

August 2024

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 Art in the Park 10 am @ Fort la Reine School</p>	<p>2 Healthy Cooking 10 am or 1 pm</p>	3
4	<p>5 CLOSED FOR TERRY FOX DAY</p>	<p>6 Chest/ Breastfeeding Group 11 am Drop In Play 1-4 pm</p>	<p>7 Stroller Fit 10 am @Island Park Tennis Courts</p>	<p>8 Storytime in the Park 10 am @Island Park Ukrainian Band Stand</p>	<p>9 Kids in the Kitchen 10 am or 1 pm</p>	<p>10 POTATO FESTIVAL</p>
11	<p>12 Toddler Shenanigans 10 am @Island Park Ukrainian Band Stand</p>	<p>13 Healthy Baby 11 am Drop In Play 1-4 pm</p>	<p>14 Babies & Babble Newborn 9:30 am Babies 11:30 am</p>	<p>15 Art in the Park 10 am @Simplot Central Park</p>	<p>16 Healthy Cooking 10 am or 1 pm</p>	<p>17 FAN Portage 1-3 pm</p>
<p>18 Need transportation to program? Contact FRC & we can arrange a shuttle!</p>	<p>19 Play in the Park 10 am @ Crescentview School</p>	<p>20 Chest/ Breastfeeding Group 11 am Drop In Play 1-4 pm</p>	<p>21 Stroller Fit 10 am @Island Park Tennis Courts</p>	<p>22 Storytime in the Park 10 am @Island Park Ukrainian Band Stand</p>	<p>23 Growing up Green 10 am @Island Park Ukrainian Band Stand</p>	24
<p>25 NOTE No Drop In Play on August 27!</p>	<p>26 Musical Mornings 10 am @Island Park Ukrainian Band Stand</p>	<p>27 Healthy Baby 11 am MCC FUNDRAISING DAY</p>	<p>28 Babies & Babble Newborn 9:30 am Babies 11:30 am</p>	<p>29 STAFF PD DAY</p>	<p>30 STAFF PD DAY</p>	31

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.

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).

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.

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)

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)

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.

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)

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

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:

Healthy Cooking - August 2

Recipe: Baked Chicken Shawarma

Packed with tender, marinated chicken, a punchy garlic sauce, and all bundled up in a soft pita wrap, get ready to travel to the Middle East with this yummy recipe!

Kids in the Kitchen - August 9

Recipe: Lemonade

Your kids will learn about squeezing and mixing while making this summer classic!

Healthy Cooking - August 16

Recipe: Lentil Lettuce Wraps

With these no one will even miss the meat! They're easy to make, full of flavor and you'll love all that crunch!

Our annual fundraising day at MCC is happening Tuesday, August 27!

Feel free to drop off donations marked "FRC Fundraising Day" and come shop the day of.

Thanks for your support!

FREE wellness coaching is available!

Schedule your appointment by calling

204-595-5105,

childcare is available.