

June 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 Play in the Park 10 am (9 th St NW Park)	3 Breastfeeding Group 11 am Drop In Play 1-4 pm	4 Stroller Fit 10 am @ Tennis Courts at Island Park	5 Storytime in the Park 10 am (Island Park) Nobody's Perfect 1:30 pm	6 Healthy Cooking 10 am or 1 pm	7 Need transportation to program? Contact FRC & we can arrange a shuttle!
8	9 Art in the Park 10 am (Simplot Central Park)	10 Healthy Baby 11 am Drop In Play 1-4 pm	11 Babies & Babble Newborn 9:30 am Babies 11:30 am Parenting Conversations 2 - 3:30 pm	12 Growing up Green 10 am (Island Park)	13 Kids in the Kitchen 10 am or 1 pm	14
15 FATHER'S DAY	16 Play in the Park 10 am (Southport Park)	17 Breastfeeding Group 11 am Drop In Play 1-4 pm	18 Stroller Fit 10 am @ Tennis Courts at Island Park Infertility Workshop 7:30 pm	19 Storytime in the Park 10 am (Island Park)	20 Healthy Cooking 10 am or 1 pm	21 Super Dads, Super Kids 10 am (Island Park - meet by Ukrainian bandstand)
22	23 Art in the Park 10 am (Koko Platz Park) Mom's Time 7:30 pm	24 Healthy Baby 11 am Drop In Play 1-4 pm	25 Babies & Babble Newborn 9:30 am Babies 11:30 am	26 Growing up Green 10 am (Island Park)	27 Our Neighbourhood 10 am	28
29	30 STAFF PD DAY			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.

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)

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

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 +).

Parenting Conversations - An opportunity for parents to learn about a specific topic, presented by a Southern Health Social Worker. Childcare available.

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 +)

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)

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.



JUNE TOPICS:

Healthy Cooking - June 6

Recipe: Mexican Fiesta Pasta

This Fiesta Chicken Pasta Bake is creamy, spicy, and cheesy. Your family will love this easy Mexican dinner. This is so easy!

Parenting Conversations - June 11

Topic: Building Resiliency

Resilience is the process of adapting well in the face of adversity, trauma, or stress. Come learn some helpful tools on how to be a resilient parent!

Kids in the Kitchen - June 13

Recipe: Apple Cinnamon French Toast Bake

This cozy French toast bake is the perfect way to start your day off right. Loaded with sweet apples and warm cinnamon, it's the ultimate breakfast comfort food.

Infertility Workshop - June 18

Infertility Workshop: Conversation and Information around the loss and grief of Infertility.

Cathy Vanstone is the Perinatal Loss Support Coordinator at Prairie Pregnancy Support Centre. Join us for a time of support and sharing.

Healthy Cooking - June 20

Recipe: Quinoa Bean Salad

Quinoa Black Bean Salad is an easy meal prep lunch idea. It's loaded with plant-based protein and can be enjoyed straight from the fridge!

Mom's Time - June 23

Activity - Mindfulness Practices

Get together with other moms to learn some tips and techniques for yourself and your kids! Make your wellness a priority.

Our Neighbourhood - June 27

Activity - Visiting the Library

We will meet at the FRC for 10 am and go over to join their 10:15 am storytime. Then we will go on a tour of our library!

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.