

October 2025

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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!

1 Grand Pals
10:30 am
Dufferin Villa

Homeschool Co-Op
1:30 pm

2 Book Buddies
9 am or 11 am

Nobody's Perfect
1:30 pm

3 Healthy Cooking
10 am or 1 pm

4

5

6

Mindful Munchkins
10 am

Drop In Play
1-4 pm

7

Babies & Babble Newborn
9:30 am
Babies
11:30 am

8

Breastfeeding Group
11 am

Parenting Conversation
1:30 - 3 pm

9

Musical Mornings
9 am or 11 am
4:30 pm

Nobody's Perfect
1:30 pm

10

Kids in the Kitchen
10 am or 1 pm

11

12



13

CLOSED FOR THANKSGIVING

14

Stay 'N Play
10 am
AUSTIN

Healthy Baby
11 am

15

Grand Pals
10:30 am
Dufferin Villa

Homeschool Co-Op
1:30 pm

Mom's Time
7:30 pm

16

Book Buddies
9 am or 11 am

Nobody's Perfect
1:30 pm

17

Healthy Cooking
10 am or 1 pm

18

Super Dads, Super Kids
10 am

19

20

Mindful Munchkins
10 am

Drop In Play
1-4 pm

21

Babies & Babble Newborn
9:30 am
Babies
11:30 am

22

Breastfeeding Group
11 am

23

Musical Mornings
9 am or 11 am

Nobody's Perfect
1:30 pm

24

Babysitting Course
8:30 am - 4:00 pm

SEE BACK FOR DETAILS

25

Trick or Treat Event @ the Library

26

Need transportation to program?
Contact FRC & we can arrange a shuttle!

27

Toddler Shenanigans
9 am or 11 am
4:30 pm

Drop In Play
1-4 pm

28

Stay 'N Play
10 am
AUSTIN

Healthy Baby
11 am

29

Preschool Party
10 am

Parenting Conversation
5:30-6:30 pm

30

Our Neighbourhood
10 am

Visit the RCMP Station with us!

31

STAFF PD DAY

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.

Babysitting Course – The Canadian Red Cross Babysitting course covers everything from managing difficult behaviours to essential content on leadership and professional conduct as a babysitter. Babysitting promises to deepen and enhance the responsibility that older youth feel when caring for younger children. For ages 11-15. Please arrive promptly at 8:30 and please bring a lunch and snacks! **Cost is \$25/participant. If cost is a barrier, please let us know.**

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! **Now on Mondays.**

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)

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 & self-esteem; child health & safety; discipline & praise; and healthy child development. (Caregiver of Children Ages 0-5)

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

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 will start this program on Tuesday, September 17, and 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 1-6)

One on one coaching to help with a variety of needs!
Families who register with the Family Resource
Centre are able to receive this free service.
Schedule your appointment by calling
204-595-5105.
Childcare available.



October TOPICS:

Healthy Cooking – October 3

Recipe: Chicken Pasta Fagioli Soup

This Italian style soup is loaded with chicken, fresh vegetables, creamy beans, tender pasta and delicious herbs all in a rich and savory broth.

Parenting Conversation – October 8

Topic: Communication Styles

Understand and learn your communication style and how to best communicate with others.

Kids in the Kitchen – October 10

Recipe: Homemade Applesauce

An easy, yummy and simple recipe that the kids can make over and over again!

Mom's Time – October 15

Activity: Making Healthy Snacks

Tired of the same old snacks? Looking for healthier options? Join us as we chat, connect and make healthy snacks!

Healthy Cooking – October 17

Recipe: Carrot, Ginger & Apple Soup

Combining sweet carrots, tart apple and fiery ginger, this vegan soup takes just 20 minutes to make and is the perfect blend of savory and sweet.

Parenting Conversation – October 29

Topic: Disability Resources for Families

Join us for an evening parent conversation on disability resources for your family. Navigating provincial and federal resources can be overwhelming for parents, let's talk about it!

Our Neighbourhood – October 30

Activity: Tour the police station!

Meet at the FRC first then join us for a visit to the police station!

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.