



August 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 	1 Closed for Terry Fox Day	2 Mom's Time 10 am or 1 pm TOPIC: Pottery Fun	3 Stroller Fit (Island Park) 10 am Breastfeeding Group (Island Park) 11 am	4 Art in the Park (Fort la Reine School) 10 am	5 Kids in the Kitchen 10 am or 1 pm	6
7 Need transportation to program? Contact FRC & we can arrange a shuttle!	8 Play in the Park (Crescentview School) 10 am Stay 'N Play 1-3 pm	9 Drop In 10 am Healthy Baby (Island Park) 1 pm	10 Babies & Babble Newborn 9:30 am Babies 11:30 am	11 Storytime in the Park (Island Park) 10 am	12 Healthy Cooking 10 am or 1 pm	13 Teddy Bear Picnic (Island Park) 10 am or 2 pm
14	15 Growing up Green (Island Park) 10 am Stay 'N Play 1-3 pm	16 Parenting Workshop 10 am or 1 pm TOPIC: Anger Management	17 Stroller Fit (Island Park) 10 am Breastfeeding Group (Island Park) 11 am	18 Art in the Park (Red River College Park) 10 am	19 Family Game Night (Island Park) 6 pm	20 
21	22 Play in the Park (Simplot Park) 10 am Stay 'n Play 1-3 pm	23 Drop In 10 am Healthy Baby (Island Park) 1 pm	24 Babies & Babble Newborn 9:30 am Babies 11:30 am	25 Storytime in the Park (Island Park) 10 am	26 Healthy Cooking 10 am or 1 pm	27 Pop Up in the Park (Koko Platz Park) 10 am-Noon
28	29 Growing up Green (Koko Platz Park) 10 am Stay 'N Play 1-3 pm	30 Musical Mornings (FRC) 9:30	31 Staff PD Day (Centre Closed)	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 - An interactive program connecting parents to their babies through play, music, touch, and knowledge about development. Join the group most appropriate to your baby's motor skills: Newborn - 0 to sitting unsupported (approx. 6 months); or Babies - sitting to taking first steps (approx. 6 months +). Childcare provided for older children.

Breast/Chestfeeding Group - A space for nursing parents (and those considering) to come together and feel supported in their journey from pregnancy to weaning. Childcare provided. Bring your stroller!

Drop In - A space for caregivers to take some time to connect with other adults while their children play and make new friends. Childcare provided.

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

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 - This program's focus is on enhancing parents' capacity to make choices during pregnancy and the first year of life to ensure healthy outcomes for their babies. (Pregnancy - 1 year) Bring your stroller!

Healthy Cooking - Come try something new and prepare your own budget friendly, healthy family meal. It just may become a new family favourite. Please bring your own container to take your meal home. Childcare provided.

Kids in the Kitchen - Introduce your kids to fun in the kitchen! This program teaches kids kitchen skills and uses age appropriate tools and activities to cultivate your future family chef. Please bring your own container for this recipe, so you can enjoy your creation at home! (Ages 2 - 6 years)

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

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

Parenting Workshop - Opportunity for parents to learn about a specific topic, this month is baby wearing. Childcare provided!

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 +)

Pop Up in the Park - Come join us at a local park for a fun time of activities and crafts! (Geared for ages 2-10)

Stay 'n Play - A chance for families to come meet others and play together in the playroom. (Ages 0-6)

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.



August TOPICS:

Mom's Time - August 2
Theme: Pottery Fun

Kids in the Kitchen - August 5
Recipe: Broccoli Cheese Nuggets

Healthy Cooking - August 12
Recipe: Chicken Fajitas with Pico de Gallo

Parenting Workshop - August 16
Topic: Anger Management

Healthy Cooking - August 26
Recipe: Buffalo(or Teriyaki) Cauliflower Bites

Please sign up for **one** of your preferred cooking or Mom's Time classes for the month. You can also request to be placed on a wait list for additional ones!

Please bring a chair/blanket as the grass can sometimes be wet. If it rains, program will be moved to the FRC. You will be notified the morning of via text (by 9 am) if the venue changes.

MASK UPDATE - PLEASE READ!

Masks are not required for our outdoor programs. They are recommended but 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.