



Welcome to Portage la Prairie!

from the Portage Military Family Service Centre (MFSC)

Last revised: April 2024



Portage Military Family Service Centre (MFSC)

The 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

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

Phone: 204-872-1992

Email: jl.campbell@kfaero.ca

Web Site: www.cfmws.ca/portage-la-prairie

Facebook: www.facebook.com/mfscportage

234-B Princess Ave
Portage la Prairie, MB
R1N 0R1

The Moose Jaw MFRC strictly adheres to the Privacy Code for Military Family Resource Centres. All personal information shall not be used or disclosed for purposes other than those for which it was collected, except with the consent of the individual or as required by law.

Note: A full copy of the Privacy Code for Military Family Resource Centres is available at the Moose Jaw MFRC office or on our website: www.cfmws.ca/moose-jaw

Icons sourced from www.flaticon.com

We have made every effort to ensure that the information provided in this package is accurate; however, we do not assume any liability for any errors and/or omissions.

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3 Canadian Forces Flying Training School (3CFFTS)

Welcome to 3 CFFTS! 3 CFFTS is headquartered in Southport MB, approximately 7 km south of Portage la Prairie and operates as part of 15 Wing Moose Jaw. The mission of 3 CFFTS is to conduct helicopter pilot training and multi-engine aircraft pilot training.

3 CFFTS tasks include oversight of the Primary pilot selection and training of all Air Force pilots provided by Allied Wings, who also conduct the visual flight rules flight training for all Air Force navigators. The service companies of KF Defence Programs and Southport Aerospace Centre provide all support services for 3 CFFTS, including aircraft maintenance and airfield operations.

3 CFFTS conducts Primary Flight Training on the Grob G 120A. Helicopter training is done on the Bell CH-139 Jet Ranger and the Bell 412 helicopter (retired Bell CH-146 Griffons). Multi-engine training is conducted on the Beechcraft King Air C-90B



About Manitoba

- Manitoba is in the Central Time Zone and observes Daylight Saving Time.
- The provincial tax rate in Manitoba is 7%.
- The city of Portage La Prairie has an approximate population of 22,000 individuals.
- Portage La Prairie is located 45 minutes west of Winnipeg on the Trans-Canada Highway with the United States border 60 minutes south on Highway 75.
- According to Environment Canada, Portage la Prairie has the highest number of sunny days during the warm months in Canada.
- The name Manitoba originated from the Cree term "Man-into-wahpaow", meaning "the narrows of the Great Spirit", which describes Lake Manitoba and how it narrows significantly at the centre.

Vehicle Information

Manitoba Driver's Licence

As a new resident to Manitoba, you can drive a passenger vehicle with your valid licence for up to three months. You also have up to three months to switch your valid out of province vehicle registration (plates and insurance). You must surrender your out-of-province licence to obtain the Manitoba licence.

For further information on new resident drivers, please contact MPI toll-free at **1-800-665-2410** or visit www.mpi.mb.ca



Manitoba Insurance

Autopac is the principal vehicle insurer in Manitoba. Get your Manitoba Driver's License before purchasing your Autopac insurance to insure you qualify for a premium discount.

For information on what is required to register your vehicle, visit any Autopac insurance agent in Manitoba or visit <https://www.mpi.mb.ca/Pages/Insurance.aspx>



Contact Information for Utility Connections



For information on all services available to Portage la Prairie please visit the following websites:

<http://www.rmofportage.ca/p/municipal-services-and-utilities> &
<https://www.city-plap.com/cityplap/>

Utilities Connection/Disconnection (water & sewer)	204-857-3821	
Manitoba Hydro (electricity & gas)	1-888-264-9376	www.hydro.mb.ca/
Bell MTS (phone & internet)	1-800-883-2054	www.bellmts.ca
Shaw Cable	204-857-6623	www.shaw.ca
Rural Municipality of Portage la Prairie	204-857-3821	http://www.rmofportage.ca/

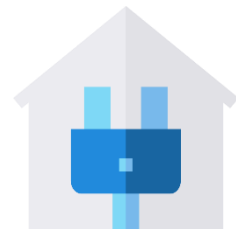
Waste Collection & Recycling

The City of Portage la Prairie operates a 5 day solid waste collection cycle. Please visit city-plap.com/cityplap/services/waste-collection/ for more information and details on collection schedules.

