

Welcome to 3 CFFTS Portage



Portage la Prairie Military Family Service Centre

Last updated: Feb 2023



WELCOME

The Portage Military Family Service Centre (MFSC)

wants to extend a warm welcome to you!

Relocation can be a stressful time for military members and their families.

The MFRC is committed to enriching the lives of individuals, families and community through positive partnerships, education, and support.

We understand the many unique stressors placed on military members and their families. Therefore, the Portage MFSC offers resources, events, and services to help everyone adapt quickly to their new surroundings. We strive to make everyone feel at home in their new posting. We can provide information on Southport, Portage La Prairie, Winnipeg, as well as the following areas:

- MFSC Family Integration Events
- Mental and Emotional Health Resources
- Child Care, Day Care, Preschool, and School lists
 - List of available doctors and dentists
 - List of clubs and organizations
- Marital Resource Therapy Virtual Programming
- Second Language Resources for French, Spanish and English
- When in doubt...ask. We are more than happy to help!

If you are being posted-in to 3 CFFTS, we would be very happy to connect with you!

Please contact Jennifer Campbell Dornan directly.

P: 204-872-1992 E: jl.campbell@KFAero.ca.

Sincerely,

Jennifer Campbell Dornan



LOCATION SPECIFICS

Manitoba is in the Central Time Zone and observes Daylight Saving Time. The city of Portage La Prairie (pop. approx. 22000 in 2020) is located 45 minutes west of Winnipeg on the Trans-Canada Highway. The United States border is 60 minutes south on Highway 75.

3 CFFTS Portage is located in Southport, approximately 7 km south of Portage la Prairie. According to Environment Canada, Portage la Prairie has the highest number of sunny days during the warm months in Canada.

DRIVING IN MANITOBA

Driver's License

New residents may operate a motor vehicle in Manitoba with their valid out-of-province license for up to three months before requiring a Manitoba driver's license. Testing requirements may be waived if you surrender a valid and equivalent class driver's license from a reciprocal jurisdiction. For further information on new resident drivers, please contact MPI toll-free on 1-800-665-2410 or visit www.mpi.mb.ca.

Insurance

In Manitoba, vehicle insurance is provincially run. Get your Manitoba Driver's License before purchasing your Autopac insurance or you will not qualify for a premium discount. You must get a Manitoba Driver's license within three months of moving to Manitoba.

For information on what is required to register your vehicle, visit any Autopac insurance agent in Manitoba or visit

www.mpi.mb.ca/english/insurance/insurance.html.



EMERGENCY SERVICES - 911

Royal Canadian Mounted Police (RCMP)

340 Lorne Ave. East, Portage la Prairie,

Telephone: 204-857-4445 or 911 in emergencies

Portage la Prairie Emergency services (Fire and Rescue)

124 3rd Street NE, Portage la Prairie

Telephone: 204-239-8340 or 911 in emergencies

Portage and District General Hospital

524 5th Street SE, Portage la Prairie

Telephone: 204-239-2211 or 911 in emergencies

MEDICAL AND DENTAL INFORMATION

To register with a family physician, you will need to obtain a Manitoba Health Card.

Contact MFSC for a list of doctors who are accepting military dependants.

Medical Clinics

Portage Medical Clinic 140 9th St SE Phone: 204-857-3445 https://portageclinic.com/	Portage Walk in Clinic 140 9 th Street SE (204) 857-5905	Portage Public Health Unit 25 Tupper St N (Provincial Bldg) Phone: 204-239-3070
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Health Links

Health Links is a 24 hour, 7 days a week, telephone information service. It is staffed by registered nurses, who can answer your questions and concerns or guide you to the care you need.

Call anytime 204-788-8200 or toll free 1-888-315-9257



Dental Clinics

Brite Smile Dental Clinic 318 Saskatchewan Avenue E Phone: 204-857-5041	Portage Dental Associates 49 Royal Road N Phone: 204-239-1554
Brightside Dental Care 44 Tupper St N (Provincial Bldg) Phone: 204-857-5772	Westview Dental Centre Canad Inns Phone: 204-857-3545

UTILITY CONNECTIONS AND SERVICES

Electricity and Gas

Manitoba Hydro is the supplier of both electricity and natural gas for Portage la Prairie. Visit www.hydro.mb.ca/ or call 1-888-624-9376 for further details.

