

## September 2025

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1

**CLOSED FOR  
LABOUR DAY**

2

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

**Drop In Play**  
1-4 pm

3

**Stay Safe!  
Course**  
9:00 am -  
3:00 pm  
(See back for  
details)  
**Stroller Fit**  
10 am  
@ Tennis Courts  
at Island Park

4

**Mindful  
Munchkins**  
10 am

5

**Healthy Cooking**  
10 am or 1 pm

6

7

8

**Musical  
Mornings**  
9 am or 11 am

9

**Healthy Baby**  
11 am  
**Drop In Play**  
1-4 pm

10

**Chest/  
Breastfeeding  
Group**  
11 am  
**Parenting  
Conversation**  
1:30 - 3 pm

11

**Toddler  
Shenanigans**  
9 am or 11 am  
4:30 pm

12

**Kids in the  
Kitchen**  
10 am or 1 pm

13

**Super Dads,  
Super Kids**  
10 am

14

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

15

**Book Buddies**  
9 am or 11 am

**ANNUAL  
GENERAL  
MEETING @ 7 pm**

16

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

**Drop In Play**  
1-4 pm

17

**Stroller Fit**  
10 am  
@ Tennis Courts  
at Island Park  
**Grand Pals**  
10:30 am  
\*Dufferin Villa\*  
**Homeschool  
Co-Op**  
1:30 pm

18

**Mindful  
Munchkins**  
10 am  
**Nobody's Perfect**  
1:30 pm

19

**Healthy Cooking**  
10 am or 1 pm

20

21

22

**Musical  
Mornings**  
9 am or 11 am  
**Mom's Time**  
7 - 9 pm

23

**Healthy Baby**  
11 am  
**Drop In Play**  
1-4 pm

24

**Chest/  
Breastfeeding  
Group**  
11 am

25

**Toddler  
Shenanigans**  
9 am or 11 am  
**Nobody's Perfect**  
1:30 pm

26

**Our  
Neighbourhood**  
10 am

27

28

29

**STAFF  
PD  
DAY**

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 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 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.

**Stay Safe Course** - Learn how to be responsible for your safety when you stay home or go out by yourself! We will learn about safe rules, routines, and some basic first aid. This is a Red Cross course for children ages 9-13. Please arrive promptly at 8:45 and please bring a lunch and snacks! **Cost is \$15/participant. If cost is a barrier, please let us know.**

**Stroller Fit** - Get outdoors with your little one, meet other caregivers and get a little sweat on! This program is perfect for new parents looking to ease back into fitness after baby and for anyone looking to get in a workout with a baby or young child(ren) in tow. Postpartum caregivers should be at least 4 weeks postpartum (or 6 weeks for c-sections) and approved by your medical professional to engage in regular physical activity before joining.

**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.

Located at the Family Resource Centre

## SEPTEMBER TOPICS:

### Healthy Cooking - September 5

#### Recipe: Korean Beef

Korean beef is as simple as dinner gets! Comes together so quickly and has so much amazing Asian flavor!

### Parenting Conversation - September 10

#### Topic: Sleep

Learn how to improve your sleep as well as your kids! Sleep better, live better.

### Kids in the Kitchen - September 12

#### Recipe: Mini Calzones

Mini Calzones are the perfect easy lunch or dinner for the kiddos. They'll have so much fun making them!

### Healthy Cooking - September 19

#### Recipe: Garlic Lemon Lentil Pasta

Garlic Lemon Pasta is an easy, delicious, and nutritious 6-ingredient plant based pasta dish you can serve for a quick weeknight dinner.

### Mom's Time - September 22

#### Activity: Pumpkin Picking (7-9 pm)

Meet us at the Vanstone Veggies farm and get some fall decor pieces! There will be a bonfire at the end if you wish to stay.

### Our Neighbourhood - September 26

#### Activity: Visit City Hall

Come meet our great Mayor & city staff and get a tour of our city hall! **Meet first at the FRC please.**

### SEPTEMBER 15

**ANNUAL GENERAL MEETING @ 7 pm**  
**ALL WELCOME! Come learn more about what we do and our past year!**

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.