

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

Starting Strong is excited to welcome families in the St. James-Assiniboia community to another exciting year of learning and growing, as we play and have fun exploring the world together.

Starting Strong programs take place weekday mornings at various locations throughout the St. James community and are FREE to all families with children four years of age and under. Unless otherwise indicated, programs are run as drop-ins with no registration required.

Please read this newsletter carefully for times, locations and individual program details. Follow us on Facebook and Instagram (@startingstrongfamilies) for the most up-to-date program information and any unexpected changes in schedules that may occur.

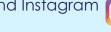
Starting Strong programs are designed for parents/caregivers and their child(ren) to participate together in ways that ensure all children reach their full potential. Experiences are set up to provide opportunities for skill development in the areas of literacy, numeracy, physical activity, outdoor play, social interaction and so much more!

Programs resume the week of September 8 - 12 and we look forward to seeing and connecting with new and familiar

faces at each of our program locations. Fall Program Schedule: September-December 2025 Wednesdays Mondays Tuesdays Thursdays Fridays **PLAY'N LEARN FAMILY GYM PLAY'N LEARN PLAY'N LEARN PLAY'N LEARN** First day Sept. 10 First day Sept. 9 Sept. 26, Oct.10 & 24 First day Sept. 8 First day Sept. 11 and Nov.21 Sansome School Crestview School Bord-Aire Westwood 181 Sansome Ave. 333 Morgan Cres. MFRC, 102 Comet St. Community Centre Community Church 9:30-11:00 a.m. 9:30-11:00 a.m. 9:30-11:00 a.m. 471 Hampton St. 401 Westwood Dr. 9:30-11:00 a.m. 9:30-11:00 a.m. **WOODLAND PLAY** NO PROGRAM NO PROGRAM **BOOK AND COOK** Sept. 12 - Oct. 24 OCT. 13 **SEPT. 30 OR NOV.11** Registration opens Sept. 8. Woodhaven Park Session 1 begins Sept. 17 200 Glendale Blvd. Sesson 2 begins Oct. 22 10:00-11:00 a.m. Messiah Church **MOVE AND GROOVE** All Starting Strong Programs will 400 Rouge Rd. Nov. 7 to Dec. 12 be CLOSED December 17, 2025 -9:30-11:00 a.m. Westwood **January 4, 2026**, for Winter Break. **REGISTRATION REQUIRED** Community Church Programs will resume 401 Westwood Dr. Monday, January 5, 2026. 9:30-10:30 a.m.

Friday, Oct. 31 - FALL FAMILY FESTIVAL - 9:30-11:00 a.m., Westwood Community Church - 401 Westwood Dr. Tuesday, Dec. 16 - FAMILY HOLIDAY EVENT - 9:30-11:00 a.m., Westwood Community Church - 401 Westwood Dr.







MONDAYS, WEDNESDAYS, THURSDAYS & SELECT FRIDAYS

Join us in these warm, friendly and nurturing environments designed for families with children 4 and under. Play'N Learn programming provides open ended activities, opportunities to create and explore, stories, rhymes, music and more! Drop in, visit and get to know other families in the community. **No registration required.**

MONDAYS

9:30-11:00 a.m. at Bord-Aire Community Centre, 471 Hampton St.

WEDNESDAYS

9:30-11:00 a.m. at Sansome School, 181 Sansome Ave.

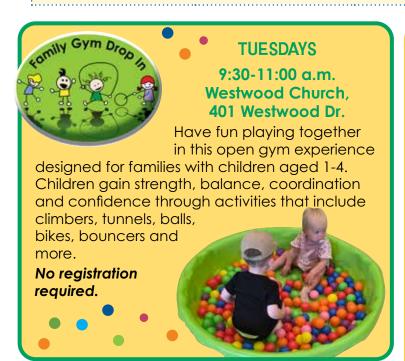
THURSDAYS

9:30-11:00 a.m.at Crestview School, 333 Morgan Ave.



SELECT FRIDAYS

(Sept 26, Oct 10 & 24 and Nov 21) 9:30-11:00 a.m. at Winnipeg Military Family Resource Centre, 102 Comet St.



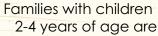


To keep our children safe, hot beverages are not permitted in Starting Strong programs.