Water Department

Water Connection Fee: An administration fee of \$35.00 is charged to have water turned 'on' or transferred from one customer to another or \$85.00 after hours (after 1500hrs)

Water Billing: The City of Portage la Prairie is divided into three billing areas:

Payment Methods: Water bills may be paid at City Hall at the front counter, by mail, online, through tele-banking, monthly budget plan or pre-authorized bank payments.

For further water information, contact the RM office at 204-857-3821.

Operations Department

A 5-day solid waste collection cycle is run in the City of Portage la Prairie, Monday to Friday 0700-1630. Following statutory holidays, the collection days move one day



ahead. A weekly limit of 2 bags or cans of solid waste will be picked up from the curb. Excess bags must have Solid Waste Collection Tag affixed which can be purchased for \$1.00 each from City Hall or various retail outlets within the City. Collection schedules may be obtained from City Hall or the Operations Department.

Green Box Recycling

The City of Portage la Prairie provides a bi-weekly curbside collection of recyclables on their regular solid waste collection day. First time recyclers will receive one free green box per residence, and additional green boxes can be obtained for a deposit of \$10.00 from the Operations Department, 495—11th Street NW. For information, visit <http://www.city.portage-la-prairie.mb.ca> .

Street Sweeping & Snow Clearing

When required, street sweeping and snow clearing take place the day after garbage collection in your area. In the event of a major snowstorm in the area, the mayor may authorize a city-wide parking ban to allow the streets to be cleaned. Parking would not be allowed on any city street during this time. Several signs around the City display the status of the ban. You may also call 204-857-7275 for more information regarding the ban.

SCHOOL INFORMATION

Portage La Prairie School Division

535—3rd street N.W
Portage la Prairie, MB, R1N 2C4
Phone: 204-857-8756 / Fax: 204-239-5998
Website: www.plpsd.mb.ca

Division Scolaire Franco- Manitobaine

Salle 206, Bureau divisionnaire,
CP 204, 1263, Chemin Dawson
Lorette, MB, R0A 0Y0
Phone: 204-878-9399 / Fax: 204-878-9399
Website: www.dsfm.mb.ca



Schools in and around Portage la Prairie

School	Grade	Address	Phone and Website	Language
École Arthur Meighen School	Grade 5—8	201 River Rd	204-857-3405 http://www.plpsd.mb.ca/eams/	English / French Immersion
École Crescentview School	K— Grade 4	751 Crescent Rd E	204-857-3475 http://www.plpsd.mb.ca/cvs/	English / French Immersion
Fort la Reine School	K—Grade 6	36 13th St NW	204-857-7687 http://www.plpsd.mb.ca/flr/	English
La Verendrye School	K—Grade 8	500 7th Ave NW	204-857-3478 http://www.plpsd.mb.ca/lvs/	English
North Memorial School	K— Grade 6	410 6th Ave NE	204-857-4564 http://www.plpsd.mb.ca/nms/	English
Oakville School	K— Grade 8	88 3rd Ave. Pth 331, Oakville	204-267-2733 http://www.plpsd.mb.ca/oakville/	English
Portage Collegiate Institute	Grade 9— 12	65 3rd St SW	204-857-6843 http://www.plpsd.mb.ca/pci/	English / French Immersion
St. Claude School Complex	K– Grade 12	83 PR 204 N, St. Claude	204-379-2441 https://sites.google.com/a/prspirit.org/st-claude/	French
West Park School (Independent)	Pre K— Grade 12	2375 Saskatchewan Ave W	204-857-3726 http://www.westparkschool.com/	English
Yellowquill School	K—Grade 8	3000 Crescent Rd W	204-857-8714 http://www.plpsd.mb.ca/yqs/	English



CHILD DAY CARE CENTRES

Child Day Care Centres	Address	Phone
Centre D’infants St. Claude Children’s Centre	BOX 219, St. Claude	204-379-2908
Oakville Tiny Tots Nursery School	88 3rd Ave. Pth 331, Oakville	204-436-2254
Portage Day Care	36 2nd St SW	204-857-6226
Portage Ukrainian Nursery School	Trinity Church, 15 Tupper St S	204-857-7485
Short-Stop Rec Club	École Crescentview School, 751 Crescent Rd E	204-857-9210
Wee World Day Care	600 3rd St NE	204-239-1200
Westend Day Care	1825 Saskatchewan Ave W	204-857-8910
Westpark Children’s Centre	2375 Saskatchewan Ave W	204-857-3726

SOUTHPORT



Residential Rental Units

Southport has rental properties available for rent with three unit options; 2, 3 or 4 bedrooms. These housing units are duplex’s, and a detached single car garage is standard with all units. Short- or long-term units are also available at the Barker building or the Mynarski House.



