

FORT GARRY/ST. NORBERT HEALTHY CHILD COALITION

Fall Newsletter
September 2023

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



WELCOME



Welcome! Welcome! Welcome!

We are thrilled to share our fall line-up of programs for families! Always FREE and always FUN for all to attend! Be sure to check it out as there are so many great options that you and your children can choose from! Targeted for families with children 1-4 years of age accompanied by a parent or caregiver, there is something planned to suit everyone's schedule and interest! All of our programs support the importance of play-based learning in a fun, welcoming environment!

Our wonderful staff will provide you and your child with opportunities for skill development that support literacy, numeracy, physical activities, outdoor play, social interaction and so much more! Recognizing parents as the first and most important teacher in a child's life, all our programs are designed for parents/caregivers to participate in together! This type of programming helps children reach their fullest potential!

Almost all of our programs are drop-in, so come when you can! We have online registration and participants can pre-register or register when they arrive at a centre for the first time. Our programs are located in a variety of locations in south west Winnipeg in part due to the generous support of our community partners! We require indoor shoes for both parents/caregiver and children at our indoor locations.

We look forward to meeting you in the coming weeks!

The Coalition Team

Contact Us

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IMPORTANT DATES

Program Start Dates

- **Dalhousie Family Centre**
September 25th
- **Parc la Salle Family Centre**
September 26th
- **Let's Explore - Outside Program**
September 27th
- **Waverley Family Centre**
September 28th
- **Richmond "Jumping Gym Time"**
September 29th
- **"A Walk in the Park"**
October 15th - 1 time event
- **Wiggle, Giggle & Munch**
October 11th
- **Mindful Munchkins**
October 17th
- **Bedtime Fun! on Zoom**
November 6th
- **ABC's & 123's Sing-along on Zoom**
November 22nd

Visit us on Facebook or Instagram

 Fort Garry/St. Norbert Healthy Child Coalition  fgsn_coalition



SEPTEMBER 2023

OUR FAMILY CENTRE PROGRAMS

Parc la Salle Family Centre

Parc la Salle School (St .Norbert)
190 Houde drive

Tuesday & Thursday mornings
9:30-11:15am

This program runs for 12 weeks
September 26th - Thursday, December 14th

This drop-in program focuses on developing your child's literacy and numeracy skills through free play, crafts, story time and circle & rhyme time. Participants will also have the opportunity to visit the school gym and library.



NEW

Dalhousie Family Centre

Dalhousie School
262 Dalhousie Drive

Monday mornings
9:45-11:15am

This program will runs for 12 weeks from
September 25th- December 11th.

Come join the fun at our new permanent drop-in location! This centre will focus on developing your child's literacy skills through free play, crafts, songs and so much more!

Waverley Heights Family Centre

South Winnipeg Community
Centre: Waverley Site
1885 Chancellor Drive

Thursday mornings
9:45-11:30am

This program runs for 12 weeks on Thursdays
from, September 28th - December 14th.

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

Hello
Autumn





PHYSICAL ACTIVITY PROGRAMS

LET'S EXPLORE

Alex Bridge Park
685 Dalhousie Drive

Wednesday mornings
9:45-11:30AM

OUTDOOR PROGRAM

This program runs for 8 weeks
September 27th -November 15th

This 8 week drop-in program embraces all that the outdoors have to offer. Free play on the play structure, scavenger hunts, games, songs, stories all while enjoying the lovely fall weather!"

RICHMOND JUMPING GYM TIME

South Winnipeg Community
Centre : Richmond Site
666 Silverstone Ave.

Friday mornings
9:45-11:30am

This program runs for 12 weeks
September 29th -December 15th

This 12 week drop-in program focuses on developing your child's gross motor skills through songs, stories and games!



WIGGLE, GIGGLE & MUNCH

R.H.G. Bonnycastle School
1100 Chancellor Drive

Wednesday evenings
6:00-7:30PM

This program runs for 10 weeks
October 11th -December 13th

Come join the fun at this 10-week drop-in program that has parents and children enjoying their time together through active play, games, songs and so much more!



MORE PROGRAMS!

MINDFUL MUNCHKINS

Mindful Munchkins is a new program geared toward identifying emotions and how to manage them. So often we forget that our little ones don't have the language to express how they're feeling, so they use actions instead. This program teaches children about various emotions, self-regulation, problem solving skills, positive self-esteem and empathy. All of this takes place while developing strong and positive parent-child relationships!

October 17th - November 21st

Pre-registration is required. More details to come.

Space is limited. Priority will be given to families in the Dalhousie catchment.

