

May 2024

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 Grand Pals 10:30 am (Dufferin Villa) Homeschool Co-Op 1:30-3:30 pm</p>	<p>2 Toddler Shenanigans 9 am or 11 am</p>	<p>3 Healthy Cooking 10 am or 1 pm Prenatal Course (Session 1) 6 pm</p>	<p>4 Prenatal Course Session 2: 10 am Session 3: 1 pm</p>
5	<p>6 Wiggle, Giggle, Munch 9 am or 11 am 4:30 pm Drop In Play 1-4 pm (May 7)</p>	<p>7 Parenting 101 9 am Chest/ Breastfeeding Group 11 am Getting Ready for School 4:30 pm</p>	<p>8 Babies & Babble Newborn 9:30 am Babies 11:30 am Parenting Conversations 2-3:30 pm Mom's Time 7:30 pm</p>	<p>9 Musical Mornings 9 am or 11 am</p>	<p>10 Kids in the Kitchen 10 am or 1 pm</p>	11
12 MOTHER'S DAY	<p>13 Book Buddies 9 am or 11 am</p>	<p>14 Mindful Munchkins 9 am Healthy Baby 11 am Drop In Play 1-4 pm</p>	<p>15 Grand Pals 10:30 am (Dufferin Villa) Homeschool Co-Op 1:30-3:30 pm</p>	<p>16 Toddler Shenanigans 9 am or 11 am</p>	<p>17 Healthy Cooking 10 am or 1 pm Family Game Night 5-7 pm</p>	<p>18 Super Dads, Super Kids 10 am FAN Portage 1-3 pm</p>
19	<p>20 CLOSED FOR VICTORIA DAY Drop In Play 1-4 pm (May 21)</p>	<p>21 Parenting 101 9 am Chest/ Breastfeeding Group 11 am Getting Ready for School 4:30 pm</p>	<p>22 Babies & Babble Newborn 9:30 am Babies 11:30 am</p>	<p>23 Musical Mornings 9 am or 11 am 4:30 pm</p>	<p>24 STAFF PD DAY</p>	25
26	<p>27 Book Buddies 9 am or 11 am</p>	<p>28 Mindful Munchkins 9 am Healthy Baby 11 am Drop In Play 1-4 pm</p>	<p>29 Preschool Party 10 am or 4:30 pm</p>	<p>30 Our Neighbourhood 10 am</p>	<p>31 STAFF PD DAY</p>	<p>Need transportation to program? Contact FRC & we can arrange a shuttle!</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:

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.

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 18 months-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 Game Night - Meet up at the FRC for fun, laughter and lots of board games! Snacks provided!

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.

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)

Mindful Munchkins - This program is designed to help children identify and learn to manage their emotions. Join us for a story, a game, and a conversation with puppets Peter & Shelley! (Ages 3-6 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 18 months +).

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

Parenting 101 - This 4-session course will help you achieve your parenting goals by teaching you about yourself as a parent, your child's development, and tools to manage conflict and challenges, so you can guide your child(ren) into the next stage of life. Childcare provided.

Prenatal Course - This comprehensive course will provide soon to be parents with practical tools to help during labour and delivery as well as provide care for their new baby. We recommend you and your partner or support person to sign up for all 3 sessions but you can also attend just any part of it. Session 1 - Pregnancy & Birth Plans / Session 2 - Labour & Birth / Session 3 - Newborn Care & Safety.

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)

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)



MAY TOPICS:

Healthy Cooking - May 3

Recipe: Quinoa Taco Casserole

This is a versatile dish that comes together without much work, all in one pot! It's the perfect dinner recipe for those busy weeknights.

Mom's Time - May 8

Activity - Mocktails

Come learn how to make some fun mocktails and get ready to spice up your summer barbecues!

Parenting Conversations - May 8

Topic: Mindfulness

What is Mindfulness? Come learn about the helpful benefits and practice some techniques with a Southern Health Social Worker.

Kids in the Kitchen - May 10

Recipe: Tea Party Scones

Your kids will learn how to make yummy scones - just in time to serve you for Mother's Day!

Healthy Cooking - May 17

Recipe: Vietnamese Rice Wraps

This traditional recipe is packed full of flavours and colours and you'll soon be wrapping them like a pro!

Our Neighbourhood - May 30

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.

MASK UPDATE - PLEASE READ!

Masks are optional for the indoor programs. If you or someone in your family is unwell, please stay home and let us know you won't be attending.

We will have masks and sanitizer available!

If you would prefer staff wear a mask when interacting in close contact with your children/yourself, please let us know.