

ÉAM LES NOUVELLES

NOVEMBRE 2023

PRINCIPAL'S MESSAGE

We are looking forward to having all of our families in for our Student-Led conferences on November 9th and 10th. Your children are eager to celebrate their learning with you! Our goal is to have all families attend, as we know parental involvement is critical for student achievement.

We have many engaging and educational opportunities planned for the month of November from assemblies to overnight camps! This month we will kick off our first major fundraiser of Purdy's chocolates. The funds will go directly to supporting opportunities for our students and reducing costs for families.

All families are welcome to attend Home and School meetings and the next meeting will take place on November 13th at 6:30 p.m. in the library. Our first school dance will take place on November 23rd from 4:00-7:00 p.m. for grade 5-8 students.

November 14th is World Diabetes Day, we invite all students to wear blue clothing on this day to bring awareness. We especially want to show support for our ÉAM students who live with diabetes.

Finally, we want to highlight that next week, four of our teachers will be heading to (ACPI) the national French Immersion conference for teachers in Saint John, New Brunswick. We appreciate the support we receive from our division in prioritizing this learning for our teachers.

We have decided to hold two concerts, both on December 20th. Our first concert will be at 11:00 a.m. for grades 5 & 6 and the K-4 concert will be at 1:30 p.m. Both concerts will take place in the gym. More details to follow on how things will work for both kindergarten classes as it is not a typical day for one of the classes. More details to come on a grade 7 & 8 band and guitar performance to be held in the new year.

See you at our conferences,
Tracy Vanstone
Directrice

IMPORTANT DATES

- Nov. 1 - Purdy's Campaign Starts
- Nov. 6 - Picture Retakes 9 a.m.
- Nov. 8 - Volleyball Tournament 4-7 p.m. ÉAM - Boys/ LVS - Girls
- Nov. 9 - Student Led Conference - 5-7:30
- Nov. 9 - Remembrance Day Services 11:00 assembly
- Nov. 10 - Student Led Conference - No Classes
- Nov. 11 - Remembrance Day
- Nov. 13 - Home & School Meeting 6:30 p.m.
- Nov. 14 - World Diabetes Day *Wear Blue*
- Nov. 16 & 17 - SSG Camp
- Nov. 23 - Dance
- Nov. 22 - Purdy's Orders Due
- Dec. 4-8 - Purdy's Delivery Window
- Dec. 11 - Expected Purdy's Pick Up
- Dec. 15 - Pancake Breakfast
- Dec. 19 - Band Concert
- Dec. 20 - Holiday Concert Gr. 5+6 a.m. K-4 p.m.

NOVEMBER 1 - 22



CHOCOLATE

[HTTPS://FUNDRAISING.PURDYS.COM/1569289-1086](https://fundraising.purdy.com/1569289-1086)

CONNAÎTRE NOS FAMILLES

Growing up in India, I was a Classical and Folk dancer, and have done more than 600 stage performances. I had won several awards and prizes, and was talented enough to balance 7 pots with fire on my head and dance at the same time. My mom is a professor of Economics, and Dad was an Airforce Para Jumping instructor. When I saw my dad jumping out of the airplane, I realized, I wanted to fly that plane. I had a dream that my dad would jump out of a plane I was flying! It became a passion I had to pursue.

I came to Canada (PEI) for the first time in 2007 to train to get my private pilot's license. It was the very first time I left my parents and brothers. The training was going well, but within a few months of my arrival I was feeling homesick. I went back to my parents and did not finish my training. My parents were financially very tight, and mortgaged their house to help me, but when I told them I was homesick, Dad did not hesitate and told me to come home, that we would manage. I decided to try again and prepared my mind. I came back to Canada in 2008 (Calgary) and that's where I met Sun Ilango. We fell in love and after completion of my training, I went back to India and began working for a company called Air Deccan as a Sr. Flight Operation Executive. It took a while to convince our parents, but in 2013 Sun and I were married. We decided to come to Canada and build our careers. The same year we moved to Calgary, and just as I began training to continue with my flying, Krish came along. I just started back to my training again for Instructor Rating and realized another member of the family was on the way. Arjun was born in 2016, and I had to discontinue my training yet again. Our parents helped us during those hard financial times, and by being with us when we needed them.

