



CONTACTS:

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BRIGHT START SCHEDULE 2026

Mon

Tue

Wed

Thu

Supports & Services

OPEN GYM NORTHWOOD

Drop-in

10 AM (1 - 1.5 hours)

Northwood Community Centre
1415 Burrows Ave

Join us for family open
gym and light breakfast.

Enjoy free play for the first
hour and structured
activities for the last half
hour of program.

BRIGHT START GILBERT

Drop-in

*CLOSED 2nd Tues
each month

10 AM (1 - 1.5 hours)

Gilbert Park Gym
45C Gilbert Ave

Family play program for
children (0-6 years old) and
caregivers. We will keep
lights low, music quiet, and
incorporate sensory
activities.

*Moves to Mud Kitchen June-Aug

BRIGHT START ACCESS

Drop-in

10 AM (1 - 1.5 hours)

ACCESS NorWest
785 Keewatin St

Family play program for
children (0-6 years old) and
caregivers to read,
eat and play together.

BRIGHT START WESTBROOK

Drop-in

10 AM (1 - 1.5 hours)

Weston Community Centre
1625 Logan Ave

Family play program for
children (0-6 years old) and
caregivers to read,
eat and play together.

Tues-Thurs

Primary Care, pre/post-natal care,
parenting resources, community
support/resources and Public Health
(subjected to availability)

*Bus tickets provided

Please Remember

water bottle, indoor shoes, no fragrances.

EVENTS & CLOSURES



PARENTING PROGRAMS



FAMILY FITNESS

Pre/post-natal safe group
fitness class (1 hour) with
certified instructor.
Scan QR code for upcoming
dates and registration.



PRENATAL & POSTNATAL

NorWest Baby Steps

Pregnant or have a baby under 1 years old?

Contact Nancy
for more information

Phone: 431-276-2647
Email: nmcdowellkok@norwestcoop.ca

CLOSED ON STATUTORY HOLIDAYS

STAY UPDATED ON NEW PROGRAMS AND FOLLOW US @BRIGHTSTARTINKSTER





Bright Start in Inkster is supported by Manitoba Child and Youth Services within the Department of Families, to plan and implement an early years strategy for Inkster. We provide free caregiver/child centered activities and resources for families with children 0-6 years old, that focus on:

- Nutrition and Physical Health
- Literacy and Learning
- Positive Parenting
- Community Capacity Building

*Programs are closed for statutory holidays.

Contact us on Facebook or Instagram
@BrightStartInkster

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FREE BABY GIFT FOR NEW PARENTS

Did you just have a baby? Bright Start would like to help you celebrate this wonderful event. We have a book, which we'd love to give to you to keep and enjoy. To receive your FREE book, contact us and leave us your mailing address, child's name, and date of birth.

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