



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 September 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 CLOSED FOR LABOUR DAY	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
8	9 Food Security Mondays Service access 1-2:30pm	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	17 After school @ Outreach 3:45-4:45pm	18 Boston Pizza Day After school @ Outreach 3:45-4:45pm	19 After school @ Outreach 3:45-4:45pm	20	21 Maawanij idiway (they come together) 1-3pm at Simplot Central Park
22 Need transportation to program? Contact FRC & we can arrange a shuttle!	23 Food Security Mondays Service access 1-2:30pm	24 Make and Take 10am-12pm Register online or by calling 204-595-5005 After school @ Outreach 3:45-4:45pm	25 Parenting Conversations 1:30 - 3 pm Register Online or by calling 204-595-5005 After school @ Outreach 3:45-4:45pm	26 After school @ Outreach 3:45-4:45pm	27	28
29	30 CLOSED FOR NATIONAL DAY FOR TRUTH & RECONCILIATION			<div style="border: 1px solid black; padding: 10px; background-color: #fff9c4;"> <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> </div>		

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.



SEPTEMBER EVENTS:

Public Health - Sept. 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!

Boston Pizza Day - Sept. 18

Boston Pizza is hosting a Pizza Day fundraiser for FRC, order a personal size pizza and drink and proceeds go to support our recreational programs. Watch our Facebook and Instagram for more details...

Maawanij idiway-(they come together) Sept. 21 1-3pm at Simplot Central Park

Community partners host and event: Learn about and participate in a Round dance, see the unveiling of the new art sculpture, stay for kids activities and free solstice food (first come first serve/limited quantities).

Make and Take - Sept. 24

Food: Zucchini

From 10am-12pm at our Outreach Centre come learn about all the yummy things you can do with zucchini and try something Shelley has created!

Parenting Conversations - Sept. 25

Topic: Goal Setting & Self Care

Learn how to take active steps to achieve your goals and dreams!

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.