Finally, when Arjun was 1 year old, I was able to complete my training and got a job as a flight instructor. Now, I am here in Southport training military personnel to be pilots, which gives me immense happiness. At Southport, Aerobatic flying is taught as well. My husband and I are both Class 2 Aerobatic Flight Instructors. Sun also used to work here as well, but recently, he accepted a position flying for Vanguard in Winnipeg, where he is flying sick patients to the hospital from Northern communities to Winnipeg. Often, other careers have someone's troubles involved in them. Doctors, lawyers, police officers all deal with difficulties, but teachers and instructors are lucky enough to be trained to give knowledge.

We are blessed to have Krish and Arjun in the French Immersion program, as Krish was very interested but couldn't enroll due to late grade enrollment, but thanks to the new Provincial changes, Krish is very happy to be in the French Immersion program. He believes he can do it, and he already knows 4 languages (Hindi, Tamil, Khatri and English). Krish dreams of inventing life saving things, and Arjun wants to be a soccer player and play for Team Canada.



Jyothi Bachwala with her family, Sun,

Krish and Arjun Ilango



FIRE PREVENTION WEEK!



Meet the Teacher

About Me

Hi! My name is Mme Fehr. I went to school in St. Eustache. I have one son and one daughter. I have 4 cats! My favourite is Wal-Mart. My son could only say 3 words when we got him, Mom, Dad and Wal-Mart. Since we were Mom and Dad, Wal-Mart was the only choice left. I am so excited to be teaching grade 5 this year! It's going to be great!



Hobbies

Before I had children I loved to paint. Watercolor or acrylic, I loved it all. When my children need me a little less, I will go back to it. For now that hobby is retired.

My Favorites

- COLOR: Pink
- FLOWER: Lillies
- DRINK: Coffee
- FOOD: Montana's Antojitos
- SUBJECT TO TEACH: All
- SUBJECT TO LEARN: History
- CANDY: Starburst

By doing what you LOVE, you INSPIRE and awaken the hearts of others.

TEACH
LOVE
INSPIRE

Meet the Teacher



About Me

I am from Winnipeg, but live in Ellie. I live with my boyfriend and 2 cats, Logan and Cali. I love fashion and brightly colored clothing. You wouldn't know it from what I wear to work, but my closet is very Liberace-ish.



Mlle Gagnon

Education

I went to École Laura Secord, River Heights Middle School, and Kelvin High. I got my degree in teaching from the University of Winnipeg.

Favorites

- cats
- spicy food
- travel
- the beach/water
- the ocean
- colorful clothing

Hobbies

I love art. But my passion is restoring and restyling old Bratz dolls. I haven't learned to re-root their hair yet, but I can do their makeup and clothing and I love it!



Phys-Ed



VOLLEYBALL

The volleyball teams have been practicing hard at improving their skills and getting ready for the season. This year we will field one girls team and two boys teams. Thank you to Mlle. Horning, Mme Richot, Mme Rheault, Mme A-B, Mme Gertride, Mme Crawford, Mlle Garrioch for donating their time to supervise and coach. On October 5th the teams played in a pre-season triple ball tournament. League play began October 10th and is now in full swing. Our divisional tournament is scheduled for the evening of November 8th with the girls at LVS and the boys at EAM. Good luck to all the teams.

On October 19th our grade 8 boys (with a few call ups from grade 7) traveled to Macgregor for a tournament. Our boys showed very well and finished in first place. Congratulations!

CROSS-COUNTRY RUNNING

The season was blessed with amazing weather as we held races at Morrison Sport Park in Oakville, on the Koko Platz/Mellenville Trails and the final race was at Creekside Campground. All of our runners did their best and had fun competing. The following four runners were the tops in their division after the three divisional races. Congratulations to:

Grade 5 Boys: Nixon Pepper
Grade 6 Girls: Peyton Ross
Grade 6 Boys: Maclean Little
Grade 7 Boys: Aiden Nunn
Grade 8 Boys: Colin Rosset



PHYS. ED ACTIVITIES

It was a busy month in the gym. Students began by learning rules, routines and warmups. We played a variety of team building games the first week back. For the remainder of the month students were kept active with a variety of field and indoor games. We held our Fastest Class in the School competition and 8N were the winners. They get to keep the cup until the next competition. Please discuss health and wellness with your students as research shows that if you share your goals with others it increases your chance of success. We want our students to be active, healthy and to do their best.



