



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!

Families with children (birth – 6yrs of age), are invited to drop in and PLAY! Our qualified staff promote healthy child development through a variety of engaging activities, nutritious snacks, lending libraries, parenting supports and so much more. If you are a Parent or Grandparent of a child birth to 6 yrs old, drop in and visit and connect with 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. Please arrive between 6:00-6:15 (doors will be locked and no admittance after 6:15)	9:30 – 11:00 a.m. Deer Lodge Community Club 323 Bruce Ave. Wednesday Afternoons 1:30 – 3:00 p.m. Buchanan School 815 Buchanan Blvd	9:30 – 11:00 a.m. Crestview School 333 Morgan Cres. Thursday Afternoons 1:30 – 3:00 p.m. Buchanan School 815 Buchanan Blvd.	9:30 – 11:00 a.m. Buchanan School 815 Buchanan Blvd.  Parent Child Drop-In Centres CLOSED for Spring Break March 30 – April 3, 2020
**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.		Reminder: in wet weather please bring inside shoes to wear at the Centres.		

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



Looking for some active fun with your child? Families with children (birth – 6 yrs of age), are invited to join us for an open gym experience that includes a bouncer, climber, tunnels, slide, bikes, balls and so much more. Parent and Grandparents are encouraged to participate and have fun together as children develop strength, coordination and confidence. Drop in and join us Monday evenings and Tuesday mornings.

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.



Monday Evenings end Monday March 23, 2020



Parents/Grandparents with children 2-5 yrs of age are invited to join us for a morning of active play. This program encourages movement, coordination, listening skills and cooperative play.

Friday mornings:
April 24, May 1, 8, 15, 22 and 29

Time: 9:30 – 10:30 a.m.

Location: Westwood Community Church (401 Westwood Dr)

*** 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.

Monday Mornings:
April 6, 13, 20, 27 and May 4

Time: 9:30 – 11:30 a.m.

Bourkevale Community Club (100 Ferry Rd)

To Register:

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



Join us the last Wednesday of the month as children become mini chefs and prepare snack, make crafts and enjoy story time.

Deer Lodge Parent Child Drop In Centre (323 Bruce Ave)

No registration required.

Date: Wednesday, March 25

Book: I'm a Little Teapot by Iza Trapani

Cook: Tea Biscuits

Craft: Party Hats

Date: Wednesday, April 29

Book: Itsy Bitsy Spider by Keith Chapman

Cook: Spider Sandwiches

Craft: Playdough Spiders

Date: Wednesday, May 27

Book: Going to the Zoo by Tom Paxton

Cook: Animal Cracker Parfait

Craft: Zoo Train



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

Grandparents, Parents and Children Welcome!

March	April	May
ZUMBA When: Tuesday, March 24 Where: St. James-Assiniboia 55+ Centre (3rd fl – 203 Duffield St) Time: 9:30 – 10:30 a.m. Registration Required: Email: familyresource@sjda.ca	EARTH DAY CELEBRATION Paper Seed Making When: Wednesday, April 22, Where: Deer Lodge Community Club (323 Bruce Ave) Time: 9:30 – 11:00 a.m.	LIVING PRAIRIE MUSEUM When: Tuesday, May 26 Where: Living Prairie Museum (2795 Ness Ave) Time: 1:00 – 2:30 p.m.

Ten Little Bunnies

One little, two little, three little bunnies,
Four little, five little, six little bunnies,
Seven little, eight little, nine little bunnies,
Ten little bunnies hopping up and down!

Variations:

Jumping up and down
Twirling all around
Standing on one foot



Thank you to the Rotary Club of Winnipeg-Assiniboine.

The St. James-Assiniboia Parent Child Coalition was one of this year's recipients of the proceeds from the Golf for Literacy 2019 Golf Tournament. Funds raised from this event will support and enhance literacy and numeracy programs in the community.





Rock & Read

Rock & Read is a five-week family literacy program where parents and children (geared for ages 3-5) 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 2020 Session:	Summer 2020 Session:
Monday Mornings May 25, June 1, 8, 15, 22 10:00 – 11:30 a.m. Heritage Victoria Community Centre 950 Sturgeon Road Wednesday Afternoons May 27, June 3, 10, 17, 24 1:00 – 2:30 p.m. Messiah Lutheran Church 400 Rouge Road	Tuesday Mornings July 7, 14, 21, 28, August 4 10:00 – 11:30 a.m. Deer Lodge Community Centre 323 Bruce Ave. East Wednesday Evenings July 8, 22, 29, August 5, 12 6:00 – 7:30 p.m. Westwood Community Church 401 Westwood Drive Thursday Mornings July 9, 16, 23, 30, August 6 10:00 – 11:30 a.m. Heritage Park Children's Programs 1 Braintree Crescent

Please register for one session only, beginning May 1, 2020.
To register, email literacylinks@sjasd.ca, or call 204-885-1334 ext. 2304.

