



Downtown Parents

Since 2002, Communities 4 Families (C4F) has been 1 of 26 parent-child centred coalitions across Manitoba providing resources for Healthy Families and Healthy Communities. Located in Downtown Winnipeg, our boundaries include many different communities.

Volume 1, Issue 2

June 2011

Wiggle, Giggle & Munch in Summer

Enjoy active songs, games, dancing, a healthy snack, and helpful messages about physical activity and healthy eating with your children, all while getting to know other families and your community. Wiggle, Giggle & Munch is a drop-in program that gives parents and their toddlers and preschoolers two hours of active play and a healthy snack. Find us in the summer at:

- **Wolseley Family Place, Lower Level, 691 Wolseley Avenue (WGM is held in the Misericordia Health Centre Auditorium)**

Wednesday mornings at 10:00 a.m. until July 13th



- **Knox United Church, 400 Edmonton St.**

July 4-Aug. 26 10:00 a.m. -12 noon

WGM will be held in the gym for pre-school age children and their parents, while 6-12 year olds will have a program in Central Park. Run by Mosaic Newcomer Family Resource network

Other Family Activities

The Family Community Centre

100-475 Sargent Ave. 775-9934

July 4-September 2

- Free family oriented field trips on Monday and Friday.
- Children's field trips on Wednesdays.

Drop in Tuesday and Thursday 12 and 1-4

Fieldtrips are by sign up only (you must come in to the centre to sign up), and are on a first come, first serve basis.

And check out

West End Public Library

999 Sargent

- Family Literacy Fun Day Drop in program. Thursday July 21 1-3:30 p.m.

No registration required.



Also at **West End Public Library**
999 Sargent :

Call West End Library at 986-4677 to register for these great programs. Registration begins Monday, June 27th

- Pre-School Storytime: A Day at the Lake
Tuesday, July 5 7-7:45 p.m.
- Pre-School Storytime: Wonderful, Wonderful Water!
Tuesday, July 19 7-7:45 p.m.
- Storytelling with Joe McLellan
Thursday, July 28 1-2:00 p.m.
- Wind-Up: LuLu and the TomCat
Thursday, August 4 1-3:30 p.m.

Daniel McIntyre, Spence, and St. Matthews

Outdoor Pool at Freight House
 200 Isabel

June 30-September 6
 12:30-7:30 p.m. free

This is out of our area, but is the nearest outdoor pool – and has free admission

West End Library,
 999 Sargent



- The Family Community Centre
- C Community Centre
- 🏊 Indoor Pool
- R Recreation Centre
- Wading Pool
- ▲ School
- Park and Open Space

Children's Activities

Sports Programs in Inner City Neighbourhoods

See www.winnipeg.ca or call 311 for up to date information about SPIN sites or call Marisa 250-5682

The SPIN Soccer program runs July and August, start-up week July 4-9

SPIN sports are organized at sites in the downtown for children 6-14.



Playgrounds and wading pools July 1-September 4

Children 12 and under. Children 5 and under must have a supervising adult over 12.

Mobile Play Van—Arts and Crafts, Games and Sports

Jacob Penner Park, 780 McGee St.

Fridays 1:30-3:30

CSI Summer Learning Enrichment Program - a full-day program that offers academic based activities in the morning and recreational, cultural, and field trip activities in the afternoon. Held at:

- John M. King School
- Sister MacNamara School
- Dufferin School
- Victoria Albert School

July 6-Aug 10 (daily Monday-Friday)
9am -3 pm

A walking school bus to and from the program takes place daily for children. Children in grades 1-6 are recruited and registered for the program in May and June by their respective schools. 60 children per school are selected to participate in the program.



Reading Club at West End Public Library, 999 Sargent

- The Vikings!
Tuesday, July 12 1-3:30 p.m.
- RMS Titanic
Tuesday, July 26 1-3:30 p.m.

For Children ages 6-12

*Registration is required – please call West End Library at 986-4677 to register. Registration begins Monday, June 27th.

The University of Winnipeg Eco-U Kids Summer Camp

At Sargent Park Arena and The University of Winnipeg

One day a week starting of July to the last week in August 9:00 am - 3:00 pm
Transportation, snacks and lunch is provided.

Registration is through your child's elementary school.

Community gardening and art with children

For children ages 6-18 at:

- Orioles Community Centre
- Lipton Community Garden
- Greenway School
- Wellington School
- 823 Ellice, Daniel McIntyre/St. Matthews Community Association offices

Starting in spring and running all summer.

Youth Activities

Youth Drop In (For youth 13-17 years)

- General Wolfe School 661 Banning
July 4-Aug. 12

Monday – Thursday 2-10 p.m.
Friday 2-6 p.m.
- Magnus Eliason Recreation Centre 430 Langside St.
July 4 - Aug 26

10 a.m. - 10 p.m. Sun - Sat

Summer Safety Tip

During hot weather,
your child should
drink about **10 gulps**

for every 20
minutes of play.

Wand making at West End Public Library 999 Sargent

Thursday, July 14
1-3:30 p.m.

For teens 13-17

*Registration is required – please call West End Library at 986-4677 to register. Registration begins Monday, June 27th.

Summer Safety Tip

Insist on a bike helmet.
A helmet protects your
child in case of a crash
or fall.



Sunshine Fund—would you like your child to go to summer camp but can't afford the fees? see <http://www.mbcamping.ca/sunshinefund.htm> for information and application forms to help get your child to summer camp. Or call 784-1130 for more information.

Summer Safety Tip

Children **under 12** must always
have an adult or someone over
12 with them.

Swim Adventure Summer Camp— a swim based Summer Camp where children have the opportunity to learn new swimming skills, learn proper water safety and have tons of fun in and out of the water!

The camp will be based at Orioles Community Centre. Children will have the opportunity to swim everyday at the Sherbrook Pool or at another indoor/outdoor city pool. Children will build their swimming skills through games and exercises. They will learn water polo and how to canoe at the Sherbrook Pool. When they aren't swimming, children have the opportunity to play games and create crafts in the theme of swimming!

Dates: July 25- July 29

Time: 10am - 5pm

Cost: Free!

For children ages 6-12 that live in Winnipeg's Inner-City