

# WIGGLE GIGGLE & MUNCH

The Wiggle, Giggle & Munch Program is a group experience for parents and their preschoolers (ages 2-5) that promotes the importance of an active lifestyle. Parents will discover new ideas for active play, as well as discovering the joys of playing with their children. Parents also see the importance of movement skill development for their preschoolers – the development of skills such as balancing, jumping kicking and throwing.

Each session includes:

- physical activity such as games interactive songs, and dancing
- a series of activities designed to help children develop specific movement skills
- a healthy snack
- helpful messages about physical activity and healthy eating
- activities for parents and preschoolers to do together



**Wiggle Giggle & Munch 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](mailto:nedbom-keehler@southernhealth.ca)

**Austin Preschool Connections** - Kim Young, Box 295 Austin, MB R0H 0C0 Telephone 204-637-2404 Email [kyoung@pinecreeksd.mb.ca](mailto:kyoung@pinecreeksd.mb.ca)

**Carman Family Resource Centre** – Michelle Bergsma Box 124 Carman, MB R0G 0J0 Telephone 204-745-5571 Email [carfrc@mymts.net](mailto: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](mailto:stchild@mts.net)

**Elm Creek Stay & Play Discover & Learn** – Jodi Enns Box 234 Elm Creek, MB R0G 0N0 Telephone 204-436-2254

**Lorne Family Resource Connections** – Janet Desrochers Telephone 204-825-7266 Email [janetdesrochers4@gmail.com](mailto:janetdesrochers4@gmail.com)

**Macdonald Healthy Child Inc.** – Shauna Hewitt Box 211 Sanford, MB R0G 2J0 Telephone 204-736-3465 Email [shaunahewitt@mts.net](mailto:shaunahewitt@mts.net)

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

**Morden Parent & Child Resource Centre** – Janine North 200-30 Stephen Street Morden, MB R6M 2G3 Telephone 204-822-1231 Email [mordenpcrc@westernsd.mb.ca](mailto:mordenpcrc@westernsd.mb.ca)

**Red River Valley Parent Child Centre Inc.** – Cheryl Crick Box 1005 Morris, MB R0G 1K0 Telephone 204-712-6162 Email [cherylcrick@mymts.net](mailto:cherylcrick@mymts.net)

**St. Claude Children’s Centre** – Yvette Lacroix Box 219 St. Claude, MB R0G 1Z0, Telephone 204-379-2908. Email [stchild@mts.net](mailto:stchild@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](mailto: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.qually@gmail.com](mailto:carolyn.qually@gmail.com) or [mjow3@hotmail.com](mailto: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](mailto:winklerfrc@gmail.com)