Dalhousie School
262 Dalhousie Drive

Tuesdays
9:45 - 11:15 am



Zoom Programs

BEDTIME FUN

Monday nights
6:30-7:00PM



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

This program runs for 6 weeks
November 6th-December 11th

ABC'S & 123'S SING-ALONG

Wednesday mornings
10:00AM-10:30AM-



Together let's learn about the alphabet and counting from 1-10 through fun songs, lively games and silly and interesting books. Can we count on you to be there?

This program runs for 4-week.
November 22nd-December 13th

A WALK IN KING'S PARK

SUNDAY, OCTOBER 15TH
3:00-4:00PM

Join us for an hour long program filled with songs, games, a nature walk and more!

Park in the main parking lot!

Drop-In
No registration required

Meet at the Toboggan hill!





Autumn Leaves Fall
by Amber Hendricks

Follow the transformation of a forest from the green leaves of summer to autumn colours in this poetic board book for babies and toddlers

5 Little Pumpkins

Five little pumpkins sitting on a gate
The first one said, "Oh, my it's getting late"
The second one said, "There are witches in the air"
The third one said, "But we don't care"
The fourth one said, "Let's run and run and run"
The fifth one said, "We're ready for some fun"
Then "Ooh" went the wind and out went the lights
And the five little pumpkins rolled out of sight



South Winnipeg Family Information Centre

Preschool series

These 2 hour workshops will help you navigate the common challenges parents face when parenting a toddler/ preschooler. Learn valuable tips, strategies and communication tools to help your young child manage their emotions and behaviour. All sessions will be held on ZOOM.

*Please feel free to register for one session or as many as you like!

All sessions are FREE, courtesy of the Ft Garry / St. Norbert Healthy Child Coalition.

Time : All sessions will be from 9:30 am to 11:30 am

Encouraging Language Development (Nov 2)

Learn simple ideas to encourage language development in age-appropriate ways for infants and toddlers.

How to Raise a Reader (Nov 9)

"Children are made readers on the laps of their parents". Explore ideas to promote early literacy development and a love of books to last a lifetime.

The Impact of Social Media on Parents (Nov 16)

How has social media impacted us as parents? For example, how social media influencers and Pinterest-perfect photos may affect the self esteem of parents, what information and images we choose to post about our child, and the impact of connection to our devices on family life.

Power of Routines (Nov 23)

Routines for everything from meals to bedtime can help your child learn and understand what to expect. Routines are a helpful tool to promote positive behaviour and bring more peace to daily life in your family.

Positive Redirection (Nov 30)

Sometimes young children have difficulty moving from one activity to another. Some children can be very persistent. Learn ideas to help you guide your child's behaviour in challenging situations for a positive outcome.

Fort Garry/St. Norbert Coalition




September 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25 Dalhousie Family Centre 9:45-11:15am	26 Parc la Salle Family Centre 9:30-11:15am	27 Let's Explore Outside Program 9:45-11:30am	28 Parc la Salle Family Centre 9:30-11:15am Waverley Heights Family Centre 9:45-11:30am	29 Richmond Jumping Gym Time 9:45-11:30am	30 National Day for Truth and Reconciliation



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8 	9 Thanksgiving Day Programs Closed	10 Parc la Salle Family Centre 9:30-11:15am	11 Let's Explore Outside Program 9:45-11:30am Wiggle, Giggle & Munch 6:00-7:30pm	12 Parc la Salle Family Centre 9:30-11:15am Waverley Heights Family Centre 9:45-11:30am	13 Richmond Jumping Gym Time 9:45-11:30am	14
15 A walk in the Park 3:00-4:00pm King's Park 198 King's Drive	16 Dalhousie Family Centre 9:45-11:15am	17 Parc la Salle Family Centre 9:30-11:15am Mindful Munchkins (Dalhousie location) 9:45-11:15am	18 Let's Explore Outside Program 9:45-11:30am Wiggle, Giggle & Munch 6:00-7:30pm	19 Parc la Salle Family Centre 9:30-11:15am Waverley Heights Family Centre 9:45-11:30am	20 Richmond Jumping Gym Time 9:45-11:30am	21
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Dalhousie
Family Centre

Dalhousie School
262 Dalhousie Drive

Let's Explore
Outdoor Program

Alex Bridge Park,
685 Dalhousie Drive

Parc la Salle
Family Centre

Parc la Salle School
190 Houde Drive

Richmond Jumping
Gym Time

South Wpg CC
Richmond Site
666 Silverstone Avenue

Waverley Heights
Family Centre

South Wpg CC
Waverley Site
1885 Chancellor Drive

Wiggle, Giggle &
Munch

RHG Bonnycastle School
1100 Chancellor Drive

Check us out on Social Media!



Like us on Facebook
Fort Garry/St. Norbert Healthy Child Coalition



Follow us on Instagram
FGSN_Coalition

Contact us:




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Fort Garry/St. Norbert Coalition

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