

OUTREACH July 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Closed for CANADA DAY	2	3 Teddy Bear Picnic @Island Park 4:30 - 5:30 pm	4 Play in the Park 10 am @ Yellowquill School	5	6
7	8 Art in the Park 10 am @ 9th St NW Park Rec. Team 6-7:30pm North Memorial School Playground	9 Rec. Team @ OUTREACH 10am - 3pm	10	11 Growing up Green 10 am @Island Park Ukrainian Band Stand Rec. Team @ OUTREACH 10am - 3pm	12	13
14	15 Storytime in the Park 10 am @Island Park Ukrainian Band Stand Rec. Team 6-7:30pm North Memorial School Playground	16 Rec. Team @ OUTREACH 10am - 3pm	17	18 Play in the Park 10 am @ Fort la Reine School Rec. Team @ OUTREACH 10am - 3pm	19	20
21 Need transportation to program? Contact FRC & we can arrange a shuttle!	22 Art in the Park 10 am @ Yellowquill School Rec. Team 6-7:30pm North Memorial School Playground	23 Rec. Team @ OUTREACH 10am - 3pm	24	25 Growing up Green 10 am @Island Park Ukrainian Band Stand Rec. Team @ OUTREACH 10am - 3pm	26	27
28	29 Storytime in the Park 10 am @Island Park Ukrainian Band Stand Rec. Team 6-7:30pm North Memorial School Playground	30 Rec. Team @ OUTREACH 10am - 3pm	31	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:

KIDS:

Art in the Park - Come and create with us outdoors! This program will introduce your littles to different kinds of creative activity, such as painting, music, and dance. We will host this program at different parks over the summer. This is a messy, fun time so wear appropriate clothes! (Ages 18 months+)

Play in the Park - Enjoy the fresh air and warm weather with us! We will host this program at different parks over the summer, so join us to play fun games across town! (Ages 18 months +)

Storytime in the Park - An interactive literacy program featuring stories, songs, games, costumes and more. (Ages 18 months+)

Growing up Green - Take a closer look at the outdoors! This program focuses on the natural world all around us, from the sky, to animals, to the trees. (Ages 2-6)

Rec Team - Monday evenings 6:15-7:15 pm the Rec Team will be at North Memorial School Playground leading some guided 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.

Tuesdays and Thursdays, between the hours of 10am and 3pm the Rec Team will be at our Outreach location doing different activities with our neighbourhood kids.

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

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.

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.

For our summer programs, please note the location!

If no location is noted, program is at the FRC Main.

For all of our outdoor parent-child programs, we will plan to be outdoors as much as possible. If the forecast calls for rain on the day of the program, we will do our best to reach out the day before, and ask if you would prefer to come to the centre for either 9:30 am or 11:30 am. If it rains unexpectedly, we will communicate by text to reach families as quickly as possible. We will cancel the program entirely as a very last resort.



JULY TOPICS:

Our Annual Teddy Bear Picnic is happening July 3 from 4:30 - 5:30 at the Oddfellows Shelter @ Island Park (across from the deer enclosure!) Register online!

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

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