

March 2026

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|--|--|--|--|
| 1  | 2 Play to Learn 10 am Drop In Play 1-4 pm | 3 Babies & Babble Newborn 9:30 am Babies 11:30 am | 4 Grand Pals 10:30 am *Dufferin Villa* | 5 Toddler Shenanigans 9 am or 11 am | 6 STAFF PD DAY | 7 Family Open Gym @ SOUTHPORT 11 am - 1 pm No need to register, see you there! |
| 8 Morning Stroll 11 am *Stride Place* Every Thursday in March! | 9 Play to Learn 10 am Drop In Play 1-4 pm | 10 Stay 'N Play 10 am *AUSTIN* Healthy Baby 11 am | 11 Chest/Breastfeeding Group 11 am Parenting Conversation 1:30 - 3 pm | 12 Musical Mornings 9 am or 11 am | 13 Stay Safe! Course 9:00 am - 3:00 pm (See back for details) | 14 Super Dads, Super Kids 10 am <i>In the Kitchen!</i> (Details on the back.) |
| 15 | 16 Play to Learn 10 am Drop In Play 1-5:30 pm | 17 Babies & Babble Newborn 9:30 am Babies 11:30 am | 18 Grand Pals 10:30 am *Dufferin Villa* Homeschool Co-Op 1:30 pm | 19 Wiggle, Giggle, Munch 9 am or 11 am Family Rebuilding 1:30 pm Mom's Time 7:30 pm | 20 Healthy Cooking 10 am or 1 pm | 21 Family Open Gym @ SOUTHPORT 11 am - 1 pm No need to register, see you there! |
| 22 Toddler Gym 10 am *Southport* Every Tuesday in March! | 23 Play to Learn 10 am Drop In Play 1-4 pm | 24 Stay 'N Play 10 am *AUSTIN* Healthy Baby 11 am | 25 Preschool Party 9 am Chest/Breastfeeding Group 11 am Homeschool Co-Op 1:30 pm | 26 Book Buddies 9 am or 11 am 4:30 pm Family Rebuilding 1:30 pm | 27 Kids in the Kitchen 10 am or 1 pm | 28 EASTER DROP IN 9:30 am - Noon Register Online! |
| 29 Need transportation to program? Contact FRC & we can arrange a shuttle! | 30 Play to Learn 10 am Drop In Play 1-4 pm | 31 Our Neighbourhood 10 am Visit Vanstone Nurseries with us! | | 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:

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 -12 months). Childcare provided for older children.

Book Buddies - A literacy program focusing on speech, movement, songs and of course books! It's facilitated in partnership with a speech and language pathologist. (Ages 1-6 years)

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!

Family Rebuilding Program - Consists of 6 sessions with the purpose of assisting families involved with CFS Agencies. We will help them work on their needs that they may have on their parenting/life journey.

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.

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.

Homeschool Co-op - A chance for homeschooling families to come together to achieve common goals and enrich the home education experience. (Preschool +)

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.

Musical Mornings - Explore the world of rhythm and rhyme with music and songs for toddlers! This program focuses on musical discovery through instruments, finger play, and movement. (Ages 6 months-3 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 3 +).

Parenting Conversation - An opportunity for parents to learn about a specific topic, presented by a Southern Health Social Worker. Childcare available. (See more on the right hand side of this page.)

Play to Learn - Join us as we get serious about playing! Parents will explore play from many points of view, from educational to social and emotional, and learn how important it is for us to play. (For ages 1+) **We recommend you sign up for all 5 sessions!**

Preschool Party - Get ready for school and have fun doing it! Join us as we play, read, and make a craft together! (Ages 3-6)

Stay 'N Play (AUSTIN) - Join us at Austin Elementary School! We are planning to run it on the first and third Tuesday of each month (with exceptions for when the school is closed). The program will run from 10 - 11:30 am, and will be especially for families with children ages 1-5! Register online!

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! **NO COST.**

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)

Wiggle, Giggle, Munch - A physical activity and nutrition program that encourages parents and children to have fun through active play, games and songs! (Ages 2-6)

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



MARCH TOPICS:

Parenting Conversation - March 11

Topic: Communication Styles

Come join us for an educational session with SH-SS My Health Team Social Worker, Cassidy McKay. Cassidy will be available have a conversation with parents and caregivers on communication styles and answer any questions you may have. If you are interested in expanding your knowledge and gaining skills to improve your mental health, please register today on our website.

Mom's Time - March 19

Activity: Make Naan Bread & Hummus

Spend time with other moms making yummy snacks that are for YOU! Learn about nutritious eating.

Healthy Cooking - March 20

Recipe: Hawaiian Chicken Sheet Pan Meal
Chicken, veggies and pineapple are coated with a sweet and sour sauce all tossed together and baked on a sheet pan to cook through.

Kids in the Kitchen - March 27

Recipe: Curried Chicken Wraps

These curry chicken salad wraps have a delicious blend of sweet and savory flavors! Great for a quick snack or lunch!

Our Neighbourhood - March 31

Activity: Visit to Vanstone Nurseries

Come explore a local plant nursery and see how they make things grow! Meet us out at the nursery - contact us for address if needed.

Super Dads, Super Kids will be happening in the kitchen this month!

Join us as we make Honey Oatmeal Bars (British Flapjacks) - nut & dairy free!

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.