



Starting Strong

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



Welcome!

Starting Strong would like to welcome families with children birth – 4 years of age to another exciting year of learning and growing together! We feature fun and engaging activities that support the importance of play in promoting healthy child development. All programs are free and designed for parents/caregivers and child to participate together to ensure all children reach their full potential.

Our trained staff provide opportunities to nurture learning and skill development through literacy, numeracy, physical activity, social interaction, outdoor play and more! Programs run out of a variety of locations made possible by the generous support of our community partners.

Please note 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.

We look forward to sharing fun and exciting activities with your family. Happy Fall!

**Starting Strong Staff,
Sandra, Teri, Evelyn**



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)**

Starting, September 11th, 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)**

Starting, September 14th, 2023



Last Minute Program Cancellations

Please note that from time to time we reach capacity at our programs. Starting Strong follows Best Practices in providing a safe and secure space that contributes to the well-being of children. Thank you for your understanding.



 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)

Starting Tuesday, September 12th, 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.*

**Wednesdays
9:30 – 11:00 a.m.**
(limited capacity)

Messiah Lutheran
Church
(400 Rouge Rd)



Starting Wednesday, September 13th, 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)

Starting Friday, September 14th, 2023

**** No program Friday, October 20th, 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.



Autumn Leaves

(Sung To: "London Bridges")

Autumn leaves are falling down
Falling down, falling down
Autumn leaves are falling down
Red, yellow, orange and brown.











In an effort to keep everyone healthy please stay home if you or your child are ill.

We'll be happy to see you again when you are well.



September 2023




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

October 2023



Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
1	2 Play'n Learn Children Birth-2 yrs Messiah Church (400 Rouge Rd) 9:30 – 11:00 am	3 Family Gym Children 1-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 11:00 am	4 Book & Cook Children 2-4 yrs Messiah Church (400 Rouge Rd) 9:30 – 11:00 am	5 Play'n Learn Children 1-4 yrs Sansome School (181 Sansome Ave) 9:30 – 11:00 am	6 Move & Groove Children 2-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 10:30 am	7
8	9  Programs Closed	10 Family Gym Children 1-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 11:00 am	11 Book & Cook Children 2-4 yrs Messiah Church (400 Rouge Rd) 9:30 – 11:00 am	12 Play'n Learn Children 1-4 yrs Sansome School (181 Sansome Ave) 9:30 – 11:00 am	13 Move & Groove Children 2-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 10:30 am	14
15	16 Play'n Learn Children Birth-2 yrs Messiah Church (400 Rouge Rd) 9:30 – 11:00 am	17 Family Gym Children 1-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 11:00 am	18 Book & Cook Children 2-4 yrs Messiah Church (400 Rouge Rd) 9:30 – 11:00 am	19 Play'n Learn Children 1-4 yrs Sansome School (181 Sansome Ave) 9:30 – 11:00 am	20 Programs Closed	21
22	23 Play'n Learn Children Birth-2 yrs Messiah Church (400 Rouge Rd) 9:30 – 11:00 am	24 Family Gym Children 1-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 11:00 am	25 Book & Cook Children 2-4 yrs Messiah Church (400 Rouge Rd) 9:30 – 11:00 am	26 Play'n Learn Children 1-4 yrs Sansome School (181 Sansome Ave) 9:30 – 11:00 am	27 Move & Groove Children 2-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 10:30 am	28
29	30 Play'n Learn Children Birth-2 yrs Messiah Church (400 Rouge Rd) 9:30 – 11:00 am	31 Family Gym Children 1-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 11:00 am				



November 2023

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

December 2023

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