Family Resource Centre

2025-26 Annual Report







Table Of Contents

About the FRC ..... Page 3

A Message from the Board Chair ..... Page 4

A Message from the Executive Director ..... Page 5

Our Core Team ..... Page 6

Our Board ..... Page 7

Our Programs ..... Pages 8

Our Services ..... Page 10

Our Year in Review ..... Page 11

Stats ..... Page 12

Hear from our Families ..... Page 13

Financial Statement ..... Page 14

How to Donate ..... Page 17

Our Funders & Partners ..... Page 18

Contact Us ..... Page 19

The Portage la Prairie Family Resource Centre is located on Treaty One land, as well as the traditional territory of the Ojibway, Dakota, and Cree peoples and the homeland of the Métis nation. The FRC is dedicated to move forward with Indigenous individuals and communities in the spirit of reconciliation and collaboration in an effort to create an inclusive and accessible place for everyone.

Please note this report covers our fiscal year April 1st, 2025-March 31st, 2026

About the FRC

VISION

To be a support for all families in Portage la Prairie and surrounding area.

MISSION

We do this by:

- Providing a safe and welcoming place for all
- Empowering families to enhance their wellness
- Providing meaningful and educational programming
- Bringing families together to find community
- Being a source of trusted information

VALUES

Welcoming: We strive to be a safe and inclusive place where all individuals are respected, valued, and treated equally.

Build Relationships: We endeavour to support authentic relationships among staff, volunteers, participants, and our community.

Collaboration: We seek out opportunities to work with partners to have an even greater impact in our community.

Evolve and Adapt: We operate in a manner that considers the needs of both existing and future families.



Family Resource Centre

A Message from the Board Chair

This past year has been a year of transition, growth, and continued commitment for the Family Resource Centre.

One of the most significant changes for our organization was the departure of our Executive Director, Melissa Morrison, who relocated to Ontario with her family. Melissa made an important and lasting contribution to the Family Resource Centre, and we are grateful for her leadership, dedication, and the care she brought to her work with families and our community.

One of Melissa's notable contributions this past year was her involvement in helping establish the Youth Huddle in Portage la Prairie. Through her work liaising with the Youth Huddle team and helping bring this initiative together, Melissa helped create another important opportunity for young people in our community to connect, access support, and build relationships. We are grateful for the role she played in getting this initiative off the ground and wish Melissa and her family all the very best as they begin this next chapter in Ontario.

With Melissa's departure came another important transition for the Centre, as we welcomed Nicole Olson as our new Executive Director. Nicole brings valuable experience working with children, youth, families, and diverse populations, along with a strong background in mental health, crisis response, trauma-informed practice, and community support. Her knowledge, compassion, and community connections are valuable assets to the Family Resource Centre, and we are excited about the perspective and leadership she brings to the organization.

We also welcomed Margaret Warner to our Board this year. Margaret has already proven to be a tremendous asset, bringing valuable perspective, experience, and enthusiasm to our Board and to the work of the Centre. We are very pleased to have her join us.

Throughout these transitions, the Board has remained committed to providing strong governance and supporting the continued work of the Family Resource Centre. We recognize that strong organizations are built not only through programs and services, but also through collaboration, community partnerships, and a willingness to respond to the changing needs of the people we serve.

The introduction of the Youth Huddle is a wonderful example of that collaborative spirit. Initiatives like this remind us that supporting children, youth, and families is not something any one organization can do alone. It is through partnerships and shared commitment that we can create stronger networks of support within our community.

Above all, I want to recognize our staff. Their dedication, flexibility, and commitment are at the heart of everything the Family Resource Centre accomplishes. They continue to provide programs, resources, support, and connection to children and families in our community, often while adapting to changing circumstances and needs. Their work makes a meaningful difference every day.

I would also like to extend my sincere thanks to our volunteers, donors, community partners, and supporters. Your contributions of time, energy, resources, and expertise help make the work of the Family Resource Centre possible.

As we look toward the coming year, I am confident that the Family Resource Centre is well positioned to continue building on the strong foundation that has been established. We have experienced change, welcomed new leadership and new Board members, and strengthened our connections within the community. I look forward to seeing where this next chapter takes us.

