



ST. JAMES-ASSINIBOIA
Parent Child
Coalition

Bringing families and the community
together to help our children
reach their full potential



Spring
2018

FAMILY FOCUS

Fun Ways to Develop Early Math Skills With Your Child

Submitted by Deidre Sagert, Early Years Support Teacher, St. James-Assiniboia School Division

Did you know research suggests that early math skills not only predict how well children will do in high school math, but are also a better predictor of academic success than early reading skills? Parents play a key role in capitalizing on children's innate math abilities through the many opportunities that arise in our daily life. Play is the perfect learning environment! Here are some fun ways to integrate math into your daily routines:

1) Big on Blocks

Let your child play with wooden blocks, plastic interlocking blocks, empty boxes, milk cartons, plastic cups, etc. Block play strengthens concepts like length, measurement, comparison, number, estimation, symmetry and balance.

2) Count Anything and Everything!

Count the dinosaurs as you play, the number of apples you need at the store, the people in front of you in line, the plates as you set the table, and so on throughout your day. Try to touch each object as you count them, so your child makes the association that each item is counted only once.

3) Now You're Cooking!

Even young children can help fill, stir, and pour. Through these activities in the kitchen, children learn naturally to count, measure, add, and estimate.

4) Treasure Time

Create a 'sorting basket' with all sorts of 'treasures' - shells, stones, buttons, gemstones, plastic lids, etc. Ask questions like 'how many, which is the biggest/smallest group?' Sort them based on size, color, shape and other attributes.

5) Walk it Out

Taking a walk gives children many opportunities to compare, notice similarities and differences and categorize; e.g. "Look! That tree is taller than the blue house." Challenge your child to find numbers everywhere you go; speed signs, license plates, house numbers, etc.

6) The Missing Piece

Puzzles help children develop reasoning and problem solving skills, and to persevere when something is challenging. Struggle is the best time for brain growth!

7) Pattern Play

Have fun with patterns by letting children arrange chunky beads, different types of dry pasta or cereal, or items from your treasure basket in different patterns or designs.

8) Time Talk

Talk about the time: "lunchtime, playtime, storytime, bedtime." Use an hourglass or stopwatch to time short activities. This helps children develop a sense of time and to understand that some things take longer than others.

9) Game Night

Board games help children develop one-to-one correspondence as they move their token along the board.

Children also learn to recognize common dot patterns on dice without counting.

10) Where's my ___?

Get a favourite toy and hide it in a variety of places. Give your child clues using words like "under", "over", "between", "around", "behind", "on top", "below" and "beside." This positional language is essential for success with later math skills.

11) Attitude Matters!

Possibly the most important thing any parent can do for their child's math skills is to encourage the belief that they can succeed at math. There is no such thing as a 'math brain!'



"Play gives children a chance to practice what they are learning" ~ Fred Rogers





PROGRAM HIGHLIGHTS



Shake, Rattle & Roll

This fun and active program promotes the importance of physical activity in pre-school play.

Fridays

Session 1 Dates:
March 2, 9, 16, 23

Session 2 Dates:
April 27
May 4, 11, 18

Time: 9:30 – 10:30 AM

Location: Westwood
Community
Church
(401 Westwood Dr)

(No registration required)



Book & Cook Club

Families are invited for a morning of reading, baking and sharing together at our Deer Lodge Parent Child Drop In Centre (323 Bruce Ave.) **No registration required.**

Wednesdays

Time: 9:30 – 11:00 a.m.

Date: March 21
Book: Daddy's Sandwich
by Pip Jones
Cook: Grilled Cheese
Sandwiches



Date: April 25
Book: Chicky Chicky
Chook Chook
by Cathy MacLennan
Cook: Fruit Chicks



Date: May 30
Book: Little Pea
by Amy Krouse
Rosenthal
Cook: Veggie Fritters



Family Chefs

Family Chefs is a 5-week cooking program for families with children 3 - 6 years of age. Together, adults and children will prepare tasty and nutritious recipes as well as participate in fun interactive activities, crafts, songs and stories. These experiences will help set the stage for the development of life-long healthy eating habits and behaviours.

Mondays

Dates: April 9, 16, 23, 30 & May 7

Time: 9:30 – 11:30 a.m.