The City of Portage la Prairie provides a bi-weekly curbside collection of recyclables as well the household hazardous waste depot, Portage & District Recycling Inc. located at 700 Phillips St.



Please visit <https://www.city-plap.com/cityplap/departments/operations/solid-waste/> & <https://www.recycleallyoucan.ca/> for more information on the recycling programs available on your area.



Medical and Dental Information

To register with a family physician, you will need to obtain a Manitoba Health Card. For more information and resources about applying for a Health Card please visit

<https://www.gov.mb.ca/health/mhsip/>

Emergency Services (911)

Royal Canadian Mounted Police (RCMP)
340 Lorne Ave. E
204-857-4445

Portage la Prairie Emergency Services (Fire & Resue)
124 3rd St NE
204-239-8340

Hospital

Portage District General Hospital
524 5th St SE
204-239-2211

Medical Clinics

Portage Medical Clinic
140 9th St SE
204-857-3445
<https://portageclinic.com/>

Portage Walk in Clinic
140 9th St SE
204-857-5905

Portage Public Health Unit
25 Tupper St N
204-239-3070

Health Links

Health Links: 204-788-8200 or toll free 1-888-315-9257

Health Links is a free, confidential 24-hour health advice telephone line, staffed by registered nurses. They can provide you with immediate, professional health advice or information, and direct you to the most appropriate source of care.



Dental Clinics

Brite Smile Dental Clinic
318 Saskatchewan Avenue E
204-857-5041

Portage Dental Associates
49 Royal Road N
204-239-1554

Brightside Dental Care
44 Tupper St N (Provincial Bldg)
204-857-5772

Westview Dental Centre
6-2401 Saskatchewan Ave W (Canad Inns)
204-857-3545

Calian Military Family Doctor Network

Calian Health, in partnership with Military Family Services (MFS), offers the Calian Military Family Doctor Network as part of its corporate citizenship efforts. The goals of the program are to improve access to quality health care for Canadian Armed Forces families by expediting the process of obtaining a physician and reducing the number of military spouses and children without a family physician.

The program, which is provided at no cost to families, Military Family Services or the Canadian Armed Forces, is now available in Moose Jaw. Calian staff have also started to extend their reach and appeal to family physicians who are not practicing at Primacy Clinics to make room in their practices for military family members.

Who is eligible for the program?

Canadian military families who are not eligible for medical services from the Department of National Defence and live in one of the participating locations.

How Do I Sign Up for the Program?

Go to the Calian Health [website](#) and download the form for your location or contact Calian's Primacy team at 1-877-633-7722 ext. 3507.

What should I expect?

A representative from Calian's Primacy team will contact you to review your application.



Portage la Prairie Family Child Care Homes and Centres

For the most up-to-date list of licensed child care homes and centres, visit <https://www.portageresourceguide.com/child-care.html> and follow the links.



CENTRES

Centre D'infants St Claude Children's Centre	26 Pr 240 S, Saint Claude	204-379-2908
Oakville Tiny Tots Nursery School	88 3 rd 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

List updated: Jan 2024

Note: Each licensed child care facility manages their own intake process and policies when it comes to filling spaces. Families are encouraged to ask questions about the facility's policies, safety standards and services before accepting a space to make sure you and your child's needs are met.

If you require licensed daycare, please be proactive in securing a waitlist spot in advance.

Should any of the above organizations require you to provide a local physical address, please feel free to use the following: *234-B Princess Ave, Portage la Prairie, MB, R1N 0R1*

School Information

Portage la Prairie School Division	www.plpsd.mb.ca	204-857-8756
Division Scolaire Franco-Manitobaine	www.dsfm.mb.ca	204-878-9399

Schools

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



Southport

Southport Aerospace Centre Inc. was established as a not-for-profit, non-share corporation in 1992 to manage the assets of the former Canadian Forces Base Portage la Prairie, which was originally established in 1940 as a training base for military pilots. After the transition from CFB Portage to Southport occurred, military pilot training continued through the 3 Canadian Forces Flying Training School which was being operated by Bombardier and succeeded by Allied Wings (now KF Aerospace) in 2005 until present.

Residential Rental Units

South 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.

