




To register for programs or find out more:

Call or Text: (204) 595-5005 or

E-mail: info@frcportage.ca

234 Princess Ave, Portage la Prairie

January 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3 MONDAY Pick-up your program package! 	4 Wiggle, Giggle, & Munch 10:00 am (ZOOM)	5 Healthy Baby 2:00 pm (ZOOM)	6 Positive Discipline 2:00 pm (ZOOM)	7 Book Buddies 10:00 am Homeschool Co-op - ART	8 Breastfeeding Group 10:00 am (ZOOM) Healthy Cooking Together 10 - Noon (Pick-Up)	9 Just Me & My Dad (Activity in Pick-Up Package/ Shared on Social Media)
10 MONDAY Pick-up your program package! 	11 Wiggle, Giggle, & Munch 10:00 am (ZOOM)	12 Healthy Cooking 10 - Noon (Pick-Up)	13 Getting Ready for School (SCHEDULE A TIME SLOT) Positive Discipline 2:00 pm (ZOOM)	14 Book Buddies 10:00 am (ZOOM) Homeschool Co-op - SOCIAL	15 Mindful Munchkins 10:00 am (ZOOM) Family Game Night (Pick-Up)	16
17 MONDAY Pick-up your program package! 	18 Wiggle, Giggle, & Munch 10:00 am (ZOOM)	19 Healthy Baby 2:00 pm (ZOOM)	20 Positive Discipline 2:00 pm (ZOOM) Parenting Workshop 7:30 pm (ZOOM)	21 Book Buddies 10:00 am (ZOOM) Homeschool Co-op - NATURE	22 Breastfeeding Group 10:00 am (ZOOM)	23 Just Me & My Dad (Activity in Pick-Up Package/ Shared on Social Media)
24 MONDAY Pick-up your program package! 	25 Wiggle, Giggle, & Munch 10:00 am (ZOOM) Mom's Night In 7:30 pm (ZOOM)	26 Healthy Cooking 10 - Noon (Pick-Up)	27 Getting Ready for School (SCHEDULE A TIME SLOT) Positive Discipline 2:00 pm (ZOOM)	28 Book Buddies 10:00 am (ZOOM) Homeschool Co-op - STEM	29 Mindful Munchkins 10:00 am (ZOOM) Family Game Night (Pick-Up)	30
31 If you can't pick up your weekly package just let us know & we can deliver it to you!	Program packages are ready for pick up every MONDAY between 9 - 4pm			We offer all of our programs for FREE!		

STEP 1: Register for Programs STEP 2: Pick up your weekly package STEP 3: Join us online!

Find us on Facebook & Instagram: Family Resource Centre Portage

PROGRAMS DESCRIPTIONS:

Book Buddies - a literacy program filled with reading, singing, rhymes, and a craft. (Ages 18 months-6 years)

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

Mindful Munchkins - a program designed to help toddlers identify and manage their emotions. (Ages 2-5)

Family Game Night - sign out a game from our collection and have a fun evening of board games at home.

Getting Ready for School - we will help you and your child prepare for Kindergarten. (Ages 4-6 years)

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

Healthy Cooking - come pick up a package and instructions to make a healthy meal at home.

Healthy Cooking Together - arrange to pick up a meal kit, follow the recipe or virtual video, and introduce your kids to cooking!

Homeschool Co-op - a chance for homeschooling families to come together to achieve common goals and enrich the home education experience with creativity, companionship, and adventure.

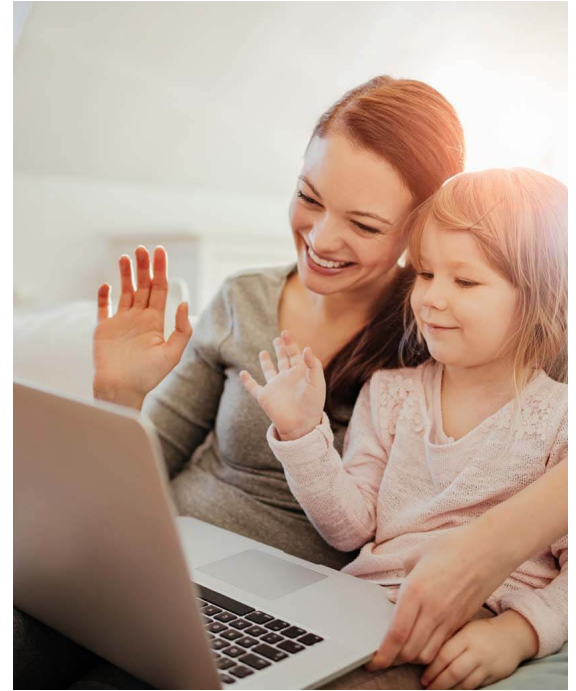
Just Me & My Dad - we will provide some fun ideas for Dad to do with the kids for some Saturday fun. If there is an activity package, you can pick it up on Friday. (Ages 1-6 years)

Moms' Night Out - chat with other moms and enjoy some time focussing on yourself.

Parenting Workshop - see to the right for this month's topic.

Positive Discipline - a parenting program that aims to promote positive development and manage children's behaviour in a constructive way using good communication and positive attention (Ages 0-12).

Wiggle, Giggle, & Munch - have fun with your little one during active play, games, and action songs (Ages 18 months-6 years).



JANUARY TOPICS:

Healthy Cooking Together - January 8th
Recipe: Alphabet Soup

Parenting Workshop - January 20th
Topic: Vision Boards
Focus: Learn how to set goals and make a fun vision board to kick start 2021.

Healthy Cooking - January 12th
Recipe: Shrimp Fried Rice

Mom's Night In - January 25th
Theme: Bath Bombs & BINGO

Healthy Cooking - January 26th
Recipe: Greek Lemon Chicken & Potato Bake

NEED BASIC CRAFT SUPPLIES?

If you need basic supplies: scissors, glue, paint please let us know and we will include that in your next pick up. All other supplies will be provided for program crafts & activities.