

July 2025

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

		1 Closed for CANADA DAY	2 Stay Safe! Course 9:00 am - 3:00 pm (See back for details) Teddy Bear Picnic Details on the back!	3 Play in the Park 10 am (Southport Park)	4 STAFF PD DAY	5
6	7 Growing up Green 10 am (Island Park)	8 Healthy Baby 11 am Drop In Play 1-4 pm	9 Breastfeeding Group 11 am	10 Art in the Park 10 am (9 th St NW Park)	11 Healthy Cooking 10 am or 1 pm	12
13 Need transportation to program? Contact FRC & we can arrange a shuttle!	14 Storytime in the Park 10 am (Island Park)	15 Babies & Babble Newborn 9:30 am Babies 11:30 am Drop In Play 1-4 pm Infant CPR Workshop 7-9 pm	16 Stroller Fit 10 am @ Tennis Courts at Island Park	17 Babysitting Course 8:30 am - 4:00 pm SEE BACK FOR DETAILS	18 Kids in the Kitchen 10 am or 1 pm	19 Super Dads, Super Kids 10 am (Portage Junk Yard Park)
20	21 Growing up Green 10 am (Island Park)	22 Healthy Baby 11 am Drop In Play 1-4 pm	23 Breastfeeding Group 11 am	24 Art in the Park 10 am (McKay Park)	25 Toddler Shenanigans 10 am (Island Park)	26
27	28 Storytime in the Park 10 am (island Park)	29 Babies & Babble Newborn 9:30 am Babies 11:30 am Drop In Play 1-4 pm	30 Stroller Fit 10 am @ Tennis Courts at Island Park	31 Play in the Park 10 am (Fort la Reine School)	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!

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.

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)

For our summer programs, please note the location!

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

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 11

Recipe: Lemon Pepper Chicken

Lemon pepper seasoning along with fresh lemon juice give the chicken and luscious sauce tons of flavor without a lot of effort.

Infant CPR Workshop - July 15

Learn about infant and child choking, CPR and AED use. Please note, there is NO certification at the end of this workshop. Cost is \$25/person or pay what you can! If cost is a barrier, please let us know. Register online! No childcare provided.

Kids in the Kitchen - July 18

Recipe: Cheesy Crackers

Make your own healthy snack with no preservatives and every day ingredients! Quick to make and SO yummy.

Our Annual Teddy Bear Picnic is happening

July 2 from 4:30 - 5:30 at the

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

Register online!

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.