

Wiggle, Giggle & Munch



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 person*

WGM Concepts & Practicum

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

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

REGISTER NOW



Communities
4 FAMILIES

www.communities4families.ca

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](#).

Leader Training

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 environment 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.