

Children's Activity Guide

Lac du Bonnet & Pinawa

2018-2019



Plan to attend FALL REGISTRATION NIGHT

An opportunity to
register for many of
the activities listed in
this guide!



**Look for the
Handprint!**

These activities
are suitable for
children ages 5
and under.

Fall Registration Nights:

Lac du Bonnet

5:00-7:00 pm

Wednesday, September 5, 2018

Lac du Bonnet Curling Club

25 McArthur Ave.

Pinawa

5:30-7:00 pm

Tuesday, September 11, 2018

Pinawa Community Centre

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Winnipeg River Recreation District (WRRD)

Box 852

Lac du Bonnet, MB R0E 1A0

Lac du Bonnet office (75 Third Street): (204) 345-8816

Pinawa office (Inside LGD office): (204) 753-5104

web: www.wrrd.ca

Facebook: <https://www.facebook.com/winnipeg.recreationdistrict>

Recreation Director: Donna Watts

Email: wrrdcom@gmail.com

Administrative Assistant: Kristen Meads

Email: wrrdassist@gmail.com



The WRRD is active in both Pinawa and Lac du Bonnet and aims to promote rec and leisure activities in both communities.

Visit our website for a full listing of ongoing activities.

Summer Camps

For: Ages 5-11

When: July and August

Cost: Costs vary

WRRD offers a variety of camps over the summer including theme days and special guests. Visit wrrd.ca in the spring for more details



Swim Lessons (Lac du Bonnet)

For: Ages 18 months and up

When: Early July to mid August



Cost: \$45-50

Where: Lac du Bonnet Town Dock
Red Cross Programs include Red Cross Preschool, Red Cross Swim Kids, and Lifesaving
See wrrd.ca for more information

Swim Lessons (Pinawa)

LGD of Pinawa ph.: 204-753-5100

Cost: changes each year

Where: Pinawa Pool



See Pinawa.ca for more information

Keep your eyes posted for the Recreation brochures in the Fall, Winter and Spring.

Little Day Buddies Nursery School

40 Park Avenue

Lac du Bonnet, MB RoE 1AO

Contact: Janice Enright

ph.: 204-345-2861/204-345-8979

Email: littledaybuddies@outlook.com



For: Ages 2-6 years

When: Tuesdays, Wednesdays and Thursdays from September to June

Hours: 9:00-12:00, 12:30-3:30 or All Day

Cost: \$9/session (half day)

\$20 membership fee/child (one time cost)

\$50 annual supply fee/child

The children participate in crafts, games, kindergarten readiness, music, and lots of play. Call to register now!

Lac du Bonnet Children's Center (Daycare)

285 McArthur,

Lac du Bonnet, MB RoE 1AO

Cori Tumak



ph.: 204-345-2608

fax: 204-345-0376

For: 12 weeks – 12 years

When: Monday to Friday 6 am–6 pm

Cost: Under 2yrs \$30/day

Preschool \$20.80/day

6-12 yrs. Old \$20.80/day

A variety of crafts, games, science & literary activities, playtime, and walking field trips.

Children's Place Co-operative Inc. (Daycare and BLA)

17 Burrows Rd. 

Pinawa, MB, RoE 1Lo

Rhonda Carlson, Executive Director

ph.: 204-753-2660

email: cpci@mts.net

For: 12 weeks – 12 years

Full-time, part-time or casual basis

When: Monday to Friday 6:45am-6:00pm

Cost: Under 2yrs \$30/day

Preschool \$20.80/day

Membership is an annual registration fee of \$10.00.

Pinawa Junior Kindergarten



F.W. Gilbert School

Pinawa, MB, RoE 1Lo



F.W. Gilbert School offers a morning (8:45-12:55) Junior Kindergarten program for four year olds supported by an early childhood educator. They spend this time with the Kindergarten (five year olds) class learning in a play based environment. The Kindergarten program is offered as a fulltime option (full days Monday to Friday) with a certified teacher (currently supported by early childhood educator) in the afternoon. If you'd like any more information please contact the school at 204-753-2559.


