

Starting Strong

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.



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, January 9th,
2023

Play'n Learn for Families with Children 1-4 years

Thursdays
9:30 – 11:00 a.m.

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

Starts:
Thursday, January 12th,
2023

Flu season is upon us!

AAACHOO!

The flu can spread easily from person to person through coughing, sneezing, or sharing food or drinks. You can also get the flu by touching objects contaminated with the flu virus and then touching your mouth, eyes, or nose.

Do your part in preventing the spread of the flu by staying home when you or your child are feeling ill.

Last Minute Program Cancellations

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.



Follow us on Facebook for additional programs and events!



www.startingstrongfamilies.ca

Phone: 204-998-8400



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

Westwood Community Church
(401 Westwood Dr)

Starts: Tuesday, January 10th, 2023

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. *Please bring indoor shoes for your child to wear during the winter months.*



**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
January 11th, 2023**



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, January 13th, 2023



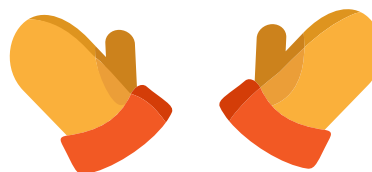
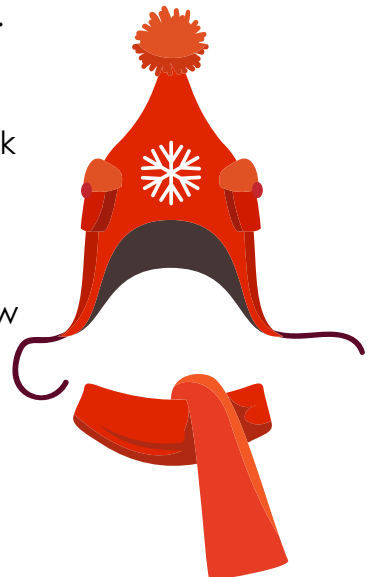
Winter Time

Tune: Farmer in the Dell

The mittens on my hands,
The mittens on my hands,
Keep me warm all winter long,
The mittens on my hands.

More verses:





The scarf around my neck
The boots are on my feet
The hat up on my head
The warmers on my ears
The coat I'm wearing now

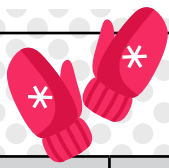


January 2023

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

February 2023

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



March 2023

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



Starting Strong invites you to join us for a
Bookmates
"Bookmaking Workshop"



Monday, February 27, 2022
6:00-8:00

Messiah Lutheran Church, 400 Rouge Road
(Pizza supper will be provided.)

FOR PARENTS AND CAREGIVERS OF CHILDREN 1-4 YEARS



We will share a variety of strategies and ideas for helping your child learn important skills while having fun. We will explore relevant children's books and make our own books to take home and enjoy with our children. All participants will receive a free children's book to take home as well as resources that will support home learning activities.

Please email familyresource@sjasd.ca to register



623 Erin St
Winnipeg, MB
R3G 2W1
204.582.1804
bookmate@mts.net
www.bookmates.ca

1 Braintree Cres
Winnipeg, MB
R3J 1C7
204.998.8400
familyresource@sjasd.ca
www.startingstrongfamilies.ca



Winter Scavenger Hunt

<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
Bird		icicle			Evergreen tree
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
Shovel		Animal tracks			Snowman
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
Christmas lights		Pinecone			Boot prints
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
Pine needles		Bunny			Winter hat