



# 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.

**Do you have a child entering Kindergarten in the St. James-Assiniboia School Division?**



**If so, Literacy Links is for YOU!**

Literacy Links is a FREE summer literacy program that supports parents in understanding how to develop a positive literacy and numeracy environment through play in the home setting. Children will receive a series of six virtual sessions using Microsoft Teams with a trained Literacy Links Facilitator. A home package of play-based materials will be dropped off for children to engage with on the other side of the screen.

To find out more about this program and to register your child, please email: [literacylinks@sjasd.ca](mailto:literacylinks@sjasd.ca)

# 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.



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)**

**Spring Session starts  
April 1st, 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)**

**Spring Session starts  
April 4th, 2024**



Follow us on Facebook for additional programs and events!

[www.startingstrongfamilies.ca](http://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)**

**Spring Session starts April 2nd, 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.*

*\*Reminder in wet weather to please bring inside shoes to wear while attending programs.*



**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.

**\*\*REGISTRATION REQUIRED\*\***

**Session 1: April 3rd - May 8th 9:30 - 11:00 a.m.**      **- OR -**      **Session 2: May 15th - June 19th 9:30 - 11:00 a.m.**

Messiah Lutheran Church  
(400 Rouge Rd)

**Please email: [familyresource@sjasd.ca](mailto:familyresource@sjasd.ca)**

*(Include: Your name, Child's name/age & phone/email)*



**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)**

**Spring Session starts  
April 5th, 2024**



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



**Last Minute Program Cancellations**

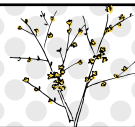
From time to time, we may experience a last-minute program cancellation due to reasons beyond our control. We will do our best to make a post on our Facebook page as well as the front door of the program location. We appreciate your understanding should this situation arise.



**for Spring Break  
March 25th-29th**

Programs resume  
April 1st-5th

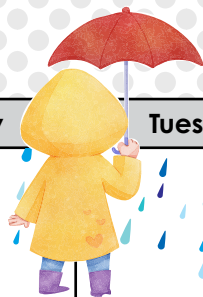
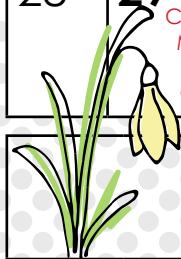
# April 2024



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

# May 2024

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



# June 2024



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



## Sensory Play

Did you know sensory play provides endless opportunity for learning while developing fine motor skills, language, creativity and loads of fun! Here is an easy spring sensory bin activity for toddlers and preschoolers.

Fill a bin or bucket with paper easter grass, add plastic eggs, toy chicks/ birds, flowers and toy insects (these items are available at the dollar store). Feel free to add some scoops, cups and spoons.