

Wiggle, Giggle & Munch



Wiggle, Giggle & Munch promotes physical activity, healthy nutrition, and fun for children 1-4 years old and their families/caregivers.



Oct.2 9:30 am -12:30 pm
WGM Concepts: Virtual
Online by Zoom.



Oct.4 10:00 am-3:00 pm
WGM Practicum: In person*
Hands-on teaching, songs
demonstrations, games, and
skill activities.



* WestEnd Commons
Room: Assembly Hall
365 McGee St, Winnipeg.
Parking and transit info will be given.

REGISTER NOW

Not sure of Downtown
boundaries?
Check the map [HERE](#)

If you belong to a downtown
agency and the registration fee is
a barrier, please [contact us](#).

Leader Training

The essentials Level 1

2 Days Training

To become a WGM Leader you must attend:

- One WGM Concepts (theory) Online Session.
- The practicum session in-person.

FEES:

Include free access to the digital Handbook plus 1 year of Mentoring to support you to run successful WGM programs.

Agencies working with Downtown Winnipeg Families*
\$10 pp

Agencies working with Families outside Downtown Winnipeg*
\$65 pp + \$25 Hardcopy of the Handbook (if desired)

In our safe and inclusive environment designed by our competent and knowledgeable staff you will learn:

- The fundamentals of WGM.
- How to plan, set and run your sessions successfully.
- Engaging physical activities, games, songs books and rhymes.
- How to incorporate early literacy into your sessions.
- Information about nutrition and healthy snacks.



Communities
4 FAMILIES

www.communities4families.ca



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Questions?
Contact Barby