

Starting Strong

Free programming for families with children birth-4 years of age.



Welcome!

Starting Strong (formerly the St. James Assiniboia Parent Child Coalition) would like to welcome families in the community with children birth – 4 years of age to join us for free programs. We feature fun and engaging activities that support the importance of play in promoting healthy child development. Our staff provide opportunities for skill

development through literacy, numeracy, physical activity, outdoor play, social interaction and so much more! Recognizing parents as the first and most important teachers in a child's life, all programs are designed for parents/ caregivers and child to participate together to ensure all children reach their full potential.



REMINDER in wet weather to please bring inside shoes to wear while attending programs.



Play'n Learn offers a warm, friendly and nurturing environment for families with children birth – 4 years of age. This program provides

children with learning experiences through open ended activities, opportunities to create and explore, stories, music and more! No registration required, just drop in and join the fun.

Play'n Learn for Families with Babies & Toddlers (Birth – 2 years)

**Mondays
9:30 – 11:00 a.m.**

**Messiah Lutheran Church
(400 Rouge Rd)**

**April 3rd - June 19th,
2023**

Play'n Learn for Families with Children 1-4 years

**Thursdays
9:30 – 11:00 a.m.**

**Sansome School
(181 Sansome Ave
- Basement Starting Strong Resource Room)**

**April 6th - June 22nd,
2023**

Last Minute Program Cancellations

From time to time, we may experience a last-minute program cancellation due to reasons beyond our control. We will do our best to make a post on our Facebook page as well as the front door of the program location. We appreciate your understanding should this situation arise.



Follow us on Facebook for additional programs and events!

www.startingstrongfamilies.ca

Phone: 204-998-8400



Families with Children 1-4 years Tuesdays 9:30 - 11:00 a.m.

Westwood Community Church
(401 Westwood Dr)

April 4th – June 20th, 2023

Families are invited to join us for an open gym experience that includes climbers, tunnels, balls, bikes, bouncers and more.

Parents/caregivers are encouraged to participate and have fun together as children develop strength, coordination and confidence. *No registration required, just drop in and join the fun.*



Families with Children 2-4 years

Did you know cooking with children not only promotes healthy eating but also enhances

language/math/science concepts, fine motor skills, engages all senses, encourages independence and improves self-confidence? This program combines literacy and nutrition to provide families with opportunities to prepare tasty and nutritious recipes, participate in fun and interactive activities, stories, and music. *No registration required, just drop in and join the fun.*

Due to the growing popularity of this program we have added another session. Please attend one of the following.

Wednesdays
9:30 – 11:00 a.m.

– OR –

1:00 – 2:30 p.m.

*(*The Afternoon session will be a trial basis for April with the possibility of extending it into May.)*



Messiah Lutheran Church
(400 Rouge Rd)

April 5th – June 21st, 2023



Families with Children 2-4 years

This fun and engaging program promotes physical activity and creative expression. We have combined music and movement to enhance gross/fine motor development, express emotions, foster social skills and promote creativity. *No registration required, just drop in and join the fun.*

Fridays
9:30 – 10:30 a.m.
Westwood Community Church
(401 Westwood Dr)

April 14th – June 23rd, 2023

*** Please note:** This program is designed for children up to 4 years of age. Capacity is limited and unfortunately we will not be able to accommodate older siblings on Inservice Days.



Cows in the Barn

(action song sung to “The Wheels on the Bus”)

The cows in the barn go moo, moo, moo,

Moo, moo, moo,

Moo, moo, moo.

The cows in the barn go moo, moo, moo,

Moo, moo all day long.

Repeat with other animals and animal noises.



MOO!
MOO!
MOO!



