

November 2025

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

			Trying to register online but don't see the time you want? Call or text 204-595-5005 to have your name added to the waitlist!			1
2	3 Book Buddies 9 am or 11 am 4:30 pm Drop In Play 1-4 pm	4 Babies & Babble Newborn 9:30 am Babies 11:30 am	5 Grand Pals 10:30 am *Dufferin Villa* Homeschool Co-Op 1:30 pm	6 Mindful Munchkins 10 am Kitchen Skills 5-6:30 pm	7 Healthy Cooking 10 am or 1 pm	8
9 Need transportation to program? Contact FRC & we can arrange a shuttle!	10 Musical Mornings 9 am or 11 am Drop In Play 1-4 pm	11 CLOSED FOR REMEMBRANCE DAY	12 Breastfeeding Group 11 am Parenting Conversation 1:30 - 3 pm Mom's Time 7:30-8:15	13 Toddler Shenanigans 9 am or 11 am 4:30 pm Parenting 101 1:30 pm Kitchen Skills 5-6:30 pm	14 Kids in the Kitchen 10 am or 1 pm	15 Super Dads, Super Kids 10 am
16	17 Book Buddies 9 am or 11 am Drop In Play 1-4 pm	18 Babies & Babble Newborn 9:30 am Babies 11:30 am	19 Grand Pals 10:30 am *Dufferin Villa* Homeschool Co-Op 1:30 pm	20 Mindful Munchkins 10 am Parenting 101 1:30 pm Kitchen Skills 5-6:30 pm	21 Healthy Cooking 10 am or 1 pm Prenatal Course Part 1: 6 pm	22 Prenatal Course Part 2: 10 am Part 3: 1 pm
23 30	24 Musical Mornings 9 am or 11 am Drop In Play 1-4 pm	25 Stay 'N Play 10 am *AUSTIN* Healthy Baby 11 am	26 Breastfeeding Group 11 am Parenting Conversation 5:30-6:30 pm	27 Toddler Shenanigans 9 am or 11 am Parenting 101 1:30 pm Kitchen Skills 5-6:30 pm	28 Preschool Party 10 am	29

STEP 1: Find a program to join! STEP 2: Register on our website! STEP 3: Join us at the FRC!

Find us on Facebook & Instagram: Family Resource Centre Portage

PROGRAMS:

Babies & Babble - Interactive baby and parent activities, including music and movement for sensory development. Join the group appropriate to your baby's motor skills: Newborn - to sitting unsupported (approx. 0-6 months.); or Babies - sitting to taking first steps (approx. 6 months +). Childcare provided for older children.

Book Buddies - A literacy program focusing on speech, movement, songs and of course books! It's facilitated in partnership with a speech and language pathologist. (Ages 1-6 years)

Chest/Breastfeeding Group - A space for nursing parents (and those considering) to come together and feel supported in their journey from pregnancy to weaning. Childcare provided.

Drop In Play - Our playroom is open to use for 1-4 pm. Get out of the house and come meet some new friends, play with new toys, or skip cleaning your house and come here for a playdate instead! This is not a program, so no registration is needed. Come when you want and leave when you need to!

Grand Pals - Make new friends at this program that brings together younger and older generations for planned activities and lots of fun! You're never too old to play! Held at Dufferin Villa.

Healthy Baby - A program for pregnant and new moms to come together and chat. (Pregnant-1 year).

Healthy Cooking - Come join others and prepare your own healthy family meal, with step by step instructions. Please bring your own container for this recipe, so you can enjoy your creation at home! Childcare provided.