Bowling Alley

Southport Bowl is a newly renovated 5 - pin bowling alley located in the Central Plains RecPlex at Southport, just 3 km south of Portage la Prairie. Southport Bowl has 5 lanes of bowling suitable for bowlers of all ages and abilities. Southport Bowl is also equipped for glow bowling. Guests can also enjoy a snack or beverage while they bowl.

Southport Golf Club

Although there are 9 greens, their extra tee boxes will allow you to experience an 18-hole round of golf. Southport is a great place for a casual round of golf, a company or family tournament, or just a relaxing practice session. They offer the following facilities: 9-hole golf course, fully licensed clubhouse, fully stocked pro shop, public driving range, golf lessons, and golf club re-gripping and repair. <https://southportgolfclub.ca/>

Southport Rec Plex

The Central Plains RecPlex features a 9 m rock climbing wall, 110 m indoor track, new fitness area, upgraded gymnasium access and remodeled change rooms and a rentable [multi-purpose room](#), a great addition to any group function. The Welcome Centre features a food kiosk, Brews + Bites, serving pizza, drinks and snacks, as well as an ATM and a 28 child daycare operated by Portage Day Care Centre.

For more information visit the Central Plains RecPlex website at www.centralplainsrecplex.com

Storage Units

Six new enclosed storage units are available at Southport, just 3 km south of Portage la Prairie. These enclosed units will be in addition to the existing outdoor storage compound. The units will also be fenced in and have nightly onsite security service monitoring them. If you are interested in renting a storage unit or for more information, please email propertymanagement@southport.ca.

For further information on any or the above services, visit: <https://southport.ca/>



MFSC SERVICES

INFORMATION AND REFERRAL

The purpose of this service is to connect family members to community services by: ensuring current, relevant information about community services is available in a variety of media; referring family members to community services; and ensuring that CF members and their families are aware of the MFSP and the services of their local MFSC.

The mission of the Portage la Prairie MFSC is “enriching the lives of its individuals, families and community through positive action, education and support.”

If you have a question, or are looking for information, resources, or referral to an agency or organization, please get in touch with us. The Portage la Prairie MFSC staff will ensure that you are referred to the appropriate person, place, or resource in a prompt and efficient manner.

We welcome all ideas and suggestions and strive to make *your* Service Centre meet *your* needs.

ADULT/CHILD DEVELOPMENT & PARENTING SUPPORT

Child / Youth Programs

We offer a variety of different events throughout the year such as a movie night, a pool party, and parties at Easter, Halloween and Christmas. We have compiled a list of child / youth programs currently running in Portage la Prairie and would love to share this information with you. Please contact the MFSC office for an up-to-date guide of what is going on for youth in Portage la Prairie.

Emergency Childcare Services

The MFSC has set up partnerships with local licensed day care providers to help support CF families with childcare in emergency situations. Please contact the



MFSC Coordinator if you need support with childcare in an emergency.

Parenting Support

We are keen to promote parenting workshops running in Portage la Prairie to support parents and caregivers in their parenting role. We can provide resources to support you as parents and put you in contact with specialized organizations within the community to provide additional parenting support when needed.

MFRC Winnipeg

We are pleased to promote the work and services available at MFRC Winnipeg which CF members and their families from Portage la Prairie can access including drop-in childcare facilities and Emergency Child Care service for those living in Winnipeg.

Visit <https://www.cafconnection.ca/Winnipeg/Home.aspx> to find out more.

Phone 204-833 2500 ext. 4500

PREVENTION, SUPPORT AND INTERVENTION

The purpose of the Prevention, Support and Intervention program is to serve the CF members and their families with preventive activities and supportive services.

Member Assistance Program

1-800-268-7708

This is a voluntary and confidential service to help members and family members who have personal concerns that affect their well-being and/or work performance. This can include marital and family, interpersonal relations and personal and emotional matters. The cost is paid by CF and is available 24 hours a day, 365 days a year. If your military spouse is presently deployed and you require assistance, do not hesitate to phone so that you may receive the services to which you are entitled.



Family Information Line

1-800-866-4546

The FIL is a toll free number for families of deployed Canadian Military Personnel. The FIL offers confidential, personal and bilingual assistance. The counselors can help your family obtain information, and provide reassurance, support and referral to the various services offered to CF families. FIL counselors provide supportive counseling seven days a week, 24 hours a day. By calling the FIL, you will be connected to friendly, experienced professionals who are well-versed on CF communities and services. Services are confidential.



