



March 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6 Stay & Play With a Play Presentation By Sharon Arksey 10am - 12pm	7 Book Buddies 10am - 12pm	8	9
	11	12 Healthy Baby 10am-12pm	13 Drug Awareness Presentation 10am - 12pm	14 Healthy Start 9:30am -11:30pm (Note time change)	15	16
	18 Parent Drop In 10am - 12pm	19 Stay & Play 10am - 12pm	20	21 Book Buddies 10am - 12pm	22	23
24/31 Spring Break March 25-29	25	26 Healthy Baby 10am - 12pm	27	28	29	30

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

Art Auction and Coffee House

Sunday March 17
1-4pm Admission \$5.00

At The Tupper Street Family Resource Centre
234 Princess Avenue

Tickets can be purchased at the Tupper Street 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 - March 2019



A United Way Member Agency

234 Princess Avenue
Portage La Prairie, MB R1N 0R1

Phone— 204— 239—3986
Email—frontdesk.tsfrc@gmail.com

Fax— 204-239-3998



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:

- 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
- Clothing Depot
- Volunteer Opportunities
- Access to sexual health resource materials & contraceptives
- Resource and Referral Information
- Computer use and Printer available
- Access to Phone, Fax & Internet

March Programs

Healthy Baby: Tuesdays March 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.

Book Buddies Thursdays March 7 & 21 **10 am - 12 pm**

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

Stay N Play: Wednesday March 6 & Tuesday March 19 **10am - 12pm**

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

Healthy Start Nutrition: Thursday March 14 (Note Time Change) 9:30am-11:30am

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: Monday March 18 **10am-12pm**

Come out and have a coffee, meet new friends, participate in some crafts. Transportation provided.

Nobody's Perfect
Starts April 1st
April 1, 8, 15, 22 and 29

A Gracious Thank You

To The Community Foundation
Of Portage & District

For The New Fridges and Toys

And The Portage Community Revitalization Corp.

For the New Computers

For The Tupper Street Family
Resource Centre

Drug Awareness Presentation

March 13
10am - 12pm

Guest Speaker

Childminding and Transportation
Provided

Please register for all programs!

Family Resource Centre—“Connecting families in Central Plains”