

Starting Strong

Same program!
New Name!

Free family programming to support the holistic development and well-being of children 1-4 years.

Family Gym

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

Westwood Community Church
(401 Westwood Dr)

If you are looking for some active fun with your child join us for this open gym experience.



No Registration Required

Capacity is Limited

Play'n Learn

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

*Families with children
Birth - 2 years of age



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

*Families with children
2 - 4 years of age



MESSIAH LUTHERAN CHURCH
(400 ROUGE RD)



Play'n Learn offers a warm, friendly and nurturing environment for families with children birth -4 years of age. Centres provide opportunities for families to come together and play and include creative activities, stories, songs and more!

NEW: Due to COVID-19 we have had to implement registration for our parent child programs as capacity is limited.

To Register:

Registration starts Wednesday,
December 8th

Email: familyresource@sjasd.ca

Include: Session/
Adult/Child
names and age.
(A confirmation
email will be sent
with program
details)



ALL PROGRAMS REQUIRE:

- Proof of vaccination
- Masks are mandatory
- Hand sanitization and screening at door
- Families must bring their own snack
- Please stay home if you are feeling sick



VIRTUAL CONNECTION

Thursday Mornings
9:30 - 10:00 a.m.

Starts January 13, 2022

Follow us on Facebook for details.



NEW IN 2022

fun FRIDAYS

9:30 – 10:30 a.m.
Westwood Community Church
(401 Westwood Dr)

Jan 14 Move & Groove
Jan 21 Rhythm & Rhyme
Jan 28 Bookworms

Feb 4 Move & Groove
Feb 11 Rhythm & Rhyme
Feb 18 Bookworms
Feb 25 Winter Fun Day
(Woodhaven Community Club)

March 4 Move & Groove
March 11 Rhythm & Rhyme
March 18 Bookworms



Rhythm & Rhyme: Join us for a musical adventure as we use singing, instruments, movement and stories to explore the musical world! No Registration Required. Age 1-4

Move & Groove: This is a fun and engaging program that promotes physical activity and creative expression. No Registration Required. Age 2-4

Bookworms: An interactive family literacy program with a featured book and related activities. Age 2-4

Registration Required

Email: familyresource@sjasd.ca (Include date and name/age of child)

Winter Fun Day: Dress warm and meet us at the Woodhaven Community Club for some outdoor adventures! Details will be posted on our Facebook page.



Winter Session

January 10 - March 25, 2022

Registration Starts: Wednesday, December 8, 2021



We kindly encourage families to commit to attending weekly, unless ill. Due to Covid, capacity is limited and we want to allow the opportunity for as many families as possible to participate.

Visit **Starting Strong** online at

www.sjapcc.ca

(New Website Coming January 2022)



Connect with us on Facebook