


Outreach - November 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 After school @ Outreach 3:45-4:45pm	2 Public Health 3:15- 4:15pm After school @ Outreach 3:45-4:45pm	3	4
5 Need transportation to program? Contact FRC & we can arrange a shuttle!	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 Jordan's Principle Dakota Tipi 1-3pm After school @ Outreach 3:45-4:45pm	10	11 REMEMBRANCE DAY
12	13 CENTRE CLOSED FOR REMEMBRANCE DAY	14 Harm Reduction 1:30-3:00pm After school @ Outreach 3:45-4:45pm	15 After school @ Outreach 3:45-4:45pm	16 After school @ Outreach 3:45-4:45pm	17	18
19	20 Moms Time 1-3pm After school @ Outreach 3:45-4:45pm	21 After school @ Outreach 3:45-4:45pm	22 After school @ Outreach 3:45-4:45pm	23 Jordan's Principle Dakota Tipi 1-3pm After school @ Outreach 3:45-4:45pm	24	25
26	27 After school @ Outreach 3:45-4:45pm	28 After school @ Outreach 3:45- 4:45pm Stress Management Workshop 5:15-6:15pm	29 After school @ Outreach 3:45-4:45pm	30 After school @ Outreach 3:45-4:45pm	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:

PLEASE NOTE: Unless otherwise indicated, all programs on this calendar are offered at our 11th St. NW Location

Kids:

After school @ Outreach: School aged children 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. This is geared for children right in the 11th St. Outreach area. No need to register, however we do require forms to be filled out if attending!

Care Givers:

Mindful Mondays: Each third Monday of the month, join our Outreach worker at our 11th St. Centre. November is the beginning of cold weather so what better way to warm up with a bowl of pork and cabbage soup. Come join us at outreach where you will make a healthy meal and discuss wellness. This is time committed to focus on you. The 3rd Monday of the month November 20th from 1-3pm. To register, call 204-595-5005. Space for 6.

Wellness Coaching: Wellness Coaching provides holistic support for individuals' and family well-being through the lenses of social, emotional, physical and mental health and wellness. It aims to learn more about individuals in order 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 in either a one-to-one or group context. 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. Please inquire about childcare.

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.



November TOPICS:

Public Health Nurse: Nov. 2nd, 3:15-4:15 pm
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)

Jordan's Principle: Nov. 9th & 23rd, 1-3pm
Jordans Principle-Diane Thiessen will be at Outreach. She is a Wellness Counsellor for Dakota Tipi First Nation- Off Reserve Services. Bridging the gaps in services for off reserve members. Providing assistance for intake and referrals for Jordans Principle, one-on-one counselling services for women available.

Harm Reduction: Nov. 14th, 1:30-3:00pm
Join us while we play some games and discuss topics regarding Portage la Prairie's stigmatized. These topics include drug use and STBBI's.
Mom's Time: Nov. 20th

Stress Management: Nov. 28th, 5:15-6:15pm
Come over to Outreach and Meet Cassidy, a new Social Worker for Portage, Gladstone and area. She will be joining us to discuss stress management. Call 204-595-5005 to register.

FREE wellness coaching is available!
Schedule your appointment by emailing
wellness@frcportage.ca
Or call 204-595-5005 on Monday's and
Wednesdays

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.