HOLIDAY CONCERTS

Grades 5&6 - Wed. Dec. 20 11:00 a.m.
K-4 - Wed. Dec. 20 1:30 p.m.

All concerts to be held in the school gymnasium

ÉcoleArthurMeighen



EAM celebrated the 43rd year of the Terry Fox Walk with a successful sale of Terry Fox t-shirts with all money going towards our fundraising total. We followed that by bringing in our Toonies For Terry and our online donations. We had some teachers in our school set out class challenges allowing their students to unlock different rewards as donations came in. 8N also had Mlle Newham promising to match her class's donations as well as the top fundraiser getting to be "Teacher for the day". In the end, Mlle Newham matched their donations by adding her own donation of \$350!

On October 6th we did our annual Terry Fox walk and hosted a BBQ. We had Portage Terrier players come and help BBQ our hotdogs and hype our students up for our walk. We even had a special guest appearance from T-Bone.

Thank you to all who donated money to help find a cure for cancer. We surpassed our fundraising goal and raised an amazing \$7000! Look out for our next newsletter to see what other fun activities the students unlocked by beating our fundraising total...more to come!



THANK YOU!



for your generous donation to our school Breakfast Program!



THANK YOU SHEEPY HOLLOW



ÉAM

HOME AND SCHOOL MEETING

ALL PARENTS WELCOME!

OLDER STUDENTS WILL PROVIDE CHILD CARE

NOV. 13
6:30 P.M.



CHAIR: CASSANDRA PEHURA
ROBCAS@MYMTS

204-857-3405



YOU'RE INVITED TO OUR

Pictures with Santa

OPEN HOUSE

Mr and Mrs Clause will be at Portage Pharmasave for photos! Stop by with your camera. You can drop off your letter to Santa. Please bring a tin for the bin.

SATURDAY **18 NOV** 10AM - 2PM

Let's make this holiday season unforgettable!

