

# July 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>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!</p>			<p>1 <b>CLOSED FOR CANADA DAY</b></p>	<p>2 Art in the Park 10 am (Simplot Central Park) <b>TEDDY BEAR PICNIC</b> Details on the back!</p>	<p>3 Healthy Cooking 10 am or 1 pm</p>	4
5	<p>6 Play in the Park 10 am (Fort la Reine School)  Drop In Play 1-4 pm</p>	<p>7 Babies &amp; Babble Newborn 9:30 am Babies 11:30 am</p>	<p>8 Grand Pals 10:30 am Dufferin Villa  Chest/Breastfeeding Group 11 am</p>	<p>9 Storytime in the Park 10 am (Island Park)</p>	<p>10 Kids in the Kitchen 10 am or 1 pm</p>	11
<p>12 Need transportation to program? Contact FRC &amp; we can arrange a shuttle!</p>	<p>13 Growing up Green 10 am (Island Park)  Drop In Play 1-4 pm</p>	<p>14 Healthy Baby 11 am</p>	<p>15 Stroller Fit 10 am @ Tennis Courts at Island Park</p>	<p>16 Toddler Shenanigans 10 am (Island Park)</p>	<p>17 Healthy Cooking 10 am or 1 pm</p>	18
19	<p>20 Play in the Park 10 am (Southport Park)  Drop In Play 1-4 pm</p>	<p>21 Babies &amp; Babble Newborn 9:30 am Babies 11:30 am</p>	<p>22 Grand Pals 10:30 am Dufferin Villa  Chest/Breastfeeding Group 11 am</p>	<p>23 Art in the Park 10 am (McKay Park)</p>	<p>24 Babysitting Course 8:30 am - 4 pm  Details on reverse!</p>	<p>25 FAN Portage 1-3 pm</p>
26	<p>27 Growing up Green 10 am (Island Park)  Drop In Play 1-4 pm</p>	<p>28 Healthy Baby 11 am</p>	<p>29 Stroller Fit 10 am @ Tennis Courts at Island Park  Our Neighbourhood 10 am</p>	<p>30 Storytime in the Park 10 am (Island Park)</p>	<p>31 Stay Safe Course 9 am - 3 pm  Details on reverse!</p>	

**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+)

**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 \$20/participant**. If cost is a barrier, please let us know.

**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.

**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.

**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.

**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)

**Our Neighbourhood** - Learn what it means to be a caring human being by learning about the wonderful people and places in our community! (Ages 18 months +).

**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 \$20**.

**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. **Meet at the tennis courts @ Island Park!**

**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 18 months-6 years)

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 3

#### Recipe: Maple Mustard Pork Chops with Veggies

A garlic-infused pork chop is glazed with maple syrup, mustard, and soy sauce creating an out-of-this-world flavor experience.

### Kids in the Kitchen - July 10

#### Recipe: Chili Mac & Cheese

It is such an easy recipe that will always hit the spot. Bonus - the kids can make it!

### Healthy Cooking - July 17

#### Recipe: Eggplant Curry

This vegan eggplant curry is an easy dinner or lunch that features eggplant simmered in a comforting curry sauce.

### Our Neighbourhood - July 29

#### Activity - Visit the Fire Hall with us!

Meet at the FRC first and we'll walk over for a tour!

**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.**