

# February 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> Rock N' Read	<b>2</b> Baby Talk Baby Talk Rhyme Time Storytime	<b>3</b> Baby n' Me Practical Parenting Storytime Wiggle, Giggle & Munch (RHS)	<b>4</b> Baby n' Me	<b>5</b> Babytime	<b>6</b>
<b>7</b> Storytime	<b>8</b>	<b>9</b> Rock N' Read PREP School Storytime	<b>10</b> Baby n' Me Practical Parenting Robert Smith Neighbours Yoga Storytime	<b>11</b> Baby n' Me PREP School Wiggle, Giggle & Munch (RHS)	<b>12</b> Babytime	<b>13</b>
<b>14</b> Storytime	<b>15</b>	<b>16</b> Baby Talk Baby Talk Rhyme Time Infant Choking and Safety for Baby PREP School Rock N' Read Storytime Whole Body Love (Body Image)	<b>17</b> Baby n' Me Practical Parenting Robert Smith Neighbours Yoga Storytime	<b>18</b> Baby n' Me PREP School Scrapbooking Wiggle, Giggle & Munch (RHS)	<b>19</b> Babytime	<b>20</b>
<b>21</b> Storytime	<b>22</b> Rock N' Read Wiggle, Giggle & Munch (GY)	<b>23</b> PREP School Snack Attack Storytime	<b>24</b> Baby n' Me Practical Parenting Robert Smith Neighbours Yoga Storytime	<b>25</b> Baby n' Me PREP School	<b>26</b> Babytime	<b>27</b>
<b>28</b> Storytime						

<b>Activity &amp; Description</b>	<b>Time</b>	<b>Age</b>	<b>Location</b>	<b>Contact</b>	<b>Cost</b>
<b>Baby N' Me</b> - This is a community based program, sponsored by Healthy Child Manitoba. The program is available to Pre and Post Natal parents with infants up to one year of age. Baby n' Me offers support for all Moms and Dads, and promotes the importance of good Pre and Post Natal care, as well as healthy infant development. Milk coupons are provided to expectant and nursing Moms. Child care for toddlers is provided.	Wednesdays 10-12 noon Thursdays 1– 3 pm	Prenatal – 1 year	Growing Years 216 Manitoba Ave.	Ph: 785-8218	Free
<b>Baby Talk</b> - This is a well baby drop-in clinic for parents with infants and toddlers. It is an opportunity to meet other new parents, as well as consult with a public health nurse on a variety of issues. No appointment is needed—just drop in! 1st and 3rd Tuesday	Tuesday 10 - Noon		Good Shepherd Lutheran Church,	Public health Ph: 785-7702	Free
<b>Baby Time</b> - Join us for singing, finger plays and rhymes in our baby program created for children from birth to two year. (10 week program)	Friday 10:00 - 10:30 am	0-2	Red River North Regional Library	Ph: 482-3522	Free
<b>Infant Choking and Safety for Baby</b> - Learn what to do in the event your child accidentally chokes on something. Also covered in this session will be safety tips for parents with babies and toddlers.	Tuesday, Feb. 16 10 - Noon		Good Shepherd Lutheran Church,	Public health Ph: 785-7702	Free
<b>Whole Body Love (Body Image &amp; Weight Preoccupation)</b> For mothers and daughters (grade 4 and up) - Become aware of how body image and weight preoccupation affects young girls and women; Learn to respect and appreciate the wonderful diversity of body shapes and sizes; Discover why it is important for everyone to feel good about their body; discover how your actions can affect how others feel about their body. Please register as spots are limited.	February 16 6:30 - 8:30 pm	Grade 4 & up	Growing Years 216 Manitoba Ave.	Jaime Ph: 785-8218	Free
<b>Practical Parenting</b> - A relaxed, accepting and enjoyable environment, where participants share information, strategies, techniques and challenges. Parts of the Triple P Parenting program are used during the eight week sessions. Join us for coffee, group discussions and parenting activities. Child care is <u>not</u> provided.	Wednesdays 7 - 9 PM		Growing Years 216 Manitoba Ave.	Jaime Ph: 785-8218	Free
<b>PREP (Preschool Readiness Experience Program) School</b> – This is a school readiness program for children 4-5 years old and their parent/caregiver. Children will experience social, self-help, language and cognitive skill development through a variety of activities. Parents will learn how to continue building these skills by incorporating activities at home. Please call to register your child.	Tuesdays & Thursdays 9:30 - 12:00 noon	4-5	Growing Years 216 Manitoba Ave.	Jaime Ph: 785-8218	Free
<b>Rhyme Time</b> - Interact with your child through rhymes, songs and lullabies.	Tuesday 10:15 & 11:00 AM		Good Shepherd Lutheran Church,	Janaya Ph: 738-2964	Free
<b>Robert Smith Neighbours - YOGA</b> - Open to all parents from LSSD. This will be a free 4-week yoga class taught by an experienced Yoga instructor. Yoga is a wonderful program that can help you reach your fitness goals and improve your stress management.	Wednesday 1:30 - 3:00 PM		Christ Church 227 McLean Ave.	Allison Adams Ph: 785-8224	Free
<b>Rock N Read</b> - This program is a hands-on experience for parents and their children where participants learn rhymes, fingerplays, book sharing and book-making techniques.	Alternate Mon & Tues 9:30 - 11:00 am	0 - 5	Ruth Hooker School 430 Morris Ave	Ph: 482-3614	Free
<b>Scrap Happy</b> - Express your creativity and have fun putting your favourite pictures onto scrapbook pages. Growing Years has many scrap booking supplies - but you must bring your own pictures. Please note that child care <u>will not</u> be provided. Spots are limited, so please call to register	Thursday, Feb. 18 6 - 8 PM		Growing Years 216 Manitoba Ave.	Jaime Ph: 785-8218	Free
<b>Snack Attack</b> (Community Kitchen) - Enjoy an afternoon of making healthy snacks with your children. All supplies are provided by Growing Years. Spots are limited, so please register if you plan to attend.	February 23 1:00 - 3:00 pm		Growing Years 216 Manitoba Ave.	Ph: 785-8218	Free
<b>Storytime</b> —A program for children ages 3-5 years. We will be doing all things crazy with crafts, stories and singing, so come and have some fun.(10 week program)	Sunday 1- 2 pm Tues 10 - 11 am Tues 1 - 2 pm Wed 1 - 2 pm	3-5	Red River North Regional Library	Ph: 482-3522	Free
<b>Wiggle Giggle &amp; Munch (Growing Years)</b> - This free seven week program offers time for parents and their 1 -5 year olds to have fun together with active play, games, songs crafts and a healthy snack. Includes infant care to all families who live in Selkirk and the surrounding area.	Mondays 10:00 - 12:00 noon	1-5	United Church 202 McLean	Ph: 785-8218	Free
<b>Wiggle, Giggle &amp; Munch (Ruth Hooker School)</b> - This physical activity program offers time for 2-5 year olds and their parents/caregivers have fun together with active play and a healthy snack.	Alternate Wed. & Thurs. 9:30 - 11:00AM	2-5 yrs	Ruth Hooker School 430 Morris Ave	Ph: 482-3614	Free