Acorn Family Place

Monthly News

July 2026

News From the Playroom

Summer has finally arrived, and we look forward to what it brings. The tree leaves are turning green, and young plants are beginning to grow. Staff thought it would be wonderful if the children had the opportunity to see how seeds become plants. Bean seeds, paper towels, and Ziploc bags were gathered, and a group of children were invited to help "plant" the seeds.

Together, we wet the paper towels and placed them in the bags along with the seeds.

It wasn't long before the children could see the seeds beginning to sprout. They were excited to see how the roots were forming, along with green stems and small leaves.

The young plants were then transferred into pots filled with soil. Unfortunately, some of the plants were damaged and did not survive.



However, upon checking the remaining plant, a beautiful bloom appeared. The effort and care put into the activity were worth it!

WHAT'S NEW IN THE KIDS CLOSET?

We are excited to see families enjoying the sunshine and planning summer activities. Outdoor pools and splash pads are now open throughout the city to enjoy and in addition, the City of Winnipeg will open wading pools beginning on July 1st! Locations and schedules of splash pads and outdoor pools are listed at www.winnipeg.ca/recreation-leisure/pools.





Thanks to our generous community, Acorn Family Place's Kids Closet carries donations of swimwear, along with other clothing, shoes, toys and books. Upon availability, the Welcome Desk will also be offering swim diapers, and sunscreen is now available for use at the desk daily!

WIGGLE GIGGLE & MUNCH

TUESDAYS
10:00-11:30AM
JULY 7 - AUGUST 11

Wiggle, Giggle & Munch is a fun physical activity and nutrition program designed for 1-4 year olds and their caregivers.

It's a wonderful opportunity for caregivers and children to enjoy quality time together with active play, games, songs, books, and delicious, healthy snacks.

NO REGISTRATION REQUIRED

FOR MORE INFORMATION PLEASE CONTACT JENN
EMAIL: PARENTING@ACORNFAMILYPLACE.CA
OR CALL: 204-558-5198

Wiggle, Giggle & Munch

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Recreation Fee Assistance Program Presentation

In the Drop-in | July 28th 1:30pm

Free entry to swimming pools fitness centres and recreation centres

10 Drop-in passes to weight lifting Zumba and yoga

Join us to find out how you can get these awesome benefits!

$300 leisure guide credit for swimming lessons, sports and more

$25 PC giftcard draw

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HEPATITIS A
WHAT YOU NEED TO KNOW

Hepatitis A is a virus that affects the liver and spreads from one person to another through contact orally or though the stool (poop) of an infected person. It can make people sick for a few weeks or even months. In serious cases, it can lead to hospitalization and may be life-threatening

How is it spread



An infected person can spread Hepatitis A if they do not wash their hands properly after using the bathroom



Hepatitis A can be spread through sexual contact with someone who is infected



It can be spread by eating or drinking food or water that has been contaminated with the virus

Symptoms of Hepatitis A



Fever



Jaundice (yellow skin or eyes)



Dark urine (pee), pale poop or diarrhea

Prevention



Always wash your hands with soap and water. Especially before eating, making food, and after using the bathroom.



Get your Hepatitis A vaccine

Contact your Health Care Provider if you think you have Hepatitis A

Winnipeg Regional Health Authority / Office régional de la santé de Winnipeg — Caring for Health / À l'écoute de notre santé

PPH May 2026

Essential Items Needed



What we need:

- Diapers sizes 2-6
- Pull-ups sizes 6-8
- Formula - Step 2
- Baby Wipes
- Shampoo
- Conditioner
- Lotion & Soap



Drop-off Location:

202- 222 Furby Street
Winnipeg, Manitoba
Mon, Tues, Thurs, Fri:
9am-4pm (closed 12-1pm)
Wednesday: 1-4pm

For more information on our programs and ways to support, please visit:
acornfamilyplace.ca

Questions?
Please give us a call:
204-560-3141

WHO'S RESPONSIBLE?

Caregiver vs. Staff Responsibility Game

July 10th 10:00 to 11:00 am

In the Program Room during Breakfast Club (for parents and caregivers)

Play and find out what's yours to do and what our staff is here to help with!

Summer Fun Basket Draw
(Snacks, Drinks, Toys, Books, Sunscreen and more)

Contact Deja for more information
wellnessoutreach@acornfamilyplace.ca

CARING DADS

What is Caring Dads?

