

# Outreach - April 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> <b>CLOSED FOR EASTER MONDAY</b>	<b>2</b>	<b>3</b>	<b>4</b> Public Health 2pm- 3pm	<b>5</b> <b>STAFF PD DAY</b>	<b>6</b> <b>MOM PROM</b> (April 6 @ Glesby) Tickets must be bought in advance!
<b>7</b>	<b>8</b> After school @ Outreach 3:45-4:45pm	<b>9</b> Harm Reduction Drop in 1:30-3pm After school @ Outreach 3:45-4:45pm	<b>10</b> After school @ Outreach 3:45-4:45pm	<b>11</b> Service access 1-2:30pm After school @ Outreach 3:45-4:45pm	<b>12</b>	<b>13</b>
<b>14</b> Need transportation to program? Contact FRC & we can arrange a shuttle!	<b>15</b> Mom's Time Make and Take 1-3pm Register Online After school @ Outreach 3:45-4:45pm	<b>16</b> Service access 1-2:30pm After school @ Outreach 3:45-4:45pm	<b>17</b> After school @ Outreach 3:45-4:45pm	<b>18</b> Service access 1-2:30pm After school @ Outreach 3:45-4:45pm	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b> After school @ Outreach 3:45-4:45pm	<b>23</b> After school @ Outreach 3:45-4:45pm	<b>24</b> After school @ Outreach 3:45-4:45pm	<b>25</b> After school @ Outreach 3:45-4:45pm	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b> After school @ Outreach 3:45-4:45pm	<b>30</b> Service access 1-2:30pm After school @ Outreach 3:45-4:45pm Conversations with Cassidy 5:30-6:30pm		<div style="background-color: #FFD700; padding: 10px; text-align: center;"> <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> </div>		

**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:

### Kids:

**After school @ Outreach:** School aged children (ages 5-12) can come to the Outreach Centre for an activity and snack Monday through Thursday 3:45pm - 4:45pm. Our focus is on activities that reflect inclusion, diversity and equity. We focus on how we can be respectful community members. This is geared for children right in the Outreach area. Registration is required and there are limited spaces. Call to inquire: 204-595-5105

**Recreation Support:** Did you know that there are many different organizations and Foundations that will help families with financial barriers pay for recreational registrations. Canadian Tire JumpStart, Child and Family Foundation (Chance to Play, Chance to Camp, Chance to Grow), and The Family Resource Centre (Us!!) in partnership with Big Brothers Big Sister (Create or Play) all want to help connect children to recreation. There are a few requirements, and we can help you figure out if you qualify for one of listed options. For more information email: recreation@frcportage.ca

### Care Givers:

**Mom's Make & Take:** Each third Monday of the month, join our Shelley at our 11th St. Centre. Shelley will create something food or wellness related with you. Have an idea, let her know! This is time committed to focus on you. A space to try new things and connect with others. Join us once a month to find out what wellness is, what it can look like, and how to implement it in your life. Register online or call 204-595-5005 for assistance. Space for 8.

**Service Access:** Do you need access to a computer and wi-fi? Do you need help making an appointment? Need forms printed? On designated days FRC Families or community come to Outreach and use our laptop. We will also be there to make phone calls on your behalf to set up appointments or contact service providers. We can print off forms for you at 10 cents per page (black and white printing only). If you are not part of our FRC family, easy, we can register you. PLEASE NOTE: You will not be able to make calls to personal numbers and staff will make calls for you. This is only on designated days marked on the calendar. Any one who does not respect the rules and or staff will be asked to leave.

**Community Outreach:** More informal than wellness coaching, our Community Outreach can help with navigating recreational opportunities for your children, parenting and wellness tips, or creating connections to other community resources (Portage Clinic Social worker, Jordan's Principle worker and more). Let us help find the right fit for you! Call 204-595-5105 or 204-595-5005 for more information.

**Wellness Coaching:** Wellness Coaching provides support for individuals' and family through the lenses of social, emotional, physical and mental health and wellness. The goal is to provide guidance, support to achieve short and long term goals, and facilitate access to other relevant community supports. Aimed to break isolation and provide connection, it is delivered one to one. Please note that Wellness Coaching is not a crisis or counselling service (treatment or management for a client with psychological distress such as suicidal impulses or destructive behaviour). Rather, the approach of these sessions is to provide participants with strategies and coping techniques so they can overcome challenges now, in the future, and to navigate relevant community resources. To book an appointment please call 204-595-5105.

**Note: Wellness Coaching and Community Outreach services are confidential!**

**MOM PROM - APRIL 6 @ THE GLESBY CENTRE**  
Get your tickets now either at the FRC or the library! It's going to be the party of the year!  
(Tickets not sold at the door.)



## April TOPICS:

### Public Health - April 4

Immunizations: infant/child 2-18 months, height and weight, physical exam, discussing nutrition, development, safety for each stage, prenatal support, postpartum support, head lice treatment and harm reduction supplies  
Safe sex supplies: Contraceptives (emergency and prescribed; come by for more details).  
**Appointments can be made, drop ins are welcome!**

### Harm Reduction Drop in - April 9

**Drop in**, have a coffee and find out what topic Amber has to chat about. She can answer sensitive questions that can help guide you or someone in your circle. Learn about safe supplies and how to access services in a nonjudgemental safe space.

### Mom's Make and Take - April 15

**Activity: Pancake Mix and Overnight Oats**  
Want to prep for quick stress free breakfasts. Come learn tips and tricks from Shelley to prep for breakfast, and reduce the morning rush. And hey, pancakes can be for any meal! **Register online** or call 204-595-5005 for assistance. Space for 8.

### Conversations with Cassidy - April 30

**Topic: Anxiety & Depression & Unhelpful Thinking Styles**  
Anxiety and Depression impact a large number of people in our society. Come learn about the signs of these common disorders and positive ways to cope with them. **Register online** or call 204-595-5005 for assistance. Space for 8.

**FREE wellness coaching is available!**

**Schedule your appointment by calling  
204-595-5105.**

**Please inquire about childcare availability.**

## 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.