



Wiggle, Giggle & Munch promotes physical activity, healthy nutrition, and fun for children 1-4 years old and their families/caregivers.



Oct. 30 10:00 am -3:00 pm In



**WGM Concepts & Practicum** 

 Hands-on teaching and demonstrations, games, songs, books, and skill activities.

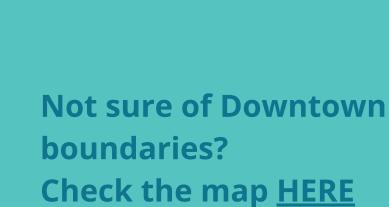


Communities

**4 FAMILIES** 

\* WestEnd Commons **Room: Assembly Hall** 365 McGee St, Winnipeg. Parking and transit info will be given.





If you belong to a downtown agency and the registration fee is a barrier, please contact us.

Leader raining The essentials Level 1

## 1 - Day Training

To become a WGM Leader you must attend:

• The full-day WGM Concepts (theory) and practicum session.

FEES:

Include free access to the digital Handbook plus 1 year of Mentoring to support you to run successful WGM programs.

**Agencies working** with Downtown Winnipeg Families\*

\$10 pp

**Agencies working with Families outside Downtown Winnipeg\*** 

**\$75 pp + \$25 Hardcopy** of the Handbook (if desired)

In our safe and inclusive enviroment designed by our competent and knowledgeable staff you will learn:

- The fundamentals of WGM.
- How to plan, set and run your sessions successfully.
- Engaging physical activities, games, songs and rhymes.
- How to incorporate early literacy into your sessions.
- Information about nutrition and healthy snacks.





