out and play? Would you like to get to know other families in the community? Drop by the Centre for an informal and relaxed playtime!



Tuesdays
9:30 – 11:00 AM

Tuesday March 12
Tuesday April 2
Tuesday April 16
Tuesday April 30
Tuesday May 14
Tuesday May 21
Tuesday May 28

Wednesdays
1:30 – 3:00 PM

Wednesday March 13
Wednesday April 3
Wednesday April 17
Wednesday May 1
Wednesday May 15
Wednesday May 29

Family Clothing Exchange April 9, 1:00 – 3:00 PM

Bring your much loved but out-grown clothing items and exchange them for different ones. (Please bring items in clean and gently used condition).



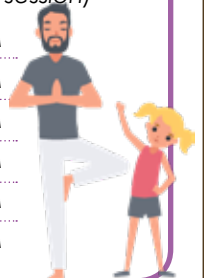
Free Family Yoga

Together we will practise breathing techniques, silly age appropriate yoga poses and play fun and challenging yoga games.

REGISTRATION REQUIRED FOR EACH SESSION:
familyresource@sjsd.net.

(Doors open 15 min prior to the start of each session)

Tuesday March 5	9:45 – 10:15 AM
Wednesday March 20	1:30 – 2:00 PM
Tuesday April 9	9:45 – 10:15 AM
Wednesday April 24	1:30 – 2:00 PM
Tuesday May 7	9:45 – 10:15 AM
Wednesday May 22.	1:30 – 2:00 PM



Books and Toy Exchange May 14, 9:30 – 11:30 AM



A toy exchange is a great chance for you to switch toys or books your child no longer needs or plays with and exchange them for others... for free.



Rock & Read

Rock & Read is a five-week family literacy program where parents and children will enjoy a variety of songs/rhymes, finger plays and books 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.

Spring 2019 Session:	Summer 2019 Session:
Monday Mornings May 27, June 3, 10, 17 and 24 10:00 – 11:30 a.m. Heritage Victoria Community Centre 950 Sturgeon Road	Tuesday Evenings July 2, 9, 16, 23 & 30 6:00 – 7:30 p.m. St. James Civic Centre 2055 Ness Avenue
Tuesday Mornings May 28, June 4, 11, 18 & 25 10:00 – 11:30 a.m. Deer Lodge Community Club 323 Bruce Ave. East	Wednesday Mornings July 3, 10, 17, 24 & 31 10:00 – 11:30 a.m. Heritage Park Children's Programs 1 Braintree Crescent
Wednesday Afternoons May 22, 29, June 5, 12, 19 1:00 – 2:30 p.m. Messiah Lutheran Church 400 Rouge Road	Thursday Mornings July 4, 11, 18, 25 and August 1 10:00 – 11:30 a.m. Westwood Community Church 401 Westwood Drive



Please register for one session only, beginning May 1, 2019.
To register, email literacylinks@sjsd.net, or call 204-885-1334 ext. 2304.



Registration starts
March 18th

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

April 8, 15, 22, 29 and May 6

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

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
- provide a home package of materials that includes literacy information, activities, games and free books
- demonstrate and provide developmentally appropriate and enriching activities that focus on daily reading and writing, environmental print, math activities and rhyming games

To register, please email literacylinks@sjsd.net or call #204-885-1334 ext. 2304.
The program runs from May 21- August 21. Call today as spaces fill up quickly!



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.

Mondays Evenings

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

Tuesday Mornings

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

PLEASE NOTE THE LAST EVENING SESSION IS MONDAY MARCH 18TH





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: Wednesday, March 20, 2019

Book: Secret Pizza Party by Adam Rubin

Cook: Pizza Spread

Date: Wednesday, April 24, 2019

Book: Today is Monday by Eric Carle

Cook: Vegetable Soup

Date: Wednesday, May 29, 2019

Book: Color Train, Color Train by Martin Kelly

Cook: Train Car Crackers



This fun program promotes the importance of physical activity in preschool play.

