

December 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 Toddler Shenanigans 9 am or 11 am 4:30 pm	3 Austin Stay 'N Play 10 am <i>See reverse.</i> Chest/ Breastfeeding Group 11 am Drop In Play 1-4 pm	4 Grand Pals 10:30 am @ Dufferin Villa Homeschool Co-Op 1:30 pm	5 Book Buddies 9 am or 11 am Parenting 101 1:30 pm	6 Healthy Cooking 10 am or 1 pm	7 Christmas Family Fun Day 9:30 am - 1:30 pm (Transportation not Provided) For families with children ages 1-8 REGISTER ONLINE!
8	9 Musical Mornings 9 am or 11 am	10 Healthy Baby 11 am Drop In Play 1-4 pm	11 Babies & Babble Newborn 9:30 am Babies 11:30 am Parenting Conversations 2 pm Mom's Time 7:30 pm	12 Growing Up Green 10 am @ Fort la Reine Museum	13 Kids in the Kitchen 10 am or 1 pm	14 FAN Portage 1-3pm
15	16 Toddler Shenanigans 9 am or 11 am	17 Preschool Party 9 am Chest/ Breastfeeding Group 11 am	18 STAFF PD DAY	19 STAFF PD DAY	20 STAFF PD DAY	21
22 Need transportation to program? Contact FRC & we can arrange a shuttle!	23 CLOSED	24 CLOSED	25 CLOSED	26 CLOSED	27 CLOSED	28
29	30 CLOSED	31 CLOSED		<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>		The Centre will re-open Jan 2.

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 1-6 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!

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.

Growing up Green - Take a closer look at the outdoors! This program focusses on the natural world all around us, from the sky, to animals, to the trees. (Ages 2-6) **Meet at the Fort la Reine Museum! Dress warmly.**

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)

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)

Parenting 101 - This 4-session course will help you achieve your parenting goals by teaching you about yourself as a parent, your child's development, and tools to manage conflict and challenges, so you can guide your child(ren) into the next stage of life. Childcare provided.

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

Stay 'N Play (AUSTIN) - Join us at Austin Elementary School! We will start this program on Tuesday, September 17, and 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!

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)

FREE wellness coaching is available!
Schedule your appointment by calling
204-595-5105,
childcare is available.



DECEMBER TOPICS:

Healthy Cooking - December 6

Recipe: Mini Chicken Pot Pies

These are a great way to use up leftover chicken or turkey, and making them is so easy it's actually fun! Only need 5 ingredients.

Mom's Time - December 10

Activity: Wreath Making

Join us for a fun time of wreath making just in time for Christmas! All supplies provided.

Parenting Conversations - December 11

Topic: Communication

Learn how to communicate more effectively and about different communication styles.

Kids in the Kitchen - December 13

Recipe: Panini (the fancy grilled cheese!)

Upgrade the every day grilled cheese with this yummy recipe!

CHRISTMAS FAMILY FUN DAY

Please note that Santa can only be at the FRC from 9:30-11:30 so if you want to see Santa, book your spot early!

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.