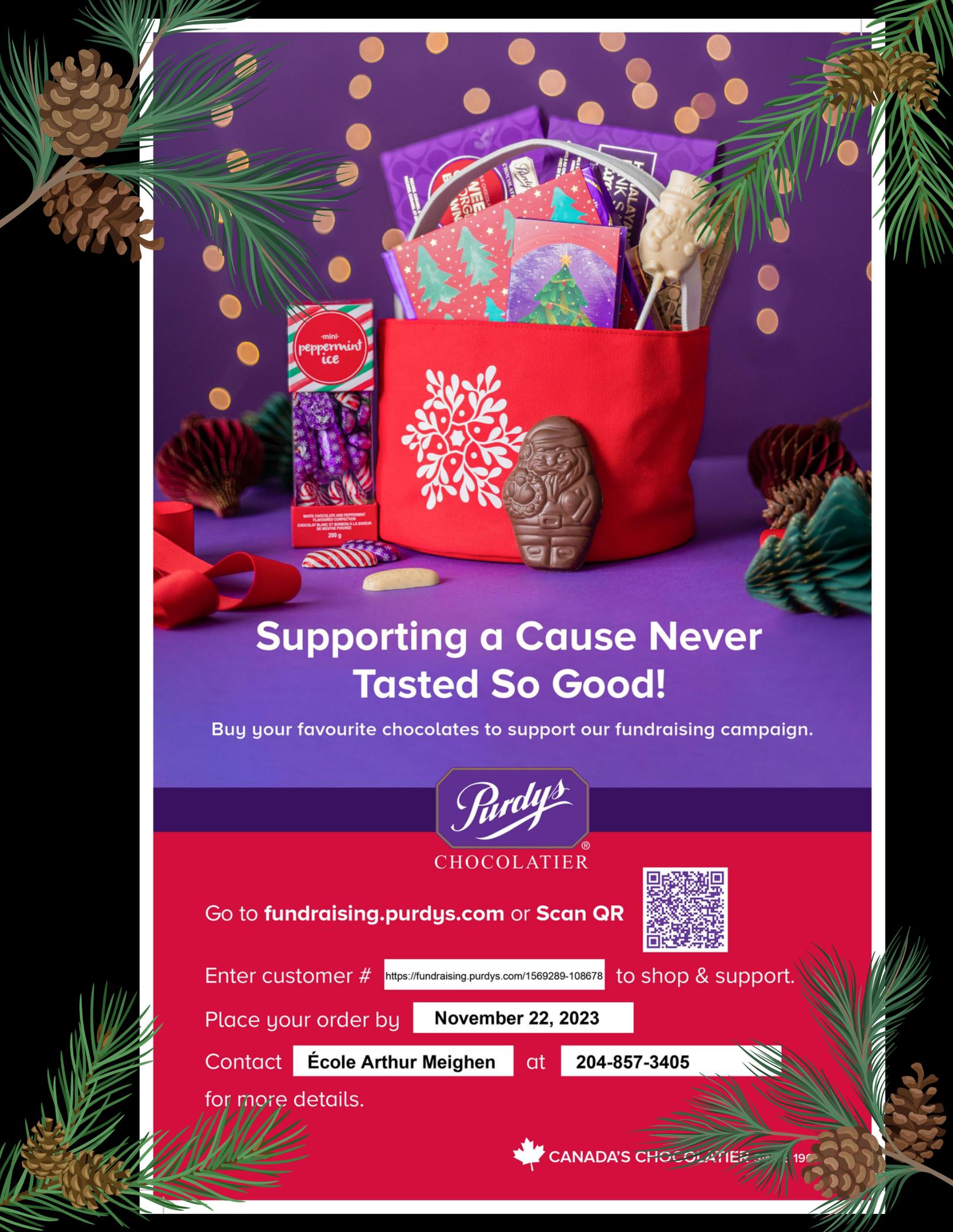


KEEP CALM AND QUACK ON



LIFE ISN'T PERFECT, BUT MY CURLS SURE ARE!





Supporting a Cause Never Tasted So Good!

Buy your favourite chocolates to support our fundraising campaign.



Go to fundraising.purdys.com or Scan QR



Enter customer # to shop & support.

Place your order by

Contact at

for more details.

NOVEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Day 5	Day 6	Day 1	
5	6	7	8	9	10	11
	Day 2	Day 3	Day 4	Day 5	Day 1	 Last We Forget. Remembrance Day
12	13	14	15	16	17	18
		Board Meeting				
	Day 6	Day 1	Day 2	Day 3	Day 4	
19	20	21	22	23	24	25
	Day 5	Day 6	Day 1	Day 2	Day 3	
26	27	28	29	30		
	Day 4	Day 5	Day 6	Day 1		
		October 2023 Su M Tu W Th F Sa Su M Tu W Th F Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		December 2023 Su M Tu W Th F Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		
						Academic Calendar by Vertex42.com © 2016 Vertex42 LLC. Free to print.

<http://www.vertex42.com/calendars/academic-calendar.html>

DECEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					K-12 Admin Day NO CLASSES	
3	4	5	6	7	8	9
	Day 2	Day 3	Day 4	Day 5	Day 6	
10	11	12	13	14	15	16
		Board Meeting				
	Day 1	Day 2	Day 3	Day 4	Day 5	
17	18	19	20	21	22	23
					Last Day Fall Term	
	Day 6	Day 1	Day 2	Day 3	Day 4	
24	25	26	27	28	29	30
	Christmas Day	Boxing Day	Christmas Break SCHOOLS CLOSED			
31						
		November 2023 Su M Tu W Th F Sa Su M Tu W Th F Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30		January 2024 Su M Tu W Th F Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		
						Academic Calendar by Vertex42.com © 2016 Vertex42 LLC. Free to print.

