

Fort Garry/St. Norbert Coalition



FALL NEWSLETTER 2022

'providing support to families with the goal of raising happy, healthy children'

Free Programming for families with children 1-4 years of age.

WELCOME!

We are so excited to begin our Fall programs which will include many in-person programming choices! Drop-ins will again be welcome however pre-registration is encouraged for planning purposes. There are so many wonderful options available for children accompanied by a parent/caregiver to enjoy together. Our goal is to support families in raising happy, healthy children!

Our centres offer free, engaging activities that support the importance of play based learning. We will have fun with literacy, numeracy, physical activity, as well as great opportunities to make new friends and so much more! Programming is geared for ages 1-4.

Registration is paperless/online and may be done prior to your first visit or on site. Masks will be optional and indoor shoes are requested for inside programs. We are committed to providing a safe enjoyable environment and request if you or your child are not feeling well to refrain from attending that day. Thanks for your support. We look forward to seeing you!

The Coalition Team

Meet our Team!



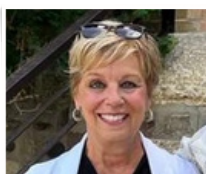
Cindy



Audra



Priya



Val



Jen



Tracy

Introducing

Fort Garry/St. Norbert
Healthy Child Coalition



Contact Us:

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↓ 12-week programs ↓

September 26th-December 15th, 2022

Parc la Salle Family Centre

Tuesday & Thursday
mornings
9:15-11:00



This drop-in program focuses on developing your child's literacy and numeracy skills through free play, crafts, songs and story time!

Parc la Salle School
190 Houde Drive
St. Norbert

Let's Explore

Outside Program

Wednesday mornings
9:30-11:00



The Let's Explore drop-in program embraces all that the outdoors have to offer. Free play on the play structure, scavenger hunts, games, songs, stories and so much more!

Alex Bridge Park
by Margaret Grant Pool
685 Dalhousie Drive

Waverley Heights Family Centre

Tales for Tots
Thursday mornings
9:15-11:00



This drop-in program focuses on developing your child's literacy skills through play, crafts, songs and interactive story time!

Waverley Heights
Community Centre
1885 Chancellor Drive

↓ 10-week program ↓

October 14th-December 16th, 2022

Richmond : JUMPing Gym Time

Friday mornings & afternoons
9:30-11:15 & 1:00-2:45pm

This program focuses on developing your child's gross motor skills through songs, stories and play!





6-week programs



November 9th -December 14th, 2022

Wiggle, Giggle & Munch

Wednesday nights
6:00-7:30pm



R.H.G, Bonnycastle School
1100 Chancellor Drive

Our popular evening Wiggle, Giggle & Munch program is back! Enjoy physical activity, songs and so much more!

Zoom Mondays

November 7th -December 12th, 2022

ABC's & 123 Sing Along



Monday mornings
10:00-10:30

Each Monday morning we will learn about the letters of the alphabet and counting from 1-10 through fun songs, lively games and interesting books. Can we count on you to be there?

The Zoom link will be available through our Facebook page every Monday morning. Or you can email us for the link.



Bedtime Fun!



Monday evenings
6:30-7:00

Join us as we learn soothing songs and read relaxing books as we help your little one get ready for bed and for the week ahead.



The Zoom link will be available through our Facebook page every Monday morning. Or you can email us for the link.



A walk in the Park...Special event!

Join us for a walk in Kings Park filled with songs, parachute play and more!


Sunday, October 16th
3:00:-4:00pm

King's Park
198 Kings Drive
(main parking lot by toboggan hill)



Fort Garry/St. Norbert Coalition

September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		27 Parc la Salle Family Centre 9:15-11am	28 Let's Explore Outside Program 9:30-11am	29 Parc la Salle Family Centre 9:15-11am Waverley Heights Family Centre 9:15-11am	30 National Day for Truth and Reconciliation No Programs	1

October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4 Parc la Salle Family Centre 9:15-11am	5 Let's Explore Outside Program 9:30-11am	6 Parc la Salle Family Centre 9:15-11am Waverley Heights Family Centre 9:15-11am	7	8 
9 	10	11 Parc la Salle Family Centre 9:15-11am	12 Let's Explore Outside Program 9:30-11am	13 Parc la Salle Family Centre 9:15-11am Waverley Heights Family Centre 9:15-11am	14 Richmond Jumping Gym Time 9:30-11:15 am & 1:00-2:45pm	15
16  A walk in the Park 3:00-4:00pm	17	18 Parc la Salle Family Centre 9:15-11am	19 Let's Explore Outside Program 9:30-11am	20 Parc la Salle Family Centre 9:15-11am Waverley Heights Family Centre 9:15-11am	21 Richmond Jumping Gym Time 9:30-11:15 am & 1:00-2:45pm	22 
23	24	25 Parc la Salle Family Centre 9:15-11am	26 Let's Explore Outside Program 9:30-11am	27 Parc la Salle Family Centre 9:15-11am Waverley Heights Family Centre 9:15-11am	28 Richmond Jumping Gym Time 9:30-11:15 am & 1:00-2:45pm	29 
30	31 <i>Happy Halloween</i>					

Locations

Let's Explore Outside Program Alex Bridge Park, 685 Dalhousie Drive	Parc la Salle Family Centre Parc la Salle School 190 Houde Dr	Richmond Jumping Gym Time Richmond King Community Centre 666 Silverstone Ave.	Waverley Heights Family Centre Waverley Height Community Centre 1885 Chancellor Drive	Wiggle, Giggle & Munch RHG Bonnycastle School 1100 Chancellor Drive
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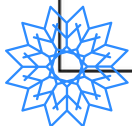
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Fort Garry/St. Norbert Coalition

November 2022

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6	7  Zoom Mondays 10a.m. & 6:30p.m.	8 Parc la Salle Family Centre 9:15-11am	9 Let's Explore Outside Program 9:30-11am Wiggle, Giggle & Munch 6:00-7:30pm	10 Parc la Salle Family Centre 9:15-11am Waverley Heights Family Centre 9:15-11am	11 Remembrance Day Programs Closed 	12
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December 2022



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