

Play Pals



Drop in, **evening** opportunity for children and caregivers to learn & practice gross motor, fine motor and communication skills.

George Jeffrey Children's Centre
200 Brock Street East

Tuesday, September 29th, 2026
Tuesday, October 27, 2026
Tuesday, November 24, 2026

4:30-5:30 PM

Please call
GJ Reception at 807 623 4381 to Register



Drop in opportunity for children aged 2-4 years and caregivers to learn and practice gross motor, fine motor and communication skills.

This group will be lead by a kinesiologist, and a communicative disorders assistant. A member of our service navigation team will be there to answer any questions about GJCC services and available services in the community.



Fine Motor

Fine motor is the small movements that we make using our hands and wrists.

These are important for activities such as eating, writing, getting dressed, brushing your teeth, and more. Play Pals will help develop fine motor skills by doing simple, open ended crafts.

Gross Motor

Gross motorskills involve movements of the large muscle groups of the arms, legs and torso. These are important for play, activities at school, sport, and movement in their everyday lives. Play Pals will foster the growth of gross motor skills through balance, running, jumping, throwing, catching and other whole body movements.

Communication

Communication skills are the ability to effectively convey, receive, and interpret information and ideas through verbal, non-verbal, and written methods. This will be taught using a program called Moe the Mouse. It will help children develop social language use, vocabulary, speech sound pronunciation, ability to express feelings, ideas and more.