Caring Dads is an important initiative that recognizes the interconnectedness of violence against women and children. By involving fathers in efforts to enhance the safety & well-being of their children, the program aims to address both gender-based violence and child safety simultaneously.

This holistic approach ensures that both issues are tackled together, promoting a safer and healthier environment for families.

When: Tuesdays, 1:30-3:30pm
August 25th - December 15th 2026

Location: Acorn Family Place
202-222 Furby Street



For more information & intake process, please contact Matt at: **431-791-4466** or email **caringdads@acornfamilyplace.ca**

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Leah Gazan NDP

Member of Parliament
Winnipeg Centre

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From Our Community

"When we moved to Winnipeg in 2024, everything was new to us.
We had no family nearby, no close friends, and no support system around us.
Then, in August 2025, our daughter Maya was born. Like many first-time parents, we wanted to give her all our love and attention — and we did.
But the reality of caring for a newborn completely on our own, day and night, was emotionally and physically exhausting.

For months, my wife and I spent virtually every hour focused on Maya's care. We loved every moment with her, but we also slowly realized how important it is for parents to have even a small moment to breathe, recharge, and feel supported. Without family nearby, that kind of support felt impossible to find.

Then we discovered Acorn Family Place.
For us, Acorn became much more than just a community centre. It became a safe and welcoming place where we could finally relax for a few hours while knowing Maya was in caring and capable hands.



The playroom, the trained early childhood educators, and the warm environment immediately gave us comfort and trust. Maya had the chance to play, explore, and socialize with other children, while we could simply sit in the drop-in space, breathe, and feel human again.

Those few hours meant more to us than words can fully describe. They gave us emotional relief, reassurance, and a sense that we were not alone anymore. As newcomers to Winnipeg and as new parents, Acorn gave us something we deeply needed: community, support, and peace of mind.

We are truly grateful for the kindness and care we found at Acorn Family Place. For families like ours, it is not just a place for children to play — it is a place where parents can feel supported, connected, and hopeful."



thank you!

A heartfelt thank you to the staff at Misericordia Health Centre Foundation, who collected donations for Acorn Family Place in honour of Nurses Week.

We are grateful for your generosity and for the many ways nurses support individuals and families through every stage of life.
Your kindness extends far beyond the walls of your workplace!



Kinsmen Jackpot Bingo

Thank You!

Thanks to Kinsmen Jackpot Bingo for featuring and supporting Acorn Family Place for the month of May. Thanks to their partnership and to everyone who played, an incredible $6,375 was raised to support our programs and services.

We are amazed by the impact of this support and so grateful to be among the organizations that benefited! - Acorn Family Place

Acorn Family Place

JULY Programming Schedule 2026

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Monday	Tuesday	Wednesday	Thursday	Friday
		1 **CENTRE CLOSED**	2	3 **Breakfast Club** 10:00-11:00am
6 **WrapAround Drop-in: Sharing Circle with Elder Auntie Val** 1:00-3:30pm	7 **Wiggle, Giggle & Munch** 10:00-11:30am **Drop-in with Nurse Lara** 1:00-3:00pm	8 **CENTRE CLOSED 9AM-1 PM** **WrapAround: Medicine Picking** 9:30-3:30pm	9	10 **Breakfast Club** 10:00-11:00am **Music Circle** 10:30-11:00am
13	14 **Wiggle, Giggle & Munch** 10:00-11:30am	15 **CENTRE CLOSED 9AM-1 PM** **WrapAround: Berry Picking** 9:30-3:30pm	16 **Cooking Class** 1:30-3:30pm	17 **CENTRE CLOSED FOR SUMMER OUTING**
20 **WrapAround Drop-in:** 1:00-3:30pm	21 **Wiggle, Giggle & Munch** 10:00-11:30am	22 **CENTRE CLOSED 9AM-1 PM**	23	24 **Breakfast Club** 10:00-11:00am **Music Circle** 10:30-11:00am **Rain Date for Summer Outing**
27 **Community Council** 1:00-3:00pm	28 **Wiggle, Giggle & Munch** 10:00-11:30am	29 **CENTRE CLOSED 9AM-1 PM**	30 **Cooking Class** 1:30-3:30pm	31 **Breakfast Club** 10:00-11:00am

- WrapAround programming connects parents & caregivers who are involved with CFS. Please contact Ruby for more info: 204-560-3141 or wasupport@acornfamilyplace.ca
- The sign-up sheet for Breakfast Club & Cooking Class will be in the Drop-In room 30 minutes before the program starts.

ACORN FAMILY PLACE
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