

Wiggle,
Giggle &
Munch



Wiggle, Giggle and Munch
Programs – Winter 2025
Downtown Winnipeg

WHY WIGGLE, GIGGLE AND MUNCH?

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

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

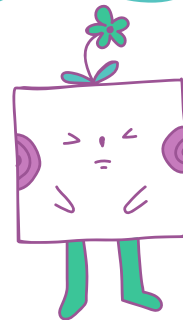
A time for parents and children to have fun together through active play, games, songs, books & healthy snacks.

Drop in one of the free WGM programs around the city!

WGM at Mosaic Newcomer Family Resource Network at Family Place (Knox Church)

- ★ DATES: Thursday, Jan 30 - March 20, 2025
- ★ HOURS: 11:15 to 1:15
- ★ LOCATION: Mosaic Family Place (Knox Church) 406 Edmonton Street.
- ★ CONTACT INFORMATION: To register, please email Gabriela at GGalli@mosaicnet.ca

REGISTRATION REQUIRED!



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

WGM participant

"How exciting it is to play with other moms and kids!"

WGM mom

"I really love coming here; it feels lovely, fun, and energetic. I also love singing rhymes at home with my kids!"

WGM caregiver

Wiggle,
Giggle &
Munch



Wiggle, Giggle and Munch Programs – Winter 2025 Outside Downtown Winnipeg

WGM at Seven Oaks School Division

- ★ DATES: Thursdays, Jan 23 to March 27.
- ★ HOURS: 10-11:30 am
- ★ LOCATION: Wayfinders room, 950 Jefferson Ave.
- ★ CONTACT INFORMATION:
Email: Brishna.Ahmad@7oaks.org
Phone: 204.697.5967

REGISTRATION REQUIRED!

WGM at École Provencher Family Centre

- ★ DATES: Wednesdays
- ★ HOURS: 10:15 (doors open at 8:45 for free play).
- ★ LOCATION: 320 Avenue de la Cathédrale
- ★ CONTACT INFORMATION: 204-233-0222
REGISTRATION REQUIRED?: Contact the family centre at 204-233-0222

WHY WIGGLE, GIGGLE AND MUNCH PROGRAMS OUTSIDE DOWNTOWN

WGM at Lavallee School Mosaic Newcomer Family Resource Network In Partnership with Marlene Centre

- ★ DATES: Wednesdays, Feb 5—Feb 26, 2025
- ★ HOURS: 9:30-11:30
- ★ LOCATION: Lavallee School 505 St Anne's Rd
- ★ CONTACT INFORMATION: To register, please contact Margaret at msresource@shaw.ca or call 204-253-8994

WGM at South Winnipeg Family Information Centre

- ★ DATES: Mondays, Jan 13 to March 24, 2025
- ★ HOURS: 9:30 to 11:30
- ★ LOCATION: 800 Point Rd.
- ★ CONTACT INFORMATION: activities@swfic.org
Register once for the year. You can register before you attend or register when you arrive.

WGM at Bonnycastle School

- ★ DATES: Wednesdays, Jan 22 to March 19, 2025
- ★ HOURS: 6:00-7:30 pm
- ★ LOCATION: 1100 Chancellor Dr.
- ★ CONTACT INFORMATION:
Email: coordinator@fgsn.ca
Phone: 204.299.1600