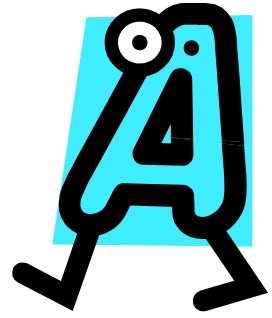


ALPHABET SOUP IN MOTION



Bookmates Alphabet Soup in Motion is a six-week program developed for parents (caregivers) and their preschool children ages 2 to 5 years. This program is focused on active play, literacy and family eating principles over six weekly sessions. Together parents and children will participate in active rhymes, songs and activities. These activities range from sharing books together to yoga poses, body movement, and creating and eating snacks together. Families will enjoy time together and then time apart as they then engage in adult activities and child activities.

Bookmates Alphabet Soup in Motion is based on Bookmates' award winning Bookmates Alphabet Soup program with a physical activity twist. The program engages families in active play concepts through the love of reading, rhyme and song with an emphasis on family eating

Alphabet Soup in Motion in Central Region has been or is currently being offered in:

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

Carman Family Resource Centre – Michelle Bergsma Box 124 Carman, MB R0G 0J0 Telephone 204-745-5571 Email carfrc@mymts.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

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