

WAINWRIGHT COMMUNITY CONNECTOR



AROUND OUR COMMUNITY

- **August 2 - 7:** Irma
Summerspiel Mid-Summer
Curling Bonspiel
@ Village of Irma
- **August 12 @ 10AM - 3PM:**
Stampede Farmer's Market
@ Wainwright Communiplex
- **August 18 @ 11:30AM:**
KidSport Wainwright Annual
Charity Tournament
@ Riverdale Mini Park

WDFCSS PROGRAM DATES

- **August 14 @ 10AM:** Seniors
Gentle Yoga Class
@ Prairie Rose Center
- **All Summer Long:** Yard &
Board Game Rentals
@ Pick up at the FCSS Office
- **All of August:** Neighbour to
Neighbour BBQ Contest
@ See Poster for more info!
- **All of August:** M.D. of
Wainwright Staycation
@ See Poster for more info!
- **All of August:** Host a Block
Party!
@ See Poster for more info!

August is
the Sunday
of Summer



To register for any of these **FREE** WDFCSS upcoming events, scan the QR code, visit our website, or contact us at 780-842-2555 or community@wainfcs.ca

Courtesy of Wainwright & District Family & Community Support Services
| August 2023 |

WAINWRIGHT COMMUNITY CONNECTOR



Wainwright & District Family & Community Support Services

M.D. of Wainwright Staycation

July 1 - August 31 2023

Looking for something to do this summer? Enjoy a "Staycation" right here in the Wainwright M.D.!

Discover what our M.D. has to offer, discover hidden gems, and get a chance to win some amazing prizes!

REGISTER ANYTIME!

Scan the QR code,
or email/call us at
780-842-2555 or
community@wainfcs.ca



Wainwright & District Family & Community Support Services

Neighbour to Neighbour

JULY 1 - AUGUST 31 BBQ

Enjoy a BBQ and get to know your neighbours!

Submit a photo of 2 or more households enjoying a BBQ anytime during July or August, and you will be eligible to receive a free FCSS BBQ set or special mystery goodie bag!



Keep the fun going with our Block Party Kits and outdoor games available to use for free!

Connect with us to learn more!

780-842-2555 or community@wainfcs.ca

Submit your photo to community@wainfcs.ca by September 1 to qualify

OPEN TO ALL RESIDENTS IN THE WAINWRIGHT M.D.

Rise ABOVE THE
STORM AND YOU
WILL FIND THE
SUNSHINE!



Scan to
see our
full
calendar!



Courtesy of Wainwright & District Family & Community Support Services
| August 2023 |

WAINWRIGHT COMMUNITY CONNECTOR



Benefits & Services

for  
SENIORS



September 6, 2023

Irma: 11AM

New Horizons Seniors Centre

Chauvin: 1:30PM

Seniors Drop-In Centre

Edgerton: 3PM

Edgerton Agricultural Hall

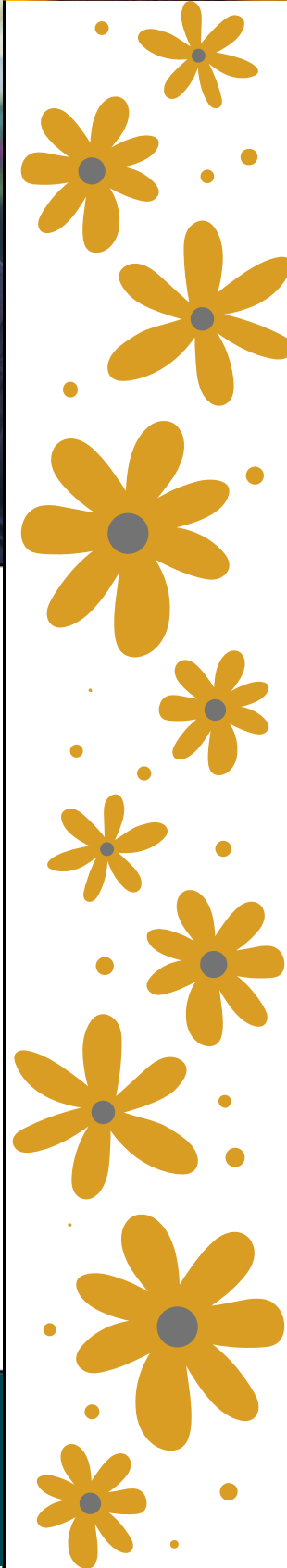
Join us and learn more about the different **benefits** and **services** that are available to seniors living within the M.D. of Wainwright!

**FREE
PRESENTATION**

For more information or to register,

 780-842-2555

 Community@wainfcs.ca



Courtesy of Wainwright & District Family & Community Support Services
| August 2023 |

**WAINWRIGHT
COMMUNITY
CONNECTOR**

fcss
Wainwright and District
Family and Community
Support Services

Walk of Remembrance

In honour of World Suicide Prevention Day

Walk for Awareness
Walk for Prevention
Walk for Remembrance

Date: September 10, 2023

Time: 10AM

Location: Wallace Park

Join us for a special guest speaker, fellowship and support, resources and information, and ways to offer remembrance including a walk around the park to honour the memories of lost loved ones.

Bring a picture, memory or message to share on our Remembrance Wall

For more information, contact **Wainwright FCSS**
at **780-842-2555** or **community@wainfcs.ca**

Courtesy of Wainwright & District Family & Community Support Services
| August 2023 |

WAINWRIGHT COMMUNITY CONNECTOR



HOST A
BLOCK PARTY!