Dates:

Friday Mornings

April 26,

May 3, 10, 17, 24, 31, 2019

Time: 9:30 – 10:30 AM

Location:

Westwood Community Church

(401 Westwood Dr)

*** No registration required**



Families are invited to join us for a musical adventure as we use singing, instruments, movement, stories and rhythmic rhyme to explore the musical world!

Thursday Evenings

6:15-7:00 pm:

April 25

May 2, 9, 16

Location: Messiah Lutheran Church (400 Rouge Rd)

Registration Required: (Registration begins Monday, April 8)

Online: www.sjapcc.ca

Email: familyresource@sjsd.net

Visit our website at www.sjapcc.ca to view our informational video

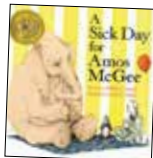


Here are a few of our favorite children's books to help your child develop empathy

JACKIE:

A Sick Day for Amos McGee by Philip C. Stead

Amos spends his days caring for his animal friends at the zoo. When Amos gets sick, the animals decide to return the favor. This classic story about selflessness teaches kids that if you treat others with kindness, they'll be kind to you.



JOANNA:

Mr. Eric & Mr. Michael "Baby Blue" (Music Album)

Mr. Eric (author of Pete the cat) & Mr. Michael will have you moving and grooving along at home to some original songs and some old favourites with new twists. My personal favourites are the funk version of "Five little monkeys" and "Beep-beep" and my kids are singing about momma needing her coffee thanks to "Rise-up". Don't forget to check out their website thelearninggroove.com. It is also available to stream and purchase on Apple music, Spotify, Google Play etc. or you can order CDs straight from their website.



TERI:

Stick and Stone by Beth Ferry

An unusual tale of kindness and friendship. Stick and Stone are both alone until a prickly situation inspires Stick to stick up for Stone. The new duo head off on an adventure and discover that friendship really rocks.



SANDRA:

Have You Filled a Bucket Today? by Carol McCloud

This delightful book encourages positive behavior by using the concept of an invisible bucket to show children how simple and rewarding it is to express kindness.



Parent Advisory Committee

Are you interested in sharing your ideas to help shape Coalition programming?

We are recruiting members to form a parent advisory group, which would meet approximately 2-3 times a year. The goal of this committee is to involve parents as a partner with the Coalition to help provide feedback and suggestions for community programming. Childcare and a light snack will be provided for participants.

Contact Sandra Doell at 204-998-8400 or email: familyresource@sjsd.net for more information.



PARENTING



Dial-a-Dietitian

1-877-830-2892

Call 204-788-8248 in Winnipeg

Free nutrition
information
for everyone

HEALTH
LINKS INFO
SANTÉ

(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

Parenting Tips for Picky Eating

April 25, 2019

10:00 AM - 12:00 PM

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.caringforkids.ca

A website providing parents with information about their child's
health and wellbeing.

www.ppdmanitoba.ca

PPDAM – Postpartum Depression
Association of Manitoba

Manitoba Early Learning and Child Care

committed to accessible, high-
quality child care for children 12
weeks to 12 years old.

[http://www.gov.mb.ca/fs/
childcare/index.html](http://www.gov.mb.ca/fs/childcare/index.html)



healthy baby
healthy brain

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

best start
manitoba
newborn support
program

www.manitobaparentzone.ca

The Manitoba Parent Zone website has resources and
information to help make the best decisions for your family.

Family Kindness Challenge

Cut strips of colored paper and leave them in a
basket.

For every act of kindness write it down on a strip of
paper and link it together to make a chain.

How big will your chain of kindness become? Can it
go the length of the wall? Around a room?

Have fun and encourage all family members to
participate.



Praising your
child for positive
behavior
becomes
more powerful
when given in
conjunction with
a hug.

Preschool Activities To Enhance Fine Motor Skills

Wednesday April 17, 9:30 – 11:00 AM

Parent Child Drop In Centre - Deer
Lodge Community Club

Presented by an Occupational
Therapist with the St. James-Assiniboia
School Division



HEALTHY LIVING



MARCH IS NUTRITION MONTH!

