




WAINWRIGHT COMMUNITY CONNECTOR



WDFCSSL APRIL 2024

MON	TUE	WED	THU	FRI
1 	2 NATIONAL CAREGIVER DAY!	3 <i>Open Office Wednesdays (OOV)</i>	4	5
8 Chair Yoga	9	10 NO OOV	11	12
15 Chair Yoga	16 Community Connection Club	17 OOV	18	19
← VOLUNTEER APPRECIATION WEEK! →				
22 Chair Yoga	23 Autism 101	24 OOV	25	26
29 Chair Yoga Craft & Connect	30 Autism 201	WORLD AUTISM MONTH!		

Purple: Youth Program (ages 13-17)

Green: Community Program (all)

Orange: Senior Program (age 55+)

Yellow: Drop-In Support (all)

Blue: Age Restricted Program

www.WDFCSSL.ca

WAINWRIGHT COMMUNITY CONNECTOR



CHAIR YOGA

Monday, April 8
Monday, April 15
Monday, April 22
Monday, April 29

10 - 11 AM

Prairie Rose Center

\$5 FEE PER
SESSION

Chairs Provided



Connect with
like-minded
individuals

Improve
posture,
flexibility and
mobility

Reduce
hypertension

Increase bone
strength

Strengthen and
protect joints

CRAFT & CONNECT

FOR SENIORS! (55+)

**WE INVITE ALL OLDER
ADULTS AND SENIORS
TO JOIN US AS WE
CREATE PRESSED
FLOWER LATERNS!**

**ALL MATERIALS PROVIDED!
REFRESHMENTS AVAILABLE!**

PLEASE NOTE: You do not
need to attend the Chair Yoga
to attend the Craft & Connect!



April 29

10 - 11AM

Chair Yoga (\$5)

11AM - 12PM

Craft & Connect
(FREE)

**Prairie Rose
Senior Center**

731 - 2 Avenue

For more information,

☎ 780-842-2555

✉ Community@wainfcs.ca



For more information or to register,

☎ 780-842-2555

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LET'S TALK THURSDAYS (LTT)

Every Thursday, we post information on our social media pages about various topics related to mental health, wellbeing, our community, and resources/supports in an easy-to-digest fashion!

APRIL LTT TOPICS

April 4: Volunteers

April 11: House Plants

April 18: Earth Day

April 25: Financial Literacy

Courtesy of Wainwright & District Family & Community Support Services
| April 2024 |

WAINWRIGHT COMMUNITY CONNECTOR



Free to attend

WAINWRIGHT & AREA COMMUNITY CONNECTION CLUB

Join us on the **3rd Tuesday** of every month & **expand your social circle, engage in meaningful conversations, & unleash your creativity!**

April 16th 7-8PM
Prairie Rose Center
731-2 Ave, Wainwright



All ages
15+ are
welcome
to attend!

What to Expect:

- Meet new friends
- Friendly conversation
- Chance to try a craft
- Enjoy some coffee & snacks

