



# MARCH 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Stay N Play 1:00—3:00	4 Wiggle Giggle and Munch 1:00-3:00	5	6
7	8 Triple P Parenting Program 1:00-3:00	9 Growing with Mom 9:30—11:30	10	11 Wiggle Giggle and Munch 1:00-3:00	12 2:00– 3:00 Coffee with Heather Leeman	13
14	15 Triple P Parenting Program 1:00-3:00	16	17 CFCS Community Financial Counseling WORKSHOP For Service Providers 10:15	18 Book Buddies 9:30-12:00	19 STARSS Training For Service Providers 9:30-3:00	20
21	22 Triple P Parenting Program 1:00-3:00	23 Growing with Mom 9:30—11:30	24 Healthy Start Nutrition 10:00-12:30	25 Wiggle Giggle and Munch 1:00-3:00	26	27
28	29 Triple P Parenting Program 1:00-3:00	30 Healthy Start Nutrition 10:00-12:30	31 Parent Drop In 1:00-3:00 ***** Parents Intervention Program 7:00-9:30			

Please call Lynne, Liz or Tammy at 857-9011 to register for programs.

\*\* WHATS NEW \*\*

### Wiggle Giggle and Munch

A parent child interactive group with songs, games, structured play and crafts. Focusing on large and fine motor skills

### Parents Intervention Program

This is a confidential group program that provides both information and support to parents who are concerned about their son or daughter's use of alcohol other drugs or gambling. There is no charge for this group, however participants need to preregister with Barry Rud at 857-8353.



# Tupper St. Family Resource Centre Newsletter March 2010



A United Way Member Agency

20 Tupper St. N  
Portage La Prairie, MB R1N 1W8

T- 857-9011  
E-resourcecentre@tsfrc.com F- 239-4851  
W-www.tsfrc.com

The Tupper Street Family Resource Centre encourages families to make healthy choices by sharing knowledge, support and resources in a safe and welcoming environment.

## Programs and Services include:

- Individual Support and Counseling
- Parenting Education for individuals, groups and couples
- Parent/child play groups
- Drop-In for families and adults
- Special events and family outings
- Personal Development Workshops
- Nutrition Programs
- Youth Development Presentations
- Resource Library
- Clothing Depot and Tuck Shop
  - Mondays 9:00 - Noon
  - Tuesdays 1:00 - 4:00
  - Fridays 9:00 - 4:00
- Volunteer Opportunities
- Access to sexual health resource materials and contraceptives
- Resource and Referral Information
- Access to Phone, Fax, Computer and Internet

\*\*\*\*\*

**Workshops:** These 2 workshops are for Service Providers

March 17th Community Financial Counselling Services

An overview of the new service available to the Portage and Area.

March 19th STARSS

Start Thinking About Reducing Secondhand Smoke

A harm reduction support strategy for low-income mothers who smoke and want to protect their children from the harmful effects of secondhand smoke.

\*\*\*\*\*

*Strengthening families today..  
building a stronger tomorrow.*

## March Programs

**Growing with Mom: Tuesday Morning - 9:30am-11:30am**

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. Call Tupper Street Family Resource Centre to register. Transportation, child minding and light lunch are provided.

**March 9th**

**Topic: Home Safety**

**March 23 Public Health Nurse**

**Book Buddies: Thursday March 18th 9:30am-12:00pm**

A speech development & reading group for parents and children to participate in songs, rhymes, crafts and more. A healthy breakfast, transportation and child minding are provided.

**Session 1:** For parents of children 3-5 years

**Session 2:** For parents of Infants 0-2 years

**Stay N Play: 1:00pm- 3:00pm**

This group is for parents and children to interact in play, do crafts and learn by having fun together. Transportation and snack provided.

**Wednesday March 3rd Paper Plate Monkey**

**Wiggle Giggle & Munch: 1:00—3:00**

A 7 week group for parents and children to have fun through active play, games, songs, and crafts. Child minding for infants, transportation and a healthy snack are provided.

**Thursday March 4, 11, & 25**

**Healthy Start Nutrition: Thursday 10:00am-12:30pm**

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

**March 24th Beef Nacho Casserole**

**March 30th Italian Pasta Melt**

**Parent Drop-In: Wednesday March 31st 1:00pm-3:00pm**

Reward yourself with a 2 hour break, enjoy some friendly conversation, have a coffee, meet new friends, have some laughs and maybe even get creative and do a craft. Transportation, child minding and snack are provided.

**Please call to sign up for all programs. 857-9011**

See other side of Calendar for Dates and Times