EMPLOYMENT AND EDUCATION ASSISTANCE

The Employment and Education Assistance program is designed to provide support and guidance for civilian spouses and youth of military members looking for career opportunities to ease the stress of relocating. In addition, this program is designed to assist and facilitate a smooth transition for military families pursuing employment and education opportunities. The MFSC is dedicated to providing ongoing support, facilitating career development, and ultimately helping the client reach his/her full potential.

The MFSC coordinates and/or works with other community agencies to provide information and referrals in the following areas:



- Options for training and education (academic upgrading, local post-secondary institutions, distance learning)
- Workshops focused on career information, labour market trends, and educational opportunities
- Assistance finding job opportunities, writing resumes and cover letters, and practicing interview skills
- Access to a computer, printer, the Internet, and fax or photocopy services are provided free of charge
- Self-employment (home-based businesses and entrepreneurial endeavours)
- Volunteer opportunities

SECOND LANGUAGE TRAINING

The MFSC offers the Rosetta Stone online learning language program to provide extra assistance for those interested in learning a second language. Military spouses can access this service as a priority; however, if space allows, CF Members can also do so. If this is something you are interested in, please contact the MFSC as a select number of participants can register at a time.



Volunteer Leadership

Board of Directors (Moose Jaw MFRC)

The Board of Directors is the legal authority for the MFSC and is responsible to the Military Community. As a member of this volunteer Board, a Director is a trustee for the community and is responsible for the effective governance of the organization. Members of the Board provide guidance, support, and direction to the Executive



Director to set overall policy and establish long-term goals of the MFSC.

The Board of Directors is comprised of 51% military spouses, and the balance is to be from the military and civilian community. In addition, several ex-officio positions (non-voting) are appointed for their expertise. Volunteers who wish to be part of the Board of Directors need only have an interest in the work of the MFSC and be willing to participate in monthly meetings to discuss current and ongoing issues relating to the MFSC.

As a member of the Board, you will set policies that are in line with our mission and vision, and that of the national Military Family Services Program (MFSP).

We realize that making the commitment to volunteer can be a big decision; however, because of your involvement, you will assist the organization in ensuring our programs and services fully meet the unique needs of our community. Our dedicated staff and Board members are here to assist you with any questions and to support you so that your experience is a positive one!



QUICK REFERENCE WEBSITE LIST

MFSC Facebook: www.facebook.com/MFSC-Portage-1424899141060485/
CFOne : www.cfmws.com/en/OurServices/CFOne/Pages/default.aspx
CF Appreciation : www.cfappreciation.ca
CFMWS National: <https://cfmws.ca/portage-la-prairie>
Family Resource Centre: <https://frcportage.ca/>
Canadian Parents for French Manitoba : <https://mb.cpf.ca/>
Portage la Prairie Resource Guide: <https://www.portageresourceguide.com/>
City of Portage: [Home Page - City of Portage la Prairie \(city-plap.com\)](http://www.city-plap.com)
Portage and District Arts Centre: <http://www.portageartscentre.ca/>
Portage Community Revitalization Corporation: www.portagecrc.com
Portage la Prairie & District Chamber of Commerce: www.portagechamber.com
Portage la Prairie Regional Library: <http://www.portagelibrary.com>
Portage la Prairie School Division: www.plpsd.mb.ca
Portage Regional Recreation Authority (Stride Place): www.strideplace.ca
Province of Manitoba: www.gov.mb.ca
Southern Health-Santé Sud: www.southernhealth.ca
Service Canada: <https://www.canada.ca/>



QUICK REFERENCE PHONE LIST

Emergency Services	911
23 Military Police Flight	204-833-2633
RCMP	204-857-4445
Portage la Prairie Emergency Services (Fire & Rescue)	204-239-8340
Portage la Prairie Hospital Emergency	204-239-2211
Utilities Connection/Disconnection (Water & Sewer)	204-857-3821
Manitoba Hydro (Electricity and Gas)	1-888-624-9376
Shaw Cable	1-888-472-2222
Manitoba Telecom Services (MTS)	1-800-883-2054
Canada Post (General Inquiries)	1-866-607-6301
City of Portage la Prairie (Administration Manager)	204-239-8337
Housing at Southport	204-428-6030
PRRA PCU Centre	204-857-7772
15 Wing Chaplain	Wing Chaplain: (306) 694-2296 24/7 Emergency Duty Chaplain: (306) 631-1444