Homeschool Co-op - A chance for homeschooling families to come together to achieve common goals and enrich the home education experience. (Preschool +)

Kids in the Kitchen - Introduce your kids to the fun preparation of healthy nutritious meals, with step by step instruction. Please bring your own container for this recipe, so you can enjoy your creation at home! (Ages 2 - 6 years)

Kitchen Skills - For ages 8-12, this program is designed to help youth feel confident in the kitchen by giving them tools and skills to prepare nutritious food. Session 1 - Knife Safety & Use / Session 2 - Recipe Reading (Pancakes) / Session 3 - Stove Safety & Use (Eggs) / Session 4 - Making a Meal. **Must be able to attend all 4 sessions! Parents are welcome to stay and observe or drop off their children. Kids will be fed a snack and in most cases will leave having eaten their creations for dinner.**

Mindful Munchkins - This program is designed to help children identify and learn to manage their emotions. Join us for a story, a game, and a conversation with puppets Peter & Shelley! (Ages 3-6 years)

Mom's Time - Time committed to focusing on you. A space to try new things and connect with other moms.

Musical Mornings - Explore the world of rhythm and rhyme with music and songs for toddlers! This program focuses on musical discovery through instruments, finger play, and movement. (Ages 6 months-3 years)

Parenting 101 - This 4-session course will help you achieve your parenting goals by teaching you about yourself as a parent, your child's development, and tools to manage conflict and challenges, so you can guide your child(ren) into the next stage of life. Childcare provided.

Parenting Conversations - An opportunity for parents to learn about a specific topic, presented by a Southern Health Social Worker. Childcare available.

Prenatal Course - This comprehensive course will provide soon to be parents with practical tools to help during labour and delivery as well as provide care for their new baby. We recommend you and your partner or support person to sign up for all 3 sessions but you can also attend just any part of it. Session 1 - Pregnancy & Birth Plans / Session 2 - Labour & Birth / Session 3 - Newborn Care & Safety.

Preschool Party - Get ready for school and have fun doing it! Join us as we play, read, and make a craft together! (Ages 3-6)

Stay 'N Play (AUSTIN) - Join us at Austin Elementary School! We will start this program on Tuesday, September 17, and we are planning to run it on the first and third Tuesday of each month (with exceptions for when the school is closed). The program will run from 10 - 11:30 am, and will be especially for families with children ages 1-5! Register online!

Super Dads, Super Kids - Come meet other dads! We will provide the coffee and fun activities to do with the kids. (Ages 1-6 years)

Toddler Shenanigans - This program provides children the opportunity to explore the world around them by using their five senses to further develop their natural desire to learn! (Ages 1-6)

One on one coaching to help with a variety of needs! Families who register with the Family Resource Centre are able to receive this free service. Schedule your appointment by calling 204-595-5105. Childcare may be available.



November TOPICS:

Healthy Cooking - November 7

Recipe: Beefy Italian Casserole

This ground beef casserole recipe is super easy to throw together and feeds a crowd! It's comforting and uses simple ingredients.

Parenting Conversation - November 12

Topic: Grief & Supporting Children with Grief

As adults attending to your own loss, you can be overwhelmed with the emotional and sometimes physical pain that accompanies the grieving process. The healing journey can start with support!

Mom's Time - November 12

Activity: Barre Class

Barre is a music-based fitness class that blends so many things! Barre training, functional strength work, aerobic movement and dynamic stretching. This is a low to no-impact, high-energy fitness class format designed to encompass and welcome all levels of fitness! Equipment is provided - participants are asked to dress in comfortable workout clothing. They may wear socks, indoor shoes or go barefoot. Please bring a full water bottle as we work out of the studio space in the **Just Be Wellness Centre**.

Kids in the Kitchen - November 14

Recipe: Kale & Sausage Frittata Cups

These frittata cups combine hearty sausage and vibrant kale, delivering a mindful approach to breakfast or brunch. They bake quickly in a mini muffin tin.

Healthy Cooking - November 21

Recipe: Sweet Potato & Black Bean Skillet

This Sweet Potato Black Bean skillet is a fun, budget-friendly, and veggie packed meal with lots of flavor and is perfect for meal prep!

Parenting Conversation - November 26

Topic: Resources for Teenagers

Join us for an evening parenting conversation on resources for parents with older teens. As our teens prepare for independence, let's talk about ways to make it easier for you and them!

If you or someone in your family is unwell, please stay home and let us know you won't be attending, so we can fill your spot with someone on the wait list.