

2024-2025 FUNDED PROGRAMS - Interlake Family Connections

Program Name: ABC Come Read with Me

July and August

Eriksdale School Playground

Contact Name: Natalie Sweetland

Email: eagletsdaycare@hotmail.com

Our program is held one a week for the 8 weeks during the summer vacation (July-August). Parents and children gather together to hear stories by community members. These community members also share about their job/position in the community. Songs and rhymes are shared. At each session, there is a healthy snack provided and each child gets a book to take home.

Program Name: Ashern 3yr old Preschool Program & Ashern 4 yr old Pre-school

(3 yr) April 2024 - May 2024 & (4 yr) October 2024 to end of January 2025

Ashern

Contact Name: Tara Schoenberger

Email: schoent@lakeshoresd.mb.ca

A parent/child program that will help parents and children prepare for preschool and socialization. Parents and children will participate together following facilitator lead age-appropriate activities crafts, singing songs, open ended free play, physical activity outside or in the gym. Suggestions will be given to parents on healthy snack ideas that's can be packed.

Program Name: Aspiring Artists (Launching Little Learners)

April to June & September to March

Teulon

Contact Name: Lana Knor, Maegan Trach

Email: maegan.trach@greenacresartcentre.ca

The goal of this program will be to introduce children (age 3-6) and parents/caregivers to a variety of ways to express oneself artistically. It will include stories, painting, drawing, crafts, creative movement, theatre, and music. Children and parents/caregivers will be told a story and will then explore re-telling the story using different forms of artistic expression. There will be emphasis on describing themselves as artists and it is hoped that this program will be an introduction to a lifelong relationship with the arts.

Program Name: Baby & Me Yoga

Spring and Fall

St. Laurent

Contact Name: Heather McDermid / Tammy Hiebert

Email: heathermcdermidyoga@gmail.com sld.recdirector@mymts.net

Baby and Me Yoga provides an opportunity for parents to enhance bonding with their baby and allows them to connect with other parents in a carefree, welcoming environment. During the class, parents learn fun yoga moves to help baby relax, sleep and digest better. Yoga assists babies in very practical developmental skills, such as learning to roll over, tummy time, sitting and crawling. We also sing songs and nursery rhymes that involve active movement. The class draws on inspiration from the leading program "Itsy Bitsy Yoga". While baby is content, parents have a chance to breathe, relax and restore with gentle yoga stretches appropriate for post-natal or any level. No yoga experience necessary.

Program Name: Baby & Me Yoga

Spring and Fall

Stonewall & Teulon

Contact Name: Heather McDermid

Email: heathermcdermidyoga@gmail.com

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Program Name: Baby Time at the Library

April through June, September through December and January through March.

Selkirk

Contact Name: Ken Kuryliw

Email: Kkuryliw@gfrl.org

The program is early literacy for the 0 – 3 yr olds, reading stories, singing, small and large muscle rhymes, basic motor skills, and partnering with parents on the importance of learning.

Program Name: Bambini Beatz (Launching Little Learners)

April – May & September - December

Teulon

Contact Name: Lana Knor, Maegan Trach

Email: maegan.trach@greenacresartcentre.ca

The Bambini Beatz program is focused on the child's voyage into the world of music, movement, and dance, and the natural enjoyment music brings to both children and their caregivers. Each Bambini Beatz class celebrates the influence of music and dance and the power that it has to enhance our lives and inspire learning and movement. It creates a bonding experience for the child and caregiver while exposing young children to a variety of music and percussion instruments in a fun and safe environment. Music from a variety of genres will be explored. The program provides an hour of physical activity, music, and storytime/rhyming in an exciting, playful environment.

Program Name: Circle of Security Parenting

Spring

Online format

Contact Name: Alexie Mauthe

Email: alexiemauthe@live.com

Circle of Security Parenting is a relationship-based parenting program. Through this program, participants will learn ways to enhance secure relationships with their children. It is based on attachment research and teaches caregivers how to recognize and understand their child's needs.

Program Name: Circle of Security Parenting Program

Spring & Fall

Selkirk

Contact Name: Tamara Christie

Email: tshomedaycare@outlook.com

Parents gather once per week for eight weeks to learn how to use the COSP program methods to guide their children so that children can become or be more securely attached. Parents also, sometimes, find connections or create new friendships as they share with each other, each week. Childminding will be offered for the parents attending, giving the children an opportunity to play with other children in a safe social setting. Children will also be offered a healthy snack.

Program Name: Come Dance With Me (Launching Little Learners)

6 weeks May-June, 6 weeks July-August, 12 weeks September-December, and 12 weeks January-March

Teulon

Contact Name: Lana Knor, Maegan Trach

Email: maegan.trach@greenacresartcentre.ca

This class is designed to encourage parents to introduce and experience dance movement along with their children (age 3-6). It is a wonderful introduction to gross motor skills enhanced by music and rhythm. Skills learned in this class will provide families with many tools and techniques for movement at home.

