







Starting Strong

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

Spring Program Schedule: April – June 2026

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p>Play’N Learn Resumes April 6 9:30-11:00 a.m. Bord-Aire Community Centre 471 Hampton St No program May 18 LAST DAY: June 15</p>	<p>Family Gym Resumes April 7 9:30-11:00 a.m. Westwood Church 401 Westwood Dr. LAST DAY: June 16</p>	<p>Play’n Learn Resumes April 8 9:30-11:00 a.m. Sansome School 181 Sansome Ave LAST DAY: June 17</p>	<p>Play’n Learn Resumes April 9 9:30-11:00 a.m. Crestview School 333 Morgan Cres. LAST DAY: June 18</p>	<p>Play’N Learn Resumes April 10 9:30-11:00 a.m. MFRC 102 Comet St. LAST DAY: June 19</p>
	<p>Playdates in the Park May 5 – June 16 1:15 – 2:30 p.m. Various locations No program May 26</p>	<p>Book & Cook Registration opens April 6 Choose either: Spring session 1: April 15 – May 13 OR Spring session 2: May 20 – June 17 9:30-11:00 a.m. Messiah Church 400 Rouge Rd *REGISTRATION REQUIRED*</p>		<p>Move & Groove April 10 – May 15 9:30-10:30 a.m. Westwood Church 401 Westwood Dr.</p>
				<p>Woodland Play May 22 – June 19 10:00-11:00 a.m. Woodhaven Park 200 Glendale Blvd.</p>

TUES. MAY 26 - SPECIAL EVENT! – FAMILY WELLNESS FAIR – WESTWOOD CHURCH, 401 WESTWOOD DR



LAST WEEK OF PROGRAMS: JUNE 15-19
ALL STARTING STRONG PROGRAMS WILL BE CLOSED IN JULY AND AUGUST.
PROGRAMS RESUME: SEPTEMBER 14-18



NEW
THIS SPRING!

PLAYDATES in the park

Put on your hats and sunscreen, grab your water bottle and pack your snacks as we explore playgrounds throughout St. James! Join us each week as we enjoy playing outside together. *No registration required. Please note this program will be cancelled if it is raining.*

Tuesday afternoons from 1:15-2:30 p.m. Various locations, see below.

Staff will be onsite at 1:15 p.m. to greet families. We will begin with stories and songs at 1:30 p.m., followed by free play. Please plan your arrival so that you don't miss any of the fun!



***NOTE: Due to our unpredictable spring weather, at the time of publication we are estimating the start date of this program. Updates will be made at all Starting Strong programs, and posted on Facebook and Instagram, closer to actual dates.**

May 5 – Costello Park, 90 Costello Dr.

May 12 – Bourkevale Community Centre Playground, 90 Ferry Rd.

May 19 - Carroll Park, 150 Carroll Rd.

May 26 – NO PROGRAM.

June 2 – Living Prairie Museum Playground,

2795 Ness Ave. (park in the gravel lot past the museum and follow the path to the playground)

June 9 – St. James Legion Memorial Playground,

Silver Ave (parking lot and playground access off Silver Ave.)

June 16 – Suzanne Jeannette Park, 400 Gagnon St.



RETURNING THIS SPRING!



Families with children 2-4 years of age are invited to join us outdoors for a morning of physical activity and creative

expression. This program provides opportunities for children and their caregivers to explore, build, discover, climb and create together in nature. This program takes place rain or shine so dress for the weather! *No registration required.*

Fridays, May 22 – June 19
from 10:00-11:00 a.m.

Meet in the parking lot by the Woodhaven Community Club, 200 Glendale Blvd.

SPECIAL EVENT Family Wellness Fair

Tuesday, May 26 from 9:30-11:00 a.m.

Westwood Community Church
401 Westwood Dr.

Promoting Healthy Living and Wellness for Families with Children 4 years and under

Join us for this FREE event – “Talk to the experts” while enjoying a variety of activities and visiting informational displays on various topics including Mental Health, Parenting, Child Development, Literacy, Physical Health and more!



Join us in these warm, friendly and nurturing environments designed for families with children 4 and under. Play'N Learn programming provides open ended activities,

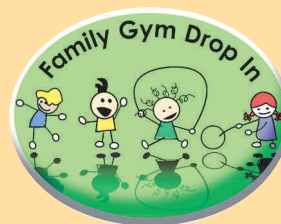
opportunities to create and explore, stories, rhymes, music and more! Drop in, visit and get to know other families in the community. *No registration required.*

Mondays
9:30-11:00 a.m.
at Bord-Aire Community Centre,
471 Hampton St.

Wednesdays
9:30-11:00 a.m.
at Sansome School,
181 Sansome Ave.

Thursdays
9:30-11:00 a.m.
at Crestview School,
333 Morgan Ave.

Fridays 9:30-11:00 a.m.
at MFRC, 102 Comet St.
OPEN TO ALL FAMILIES,
no military connection required.



Have fun playing together in this open gym experience designed for families with children aged 1-4. Children gain strength, balance, coordination and confidence through activities that include

climbers, tunnels, balls, bikes, bouncers and more. *No registration required.*

Tuesdays, 9:30-11:00 a.m. at Westwood Church,
401 Westwood Dr.



Move & Groove

Join us for an hour of physical activity and creative expression as we combine music and movement in this fun and engaging program for

families with children 2-4 years. *No registration required.*

Fridays, April 10 – May 15 from 9:30-10:30 a.m.
Westwood Church, 401 Westwood Dr.

