

October 2026

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 Wiggle, Giggle, Munch 9 am or 11 am Parenting 101 1:30 pm	2 Healthy Cooking 10 am	3
4	5 Book Buddies 9 am or 11 am 4:30 pm Drop In Play 1-4 pm	6 Babies & Babble Newborn 9:30 am Babies 11:30 am	7 Grand Pals 10:30 am Dufferin Villa Parenting Conversation 1:30-3 pm	8 Toddler Shenanigans 9 am or 11 am Parenting 101 1:30 pm	9 Kids in the Kitchen 10 am or 1 pm	10
11 Need transportation to program? Contact FRC & we can arrange a ride!	12 CLOSED FOR THANKSGIVING	13 Stay 'N Play 10 am *AUSTIN* Healthy Baby 11 am	14 Preschool Party 9 am Chest/Breastfeeding Group 11 am Homeschool Co-op 1:30-3:30	15 Wiggle, Giggle, Munch 9 am or 11 am	16 Healthy Cooking 10 am	17 Super Dads, Super Kids 10 am
18	19 Book Buddies 9 am or 11 am Drop In Play 1-4 pm	20 Babies & Babble Newborn 9:30 am Babies 11:30 am	21 Grand Pals 10:30 am Dufferin Villa Homeschool Co-op 1:30-3:30	22 Toddler Shenanigans 9 am or 11 am 4:30 pm	23 Babysitting Course 8:30 am - 4 pm Details on reverse!	24 Come see us @ the Library's Trick or Treat Event! 12 - 3 pm No need to register!
25	26 Musical Mornings 9 am or 11 am Drop In Play 1-4 pm	27 Stay 'N Play 10 am *AUSTIN* Healthy Baby 11 am	28 Chest/Breastfeeding Group 11 am CARE POSSIBLE 6 pm See reverse for details!	29 Wiggle, Giggle, Munch 9 am or 11 am	30 Our Neighbourhood 10 am	31

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 \$20/participant. If cost is a barrier, please let us know.

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

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)

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 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 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)

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)

CARE POSSIBLE PRESENTATION - October 28 @ 6 - 8 pm

Learn more about how Care Possible can help with flexible support options. Join Care Possible, Family Advocacy Network, and Family Resource Centre for a free information session to learn about respite care and how families can access and manage care services that fit their unique needs.

Whether you're new to respite services or exploring additional support options, this session will provide practical information, resources, and an opportunity to have your questions answered in a welcoming environment.

Helping families access support on their terms. Everyone is welcome.

Registration not required!



OCTOBER TOPICS:

Healthy Cooking - October 2 Recipe - Burrito Bowls

Burrito bowls are delicious, customizable meals containing rice, beans, and meat or veggies served in a dish without a tortilla. Learn this easy recipe!

Parenting Conversation - October 7 Topic - Tips & Resources for Parenting Anxious Youth (Session #1)

Come join Cassidy McKay from SH-SS My Health Team for a 3-part session on Anxiety. Anxiety can impact your life in many ways. The sessions will provide parents with skills to manage their anxiety and tips on how to support children.

Kids in the Kitchen - October 9 Recipe - English Muffin Breakfast Pizza

These mini breakfast pizzas transform English muffins into a quick morning meal. Scrambled eggs and melted cheese top a layer of pizza sauce, creating a savoury twist on traditional breakfast fare.

Healthy Cooking - October 16 Recipe - Keto Cabbage Soup

This keto cabbage soup has the cozy flavor of classic cabbage roll soup, but with a simpler one-pot method - no rolling required.

Our Neighbourhood - October 30 Activity - Visit Fort la Reine Museum with us!

Visit the museum with us for free and enjoy a tour as well as activities and a storytime! Register online - space is limited.

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.