Program Name: Coping with Change

April

Selkirk

Contact Name: Shawna Cromie

Email: gryears@mts.net

Coping with Change is a post-natal mental health, wellness and education group that was developed by Women's Health Clinic to offer to community groups. We have trained facilitators who will provide dedicated sessions to help those transitioning into parenthood and covers a variety of topics on the wide range of emotions and changes that come with the addition of a new baby.

Program Name: Family Nature Club

April – March

Throughout the Interlake

Contact Name: Ashley Adams

Email: ashley.mcmurray1@gmail.com

The FNC is for families to get outdoors, gain confidence in their outdoor abilities, give their children opportunities to get outdoors, to learn about nature, wildlife, to create a space for children, parents and families to connect with each other and the land. FNC is a drop in program that offers experiential educational opportunities throughout each session including foraging, survival skills, snowshoeing, wildlife learning that comes up during each session.

Program Name: Little Tots Family Program

April – March

Fisher Branch

Contact Name: Mandy Plett

Email: darcman6@hotmail.com

Families will join us for rhyming, stories, reading, activities and crafts. Puzzles, lacing activities, playdough are some of the fine motor skill activities we will be learning. Gross motor skills include, ball play, hula hoop, scooters, parachute etc. We also provide a monthly newsletter.

Program Name: Grow With Us - Garden Club

May – September

Stonewall

Contact Name: Ashley Adams

Email: ashley.mcmurray1@gmail.com

The Grow With Us Garden Club will aim to grow gardening, plant, food literacy within the community, will have children and families learning how to garden - getting soil ready, planning the garden, picking the seeds, planting the seeds, watering, weeding and caring for the garden and plants, harvesting and a harvest feast at the end where they help to prepare the meal to share with each other! They will also work together to decide what to do with the produce they grow - deciding how much each will get and if any will be donated at the end of the season

Program Name: Gimli Playgroup

April – March

Gimli

Contact Name: Elsa Duschinger

Email: elsabethd@gmail.com

A safe and welcoming environment for children aged 0-6 and their caregivers. Playgroup will be filled with crafts, reading, games, circle times, and healthy snacks. The main concept of this program is to prepare young children for school. Children will learn how to have a structural environment by following the playgroup's routine.

Program Name: Growing Up Green

April - March

Stonewall & Teulon

Contact Name: Heather McDermid

Email: heathermcdermidyoga@gmail.com

Growing up Green is a parent and child together program, using nature as a learning tool, and encourages families to go outside and explore. Through movement, rhymes, books and nature-based learning activities, families will gain an appreciation for the world around them. Families will experience the joys of learning together while gaining the tools to foster their connection to nature and the environment.

Program Name: Happy Tots

April – June

Happy Thought School, East Selkirk

Contact Name: Trish Goosen

Email: tgoosen@lssd.ca

Happy Tots is a series of interactive literacy-focused sessions designed for parents/ caregivers and their pre-school children. Activities will include rhymes, facilitator-led storytelling, parent-led story-telling and reading out loud and thematic story crafts, playtime and parenting topic discussions.

Program Name: Junior Kindergarten (Launching Little Learners)

April – March

Teulon

Contact Name: Lana Knor, Maegan Trach

Email: maegan.trach@greenacresartcentre.ca

This program is designed to prepare children (age 3-6) and their parents to eventually enter Kindergarten with the skills needed for the transition. There will be exploration in literacy, numeracy, and more through songs, games, and other activities. Arts and crafts projects will also be included. Children can gain the experience with cooperative play, fine motor skills, and pre-reading and writing skills within a safe, welcoming environment supported by their parent/caregiver and will leave the program being more prepared for the challenges of entering Kindergarten on their own.

Program Name: Stonewall Library Story Walk 2024

May – September

Balmoral, Grosse Isle, Stonewall and Stony Mountain

Contact Name: Clint Curle

Email: ccurle@sirlibrary.com

The concept of a community Story Walk is to combine walking outdoors and reading at the same time for young children and their adults. Laminated pages from an age-appropriate children's book are installed along an outdoor path about 40 paces apart. As you walk down the trail you are directed to the next page in the story. This program encourages both early childhood literacy and outdoor exercise promoting healthy living. It is a fun activity for children to do with their adults.

Program Name: Little Smurfs Archery

May – June

St. Laurent

Contact Name: Alison Pistun & Londa McDonald

Email: stlahs@mts.net

This is a parent/child program as the parents shoot the bows as well. Everyone is taught proper archery safety, correct shooting form, and how the equipment works in a non-competitive environment. Some of the targets that the children aim at are balloons, letters, numbers, colors and shapes. One round could be numbers and shapes and they aim for the numbers, when a number is hit after they go to retrieve their arrows, they will tell you the number they hit. The bows are perfect size for even the smallest three-year-old and the program is for ages 3-5 and their parent.

