



## FAMILY RESOURCES

Community Resource Center and Food Vault in MacGregor - **Apply by calling or texting Julie Friesen 203-685-2977 for Xmas Food Voucher/Hamper and children's gifts.**

<https://www.facebook.com/CRCFOODVAULT/>

Tupper Street Family Resource Center – Portage 204-239-3986

<https://portagefsrc.wixsite.com/mysite>

Salvation Army Food Bank

<https://www.facebook.com/pages/category/Local-Service/The-Salvation-Army-Portage-la-Prairie-Food-Bank-625859764709163/>

MB Parent Help Line 1-877-945-4777

Mental Health Wellness Services; Free Virtual Therapy and Family Support

Program <https://www.southernhealth.ca/en/home/mental-health-support-during-covid-19>

Wellness Support line for referrals and resources

<https://www.southernhealth.ca/en/home/wellness-support-line>

