












February 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	
3	4	5	6	7	8	9
			Stay & Play 10 am - 12pm	Book Buddies 9:30—12pm		
	11	12	13	14	15	
17	18	19	20	21	22	23
	Louis Riel Day Office closed	Parent Drop In 10 am -12pm		Healthy Start 10 am—12pm		
	25	26	27	28		
		Healthy Baby 10 am - 12 pm		Stay & Play 10 am - 12pm		

To register for ALL programs call the reception line at 204-239-3986,



*February is "I love to read month!"
Pick up our family reading contest details
At the Family Resource Centre.*

Bringing a support person to group can often make it easier to come through the door!
A parent is a child's first teacher. Let your child see YOU participate.

Tupper St. Family Resource Centre Newsletter - February 2019



A United Way Member Agency

234 Princess Avenue
Portage La Prairie, MB R1N 0R1

T- 204- 239-3986
E-resourcecentre@tsfrc.com

F- 204-239-3988
Check us out on Facebook!

Reminder!

If the Resource Centre has arranged transportation for groups, please **do not** alter arrangements without speaking **directly** to a staff person or you may be charged with the transportation cost for the trip.*

Programs and Services include:

- Individual Support and Counseling to point of referral to appropriate services
- Parenting Education
- Parent/child play groups
- Drop-In for families and adults
- Special events and family outings
- Personal Development Workshops
- Nutrition Programs
- Youth Development Presentations
- Financial counseling on site by Community Financial Counseling Services
- Clothing Depot
- Volunteer Opportunities
- Access to sexual health resource materials & contraceptives
- Resource and Referral Information
- Access to Phone, Fax, Computer & Internet

February Programs

Healthy Start Nutrition: Tuesday, February 14

10 am - 12 pm

This is a cooking group for parents to learn about nutrition, gain cooking skills and take a sample home for your family. Child minding, transportation and light lunch is provided.

Parent Drop In: Friday, February 19

10 am - 12 pm

This is a time for parents to have a coffee, meet new friends, participate in a craft. Child minding and transportation provided.

Book Buddies: Thursday, February 7 & 21

9:30 am - 12 pm

An interactive speech development/reading group with songs, rhymes, crafts. Healthy breakfast, transportation, and child minding are provided.

Healthy Baby: Tuesday, February 12 & 26

10 am - 12 pm

This group is for *pregnant women* and caregivers of *children under the age of one*. It is a time for you to ask questions about your pregnancy or your baby's development, do activities with your baby, visit with other parents, and learn more about nutrition and health. Provides 4 liters of free milk weekly for pregnant women and those with babies under 6 months. Child minding, transportation and light lunch are provided.

Stay N Play: Friday, February 6 & 28

10 am - 12 pm

An interactive child/parent play group consisting of games, rhymes and crafts. Transportation and snack provided.

February is Heart & Health Month



During Heart Month, I encourage all Canadians to learn more about their individual **risk factors for heart disease**, and to make one change to protect or improve their heart health. Even making one small change towards a healthier lifestyle can make a big difference!

New
Dad's Nobody's Perfect
Starting January 17-March 7
7:00-8:30pm

Please Call 204 239-3986 To Register

Free Splash and Play Playgroup

February 6, 13, 22, 27

Swim time: 9:30-10:30

Snack & play : 10:30-11:30

Please register at Stride Place



Please register for all programs!

Family Resource Centre—"Connecting families in Central Plains"