Program Name: Magic of Music (Launching Little Learners)

April – June & September – December

Teulon

Contact Name: Lana Knor, Maegan Trach

Email: maegan.trach@greenacresartcentre.ca

The goal of this program will be to encourage parents/caregivers and children (age 3-6) to develop a love of music by experiencing it together in a fun, welcoming environment. The instructor will introduce children to various musical instruments in an age-appropriate way. Parents and children will bond over learning new songs and ways that they can incorporate music into their everyday lives.

Program Name: Moosehorn Tumblers

April – March

Moosehorn

Contact Name: Mandy Gall

Email: moosehorntumblers@gmail.com

Preschool gymnastics and fit kids healthy kids class for children ages 2-4. Each class will have the parents and children interact, warm up together as well as participate in games and other fun activities.

Program Name: Music & Munchkins

May – March

Arborg

Contact Name: Penny Helgason

Email: pennyempathy@gmail.com

Music & Munchkins is a play based developmentally appropriate music program for caregivers and their children, aged 0 – 6 years. During the course of the 1 hour weekly program the children and parents learn lap songs, finger rhymes, action songs. There is time to play musical instruments and play and dance together. (parachute play, physical literacy movement activities, incorporating Fit Kids Healthy Kids games, etc.). Each session ends with a snuggling time blessing and lullabye.

Program Name: Oh Baby! (Launching Little Learners)

September – December

Teulon

Contact Name: Lana Knor, Maegan Trach

Email: maegan.trach@greenacresartcentre.ca

This program will provide parents/caregivers and babies ages 0-2 an opportunity to bond and socialize with other families while learning important information and skills about nutritional health, social/emotional development, and early literacy. The instructor will consult with a registered dietician to provide families with healthy meal and snack ideas that are age appropriate and in accordance with Canada's Food Guide. An expert from the local Families First organization will be consulted in developing ideas for homemade toys/educational tools and activities that parents can easily replicate at home. The instructor will also lead families in rhymes and movement as well as gentle storytelling that is specifically targeted to this age group of children.

Program Name: Pre-Kindergarten

September – February

Moosehorn

Contact Name: Devan McCoubrey

Email: devan@grahamdale.ca

The pre-kindergarten program is a parent/child interactive program that will familiarize both the parent and the child with the school, staff, atmosphere and routines. Parents and children will participate together in doing crafts, singing songs, and playing games while learning school rules and routines. A healthy snack will also be provided.

Program Name: Pre-School

May & June

Moosehorn

Contact Name: Devan McCoubrey

Email: devan@grahamdale.ca

The preschool program is a parent/child interactive program that will familiarize both the parent and the child with the school, staff, atmosphere and routines. Parents and children will participate together in doing crafts, singing songs, and playing games while learning school rules and routines. A healthy snack will also be provided.

Program Name: Rhyme, Read and Play

April – June & October – November

Libau

Contact Name: Shannon Muzyka

Email: smuzyka1982@gmail.com

A literacy program consisting of a rhyming circle with hand and body movements; story time; parent/child reading time; healthy snack; physical literacy movements; craft and play. Parent and children will benefit in learning rhymes together; full body movements; creative play and activities; socializing and discussing a different parenting topic each week. The 5 domains of the EDI will be considered when planning activities and parent topics. Sessions will be held outside when weather permits so participants can enjoy the benefits of being outdoors

Program Name: Spring in my Step

April – June

Selkirk

Contact Name: Shannon Muzyka

Email: smuzyka1982@gmail.com

The session begins with a rhyming circle with hand and body rhymes that are engaging, fun and promote early literacy. A nutritious snack is provided after the rhyming circle and then caregivers, along with their children, head outside and are led through a warm-up; walking program; Anywhere, Anytime exercises and cooldown. Younger children are in a stroller or carrier and older children will walk with their caregiver.

Program Name: Stories Alive!

TBD (contact Wanda directly)

Arborg Library

Contact Name: Wanda Sparkes

Email: Wandafsparkes@gmail.com

The target audience of parents with their 2-6 year olds, will gather at the Library and/or the outdoor stage where they will hear a story, participate in a puppet show and engage in a simple follow up activity that is related to the stories that were presented to them. (Craft, drama, puppet play, songs/dance, games). This will be very hands-on and focus on instilling the love of books and story time enjoyment for children with their parents.