April 2023



Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
						1
2 	3 Play'n Learn Children Birth-2 yrs Messiah Church (400 Rouge Rd) 9:30 – 11:00 am	4 Family Gym Children 1-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 11:00 am	5 Book & Cook Children 2-4 yrs Messiah Church (400 Rouge Rd) 9:30 – 11:00 am OR 1:00–2:30 pm	6 Play'n Learn Children 1-4 yrs Sansome School (181 Sansome Ave) 9:30 – 11:00 am	7 Programs Closed	8
9 Easter	10 Play'n Learn Children Birth-2 yrs Messiah Church (400 Rouge Rd) 9:30 – 11:00 am	11 Family Gym Children 1-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 11:00 am	12 Book & Cook Children 2-4 yrs Messiah Church (400 Rouge Rd) 9:30 – 11:00 am OR 1:00–2:30 pm	13 Play'n Learn Children 1-4 yrs Sansome School (181 Sansome Ave) 9:30 – 11:00 am	14 Move & Groove Children 2-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 10:30 am	15
16	17 Play'n Learn Children Birth-2 yrs Messiah Church (400 Rouge Rd) 9:30 – 11:00 am	18 Family Gym Children 1-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 11:00 am	19 Book & Cook Children 2-4 yrs Messiah Church (400 Rouge Rd) 9:30 – 11:00 am OR 1:00–2:30 pm	20 Play'n Learn Children 1-4 yrs Sansome School (181 Sansome Ave) 9:30 – 11:00 am	21 Move & Groove Children 2-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 10:30 am	22
23 30	24 Play'n Learn Children Birth-2 yrs Messiah Church (400 Rouge Rd) 9:30 – 11:00 am	25 Family Gym Children 1-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 11:00 am	26 Book & Cook Children 2-4 yrs Messiah Church (400 Rouge Rd) 9:30 – 11:00 am OR 1:00–2:30 pm	27 Play'n Learn Children 1-4 yrs Sansome School (181 Sansome Ave) 9:30 – 11:00 am	28 Move & Groove Children 2-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 10:30 am	29

May 2023



Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
	1 Play'n Learn Children Birth-2 yrs Messiah Church (400 Rouge Rd) 9:30 – 11:00 am	2 Family Gym Children 1-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 11:00 am	3 Book & Cook Children 2-4 yrs Messiah Church (400 Rouge Rd) 9:30 – 11:00 am	4 Play'n Learn Children 1-4 yrs Sansome School (181 Sansome Ave) 9:30 – 11:00 am	5 Move & Groove Children 2-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 10:30 am	6
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21	22 Program Closed	23 Family Gym Children 1-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 11:00 am	24 Book & Cook Children 2-4 yrs Messiah Church (400 Rouge Rd) 9:30 – 11:00 am	25 Play'n Learn Children 1-4 yrs Sansome School (181 Sansome Ave) 9:30 – 11:00 am	26 Move & Groove Children 2-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 10:30 am	27
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June 2023



Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
				1 Play'n Learn Children 1-4 yrs Sansome School (181 Sansome Ave) 9:30 – 11:00 am	2 Move & Groove Children 2-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 10:30 am	3
4	5 Play'n Learn Children Birth-2 yrs Messiah Church (400 Rouge Rd) 9:30 – 11:00 am	6 Family Gym Children 1-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 11:00 am	7 Book & Cook Children 2-4 yrs Messiah Church (400 Rouge Rd) 9:30 – 11:00 am	8 Play'n Learn Children 1-4 yrs Sansome School (181 Sansome Ave) 9:30 – 11:00 am	9 Move & Groove Children 2-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 10:30 am	10
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25	26	27	28	29	30	
Programs Closed for Summer Break						

Here are a few outdoor spring ideas to do with your child:



Blow bubbles



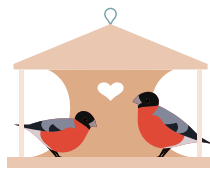
Splash through puddles



Make mud pies (messy but fun)



Fly a kite



Hang up a bird feeder in your yard



Plant seeds to transfer to a garden later



Ride a bike



Sidewalk chalk



Explore some local walking trails (listen and look for animals)