

What is StrongStart?

- StrongStart offers high-quality, school-based, early learning programs to families with young children (0-5).
- StrongStart encourages problem solving, builds self-esteem and develops social skills that will help children succeed in school and life.
- StrongStart knows parents are the first and most important teachers in a child's life; and parents' involvement in their child's education leads to better success in school.
- StrongStart is a family literacy program that values, supports and promotes family-centred learning.



Fun! Free! StrongStart!

Forest Grove School

Call 250-397-2962 or
Sheila @250-397-0011

Tuesday & Thursday—8:30-11:30

Horse Lake School

Call 250-395-4572 or
Text Kristina @250-706-8294
Tuesday & Wednesday—9-12

Kindergym

@ 100 Mile Community Hall
Text or Call Elke @250-706-2481
Thursday—9:45-11:45

Lac la Hache School

Call 250-396-7230 or
Text Jennifer @250-318-8486
Wednesday—9-12

Mile 108 School

Call 250-791-5221 or
Text Jennifer @250-318-8486
Tuesday & Thursday—9-12

100 Mile House Elementary

Call the School @250-395-2258 or
Text Tammy @250-395-5321
**Monday—Friday—9-12 &
Thursday Dinner—4-7 pm**



South Cariboo StrongStart

Free, school-based, early learning parent participation programs for families with children 5 & under.



Welcome!

**Learning,
growing and
belonging together!**



StrongStart makes a difference!

Why do children need a StrongStart?

The early years in a child's life are critical and influence their future health, well-being and life-long learning.

Children exposed to language-rich environments and play-based learning are more likely to develop kindergarten readiness skills and be successful in school and life.

Play is a child's way of exploring, discovering and learning about their world.



**Children
learn
through
play!**

What will we do at StrongStart?

StrongStart is a FREE, drop-in, early learning program run by a trained Early Childhood Educator.

We hope children with their parent or caregiver will:

- Have fun!
- Enjoy group play such as story time, music, science, and physical activity.
- Read books and make art.
- Meet other families. Make new friends.
- Eat healthy snacks and dinner.
- Play with water, sand and dough.
- Build with blocks,
- Pretend house, kitchen & dress up.
- Do puzzles, games and much more!



What is the caregiver's job at StrongStart?

Caregivers attend the StrongStart program with their child(ren) and are encouraged to participate in all activities with their child(ren).

**Build a lifelong bond.
Spend time playing
with your child.!**



**Fun! Free!
Drop-in!
Ages 0-5 + caregivers**



For more information call, text or email the Early Years Coordinator, SD27

Shelly—250-395-9303 or —shelly.joyner@sd27.bc.ca