

Wiggle,  
Giggle &  
Munch



## PROGRAM LEADER LEVEL 2

★ March 18 10:00am-  
3:00pm in-person  
@WestEnd Commons  
365 McGee St.

### FEES:

Agencies working  
with Downtown  
Winnipeg Families\*

\$10 pp

Agencies working with  
Families outside  
Downtown Winnipeg\*

\$40 pp

**REGISTER NOW**



Communities  
**4 FAMILIES**

[www.communities4families.ca](http://www.communities4families.ca)

## NURTURING WELL-BEING & BOOSTING SELF-REGULATION: FUN STRATEGIES TO CO-REGULATE AND ENRICH YOUR PROGRAMS!

### 1 - Day In-Person Workshop

This skills building workshop counts  
towards becoming an Advanced WGM  
Leader

- Self-regulation is a skill that develops over time, deeply connected to brain development, and shaped through meaningful interactions and co-regulation with others. It's a challenging but essential process, and we're here to help make it easier—and fun!
- In this in-person workshop, we'll explore strategies to support children in building self-regulation skills while fostering emotional well-being. You'll discover new books that help children name and understand their emotions, expanding their emotional vocabulary in creative and engaging ways. Plus, we'll dive into games, activities, and songs designed to make learning these skills enjoyable for both children and adults.
- This in-person workshop is open to all agencies that can benefit from well-being and self-regulation strategies for working with children. It will include new books, games, activities, and songs designed to support these strategies.
- Whether you're a WGM leader or part of another organization, you're welcome to join and gain valuable insights!

Not sure of Downtown  
boundaries?  
Check the map [HERE](#)

If you belong to a downtown  
agency and the registration  
fee is a barrier, please  
[contact us.](#)