F. W. Gilbert School Parent Advisory Council

F.W. Gilbert School, Pinawa
ph.: 204-753-2559

The F.W. Gilbert Parent Advisory Council (PAC) meets once a month. Come join us in an opportunity to play a role in our children's education and growth. The PAC is involved in a number of activities:

- Playground Enhancement
- Special Lunches
- Artists in the School
- Library Books
- Maintaining avenues of communication between students, parents and teachers.

Pinawa Toy Lending Library

Contact : Erin 
ph.: 204-599-0567

By appointment at F.W. Gilbert School - Nursery School Room
Cost: \$5 one time fee

In need of extra baby, toddler or pre-school toys or equipment? Grassroots has developed a toy and equipment lending library with the help of a grant through Cabot Corporation. Parents can supplement toys, games and puzzles for variety. Grandparents and/or local residents with visiting children have access to equipment and toys that are awkward to travel with. Come see our collection of playpen, highchair, booster seat, swing, exersaucer, bounce and slide, toys, puzzles, games and more.

Mrs. Lucci's Resource Centre and Second Hand Store

76 3rd Street, Lac du Bonnet
ph : 204-345-9909
email: mrsluccis@hotmail.com
website: mrsluccis.com

Supports, programs, and resources for the whole community.

Parents Helping Parents Group

For: Parents & Preschoolers


When: Tuesdays 10–11:30 am

(Oct-June) 

Cost: Free

“Our Time” Healthy Baby Drop-In

Drop-in's are free and open to all women who are pregnant, or have a child under one year of age and their parents.

When: 10:00 am – 12:00 pm 

Every 2nd Thursday at Mrs. Lucci's
For further information families can call Wendy Fontaine at 204-345-1219 or Shelly Kaminski at 204-345-0284 or your public health nurse for more information. Networking, nutrition and parenting skills.

Ready Set Grow


This Pinawa/Lac du Bonnet event for three and four year olds will be held in
May 2019.

Children are able to have their hearing or vision checked and visit with a speech therapist all while picking up fun prizes and treats. Parents have a chance to talk with specialists in parenting, literacy and child development.


These events are sponsored by Bright Beginnings, the North Eastman Parent Child Centred Coalition.

Pinawa Early Childhood Development Committee – grassroots

We are an early years committee whose members are parents or early childhood educators, teachers and health care workers interested in the well being of our youngest citizens. As well as running our own events, we work with the Recreation Office and the Town Council on shared interests. Together, we work to enhance services, programs and events for families with young children. It is truly a grassroots group, which believes that the early years (ages 0-6) have a profound importance in our development. We have received grants from Literacy for Life, Bright Beginnings, the School District of Whiteshell, Manitoba Education and Celebrate Canada. Besides this directory, projects include:

- Story Time (Wednesday's, 9:30-10:15 at Children's Place Daycare, 2:15-3:15 at Pinawa Public Library)
- Family Literacy Events (Evening Story Time 4 times per year)
- Library Book Bags on special topics (at Pinawa Public Library)
- Playgroup
- Soup and Play (3rd Thursday 5:00-6:30 F.W. Gilbert Gym-free play in the gym and a soup supper for preschool families)
- Food for Thought/playgroup
- Parenting Seminars 
- Family Swim
- Toy Lending Library at F.W. Gilbert School


Food For Thought

Contact : Erin King
ph.: 204-599-0567
Pinawa 

For: parents and their children
When: 2nd Tuesday each month 11:30 am-1:00 pm
Cost: bring a nut-free potluck dish to share
Where: F.W. Gilbert Kitchen
"Food for Thought" offers an opportunity for networking and learning with other parents and preschoolers while enjoying a nutritious informal potluck lunch. Discussion topics complete the menu each month.

Pinawa Playgroup

Contact : Tara Fitzmaurice
Email: fitzmauriceclan@gmail.com

For: Preschoolers & their caregivers.
When: TBA
10 a.m-12:15 
Cost: \$2/Week

The Pinawa playgroup offers a fun morning of free play songs, gym time and potluck snacks for preschool children and their caregivers. Sessions are held in Rm #9 in F.W. Gilbert School, and provide an excellent opportunity for children to interact with each other, and their caregivers to socialize.



