

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



# FAMILY FOCUS

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

## Family HOLIDAY Celebration

**Tuesday, December 17th**  
**Time: 9:30 – 11:00 a.m.**  
**Westwood Community Church (401 Westwood Drive)**

Pancake  
Breakfast

Face  
Painting

Activity  
Stations

Santa

Photo  
Booth



## 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.	6:00 – 7:30 p.m. Sansome School 181 Sansome Ave.	9:30 – 11:00 a.m. Deer Lodge Community Club 323 Bruce Ave.	9:30 – 11:00 a.m. Crestview School 333 Morgan Cres.	9:30 – 11:00 a.m. Buchanan School 815 Buchanan Blvd.
<b>Reminder: in wet weather please bring inside shoes to wear at the Centres.</b>		<b>Wednesday Afternoons</b> 1:30 – 3:00 p.m. Buchanan School 815 Buchanan Blvd	<b>Thursday Afternoons</b> 1:30 – 3:00 p.m. Buchanan School 815 Buchanan Blvd.	<b>Parent Child Drop-In Centres CLOSED for the holidays Dec. 23, 2019 – Jan. 3, 2020</b>
<b>**Please note that from time to time we reach capacity at our Parent Child Drop In Centres. The Parent Child Coalition follows Best Practices in providing a safe and secure space that contributes to the well-being of children. Thank you for your understanding.</b>				

Join the St. James-Assiniboia Parent-Child Coalition and the St. James Assiniboia 55+ Centre for an exciting new intergenerational program of music and movement.

**Grandparents, Parents and Children Welcome!**



## January

### Rhythm, Rhyme and Pizza

Enjoy dinner followed by instrument making and musical fun!

**When: Thursday January 16, 2020**

**Where: Westwood Community Church**  
(401 Westwood Dr)

**Time: 5:30 – 7:30 p.m.**

**Registration Required.**

Please email: [familyresource@sjasd.ca](mailto:familyresource@sjasd.ca)



## February

### Intergenerational Yoga

A yoga session for all ages. We will learn breathing techniques and yoga poses in a fun and playful way for all participants.

**When: Thursday February 6th, 2020**

**Where: St. James-Assiniboia 55+ Centre**  
(3rd Fl – 203 Duffield St)

**Time: 9:45 – 10:45 a.m.**

(Yoga 9:45 – 10:15 Snack 10:15 – 10:45)

**Registration Required.** Please email: [familyresource@sjasd.ca](mailto:familyresource@sjasd.ca)



## Buchanan

Parent Child Drop-In Centre

### Westwood Library Storytelling

Join us for storytime fun presented by the Westwood Library from  
2:30 – 3:00 p.m.

**Thursday, February 27**



## The Mittens on My Hands {Tune: Wheels on the Bus}



The mittens on my hands  
Keep me warm,  
Keep me warm,  
Keep me warm,  
The mittens on my hands  
Keep me warm,  
All winter long!



*Other: Hat on my head, Boots on my feet.*

## Snowy Sensory Bin

Fill a bin with snow and place it on a large towel so children can sit around it. Provide a variety of ladles, spoons or measuring cups for children to dig and scoop in the snow.

### Add these items to enhance play:

- Small forest or farm animals
- Toy cars, trucks or construction pieces
- Buried treasures (plastic gems and jewels)
- Cookie cutters



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.

**Family Gym will be CLOSED from Dec. 16th - Jan. 3rd**





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, January 29, 2020

**Book:** The Three Bears

**Snack:** Three Bears Porridge

**Craft:** Paint Splat Teddy Bears

**Date:** Wednesday, February 26, 2020

**Book:** Sneezzy the Snowman

**Snack:** Snowman Snack

**Craft:** Melted Snowman

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

**Friday mornings:** January 17 – March 6, 2020\*

(\*No programs on School Inservice Days: Jan. 31 & Feb. 21)

**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:**  
February 6 – March 12, 2020

**Location:** Messiah Lutheran Church  
(400 Rouge Rd)

**Registration Required: (Registration starts January 13, 2020)**

Online: [www.sjapcc.ca](http://www.sjapcc.ca)  
Email: [familyresource@sjasdc.ca](mailto:familyresource@sjasdc.ca)

Visit our website at [www.sjapcc.ca](http://www.sjapcc.ca) to view our informational video



Here are a few of our favorite children's winter books.

