

May 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 Healthy Cooking 10 am or 1 pm</p>	<p>2</p>
<p>3</p>	<p>4 Toddler Shenanigans 9 am or 11 am Drop In Play 1-4 pm</p>	<p>5 Babies & Babble Newborn 9:30 am Babies 11:30 am</p>	<p>6 Grand Pals 10:30 am *Dufferin Villa* Homeschool Co-Op 1:30 pm</p>	<p>7 Musical Mornings 9 or 11 am</p>	<p>8 Healthy Cooking 10 am or 1 pm</p>	<p>9 Super Dads, Super Kids 10 am FAN Portage 1-3 pm</p>
<p>10 Need transportation to program? Contact FRC & we can arrange a shuttle!</p>	<p>11 Mindful Munchkins 10 am Drop In Play 1-4 pm</p>	<p>12 Stay 'N Play 10 am *AUSTIN* Healthy Baby 11 am</p>	<p>13 Chest/Breastfeeding Group 11 am Parenting Conversation 1:30 - 3 pm</p>	<p>14 Book Buddies 9 am or 11 am Mom's Time 7:30 pm</p>	<p>15 STAFF PD DAY</p>	<p>16</p>
<p>17</p>	<p>18 CLOSED for Victoria Day</p>	<p>19 Babies & Babble Newborn 9:30 am Babies 11:30 am</p>	<p>20 Preschool Party 10 am Homeschool Co-Op 1:30 pm</p>	<p>21 Musical Mornings 9 or 11 am 4:30 pm</p>	<p>22 Kids in the Kitchen 10 am or 1 pm Prenatal Course Part 1: 6 pm</p>	<p>23 Prenatal Course Part 2: 10 am Part 3: 1 pm</p>
<p>24 31</p>	<p>25 Mindful Munchkins 10 am Drop In Play 1-4 pm</p>	<p>26 Our Neighbourhood 9 am Stay 'N Play 10 am *AUSTIN* Healthy Baby 11 am</p>	<p>27 Grand Pals 10:30 am Chest/Breastfeeding Group 11 am</p>	<p>28 Book Buddies 9 am or 11 am</p>	<p>29 Storytime @ the Fort la Reine Museum 10 am Details on back!</p>	<p>30</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 -12 months). Childcare provided for older children.

Book Buddies - A literacy program focusing on speech, movement, songs and of course books! (Ages 6 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!

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 3 +).

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

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.

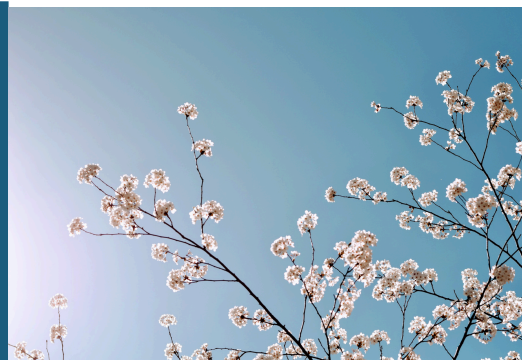
Preschool Party - Get ready for school and have fun doing it! Join us as we play, read, and make a craft together! (Ages 3-6)

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!

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)

Storytime at the Fort la Reine Museum is a partnership program between the Portage Library, Fort la Reine Museum, and the FRC. There will be stories, a craft, and an opportunity to explore the museum. Register online!



MAY TOPICS:

Healthy Cooking - May 1

Recipe: Fajita Style Beef Bowls

Easy, quick and packed with flavour, this dish delivers the fiesta without the fuss!

Healthy Cooking - May 8

Recipe: Sweet Potato & Lime Tacos

These light and refreshing Sweet Potato Tacos are filled with a simple sweet potato and black bean hash, and topped with a tangy lime crema.

Parenting Conversation - May 13

Topic: SMART Goals

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 and answer any questions you may have.

Mom's Time - May 14

Activity: Mocktails

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

Kids in the Kitchen - May 22

Recipe: Greek Yogurt Bagels

Homemade bagels that are high in protein with an incredible texture that your kids will love!

Our Neighbourhood - May 15

Topic: Disability Awareness

Come meet a guest who is in a wheelchair! This is a great way to introduce young kids to disabilities and how we can include everyone!

FREE wellness coaching is available!

Schedule your appointment by calling

204-595-5105,

childcare may be available.

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.