

April 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>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!</p>			<p>1 Grand Pals 10:30 am *Dufferin Villa*</p>	<p>2 Mindful Munchkins 10 am Family Rebuilding 1:30 pm</p>	<p>3 CLOSED for Good Friday</p>	4
5	<p>6 CLOSED for Easter Monday</p>	<p>7 Babies & Babble Newborn 9:30 am Babies 11:30 am</p>	<p>8 Chest/Breastfeeding Group 11 am Homeschool Co-op 1:30 pm</p>	<p>9 Toddler Shenanigans 9 am or 11 am 4:30 pm Family Rebuilding 1:30 pm</p>	<p>10 STAFF PD DAY</p>	<p>11 MOM PROM</p>
<p>12 </p>	<p>13 Book Buddies 9 am or 11 am 4:30 pm Drop In Play 1-4 pm</p>	<p>14 Stay 'N Play 10 am *AUSTIN* Healthy Baby 11 am</p>	<p>15 Grand Pals 10:30 am *Dufferin Villa* Preschool Party 2 pm</p>	<p>16 Mindful Munchkins 10 am Family Rebuilding 1:30 pm Mom's Time 7:30 pm</p>	<p>17 Healthy Cooking 10 am or 1 pm</p>	<p>18 Super Dads, Super Kids 10 am FAN Portage 1-3 pm</p>
<p>19 Join us for an extended drop in play with spring activities! →</p>	<p>20 Musical Mornings 9 am or 11 am Extended Drop In Play 1-5 pm</p>	<p>21 Babies & Babble Newborn 9:30 am Babies 11:30 am</p>	<p>22 Chest/Breastfeeding Group 11 am Homeschool Co-Op 1:30 pm</p>	<p>23 Toddler Shenanigans 9 am or 11 am Family Rebuilding 1:30 pm</p>	<p>24 Kids in the Kitchen 10 am or 1 pm</p>	25
26	<p>27 Book Buddies 9 am or 11 am Drop In Play 1-4 pm</p>	<p>28 Stay 'N Play 10 am *AUSTIN* Healthy Baby 11 am</p>	<p>29 Our Neighbourhood 10 am Visit the courthouse with us!</p>	<p>30 Mental Health First Aid Essentials 9 am - 4 pm</p>		<p>Need transportation to program? Contact FRC & we can arrange a shuttle!</p>

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 -12 months). Childcare provided for older children.

Book Buddies - A literacy program focusing on speech, movement, songs and of course books! (Ages 6 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 Rebuilding Program - Consists of 6 sessions with the purpose of assisting families involved with CFS Agencies. We will help them work on their needs that they may have on their parenting/life journey.

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.

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)

Mental Health First Aid Essentials- Mental Health First Aid (MHFA) provides the knowledge, skills, and attitudes for participants to recognize changes in mental health, respond supportively, and apply practical actions for declining mental health and crisis situations. It helps participants build confidence, reduce stigma, and enhance their own mental health. **Must be 18+ to attend. \$100/person, to be paid at least 1 week before the course.**

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

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 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 18 months -6 years)



APRIL TOPICS:

Mom's Time - April 16

Activity: Pebble Painting

An anxiety reducing art ritual to gently process emotions and help bring you back to centre.

Heathy Cooking - April 17

Recipe: Chili Mac & Cheese

Chili mac and cheese is a marriage of two classic comfort food recipes. This saucy family dinner is filled with ground beef, beans, pasta and is so good!

Kids in the Kitchen - April 17

Recipe: No Bake Energy Bites

These no bake energy bites are a perfect healthy snack or breakfast!

Our Neighbourhood - April 29

Activity: Visit the Courthouse

Meet us at the FRC then we'll walk to the courthouse for a tour!

GET YOUR MOM PROM TICKETS NOW!

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.