November 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Grand Pals 10:30 am (Dufferin Villa) Homeschool Co-op 1:30-3:30 pm	2 Musical Mornings 9 or 11 am	3 Healthy Cooking 10 am or 1 pm Prenatal Course (Session 1) 6 pm	4 Prenatal Course Session 2: 10 am Session 3: 1 pm
5 Need transportation to program? Contact FRC & we can arrange a shuttle!	6 Book Buddies 9 am or 11 am	7 Chest/Breastfeeding Group 11 am Drop In Play 1-4 pm	8 Babies & Babble Newborn 9:30 am Babies 11:30 am Mom's Time 7:30 pm	9 Toddler Shenanigans 9 am or 11 am Parenting Workshop 2:15-3:30 TOPIC: Sleep	10 Kids in the Kitchen 10 am or 1 pm	11 REMEMBRANCE DAY
12	13 CENTRE CLOSED FOR REMEMBRANCE DAY	14 Healthy Baby 11 am Drop In Play 1-4 pm	15 Grand Pals 10:30 am (Dufferin Villa) Homeschool Co-op 1:30-3:30 pm Intro to Harm Reduction 6:30-8 pm	16 Musical Mornings 9 or 11 am 4:30 pm Parenting 101 1:30 pm	17 Healthy Cooking 10 am or 1 pm Family Game Night 5-7 pm	18 Super Dads, Super Kids 10 am FAN Portage 1-3 pm
19	20 Book Buddies 9 am or 11 am	21 Chest/Breastfeeding Group 11 am Drop In Play 1-4 pm	22 Babies & Babble Newborn 9:30 am Babies 11:30 am	23 Toddler Shenanigans 9 am or 11 am Parenting 101 1:30 pm TOPIC: ADHD	24 Our Neighbourhood 10 am Parenting Workshop 1:30 pm TOPIC: ADHD	25
26	27 Wiggle, Giggle, Munch 9 am or 11 am 4:30 pm	28 Healthy Baby 11 am Drop In Play 1-4 pm	29 Preschool Party 10 am 4:30 pm	30 Parenting 101 1:30 pm	Trying to register online but don't see the time you want? Call or text 204-595-5005 to have your name added to the waitlist!	

STEP 1: Find a program to join! STEP 2: Register on our website! STEP 3: Join us at the FRC!

Find us on Facebook & Instagram: Family Resource Centre Portage

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PROGRAMS:

Babies & Babble - Interactive baby and parent activities, including music and movement for sensory development. Join the group appropriate to your baby's motor skills: Newborn - to sitting unsupported (approx. 0-6 months) or Babies - sitting to taking first steps (approx. 6 months - 4). Childcare provided for older children.

Book Buddies - A literacy program focusing on speech, movement, songs and of course books! It's facilitated in partnership with a speech and language pathologist. (Ages 18 months-6 years)

Chest/Breastfeeding Group - A space for nursing parents (and those considering) to come together and feel supported in their journey from pregnancy to weaning. Childcare provided.

Drop In Play - Our playroom is open to use for 1-4 pm. Get out of the house and come meet some new friends, play with new toys, or skip cleaning your house and come here for a playdate instead! This is not a program, so no registration is needed. Come when you want and leave when you need to!

Family Game Night - Meet up at the FRC for fun, laughter and lots of board games! Snacks provided!

FAN Portage - Family Advocacy Network (FAN) of Manitoba in partnership with the Portage Family Resource Centre invite you to come out and connect with other parents/unpaid caregivers who have a loved one with a developmental or intellectual disability or autism, with similar lived experience. Refreshments will be provided!

Grand Pals - Make new friends at this program that brings together younger and older generations for planned activities and lots of fun! You're never too old to play! Held at Dufferin Villa.

Healthy Baby - A program for pregnant and new moms to come together and chat. (Pregnant-1 year).

Healthy Cooking - Come join others and prepare your own healthy family meal, with step by step instructions. Please bring your own container for this recipe, so you can enjoy your creation at home! Childcare provided.

Homeschool Co-op - A chance for homeschooling families to come together to achieve common goals and enrich the home education experience. (Preschool +)

Intro to Harm Reduction - Harm reduction is a set of practical strategies and ideas aimed at reducing negative consequences associated with substance use. This session is to increase our knowledge of harm reduction, challenge the concept of "non-judgmental care" and increase our knowledge of risk taking and why we engage in behaviour that we know could harm us. This is valuable for families and individuals in general, and parents of youth. (Session facilitated by Amber Beaudou from the Manitoba Harm Reduction Network.) Childcare is not available.