- Looking for reliable food and nutrition advice, without fads and gimmicks?
- A dietitian is the key to helping you **Unlock the Potential of Food**, every step of the way.
- Find a dietitian in your area: www.dietitians.ca/find



Visit www.NutritionMonth2019.ca

Canada's food guide

Eat well. Live well.

Eat a variety of healthy foods each day

Have plenty of vegetables and fruits

Eat protein foods

Make water your drink of choice

Choose whole grain foods

Discover your food guide at Canada.ca/FoodGuide

Canada

Canada's food guide

Eat well. Live well.

Healthy eating is more than the foods you eat

Be mindful of your eating habits

Cook more often

Enjoy your food

Eat meals with others

Use food labels

Limit foods high in sodium, sugars or saturated fat

Be aware of food marketing

Discover your food guide at Canada.ca/FoodGuide

Canada





AROUND THE COMMUNITY

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 Baintree 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

Winnipeg Regional Healthy Authority – Healthy Parenting

<https://healthyparentingwinnipeg.ca/>

St. James-Assiniboia Community Centres

<http://gcwcc.mb.ca/>

Assiniboia West:

861 Buchanan Blvd/
305 Morgan Cres

Bord Aire:

471 Hampton St.

Bourkevale:

100 Ferry Rd.

Deer Lodge:

323 Bruce Ave.

Heritage Victoria:

950 Sturgeon Rd.

Kirkfield Westwood:

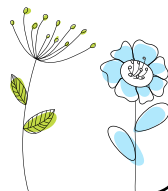
165 Sansome & 3160 McBey Ave

Sturgeon Heights:

210 Rita St.

Woodhaven Park CC:

200 Glendale Blvd



TRAILS:

Yellow Ribbon Greenway Trail:

Runs along Silver Ave. from Hamilton to Ferry.

Sturgeon Creek Greenway Trail:

runs along the creek from Woodhaven to Saskatchewan

Assiniboine Park:

Portage Ave footbridge entrance



SJAPCC is committed to Truth & Reconciliation



The St. James-Assiniboia Parent Child Coalition acknowledges that the community of St. James-Assiniboia sits on Treaty One land, the traditional territories of the Anishinaabe, Ininiw and Dakota peoples, and the homeland of the Métis Nation. It is also the current home of the Dene and Oji-Cree peoples. We live with respect on this land.

GRANTS OLD MILL

2777 Portage Ave

In 1829, Metis leader Cuthbert Grant built a water-powered mill to provide ground wheat meal to feed his community along the bank of Sturgeon Creek. He died on July 15 1854, and was buried in St. Francois-Xavier. Cuthbert Grant is commemorated with a Winnipeg street name - Grant Avenue. The mill today is a replica of the original and is open to the public: May long week-end to August 31, Tuesday – Sunday, 10:00 AM – 6:00 PM



Did you know that the St. James-Assiniboia community area has an ACCESS CENTRE? It is located beside Grace Hospital!

ACCESS Centres are one-stop shops for individuals/families and help provide coordinated, accessible services. Services in the Access Centre are offered through the Winnipeg Regional Health Authority and the Province of Manitoba – Department of Families.

Some of the services available within Access Winnipeg West include:

- Children's disABILITY Services;
- Employment & Income Assistance;
- Winnipeg Child & Family Services;
- Community Living disABILITY Services;
- Community Engagement & Development;
- Mental Health Services;
- Midwifery;
- Program for Assertive Community Treatment (PACT);
- Home Care;
- Public Health Services;
- Speech Language Pathology;
- Audiology (for children);
- Primary Care Clinic and Walk-in Connected Care Clinic.