Music Lessons with Vivo Harmonics

Contact: Hannah Lussier

Website: www.vivoharmonicsmusic.com

Email: vivoharmonicsmusic@gmail.com

Phone: 204-952-6480

Location: S1-24 Aberdeen Avenue, Pinawa



Vivo Harmonics is a music education service that welcomes students of all ages in Pinawa, Lac du Bonnet and surrounding areas. We offer many programs, such as lessons on piano, voice, flute, and trumpet, as well as courses on song writing and music theory.

We believe in creating separate lesson plans for the students based on whether they are visual, auditory, or kinaesthetic learners, tailoring to each of their needs. We always encourage progress and productivity in the classroom and hope to inspire each and every one of our students to love music in their own way.

Lange's Music Studio

Contact: Victor Lange

ph./text: 204-345-3734

Where: 3 Park Ave, Lac du Bonnet



Lange's Music Studio offers guitar lessons to all ages. Afternoon and evening lessons are available. From theory to campfire songs, the sessions are based on the student.

Eccleston Voice Studio

Contact: Megan Eccleston

Phone: 204-720-2848

Email: ecclestonstudio@gmail.com

Website: <http://ecclestonstudio.weebly.com>

Ages: 4 - 104



Discover your voice, sing with your heart, and explore your imagination!

Our voice students develop strong singing technique, sing fun and interesting songs, and build their musical language. Our unique approach allows students to get fantastic voice instruction as well as a comprehensive music education. We thrive on approaching lessons creatively and helping our students reach their full potential. Our students find the greatest instrument of all – their voice!

The Eccleston Voice Studio also offers beginner piano lessons as well as a music theory curriculum. Pinawa lessons are excellent in conjunction with voice lessons! Students will learn entertaining and engaging songs while developing proper piano technique and exploring their knowledge of music!



Pinawa Public Library

attached to high school

Contact: Lois Bernardin

Phone: 204-753-2496

Email: email@pinawapubliclibrary.com

Website: www.pinawalibrary.com



The **Pinawa Public Library** has a wonderful collection of children's books combined with a great atmosphere! Choose from over 6000 fiction and 3000 non-fiction books and over 300 children and family DVD's.

The Library features presentations of interest to families such as: weekly story time run by grassroots from October to April, and Summer story time for pre-schoolers led by our student assistant in July and August.

Hours:

September-June

Mon: 6:30-9pm

Tues-Thurs: 9am-4pm & 6:30-9pm

Fri: 9am-4pm

Sun: 1-4pm

July & August

Mon: 6:30-9pm

Tues-Thurs: 1-4pm & 6:30-9pm

Fri: 1-4pm

Sun: 1-4pm



Pre-packed topic bags are a resource for parents and children that are created by grassroots and distributed by the Pinawa Public Library.

Parent pack topics include:

- fairies
- Feelings
- Princesses
- things that go
- Nutrition
- Birthday parties
- Cooking with your child
- Potty training books for toddlers
- Activities
- Fostering healthy body image
- Dinosaurs
- Bed-time stories
- Cooking with kids
- Separation anxiety
- Sibling rivalry
- Discipline
- Going to the doctor/dentist/hospital
- Dealing with loss/grief

Special topics include sexual abuse, divorce, single parent families, & reproduction.

Lac du Bonnet Regional Library

Contact: Vickie Short

ph.: 204-345-2653

www.lacdubonnetlibrary.ca

Fall Supper

Saturday, September 15, 2018

Lac du Bonnet Legion Hall

Delicious buffet style traditional turkey dinner with stuffing, cabbage rolls, meatballs, mashed turnips, carrots, cranberry sauce, coleslaw, delicious pies and more!

2 sittings: 5pm & 6:30pm

Adults: \$15, 12 and under \$7

Tickets are available at the Library and Ingham Pharmacy after August 1.

Pyjama Storytime

Thursday, Nov 15, 2017- 6:30-7:45pm

Stories, snacks, games and prizes!

