



CONTACTS:
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BRIGHT START SCHEDULE 2026

Mon

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.

Tue

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

Wed

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.

Thu

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.

Supports & Services

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.