Further descriptions of the various services offered at Access Winnipeg West can be accessed at:

<http://www.gracehospital.ca/accessSJ.html>

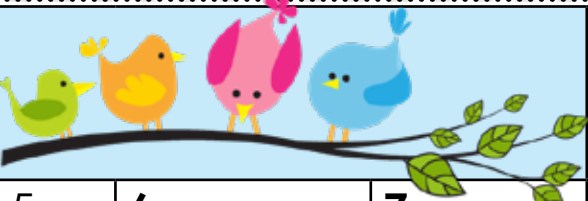



March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Buchanan 9:30-11:00 am Shake Rattle Roll 9:30-10:30 am	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 Buchanan 1:30-3:00 pm	8 Buchanan 9:30-11:00 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 Buchanan 1:30-3:00 pm	15 Buchanan CLOSED	16
17	18 Sansome 9:30-11:00 am Family Gym 6:00-7:30 pm	19 Family Gym 9:30 – 11:00 am Sansome 6:00-7:30 pm	20 Deer Lodge 9:30-11:00 am Book & Cook	21 Crestview 9:30-11:00 am Buchanan 1:30-3:00 pm	22 Buchanan 9:30-11:00 am	23
24/31	25	26	27	28	29	30
SPRING BREAK PROGRAMS CLOSED						

April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 Sansome 9:30-11:00 am	3 Family Gym 9:30 – 11:00 am Sansome 6:00-7:30 pm	4 Deer Lodge 9:30-11:00 am	5 Crestview 9:30-11:00 am Buchanan 1:30-3:00 pm	6 Buchanan 9:30-11:00 am	7
8	9 Sansome 9:30-11:00 am Family Chefs 9:30 – 11:00 am	10 Family Gym 9:30 – 11:00 am Sansome 6:00-7:30 pm	11 Deer Lodge 9:30-11:00 am	12 Crestview 9:30-11:00 am Buchanan 1:30-3:00 pm	13 Buchanan 9:30-11:00 am	14
15	16 Sansome 9:30-11:00 am Family Chefs 9:30 – 11:00 am	17 Family Gym 9:30 – 11:00 am Sansome 6:00-7:30 pm	18 Deer Lodge 9:30-11:00 am Presentation: Activities Enhance Fine Motor Skills	19 Crestview 9:30-11:00 am Buchanan 1:30-3:00 pm	20 PROGRAMS CLOSED	21
22	23 Sansome 9:30-11:00 am Family Chefs 9:30 – 11:00 am	24 Family Gym CANCELLED Sansome 6:00-7:30 pm	25 Deer Lodge 9:30-11:00 am Book & Cook	26 Crestview 9:30-11:00 am Buchanan 1:30-3:00 pm Rhythm & Rhyme 6:15-7:00 pm	27 Buchanan CLOSED Shake Rattle Roll 9:30-10:30 am	28
29	30 Sansome 9:30-11:00 am Family Chefs 9:30 – 11:00 am	31 Family Gym 9:30 – 11:00 am Sansome 6:00-7:30 pm				

May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Deer Lodge 9:30 - 11:00 am	2 Crestview 9:30-11:00 am Buchanan 1:30-3:00 pm Rhythm & Rhyme 6:15-7:00 pm	3 Buchanan 9:30-11:00 am Shake Rattle Roll 9:30-10:30 am	4
5	6 Sansome 9:30-11:00 am Family Chefs 9:30 - 11:00 am	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 Buchanan 1:30-3:00 pm Rhythm & Rhyme 6:15-7:00 pm	10 Buchanan 9:30-11:00 am Shake Rattle Roll 9:30-10:30 am	11
12 Mother's Day	13 Sansome 9:30-11:00 am 	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 Buchanan 1:30-3:00 pm Rhythm & Rhyme 6:15-7:00 pm	17 Buchanan 9:30-11:00 am Shake Rattle Roll 9:30-10:30 am	18
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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	29 Deer Lodge 9:30 - 11:00 am Book & Cook Club	30 Crestview 9:30-11:00 am Buchanan 1:30-3:00 pm	31 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

Sandra Doell

Family Resource Coordinator
204-998-8400

Lisa Twomey

Copy Consultant

Family Focus Summer Issue will be available June 2019