Southport RecPlex

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. The Welcome Centre features a food kiosk as well as an ATM and a 28 child daycare operated by Portage Day Care Centre.



For more information please visit <https://centralplainsrecplex.com/>

For further information on any of the resources mentioned, please visit <https://southport.ca/>

MFSC Services

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.

Stay connected to your MFSC!

 <p>Stop by the MFSC... We always have time to chat with our community members</p>	 <p>Visit our website... www.cfmws.ca/portage-la-prairie</p>
<p>Follow us on Facebook... Check out our Facebook page for all the latest information and photos of our events</p> 	 <p>Give us a call... We'd love to hear from you! Call us 204-872-1992</p>



Want to know what is going on with your local MFSC and upcoming events? Join our email list!

Email us at jl.campbell@kfaero.ca to receive our emails!

Adult/Child Development & Parenting Support

Child / Youth / Family Programs

We offer a variety of different events throughout the year such as movie nights, pool parties, and Holiday events. 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 or PSP office for an up-to-date guide of what is going on for youth in Portage la Prairie.

Family Care Plan

A Family Care Plan is a mandatory Department of National Defence form that prepares families of Canadian Armed Forces members to be taken care of in case of unforeseen events, emergency callouts and planned deployment. By identifying primary and secondary caregivers who should be contacted in the event of an emergency or military tasking, your Family Care Plan supports your family in your absence.

Essentially, the Family Care Plan is a regularly updated exchange of information between your family and a Commanding Officer. A completed Family Care Plan is designed to support individual and unit operational readiness.

All Canadian Armed Forces personnel must complete the Family Care Plan (FCP) Declaration DND Form 2886. It isn't a legally binding document, but it is kept on the military member's file. Family Care Plans are protected under the Privacy Act.

For a copy of "Form DND 2886, Family Care Plan (FCP) Declaration", please contact your orderly room.




Emergency Child Care

In times of crisis, normal levels of support may not be enough. As part of the Emergency Family Care Assistance (EFCA) Policy, Canadian Forces Morale and Welfare Services can provide military families with financial assistance to help offset costs associated with care of a family member.

Depending on the situation, you may need to cover the cost of services up front but you will be reimbursed. Reimbursements will be issued by either Military Family Services or the MFSC, but not by both. There is no cost to military families for using these services.

If you are in an emergency situation and you need more support, you can contact either:

 **Family Information Line** – available 24/7
Call: 1-800-866-4546 (in Canada)
Call: 00-800-771-17722 (International)
Email: FIL@CAFconnection.ca

You will be guided through a series of questions to assess your eligibility for support under the EFCA policy. If you qualify for support, you will be provided with more information as well as a local service provider. If you do not qualify, they will redirect you to other possible support services.

During regular working hours, you may also contact the MFSC at 204-872-1992.

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.



Please visit <https://www.cafconnection.ca/Winnipeg/Home.aspx> to find out more or phone 204-833 2500 ext. 4500

Prevention, Support & 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

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.



1-800-268-7708 24 hours a day, 7 days a week.

Family Information Line

The Family Information (FIL) is a confidential, personal, bilingual and free service offering information, support, referrals, reassurance and crisis management to the military community. Why call or email the Family Information Line? Because they understand your military lifestyle. They have resources and want to support you. Their help is always free. They are there for you when it's tough and you just need to talk it out. They are also there to help you find answers to the questions that come up as a result of your military life.



1-800-866-4546 24 hours a day, 7 days a week.

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

Career Assistance

CareerCOACH+ provides virtual and confidential career coaching, connecting military spouses/partners directly to a professional career coach for tailored support with career transition, development, and employment pursuits.

<https://cfmws.ca/support-services/employment/career-development/careercoach>

The Military Spousal Employment Network (MSEN) is an online hub that connects employer partners with a pan- Canadian presence to military partners/spouses seeking employment opportunities.

<https://cfmws.ca/support-services/employment/find-a-job>

Second Language Training

The MFRC offers an online learning language program to provide extra assistance for those interested in learning a second language. The national curriculum for learning French is LRDG's "Pour l'amour du français" and "For the love of English" for learning English.

<https://cfmws.ca/support-services/education/second-language-training>



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 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

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: <https://www.city-plap.com/cityplap/>

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/>

