

August 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 	3 CLOSED FOR TERRY FOX DAY	4 Babies & Babble Newborn 9:30 am Babies 11:30 am	5 Grand Pals 10:30 am Dufferin Villa Stroller Fit 10 am @ Tennis Courts at Island Park	6 Play in the Park 10 am (Simplot Central Park)	7 STAFF PD DAY	8
9	10 Art in the Park 10 am (Fort la Reine School) Drop In Play 1-4 pm	11 Healthy Baby 11 am Infant CPR Workshop 7-9 pm Details on reverse.	12 Chest/Breastfeeding Group 11 am	13 Growing up Green 10 am (Island Park)	14 STAFF PD DAY	15 FAN Portage 1-3 pm
16 Need transportation to program? Contact FRC & we can arrange a shuttle!	17 Storytime in the Park 10 am (Island Park) 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 Stroller Fit 10 am @ Tennis Courts at Island Park	20 Play in the Park 10 am (9th St NW Park)	21 STAFF PD DAY	22
23	24 Art in the Park 10 am (Caithness St Park) Drop In Play 1-4 pm	25 Blooming Words Workshop 9 am Healthy Baby 11 am	26 Our Neighbourhood 9 am Chest/Breastfeeding Group 11 am	27 Growing up Green 10 am (Island Park)	28 STAFF PD DAY	29
30	31 Storytime in the Park 10 am (Island Park) Drop In Play 1-4 pm			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!		

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:

Art in the Park - Come and create with us outdoors! This program will introduce your littles to different kinds of creative activity, such as painting, music, and dance. We will host this program at different parks over the summer. This is a messy, fun time so wear appropriate clothes! (Ages 18 months+)

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.

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!

FAN Portage - Family Advocacy Network (FAN) of Manitoba in partnership with the Portage Family Resource Centre invite you to come out and connect with other parents/unpaid caregivers who have a loved one with a developmental or intellectual disability or autism, with similar lived experience. Refreshments will be provided.

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.

Growing up Green - Take a closer look at the outdoors! This program focuses on the natural world all around us, from the sky, to animals, to the trees. (Ages 2-6)

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

Our Neighbourhood - Learn what it means to be a caring human being by learning about the wonderful people and places in our community! (Ages 18 months +).

Play in the Park - Enjoy the fresh air and warm weather with us! We will host this program at different parks over the summer, so join us to play fun games across town! (Ages 18 months +)

Storytime in the Park - An interactive literacy program featuring stories, songs, games, costumes and more. (Ages 18 months+)

Stroller Fit - Get outdoors with your little one, meet other caregivers and get a little sweat on! This program is perfect for new parents looking to ease back into fitness after baby and for anyone looking to get in a workout with a baby or young child(ren) in tow. Postpartum caregivers should be at least 4 weeks postpartum (or 6 weeks for c-sections) and approved by your medical professional to engage in regular physical activity before joining.
Meet at the tennis courts @ Island Park!

PLEASE NOTE WE ARE TAKING A BREAK FROM OUR COOKING PROGRAMS FOR THE MONTH OF AUGUST!
THANK YOU.

For our summer programs, please note the location!
If no location is noted, program is at the FRC.

For all of our outdoor parent-child programs, we will plan to be outdoors as much as possible. If the forecast calls for rain on the day of the program, we will do our best to reach out the day before, and ask if you would prefer to come to the centre for either 9:30 am or 11:30 am. If it rains unexpectedly, we will communicate by text to reach families as quickly as possible. We will cancel the program entirely as a very last resort.



AUGUST TOPICS:

Our Neighbourhood - August 26

Activity - Tour a model railway with us!

Meet us at the FRC and then we'll walk over to the train station for a tour and to see the model trains!

INFANT CPR/FIRST AID COURSE

August 11 @ 7 pm

Cost is \$25/person or pay what you're able.

No certificate issued. Register online!

(Please note there is no childcare provided.)

BLOOMING WORDS WORKSHOP - AUG 25

Blooming Words is a language stimulation program that offers tools to parents of young children.

This 1-hour workshop will teach some basic skills for strengthening your child's speech and language development. Register online!

FREE wellness coaching is available!

Schedule your appointment by calling

204-595-5105,

childcare may be available.

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.