**JACKIE:**

**The Mitten by Jan Brett**

"Nikki loses one of his precious white mittens which is discovered by many winter animals. The playful tale accompanied by the rich, detailed illustrations of Brett are so entrancing children stare at the pages, mesmerized, drinking it all in."



**KRISTA:**

**Penguin and Pinecone by Salina Yoon**

"When curious little Penguin finds a lost pinecone in the snow, their friendship grows into something extraordinary!"



**TERI:**

**BOB and 6 More Christmas Stories by Sandra Boynton**

"The turkey is loud. The donkey is, too. The rooster joins in, so why shouldn't you? 'Tis the season to be silly. This collection of seven poems begins with a tiny reindeer named Bob."



**SANDRA:**

**The Jacket I Wear in the Snow by Shirley Neitzel**

A delightful rhyming story about the layers of clothes a child puts on and takes off to play in the snow.



## St. James-Assinboia School Division Kindergarten Open Houses 2020

To learn more about your child's journey to Kindergarten, please join us at 7:00 p.m. at your catchment school's Kindergarten Information Evening on the following dates:



Monday	Tuesday	Wednesday	Thursday
<b>January 20</b> École Assiniboine École Bannatyne École Robert Browning	<b>January 21</b> Brooklands School Crestview School Heritage School Stevenson-Britannia School	<b>January 15</b> Lakewood School Phoenix School <b>January 22</b> Buchanan School Strathmillan School	<b>January 16</b> Linwood School Athlone School <b>January 23</b> Sansome School Voyageur School





## Introduction to Attachment: The Importance of the Parent/Child Relationship

**Parents and Guardians are welcome to attend this FREE introductory workshop on attachment.**

It will include a brief review of attachment theory as well as tips on how to improve our relationships with our children.

*Facilitated by Dr. Jo Ann Unger, C. Psych.*

**Date: January 23, 2020 Time: 6:00 - 8:00 p.m.**

Supper will be provided, free of charge, at 5:30 p.m.

**Where: Grace Hospital Conference Room B, 254**

*Funding for this workshop has been provided by a Healthy Together Now grant.*

**To register, please call 204-837-0729**



## Cognitive Behaviour Therapy with Mindfulness (CBTm) (Classes for Symptoms of Anxiety & Depression)

CBTm aims to improve your mental health by challenging and changing unhelpful cognitive distortions. It focuses on how a person's thoughts, beliefs, and attitudes affect their feelings and behaviours. It can help with depression, anxiety and a wide range of other problems. Topics include: CBT model, relaxation strategies, cognitive restructuring, goal setting, exposure therapy and more.

**Everyone is welcome.**

**Classes are FREE and open to participants 18 yrs. of age or older.**

Afternoon and evenings times available.

ACCESS Winnipeg West: 280 Booth Dr - Room 209 (2nd Floor)

**For inquiries or to register call: 204-940-8724**





# HEALTHY LIVING



## Be Mindful – Find the JOY again in healthy eating

Written By: Martina Gornik-Marion, RD, Public Health Dietitian

Think about the last meal you ate. Did you enjoy it? Did it truly nourish you; mind, body and soul? Ellyn Satter, a Registered Dietitian and recognized authority on eating and feeding said it best; "when the joy goes out of eating, nutrition suffers". In fact, healthy eating is about more than just the food you eat. It's learning to notice or be mindful of your eating habits, taking the time to eat and noticing when you are hungry and when you are full. Mindfulness can help you fully enjoy a meal and the experience of eating. In addition to finding the joy again in eating, being mindful can also help you make healthier food choices, make positive changes to routine eating behaviours and be more aware of your everyday eating decisions and the thoughts, feelings and emotions influencing them.

