



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



TUESDAYS

9:30-11:00 a.m.
Westwood Church,
401 Westwood Dr.

Have fun playing together
in this open gym experience
designed for families with children aged 1-4.
Children gain strength, balance, coordination
and confidence through activities that include
climbers, tunnels, balls,
bikes, bouncers and
more.

**No registration
required.**



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

Families with children
2-4 years of age are
invited to join us outdoors for a morning of
physical activity and creative expression.
This program provides opportunities for
children and their caregivers to explore,
build, discover, climb and create together
in nature. This program takes place rain or
shine so dress for the weather!
No registration required.

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



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

Please finish your morning
coffee/tea before arriving.



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. Registration 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 life-long healthy eating habits and behaviours.

REGISTRATION IS REQUIRED.

Fall Session 1: September 17 – October 15

OR

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

Friday, October 31

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 fall themed fun as we celebrate the season with crafts and activities! Family friendly costumes welcome.



FAMILY HOLIDAY CELEBRATION

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.



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



Fall SCAVENGER HUNT



 apple	 mushroom	 pumpkin	 flower
 orange leaf	 scarecrow	 spiderweb	 red leaf
 winged seeds	 pine needle	 twig	 rake
 yellow leaf	 bird	 gourd	 hay
 squirrel	 acorn	 multi-colored leaf	 pinecone

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



STARTINGSTRONGFAMILIES