EARTH DAY APRIL 22, 2020

FAMILY ACTIVITIES TO CELEBRATE EARTH DAY:

- Go the Park
- Walk around your neighborhood and pick up trash
- Collect sticks and make art
- Build a birdfeeder or birdhouse
- Have a car-free day
- Get crafty with recycled materials
- Start a compost bin
- Get Planting
- Unplug for the day

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 and numeracy environment in the home setting. Children will be engaged in a wide variety of play-based and enriching learning experiences during the Literacy Links sessions.

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 & numeracy information, activities, games and free books
- demonstrate and provide developmentally appropriate and hands-on activities that support early literacy and numeracy development, build fine motor skills, and create a strong connection between home and school



To register, please email: literacylinks@sjasd.ca or call #204-885-1334 ext. 2304.
The program runs from May 19 – August 25. Call today as spaces fill up quickly!



Celebrate
Spring with
these delightful
children's books

Mouse's First Spring By: Lauren Thompson

Mouse and Momma head out to play and discover that spring has sprung.



The Very Hungry Caterpillar By: Eric Carle

One sunny Sunday a caterpillar is hatched out of a tiny egg and he was very hungry.



When Spring Comes By: Kevin Henkes and Laura Dronzek

The world transforms when the seasons change from winter to spring.





PARENTING



www.ppdmanitoba.ca

PPDAM – Postpartum
Depression Association of
Manitoba

healthy baby
healthy brain



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

best start
meilleur d part
pour votre enfant

HEALTH LINKS INFO SANT 

(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

Nutrition for Busy People

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.

Thursday, March 5, 2020

6:00-8:00 p.m.

**@Access Winnipeg West
280 Booth Drive**



Mental Health Addiction and Coping



In this seminar, facilitators from the Addiction Foundation
of Manitoba will explore the nature of mental health and
addiction issues, including the basics of substance use
and gambling, the process of recovery, and healthier
methods of coping.

Date: March 12th, 2020

Time: 2:00 – 3:30 p.m.



**Where: Access Winnipeg West – 280 Booth
Drive, Room 209 – 2nd Floor**



To register: Call Michelle 204-940-2453

Mindful ways to Well-Being

In this one session workshop you will have an opportunity
to learn about Mindfulness and how it can support your
mental health and well-being. Best of all you will have
an opportunity to practise some strategies you can take
home with you.

Date: June 10, 2020

Time: 2:00 - 3:30 PM

**Where: Access Winnipeg West
– 280 Booth Dr, Room
209 – 2nd Floor**



To register: Call Michelle 204-940-2453



Here are a few of our family favorites

Teri

Pizza Soup

- 1 tbsp vegetable oil
- Small onion chopped
- 1/4 cup slivered sweet green pepper
- 1 can (28 oz) plum tomatoes
- 1 cup beef stock
- 1 cup thinly sliced pepperoni
- 1/2 tsp basil
- 1 cup shredded mozzarella

Heat oil. Stir fry onion and green pepper. Add tomatoes, beef stock, pepperoni and basil. Heat until cooked through. Serve with mozzarella melted on top.



Image: thegarlicpad.com

Jackie

Banana Bread

- 1 cup flour
- 3/4 cup whole wheat flour
- 3/4 tsp salt
- 3/4 cup sugar
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1 cup chocolate chips
- 1 cup mashed bananas
- 1/4 cup oil
- 1 egg
- 1/2 cup milk

Preheat oven to 350F. Sift together dry ingredients. Combine remaining ingredients and stir into dry mixture until blended. Pour into greased loaf pan. Bake for 60 minutes, or until done.



Image: simplyrecipes.com

Sandra

Flourless Peanut Butter Cookies

- 1 cup Crunchy Peanut Butter
- 3/4 cup of Brown Sugar
- 1 egg
- 1 tsp of Baking Soda

Mix all ingredients together and spoon onto a cookie sheet lined with parchment paper.

Bake at 375 for 8-10 mins. Let cool before removing cookies from the cookie sheet.



Image: Food Network

Krista

Hamburger Noodle Soup:

- 1 tsp butter
- 1lb hamburger
- 1 onion chopped
- 14 oz can of diced tomatoes
- 2 containers of beef broth (8 cups)
- 3 medium carrots, sliced
- 3 medium potatoes, cubed
- 3 celery stalks, sliced
- Bay leaf
- Salt & pepper
- 1 tsp Basil
- 1/4 cup of macaroni

Melt butter. Add onions, celery. When they are softened, add hamburger. Brown meat and drain fat. Add tomatoes, beef stock, veggies, salt, pepper, bay leaf, basil. Bring to boil and simmer for an hour. Add macaroni and simmer for another 15 minutes. Serve and enjoy!



Image: cookingclassy.com

Dial-a-Dietitian

1-877-830-2892

Call 204-788-8248 in Winnipeg

Free nutrition information for everyone



AROUND THE COMMUNITY

City of Winnipeg FREE PUBLIC Swimming



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.

* check online at Winnipeg.ca for schedule changes

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



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)

1 Braintree Cres. Registration Required
Contact Jackie at 204-895-2519 Email: frjjackie@mts.net

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. The Seven Sacred Teachings provide guidance for living a good life without conflict and in peace. Follow us as we highlight a Teaching each issue.