Program Name: Story Time

TBD – (contact for start date)

St. Laurent

Contact Name: Alison Pistun & Londa McDonald

Email: stlahs@mts.net

We start each session by taking turns waving and saying hello to our friends. Then we all find our book and get ready to read, as I read, I tell them when to turn the page as most of them turn the pages themselves. We talk about the story after we are done and do a craft that goes with the book. We then take a small snack break and watch a short song on our theme while they eat. Then we play a game that was made for the theme, memory, colors, counting, shapes, bingo, etc. Each family keeps a copy of the book and the game. We then take turns waving and saying goodbye.

Program Name: Storybook Walks

April – October

Arborg

Contact Name: Penny Helgason

Email: pennyempathy@gmail.com

2 copies of a book are purchased to be taken apart, glued to poster board, laminated then inserted into a display stand. Each page of the book/stand is placed along a path that is spread out for people to walk and read the story. The Storybook Walk stays up in the community for a week at a time and can be accessed by anyone, multiple times.

Program Name: Stroller Fitness for Baby and Me

October – March

Selkirk

Contact Name: Shannon Muzyka

Email: smuzyka1982@gmail.com

The session begins with a rhyming circle with hand and body rhymes that are engaging, fun and promote early literacy. A nutritious snack is provided after the rhyming circle and then caregivers, along with their children, are led through a warmup; walking program; Anywhere, Anytime exercises and cool-down. participants must walk with their child in a stroller or carrier. During the walking part of the program, the older siblings will walk/participate with the group for 10-15 minutes and then go with one of the co-facilitators to make play dough creations, colour, draw, craft, play with blocks and do other activities that promote fine and gross motor skill development, sharing and socializing

Program Name: Summer Reading Program

July & August

Ashern

Contact Name: Tara Schoenberger

Email: schoent@lakeshoresd.mb.ca

Each week parents/grandparents/guardians are invited to bring their children and families to the park to enjoy a morning of literature. The Summer Reading Program coordinator arranges to have a guest reader read 2 stories to the group, as well as telling something about themselves (what their job or connection is to the community). After story time is done each child can choose a book to take home to keep.

Program Name: Super Scientists (Launching Little Learners)

September – December

Teulon

Contact Name: Maegan Trach

Email: maegan.trach@greenacresartcentre.ca

This program is designed to be a fun, interactive introduction to topics in science for parents/caregivers and children (age 3-6). Each class will introduce topics through a children's book and will include hands-on activities and experiences. Some movement and music will be incorporated. Some examples of scientific topics are: Colours, solar system, living and nonliving things, plants and animals, etc.

Program Name: The Learning Circle (Launching Little Learners)

September – December

Teulon

Contact Name: Lana Knor, Maegan Trach

Email: maegan.trach@greenacresartcentre.ca

This program is designed to introduce and celebrate Indigenous Culture to children (age 3-6) and their parents/caregivers. Under the guidance of local members of the Indigenous community, families will experience Indigenous storytelling, art, music, and dance. This program is intended to be a positive step towards the efforts of Truth and Reconciliation in our community and will provide a safe, inclusive environment for families of all different backgrounds to come together, bond with each other, and form new relationships.

Program Name: Tiny Tots- Let's Get Physical

September – March

Selkirk

Contact Name: Shannon Muzyka

Email: smuzyka1982@gmail.com

Tiny Tots is a physical literacy program that focuses on the importance of teaching our children fundamental movement skills and measured risk when it comes to play. Parents will play an important role in this program as they will be hands on in teaching their children the basic steps to running, balance, rolling, hanging, jumping etc. with the expertise of the facilitators overseeing all the activities. An added element of the program will be counting, taking direction, learning colours with games and activities.

Program Name: Whole Toddler Love

April – March

Selkirk

Contact Name: Shawna Cromie

Email: gryears@mts.net

Whole Toddler Love participants start the session together with introductions, community announcements, rhymes, songs and book sharing. The parents and children will spend the next 30 minutes engaging in their own activities while sharing the same space. Children will focus on exploring, learning and problem solving in our Children's Program with a Program Assistant. Parents will engage in parent education topics that will be presented by either our staff or the professionals we have partnered with.

Program Name: Winnipeg Beach Playgroup

April – March

Winnipeg Beach

Contact Name: Elsa Duschinger

Email: elsabethd@gmail.com

A safe and welcoming environment for children aged 0-6 and their caregivers. Playgroup will be filled with crafts, reading, games, circle times, and healthy snacks. The main concept of this program is to prepare young children for school. Children will learn how to have a structural environment by following the playgroup's routine

Program Name: Zumbini Parents & Tots

September – October & February – March

Riverton

Contact Name: Tanis Grimolfson

Email: rdfc@mymts.net

RDFC will host Zumbini, a physical fitness program created by Zumba and BabyFirst. The program combines music, dance, and education tools. The program is for babies ages 0 – 6 and their caregivers and promotes bonding, learning, fun, and movement. The program is a fun way to promote physical literacy in young children by helping them develop balance, rhythm, emotional bonds, and social skills.