Location: Bourkevale Community
Centre (100 Ferry Road)

**Registration Required
(Limited Space):**

Online: www.sjapcc.ca
Email: familyresource@sjsd.net
Phone: 204-998-8400



Families are invited to join us on a musical adventure as we use singing, instruments, movement, stories and rhythmic rhyme to explore the musical world!

Theme: Spring
Dates: Thursday Evenings April 5, 12, 19, 26
Time: 6:15 – 7:00 p.m. Doors open at 6:00 p.m.
Location: Messiah Lutheran Church (400 Rouge Rd)

**** New Afternoon Session ****

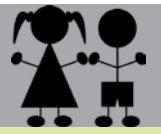
Dates: Tuesday Afternoons April 3, 10, 17, 24
Time: 1:30 – 2:15 p.m. Doors open at 1:20 p.m.
Location: Buchanan School (815 Buchanan Blvd) Room 21 (Parent Child Drop In Centre)

Registration Required: Online: www.sjapcc.ca Email: familyresource@sjsd.net Phone: 204-998-8400

**Registration starts
March 15
Register for one session only**



THE PRESCHOOLER



Do you have a child entering Kindergarten this fall?
If so, Literacy Links is for you!

Literacy Links is a FREE summer literacy program in the St. James-Assiniboia School Division that supports parents in understanding how to develop a positive literacy environment in the home setting and make the important links between home and school.

A literacy facilitator will:

- contact families and arrange to meet them for four visits at mutually acceptable times.
- demonstrate and provide developmentally appropriate and enriching activities that focus on daily reading and writing, environmental print, math activities and rhyming games.
- provide a home package of materials that includes literacy information, books, activities and games.



The program runs from May 14th - August 21st
Call today as spaces fill up quickly!

To register, please email literacylinks@sjsd.net
or call 204-885-1334 ext. 2304.



Rock & Read



Rock & Read is a five-week family literacy program where parents and children will enjoy a variety of songs/rhymes, finger plays and books together. Children will explore themes in books through art activities and activity centers, as well as make some new friends! Parents will create a special homemade book that their child will cherish as they begin their first school year. **Please register for one session only, beginning May 1, 2018.**

Spring Session:

Monday Mornings
10:00 – 11:30 a.m.
May 28, June 4, 11, 18, 25
Heritage Victoria
Community Centre
950 Sturgeon Road

Wednesday Afternoons
1:00 – 2:30 p.m.
May 23, 30 & June 6, 13, 20
Messiah Lutheran Church
400 Rouge Road

Thursday Mornings
10:00 – 11:30 a.m.
May 24, 31 & June 7, 14, 21
Deer Lodge Community Club
323 Bruce Ave. East

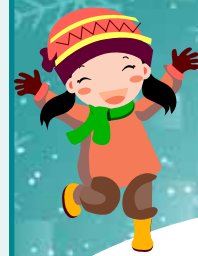
Summer Session:

Tuesday Evenings
6:00 – 7:30 p.m.
July 3, 10, 17, 24 & 31
St. James Civic Centre
2055 Ness Avenue

Wednesday Mornings
10:00 – 11:30 a.m.
July 4, 11, 18, 25 and August 1
Westwood Community Church
401 Westwood Drive

Thursday Mornings
10:00 – 11:30 a.m.
July 5, 12, 19, 26 and August 2
Heritage Park Children's Programs
1 Braintree Crescent

To register, email literacylinks@sjsd.net or call 204-885-1334 ext. 2304. **Registration starts May 1, 2018.**



Winter Fun Day

The Parent Child Drop In Centre will be held outside for the morning. Dress warmly and join us for some outdoor play.

Date: Wednesday, March 14
Time: 9:30 – 11:00 AM
Location: Deer Lodge Community Centre. ***Please meet outside at the playground behind the club.**



PARENTING



www.newdadmanual.ca

24 Hour Crib side Assistance – a site for Dads by Dads

www.mydadmatters.wordpress.com/my-child-matters

Cues and Clues
Child Development
Tip Sheets for
Fathers



**Manitoba Parent Zone
Website**

The Manitoba Parent Zone website resources and information to help make the best decisions for your family.

www.manitobaparent-zone.ca

**Parenting Today
2017 - 2018**

St. James-Assiniboia School Division

Workshops held from 6:00 p.m. - 8:00 p.m. at Educational Support Services, Jameswood School 1 Braintree Crescent (off Olive & Ness).

