



## January 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Due to rising COVID cases we will be resuming virtual programs and pick-up activities.					1 
2	3 	4 Healthy Baby 2 pm (ZOOM)	5 Breastfeeding Group 11 am (ZOOM)	6 Staff PD Day	7 Healthy Cooking (Pick-up)	8
9	10 Wiggle, Giggle & Munch 10 am (ZOOM)	11 Babies & Babble - Newborn - 9:30 am (ZOOM)  Babies & Babble - Babies - 11:30 am (ZOOM)	12 Grandparents Get Together 10 am (ZOOM)  Meal Planning Workshop 7:30 pm (ZOOM)	13 Mindful Munchkins 10 am (ZOOM)	14 Kids in the Kitchen (Pick-up)	15
16	17 Book Buddies 10 am (ZOOM)	18 Coffee, Chai & Chat 10 am (ZOOM)  Healthy Baby 2 pm (ZOOM)	19 Breastfeeding Group 11 am (ZOOM)  Mom's Day Out 2 pm (ZOOM)  Mom's Night Out 7:30 pm (ZOOM)	20 Toddler Shenanigans 10 am (FB post)  My Tween and Me 6 pm (ZOOM)	21 Healthy Cooking (Pick-up)  Family Game Night (Pick-up)	22 Just Me & My Dad 10 am (ZOOM)
23	24 Wiggle, Giggle & Munch 10 am (ZOOM)	25 Babies & Babble - Newborn - 9:30 am (ZOOM)  Babies & Babble - Babies - 11:30 am (ZOOM)	26 Grandparents Get Together 10 am (ZOOM)	27 Mindful Munchkins 10 am (ZOOM)  My Tween and Me 6 pm (ZOOM)	28 Little Passports 10 am (ZOOM)	29
30	31 Book Buddies 10 am (ZOOM)	Activity Packages will be ready for pick-up between 1-3pm on Fridays				

STEP 1: Register for Programs STEP 2: Pick-up activity packages STEP 3: Join us online!!!

Find us on Facebook & Instagram: Family Resource Centre Portage

# PROGRAMS DESCRIPTIONS:

**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. +).

**Book Buddies** - A language development program for parents and their children (age 18 months - 6 years) focusing on speech, movement, songs, and attention span. Facilitated by a Program Coordinator with direction from a Speech & Language Pathologist in partnership with Portage la Prairie School Division.

**Breastfeeding Group** - A way to receive emotional support and discuss practical insights on breastfeeding.

**Coffee, Chai and Chat** - A time to socialize and support other parents while enjoying coffee or tea.

**Family Game Night** - Pick-up a game at the FRC for fun and laughter with the whole fam!

**Grandparents Get Together** - A support group for grandparents and those who are caregivers.

**Healthy Baby** - A program for pregnant and new moms to come together and chat. (Pregnant-1 year)

**Healthy Cooking** - Come pick-up your own healthy family meal to prepare at home, with step by step instructions.

**Just Me & My Dad** - We will provide fun activities for Dad to do with the kids for some Saturday fun! (Ages 1-6 years)

**Little Passports** - Come prepared to "explore the world" through a variety of languages and cultures! (Ages 2 - 6 years).

**Kids in the Kitchen** - Introduce your kids to the fun preparation of healthy nutritious meals, with step by step instruction.

**Mindful Munchkins** - This program is designed to help toddlers (ages 2-6) identify and learn to manage their emotions with puppets Peter & Shelley.

**Mom's Day/Night Out** - Chat with other moms and enjoy self-care time!

**Toddler Shenanigans** - This program provides children the opportunity to explore and experience the world through tactile and messy play. The program is designed to allow children to use and develop their five senses and further develop their natural inquiry skills. (Ages 1 - 6)

**Wiggle, Giggle & Munch** - A physical activity and nutrition program that encourages parents and children (ages 2 - 6) to have fun through active play, games, and songs.



## January TOPICS:

**Healthy Cooking - January 7th**

**Recipe:** Meatloaf!

**Parent Workshop - Meal Planning - January 12th**

**Description:** Come learn the secret to successful meal planning. You'll have a plan, recipes and a new energy to answer the question "What's for dinner?"

**Kids in the Kitchen - January 14th**

**Recipe:** Countdown Fruit Salad!

**Mom's Day/Night Out - January 19th**

**Theme:** Socialize while participating in yoga!

**Healthy Cooking - January 21st**

**Recipe:** Sweet Potato Black Bean Enchiladas!

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

## Isolating with kids?

**Ask us about activities or supplies for keeping your kids entertained.**

**Call 204-595-5005 or email [info@frcportage.ca](mailto:info@frcportage.ca) for more info!**