

Outreach - September 2025

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1

**CLOSED FOR
LABOUR DAY**

2

3

**4 FIRST DAY
OF SCHOOL**
Public Health
2 pm- 3 pm
After school @
Outreach
3:45-4:45pm

5

6

7

8 Food
Security
Mondays

9

After school @
Outreach
3:45-4:45pm

10

After school @
Outreach
3:45-4:45pm

11

After school @
Outreach
3:45-4:45pm

12

13

14 Need
transportation
to program?
Contact FRC & we
can arrange a
shuttle!

15 Food
Security
Mondays

16

After school @
Outreach
3:45-4:45pm

17

After school @
Outreach
3:45-4:45pm

18

After school @
Outreach
3:45-4:45pm

19

20

21

22 Food
Security
Mondays

23

Make and Take
10am-12pm
Register online or by
calling 204-595-5005

After school @
Outreach
3:45-4:45pm

24

After school @
Outreach
3:45-4:45pm

25

After school @
Outreach
3:45-4:45pm

26

27

28

29 Food
Security
Mondays

30

**CLOSED FOR
NATIONAL DAY
FOR
TRUTH &
RECONCILIATION**

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:

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:

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.

SEPTEMBER TOPICS:

Public Health - September 4

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!

Make and Take - September 23

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!

One on one coaching to help with a variety of needs!

Families who register with the Family Resource Centre are able to receive this free service.

Schedule your appointment by calling 204-595-5105.

Childcare available.

Located at the Family Resource Centre

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.