Bring your favorite cuddly buddy and don't forget your PJ's! Everyone is welcome!

Cost: FREE

Build a Reading Fort at the Library

Thursday, January 24, 2019-630-7:45pm

Bring your blankets, pillow and flashlight and build a reading fort in the Library to celebrate Family Literacy. The Library will provide snacks, stories and more!

Everyone is welcome! 

Cost: FREE

Summer Reading Program

Tuesdays and Thursdays; July and August 2019

Ages 5-12 (children under 5 with an accompanying adult are also welcome)

Includes crafts, stories, games, and a snack.

Cost: FREE

AWE Early Literacy Stati (Children's Computer)

Come and Check out our new Early Literacy Station. The new computer has some of the old favorites like Spongebob Squarepants Typing, Reader Rabbit, Jumpstart and of course, Interactive Stories. It also has new programs such as Diego's Safari Rescue and World of Goo.

Some of the many Interactive Storybook titles include Arthur's Birthday, The Gingerbread Man, The Berenstain Bears Get in a Fight and Little Red Riding Hood.

Learn all about: ABC's, 123's, math, science and reading, music and more, using entertaining and fun programs.

You can find magic wherever you look.
Sit back and relax, all you need is a book.

-Dr. Seuss

Lac du Bonnet Minor Hockey

Contact: Jason Scott, President



ph: 204-345-9293

email: jason.ccpsltd@gmail.com

For: Children born in 2014 and up

When: September-March

Where: Lac du Bonnet Arena

Cost: \$380 and up (2016 rate)

Children learn skating and hockey skills, positions and participate in games and tournaments.



Pinawa Minor Hockey Association



Contact: Tavis Donnelly

ph.: 204-753-2023

Email: tavis.donnelly@gmail.com

For: Ages 5-17

The Minor Hockey Association operates a hockey program for males and females. Practices usually begin after Thanksgiving and league games shortly after. Practice times are subject to change year to year depending on the number of teams at each level. PMHA partners with LDBMHA for team formation, all players are transferred to LDBMHA as per our co-operation agreement.

CanSkate Lac du Bonnet

Contact: Robyn Emberly



ph: 204-213-0074

email: duke002@mts.net

Canskate is a dynamic learn-to-skate Program that focuses on fun, participation and basic skill development.

Canskate is for beginners of all ages, as well as for those wishing to improve their basic skills whether their focus be for figure skating, hockey, speed skating or just skating for fun.

When: Runs October-March

Where: Lac du Bonnet Arena

Cost: \$175 plus \$36.65 insurance and \$75 fundraising bond (can be paid out or fundraised)

Cross Country Skiing Lac du Bonnet



Contact: Karen Nilsson

Email: nilssoncarlb@gmail.com

ph: 204-345-8167

For: *Anyone*

When: *November-March*

Where: *Trails off of PR 317*

Skiers of all ages and abilities can join in casual moonlight skis and group skis along our scenic trails.

Whiteshell Cross Country Ski Club – Jackrabbits and Bunnyrabbits

Contact: Susan Barnett and

Kevin Dearing



ph.: 204-753-8239

P.O. Box 438

Pinawa, MB, RoE 1Lo

For: ages 4 and up

When: Day and Time TBD

Cost: \$15 plus ski club membership

The Whiteshell Cross Country Ski Club offers the Jackrabbits and Bunnyrabbit programs to children ages 4 and up. This fun program provides children with a chance to learn skiing on some of the best cross-country ski trails in this area. Parents are encouraged to participate with their children, or join in the entertaining games and tours. Children's ski equipment is available to Jackrabbit's to rent at a reasonable cost.

Youth Curling Pinawa

Contact: Richard or Lory

204-753-8444

email: richmountain@gmail.com

Starts mid November

Time: 5:00-6:00 pm

Day: TBA

Ages 5-8: 4:45-5:15pm \$60

Ages 9-17: 5:30-6:15pm \$80



Lac du Bonnet Junior Curling

Contact: Sharalyn Reitlo

ph: 204-345-6113

For: Grade 4 and up

When: Nov-Feb; Sundays 5:45 pm

Where: Lac du Bonnet Curling Club

Cost: \$40

Youth learn & practice curling skills.

