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



### WAINWRIGHT COMMUNITY CONNECTOR



## WDFCSS DECEMBER 2023

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

www.WDFCSS.ca

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## 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



# VAINWRIGHT



Wainwright and District Family and Community Support Services



### WINTER WARM UP





Charge your phone

**Winter Wear Shop** 

### Drop in: 11am - 2pm



209-10 street (First come first serve)

Call for more info:

780-842-2555







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

of Wainwright & District Family & Community Support Services December 2023 | **AINWRIGHT** Family and Community Support Services

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! community@wainfcs.ca

## **SNOW ANGELS** NEEDED

Wainwright FCSS is looking for volunteers to become

SNOW ANGELS for local seniors and lowmobility community members who aren't able to **shovel** their **properties** themselves!

#### **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

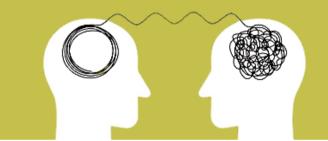
If you are in immediate danger, please call 911

#### 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