Kids in the Kitchen - Introduce your kids to the fun preparation of healthy nutritious meals, with step by step instruction. Please bring your own container for this recipe, so you can enjoy your creation at home! (Ages 2 - 6 years)

Mom's Time - Time committed to focusing on you. A space to try new things and connect with other Moms.

Musical Mornings - Explore the world of rhythm and rhyme with music and songs for toddlers! This program focuses on musical discovery through instruments, finger play, and movement. (Ages 6 months-3 years)

Our Neighbourhood - Learn what it means to be a caring human being by learning about the wonderful people and places in our community! (Ages 18 months +). **Tour the library with us this month!**

Parenting 101 - There are 4 workshops in this series which will help you achieve your parenting goals by teaching you about your parenting style, your child's development and tools to manage conflict and challenges. Attend them all or choose the ones that interest you! Childcare provided.

Parenting Workshop - An opportunity for parents to learn about a specific topic. This month is all about parenting teenagers! Childcare provided.

Prenatal Course - This comprehensive course will provide soon to be parents with practical tools to help during labour and delivery as well as provide care for their new baby. We recommend you and your partner or support person to sign up for all 3 sessions but you can also attend just any part of it. Session 1 - Pregnancy & Birth Plans / Session 2 - Labour & Birth / Session 3 - Newborn Care & Safety.

Preschool Party - Get ready for school and have fun doing it! Join us as we play, read, and make a craft together! (Ages 3-6)

Super Dads, Super Kids - Come meet other dad! We will provide the coffee and fun activities to do with the kids. (Ages 1-6 years)

Toddler Shenanigans - This program provides children the opportunity to explore the world around them by using their five senses to further develop their natural desire to learn! (Ages 1-6)

Wiggle, Giggle, Munch - A physical activity and nutrition program that encourages parents and children to have fun through active play, games and songs! (Ages 2-6)



November TOPICS:

Healthy Cooking - November 5
Recipe: One Pot Beef & Tomato Macaroni Soup
 This Tomato Macaroni Soup is a hearty and healthy one-pot meal that's ready in under 30 minutes. It's packed with tender ground beef, whole wheat macaroni pasta, veggies, tomato sauce, and more!

Mom's Time - November 8
 Are you tired of the same old exercise routine or having no exercise at all? If so, come join us at the FRC for a fun night of dancing and learning zumba moves - no experience necessary! It's guaranteed to be a fun way of getting your exercise!

Parenting Workshop - November 9
Topic: Sleep Hygiene
 Is sleep an issue for you? Do you frequently wake up in the night and have difficulty falling asleep? Join us for a presentation and discussion on sleep hygiene and learn some tips to help you get a restful sleep. You will also have an opportunity to connect with a Clinical Social Worker!

Kids in the Kitchen - November 10
Topic: Eggplant!
 Come explore all the wonderful things you can do with eggs and have fun with different egg preparations!

Healthy Cooking - November 11
Recipe: Spiced Butternut Squash Soup
 A great big bowl of healthy goodness, this easy butternut squash soup is major where you want it to be (taste, nutrition, all-around YES factor), and minor where you don't (prep work, time, dishes).

Parenting Workshop - November 24
Topic: ADHD
 Come receive support and learn new things about ADHD. ADHD is one of the most common neurodevelopmental disorders of childhood. It is usually first diagnosed in childhood and often lasts into adulthood. It is estimated to affect about 3% to 10% of children.

FREE wellness coaching is available!
 Schedule your appointment by calling 204-595-5105.
 Please inquire about childcare availability.

