



To register for programs or find out more:

Website: frcportage.ca

[Call or Text: \(204\) 595-5005](tel:2045955005)

[E-mail: info@frcportage.ca](mailto:info@frcportage.ca)

13-545 11th St. NW Portage la Prairie

Outreach - December 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 Food Security Mondays Service access 1-2:30pm After school @ Outreach 3:45-4:45pm	3 After school @ Outreach 3:45-4:45pm	4 After school @ Outreach 3:45-4:45pm	5 Public Health 2 pm- 3 pm After school @ Outreach 3:45-4:45pm	6	7 Christmas Family Fun Day 9:30 am - 1:30 pm (Transportation not Provided) For families with children ages 1-8 REGISTER ONLINE!
8	9 Food Security Mondays Service access 1-2:30pm After school @ Outreach 3:45-4:45pm	10 After school @ Outreach 3:45-4:45pm	11 After school @ Outreach 3:45-4:45pm	12 After school @ Outreach 3:45-4:45pm	13	14
15	16 Food Security Mondays Service access 1-2:30pm After school @ Outreach 3:45-4:45pm	17 After school @ Outreach 3:45-4:45pm	18 After school @ Outreach 3:45-4:45pm	19 After school @ Outreach 3:45-4:45pm	20 CLOSED	21
22 Need transportation to program? Contact FRC & we can arrange a shuttle!	23 CLOSED	24 CLOSED	25 CLOSED	26 CLOSED	27 CLOSED	28
29	30 CLOSED	31 CLOSED		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!		The Centre will re-open Jan 2.

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, Kids Sport, 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

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 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.

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

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



DECEMBER TOPICS:

Public Health - December 5

Activity: 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) Just drop in!

CHRISTMAS FAMILY FUN DAY

Please note that Santa can only be at the FRC from 9:30-11:30 so if you want to see Santa, book your spot early!

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.