

June 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BIKE WEEK June 1 - 7 Watch social media for details!	1 Art in the Park 10 am (9th St NW Park) Drop In Play 1-4 pm	2 Babies & Babble Newborn 9:30 am Babies 11:30 am	3 Stroller Fit 10 am @ Tennis Courts at Island Park Grand Pals 10:30 am *Dufferin Villa*	4 Play in the Park 10 am (McKay Park)	5 Healthy Cooking 10 am or 1 pm	6
7 	8 Storytime in the Park 10 am (Island Park) Drop In Play 1-4 pm	9 Healthy Baby 11 am	10 Chest/ Breastfeeding Group 11 am	11 Growing up Green 10 am (Island Park)	12 Our Neighbourhood 10 am	13
14	15 Art in the Park 10 am (Koko Platz Park) Drop In Play 1-4 pm	16 Babies & Babble Newborn 9:30 am Babies 11:30 am	17 Stroller Fit 10 am @ Tennis Courts at Island Park Grand Pals 10:30 am *Dufferin Villa*	18 Play in the Park 10 am (Peony Farm Park)	19 Healthy Cooking 10 am or 1 pm	20 FAN Portage 1-3 pm
21 FATHER'S DAY	22 Storytime in the Park 10 am (Island Park) Drop In Play 1-4 pm	23 Healthy Baby 11 am	24 Chest/ Breastfeeding Group 11 am	25 Growing up Green 10 am (Island Park)	26 Kids in the Kitchen 10 am or 1 pm	27
28 Need transportation to program? Contact FRC & we can arrange a shuttle!	29 STAFF PD DAY	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!

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 +)

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.

**FREE wellness coaching is available!
Schedule your appointment by calling
204-595-5105,
childcare may be available.**



JUNE TOPICS:

Healthy Cooking - June 5

Recipe: Beef Taco Pasta

This Easy Beef Taco Pasta is like a homemade version of hamburger helper with a southwest flavor spin. Hearty, delicious, and comforting!

Our Neighbourhood - June 12

Activity - Ukrainian Nursery School Art Show (Field Trip)

We are going to visit an art show! Some pre-school children and their families have created individual and group artwork for the Nursery School show and sale. Meet at the FRC first!

Healthy Cooking - June 19

Recipe: Summer Pasta Salad

Popular and easy for summer barbecues!

Kids in the Kitchen - June 26

Recipe: Yogurt & Fruit Parfait

A fruit parfait is a quick, healthy, and versatile dish made by layering creamy yogurt, fresh fruit, and crunchy granola! Fresh and easy.

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.