If you search the internet you can easily find lots of information on how to eat more mindfully. There's really no right or wrong way but if you wish to give it a go, try these five tips to get you started.

- 1. TAKE A MOMENT TO REFLECT.** Before eating, reflect on how you are feeling at the time. Stressed? Sad? Bored? Hungry? Many things can influence when and why we eat. After your reflection, you can choose to eat if you want or need to, and decide what you want to eat. In this way you are fully connected with the why you are eating.
- 2. USE YOUR SENSES.** Pay attention to the aromas, textures, and flavours of foods you are eating. Pay attention to your likes and dislikes using these senses. This will help connect you to your eating experience and be more conscious of the foods you are eating or choosing.
- 3. REDUCE DISTRACTIONS.** Put the phone or tablet away, turn off the television and even close up the book you are reading. These distractions make you less aware of what and how much you are eating. It's also a good idea to stop, sit down and take the time to eat. Many of us are eating on the run and rushing through meals. This contributes to being disconnected from the food you are eating and the eating experience.
- 4. RESIGN FROM THE "CLEAN YOUR PLATE" CLUB.** Listen to your feelings of fullness to help you know when you have had enough food to eat, give your body time to digest and feel full before deciding to have more. Be aware of your environment. You don't have to clean your plate or eat simply because food is available. Learning to listen to your hunger and fullness cues promotes healthy eating behaviours.
- 5. ENJOY THE FOOD YOU EAT.** Consider all the possibilities and not the restrictions that people tend to get hung up on. Eat without judgement or criticism. Enjoy your food by making choices that reflect:

- a. Taste:** Enjoying your food should be about choosing a variety of healthy foods and flavours that you like.
- b. Culture:** Culture and food traditions can be a great way to add to the enjoyment of your food
- c. Budget:** There are many ways to enjoy your food while eating on a budget

Encourage everyone in the family, including children to practice mindful eating. These strategies started early in childhood can set the stage for a life-long positive relationship with food and eating. If this is new to you, it's never too late start. Lasting changes take time, so start simply and appreciate the small steps you make towards this practice.



### Spiced-up butternut squash soup

A hint of curry and cilantro takes this soup up a notch, making it a hands down favourite. This go-to recipe is versatile, so sub in other vegetables to transform it into a brand new soup.



PREP TIME  
15 min



COOK TIME  
30 min



SERVINGS  
6

#### Ingredients:

- 1 butternut squash (about 1.125 kg/2 1/4 lb)
- 5 mL (1 tsp) canola oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 10 mL (2 tsp) mild curry powder or paste
- 750 mL (3 cups) sodium reduced vegetable or chicken broth
- 30 mL (2 tbsp) chopped fresh cilantro or parsley (optional)
- 1 mL (1/4 tsp) fresh ground black pepper
- 75 mL (1/3 cup) 0% fat plain Greek yogurt (optional)

#### Directions:

1. Using a vegetable peeler, peel squash. Cut squash in half crosswise, then cut each half in half lengthwise. Remove seeds. Chop squash into equal pieces (about 2.5 cm/1 inch); set aside.
2. In a soup pot or large saucepan, heat oil over medium heat and add onion, garlic and curry powder. Cook, stirring for about 2 minutes or until starting to soften. Add chopped squash, broth and cilantro, if using. Bring to a boil. Once at a boil, reduce heat to a gentle simmer, cover and cook for about 25 minutes or until squash is very tender.
3. Remove from heat and let cool slightly. Ladle into blender in batches or alternatively, using an immersion blender, puree soup in pot until smooth.

Stir in pepper. Serve with a dollop of yogurt if desired.

Recipe developed by Emily Richards, P.H. EC for the Heart and Stroke Foundation. Reproduced with permission from the Heart and Stroke Foundation of Canada.