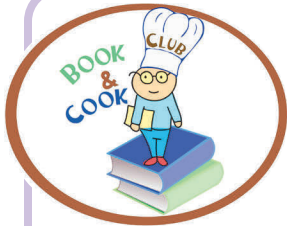


In an effort to keep everyone healthy please stay home if you or your child(ren) are ill. We'll be happy to see you again when you are well.



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

Please finish your morning coffee/tea before arriving.



DUE TO THE POPULARITY OF OUR BOOK & COOK PROGRAM REGISTRATION IS REQUIRED.

Book and Cook combines literacy and nutrition to provide families with children 2-4 years of age opportunities to prepare tasty and nutritious recipes, as well as participate in fun, interactive activities, crafts, songs, stories and more. These experiences are designed to set the stage for the development of life-long healthy eating habits and behaviours.

Spring Session 1: April 15 – May 13 OR Spring Session 2: May 20 – June 17

Wednesdays 9:30-11:00 a.m. at Messiah Lutheran Church (400 Rouge Road)

Registration opens April 6 at 9:00 a.m. No early registrations will be accepted.

Please email: familyresource@sjasd.ca

Include: Your name, child's name and age, contact phone number and email and indicate which session you would prefer.



Playing with Play Dough

- strengthens hand muscles which helps with writing and using scissors
- is great for releasing energy and improving focus

- encourages creativity, imagination and innovative thinking
- helps develop hand-eye coordination
- builds vocabulary and fine motor skills



Our Favourite Play Dough Recipe



Mix in a medium pot:

- 1 cup flour
- ¼ cup salt
- 2 tbsp cream of tartar

Combine and add:

- 1 cup water
- 2 tsp food colouring
- 1 tbsp oil



Cook over medium heat and stir. It will look like a gooey mess. You'll be sure it's not turning out, but it will! Once it forms a ball remove the dough from the pot and knead on a floured surface until it is no longer sticky. Store in an airtight container.

Items to enhance playdough play:

- Beads
- Buttons
- Cars and trucks
- Cookie cutters
- Cutlery

- Dry pasta
- Garlic press
- Googly eyes
- Jar lids
- Markers



- Pipe cleaners
- Plastic animals
- Popsicle sticks
- Potato masher
- Rocks
- Rubber stamps

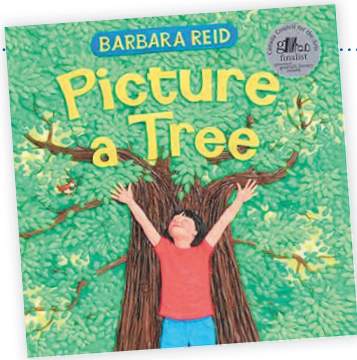


- Scissors
- Silicon cupcake liners
- Straws
- Whisk
- Wooden blocks

Take photos of your child's play dough creations and write down the stories they tell you about them. Create play dough story books that can be shared and enjoyed long after the play dough dries out!

Making Pictures with Play Dough

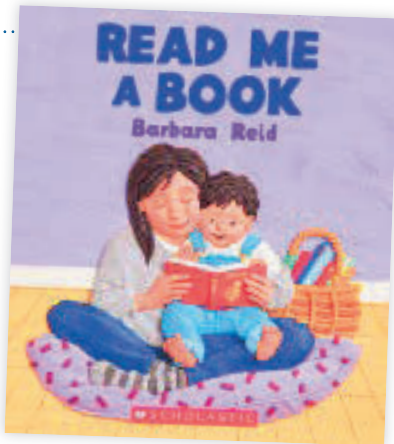
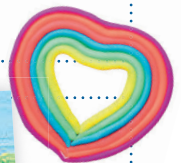
Author/illustrator Barbara Reid uses plasticine to create the illustrations for her books. Check out stories like these ones, available at the library, then give your child playdough and sheets of cardboard to make their own pictures.



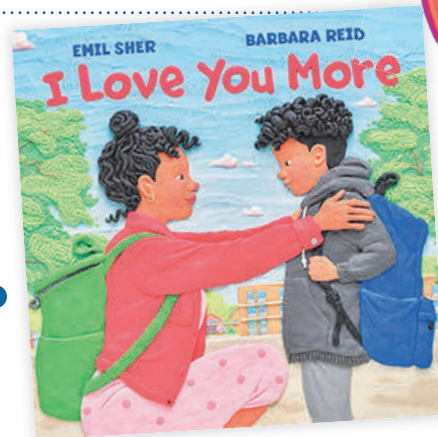
From bare branches tracing the sky to an explosion of colour, a place for adventure or a friend to shelter us from the sun—a tree can be so many things. With lyrical text and her signature Plasticine magic, Barbara Reid captures these majestic beings: in every season, growing and changing, interacting with the people and animals around them.



A curious stone age hunter-gatherer child follows Grandmother on an unusual hunting expedition into a deep cave where painted animals spring to life.



Babies love books, sharing books with your child every day will open up a world of fun and learning. Bouncy verse and delightful illustrations of babies and children reading make this a great place to start.



"I love you more than cones love ice cream." Follow young Des through his day as he finds himself surrounded by love.

REMINDER please help keep our facilities clean by bringing indoor shoes to wear during programs.

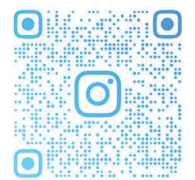


Starting Strong programs and facilities are NUT FREE.

Please eat snacks only in designated areas when participating in programs.



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



STARTINGSTRONGFAMILIES