

# OUTREACH AUGUST 2024

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 Rec Team at Outreach 10am - 12pm</p>	<p>2</p>	<p>3</p>
<p>4</p>	<p>5 <b>CLOSED FOR TERRY FOX DAY</b></p>	<p>6 Rec Team at Outreach 10am - 12pm</p>	<p>7 Rec Team at Outreach 10am-12pm</p>	<p>8 Rec Team at Outreach 10am-12:pm</p>	<p>9</p>	<p>10 <b>POTATO FESTIVAL</b></p>
<p>11</p>	<p>12 <b>Food Security Mondays</b>  Rec. Team Playground Pals 6:15 - 7:15pm</p>	<p>13 Rec Team at Outreach 10am-12pm</p>	<p>14 Rec Team at Outreach 10am-12pm</p>	<p>15 Rec Team at Outreach 10am-12pm</p>	<p>16</p>	<p>17</p>
<p>18 Need transportation to program? Contact FRC &amp; we can arrange a shuttle!</p>	<p>19 <b>Food Security Mondays</b>  Rec. Team Playground Pals 6:15 - 7:15pm</p>	<p>20 Rec Team at Outreach 10am-12pm</p>	<p>21 Rec Team at Outreach 10am-12pm</p>	<p>22 Rec Team at Outreach 10am-12pm</p>	<p>23 Growing up Green 10 am @Island Park Ukrainian Band Stand Register online</p>	<p>24</p>
<p>25</p>	<p>26 <b>Food Security Mondays</b>  Rec. Team Playground Pals 6:15 - 7:15pm</p>	<p>27 Rec Team at Outreach 10am-12pm  <b>MCC FUNDRAISING DAY</b></p>	<p>28 Rec Team at Outreach 10am-12pm</p>	<p>29 <b>STAFF PD DAY</b></p>	<p>30 <b>STAFF PD DAY</b></p>	<p>31</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:

### KIDS:

**Rec Team** - Monday evenings 6:15-7:15 pm the Rec Team will be at a local playground guiding activities for youth. There is no need to register, parents of children under the age of 12 must be onsite. This is also weather dependent. Please follow our social media to find out where. Tuesdays, Wednesdays and Thursdays between 10am -12pm, the Rec team is at the Outreach neighbourhood to engage children between the ages of 5-12 in rec activities. This is for children in the Outreach neighbourhood. When the open sign is flashing come see what the Rec team is up to!!

**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: [wellness@frcportage.ca](mailto:wellness@frcportage.ca)

**After school @ Outreach** - Not running during the summer. Start date for September to be determined.

### CARE GIVERS:

**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, food security and wellness tips, or creating connections to other community resources. Let us help find the right fit for you! Call 204-595-5105 or 204-595-5005 for more information. Food Giveaways - Outreach often gets food donations on Mondays. If we receive donations we share them with our FRC families who we know face food security barriers. This program is donation dependent and sponsored by Sobeys. It runs most Mondays except on holiday Mondays. For more information, please contact Outreach on Mondays to speak to Shelley between the hours of 1:00-3:00pm. NOTE: you MUST have children and be registered with FRC.

**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, management or diagnosis for clients living with a mental health diagnosis or emergencies such as suicidal ideation). 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.



## AUGUST TOPICS:

Did you know that we also have a summer camp running from July 8 - August 23? Cost is \$100/week per child. For more information and to register, visit our website! [frcportage.ca](http://frcportage.ca)

Our annual fundraising day at MCC is happening Tuesday, August 27! Feel free to drop off donations marked "FRC Fundraising Day" and come shop the day of. Thanks for your support!

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