### NUTRITION FOR BUSY PEOPLE

The title says it all. Learn from a Registered Dietitian about how to make your meals less processed and more nutritious without sacrificing all your time in this free 2 hour class. Choose healthier options to get the most bang for your bites. Appropriate for people with any of the following: fatty liver, tight budgets, kids, weight concerns, and busy schedules.

**Call (204) 940-8724 to register.**

#### UPCOMING DATES:

**Thurs, 12 December, from 9:30-11:30 a.m.**

**Wed, 8 January, from 6:00-8:00 p.m.**

**Thurs, 6 February, from 6:00-8:00 p.m.**

**Thurs, 5 March, from 6:00-8:00 p.m.**

ACCESS Winnipeg West

280 Booth Drive, Winnipeg, MB, R3J 3R7





# AROUND THE COMMUNITY

## City of Winnipeg FREE PUBLIC Swimming & Skating



### Free Public Swimming

**ST. JAMES-ASSINIBOIA CENTENNIAL POOL**  
644 Parkdale St  
Wednesdays 2:00 – 4:30 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](http://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](mailto:romeodallaire@cpefmb.org).

## St. James Assiniboia 55+ Centre



3 – 203 Duffield St., 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.

### 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](mailto:nisw.stjames@familydynamics.ca)

Jameswood Community School  
1 Braintree Cres.



[www.familydynamics.ca](http://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: [frjjackie@mts.net](mailto:frjjackie@mts.net)

1 Braintree Cres.

## 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.

Truth & Reconciliation:

Did you know each of the seven flames in the circle of the Truth and Reconciliation's logo represents one of the Seven Sacred Teachings? The Seven Teachings include: Truth, Humility, Honesty, Wisdom, Respect, Courage and Love. These Teachings provide guidance for living a good life without conflict and in peace. Watch in coming issues as we highlight each Teaching.

## WRHA's Healthy Management Group Program Guide

The WRHA offers a range of programs that can help with specific health conditions, for more info visit:

[www.wrha.mb.ca/community/primarycare/guide.php](http://www.wrha.mb.ca/community/primarycare/guide.php)

## WESTWOOD LIBRARY Winter Lineup January/February 2020

Register by calling 204-986-4747, visiting us at 66 Allard Ave or online at [wpl.winnipeg.ca](http://wpl.winnipeg.ca) using our PROGRAMS & EVENTS button.

### Toddler Time

Help your child learn about letters, numbers, colours, shapes and more by sharing books, songs and rhymes. For children 19-36 months and a parent/caregiver. **Registration necessary.**

**Tuesdays, January 14 – March 3, 10:30-11:00 a.m.**

### Family Story Time

Discover how reading with your child can help prepare them to learn to read and print. It's a lot of fun too! For children up to 5 years of age and a parent/caregiver. Siblings of all ages can enjoy being part of the action too. **Drop in and see!**

**Thursdays, January 16 – March 5, 10:30-11:00 a.m.**

### Baby Rhyme Time

Introduce your baby to the sounds of language through rhymes, songs and simple stories. For babies newborn to 18 months and a parent/caregiver. **Registration necessary.**

**Fridays, January 17 – March 6, 10:30-11:00 a.m.**

### Take Your Child to the Library Day

**Saturday, February 1**

To celebrate I Love To Read Month, we are offering activities, games, crafts and scavenger hunts throughout the entire day. For families. **Drop in and experience the day!**

### Leap Day Celebration

Jump, hop and leap into this rarest day of the century, sharing in stories, rhymes, games and song!

