

January 2026

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
CLOSED

2
STAFF PD DAY

3



5
Musical Mornings
9 am or 11 am

Drop In Play
1-4 pm

6 **Toddler Open Gym**
SOUTHPORT
10 - 11 am
(No need to register!)

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

7 **Grand Pals**
10:30 am
Dufferin Villa

Homeschool Co-Op
1:30 pm

8 **Toddler Shenanigans**
9 am or 11 am

Morning Stroll
11 am
Stride Place

9 **Healthy Cooking**
10 am or 1 pm

10 **Family Open Gym @ SOUTHPORT**
11 am - 1 pm

No need to register, see you there!

11 **KITCHEN SKILLS**
Wed, Jan 14
Wed, Jan 21
Wed, Jan 28
Wed, Feb 4
(5 - 6:30 pm)
SEE REVERSE FOR DETAILS.

12 **Book Buddies**
9 am or 11 am
4:30 pm

Drop In Play
1-4 pm

13 **Toddler Open Gym**
SOUTHPORT
10 - 11 am
(No need to register!)

Stay 'N Play
10 am
AUSTIN

Healthy Baby
11 am

14 **Preschool Party**
9 am

Chest/Breastfeeding Group
11 am

Parenting Conversation
1:30 - 3 pm

15 **Wiggle, Giggle, Munch**
9 am or 11 am

Morning Stroll
11 am
Stride Place

Nobody's Perfect
1:30 pm

Mom's Time
7:30 pm

16 **Kids in the Kitchen**
10 am or 1 pm

17 **Super Dads, Super Kids**
10 am

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

19 **Musical Mornings**
9 am or 11 am

Drop In Play
1-4 pm

20 **Toddler Open Gym**
SOUTHPORT
10 - 11 am
(No need to register!)

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

21 **Grand Pals**
10:30 am
Dufferin Villa

Homeschool Co-Op
1:30 pm

22 **Toddler Shenanigans**
9 am or 11 am

Morning Stroll
11 am
Stride Place

Nobody's Perfect
1:30 pm

23 **Healthy Cooking**
10 am or 1 pm

24 **Family Open Gym @ SOUTHPORT**
11 am - 1 pm

No need to register, see you there!

25

26 **Book Buddies**
9 am or 11 am

Drop In Play
1-4 pm

27 **Toddler Open Gym**
SOUTHPORT
10 - 11 am
(No need to register!)

Stay 'N Play
10 am
AUSTIN

Healthy Baby
11 am

28 **Chest/Breastfeeding Group**
11 am

29 **Wiggle, Giggle, Munch**
9 am or 11 am

Morning Stroll
11 am
Stride Place

Nobody's Perfect
1:30 pm

30 **Our Neighbourhood**
10 am

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 - 12 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)

Kitchen Skills - For ages 8-12, this program is designed to help youth feel confident in the kitchen by giving them tools and skills to prepare nutritious food. Session 1 - Knife Safety & Use / Session 2 - Recipe Reading (Pancakes) / Session 3 - Stove Safety & Use (Eggs) / Session 4 - Making a Meal. Must be able to attend all 4 sessions! Parents are welcome to stay and observe or drop off their children. Kids will be fed a snack and in most cases will leave having eaten their creations for dinner.

Mom's Time - Time committed to focusing on you. A space to try new things and connect with other moms.

Morning Stroll - Come meet other caregivers at Stride Place to walk the track with your little ones. Please ensure you sign in with reception between **11 am - noon**, however you can walk as long as you'd like. If you are bringing a stroller please make sure the wheels are clean and that you stay in the outside lane of the track. **You do NOT need to register with us!**

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)

Nobody's Perfect - This 6-session program is designed to provide new parents with the opportunity to learn about the basics of parenting including parent self-awareness & self-esteem; child health & safety; discipline & praise; and healthy child development. (Caregiver of Children Ages 0-5)

Our Neighbourhood - Learn what it means to be a caring human being by learning about the wonderful people and places in our community! (Ages 3 +).

Parenting Conversation - 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 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!

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)

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)



JANUARY TOPICS:

Healthy Cooking - January 9

Recipe: Creamy Chicken Cajun Pasta

Cook a complete dinner in one pot with this Creamy Cajun Chicken Pasta, using mostly pantry-stable items. Perfect for busy weeknights!

Parenting Conversation - January 14

Topic: Anxiety & Depression

You're not alone in your struggle! Come receive support and help.

Mom's Time - January 15

Activity: New Year, New You!

Start the New Year off right with learning about goal setting, mindfulness and how to take care of yourself! We'll also be making bath salts using Epsom Salts.

Kids in the Kitchen - January 16

Recipe: Oatmeal Pancakes

These hearty pancakes will keep you energized all morning! Top them with yogurt and fresh fruit for a satisfying breakfast and healthy start to the day.

Healthy Cooking - January 23

Recipe: Italian Lentil Spaghetti

This wholesome dinner features hearty lentils, marinara sauce and spaghetti. This vegetarian dinner is easy to make, affordable and delicious!

Our Neighbourhood - January 30

Activity: Visit with the Portage Terriers!

Come meet some players and find out how they give back to our community!

KITCHEN SKILLS @ the FRC (5 - 6:30 pm)

For ages 8-12, this program is designed to help youth feel confident in the kitchen by giving them tools and skills to prepare nutritious food.

Must be able to attend all 4 sessions!
BE SURE AND REGISTER FOR ALL 4 ONLINE
(NOT JUST THE FIRST ONE!).

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.