



WAINWRIGHT COMMUNITY CONNECTOR



WDFCSS DECEMBER 2023

MON	TUE	WED	THU	FRI
1				
Find more information about these programs and more inside!				
Senior Healthy Lunch & Conversation 4	Youth Stress-Less Nutrition & Self-Esteem 5	Senior Yoga and Coffee Connections 6	Colourful Conversations 7	Winter Clothing Drive & Warm Up 8
Navigating Grief & the Holidays 11	12	13	14	Screenagers Under the Influence Movie (Dec. 15-Jan. 15) 15
Senior Healthy Lunch & Conversation 18	19	20	21	22
25	26	27	28	29
Wainwright FCSS Office Closed				

To register, scan the QR code, visit our website, or contact 780-842-2555 or community@wainfcs.ca

Purple: Youth Program (ages 13-17)

Green: Community Program

Orange: Senior Program (age 55+)

OPEN TO ALL!

Blue: Adult Program (age 18+)

WAINWRIGHT COMMUNITY CONNECTOR



NAVIGATING THE GRIEF JOURNEY & THE HOLIDAYS

December 11 @ 7PM
Wainwright FCSS Office

The holidays after a loss can be emotional and difficult. Join us as we discuss practical strategies to help navigate and manage your unique journey during the holiday season while remembering those we have lost.

Free event open to all



For more information or to register,

☎ 780-842-2555

✉ Community@wainfcs.ca



Battle River Lodge

Welcomes adults 60 years & up to join us for a community lunch! Enjoy a healthy full course meal, complete with a salad and yummy dessert! Happening twice per month!

Homemade Healthy Meals,
Company & Conversation

429- 5th Ave, Wainwright



Dates:

Dec 4th & 18th

Jan 1st, 15th & 29th

11:45am \$10/lunch



Call: 780-842-3630

to reserve your spot, space is limited to 4 people!



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!

December LTT Topics

Dec. 7: Managing Stress During the Holiday Season

Dec. 14: Grief & The Holidays

Dec. 21: Healthy Holidays

Dec. 28: Holiday Blues

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

WAINWRIGHT COMMUNITY CONNECTOR



December 8th

WINTER WARM UP

- **Soup & a Bun**
- **Coffee & Cookies**
- **Charge your phone**
- **Winter Wear Shop**



Drop in: 11am - 2pm

 Everything is **FREE**

209-10 street
(First come first serve)

Call for more info:
780-842-2555

WAINWRIGHT COMMUNITY CONNECTOR



Screenagers Family Movie Night

UNDER THE INFLUENCE

Award-winning film addressing
VAPING, DRUGS, & ALCOHOL
among youth in the digital age

*Screen this movie for FREE
from the comfort of your
own home anytime from
December 15, 2023 to
January 15, 2024*



To get your free link to the
film, scan the QR code or
contact Wainwright FCSS
780-842-2555/Community@wainfcs.ca

COLOURFUL CONVERSATIONS



A unique program designed for adults (18+) to come together, **colour**,
and **engage** in **open** and **supportive conversations**.

What to Expect:

- Fun and collective colouring
- Open and non-judgmental chat
- Share feelings, life experiences, and what's currently going on (whether it be physically, emotionally, or psychologically)
- Connect with like-minded individuals
- Coffee & Snacks PROVIDED!
- Unwind with some ART!

Dates:

- November 9
- November 30
- December 7



Time: 7:00 - 8:00 PM

Location: Wainwright Public
Library

No RSVP Required - JUST POP IN!

All supplies will be included,
but feel free to bring your own!



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 #**
- **Employment Insurance (EI)**
- **Old Age Security**
- **Canada Pension Plan**



Senior Yoga and Coffee Connection

Join us for a morning of relaxation and friendship

December 6, @ 10am-Noon
Prairie Rose Seniors Centre

No experience necessary
Open to all 55+

\$5.00 to join



Meet new **friends**, practice **yoga**, and enjoy **coffee & treats** after

To **class!** **780-842-2555** **community@wainfcs.ca**

SNOW ANGELS NEEDED

Wainwright FCSS is looking for volunteers to become **SNOW ANGELS** for local seniors and low-mobility community members who aren't able to shovel their properties themselves!



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
- 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 December 15**