

Fort Garry/St. Norbert Healthy Child Coalition

FREE PROGRAMMING FOR FAMILIES WITH CHILDREN 1-4 YEARS OF AGE.

Welcome


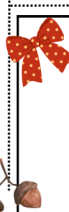

We're so excited to kick off another amazing year of programs for families in the Fort Garry and St. Norbert communities! This Fall, we're offering even more opportunities to connect, learn, and grow together—including a brand-new 6-week Saturday program made possible through a Healthy Together Now grant.


Many of our long-standing programs are back, including our popular evening sessions—and there's truly something for everyone! Whether you're a new parent, have a busy toddler, or a curious preschooler, we're here to support you every step of the way. While all families are welcome, our programming is specifically designed with children aged 1 to 4 years in mind, offering fun and meaningful activities tailored to their stage of development.

At the Coalition, we believe in welcoming families just as they are. Our programs are warm, inclusive spaces where you can find helpful information, build community connections, and maybe even make lifelong friends—for both you and your child! So come join us! Bring your indoor shoes, your little ones, and your curiosity. We can't wait to meet you and share in the joy of growing and learning together. See you soon!



Fall Programming Schedule: September - December 2025

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|
| CHANCELLOR FAMILY CENTRE <i>Sept. 22nd - Dec. 8th</i> Chancellor School 1520 Chancellor Drive 9:45 - 11:30 am | PARC LA SALLE FAMILY CENTRE <i>Sept. 23rd - Dec. 9th</i> Parc la Salle School 190 Houde Drive 9:30 - 11:15 am | LET'S EXPLORE OUTDOOR PROGRAM <i>Sept. 24th - Nov. 12th</i> Alex Bridge Park 685 Dalhousie Drive 9:45 - 11:30 am | PARC LA SALLE FAMILY CENTRE <i>Sept. 25th - Dec. 11th</i> Parc la Salle School 190 Houde Drive 9:30 - 11:15 am | RICHMOND JUMPING GYM TIME <i>Sept. 26th - Dec. 12th</i> South Wpg CC Richmond Site 666 Silverstone Ave 9:45 - 11:30 am | TOGETHER WE PLAY <i>Oct. 4th - Nov. 8th</i> Alex Bridge Park 685 Dalhousie Drive 10:00 - 11:30 am |
|  | BOOK & COOK <i>Oct. 14th - Nov. 4th</i> Dalhousie School 262 Dalhousie Drive 9:45 - 11:15 am | MINDFUL MUNCHKINS <i>Nov. 19th - Dec. 10th</i> Dalhousie School 262 Dalhousie Drive 9:45 - 11:15 am | WAVERLEY FAMILY CENTRE <i>Sept. 25th - Dec. 11th</i> South Wpg CC Waverley Site 1885 Chancellor Drive 9:45 - 11:30 am | <div>FOR MORE INFORMATION AUDRA ANDERSON INITIATIVE COORDINATOR COORDINATOR@FGSN.CA 204-299-1600</div> | |
| | BEDTIME FUN! <i>Nov. 17th - Dec 8th</i> Zoom Link on website 6:30 - 7:00 pm | HOP, SKIP & JUMP <i>Sept. 23rd - Dec. 9th</i> St. Norbert Community Centre 3450 Pembina Hwy 6:00 - 7:30 pm | WIGGLE, GIGGLE & MUNCH <i>Sept. 24th - Dec. 10th</i> RHG Bonnycastle School 1100 Chancellor Drive 6:00 - 7:30 pm | | |
| | | | <div>EVENING PROGRAMMING</div> | | |





"LIKE" US ON FACEBOOK
(Fort Garry/St. Norbert Healthy Child Coalition)



FOLLOW US ON INSTAGRAM
(fgsn_coalition)



VISIT OUR WEBSITE AT
FGSN.CA

FAMILY CENTRE PROGRAMS



Mondays, Tuesdays & Thursdays

Come and explore the fun at one of our Family Centres! Our programs are specially designed for parents, caregivers, and their young children to enjoy together. With a warm, nursery-school atmosphere, each session is full of playful activities that build early literacy and math skills—helping your little one get ready for a bright future. Everyone is welcome, but activities are specially created for children aged 1 to 4 years old. Check out our locations below.