**Saturday, February 29, 2:00 – 3:00 p.m.**

For ages 5 to 8 and parent/caregiver. **Registration is required.**

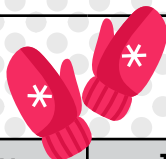




# December 2019



Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
1 	2 Sansome 9:30-11:00 am Family Gym 6:00 -7:30 pm	3 Family Gym 9:30 – 11:00 am Sansome 6:00-7:30 pm	4 Deer Lodge 9:30-11:00 am Buchanan 1:30-3:00 pm	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 Gym 6:00 -7:30 pm	10 Family Gym 9:30 – 11:00 am Sansome 6:00-7:30 pm	11 Deer Lodge 9:30-11:00 am Buchanan 1:30-3:00 pm	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 	17 Family Holiday Celebration 9:30-11:00 a.m. (Westwood Church) 	18 Deer Lodge 9:30-11:00 am Buchanan 1:30-3:00 pm	19 Crestview 9:30-11:00 am Buchanan 1:30-3:00 pm	20 Buchanan 9:30-11:00 am 	21
22	23 	24 	25 Christmas Day	26 Boxing Day	27 	28
CENTRES CLOSED						
29	30 	31 				
CENTRES CLOSED						



# January 2020



Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
			1	2	3	4
CENTRES CLOSED						
5 	6 Sansome 9:30-11:00 am Family Gym 6:00 -7:30 pm	7 Family Gym 9:30 – 11:00 am Sansome 6:00-7:30 pm	8 Deer Lodge 9:30-11:00 am Buchanan 1:30-3:00 pm	9 Crestview 9:30-11:00 am Buchanan 1:30-3:00 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 Buchanan 1:30-3:00 pm 	16 Crestview 9:30-11:00 am Buchanan 1:30-3:00 pm Rhythm & Rhyme Make & Take 5:30 - 7:30 pm	17 Buchanan 9:30-11:00 am Shake Rattle Roll 9:30-10:30 am 	18
19	20 Sansome 9:30-11:00 am Family Gym 6:00 -7:30 pm	21 Family Gym 9:30 – 11:00 am Sansome 6:00-7:30 pm	22 Deer Lodge 9:30-11:00 am Buchanan 1:30-3:00 pm	23 Crestview 9:30-11:00 am Buchanan 1:30-3:00 pm	24 Buchanan 9:30-11:00 am Shake Rattle Roll 9:30-10:30 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	29 Deer Lodge 9:30-11:00 am Book & Cook Buchanan 1:30-3:00 pm	30 Crestview 9:30-11:00 am Buchanan 1:30-3:00 pm	31 Programs Closed 	

# February 2020

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
						1
2	<b>3</b> <b>Sansome</b> 9:30-11:00 am <b>Family Gym</b> 6:00 -7:30 pm 	<b>4</b> <b>Family Gym</b> 9:30 - 11:00 am <b>Sansome</b> 6:00-7:30 pm	<b>5</b> <b>Deer Lodge</b> 9:30-11:00 am <b>Buchanan</b> 1:30-3:00 pm	<b>6</b> <b>Intergenerational Yoga 9:45-10:45 am</b> <b>Crestview</b> 9:30-11:00 am <b>Buchanan</b> 1:30-3:00 pm <b>Rhythm &amp; Rhyme</b> 6:15 - 7:00 pm	<b>7</b> <b>Buchanan</b> 9:30-11:00 am <b>Shake Rattle Roll</b> 9:30-10:30 am 	8
9	<b>10</b> <b>Sansome</b> 9:30-11:00 am <b>Family Gym</b> 6:00 -7:30 pm	<b>11</b> <b>Family Gym</b> 9:30 - 11:00 am <b>Sansome</b> 6:00-7:30 pm	<b>12</b> <b>Deer Lodge</b> 9:30-11:00 am <b>Buchanan</b> 1:30-3:00 pm	<b>13</b> <b>Crestview</b> 9:30-11:00 am <b>Buchanan</b> 1:30-3:00 pm <b>Rhythm &amp; Rhyme</b> 6:15 - 7:00 pm 	<b>14</b> <b>Buchanan</b> 9:30-11:00 am <b>Shake Rattle Roll</b> 9:30-10:30 am	15
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## 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



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

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204-998-8400

[familyresource@sjasd.ca](mailto:familyresource@sjasd.ca)

**Lisa Twomey**

Copy Consultant

Family Focus Spring Issue will be available March 2020