

July 2024

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|------------------------------------|
|  | 1 Closed for CANADA DAY | 2 Chest/ Breastfeeding Group 11 am Drop In Play 1-4 pm | 3 Stay Safe! Course 9:00 am - 3:00 pm (See back for details) Teddy Bear Picnic Details on the back! | 4 Play in the Park 10 am @ Yellowquill School | 5 Healthy Cooking 10 am or 1 pm | 6 |
| 7 | 8 Art in the Park 10 am @ 9th St NW Park | 9 Healthy Baby 11 am Drop In Play 1-4 pm | 10 Stroller Fit 10 am @Island Park Tennis Courts | 11 Growing up Green 10 am @Island Park Ukrainian Band Stand | 12 Kids in the Kitchen 10 am or 1 pm | 13 |
| 14 | 15 Storytime in the Park 10 am @Island Park Ukrainian Band Stand | 16 Chest/ Breastfeeding Group 11 am Drop In Play 1-4 pm | 17 Babies & Babble Newborn 9:30 am Babies 11:30 am | 18 Play in the Park 10 am @ Fort la Reine School | 19 Healthy Cooking 10 am or 1 pm | 20 FAN Portage 1-3 pm |
| 21 Need transportation to program? Contact FRC & we can arrange a shuttle! | 22 Art in the Park 10 am @ Yellowquill School | 23 Healthy Baby 11 am Drop In Play 1-4 pm | 24 Stroller Fit 10 am @Island Park Tennis Courts | 25 Growing up Green 10 am @Island Park Ukrainian Band Stand | 26 Babysitting Course 8:30 am - 4:00 pm SEE BACK FOR DETAILS | 27 |
| 28 | 29 Storytime in the Park 10 am @Island Park Ukrainian Band Stand | 30 Toddler Shenanigans 10 am @Island Park Ukrainian Band Stand Drop In Play 1-4 pm | 31 Babies & Babble Newborn 9:30 am Babies 11:30 am | 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! | | |

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:

Art in the Park - Come and create with us outdoors! This program will introduce your littles to different kinds of creative activity, such as painting, music, and dance. We will host this program at different parks over the summer. This is a messy, fun time so wear appropriate clothes! (Ages 18 months+)

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.

Babysitting Course - The Canadian Red Cross Babysitting course covers everything from managing difficult behaviours to essential content on leadership and professional conduct as a babysitter. Babysitting promises to deepen and enhance the responsibility that older youth feel when caring for younger children. For ages 11-15. Please arrive promptly at 8:30 and please bring a lunch and snacks! **Cost is \$25/participant**. If cost is a barrier, please let us know.

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!

FAN Portage - Family Advocacy Network (FAN) of Manitoba in partnership with the Portage Family Resource Centre invite you to come out and connect with other parents/unpaid caregivers who have a loved one with a developmental or intellectual disability or autism, with similar lived experience. Refreshments will be provided.

Growing up Green - Take a closer look at the outdoors! This program focuses on the natural world all around us, from the sky, to animals, to the trees. (Ages 2-6)

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.

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)

Play in the Park - Enjoy the fresh air and warm weather with us! We will host this program at different parks over the summer, so join us to play fun games across town! (Ages 18 months +)

Stay Safe Course - Learn how to be responsible for your safety when you stay home or go out by yourself! We will learn about safe rules, routines, and some basic first aid. This is a Red Cross course for children ages 9-13. Please arrive promptly at 8:45 and please bring a lunch and snacks! **Cost is \$15/participant**. If cost is a barrier, please let us know.

Storytime in the Park - An interactive literacy program featuring stories, songs, games, costumes and more. (Ages 18 months+)

Stroller Fit - Get outdoors with your little one, meet other caregivers and get a little sweat on! This program is perfect for new parents looking to ease back into fitness after baby and for anyone looking to get in a workout with a baby or young child(ren) in tow. Postpartum caregivers should be at least 4 weeks postpartum (or 6 weeks for c-sections) and approved by your medical professional to engage in regular physical activity before joining.

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)

For our summer programs, please note the location!

If no location is noted, program is at the FRC Main.

For all of our outdoor parent-child programs, we will plan to be outdoors as much as possible. If the forecast calls for rain on the day of the program, we will do our best to reach out the day before, and ask if you would prefer to come to the centre for either 9:30 am or 11:30 am. If it rains unexpectedly, we will communicate by text to reach families as quickly as possible. We will cancel the program entirely as a very last resort.



JULY TOPICS:

Healthy Cooking - July 5

Recipe: Lentil Walnut Burgers

This recipe will become your new summer favourite - trust us!

Kids in the Kitchen - July 12

Recipe: Yogurt & Fruit Parfait

Your kids will learn how to make homemade granola for this yummy and healthy snack!

Healthy Cooking - July 19

Recipe: Broccoli Mushroom Casserole

This creamy broccoli and mushroom casserole is as comforting as it gets. A cheesy sauce filled with mushrooms coats tender-crisp broccoli.

Did you know that we also have a summer camp running from July 8 - August 23?

Cost is \$100/week per child. For more information and to register, visit our website!

frcportage.ca

Our Annual Teddy Bear Picnic is happening

July 3 from 4:30 - 5:30 at the

Oddfellows Shelter @ Island Park (across from the deer enclosure!)

Register online!

FREE wellness coaching is available!

Schedule your appointment by calling 204-595-5105,

childcare is available.