



Free programming for
families with children
birth-4 years of age.



Welcome!



Starting Strong (formerly the St. James Assiniboia Parent Child Coalition) would like to welcome families in the community with children birth – 4 years of age to join us for free programs. We feature fun and engaging activities that support the importance of play in promoting healthy child development. Our staff provide opportunities for skill development through literacy, numeracy, physical activity, outdoor play, social interaction and so much more! Recognizing parents as the first and most important teachers in a child's life, all programs are designed for parents/caregivers and child to participate together to ensure all children reach their full potential.

Programs are located in a variety of locations thanks in part to the generous support of our community partners. We no longer require registration and vaccination/mask mandates have been lifted (please respect those who wish to continue wearing a mask). Should COVID cases rise this fall our mask mandate may be reinstated. We are committed to providing a safe environment and thank you for your support.

From time to time, we may experience a last-minute program cancellation due to reasons beyond our control. We will do our best to make a post on our Facebook page as well as the front door of the program location. We appreciate your understanding should this situation arise.

We are excited to be offering a variety of programs this fall and look forward to seeing familiar faces and meeting new families.

Sincerely,
Sandra Doell, Family Resource Coordinator



Play'n Learn offers a warm, friendly and nurturing environment for families with children birth – 4 years of age. This program provides children with learning experiences through open ended activities, opportunities to create and explore, stories, music and more! No registration required, just drop in and join the fun.

Play'n Learn for Families with Babies & Toddlers (Birth – 2 years)

Mondays, 9:30 – 11:00 a.m.

Messiah Lutheran Church (400 Rouge Rd)

Starts: Monday September 12, 2022



Play'n Learn for Families with Children 2-4 years

Thursdays, 9:30 – 11:00 a.m.

Sansome School (181 Sansome Ave - Basement Starting Strong Resource Room)

Starts: Thursday September 15, 2022





Families with Children 1- 4 years Tuesdays 9:30 - 11:00 a.m.

Westwood Community Church
(401 Westwood Dr)

Starts: Tuesday September 13, 2022

Families are invited to join us for an open gym experience that includes climbers, tunnels, balls, bikes, bouncers and more. Parents/ caregivers are encouraged to participate and have fun together as children develop strength, coordination and confidence. *No registration required, just drop in and join the fun.*



Families with Children 2-4 years

Did you know cooking with children not only promotes healthy eating but also enhances language/

math/science concepts, fine motor skills, engages all senses, encourages independence and improves self-confidence? This program combines literacy and nutrition to provide families with opportunities to prepare tasty and nutritious recipes, participate in fun and interactive activities, stories, and music. *No registration required, just drop in and join the fun.*

Wednesdays

9:30 – 11:00 a.m.

Messiah Lutheran Church
(400 Rouge Rd)

**Starts: Wednesday
September 14,
2022**



Autumn books for Preschoolers

Here are a few of our favorite children's books to read this fall!

Leaf man (Lois Ehlert)

We're Going on a Leaf Hunt
(Steve Metzger)

Fletcher and the Falling
Leaves (Julia Rawlinson)

Mouse's First Fall
(Lauren Thompson)

The Busy Little Squirrel
(Nancy Tafuri)



Families with Children 2-4 years

This fun and engaging program promotes physical activity and creative expression. We have combined music and movement to enhance gross/fine motor development, express emotions, foster social skills and promote creativity. *No registration required, just drop in and join the fun.*

Fridays

9:30 – 10:30 a.m.

Westwood Community Church
(401 Westwood Dr)

Starts: Friday September 16, 2022



Website:
www.startingstrongfamilies.ca

Phone: 204-998-8400



Follow us on Facebook for additional programs and events!



September 2022

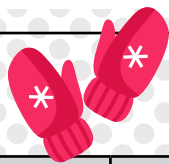
Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
				1	2 	3
4	5 	6	7	8 	9	10
11	12 Play'n Learn Children Birth-2 yrs Messiah Church (400 Rouge Rd) 9:30 – 11:00 am	13 Family Gym Children 1-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 11:00 am	14 Book & Cook Children 2-4 yrs Messiah Church (400 Rouge Rd) 9:30 – 11:00 am	15 Play'n Learn Children 2-4 yrs Sansome School (181 Sansome Ave) 9:30 – 11:00 am	16 Move & Groove Children 2-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 10:30 am	17
18	19 Play'n Learn Children Birth-2 yrs Messiah Church (400 Rouge Rd) 9:30 – 11:00 am	20 Family Gym Children 1-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 11:00 am	21 Book & Cook Children 2-4 yrs Messiah Church (400 Rouge Rd) 9:30 – 11:00 am	22 Play'n Learn Children 2-4 yrs Sansome School (181 Sansome Ave) 9:30 – 11:00 am	23 Move & Groove Children 2-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 10:30 am	24
25	26 Play'n Learn Children Birth-2 yrs Messiah Church (400 Rouge Rd) 9:30 – 11:00 am	27 Family Gym Children 1-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 11:00 am	28 Book & Cook Children 2-4 yrs Messiah Church (400 Rouge Rd) 9:30 – 11:00 am	29 Play'n Learn Children 2-4 yrs Sansome School (181 Sansome Ave) 9:30 – 11:00 am	30 National Day for Truth and Reconciliation Programs Closed 	