Find us on Facebook & Instagram: Family Resource Centre Portage

Outreach - November 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 After school @ Outreach 3:45-4:45pm	2 Public Health 3:15- 4:15pm After school @ Outreach 3:45-4:45pm	3	4
5 Need transportation to program? Contact FRC & we can arrange a shuttle!	6 After school @ Outreach 3:45-4:45pm	7 After school @ Outreach 3:45-4:45pm	8 After school @ Outreach 3:45-4:45pm	9 Jordan's Principle Dakota Tipi 1-5pm After school @ Outreach 3:45-4:45pm	10	11 REMEMBRANCE DAY
12	13 CENTRE CLOSED FOR REMEMBRANCE DAY	14 Harm Reduction 1:50-5:00pm After school @ Outreach 3:45-4:45pm	15 After school @ Outreach 3:45-4:45pm	16 After school @ Outreach 3:45-4:45pm	17	18
19	20 Mom's Time 1-3pm After school @ Outreach 3:45-4:45pm	21 After school @ Outreach 3:45-4:45pm	22 After school @ Outreach 3:45-4:45pm	23 Jordan's Principle Dakota Tipi 1-3pm After school @ Outreach 3:45-4:45pm	24	25
26	27 After school @ Outreach 3:45-4:45pm	28 After school @ Outreach 3:45-4:45pm Stress Management Workshop 5:15-6:15pm	29 After school @ Outreach 3:45-4:45pm	30 After school @ Outreach 3:45-4:45pm	Trying to register online but don't see the time you want? Call or text 204-595-5005 to have your name added to the waitlist!	

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PROGRAMS:

PLEASE NOTE: Unless otherwise indicated, all programs on this calendar are offered at our 11th St. NW Location

Kids:
After school @ Outreach: School aged children come to the Outreach Centre for an activity and snack Monday through Thursday 3:45pm - 4:45pm. Our focus is on activities that reflect inclusion, diversity and equity. This is geared for children right in the 11th St. Outreach area. No need to register, however we do require forms to be filled out if attending!

Care Givers:
Mindful Mondays: Each third Monday of the month, join our Outreach worker at our 11th St. Centre. November is the beginning of cold weather so what better way to warm up with a bowl of pork and cabbage soup. Come join us at outreach where you will make a healthy meal and discuss wellness. This is time committed to focus on you. The 3rd Monday of the month November 20th from 1-3pm. To register, call 204-595-5005. Space for 6.

Wellness Coaching: Wellness Coaching provides holistic support for individuals and family well-being through the lenses of social, emotional, physical and mental health and wellness. It aims to learn more about individuals in order to provide guidance, support to achieve short and long term goals, and facilitate access to other relevant community supports. Aimed to break isolation and provide connection, it is delivered in either a one-to-one or group context. Please note that Wellness Coaching is not a crisis or counselling service (treatment or management for a client with psychological distress such as suicidal impulses or destructive behaviour). Rather, the approach of these sessions is to provide participants with strategies and coping techniques so they can overcome challenges now, in the future, and to navigate relevant community resources. To book an appointment please call 204-595-5105. Please inquire about childcare.

Community Outreach: More informal than wellness coaching, our Community Outreach can help with navigating recreational opportunities for your children, parenting and wellness tips, or creating connections to other community resources. Let us help find the right fit for you! Call 204-595-5105 or 204-595-5005 for more information.



November TOPICS:

Public Health Nurse: Nov. 2nd, 3:15-4:15 pm
 Immunizations, infant/child 2-18 months, height and weight, physical exam, discussing nutrition, development, safety for each stage, prenatal support, postpartum support, head lice treatment and harm reduction supplies. Safe sex supplies: Contraceptives (emergency and prescribed), come by for more details!

Jordan's Principle: Nov. 9th & 23rd, 1-3pm
 Jordans Principle-Diane Thiesen will be at Outreach. She is a Wellness Counselor for Dakota Tipi First Nation- Off Reserve Services. Bridging the gaps in services for all reserve members. Providing assistance for intake and referrals for Jordan's Principle, one-on-one counselling services for women available.

Harm Reduction: Nov. 14th, 1:30-3:00pm
 Join us while we play some games and discuss topics regarding Portage la Prairie's stigmatized. These topics include drug use and STBBI's. Mom's Time: Nov. 20th

Stress Management: Nov. 28th, 5:15-6:15pm
 Come over to Outreach and meet Cassidy, a new Social Worker for Portage, Gladstone and area. She will be joining us to discuss stress management. Call 204-595-5005 to register.

FREE wellness coaching is available!
 Schedule your appointment by emailing wellness@frcportage.ca
 Or call 204-595-5005 on Monday's and Wednesdays

MASK UPDATE - PLEASE READ!

Masks are optional for the indoor programs. If you or someone in your family is unwell, please stay home and let us know you won't be attending. We will have masks and sanitizer available! If you would prefer still wear a mask when interacting in close contact with your children/yourself, please let us know.

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