



Marion School Family Centre

619 Des Meurons St

Winnipeg MB R2H 2R1

204-237-5176 Email: Michelle.Oakes@lrsd.net

A place for families to play, learn and grow together

November 2022

Stay & Play:

Bring your child (birth to 6 years) for free play, art activities, songs, stories, movement games and much more. Meet other parents and caregivers in a welcoming and non-judgemental space. Pick up helpful ideas for caring for young children and learn from each other. Healthy snack is provided for children and the coffee is always on!

Baby & Me:

Meet other parents with little ones (birth to toddlerhood). Enjoy songs, rhymes, games and sensory experiences with your baby. Older siblings are always welcome,

Breakfast Cart:

Come between 8:50 - 9:30 and enjoy a FREE breakfast for your family.

Please note: this is a time for breakfast only: no other programming will be offered until Stay & Play at 9:30



Connect with us ...

Join us on Friends of the Family Centre



SELF-CARE CAN BE

@laurahartlines

taking a step back

asking for help

spending time alone

putting yourself first

asking for what you need

setting boundaries

staying at home

saying 'no'

forgiving yourself

Activities/Programs this Month

Letter Canvas Art: Create an art masterpiece with your child; using your child's first letter of their name.

Birthday Celebration: November Birthday's will be celebrated with cake and song. B-day children will take home a book.

Family Gym: Let's move our bodies, play on the ride-on toys and burn some energy!

Kids Cook: A simple recipe prepared by the children as an early learning experience in nutrition.

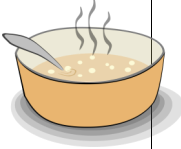

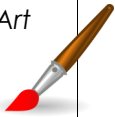
Adults Cook: Caregivers make Scalloped Potatoes & Carrots and Grilled Taco Potatoes. Take home a full bag of veggies to make your own at home too!

Self-Care for Parents: Let's take some adult time to discuss some components of self-care and create an action plan to prioritize yourself! Child-minding available.

Soup Luncheon: Enjoy soup lunch and feel the warmth of our community together!



Marion School Family Centre
619 Des Meurons Street
November 2022
All Programs are FREE

Monday	Tuesday	Wednesday	Thursday	Friday
	<p style="text-align: center;">1</p> <p style="text-align: center;">Community Soup Luncheon</p> <p style="text-align: center;">11:00 - 12:30 pm</p> <p>Stay & Play CLOSED</p>	<p style="text-align: center;">2</p> <p>Stay & Play Drop In 9:30 to 11:15</p> <p>Baby & Me 1:00 to 3:00</p>	<p style="text-align: center;">3</p> <p>CLOSED for Community Programming</p> <p>Stay & Play Drop In 1:00 to 3:00</p>	<p style="text-align: center;">4</p> <p>Stay & Play Drop In 9:30 to 11:15</p> <p>Stay & Play Drop In 1:00 to 3:00</p>
<p style="text-align: center;">7</p> <p>Stay & Play Drop In Family Gym 9:30 to 11:15</p> <p>Stay & Play Drop In 1:00 to 3:00</p>	<p style="text-align: center;">8</p> <p>Stay & Play Drop In 9:30 to 11:15</p> <p>Stay & Play Drop In 1:00 to 3:00</p>	<p style="text-align: center;">9</p> <p>Stay & Play Drop In Kids Cook 9:30 to 11:15</p> <p>Baby & Me 1:00 to 3:00</p>	<p style="text-align: center;">10</p> <p>CLOSED for Community Programming</p> <p>Stay & Play Drop In 1:00 to 3:00 <i>Community Flu Shot Clinic and Movie Night</i></p>	<p style="text-align: center;">11</p> <p>CLOSED for Remembrance Day</p> 
<p style="text-align: center;">14</p> <p>Stay & Play Drop In Letter Canvas Art 9:30 to 11:15</p> <p>Stay & Play Drop In 1:00 to 3:00</p> 	<p style="text-align: center;">15</p> <p>Stay & Play Drop In Bannack & Tea 9:30 to 11:15</p> <p>Stay & Play Drop In 1:00 to 3:00</p>	<p style="text-align: center;">16</p> <p>Stay & Play Drop In 9:30 to 11:15</p> <p>Baby & Me 1:00 to 3:00</p>	<p style="text-align: center;">17</p> <p>CLOSED for Community Programming</p> <p>Stay & Play Drop In 1:00 to 3:00</p>	<p style="text-align: center;">18</p> <p>Stay & Play Drop In Family Gym 9:30 to 11:15</p> <p>Stay & Play Drop In 1:00 to 3:00</p>
<p style="text-align: center;">21</p> <p>Stay & Play Drop In Birthday Celebration 9:30 to 11:15</p> <p>Stay & Play Drop In 1:00 to 3:00</p>	<p style="text-align: center;">22</p> <p>Stay & Play Drop In Slime Make & Take 9:30 to 11:15</p> <p>Stay & Play Drop In 1:00 to 2:20 <i>*Early Dismissal @ 2:20</i></p>	<p style="text-align: center;">23</p> <p>Stay & Play Drop In 9:30 to 11:15</p> <p>Baby & Me 1:00 to 3:00</p>	<p style="text-align: center;">24</p> <p>CLOSED for Community Programming</p> <p>Stay & Play Drop In 1:00 to 3:00</p>	<p style="text-align: center;">25</p> <p>CLOSED for Professional Development</p>
<p style="text-align: center;">28</p> <p>Stay & Play Drop In Self-Care for Caregivers 9:30 to 11:15</p> <p>Stay & Play Drop In 1:00 to 3:00</p>	<p style="text-align: center;">29</p> <p>Stay & Play Drop In 9:30 to 11:15</p> <p>Stay & Play Drop In 1:00 to 3:00</p>	<p style="text-align: center;">30</p> <p>Stay & Play Drop In Parents make Grilled Taco Potatoes & Scalloped Potatoes and Carrots 9:30 to 11:15</p> <p>Baby & Me 1:00 to 3:00</p>	<p>November 30:</p> <p>Caregivers take home potatoes, onions and carrots</p> 