Thank you to everyone who continues to support the Family Resource Centre and, most importantly, the children, youth, and families who are at the heart of our work.

Sincerely,

Hema Harrysingh

A Message from the Executive Director

As I conclude my time as Executive Director, I leave with immense pride in what this organization has built together. When I started in March 2020, we were navigating unprecedented uncertainty and adapting to a rapidly changing world. Since then, we have expanded our programs and services, grown our staff team, successfully amalgamated with Recreation Opportunities for Kids, rebranded our organization, and strengthened our position as a trusted support for families throughout Portage la Prairie and the surrounding area.

A key driver of this success has been our dedicated and skilled team working in alignment with a clear and intentional strategic plan. It is this combination, strong people guided by shared priorities and purpose, that has allowed us to grow thoughtfully, respond to community needs quickly, and build a sustainable foundation for the future. Every milestone we have achieved reflects both the commitment of our staff and the direction provided through our strategic planning process.

One of the accomplishments that stands out most to me is the reputation we have built beyond our own community. We have become an organization that others look to for innovation and leadership, and we are always happy to share what we have learned along the way. Strong Family Resource Centres strengthen families, and strong families strengthen communities. Knowing that the work we supporting is helping organizations across Manitoba is both humbling and rewarding.

None of this would have been possible without the dedication of our exceptional staff team, the guidance of our Board of Directors, the commitment of our volunteers, the generosity of our funders and donors, and the support of our many community partners. Thank you for believing in our mission and helping us create a welcoming place where families can learn, grow, connect, and thrive.

While it is bittersweet to be writing my final report, I leave knowing that the Family Resource Centre is stronger, more sustainable, and better positioned for the future than ever before. I am deeply grateful for the opportunity to have been part of this remarkable journey and will always be proud of what we have accomplished together. To all I have had the pleasure to work with, thank you for your trust, support, and partnership over the years.

Sincerely,

Melissa Morrison

Our Core Team



NICOLE OLSON

EXECUTIVE DIRECTOR

Nicole is committed to empowering families. With a strong passion for social services and community development, she is eager to take on the leadership of the Family Resource Centre and guide its continued growth and success.



VIENNA MUISE

WELLNESS DIRECTOR

Vienna leads our Outreach Centre and passionately guides wellness across our organization, with clients, and supporting community wellness initiatives.



PETER THIESSEN

PROGRAM DIRECTOR

Peter leads our program direction at our main site. He brings together his education and energy to all of our toddler/preschool programs.



EMILY HURST

FAMILY SUPPORT WORKER

Emily is a friendly face and passionate voice connecting our organization to the wider community. With a heart for service and a talent for building meaningful relationships, she ensures our programs, events, and mission reach those who need them most.



RYLAN CRAWFORD

RECREATION FACILITATOR

Rylan uses his recreation education to facilitate our community recreation opportunities like summer camp and overseeing our afterschool programs while assisting families in connecting to recreation opportunities.



DANIELLE STEWART

PROGRAM ASSISTANT

Danielle provides support to all our programs & works behind the scenes creating social media posts and promoting our programs. She also provides administrative support to our team.

We also employ a number of part-time & casual staff for our programs along with summer students and placement students each year.

Our Board

BOARD OF DIRECTORS

Our Board is made up of volunteers responsible for the governance of the Portage la Prairie Family Resource Centre Inc, operationally known as the Family Resource Centre (FRC). The Board of Directors establishes the organization's overall purpose, plans, and policies; supervises the Executive Director; and ensures the that the organization complies to rules, regulations, and funding contracts.

CURRENT BOARD MEMBER:

Hema Harrysingh - Chair
Tyne Carmichael - Vice Chair
Light Sonntag- Treasurer
Janet Musters - Secretary
Andrew Neufeld
Margaret Warner

INTERESTED IN JOINING OUR BOARD?
Please let the Executive Director know you are interested by sending an email to:
ed@frcportage.ca.

Family Resource Centre

Our Programs

PARENT CHILD PROGRAMS

Parent-child programs play a pivotal role in fostering healthy development and nurturing strong relationships between parents and their children. These programs provide a supportive environment where parents can learn essential skills and gain valuable knowledge about child development, positive discipline techniques, and effective communication strategies.