October 2022



Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
						1
2	3 Play'n Learn Children Birth-2 yrs Messiah Church (400 Rouge Rd) 9:30 – 11:00 am	4 Family Gym Children 1-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 11:00 am	5 Book & Cook Children 2-4 yrs Messiah Church (400 Rouge Rd) 9:30 – 11:00 am	6 Play'n Learn Children 2-4 yrs Sansome School (181 Sansome Ave) 9:30 – 11:00 am	7 Move & Groove Children 2-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 10:30 am	8
9	10 Thanksgiving Day Programs Closed 	11 Family Gym Children 1-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 11:00 am	12 Book & Cook Children 2-4 yrs Messiah Church (400 Rouge Rd) 9:30 – 11:00 am	13 Play'n Learn Children 2-4 yrs Sansome School (181 Sansome Ave) 9:30 – 11:00 am	14 Move & Groove Children 2-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 10:30 am	15
16	17 Play'n Learn Children Birth-2 yrs Messiah Church (400 Rouge Rd) 9:30 – 11:00 am	18 Family Gym Children 1-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 11:00 am	19 Book & Cook Children 2-4 yrs Messiah Church (400 Rouge Rd) 9:30 – 11:00 am	20 Play'n Learn Children 2-4 yrs Sansome School (181 Sansome Ave) 9:30 – 11:00 am	21 Program Closed	22
23	24 Play'n Learn Children Birth-2 yrs Messiah Church (400 Rouge Rd) 9:30 – 11:00 am	25 Family Gym Children 1-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 11:00 am	26 Book & Cook Children 2-4 yrs Messiah Church (400 Rouge Rd) 9:30 – 11:00 am	27 Play'n Learn Children 2-4 yrs Sansome School (181 Sansome Ave) 9:30 – 11:00 am	28 Move & Groove Children 2-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 10:30 am	29
30	31					

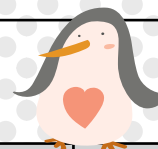







November 2022

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
		1 Family Gym Children 1-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 11:00 am	2 Book & Cook Children 2-4 yrs Messiah Church (400 Rouge Rd) 9:30 – 11:00 am	3 Play'n Learn Children 2-4 yrs Sansome School (181 Sansome Ave) 9:30 – 11:00 am	4 Move & Groove Children 2-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 10:30 am	5
6	7 Play'n Learn Children Birth-2 yrs Messiah Church (400 Rouge Rd) 9:30 – 11:00 am	8 Family Gym Children 1-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 11:00 am	9 Book & Cook Children 2-4 yrs Messiah Church (400 Rouge Rd) 9:30 – 11:00 am	10 Play'n Learn Children 2-4 yrs Sansome School (181 Sansome Ave) 9:30 – 11:00 am	11 Remembrance Day Programs Closed 	12
13	14 Play'n Learn Children Birth-2 yrs Messiah Church (400 Rouge Rd) 9:30 – 11:00 am	15 Family Gym Children 1-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 11:00 am	16 Book & Cook Children 2-4 yrs Messiah Church (400 Rouge Rd) 9:30 – 11:00 am	17 Play'n Learn Children 2-4 yrs Sansome School (181 Sansome Ave) 9:30 – 11:00 am	18 Programs Closed	19
20	21 Play'n Learn Children Birth-2 yrs Messiah Church (400 Rouge Rd) 9:30 – 11:00 am	22 Family Gym Children 1-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 11:00 am	23 Book & Cook Children 2-4 yrs Messiah Church (400 Rouge Rd) 9:30 – 11:00 am	24 Play'n Learn Children 2-4 yrs Sansome School (181 Sansome Ave) 9:30 – 11:00 am	25 Move & Groove Children 2-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 10:30 am	26
27	28 Play'n Learn Children Birth-2 yrs Messiah Church (400 Rouge Rd) 9:30 – 11:00 am	29 Family Gym Children 1-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 11:00 am	30 Book & Cook Children 2-4 yrs Messiah Church (400 Rouge Rd) 9:30 – 11:00 am	 		



December 2022



Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
				1 Play'n Learn Children 2-4 yrs Sansome School (181 Sansome Ave) 9:30 – 11:00 am	2 Move & Groove Children 2-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 10:30 am	3 
4	5 Play'n Learn Children Birth-2 yrs Messiah Church (400 Rouge Rd) 9:30 – 11:00 am	6 Family Gym Children 1-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 11:00 am	7 Book & Cook Children 2-4 yrs Messiah Church (400 Rouge Rd) 9:30 – 11:00 am	8 Play'n Learn Children 2-4 yrs Sansome School (181 Sansome Ave) 9:30 – 11:00 am	9 Move & Groove Children 2-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 10:30 am	10
11	12 Play'n Learn Children Birth-2 yrs Messiah Church (400 Rouge Rd) 9:30 – 11:00 am	13 Family Gym Children 1-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 11:00 am	14 Book & Cook Children 2-4 yrs Messiah Church (400 Rouge Rd) 9:30 – 11:00 am	15 Play'n Learn Children 2-4 yrs Sansome School (181 Sansome Ave) 9:30 – 11:00 am	16 Move & Groove Children 2-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 10:30 am	17
18	19 	20	21 Programs Closed	22 	23	24
25 	26	27	28 Programs Closed	29	30	31