



To register for programs or find out more:

Website: [frcportage.ca](http://frcportage.ca)

Call or Text: (204) 595-5005

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

**13 - 545 11th St NW, Portage la Prairie**

## Outreach - January 2026

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>			1 <b>CLOSED</b>	2 <b>STAFF PD DAY</b>	3
4 	5 Food Security Mondays	6 After school @ Outreach 3:45-4:45pm	7 After school @ Outreach 3:45-4:45pm	8 After school @ Outreach 3:45-4:45pm	9	10
11	12 Food Security Mondays	13 After school @ Outreach 3:45-4:45pm	14 After school @ Outreach 3:45-4:45pm	15 After school @ Outreach 3:45-4:45pm	16	17
18	19 Food Security Mondays	20 After school @ Outreach 3:45-4:45pm	21 After school @ Outreach 3:45-4:45pm	22 After school @ Outreach 3:45-4:45pm	23	24
25	26 Food Security Mondays	27 Make and Take 10am-12pm Register online or by calling 204-595-5005 After school @ Outreach 3:45-4:45pm	28 After school @ Outreach 3:45-4:45pm	29 After school @ Outreach 3:45-4:45pm	30	

**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 Tuesday, Wednesday & 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](mailto:wellness@frcportage.ca)

## Care Givers:

**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!

## Food Security:

Are you facing food security issues and have children who are either not enrolled in the Portage la Prairie school division or too young for school? If so, please contact Outreach at 204-595-5105 between 10 AM and 12 noon on Mondays (excluding holiday Mondays) to find out if you qualify and how to register for our food security programs.

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



## JANUARY TOPICS:

### **Make and Take - January 27**

#### **Activity: Goal Setting & Self Care**

Learn how to make smart goals for the new year and make bath salts with Shelley! Space is limited, register online.

**Did you know you can set up an appointment with a public health/families first visitor? Contact us to find out more.**

**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.**