

## November 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> Musical Mornings 9:30 or 11:30 am  Grandparents as Caregivers 2 pm	<b>2</b> Getting Ready for School 9 am  Homeschool Co-op 11 am - 1 pm	<b>3</b> Mindful Munchkins 9 am Chest/Breastfeeding Group 11 am My Tween & Me 6 pm	<b>4</b> PD Day Camps 9 - noon OR 1-4 pm Prenatal Course (Session 1) 6 pm	<b>5</b> Prenatal Course  Session 2: 10 am Session 3: 1 pm
<b>6</b>	<b>7</b> Wiggle, Giggle, Munch 9 or 11 am Nobody's Perfect 1 pm	<b>8</b> Stay 'N Play 9 am Healthy Baby 1 pm Adulting 101 3:45-5:30 (Finances & Money Management)	<b>9</b> Babies & Babble Newborn 9:30 am Babies 11:30 am Grand Pals 10 am	<b>10</b> Toddler Shenanigans 9 or 11 am My Tween & Me 6 pm	<b>11</b> Remembrance Day  CLOSED	<b>12</b>
<b>13</b>  Need transportation to program? Contact FRC & we can arrange a shuttle!	<b>14</b> Book Buddies 9 or 11 am  Nobody's Perfect 1 pm	<b>15</b> Musical Mornings 9:30 or 11:30 am  Mom's Time 2 or 7:30 pm	<b>16</b> Getting Ready for School 9 am  Homeschool Co-op 11 am - 1 pm	<b>17</b> Mindful Munchkins 9 am Chest/Breastfeeding Group 11 am My Tween & Me 6 pm	<b>18</b> Healthy Cooking 10 am or 1 pm	<b>19</b>
<b>20</b>	<b>21</b> Wiggle, Giggle, Munch 9 or 11 am Nobody's Perfect 1 pm	<b>22</b> Stay 'N Play 9 am Healthy Baby 1 pm Adulting 101 3:45-5:30 (Work & Employment Opportunities)	<b>23</b> Babies & Babble Newborn 9:30 am Babies 11:30 am Grand Pals 10 am	<b>24</b> Toddler Shenanigans 9 or 11 am My Tween & Me 6 pm	<b>25</b> Kids in the Kitchen 10 am or 1 pm  Family Game Night 6 pm	<b>26</b> Just Me & My Dad 10 am  This is Me 1 pm
<b>27</b>	<b>28</b> Book Buddies 9 or 11 am  Nobody's Perfect 1 pm	<b>29</b> Preschool Party 9 or 11 am  Parenting Workshop 2 or 7:30 pm	<b>30</b> Our Neighbourhood 10 am	<b>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!</b>		

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:

**Adulting 101** - Transitioning to adulthood can feel overwhelming! Join this four-week workshops series to discover your own version of success. These sessions are designed for individuals between the ages of 15 to 30.

**Babies & Babble** - An interactive program connecting parents to their babies through play, music, touch, and knowledge about development. Join the group most appropriate to your baby's motor skills: Newborn - 0 to sitting unsupported (approx. 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)

**Breast/Chestfeeding Group** - A space for nursing parents (and those considering) to come together and feel supported in their journey from pregnancy to weaning. Childcare provided.

**Family Game Night** - Meet up at the FRC for fun, laughter and lots of games! Snacks provided!

**Getting Ready for School** - A four part series to help you and your family as you prepare for kindergarten. Each session will include learning activities as well as information for parents and caregivers. (Ages 3-6)

**Grandparents as Caregivers** - A time for grandparents who are guardians or childminders to learn, connect and share experiences with one another. Childcare 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!

**Healthy Baby** - This program's focus is on enhancing parents' capacity to make choices during pregnancy and the first year of life to ensure healthy outcomes for their babies. (Pregnancy - 1 year)

**Healthy Cooking** - Come try something new and prepare your own budget friendly, healthy family meal. It just may become a new family favourite. Please bring your own container to take your meal 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 +)

**Just Me & My Dad** - Come meet other dads! We will provide the coffee and fun activities to do with the kids. (Ages 1-6 years)

**Kids in the Kitchen** - Introduce your kids to fun in the kitchen! This program teaches kids kitchen skills and uses age appropriate tools and activities to cultivate your future family chef. 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, game, and time with puppets! (Ages 3-6)

**Mom's Time** - Time committed to focusing on you. A space to try new things and connect with other Moms. Childcare provided for daytime session.

**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)

**My Tween and Me** - This 8 session program provides parents/caregivers and their tweens with the knowledge, tools and support they need during the child's transition to adolescence. It strengthens parent-child communication and supports caregivers in building a positive relationship with their tween. (Caregiver of children ages 7-12)

**Nobody's Perfect** - This 6 session program is designed to provide new parents with the opportunity to learn about the basics of parenting including parent self awareness and self esteem, child health and safety, discipline and praise and healthy child development. Childcare provided.

**Our Neighbourhood** - Learn what it means to be a caring human being by learning about the wonderful places and people in our community! (Ages 18 months +)

**Parenting Workshop** - An opportunity for parents to learn about a specific topic. This month is all about parenting teenagers! Childcare provided for daytime session.

**PD Day Camp** - Join us for a half day of fun and activities and meet other kids in your community. (Ages 4-12) NOTE: Please only register for ONE date, thank you!

**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** - A chance for families to come meet others and play together in the playroom. (Ages 0-6)

**This is Me** - A group focused on bringing together families with children who have neurodiverse or have physical challenges.

**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)



## November TOPICS:

**Mom's Time - November 9**  
Topic: Wreath Making

**Healthy Cooking - November 18**  
Recipe: Thai Turkey Meatballs

**Kids in the Kitchen - November 25**  
Recipe: Eggsperaments!

**Parenting Workshop - November 29**  
Topic: Parenting Teenagers

Please sign up for **one** of your preferred cooking or Mom's Time classes for the month. You can also request to be placed on a wait list for additional ones!

**FREE wellness coaching is available! Schedule your appointment online, childcare is available.**

**FREE help with getting IDs! First Wednesday of the month, we're at Salvation Army. Other Wednesdays at FRC from 1-4 pm.**

### MASK UPDATE - PLEASE READ!

**Masks are recommended but 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.**

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