

Starting Strong

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



Welcome!

Starting Strong 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.

Save the Date!

Community Holiday Celebration

Tuesday, December 19th
9:30 – 11:00 a.m.
at Westwood Church

Details available on our Facebook page as well as at 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)

Last day before the Holidays is December 18- Resumes January 8, 2024

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)

Last day before the Holidays is December 14- Resumes January 11, 2024

AAACHOO!



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.

Follow us on Facebook for additional programs and events!

www.startingstrongfamilies.ca

Phone: 204-998-8400

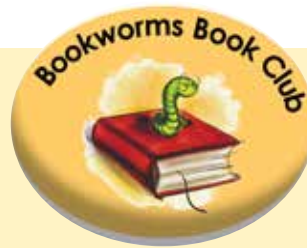


Families with Children 1- 4 years
Tuesdays 9:30 - 11:00 a.m.

Westwood Community Church
 (401 Westwood Dr)

Last day before the Holidays Dec. 19
Resumes Jan. 9,
2024

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. *Please bring indoor shoes for your child to wear during the winter months.*



Bookworms is an interactive family literacy program for 2-4 year olds. Each week features a book, puppet show/ felt board stories, crafts, songs and snack. To accommodate as many families as possible please sign up for one of the following sessions.

When: Wednesdays 9:30 – 10:30 AM

Where: Messiah Lutheran Church (400 Rouge Rd)

Session 1: January 10 – February 14, 2024

Session 2: February 21 – March 20, 2024

Registration Opens Monday December 11, 2023.

Please email familyresource@sjasd.ca
 Include Your name, child's name and age and phone/email.

**** Early registrations will not be accepted.**



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)

Last day before the Holidays
December 15
Resumes January 12



SNOWMAN SMOOTHIES

A delicious and healthy drink everyone will love.

Ingredients

For the smoothie:

- 1 banana (cut up and freeze for 1-2 hours before blending)
- 250 ml milk
- 50 g Greek yogurt
- 25 g oats
- 30 g shredded coconut (optional)
- a few drops of vanilla extract
- maple syrup or honey to taste (optional)



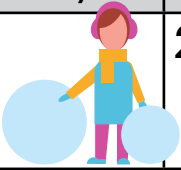



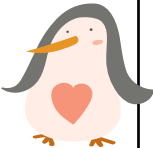
To decorate:

- clear plastic cups or glasses
- black & orange marker pens
- whip cream
- snowflake or colored sprinkles



1. Using the markers, decorate the cup before starting.
2. Blend the milk, yogurt, oats, coconut, and vanilla extract. Add the frozen banana pieces.
3. Blend until completely smooth, add maple syrup or honey to taste if needed.
4. Pour into prepared cups and top with whip cream and sprinkles (optional)

January 2024

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

February 2024

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 Bookworms Children 2-4 yrs Messiah Church (400 Rouge Rd) 9:30 – 10:30 am <i>Registration required</i>	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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18	19 Program Closed	20 Family Gym Children 1-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 11:00 am	21 Bookworms Children 2-4 yrs Messiah Church (400 Rouge Rd) 9:30 – 10:30 am <i>Registration required</i>	22 Play'n Learn Children 1-4 yrs Sansome School (181 Sansome Ave) 9:30 – 11:00 am	23 Move & Groove Children 2-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 10:30 am	24
25	26 Play'n Learn Children Birth-2 yrs Messiah Church (400 Rouge Rd) 9:30 – 11:00 am	27 Family Gym Children 1-4 yrs Westwood Church (401 Westwood Dr) 9:30 – 11:00 am	28 Bookworms Children 2-4 yrs Messiah Church (400 Rouge Rd) 9:30 – 10:30 am <i>Registration required</i>	29 Play'n Learn Children 1-4 yrs Sansome School (181 Sansome Ave) 9:30 – 11:00 am		

March 2024



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 Bookworms Children 2-4 yrs Messiah Church (400 Rouge Rd) 9:30 – 10:30 am <i>Registration required</i>	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
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24	25	26	27	28	29	30
SPRING BREAK – Programs Closed						



Starting Strong invites you to join us for
Bookmates
"Sing Me a Story, Read Me a Song"



Parent Workshop

Monday, January 29, 2024
6:00-8:00

Messiah Lutheran Church, 400 Rouge Road
(Pizza supper will be provided.)

FOR PARENTS AND CAREGIVERS OF CHILDREN 1-4 YEARS
Registration Required (capacity is limited)



Join us as we explore fun songs, rhymes and musical activities! Take part in hands-on activities that you can later do together with your child to help their social-emotional development as they learn important language, numeracy, gross and fine motor skills all while having fun! All participants will receive a free children's book to take home as well as resources for home learning activities. No musical background or singing skills required!

Please email familyresource@sjasdc.ca to register
Include your name and phone number.



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Winnipeg, MB
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bookmate@mts.net
www.bookmates.ca

1 Braintree Cres
Winnipeg, MB
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204.998.8400
familyresource@sjasdc.ca
www.startingstrongfamilies.ca



Free Family Swim

St. James Assiniboia
Centennial Pool
644 Parkdale St
Wednesdays
1:45-4:45 p.m.



St. James Civic Centre
Pool
2055 Ness Ave
Sunday 1:30-4:30 p.m.

Free Family Skating

Ab McDonald Arena
2055 Ness Ave
Mondays 11:00-Noon
Saturdays 2:15-3:15 p.m.



REMINDER during the winter months to please bring inside shoes to wear while attending programs.



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.