NUTRITION PROGRAMS

Nutrition programs are instrumental in promoting health and well-being by educating individuals and communities about the importance of making informed food choices. These programs offer valuable information about balanced diets, nutrient-rich foods, portion control, and healthy eating habits.

SCHOOL AGED KIDS & YOUTH PROGRAMS

School-aged kids and youth programs play a vital role in providing opportunities for learning, growth, and development outside of the traditional classroom setting. These programs offer a wide range of activities and experiences designed to promote physical, mental, and social well-being among children and adolescents.

PARENT EDUCATION PROGRAMS

Parent education programs offer valuable resources and support to parents, equipping them with the knowledge, skills, and confidence needed to raise healthy and happy children. These programs cover a wide range of topics, including child development, positive discipline techniques, effective communication strategies, nutrition and health, and building strong parent-child relationships.

Family Resource Centre

Our Programs

Afterschool @ Outreach
Afterschool @ RRC/Koko Platz
Art in the Park
Babies & Babble
Babysitting Course (Red Cross)
Book Buddies
Chest/Breastfeeding Group
Drop In Play
Family Open Gym
Family Rebuilding
FAN Portage
Getting Ready for School
Grand Pals
Growing up Green
Healthy Baby
Healthy Cooking
Homeschool Co-Op
Kids in the Kitchen
Kitchen Skills
Morning Stroll
Make & Take
Mental Health First Aid Course
Mindful Munchkins
Mom's Time
Musical Mornings
Nobody's Perfect
Our Neighbourhood
Parenting Conversations
Parenting 101
Play in the Park
Play to Learn
Prenatal Course
Preschool Party
Stay 'n Play
Stay Safe Course (Red Cross)
Storytime in the Park
Stroller Fit
Summer Camp
Super Dads, Super Kids
Toddler Open Gym
Toddler Shenanigans
Wiggle, Giggle, Munch

+ Special Family Fun Days (Easter & Christmas)
+ Annual Teddy Bear's Picnic

Family Resource Centre

Our Services

PHONE & COMPUTER

We offer free WiFi, up to 30 minutes of computer access, free local calling and faxing, as well as printing/copying to all of our families.

THE STORE

We have boys and girls clothes from size NB - 6 including shoes and outdoor wear. We also have a variety of other items including: bottles, blankets, baby toys, bath products, and feminine products,

LENDING LIBRARIES

We have collections of games, baby carriers, bottles, soothers, books, equipment, games, and more that we will lend out to our families. Just ask one of our staff.

TRANSPORTATION

We are happy to provide free transportation to and from any of our programs.

MENTAL HEALTH - WELLNESS COACHING

We offer free one on one confidential wellness coaching with trained staff to help you and your family thrive.

VOLUNTEER & FINE OPTIONS PROGRAM

We have opportunities available for those interested in volunteering at the centre.

Family Resource Centre

Our Year In Review

PROGRAM ADDITIONS

- Provided daily programming for fire evacuee families here in Portage la Prairie.
- Collaborated with the PRRA to provide PD Day Camps and March Break Camp.
- Added more wellness content to Mom's Time.
- Added more mental health education to Babies & Babble.
- Added more nutrition and budgeting education into cooking programs.
- Created internal parenting workshops and educational materials.
- Made Kitchen Skills a regular program thanks to a grant from the province.
- Developed the "How to talk to your kids about" series.
- Finalized curriculum for recreation programs including indigenous games and multi sport.
- Brought back and expanded Toddler and Family Open Gym with Central Plains RecPlex.
- Launched "Morning Stroll" weekly at Stride Place for movement & connection.

COMMUNITY CONNECTIONS

- Supported the Youth Hub which was selected as a Huddle integrated youth services.
- Food insecurity initiatives provided 265 Christmas Hampers to families in partnership with other organizations.
- Became a regular distributing site for free menstrual products in partnership with Prairie Harbor.
- Developed food resource information for families and the Salvation Army.
- Delivered programming in other community locations (Prairie Harbor, Sacred Ones Eagle Teaching Lodge, Dakota Plains, Dakota Tipi, Long Plains, PLPSD Schools)
- Participated in numerous community events and wellness fairs.
- Had other FRCs visit and connect with us looking for advice and ideas.

