

April 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 CLOSED FOR EASTER MONDAY	2 Chest/ Breastfeeding Group 11 am Drop In Play 1-4 pm	3 Grand Pals 10:30 am (Dufferin Villa) Homeschool Co-Op 1:30-3:30 pm	4 Wiggle, Giggle, Munch 9 am or 11 am	5 STAFF PD DAY	6 MOM PROM (April 6 @ Glesby) Tickets must be bought in advance!
7	8 Toddler Shenanigans 9 am or 11 am 4:30 pm Drop In Play 1-4 pm (Apr 9)	9 Mindful Munchkins 9 am Healthy Baby 11 am Getting Ready for School 4:30 pm	10 Babies & Babble Newborn 9:30 am Babies 11:30 am Parenting Conversations 2-3:30 pm Mom's Time 7:30 pm	11 Book Buddies 9 am or 11 am	12 Healthy Cooking 10 am or 1 pm	13
14 Need transportation to program? Contact FRC & we can arrange a shuttle!	15 Musical Mornings 9 am or 11 am	16 Preschool Party 9 am Chest/ Breastfeeding Group 11 am Drop In Play 1-4 pm	17 Grand Pals 10:30 am (Dufferin Villa) Homeschool Co-Op 1:30-3:30 pm	18 Wiggle, Giggle, Munch 9 am or 11 am	19 Kids in the Kitchen 10 am or 1 pm Family Game Night 5-7 pm	20 Super Dads, Super Kids 10 am FAN Portage 1-3 pm
21	22 Toddler Shenanigans 9 am or 11 am Drop In Play 1-4 pm (Apr 23)	23 Mindful Munchkins 9 am Healthy Baby 11 am Getting Ready for School 4:30 pm	24 Babies & Babble Newborn 9:30 am Babies 11:30 am	25 Book Buddies 9 am or 11 am 4:30 pm	26 Healthy Cooking 10 am or 1 pm	27
28	29 Musical Mornings 9 am or 11 am	30 Our Neighbourhood 10 am 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:

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 18 months-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!

Family Game Night - Meet up at the FRC for fun, laughter and lots of board games! Snacks provided!

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!

Getting Ready for School - A four-part series to help you and your family as you prepare to enter Kindergarten. Each session will include learning activities, as well as information for parents and caregivers. (Ages 3-6)

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)

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)

Our Neighbourhood - Learn what it means to be a caring human being by learning about the wonderful people and places in our community! (Ages 3 +).

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

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)

Wiggle, Giggle, Munch - A physical activity and nutrition program that encourages parents and children to have fun through active play, games and songs! (Ages 2-6)

MOM PROM - APRIL 6 @ THE GLESBY CENTRE
Get your tickets now either at the FRC or the library! It's going to be the party of the year!
(Tickets not sold at the door.)



April TOPICS:

Parenting Conversations - April 10

Topic: Anxiety & Depression & Unhelpful Thinking Styles

Anxiety and Depression impact a large number of people in our society. Come learn about the signs of these common disorders and positive ways to cope with them.

Mom's Time - April 10

Activity: Sourdough Starter

Come learn how to make your own sourdough starter, bread and learn about the other things you can make with sourdough!

Healthy Cooking - April 12

Recipe: Easy Sweet Potato Black Bean Quinoa Bowl

This sweet potato quinoa bowl is extremely versatile and lends itself perfectly to swapping out ingredients based on what you have on hand. It's a quick, budget-friendly family meal that everyone can enjoy!

Kids in the Kitchen - April 19

Recipe: Orange Glaze Muffins

A yummy muffin recipe that will teach your kids how to whisk and grate!

Healthy Cooking - April 26

Recipe: Baked Chicken Parmesan with Veggies

This extra-crispy sheet pan chicken and veggies dinner is baked on one pan and packed with flavor! Plus cleanup is easy!

Our Neighbourhood - April 30

Topic: Disability Awareness

Come meet a guest who is in a wheelchair! This is a great way to introduce young kids to disabilities and how we can include everyone!

FREE wellness coaching is available!

**Schedule your appointment by calling
204-595-5105.**

Please inquire about childcare availability.

MASK UPDATE - PLEASE READ!

Masks are optional for the indoor programs. If you or someone in your family is unwell, please stay home and let us know you won't be attending. We will have masks and sanitizer available! If you would prefer staff wear a mask when interacting in close contact with your children/yourself, please let us know.