

ALPHABET SOUP



Bookmates Alphabet Soup is a fun, family-friendly experience for parents (caregivers) and preschool children aged 2 to 5 years, presented over six weekly sessions. Together parents and children enjoy food-related songs, rhymes and books.

Parents create books and games for their child while discussing ideas which encourage healthy eating habits for families. Children take part in fun food-themed games, play centres and art activities. A highlight of this program is the parent and child snack time where each week they share and explore a new food idea together.

This program brings together the goals of encouraging a love of language and books, and expanding children's healthy eating experiences while providing parents with new food ideas and information.



Alphabet Soup is currently offered or has recently been offered by:

Altona and Area Family Resource Group –
Nina Edbom-Kehler, Coordinator. Box 473
Altona, MB R0G 1K0 Telephone 204-324-2352.
Email nedbom-keehler@southernhealth.ca

Carman Family Resource Centre – Michelle
Bergsma Box 124 Carman, MB R0G 0J0
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carfrc@mymts.net

Centre D'Enfants St. Claude Children's Centre – Yvette Lacroix Box 219 St. Claude, MB R0G 1Z0, Telephone 204-379-2908. Email stchild@mts.net

Manitou Parent Child Resource Centre – Jennifer Long (facilitator) Box 692 Manitou, MB R0G 1G0 Telephone 204-242-2652 Email mprc@mts.net

Miami Children's Facility – April Bickford, Executive Director Box 114 Miami, MB R0G 1H0 Telephone 204-435-2725. Email miamicf@mts.net

Tupper Street Family Resource Centre Inc. – Cathy Vanstone 234 Princess Avenue Portage la Prairie, MB R1N 0R1 Telephone 204-239-3997 Email cathy@tsfrc.com

White Horse Plain Healthy Child Committee Inc. – Carolyn Qually & Mary-Jo Thiessen, Box 128 Elie, MB R0H 0H0 Telephone 204-353-4499 (Mary-Jo) Email carolyn.ually@gmail.com or mjow3@hotmail.com

Winkler Family Resource Centre - Cathy Savage P.O. Box 997 Winkler, MB R6W 4B1 Telephone 204-332-9418 Email winklerfrc@gmail.com