To register please contact Arlie Williams-Taylor at 204-885-9555 or email ptregistrations@sjsd.net

ADHD: ASSESSMENT AND INTERVENTION STRATEGIES March 13th, 2018

Presented by: Maria Phelps Ph.D., Educational Support Services, St. James-Assiniboia School Division

This workshop will explore the neuropsychology of ADHD in terms of assessment and diagnosis. The emphasis will be on evidence-based interventions and strategies for home and school from childhood to adolescence.

**SUPPORTING SPEECH AND LANGUAGE DEVELOPMENT AT HOME
APRIL 17th, 2018**

Presented by: Speech-Language Pathologists, Educational Support Services, St. James-Assiniboia School Division

Students who receive speech and language support at school benefit from practice at home. The purpose of this presentation is to provide parents with simple, quick and easy activities that can be done as a part of the daily routine. We will provide suggestions for helping your child practice speech sounds and language skills at home.

FREE CHILDCARE IS PROVIDED FOR SESSIONS. When registering please indicate for how many children and their ages. Once registered for any session, **IF YOU CANNOT ATTEND, please cancel by contacting** Arlie Williams-Taylor at 204-885-9555 or ptregistrations@sjsd.net



http://www.talkwithmebaby.org/learn_the_skills

Talk With Me Baby promotes some basic guidelines for talking and engaging with your child.

www.ppdmanitoba.ca

PPDAM
Postpartum Depression
Association of
Manitoba

Parenting Tips for Picky Eaters

Join us for a free workshop aimed to help parents learn new tools to help their picky eaters. The workshop will include dietary considerations and helpful parenting strategies co-taught by the dietician and psychologist of Access Winnipeg West.

March 6, 2018

5:00 – 7:00 PM

To register, call 204-940-2364

Access Winnipeg West –
280 Booth Drive
Room 209 – 2nd Floor

healthy baby healthy brain
to help your baby have a healthy brain, visit this interactive website: HealthyBabyHealthyBrain.ca
best start
meilleur depart
social health agency

Dial a Dietitian
1-877-830-2892
Call 788-8248 in Winnipeg

Free nutrition information for everyone
Eating well can be a daily challenge and you may have questions.
Call to speak to a Registered Dietitian right here in Manitoba and get answers about food and nutrition.

90% of your child's brain is developed by age 5... Make the first 5 count.

HEALTH LINKS INFO SANTÉ
(204) 788-8200
Toll Free: 1-888-315-9257

Health Links is a 24-hour, 7-days a week telephone information service.
Staffed by registered nurses with the knowledge to provide answers over the phone to health care questions and guide you to the care you need. Call anytime (204) 788-8200 or toll-free 1-888-315-9257

HEALTHY LIVING

FOOD BRINGS US TOGETHER



It's the annual nutrition promotion campaign brought to you by Dietitians of Canada. This year's theme is "Unlock the Potential of Food". When you think of food you might think of your favourites or perhaps the calories they possess, however, food not only fuels our body and can prevent disease it also has the potential to bring us together.

About one-third of Canadians never or seldom eat together as a family and for those that do, 12 percent are not present as they focus on their texts or emails during mealtime. While busy schedules are a barrier to families eating together, the creativity to make the time is well worth it.

Sharing a meal with family or friends has the potential to open dialogue, connect people and lead to eating more nutritiously. It allows people to share traditions, learn from one another, communicate and listen especially if the phones and other distractions are not at the table. Furthermore, role modeling by parents at mealtime serves to promote better eating in children when parents themselves are making healthy choices.

Research has found that both children and adults can benefit in sharing a meal together:

- Children have increased intakes of vegetables, fruits and calcium-rich foods and reduced intake of sugar-sweetened beverages like soft drinks and juice.
- Children are at lower risk of being overweight or developing eating disorders.
- Children and teens that eat meals with their family have better grades in school and preschoolers have more vocabulary.
- Teens are less likely to smoke, or use drugs or alcohol.
- Adults tend to eat more vegetables and fruits, drink less soft drinks, eat fewer fast-food meals and have healthier weights.



Food does have the power to bring us together, but when time is scarce these tips can make it easier to eat with family or friends.