Love

The Eagle is able to reach the highest point of all creatures. This teaching recognizes that true love is connected to the Creator. Love that is given to the Creator is expressed through love of self as without the love of self it is impossible to love others. (Manitoba Trauma Information and Education Centre)



Eagle image: <http://trauma-informed.ca/trauma-and-first-nations-people/cultural-practices/>

WESTWOOD LIBRARY Winter Lineup Spring Line-Up 2020

To register for our free programs, contact the Westwood Public Library at 204-986-4747, visit us at 66 Allard Ave (next to the Kinsmen Allard Arena) or find us online at wpl.winnipeg.ca

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. 20-30 minutes. **Registration necessary. Tuesdays, April 14 – May 26, 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. And it's a lot of fun too! For children up to 5 years, but siblings of all ages can enjoy being part of the action. 30 minutes. **Drop in for some fun!**

Thursdays, April 16 – May 28, 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. 20-30 minutes. **Registration necessary.**

Fridays, April 17 – May 29, 10:30-11:00 a.m.

Minecraft Poster Biomes

Create a Minecraft biome using official Minecraft paper patterns. Design a farm, forest, mine, flying citadel or whatever you can imagine! For ages 6-12.

Monday, March 30, 2:00-3:30 p.m.

Reading with Raptors

Owls and falcons will be swooping in to the library with staff from the Prairie Wildlife Rehabilitation Centre. Staff will bring an owl, falcon or other wild animals and together we will read stories and learn interesting facts about these wondrous creatures. For ages 6-12. To maximize attendance children participate in the Reading with Raptors program on their own.

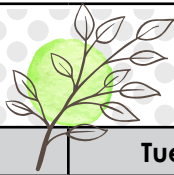
Tuesday, March 31, 11:00-11:45 a.m.

We Love Unicorns!

Celebrate National Unicorn Day with Unicorn stories, a 'corny craft, and some 'corny fun. For ages 5-8 with a parent/caregiver.

Thursday, April 9, 6:30-7:30 p.m.

March 2020



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 Shake Rattle Roll 9:30-10:30 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 Programs Closed	14
15	16 Sansome 9:30-11:00 am Family Gym 6:00 -7:30 pm	17 Family Gym 9:30 – 11:00 am Sansome 6:00-7:30 pm	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 Sansome 9:30-11:00 am Family Gym 6:00 -7:30 pm	24 Family Gym 9:30 – 11:00 am Sansome 6:00-7:30 pm	25 Deer Lodge 9:30-11:00 am Book & Cook Buchanan 1:30-3:00 pm	26 Crestview 9:30-11:00 am Buchanan 1:30-3:00 pm	27 Buchanan 9:30-11:00 am	28
29	30	31				
SPRING BREAK PROGRAMS CLOSED						



April 2020

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
			1	2	3	4
SPRING BREAK PROGRAMS CLOSED						
5	6 Sansome 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 Buchanan 1:30-3:00 pm	9 Crestview 9:30-11:00 am Buchanan 1:30-3:00 pm	10 Programs Closed Good Friday	11
12 Easter Sunday	13 Sansome 9:30-11:00 am	14 Family Gym CLOSED 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	17 Programs Closed	18
19	20 Sansome 9:30-11:00 am	21 Family Gym 9:30 – 11:00 am Sansome 6:00-7:30 pm	22 Deer Lodge "Earth Day Celebration" 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	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		



May 2020

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
					1	2
3	4 Sansome 9:30-11:00 am	5 Family Gym 9:30 – 11:00 am Sansome 6:00-7:30 pm	6 Deer Lodge 9:30-11:00 am Buchanan 1:30-3:00 pm	7 Crestview 9:30-11:00 am Buchanan 1:30-3:00 pm	8 Buchanan 9:30-11:00 am Shake Rattle Roll 9:30-10:30 am	9
10	11 Sansome 9:30-11:00 am	12 Family Gym 9:30 – 11:00 am Sansome 6:00-7:30 pm	13 Deer Lodge 9:30-11:00 am Buchanan 1:30-3:00 pm	14 Crestview 9:30-11:00 am Buchanan 1:30-3:00 pm	15 Buchanan 9:30-11:00 am Shake Rattle Roll 9:30-10:30 am	16
17	18 Programs Closed Victoria Day	19 Family Gym 9:30 – 11:00 am Sansome 6:00-7:30 pm	20 Deer Lodge 9:30-11:00 am Buchanan 1:30-3:00 pm	21 Programs Closed (Staff Professional Development)	22 Buchanan 9:30-11:00 am Shake Rattle Roll 9:30-10:30 am	23
24	25 Sansome 9:30-11:00 am	26 Family Gym 9:30 – 11:00 am Sansome 6:00-7:30 pm	27 Deer Lodge 9:30-11:00 am Book & Cook Buchanan 1:30-3:00 pm	28 Crestview 9:30-11:00 am Buchanan 1:30-3:00 pm	29 Buchanan 9:30-11:00 am Shake Rattle Roll 9:30-10:30 am	30
31						

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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204-998-8400

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Lisa Twomey

Copy Consultant

Family Focus Summer Issue will be available June 2020