For more info or to register,
☎ 780-842-2555
✉ Community@wainfcs.ca





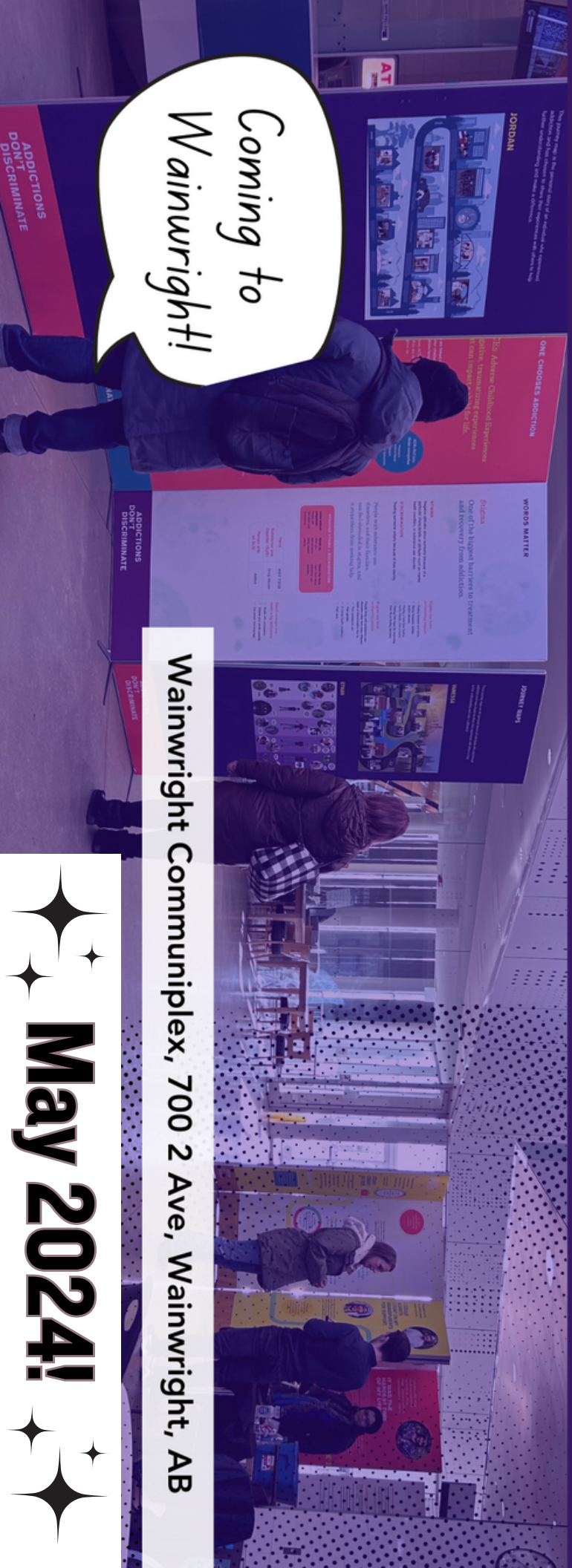
ADDICTIONS DON'T DISCRIMINATE

SIX UNIQUE STORIES showcased in connection to one another, push us to look beyond someone's substance use and into the lived experience of each individual with empathy and compassion, to help us understand that Addictions Don't Discriminate.

Coming to
Wainwright!

Wainwright Communniplex, 700 2 Ave, Wainwright, AB

May 2024!



WAINWRIGHT COMMUNITY CONNECTOR



AUTISM 101

Basic overview of Autism & Neurodiversity:

- Overview of Autism
- Characteristics of Autism
- How Sensory Processing Works
 - Sensory Toolbox
 - Sensory Diet
- Visual Supports
- Accommodations

Date: Tues. April 23

Time: 7-8:30PM

Location: Online (free)

AUTISM 201

Deep dive into Autism & Neurodiversity:

- Sensory Differences
- Sensory Needs
- Co-Existing Disabilities
- Strengths/Challenges
- Meltdowns Including:
 - Triggers
 - Relationship Recovery & Repair
 - De-Escalation Techniques

Date: Tues. April 30

Time: 6-8:30PM

Location: Online (free)

For more information or to register,

☎ 780-842-2555

✉ Community@wainfcs.ca



Service Canada comes to **Wainwright** the **second Thursday** of every month from **9:30 a.m. – 3:30 p.m.**

To book an appointment, visit eservices.canada.ca and a representative will reach out and try to help over the phone.

If that is not possible, they can book you an **appointment** to be seen in person at the **Alberta Works office**.

OPEN OFFICE WEDNESDAYS (OOW)

Looking for help with online forms? Have questions about different resources or benefits?

Stop by the FCSS office Wednesdays from 9am-12pm for support!

Looking for support on a different day/time? Call for an appointment!

WAINWRIGHT COMMUNITY CONNECTOR



NEED SUPPORT?

2-1-1 Alberta - Connects you with the proper resources for whatever you may need help with any time:

Call or text 211

- **Addictions Helpline:** 1-866-332-2322
- **Briteline - LGBTQ2+ Support Line:** 1-844-702-7483
- **Camrose Women's Shelter:** 1-877-622-1010
- **Childhelp - Child Abuse Helpline:** 1-800-422-4453
- **Family Violence Info Line:** 310-1818
- **Indigenous Hope for Wellness Line:** 1-855-242-3310
- **Kids Help Phone:** 1-800-668-6868 or text CONNECT to 686868
- **Mental Health Helpline:** 1-877-303-2642
- **Suicide Prevention Helpline:** 9-8-8

If you are in immediate danger, please call 911

COUNSELLING SERVICES

Short-term appointments available for:

- Child & youth counselling
- Family & relationship counselling
- Loss & grief counselling
- Counselling for those with illness & their caregivers

*Be kind to your mind.
Mental health matters.*



Have something you would like to add to the next newsletter? Email: community@wainfcs.ca **by April 15**