- Start small if you seldom eat together already – schedule one or two days per week and make it an appointment in your calendar. You can always add more as it gets easier.
- If breakfast is the easiest to have everyone at the table, then go with that. Simply choose the meal where it's easiest to bring everyone together.
- Get the whole family involved in meal preparation, from setting the table to washing and chopping vegetables. Include children as there is a lot they can help with too. <http://www.eatrightontario.ca/en/Articles/Child-Toddler-Nutrition/Cooking-with-Kids.aspx>

To learn more about "Unlocking the Potential of Food" and this year's Nutrition Month Campaign take a look at www.NutritionMonth2018.ca.



Family Gym Drop In is a free program that offers families the opportunity to be active and discover fun in the gym! We have bikes, balls, bouncer, climber, tunnels, slides, floor hockey and so much more. Children have loads of fun as they gain strength, balance, coordination and confidence. Drop in and join us for this open gym experience.

Mondays

6:00 - 7:30 PM

Last session March 19

Tuesdays

9:30 - 11:00 AM

Last session June 19

Location: Westwood Community Church (401 Westwood Dr.)

MARCH is NUTRITION MONTH

French Toast Cups

Serves: 2

Ingredients

- 4 slices whole wheat bread, crusts removed
- 1 whole egg
- 1 egg white
- 2 Tbsp skim milk
- ½ tsp ground cinnamon
- 1 tsp honey
- 1 cup mixed berries
- ½ cup part-skim ricotta cheese
- 2 tsp sliced almonds
- 1 Tbsp pure maple syrup

Directions

1. Pre-heat oven to 375F.
2. In a bowl whisk together the egg, egg white, milk, cinnamon and honey.
3. Spray a non-stick muffin tin with calorie free vegetable spray.
4. Carefully dip each slice of the bread into the egg milk mixture and press it into the muffin tin.
5. Bake the bread for 12 minutes until crisp.
6. Meanwhile, in a small bowl mix together the ricotta cheese until smooth.
7. Spoon equal amounts of the ricotta mixture into each of the bread cups, top with berries, sliced almonds and lastly drizzle maple syrup of the top.
8. Enjoy!

Submitted by:
Martina Gornik-Marion, RD
Public Health Dietitian
Winnipeg Regional Health Authority





AROUND THE COMMUNITY



St. James Assiniboia 55+ Centre



3 - 203 Duffield Street
Winnipeg, MB R3J 0H6
Phone: 204-987-8850

Email: info@stjamescentre.com
Website: www.stjamescentre.com

St. James Assiniboia 55+ Centre is an independently operated non-profit charitable organization with a mission to encourage Seniors to improve their quality of life by providing educational, recreational, health and social opportunities.

WINNIPEG PUBLIC LIBRARY PROGRAMS

Contact the branch for registration dates and details.

WESTWOOD LIBRARY - 66 Allard Ave - 204-986-4747

ST. JAMES ASSINIBOIA LIBRARY - 1910 Portage Ave 204-986-3425

Baby Rhyme Time

Ages newborn to 24 months & caregiver.
Rhymes and stories for baby and caregiver, siblings welcome.

Time for Twos

Ages 24-36 months & caregiver
Stories, songs and Rhymes, siblings welcome!

Family Story Time

Story time for children ages 3-5 years old.
Stories, songs and Fun!
Parents and siblings welcome!

CITY OF WINNIPEG Free Public Swimming

ST. JAMES-ASSINIBOIA CIVIC CENTRE
2055 NESS AVE

Fridays
7:30 p.m. - 9:30 p.m.

ST. JAMES-ASSINIBOIA CENTENNIAL POOL
644 PARKDALE ST

Wednesdays
2:00 p.m. - 4:30 p.m.



HERITAGE PARK FAMILY RESOURCE CENTRE

Open Monday to Friday offering parent/child programs (prenatal - 5 yrs).
Registration Required

Contact Jackie at 204-895-2519 Email: frjjackie@mts.net



1 Braintree Cres.

GREAT EXPECTATIONS

An opportunity for moms-to-be and parents of children under one year of age to learn more about various health and nutrition areas for the baby, themselves and the whole family. Children under age one remain with their parent during the session. A qualified childcare provider will care for older children. **Please call one week prior to session if child care is required. (Prenatal to 12 mths)**

Tuesdays

9:30 a.m. - 11:15 a.m.
Sturgeon Heights CC
210 Rita Street

Thursdays

1:15 p.m. - 3:15 p.m.
Heritage Victoria CC
950 Sturgeon Road

For more information call Traci 204-885-5415

BREASTFEEDING SUPPORT GROUP

A group for anyone breastfeeding and needs support or help. Or just an opportunity to connect with other moms like yourself!

