

Wiggle,
Giggle &
Munch



Wiggle, Giggle and Munch Programs – Fall 2024 Downtown Winnipeg

WGM at Mosaic Newcomer Family Resource Network

- ★ DATES: Wednesdays, Oct. 2 -Nov 20, 2024
- ★ HOURS: 11:30 to 12:45
- ★ LOCATION: Mosaic Family Place (Knox Church) 406 Edmonton Street Language support in Arabic and French.
- ★ REGISTRATION REQUIRED?: YES
To register, please email Chris at Cvoss@mosaicnet.ca



WHY WIGGLE, GIGGLE AND MUNCH?

Wiggle, Giggle, and Munch is your family's gateway to fun and physical activity!

Is a physical activity and nutrition program for 1-4 year olds and their parents or caregivers.

A time for parents and children to have fun together through active play, games, songs, books & healthy snacks.

Join one of the free WGM programs around the city!

What WGM participants are saying about the program!

*"I am so happy for the program!
I love it!"*

WGM at John M King School

- ★ DATES: Thursdays from Sept. 19, 2024
- ★ HOURS: 9:30-11:00
- ★ LOCATION: 525 Agnes St.
- ★ CONTACT INFORMATION:
Phone : 204.775.4404

DETAILS COMING

WGM at Canadian Muslim Women's Institute

- ★ DATES and HOURS: TBD
- ★ LOCATION: 61 Juno
- ★ CONTACT INFORMATION:
Email:
Phone: 204.943.8539

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WGM at Seven Oaks School Division

- ★ DATES: Thursdays, Sept. 19-Nov.7, 2024
- ★ HOURS: 10-11:30 am
- ★ LOCATION: Wayfinders room, 950 Jefferson Ave.
- ★ CONTACT INFORMATION:
Email: olenakovalenko@7oaks.org
Phone: 204.697.5967

REGISTRATION REQUIRED!

South Winnipeg Family Information Centre

- ★ DATES: Mondays, Sept. 9 - Dec. 12
- ★ HOURS: 9:30 to 11:30
- ★ LOCATION: 800 Point Road
- ★ CONTACT INFORMATION:
activities@swfic.org
- ★ REGISTRATION REQUIRED?: YES
Register once for the year. You can register before you attend or Register when you arrive. For more information contact: activities@swfic.org

WGM at Bonnycastle School

- ★ DATES: Wednesdays, Sept. 25-Dec. 11, 2024
- HOURS: 6-7:30 pm
- ★ LOCATION: 1100 Chancellor Dr.
- ★ CONTACT INFORMATION:
Email : coordinator@fgsn.ca
Phone : 204.299.1600