MADE EASY WITH
OUR HANDY BLOCK
PARTY KITS!



If you are interested in hosting a block party in your neighborhood, scan the QR code, or contact us at 780-842-2555 or community@wainfcs.ca



Courtesy of Wainwright & District Family & Community Support Services
| August 2023 |

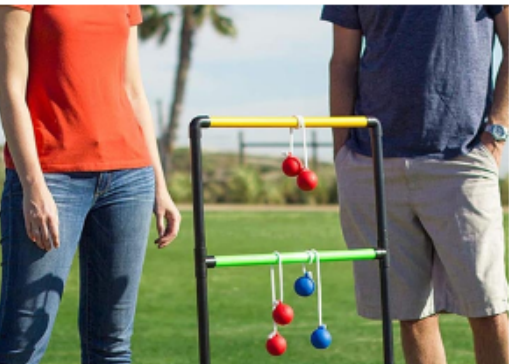
WAINWRIGHT COMMUNITY CONNECTOR



THIS SUMMER

BORROW OUR GAMES

Drop into our office, call 780-842-2555 or email
community@wainfcs.ca for more information or to borrow our games!



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!

August LTT Topics

August 3: Self-Care

August 10: Happiness & U

August 17: Overdose Awareness

August 24: Volunteering

August 31: National Youth Day

WAINWRIGHT COMMUNITY CONNECTOR



Hope After Loss: Audra's Legacy

A Program for grieving children and youth

A group designed to support parents and children experiencing grief and loss due to a death of a special person

Program dates (10 weeks)

Ages 6-11

Cost: Free

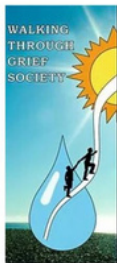
Grief support group will cover

the following:

- Death and grief and loss
- Feelings
- Memories
- Healing
- Self-care and support
- Rituals
- Special days
- Saying goodbye

One on one support available

For more information please call
780-842-2585 or 780-842-2555



WHERE CAN I REACH OUT TO AS A YOUTH IN THE M.D OF WAINWRIGHT?

Your Go-To Line

2-1-1

Call or Text

- 2-1-1 connects you with the proper resources or services for whatever you may need help with at any given time
- **Free, 24/7, confidential and available in over 170 languages**

This line can direct you to services and supports for youth helpines, housing, mental health, medical & pregnancy support, shelter/safe spaces, addiction, employment, and food & clothing support.

Non-Emergency Local Youth Supports

- Wainwright FCSS
 - 780-842-2555
- Wainwright Mental Health
 - 780-842-7522
- Wainwright Public Library
 - 780-842-2673
- Wainwright on Wellness (MHCB)
www.wainwrightonwellness.com
- VIBE (MHCB)
 - 780-853-3718
- Military Family Resource Centre
 - For youth of military families
 - 780-842-1363 ext. 1253

Kids Help Phone (24/7)

- Crisis support, counselling, LGBTQ2+ support, mental health information & support
- Call 1-800-668-6868
- Text CONNECT to 686868
- Or visit:
KidsHelpPhone.ca/Messenger

Native Youth Crisis Hotline (24/7)

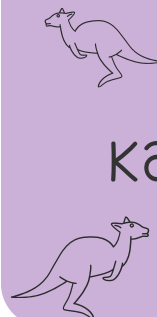
- Available to Indigenous Youth
- Call 1-877-209-1266

Check out our
website!

www.WDFCSS.ca

FUN FACT

A newborn kangaroo is THE SIZE OF a Lima Bean!



WAINWRIGHT COMMUNITY CONNECTOR



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

To book an appointment, enter your information online at **eservices.canada.ca** and a Service Canada representative will reach out and try to help over the phone if possible.

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

Service Canada serves as a single-point of access for the Government of Canada's largest and most heavily used programs, including:

- **Social insurance number**
- **Employment Insurance (EI)**
- **Old Age Security**
- **Canada Pension Plan**



Hosts Needed for Ukrainian Evacuees

We are searching for host families for new Ukrainian arrivals in Canada! As a host your commitment is only to provide accommodation. However, we would also ask for your support in transportation to access services if possible. The rest is a responsibility of your tenant. Ukrainian arrivals have to provide food for themselves but will need access to a kitchen.



To sign up, go to www.ukralberta.ca and fill out the form "I want to Host Ukrainians". For more information, contact Carley at CHerbert@wainwright.ca, Brenda at cm@vdhf.ca or Frances at fbasch@ccisab.ca

WAINWRIGHT COMMUNITY CONNECTOR



NEED SUPPORT?

2-1-1 Alberta - Connects you with the proper resources for whatever you may need help with at 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:** 1-833-456-4566

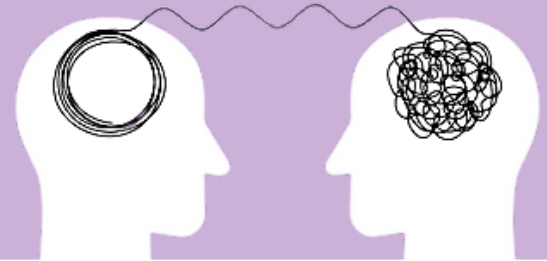
If you are in immediate danger, please call 911

COUNSELLING SERVICES

Short-term appointments available for:

- Child & youth counselling
- Loss & grief counselling
- Counselling for those with illness & their caregivers
- Resources for couples/family counselling

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



August

Have something you would like to add? Email: community@wainfcs.ca