

September 2026

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1

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

2

Grand Pals
10:30 am
Dufferin Villa

3

Book Buddies
9 am or 11 am

4

Healthy Cooking
10 am ONLY

5

6

7

**CLOSED FOR
LABOUR DAY**

8

Healthy
Baby
11 am

9

Chest/
Breastfeeding
Group
11 am

10

Musical
Mornings
9 am or 11 am
4:30 pm

11

Kids in the
Kitchen
10 am or 1 pm

12

13

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

14

Toddler
Shenanigans
9 am or 11 am

Drop In Play
1-4 pm

15

**STAFF
PD
DAY**

16

Grand Pals
10:30 am
Dufferin Villa

Mom's Time
7 pm

17

Book Buddies
9 am or 11 am

Parenting 101
1:30 pm

18

Healthy Cooking
10 am ONLY

19

Super Dads,
Super Kids
10 am

FAN Portage
1-3 pm

20

21

Wiggle, Giggle,
Munch
9 am or 11 am

Drop In Play
1-4 pm

**ANNUAL GENERAL
MEETING @ 7 pm**

22

Healthy
Baby
11 am

23

Chest/
Breastfeeding
Group
11 am

Homeschool
Co-op
1:30-3:30

24

Musical
Mornings
9 am or 11 am

Parenting 101
1:30 pm

25

Our
Neighbourhood
10 am

26

27

28

Toddler
Shenanigans
9 am or 11 am
4:30 pm

Drop In Play
1-4 pm

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! (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!

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)

Mom's Time - Time committed to focusing on you. A space to try new things and connect with other moms. Please note there is no childcare provided for this program.

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 101 - This 4-session course will help you achieve your parenting goals by teaching you about yourself as a parent, your child's development, and tools to manage conflict and challenges, so you can guide your child(ren) into the next stage of life. Childcare provided.

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 may be available.



SEPTEMBER TOPICS:

Healthy Cooking - September 4

Recipe - Italian Sausage Orzo Pasta

This one pot Italian sausage orzo recipe is easy, creamy, and comes together fast for a comforting and delicious weeknight dinner.

Kids in the Kitchen - September 11

Recipe - Sausage Pasta Bake

A delicious & easy dinner that the kids can make and will love!

Mom's Time - September 16

Activity - Canning & Preserving

Learn some tips and tricks of canning & preserving and use them to prepare for winter! Supplies provided.

Healthy Cooking - September 18

Recipe - Lentil Baked Ziti

This healthy vegetarian baked ziti recipe includes lentils for protein. It's a delicious dinner that makes great leftovers.

Our Neighbourhood - September 25

Activity - Tour of the Recycling Depot

Meet us at the depot (700 Phillips St, Portage) for a tour and to learn more about recycling!

SEPTEMBER 21
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.