Please finish your morning coffee/tea before arriving.



Friday Mornings
September 12th –
October 24th
10:00-11:00 a.m.
Woodhayen Park





Meet in the parking lot by the Woodhaven Community Club, 200 Glendale Blvd.



Friday Mornings beginning November 7th from 9:30-10:30 a.m. Westwood Church, 401 Westwood Dr.

Join us for an hour of physical activity and creative expression as we combine music and movement in this fun and engaging program for families with children 2-4 years. *No registration required.*





REGISTERED **PROGRAMS**

Due to the popularity of our Book and Cook program, registration is required for this program.



In 2025-2026 two five-week sessions will be offered in each of Fall, Winter and Spring. Families can register for one five-week session in each season. Reaistration for each new season will be advertised through our newsletter, website, Facebook and Instagram pages, and announced at our programs.

Book and Cook combines literacy and nutrition to provide families with children 2-4 years of age opportunities to prepare tasty and nutritious recipes, as well as participate in fun, interactive activities, crafts, songs, stories and more. These experiences are designed to set the stage for the development of lifelong healthy eating habits and behaviours. REGISTRATION IS REQUIRED.

Fall Session 1: September 17 – October 15



Fall Session 2: October 22 – November 19

Wednesdays 9:30-11:00 a.m. at Messiah Lutheran Church (400 Rouge Road)

> Registration for Fall 2025 opens September 8 at 9:00 a.m.

No early registrations will be accepted.

Please email: familyresource@sjasd.ca Include: Your name, child's name and age, contact phone number and email and indicate which session you would prefer.





SPECIAL EVENTS

FALL FAMILY FESTIVAL





No registration required however space is limited.

Join us for a morning of fall themed fun as we celebrate the season with crafts and activities! Family friendly costumes welcome.













Tuesday, December 16 9:30-11:00 a.m.

Westwood Community Church 401 Westwood Dr.

No registration required however space is limited.



Join us for a morning of fun as we enjoy a pancake breakfast, crafts and activities, photo booth, visits with Santa and more!







FALLING LEAVES

All the leaves are falling down (flutter fingers downward)

Orange, green, red, and brown. (flutter fingers)

If you listen, you'll hear them say, (cup hands around ears)



Wintertime is on it's way." (whispering)



REMINDER please help keep our facilities clean by bringing indoor shoes to wear during programs.



DIY Fall Spiced Paint

Spiced Watercolour

Use spices and water to create your own fall watercolour paint.

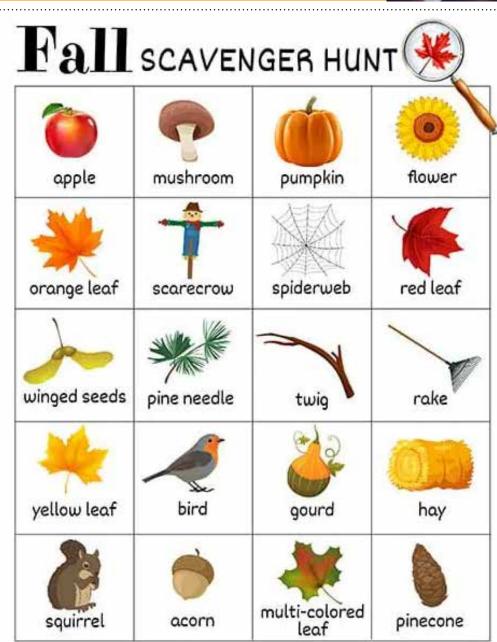
Note: Less water + more spice = stronger colour

Let your children experiment with creating their own colours.

Suggested spices: turmeric, cinnamon, ginger, brown sugar, paprika and nutmeg.







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Parents/Caregivers are asked to please keep phones away except when capturing memories or in emergency situations.



Scarecrow, Scarecrow

Scarecrow, Scarecrow, turn around.

Scarecrow, scarecrow, jump up and down

Scarecrow, scarecrow, arms up high

Scarecrow, Scarecrow, wink one eye

Scarecrow, scarecrow, bend your knee

Scarecrow, scarecrow, flap in the breeze

Scarecrow, scarecrow, climb into bed

Scarecrow, scarecrow, rest your head



