

Fort Garry/St. Norbert Healthy Child Coalition

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

Spring 2024

April 8th - June 14th, 2024



Literacy & Numeracy Programs

Check out our programs that focus on literacy and numeracy and learn why these skills are so important for your child's development.

Page 2

Physical Activities Programs

Don't miss out on our physical activity programs that help your child build the large muscles of their body...including their brain!

Page 3

 **Happy Spring** 

As we continue to celebrate our 25th year of serving the community, we are excited to be offering some great programming! Our Spring programs are designed to help families enjoy the season with fun games, interactive songs & rhymes, and story times. We also have lots of opportunities for kids to get active and burn off some energy! We can't wait to see familiar faces and meet new friends at our centres.

We are pleased to offer a diverse range of programming to meet the needs of everyone's schedules and preferences. We have both indoor and outdoor programs available, with morning and early evening options as well. Best of all, our programs are interactive, enjoyable, and completely free!

We welcome drop-ins, so bring a friend and join us for some fun. Everyone is welcome, and we kindly ask that you bring your water bottle and indoor shoes for our indoor programs. We look forward to seeing you! Have fun!

The Coalition Team

“LIKE” us on
Facebook

(Fort Garry/St. Norbert Healthy
Child Coalition)



Visit our
website:
fgsn.ca

Follow us on
Instagram

(fgsn_coalition)



Contact

Audra Anderson
Initiative Coordinator
coordinator@fgsn.ca
204-299-1600

Literacy & Numeracy Programs

The Importance of Literacy & Numeracy in the Early Years

Our centres focus on developing your child's early literacy (learning about sounds/ words/language) and numeracy (counting, recognizing numbers, patterns etc.) skills. Here are some reasons why it's important.

Foundation for Learning: Numeracy and literacy skills serve as the building blocks for future learning.

Cognitive Development: Early exposure to literacy & numeracy helps enhance memory, problem-solving abilities, critical thinking, and logical reasoning skills.

Communication: Literacy skills, particularly language development, are critical for effective communication. Early literacy experiences, such as storytelling and reading books, help children develop vocabulary and express themselves.

Social Skills: Engaging in social activities while learning literacy and numeracy with parents, caregivers, or peers can improve social skills and teamwork.

School Readiness: Children who enter formal schooling with early numeracy and literacy skills are better prepared to tackle the academic challenges they will encounter.

Imagination and Creativity: Literacy and numeracy activities can be creative and imaginative. Storytelling, drawing, and using math in imaginative play can spark creativity and make learning fun.

Source: www.linkedin.com/pulse/importance-numeracy-literacy-early-years-chetanaeducation



Dalhousie Family Centre

(April 8th - June 10th)

Monday mornings
9:45am- 11:15am

Dalhousie School
262 Dalhousie Drive

Parc la Salle Family Centre

(April 9th - June 13th)

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

Parc la Salle School
190 Houde Drive



Access Centre

(April 10th - May 8th)

Wednesday mornings
9:45am- 11:30am

Access Fort Garry
135 Plaza Drive
Education Room
(Rm 166)

Waverley Family Centre

(April 11th - June 13th)

Thursday mornings
9:45am- 11:30am

South Winnipeg
Community Centre :
Waverley Site
1885 Chancellor Drive



Physical Activity Programs



5
weeks

Wiggle, Giggle & Munch

5
weeks

(April 10th - May 8th)

Wednesday nights
6:00-7:30pm

RHG Bonnycastle School
1100 Chancellor Drive

Let's Explore

(May 15th - June 12th)

Wednesday mornings
9:45-11:30am

Alex Bridge Park
685 Dalhousie Drive
(by Margaret Grant Pool)

Richmond Jumping Gym Time

(April 12th - June 14th)

Friday mornings
9:45am- 11:30am

South Winnipeg
Community Centre:
Richmond Site
666 Silverstone Avenue.

Importance of Gross Motor Skills

We also offer programming that will get you and your child's heart pumping while you're having fun! Why is this type of programming important? The benefits of gross motor skill development are numerous.

- ✓ It fosters imagination and creativity through story-telling and active play.
- ✓ Encourages problem-solving and critical thinking by presenting challenges such as "How will I climb over this log?"
- ✓ It develops children's risk-taking skills.
- ✓ Ignites a sense of awe and wonder about the natural world.
- ✓ It's FUN!!

Better sleep and happier children are also additional benefits of promoting physical activity.



IT'S TIME TO CELEBRATE 25 YEARS!

VISIT OUR 25TH ANNIVERSARY FACEBOOK PAGE TO SHARE YOUR COALITION STORIES WITH US!

"25 Years of Fort Garry/St. Norbert Healthy Child Coalition"

Book Recommendation

When Spring Comes

by Kevin Henkes



Animals and children alike watch as the world transforms from the dark and dead of winter to a full and blooming spring



South Winnipeg Family Information Centre

PRESCHOOL AND TODDLER SERIES

(for parents of children from birth to age 5)

These FREE online 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. Feel free to register for one session or as many as you like! All sessions run on Wednesday afternoons from 1:00 - 3:00pm on ZOOM.

Understanding Your Child's Temperament

Date: Wednesday, May 1, 2024

Transitions and Separation Anxiety

Date: Wednesday, May 8, 2024

The Stress of Being a Parent

Date: Wednesday, May 15, 2024

The Impact of Screens on Toddlers and Preschoolers

Date: Wednesday, May 22, 2024

Bedtime Routines

Date: Wednesday, May 29, 2024

Nobody's Perfect

(Support for moms and dads with children from birth- 5 years old)

Nobody is born knowing how to be a parent. All parents need information and support. Being part of a supportive group can help parents to recognize their strengths and understand their needs. This 5 week group will bring parents together to share and discuss development, challenges, and how we can best meet our children's needs. *Each participant will receive a set of 5 books. Snacks will be provided. *Childminding available (limited spaces)

Tuesdays, May 7th-June 4th, 2024

1:00-3:00pm

Access Fort Garry

135 Plaza Drive

To Register visit: swfic.org

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