Lion's Little League Baseball-Pinawa

Contact: Tasha Lappage

ph.: 204-213-0748

For: Grade 2 to Grade 6

When: May and June.

Where: F.W. Gilbert School diamonds

Lac du Bonnet Minor Baseball

Contact: Robyn Emberly

ph: 204-213-0074

email: duke002@mts.net

For: Children 5 years and up

When: April-June

Cost: \$70 + up



Pinawa Badminton Club

Contact: Linda Huisman: 753-2560

Miyoko Rasmussen: 753-2910

When: Season runs Wednesdays from October to April

Time: 7:00-9:30 pm

Where: Pinawa Secondary School Gym

Cost: \$35/single or \$100/family membership for season



Lac du Bonnet Badminton Club

Contact: Marj Niemi

Ph: 204-345-3851

Email: marjie_niemi@hotmail.com

Grades 4-adult

When: Tuesday & Thursdays mid September-Mid June

Where: LDB Senior School

Cost: \$

Beginners \$15: 6-7pm

Advanced \$20: 6:30-8:30pm

Adult \$25: 7:30-9:30pm

Pinawa Rowing & Sailing Club

Learn How to Sail Program

Contact: Keith Reid

Ph.: 204-345-5665

Learn how to sail out on the lake by experienced instructors. Try out this activity that has been offered in Pinawa for years.

Pinawa Spring & Summer Fun Junior Tennis Program

Contact: Ernie Bialis

ph.: 204-753-2261

For: ages 7 and up

When: Please call to arrange for individual lessons or family lessons.

Lessons include skill drills, games and rallying practice.

Lac du Bonnet Youth Bowling

Contact: Winnipeg River Recreation

For youth ages 8-12! Organized league bowling can be a lifetime social activity. Youth League kids get to interact with teammates and learn a sport that can be played their entire lives. Team bowling builds self-esteem. This is not a drop off activity - parents are required to stay and are encouraged to help volunteer (ie help with scoring).

Dates: Saturdays November 3- Dec 15th (will not run on Saturday Nov 17)

Time: 10-11:30am

Location: Lac du Bonnet bowling lanes (located in the Community Centre)

Cost: \$60 for the six week program, cost includes shoe rental each week.

pre-registration & payment required-minimum # needed in order to run

Tarantism Dance Classes

Contact: Winnipeg River Recreation

ph: 204-345-8816

email: wrrdcom@gmail.com

Web: www.wrrd.ca

Creative Movement \$50

(Ages 3-5): 10-10:30am

This class is a fun introduction to dance that all children will love. Students will explore creating rhythms and learn how to move with music. All while exploring their imagination with props, games, and stories.

Beginner \$70

(Ages 5-8): 10:45-11:30am

In beginner, students will perfect the fundamental steps of all dance styles while also getting a chance to start learning the genre specific basics of Jazz, Ballet and Ukrainian technique. Students will spend 25 mins of class time on a warm up and perfecting their fundamentals and 20 mins starting to learn the basics of Jazz, Ballet and Ukrainian on a rotational basis.

6 weeks

Dates: Saturdays, September 15- October 27 (No class Oct. 6)

Location: FW Gilbert School, Pinawa
Minimum 7 Participants, Maximum 13

Lac du Bonnet Karate Club

Contact: Kim Ogren

ph: 204-340-5492

email: kimber5897@gmail.com

Web: lacdubonnetkarate.wordpress.com

Tiny Tigers

Wednesdays 5:00-5:30pm 

Ages 5-7

Where: Centennial School Gym

Fee: \$70

Instructor: Dave Ogren

The Tiny Tigers program teaches younger children the basic skills of Shotokan Karate through games, movement and discipline.

Karate

Mondays 7-8pm Advanced Green Belt

Wednesdays 5:30-6:30pm or

Saturdays 10-11am (10 weeks)

Ages: 8 and up

Where: Centennial School Gym

Fees: 1 Class- \$100

2 Class- \$180

3 Class- \$230

Instructor: Dave and Kim Ogren 

The Lac du Bonnet Karate Club teaches Karate for all ages in a safe and controlled environment. Build self confidence, learn self defence, exercise and have fun.

