

# FORT GARRY/ST. NORBERT HEALTHY CHILD COALITION

Fall Newsletter  
September 2024

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

Fort Garry/St. Norbert  
Coalition



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For more information  
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We are so excited to share our schedule with you - and what a schedule it is! We have 3 new drop-in locations: Chancellor Family Centre, General Byng Family Centre, and a new evening program in St. Norbert, Hop, Skip and Jump - all starting in October! As always, our programs are FREE and fun for all to attend! We also have a new updated website - check it out!

We welcome all families with children 0-6 years of age (with focus on ages 1-4) and we have something planned to fit into everyone's schedule and interests. 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 teachers in a child's life, all of our programs are designed for parents/caregivers and their child 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 the program for the first time. Our programs are located in a variety of locations throughout south west Winnipeg. We require indoor shoes for both parents/caregivers and children in our indoor locations. Have fun!

The Coalition Team

# Family Centre Programs

Come join the fun at one of our drop-in locations! These centres focus on developing your child's literacy and numeracy skills through interactive games, songs, rhymes, crafts and so much more! Be sure to check them out!



## Parc La Salle Family Centre

Parc la Salle School  
(St .Norbert)  
190 Houde Drive  
Located in the  
Library

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

**Sept 24 - Dec 12th**

## Access Fort Garry Family Centre

Access Fort Garry  
135 Plaza Drive  
Education Room  
Room 166

**Wednesday  
mornings  
9:45 - 11:30 am**

**Sept 25th - Dec 11th**

## Waverley Family Centre

South Winnipeg  
Community Centre:  
Waverley Site  
1885 Chancellor  
Drive

**Thursday  
mornings  
9:45 - 11:30 am**

**Sept 26th - Dec 12th**

**NEW**

**New programming on Mondays starting in October!**

## Chancellor Family Centre

Chancellor School  
1520 Chancellor Drive  
Check in at the office

**Monday mornings  
9:45-11:30 am  
Oct. 21st - Dec. 9th**

## General Byng Family Centre

General Byng School  
1250 Beaumont Street

**Monday afternoons  
12:45 - 2:30 pm  
Oct. 21st - Dec. 9th**

# Physical Activity Programs



## LET'S EXPLORE



Alex Bridge Park  
685 Dalhousie Dr.

Wednesday mornings  
9:45-11:30 am

### OUTDOOR PROGRAM

This program runs for 8 weeks  
September 25th - November 6th, 2024

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

## RICHMOND JUMPING GYM TIME



South Winnipeg Community  
Centre : Richmond Site  
666 Silverstone Ave.

Friday mornings  
9:45-11:30 am

This program runs for 12 weeks  
September 27th - December 13th, 2024

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

**Visit our newly updated website!**

**fgsn.ca**

New

New

We are very excited to announce that our website has been updated and redesigned. Now you can learn about what we offer, register for programs, find Zoom links to programs, or get updates on program closures.

# Evening Programs

For the first time we will be offering 3 evening programs - two in person and one on Zoom to give working families more opportunity to enjoy our programming!

## MONDAY

### BEDTIME FUN

Zoom Program

Monday nights  
6:30-7:00pm



This program runs for 8 weeks  
October 7th - December 9th

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!

*The link to this program is on our website: fgsn.ca. Click on programs and then Zoom Drop-In links*

## NEW! TUESDAY

### HOP, SKIP & JUMP IN ST. NORBERT

St. Norbert Community Centre  
3450 Pembina Hwy

Tuesday evenings  
6:00-7:30 pm

This program runs for 8 weeks  
October 8th - November 26th, 2024

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

## WEDNESDAY

### WIGGLE, GIGGLE & MUNCH

R.H.G. Bonnycastle School  
1100 Chancellor Drive

Wednesday evenings  
6:00-7:30 pm

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

Come join the fun at this 9-week drop-in program that has parents and children enjoying their time together through active play, games, songs and so much more!



# Pre-Registered Programs

## Mindful Munchkins

Mindful Munchkins is a 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, positive self-esteem and empathy. All of this takes place while developing strong and positive parent-child relationships.

Dalhousie School  
262 Dalhousie Drive

Tuesday mornings  
9:45 - 11:15 am

October 1st - November 5th

Pre-registration is required. Space is limited.



Priority will be given to families in the Dalhousie catchment.



## Book & Cook

Wednesday afternoons  
1:15 - 2:45

November 20th - December 11th, 2024

This 4 week program combines literacy and nutrition to provide families with opportunities to prepare tasty and nutritious recipes, participate in fun and interactive activities, stories, music & more!

Dalhousie School  
262 Dalhousie Drive

Pre-registration is required.  
Space is limited.



Priority will be given to families in the Dalhousie catchment.

# Additional Programming



The Leaves are Falling Down

*Sung to: "Farmer in the Dell"*

The leaves are falling down  
The leaves are falling down  
Red, yellow, green, and brown  
The leaves are falling down

## A WALK IN KING'S PARK

SUNDAY, OCTOBER 27TH, 2024  
3:00 - 4:00PM

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

An illustration of a family (a man, a woman, and a child) walking on a grassy path in a park. There are trees with autumn foliage, a pumpkin, and a spider. The sky has some stars.

Park in the main parking lot.

Meet on grass by the parking lot.

Drop-In  
No registration required.



## South Winnipeg Family Information Centre

### PRESCHOOL AND TODDLER SERIES

These FREE 2 hour workshops will help you navigate the common challenges parents face when parenting a toddler. Learn valuable tips, strategies and communication tools to help your toddler manage their emotions and behaviour.

#### **Evening Sessions: 6:00 - 8:00 pm**

Ways to Reduce Whining - September 23rd, 2024

The Stress of Being a Parent - October 7th, 2024

#### **Afternoon Sessions - 1:00 -3:00 pm**

Learning to Share - October 16th, 2024

Encouraging Language Development - October 23rd, 2024

Managing Emotions - October 30th, 2024



**To Register visit : [swfic.org](http://swfic.org)**

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