ENHANCING OUR SPACES

- Our van (Pearl) got her branding.
- Added additional garden beds at the Outreach site.
- Parenting Resource area at the Library was created.
- Created opportunity for families to access virtual counselling options.

Stats

When determining our stats each year we look only at families who have attended at least one program throughout the year. This does not include those we provide services to.

212 families were served.

49% of these families did not attend program the previous year!

We offered over 445 program sessions this year!

We had 110 different accesses to services, including wellness appointments.

We provided 499 rides to programs in our van.

We had 19 kids signed up for our Afterschool Program throughout the year.

We had 67 kids registered in our 2025 Summer Camp.

We rescued food 54 times and distributed it to families in need.

We provided 1356 meals, 3606 snacks to school aged kids in our camp and Outreach afterschool programs.

What our families are saying...

I love the FRC! Your programs have done so much for me and my son. The staff is wonderful & welcoming and always treats us well! My son loves going to programs and meeting the other kids. So thankful for the FRC!
- Desiree

The FRC provides an incredible combination of support, learning, and playing for myself and my son. My maternity leave and my son's first 18 months of life wouldn't have been the same without the FRC. So thankful to have it and these staff especially in Portage!
- Kate

The FRC has been an invaluable resource for our family, providing a welcoming environment where my children can learn, grow & participate in enriching activities. The programs have helped foster positive habits, build confidence, and encourage meaningful social connections. Being able to be picked up/dropped off for programs has been so beneficial and helpful to us! We are truly grateful for the support, care, and opportunities the centre provid es. We highly recommend it to other families!
-Maira

2025-2026 Financial Statement

Portage la Prairie Family Resource Centre Inc.
Statement of Financial Position

March 31	2026	2025
Assets		
Current		
Cash	$ 159,227	$ 137,374
Accounts receivable	22,036	500
Accrued interest receivable	-	180
GST recoverable	505	1,375
Prepaid insurance	6,886	5,631
Investments	-	50,000
	188,654	195,060
Capital assets (Note 2)	41,097	44,620
	$ 229,751	$ 239,680
Liabilities and Net Assets		
Current		
Accounts payable and accrued liabilities	$ 12,599	$ 8,033
Payroll liabilities	15,830	15,006
	28,429	23,039
Deferred revenue (Note 3)	65,972	100,305
Deferred revenue for capital assets	2,508	3,135
	96,909	126,479
Net Assets	132,842	113,201
	$ 229,751	$ 239,680

Portage la Prairie Family Resource Centre Inc.
Statement of Changes in Net Assets

For the year ended March 31	2026	2025
Net assets, beginning of the year	$ 113,201	$ 85,878
Excess of revenues over expenses	19,641	27,323
Net assets, end of the year	$ 132,842	$ 113,201

2025-2026 Financial Statement

Portage la Prairie Family Resource Centre Inc.
Statement of Operations

For the year ended March 31	2026	2025
Revenue		
Donation revenue	$ 10,177	$ 8,449
Fundraising revenue	30,916	29,609
Grant revenue (schedule)	425,723	365,963
Fees for services	60,463	81,325
	527,279	485,346
Expenditures		
Amortization of tangible assets	3,622	4,202
Board of Directors	2,744	2,968
CFPD Agency fund contribution	10,000	-
Fundraising expenses	11,165	9,490
Insurance	8,756	7,993
Memberships and subscriptions	3,270	3,186
Office expenses	2,429	4,232
Professional fees	8,014	6,583
Program costs	55,521	56,204
Promotion and other	285	1,187
Rent	30,127	24,000
Repairs and maintenance	5,889	4,907
Salaries and wages	361,978	372,483
Training expense	926	1,113
Transportation	1,520	1,995
Utilities	5,701	4,259
	511,947	504,802
Income (loss) before other items	15,332	(19,456)
Other items		
Interest income	3,682	4,854
Gains on disposal of assets	-	35,000
Other revenue	627	6,925
	4,309	46,779
Excess of revenue over expenditures	$ 19,641	$ 27,323