Rhythmic Gymnastics

Contact: Winnipeg River Recreation
ph: 204-345-8816
email: wrrdcom@gmail.com
Web: www.wrrd.ca

Recreational Rhythmic Gymnastics is an all inclusive, non-competitive sport. Students will practice balance, flexibility, rhythm, and team work. Ribbon, ball, hoop, and scarf skills will be taught as well as a performance piece for our December recital.

Fall Session will start September 19/20/21 and run until mid December ending with a recital.

Winter Session will start mid January and run until Spring Break.

Display Group begins after Spring Break and will perform around the province.

Wednesdays Pinawa FW Gilbert School

6:15-6:45pm 3 year olds \$75 
6:45-7:45pm 4&5 year olds \$135

Thursdays Lac du Bonnet Centennial School:

5:45-6:15pm 3 year olds \$75 
6:15-7:15pm 4&5 year olds \$135

Fridays Lac du Bonnet Centennial School:

5:45-6:45pm Grade 1&2 \$135
6:45-7:45pm Grade 3 & up \$135

Limit 15 students per class.


Students in grade 1 and up will need to order equipment, and students in younger classes will need to order a hoop which can be done on registration night.



Pinawa Girl Guides

Contact: Barb Sanipelli
ph.: 204-753-8853

Cost: \$104 plus dues
Mondays at F. W. Gilbert School

Sparks (ages 5-6)- 5-6:30 pm 

The object of the program is to introduce young girls to Guiding in a fun, non-competitive environment.

Brownies (ages 7-8)- 5-6:30 pm
Young girls in Brownies will learn how to share, help out, respect their environment and learn about safety, healthy living and to be good citizens. This is accomplished through fun activities, games, crafts and songs. Brownies are also encouraged to help out with service projects and they have a chance to interact with other Girl Guide branches through bridging activities.

Guides (ages 9-11)- 6-8pm
The Guide program for Fun and Challenge is a three-year program that encourages her to learn about and enjoy the outdoors, learn about being a good citizen, basic first aid, home maintenance, food preparation, active living as well as songs, dances, games and crafts. This program encourages the girls to work as team members, to be comfortable speaking in a group, leadership and respect for others and their property.

Pathfinders (ages 12-14) - 6-8pm
Pathfinders had an updated program starting September 2006. The main areas are Finding the Path, Creating Your Future, Let's Take It Outside!, Girl Stuff, A World to Discover, Living Well, My Music, Movies and More!, On My Own and Exploring a Theme. Girls work towards earning their Canada Cord at the completion of the program.

Pinawa Alliance Church

1 Bessborough Rd., Pinawa

Pastor: Brad Nelson

ph.: 204-753-2927

Email: office@pinawaalliance.com

Sunday School



For: Pre-school to Adult

When: Sunday 9:45 -10:45 am

Classes with learning through teaching, singing, games, and discussion.

Sunday Service 11:00 am September-May; 10:00 am June-August

Pinawa Christian Fellowship

Rev. Robert J. Murray

ph.: 204-753-8439

pcf@pinawa.church

Sunday Service: 10:00 am in the F.W. Gilbert School September-June

Pinawa Lutheran Church

Contact: Sharon Howe

Ph.: 204-753-2201

Sunday Service 9:15 am
Joint Services with PCF in Jul/Aug

St. Francis Assisi Roman Catholic Church

37 Burrows Road, Pinawa

204-753-2118

Father James Kofi Appiah

Sunday School and preparation for sacrament provided on an as needed basis. Sunday Service: 9:00 am

Abundant Life Chapel

90-4th Street, Lac du Bonnet

Pastor James Schwab

204-345-2934

abundantlifechapel.ca

Vacation Bible School



For: Ages 5-11 Cost: \$15

When: July...date TBA- 6-8:30pm

A theme-oriented, weeklong evening bible activity camp.

