

September 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 CLOSED FOR LABOUR DAY	3 Chest/ Breastfeeding Group 11 am Drop In Play 1-4 pm	4 Staff PD Day	5 Musical Mornings 9 am or 11 am	6 Healthy Cooking 10 am or 1 pm	7
8	9 Book Buddies 9 am or 11 am 4:30 pm	10 Healthy Baby 11 am Drop In Play 1-4 pm Mom's Time 7:30 pm	11 Babies & Babble Newborn 9:30 am Babies 11:30 am Parenting Conversations 2 - 3:30 pm	12 Toddler Shenanigans 9 am or 11 am	13 Kids in the Kitchen 10 am or 1 pm	14
15	16 Wiggle, Giggle, & Munch 9 am or 11 am Annual General Meeting 7 pm @ the FRC	17 Chest/ Breastfeeding Group 11 am AUSTIN Stay 'N Play 10 - 11:30 am See reverse side. Drop In Play 1-4 pm	18 Grand Pals 10:30 am *Dufferin Villa* Homeschool Co-Op 1:30 - 3:30 pm	19 Musical Mornings 9 am or 11 am Nobody's Perfect 1:30 - 3:30 pm	20 Our Neighbourhood 10 am	21 Super Dads, Super Kids 10 am FAN Portage 1-3 pm Maawanij Idiway 1-3 pm Simplot Central Park
22 Need transportation to program? Contact FRC & we can arrange a shuttle!	23 Book Buddies 9 am or 11 am	24 Healthy Baby 11 am Drop In Play 1-4 pm	25 Babies & Babble Newborn 9:30 am Babies 11:30 am	26 Toddler Shenanigans 9 am or 11 am 4:30 pm Nobody's Perfect 1:30 - 3:30 pm	27 Healthy Cooking 10 am or 1 pm	28
29	30 CLOSED FOR NATIONAL DAY FOR TRUTH & RECONCILIATION					

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!

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!

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)

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.

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)

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)

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



SEPTEMBER TOPICS:

Healthy Cooking - September 6

Recipe: Classic Shepherd's Pie

This classic recipe checks all the boxes for easy and yummy comfort food!

Mom's Time - September 10

Activity: Paint Pouring

Pouring paint is an acrylic-based paint mixed with a pouring medium. A medium is added to thicken the paint's consistency, making it suitable for pouring. By pouring or tipping the paint onto a surface, the colours melt together to create stunning marble and drip-like effects.

Parenting Conversations - September 11

Topic: Goal Setting & Self Care

Learn how to take active steps to achieve your goals and dreams!

Kids in the Kitchen - September 13

Recipe: Zucchini & Carrot Bites

Loaded with veggies and a little cheese, these bites are a savoury side or snack that your kids will love as well.

Our Neighbourhood - September 20

Topic: Mexico

Let's dive into the vibrant world of Mexico and learn what makes this country so special!

Maawanij Idiway - September 21

Simple Central Park

This phrase means "they come together!" Join us and other community organization for free food, a round dance, and kids activities!

Healthy Cooking - September 27

Recipe: Vegan Sloppy Joes

A new simple take on a classic yummy recipe!

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.