






# JUNE 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
2	3 Wiggle, Giggle Munch 10 - 12 pm	4	5	6 Book Buddies 9:30 am - 12 pm	7	8
9	10 Wiggle, Giggle Munch 10 - 12 pm	11 Healthy Baby 10 am - 12 pm	12 Stay N Play 10 - 12 pm	13	14	15
<b>HAPPY FATHER'S DAY!</b>	17 Wiggle, Giggle Munch 10 - 12 pm AGM 12 - 1 pm	18 Parent Drop In 10 - 12 pm	19 Healthy Start 10 am - 12 pm	20 Book Buddies 9:30 am - 12 pm	21 Aboriginal Day 	22
23/30	24 Wiggle, Giggle Munch 10 - 12 pm	25 Healthy Baby 10 am - 12 pm	26	27 Stay N Play 10 - 12 pm	28	29

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

You are invited to attend the  
**Annual General Meeting of TSFRC**  
 Monday June 17, 2019 12 - 1 PM  
 Lunch Provided

**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 - June 2019



234 Princess Avenue  
Portage La Prairie, MB R1N 0R1

T- 204- 239-3986

F- 204-239-3988

E- frontdesk.tsfrc@gmail.com Check us out on Facebook!



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

## June Programs

### **Book Buddies: Thursday, June 6 & 20**

**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, June 11 & 25**

**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.

### **Healthy Start Nutrition: Wednesday, June 19**

**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: Tuesday, June 18**

**10 am - 12 pm**

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

### **Stay N Play: Wednesday & Thursday, June 12 & 27**

**10 am - 12 pm**

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

### **Wiggle, Giggle, Munch: Monday, June 3, 10, 17 & 24**

**10 am - 12 pm**

A time for parents and children to have fun together through *active play, games, songs* and a healthy snack. Transportation provided if needed.

**We would like to give thanks to the La Prairie Lioness Club for their generosity of donating the funds for the Men's bathroom. "It's time for a change!"**

## **Aboriginal Day Celebrations**

*Join The Family Resource Centre and The  
Portage Friendship Centre  
On June 21st, 2019  
12 - 4 pm  
Pow-wow, music, raffles, silent auction &  
many vendors  
Free activities  
&  
Free lunch*

**Be on the lookout for our Family Fun Days and Growing Up Green sessions starting in July. These are parent/child interactive programs for families with children aged 2 - 10 years old**