


Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1  New Year's	2	3	4 
5	6 Parent Drop-In 9 - 3pm	7	8 Positive Discipline 10 - 12pm	9 Book Buddies 9:30 - 12pm	10	11
12 	13 Budgeting 1:00 - 3pm	14 Healthy Baby 10 - 12pm	15 Positive Discipline 10 - 12pm	16 Healthy Start 10 - 12pm	17	18
19	20 Toddler Shenanigans 10 - 12pm Budgeting 1:00 - 3 pm	21	22 Positive Discipline 10 - 12pm	23 Book Buddies 9:30 - 12pm	24	25 
26	27 Budgeting 1:00 - 3pm	28 Healthy Baby 10 - 12pm	29 Positive Discipline 10 - 12pm	30 Stay N' Play 10 - 12pm	31	

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

## *Our Centre is now Open!*

We'd like to thank everybody for being patient with all the renovations that has been happening at the Centre

We'd love to see you please call to register for our Programs & Workshops held  
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 - January 2020



Check out The Tupper Street Family Resource Centre website!



United Way  
Central Plains

[portagefrfc.wixsite.com/mysite](http://portagefrfc.wixsite.com/mysite)

234 Princess Avenue  
Portage La Prairie, MB R1N 0R1

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

F- 204-239-3998  
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

### **CFS of Central MB Family Enhancement is providing 8 mini workshops listed below**

- Budgeting
- Resource day
- Indigenous Culture
- Healthy Relationships & Sex Education
- Mental Health & Addictions
- Safe Social Media
- Safety
- Wind up get together

These mini Trainings will be held every Monday Beginning January 13th until June 22nd from 1:00pm to 3:00pm here at the Tupper Street Family Resource Centre. Child Minding, transportation and a light snack will be provided each week. In order to Participate in the Wind up in June you will need to attend at least 10 of the mini trainings.

**Access to Phone, Fax, Computer, Internet and Printer**

### **Healthy Baby:** Tuesday, Jan 14th & 28th

10 - 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.

### **Parent Drop-in:** Monday Jan 6th

9am - 3 pm

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

### **Toddler Shenanigans:** Monday, Jan 20th

10 - 12 pm

This program provides children the opportunity to explore and experience the world through messy play. Messy play allows our children to use and develop their five senses and further develop their natural inquiry skills.

### **Healthy Start:** Thursday, Jan 16th

10 - 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.

### **Book Buddies:** Thursday, Jan 9th & 23rd

9:30 - 12 pm

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

### **Stay N' Play:** Thursday, Jan 30th

10 - 12 pm

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

### **Positive Discipline:** Wed, Jan 8th, 15th, 22nd & 29th

10 - 12 pm

An 8 Week Parent support program that helps parents gradually move away from physical and emotional punishment and toward solutions that nurture their children's healthy development and learning.

### **Budgeting:** Monday, Jan 13th, 20th & 27th

1:00 - 3 pm

A 4 Week workshop to get a better understanding on the basics of budgeting and setting goals. Get the skills to create your own spending plan, set financial goals and manage your money better.

### **Public Skating Hours & Dates**

January 6th, 8th, 13th, 20th, 22nd, 27th, & 29th.

3:45- 4:45

January 10th & 31st

9:15 - 10:15



*Family Resource Centre—“Connecting families in Central Plains”*