

September 2023

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 STAFF PD DAY</p>	<p>2</p>
<p>3 Need transportation to program? Contact FRC & we can arrange a shuttle!</p>	<p>4 LABOUR DAY CENTRE CLOSED</p>	<p>5 Chest/Breastfeeding Group 11 am Drop In Play 1-4 pm</p>	<p>6 Grand Pals 10:30 am (Dufferin Villa)</p>	<p>7 Toddler Shenanigans 9 am or 11 am</p>	<p>8 Healthy Cooking 10 am or 1 pm Family Game Night 5-7 pm</p>	<p>9 Super Dads, Super Kids 10 am</p>
<p>10</p>	<p>11 Wiggle, Giggle, Munch 9 am or 11 am</p>	<p>12 Healthy Baby 11 am Drop In Play 1-4 pm</p>	<p>13 Babies & Babble Newborn 9:30 am Babies 11:30 am Mom's Time 7:30 pm</p>	<p>14 Musical Mornings 9 or 11 am 4:30 pm</p>	<p>15 Kids in the Kitchen 10 am or 1 pm</p>	<p>16</p>
<p>17</p>	<p>18 Book Buddies 9 am or 11 am Annual General Meeting 7:00 pm</p>	<p>19 Our Neighbourhood 9 am Chest/Breastfeeding Group 11 am Drop In Play 1-4 pm</p>	<p>20 Grand Pals 10:30 am (Dufferin Villa) Homeschooling Co-Op 1:30 - 3:30 pm</p>	<p>21 Toddler Shenanigans 9 am or 11 am Nobody's Perfect 1-3 pm</p>	<p>22 Healthy Cooking 10 am or 1 pm</p>	<p>23</p>
<p>24</p>	<p>25 Wiggle, Giggle, Munch 9 am or 11 am</p>	<p>26 Healthy Baby 11 am Drop In Play 1-4 pm</p>	<p>27 Babies & Babble Newborn 9:30 am Babies 11:30 am</p>	<p>28 Musical Mornings 9 am or 11 am Nobody's Perfect 1-3 pm</p>	<p>29 CENTRE CLOSED FOR </p>	<p>30 NATIONAL DAY FOR TRUTH AND RECONCILIATION</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! Pizza 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)

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)

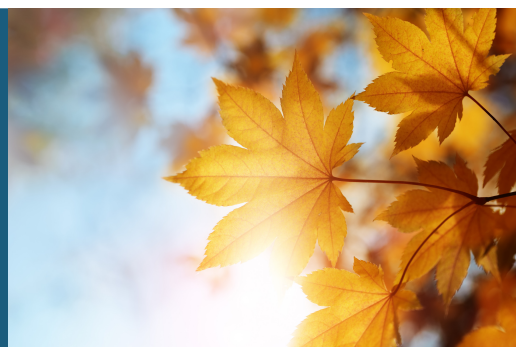
Nobody's Perfect - This 6-session program is designed to provide new parents with the opportunity to learn about the basics of parenting including parent self-awareness & self-esteem; child health & safety; discipline & praise; and healthy child development. (Caregiver of Children Ages 0-5) There is certification for this program but you have to attend 4 out of the 6 sessions, after the second session it becomes a closed group and there will not be new registrants after the second class.

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 +)

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)



September TOPICS:

Healthy Cooking - September 8

Recipe: Beef Udon Stir Fry

Simple Beef Udon Stir Fry recipe with beef steak, noodles, vegetables, and homemade stir fry sauce. Easy weeknight dinner ready in 20 mins!

Mom's Time - September 13

Topic: Beading

Who is ready for our Mom's Time to start up again? (We are!!) Let your creative juices flow as we get together on the evening of September 13th to do some beading. Never beaded before? No problem! We will learn together. Register online! Please note that childcare will not be available for this program.

Kids in the Kitchen: September 15

Recipe: Zucchini Chocolate Muffins

These chocolate zucchini muffins are a great way to use up all that garden zucchini! Moist, chocolatey, delicious muffins that everyone will love!

Healthy Cooking - September 22

Recipe: Lentil Walnut Burgers

These scrumptious and filling patties have lentils, rice, walnuts and loads of flavor in them. You won't believe how good they taste!

FREE wellness coaching is available!
Schedule your appointment by calling 204-595-5105,
childcare is available.

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.