2025-2026 Financial Statement

Capital Assets

	2026		2025	
	Cost	Accumulated Amortization	Cost	Accumulated Amortization
Furniture and equipment	$ 47,194	$ 39,918	$ 47,095	$ 38,112
Computer equipment	28,809	28,777	28,809	28,739
Automotive equipment	37,439	3,650	37,439	1,872
	113,442	72,345	113,343	68,723
		$ 41,097		$ 44,620

Deferred Revenue

	2026	2025
Province of Manitoba	$ 680	$ -
Community Foundation of Portage District	-	1,295
City of Portage la Prairie	-	15,000
Literacy for Life	2,665	3,320
Portage la Prairie Community Revitalization Corp	-	8,200
Raffi Foundation	-	17,262
Deferred fundraising for programs	37,998	37,998
Mom Prom tickets and sponsorship	6,410	1,025
Healthy Child Coalition	-	1,823
Wellness deficit program	10,920	-
Afterschool - prepaid Fees	7,299	4,446
PLLC	-	9,936
	$ 65,972	$ 100,305

Portage la Prairie Family Resource Centre Inc.
Schedule of Grant Revenue

For the year ended	2026	2025
BSC	$ -	$ 17,681
Canadian Tire JumpStart program	914	2,133
City of Portage	15,000	10,000
Community Foundation of Portage	1,295	-
Federal Government (Canada Summer Jobs)	43,102	31,752
Healthy Child Coalition	8,019	14,838
Literacy for Life	5,655	1,680
Municipal Relations - ROC	40,000	40,000
Portage la Prairie Community Revitalization Corporation	33,178	12,780
Portage Learning and Literacy Centre	32,195	16,779
Province of Manitoba	65,331	25,532
Public Health Agency of Canada	120,335	120,335
Raffi Foundation	17,262	-
Southern Health	5,520	5,840
United Way	37,917	66,613
	$ 425,723	$ 365,963

Interested in Donating?

Family Resource Centre

Our programs and services are made available free of charge and are available to all families in Portage la Prairie and surrounding area.

Any donation made over $20 is eligible for a Charitable Tax Receipt.

THERE ARE 2 WAYS TO MAKE A DONATION:

You can drop off cash or cheque to our office
(234 Princess Ave)

We accept e-tranfers to: ed@frcportage.ca
(Please include your name, mailing address, and e-mail in the memo)

Thank You

COMMUNITY PARTNERS

For collaborating, bringing events to life, and being the hands that make change in our community.

FUNDERS/DONORS

Without you, we wouldn't be able to do the work we do.

BOARD OF DIRECTORS

Your dedication has not gone unnoticed. Your strategic direction guides our efforts and your commitment to the centre, our families and this community is invaluable.

OUR FUNDERS

Manitoba Families

Portage la Prairie City of Possibilities

United Way West Central Manitoba

Public Health Agency of Canada

Southern Health Santé Sud

Canada

Portage la Prairie Community Revitalization Corporation

Community Foundation of Portage and District

PARTNERSHIP LIST

- Big Brothers Big Sisters Portage la Prairie
- Community Corrections & Fine Option Program
- Family Advocacy Network
- Fetal Alcohol Spectrum Disorder Coalition
- Manitoba Housing
- Portage Regional Recreation Association
- Portage Friendship Centre
- Portage Community Revitalization Corporation
- Portage Harm Reduction Network
- Portage la Prairie Learning & Literacy Centre
- Portage la Prairie Library
- Portage la Prairie School Division
- Portage & Area Homeschool Co-op
- Sacred Ones Eagle Teaching Lodge
- Salvation Army Food Bank
- University of Manitoba
- Visions of Independence
- Youth for Christ



Contact Us

204-595-5005 info@frcportage.ca frcportage.ca

We are open Monday - Friday, 9 am to 4 pm.

FAMILY RESOURCE CENTRE
234 Princess Ave, Portage La Prairie, Manitoba R1N 0R1, Canada

OUTREACH CENTRE:
13 - 545 11th St NW, Portage la Prairie, Manitoba R1N 3S3 Canada

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