Notre Dame du Lac Catholic Church

63 McArthur Ave, Lac du Bonnet

Rectory: 204-345-2900

Father James Kofi Appiah

ourladylake@hotmail.com

Children's Liturgy

For: Kindergarten – Grade 7

When: Sunday 11:00am;

September – May



Where: Church Basement

Teachings on the bible, incorporating fun crafts, and activities.

Cost: Free

Catechism Classes

From: September-June (twice a month) Call for timing

Sunday Service: 11:00 am

Kingdom Kids



For: Ages 3-11 Cost: Free

When: Sunday Mornings, during Sunday Service; September-June

Kingdom Babies



(Unstaffed Nursery)

For: Ages 0-2 Cost: Free

When: Sunday Mornings, during Sunday Service

KidsClub



For: Grades K-5 Cost: Free

When: Wednesday 6:30-8:00pm
September-April

REFUGE Student Ministry

For: Grades 6-12 Cost: Free

When: Fridays 7-9pm Sept-Jun

Sunday Service: 10:30 am

Online Resources

Kids craft ideas:

- www.enchantedlearning.com/crafts
- www.dltk-kids.com/
- www.pbs.org/parents/crafts-for-kids/
- www.craftymorning.com/kids-crafts
- http://www.abcya.com/abcya_paint.htm

Games and Activities:

- www.arcademics.com/games
- fitkidshealthykids.ca
- www.education.com/games/educational
- www.knowledgeadventure.com
- www.nickjr.com/games
- <http://www.storylineonline.net/>
- <https://www.buildwithchrome.com/>
- <http://www.canadiangeographic.ca/content/kids-games>
- <http://www.kidobi.com/>

Cooking with Kids:

- <http://www.childrensrecipes.com/>
- <http://www.kidspot.com.au/kitchen/occasions/cooking-with-kids>
- kidshealth.org/kid/recipes
- www.kraftrecipes.com/yourkids.aspx

Volunteers Share and Learn

It is important for us to remember that the amazing array of opportunities for children are almost exclusively run by volunteers (parents and grand-parents like yourself!) Getting involved in your children's activities has many benefits. You and your children can share in the enjoyment of their activities, which can strengthen your family relationships. Your children learn by example, that by being active members of our community, we make the community a better place to be. Finally, on the most basic level, these activities will continue to be available to you and your children!

Additional Services

Non Crisis Mental Health Support	1-866-757-6205
IERHA Mental Health Crisis	1-866-427-8628
Triple P Parent Line	1-877-945-4777
Kid's Help Phone	1-800-668-6868
Child & Family Services	1-888-834-9767
Manitoba Suicide Prevention	1-877-435-7170
Health Links	1-888-315-9257
Community Wellness	1-877-979-9355
Domestic Violence Crisis Line	1-877-977-0007
Lac du Bonnet Health Centre	1-204-345-8647
Lac du Bonnet Doctors Office	1-204-345-8173
Lac du Bonnet Medical Group	1-204-345-5555
Lac du Bonnet Dental Clinic	1-204-345-6864
Pinawa Medical Clinic	1-204-753-2351
Pinawa Hospital	1-204-753-2334
Pinawa Dental Centre	1-204-753-2787
Poison Control	1-855-776-4766
Pinawa RCMP	1-204-753-2919
Lac du Bonnet RCMP	1-204-345-6311
Emergencies	911
School Division of Whiteshell	1-204-753-8366
Sunrise School Division	1-866-444-5559
Lac du Bonnet Centennial School	1-204-345-2462
Lac du Bonnet Senior School	1-204-345-2585
F.W. Gilbert Elementary School	1-204-753-2559
Pinawa Secondary School	1-204-753-2381
LGD of Pinawa	1-204-753-5100
Town of Lac du Bonnet	1-204-345-8693
RM of Lac du Bonnet.	1-204-345-2619
Pinawa CDC	1-204-753-5172

Thank you to our supporters and partners:

The Winnipeg River Recreation District

PECDC – grassroots

Healthy Child Manitoba – Bright Beginnings

North Eastman Parent Coalition

Pinawa Community Development Corporation