

Healthy STEPS

Preschool Parents Newsletter



Compliments of :

The Parent Child Connection Assiniboine North Parent Child Coalition
 Working with parents, caregivers and service providers to ensure children are healthy and happy.
 Contact Antoinette 204.764-4232 for information or submissions by the 15th of the previous month.

We have been busy the last year!!

Here are the communities and programs we have supported through the coalition in the last fiscal year and into the spring of 2018.

Community	Program
Birdtail	Positive Parenting
Birtle	Parent & Tot Yoga Food & fun
Binscarth	Rhyme Time
Carberry	Positive Parenting Shake, Rattle & Roll Triple P Discussion group
Erickson	Rhyme Time
Hamiota	Parent & Tot Yoga Triple P Discussion group
Inglis	Shake, Rattle & Roll
Keesee	Triple P Discussion group
Kenton	Parent & Tot Yoga
Miniota	Parent & Tot Yoga
Minnedosa	Play 2 Learn Story Sacs Family Olympics
Neepawa	EAL Rhyme Time Intergenerational Rhyme Time Step Together Wiggle, Giggle & Munch Shake, Rattle & Roll
Oakburn	Wiggle, Giggle & Munch
Rapid City	Rhyme Time Parent & Tot Yoga
Russell	Nobody's Perfect Shake, Rattle & Roll Mothers Helping Mothers
Waywayseecappo	Triple P Discussion group Positive Parenting

FREE September 22, 2018

Butterflies in Your Belly & We are Warriors

Marc Battle an ECE instructor with Red River College who has a dynamic way of teaching adults what we need to know about children! You will learn the importance of risky play and how to guide your child towards discovering who they are. If you are a parent or ECE you will enjoy this day of fun learning!

Minnedosa Community Center
 9:30-3:30 (Lunch provided)
 Brought to you by The Parent Child Connection
 To register call Debbie 204-476-7550 or
dzuke@pmh-mb.ca

PosterMyWall.com

We thank all of our partners in each community for making this possible!!

September 2018

Please contact Antoinette if you would like specific programming in your community.



BIRTLE:

Healthy Baby: First Thursday of the month in Oct. Dec. From 10-noon @ the United church Contact your public health nurse for more info

CARBERRY

Healthy Baby: 4th Wednesday of the month from 10-noon @ The Carberry Plains Health Centre. Alexandra @ 476-7842

Story time at the Library:

Thursdays at 10:00 at the Carberry North Cypress library.

HAMIOTA

Healthy Baby: 2nd Wednesday of the month @ 10-noon Cornerstone Church Contact public health nurse

KENTON

Kenton Play Group Every other Friday @ the Kenton Hall @ 10:30 contact Nicole 838-2423

MINNEDOSA

Healthy Baby : 3rd Tuesday of the month @ St. Mark's Anglican Church from 10-noon Contact Alexandra 476-7842

United We Can: 2nd & 4th Wednesdays @ 10 -noon Minnedosa United Church, starts Sept. 26th contact Denise @ 849-2263

NEEPAWA

Healthy Baby: 2nd Tuesday of the month @ Neepawa Public Library from 10-noon

Neepawa & Area Immigrant Settlement

Services 4th Tuesday of the month 1:30-3:30 Contact Alexandra 476-7842

Step Together: 1st and 3rd Wed. of the month 9:30 -11:30 at the United Church Text Val @ 841-4315

Coming soon Shake, Rattle and Roll and Dad's Group!

OAKBURN

Information on small, intimate nursery school: contact Cindy 204-234-5341

RIVERS

Healthy Baby: 3rd Tuesday of month from 10-noon @ Zion Church. Contact Denise @ 204-748-2321 ext 294

More programming coming soon!!

RUSSELL

Healthy Baby: 2nd Thursday of the month from 10-noon @ Russell United Church.

Contact public health nurse

Mothers Helping Mothers: Mothers support group Starting back Oct. 2nd 1st and 3rd Tues. Contact Taneal @ 821-6686

SHOAL LAKE

Healthy Baby: 1st Thursday in Sept. & Nov. from 10-noon @ United Church Contact your public health nurse for more info

STRATHCLAIR

WE CAN!: 2nd and 4th Thursdays from 10 to noon starting on the 27th at the Baptist Church Contact Denise @ 849-2263

If you would prefer us to send you this via email please email to let us know! agravelouellette@pmh-mb.ca 204-764-4232



September is back to school for your older ones and a great time to put routine back into play! Children thrive on routine as it gives them safety to know what is happening

"Supported by Healthy Child Manitoba- Putting children and families first"