Thursdays
10:00 - 11:30 a.m.

Sturgeon Heights Community Centre
210 Rita Street Call 204-940-2040

Un Centre de la petite enfance et de la famille (CPEF) est un centre où les parents peuvent passer du temps avec leur(s) enfant(s). On peut y trouver plein de ressources et de programmes qui répondent aux besoins des enfants francophones âgés de 0 à 5 ans dans toutes les dimensions de leur développement. Voici quelques exemples de nos programmes et services: programmes de littéracie, programme de nutrition, cours de français, programmes pour les familles exogames, foire de la petite enfance, le mini-centre du CRÉE etc.



Vous pouvez aller sur notre site web pour avoir plus de renseignements et/ou si vous avez des questions vous pouvez appeler le 204-885-8000 poste 133 ou par courriel à romeodallaire@cpefmb.org.



MILITARY FAMILY RESOURCE CENTRE

642 Wihuri Road - To Register call: 204-833-2500 ext. 2491
www.familyforce.ca / www.facebook.com/WinnipegMFRC

The MFRC offers child care on a casual basis for children 6 months to 5 years in age. Please send along a lunch (we have a fridge and microwave), peanut free snacks, change of clothing, diaper supplies (if needed) and appropriate outerwear.

Occasional Child Care (OCC) Mondays to Fridays January 8 to April 30

Regular Hours: 9:00 a.m. - 4:00 p.m.

6 mos - 23 mos: 1/2 day: \$15 Full day: \$30

24 months - 5 years: 1/2 day: \$12 Full day: \$27

Family Rate: \$5 off combined total for full day.

Extended Hours: 7:30 a.m. - 5:00 p.m.

6 mos - 23 mos: 1/2 day: \$25 Full day: \$50

Children over 2: 1/2 day: \$20 Full day: \$40

NOTE:

Military families may call 2 weeks ahead to register.

Non-military families may call one week ahead.

Closed on February 19, March 30 and April 2.

Nursery School

Nursery School offers children (3 & 4 yrs old) an opportunity to learn and practice many important skills. Nursery School children are exposed to a number of activities that help them develop socially, cognitively, physically and emotionally. If your child will be three by the end of December, perhaps you would be interested in enrolling them in one of the following Nursery School programs available in St. James.

Note - Nursery Schools usually begin accepting registrations in March, for September 2018 enrollment. (Subsidies available)

Discovery Children's Centre	889-2689
Westwin Children's Centre	833-2500 (2491)
Lakewood Children's Centre	832-5802
Kirkfield-Westwood Nursery School	889-2392
Sigfusson Nurseries Athlone	885-6476
Sigfusson Nurseries Bannatyne	889-0435
St. James Montessori School	888-5700

For Information on licensed family child care homes, centres and nursery schools go to www.manitoba.ca/childcare





CALENDAR OF EVENTS

Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

March 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Buchanan 9:30 - 11:00 AM Shake Rattle Roll 9:30 - 10:30 AM	3
4	5 Sansome 9:30 - 11:00 AM Family Gym 6:00 - 7:30 PM	9 Family Gym 9:30 - 11:00 AM Sansome 6:00 - 7:30 PM	7 Deer Lodge 9:30 - 11:00 AM	8 Crestview 9:30 - 11:00 AM	9 Buchanan 9:30 - 11:00 AM Shake Rattle Roll 9:30 - 10:30 AM	10
11	12 Sansome 9:30 - 11:00 AM Family Gym 6:00 - 7:30 PM	13 Family Gym 9:30 - 11:00 AM Sansome 6:00 - 7:30 PM	14 Deer Lodge 9:30 - 11:00 AM * Winter Fun* Program Outdoors	15 Crestview 9:30 - 11:00 AM	16 Buchanan Closed Shake Rattle Roll 9:30 - 10:30 AM	17
18	19 Sansome 9:30 - 11:00 AM Family Gym 6:00 - 7:30 PM	20 Family Gym 9:30 - 11:00 AM Sansome 6:00 - 7:30 PM	21 Deer Lodge 9:30 - 11:00 AM Book & Cook Club	22 Crestview 9:30 - 11:00 AM	23 Buchanan 9:30 - 11:00 AM Shake Rattle Roll 9:30 - 10:30 AM	24
25	26	27	2	29	30	31

