

Healthy STEPS

Preschool Parents Newsletter



Compliments of PROMISE Years Parent Child

Working with parents, caregivers and service providers to ensure children are healthy and happy. Contact Antoinette agravelouellette@pmh-mb.ca or call 1.204.764.4232 for more information



A Holiday to Remember Calendar



- Make Christmas Cards**
- Watch A Favorite Holiday Movie Together**
- Try Crazy Hot Chocolate Recipes**
- Have a Marshmallow Fight**
- Buy Goods for a homeless Shelter**
- Bake Cookies For One Of Your Neighbors**
- Holiday Song Dance Party!**
- Make Your Own Ornaments**
- Have Game Night In Your Pajamas**
- Read Your Favorite Holiday Book**
- Write A Letter To Santa or Family/ Friend**
- Take A Car Tour Of Your Town's Lights**
- Take a Walk And Look For Animal Tracks**
- Build A Snowman Fort, Or Go Tobogganing**
- Share One thing You Love About Each Other!**



Now happening!

Mothers Helping Mothers
Support group for Moms by
Zoom 6:30-8:00 1st and 3rd
Tuesdays Contact Taneal @
204-821-6686

Cooking with Kids Online
December 21st 11-12 Contact
us

Minnedosa's Together We
Can, Together We Are
Online program Tuesday
mornings 10am. Contact
Denise @ 849-2263 or email
parentingin-
purple@gmail.com

Oakburn Parent/Child Play
group Eager Pioneer Club
Wed. 10-11:30
Contact Sadie 821-0454

Taking registration for

Nobody's Perfect
Circle of Security
Positive Discipline
Positive Parenting














Coming soon
Rivers Nobody's Perfect

Healthy Baby Sessions are talk-
ing place in various ways. If you
are interested please contact

Call 204-578-2545 for the most
up to date information about our
sessions during Covid 19.
Facilitators to contact:

Healthy Baby Carberry,
Minnedosa, Neepawa
Contact Alexandra for log info
204-476-7842

Rivers, Hamiota, Birtle,
Russell
Kristie: 204-748-2321

Icon	App Name	Web Address	About
	SAM - Self-Help Anxiety Management	https://sam-app.org.uk	Helps you understand and manage anxiety.
	Happy Healthy	www.happyhealthyapp.com	App providing motivation and knowledge to improve lifestyle, exercise, nutrition and sleep.
	BellyBio Interactive Breathing	https://itunes.apple.com/ca/app/bellybio-interactive-breathing/id353763955?mt=8	Triple innovation in deep abdominal breathing, biofeedback and music.
	Stop-Breathe-Think	www.stopbreathethink.org	A simple tool to guide people of all ages and backgrounds through meditations for mindfulness and compassion.
	7 Minute Workout	https://7minuteworkout.jnj.com/	A fast, simple, science-based way to work out anywhere app.
	Daily Yoga	www.dailyyoga.com	Provides intuitive and comprehensive yoga training for everyone.
	Calm in the Storm	http://calminthestormapp.com	Coping with the stresses of life.
	3 Minute Mindfulness	https://itunes.apple.com/us/app/3-minute-mindfulness-fast/id982502810?mt=8	Fast and simple meditation and breathing exercises to reduce stress, anxiety and depression.
	Get Enough Helper	https://dairygoodness.ca/getenough/app?gclid=CLa8n8nKvM4CFYKGaQodiSoHwQ	Keep track of what you eat to make sure you get enough of what you need.
	Booster Buddy	http://viha.ca/cyf_mental_health/boosterbuddy	Manage your personal wellness journey and earn achievements as your sidekick guides you through a series of daily quests.
	Stress Hacks	www.stresshacks.ca	Provides information to explain stress and help you to manage it.
	Be Safe	https://mindyourmind.ca/interactives/be-safe	Allows individuals to develop a Safety Plan.
	Kids Help Phone	http://kidshelpphone.ca/teens/home.aspx?gclid=CNCK-oLNvM4CFQIHqod-gAOHow	Free 24 hour phone and web counselling for ages 20 and under.
	HEAD-SPACE	www.headspace.com	Free: Meditation made simple in just 10 minutes a day.