

## August 2025

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



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!

1  
Healthy Cooking  
10 am or 1 pm

2

3

4  
**CLOSED FOR TERRY FOX DAY**

5 Babies & Babble  
Newborn  
9:30 am  
Babies  
11:30 am  
  
Drop In Play  
1-4 pm

6  
Breastfeeding Group  
11 am

7  
Growing up Green  
10 am  
(Island Park)

8  
Kids in the Kitchen  
10 am or 1 pm

9

10

11  
Art in the Park  
10 am  
(Fort la Reine School)

12  
Healthy Baby  
11 am  
  
Drop In Play  
1-4 pm

13  
Stroller Fit  
10 am  
@ Tennis Courts  
at Island Park

14  
Storytime in the Park  
10 am  
(Island Park)

15  
Healthy Cooking  
10 am or 1 pm

16  
Super Dads,  
Super Kids  
10 am  
  
Fabulous Father  
Challenge @  
Island Park

17  
Need transportation to program?  
Contact FRC & we can arrange a shuttle!

18  
Toddler Shenanigans  
10 am  
(Simplot Central Park)

19 Babies & Babble  
Newborn  
9:30 am  
Babies  
11:30 am  
  
Drop In Play  
1-4 pm

20  
Breastfeeding Group  
11 am

21  
Growing up Green  
10 am  
(Island Park)

22  
Mental Health First Aid Course  
9 am - 4 pm  
  
(registration closes July 28)

23

24

25  
Art in the Park  
10 am  
(Caithness St Park)

26  
Healthy Baby  
11 am  
  
Drop In Play  
1-4 pm

27  
Stroller Fit  
10 am  
@ Tennis Courts  
at Island Park

28  
Storytime in the Park  
10 am  
(Island Park)

29  
**STAFF PD DAY**

30

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!

**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)

**Mental Health First Aid Course** - Learn how to assist in a mental health or substance misuse crisis; use actions to maintain one's own mental wellbeing; recognize signs that someone is having a decline in their mental health; have encouraging conversations with others about their mental health. Certificate given upon completion. Must be 18+ to attend. \$100/person, to be paid by **July 28**.

**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)

**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.

**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)

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:

### Healthy Cooking - August 1

#### Recipe: Cheddar Ranch Burgers

This easy family dinner by putting the cheddar cheese right into the burger mix! The flavour keeps on getting better with favourite ranch dressing!

### Kids in the Kitchen - August 8

#### Recipe: Chewy Granola Bars

Chewy homemade granola bars are the perfect healthy snack! Quick, easy, and delicious and something the kids can make!

### Healthy Cooking - August 15

#### Recipe: Pan Fried Falafel

This Pan Fried Falafel is a healthier twist on the classic recipe with fewer calories, but plenty of taste. An easy and quick meal!

One on one coaching to help with a variety of needs!

Families who register with the Family Resource Centre are able to receive this free service. Schedule your appointment by calling 204-595-5105.

Childcare available.

Located at the Family Resource Centre

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.