Spring Break March 26-30 All Programs Closed

April 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Easter	2 Sansome 9:30 - 11:00 AM	3 Family Gym 9:30 - 11:00 AM Rhythm & Rhyme 1:30 - 2:15 PM Sansome 6:00 - 7:30 PM	4 Deer Lodge 9:30 - 11:00 AM	5 Crestview 9:30 - 11:00 AM Rhythm & Rhyme 6:15 - 7:00 PM	6 Buchanan 9:30 - 11:00 AM	7
8	9 Sansome 9:30 - 11:00 AM Family Chefs 9:30 - 11:30 AM	10 Family Gym 9:30 - 11:00 AM Rhythm & Rhyme 1:30 - 2:15 PM Sansome 6:00 - 7:30 PM	11 Program Closed	12 Crestview 9:30 - 11:00 AM Rhythm & Rhyme 6:15 - 7:00 PM	13 Buchanan 9:30 - 11:00 AM	14
15	16 Sansome 9:30 - 11:00 AM Family Chefs 9:30 - 11:30 AM	17 Family Gym 9:30 - 11:00 AM Rhythm & Rhyme 1:30 - 2:15 PM Sansome 6:00 - 7:30 PM	18 Deer Lodge 9:30 - 11:00 AM	19 Crestview 9:30 - 11:00 AM Rhythm & Rhyme 6:15 - 7:00 PM	20 Program Closed	21
22	23 Sansome 9:30 - 11:00 AM Family Chefs 9:30 - 11:30 AM	24 Family Gym 9:30 - 11:00 AM Rhythm & Rhyme 1:30 - 2:15 PM Sansome 6:00 - 7:30 PM	25 Deer Lodge 9:30 - 11:00 AM Book & Cook Club	26 Crestview 9:30 - 11:00 AM Rhythm & Rhyme 6:15 - 7:00 PM	27 Buchanan 9:30 - 11:00 AM Shake Rattle Roll 9:30 - 10:30 AM	28
29	30 Sansome 9:30 - 11:00 AM Family Chefs 9:30 - 11:30 AM			 don't forget to play		





CALENDAR OF EVENTS



May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Family Gym 9:30 - 11:00 AM Sansome 6:00 - 7:30 PM	2 Deer Lodge 9:30 - 11:00 AM	3 Crestview 9:30 - 11:00 AM	4 Buchanan 9:30 - 11:00 AM Shake Rattle Roll 9:30 - 10:30 AM	5
6 	7 Sansome 9:30 - 11:00 AM Family Chefs 9:30 - 11:30 AM	8 Family Gym 9:30 - 11:00 AM Sansome 6:00 - 7:30 PM	9 Deer Lodge 9:30 - 11:00 AM	10 Crestview 9:30 - 11:00 AM	11 Buchanan 9:30 - 11:00 AM Shake Rattle Roll 9:30 - 10:30 AM	12
13 Mothers Day	14 Sansome 9:30 - 11:00 AM	15 Family Gym 9:30 - 11:00 AM Sansome 6:00 - 7:30 PM	16 Deer Lodge 9:30 - 11:00 AM	17 Crestview 9:30 - 11:00 AM	18 Buchanan 9:30 - 11:00 AM Shake Rattle Roll 9:30 - 10:30 AM	19
20	21 Program Closed	22 Family Gym 9:30 - 11:00 AM Sansome 6:00 - 7:30 PM	23 Deer Lodge 9:30 - 11:00 AM	24 Crestview 9:30 - 11:00 AM	25 Program Closed	26
27	28 Sansome 9:30 - 11:00 AM	29 Family Gym 9:30 - 11:00 AM Sansome 6:00 - 7:30 PM	30 Deer Lodge 9:30 - 11:00 AM Book & Cook Club	31 Crestview 9:30 - 11:00 AM		

FAMILY FOCUS

Bringing families and the community together...

Visit St. James-Assiniboia Parent Child Coalition online at

www.sjapcc.ca



Connect with us on Facebook

EDITORIAL BOARD



ST. JAMES-ASSINIBOIA
**Parent Child
Coalition**

Sandra Doell

Family Resource Coordinator
204-998-8400

Lynda McCausland

Copy Consultant

Family Focus Summer Issue will be available June 2018