| Program | Day | Time | Location |
|---------------|--------------------|----------------|---------------------------------------------------------------------------|
| Chancellor | Monday | 9:45 -11:30 am | Chancellor School 1520 Chancellor Drive |
| Parc La Salle | Tuesday & Thursday | 9:30 -11:15 am | Parc La Salle School 190 Houde Drive, St. Norbert |
| Waverley | Thursday | 9:45 -11:30 am | South Winnipeg Community Centre Waverley Site 1885 Chancellor Drive |



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



FGSN.ca

PHYSICAL ACTIVITY PROGRAMS



Tuesdays, Wednesdays & Fridays

Looking for a way to help your child burn off energy while learning important physical skills? Our parent-child physical activity programs are a great way to get moving together! Designed for children aged 1–4, with younger and older siblings (0–6 years) welcome, these daytime and evening sessions focus on developing physical literacy through fun, play-based activities. Come learn new ways to support your child's movement skills—and help them get their wiggles out in a fun, welcoming space! See locations and times below.



| Program | Day | Time | Location |
|---------------------------|-----------|-----------------|-------------------------------------------------------------|
| Hop, Skip & Jump | Tuesday | 6:00 - 7:30 pm | St. Norbert Community Centre 3450 Pembina Highway |
| Let's Explore | Wednesday | 9:45 - 11:30 am | Alex Bridge Park 685 Dalhousie Drive |
| Wiggle, Giggle & Munch | Wednesday | 6:00 - 7:30 pm | R.H.G. Bonnycastle School 1100 Chancellor Drive |
| Richmond Jumping Gym Time | Friday | 9:45 - 11:30 am | South Winnipeg CC - Richmond Site 666 Silverstone Avenue |



To keep our children safe, hot beverages are not permitted in FGSN programs.

Please finish your morning coffee/tea before arriving.



MORE PROGRAMS!

Mindful Living

November 18th - December 9th

Mindful Living is all about family fun and self-care! Each week, we'll stretch with yoga, enjoy free play, gather for circle time, and relax with a gentle story to end our day. Special guest speakers will also join us to share easy, family-friendly tips for healthy living — all while we play, laugh, and learn together.

ACCESS Fort Garry
135 Plaza Drive, Rm 166

Tuesday mornings
9:45 - 11:30 am

Bedtime Fun

November 17th - December 8th

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!

Virtual

The link for this program is on our website: fgsn.ca. Click on programs and then Virtual drop-in links.

Monday nights
6:30 - 7:00 pm



A WALK IN KING'S PARK

SUNDAY, OCTOBER 26TH, 2025
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 by the trees in front of the parking lot on the left hand side.



ADDITIONAL GRANTS PROGRAMS

This program is funded through a generous grant from Healthy Together Now.



Together We Play

Saturday mornings

October 4th - November 8th

10:00 am - 11:30 am

This fall, the Coalition is running a new 6-week outdoor program on Saturday mornings, funded by a grant from Healthy Together Now. Each week, parents and children (ages 1–4) are invited to join us for fun activities that help kids move their bodies, learn new skills, and use their imaginations through physical play and loose parts activities. Come play, learn, and spend quality time as a family!

Alex Bridge Park
685 Dalhousie Drive

(by Margaret Grant Pool)

These programs are funded through a generous grant from the Dalhousie Community Schools Program.



Book & Cook

October 14th - November 4th

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

Tuesday mornings
9:45 - 11:15 am

Pre-registration is required.
Space is limited.

Mindful Munchkins

November 19th - December 10th

Mindful Munchkins is a 4-week program designed to help children recognize and manage their emotions. Since little ones often lack the words to express how they're feeling, they tend to communicate through actions instead. This program introduces children to a range of emotions while building skills in self-regulation, problem-solving, empathy, and positive self-esteem—all within the context of nurturing strong, positive parent-child relationships

Dalhousie School
262 Dalhousie Drive

Wednesday mornings
9:45 - 11:15 am