

December 2025

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

Mindful Munchkins
10 am

Drop In Play
1-4 pm

2

Babies & Babble Newborn
9:30 am
Babies
11:30 am

Mom's Time
7:30 pm

3

Preschool Party
10 am

Homeschool Co-Op
1:30 pm

4

Book Buddies
9 am or 11 am

Parenting 101
1:30 pm

5

Healthy Cooking
10 am or 1 pm

6

7



8

Toddler Shenanigans
9 am or 11 am

Drop In Play
1-4 pm

9

Stay 'N Play
10 am
AUSTIN

Healthy Baby
11 am

10

Chest/Breastfeeding Group
11 am

Parenting Conversation
1:30 - 3 pm

11

Musical Mornings
9 am or 11 am
4:30 pm

12

Kids in the Kitchen
10 am or 1 pm

13

Christmas Family Fun Day
9:30 am - 12 pm
(Transportation not Provided)

For families with children ages 1-8

REGISTER ONLINE!

14

15

Mindful Munchkins
10 am

Drop In Play
1-4 pm

16

Babies & Babble Newborn
9:30 am
Babies
11:30 am

17

Grand Pals Caroling Edition
10:30 am

Dufferin Villa

18

STAFF PD DAY

19

STAFF PD DAY

20

21

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

22

CLOSED

23

CLOSED

24

CLOSED

25

CLOSED

26

CLOSED

27

28

29

CLOSED

30

CLOSED

31

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!

The Centre will re-open Jan 5.
Happy New Year!

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.

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)

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)

Parenting Conversations - 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 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)

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



DECEMBER TOPICS:

Mom's Time - December 2

Activity: Wreath Making

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

Healthy Cooking - December 5

Recipe: Lazy Cabbage Rolls

Impress at holiday gatherings with this very easy, very delicious recipe!

Parenting Conversations - December 10

Topic: Smart Goals

Learn about goal making and achieving ahead of the New Year!

Kids in the Kitchen - December 12

Recipe: Baked Meatballs

Yes, this recipe is so easy even your kids can make it!

CHRISTMAS FAMILY FUN DAY

Book your time slot and come to the FRC for games, crafts, book, snacks, activities and meeting Santa!

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.