





WAINWRIGHT COMMUNITY CONNECTOR



WDFCSS FEBRUARY 2024

MON	TUE	WED	THU	FRI
			1 Kindness Bingo Challenge Starts	2
5 Senior Yoga	6 Take-Home Craft Packs 1 Sign-up Ends	7	8 Take-Home Craft Packs 1 Pick-up Starts	9
12 Senior Yoga	13 10 Great Dates Registration Opens	14 	15	16
19 	20 Take-Home Craft Packs 2 Sign-up Ends	21	22 Take-Home Craft Packs 2 Pick-up Starts	23 10 Great Dates Registration Ends
26 Senior Yoga Craft & Connect	27	28 Pink Shirt Day!	29 Kindness Bingo Challenge Ends	

Purple: Youth Program (ages 13-17)

Orange: Senior Program (age 55+)

Blue: Adult Program (age 18+)

Green: Community Program
OPEN TO ALL!

www.WDFCSS.ca

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SENIOR YOGA

Monday, **February 5**
Monday, **February 12**
Monday, **February 26**
10 - 11 AM
Prairie Rose Center

**\$5 FEE PER
SESSION**

Chairs & matts provided



Connect with like-minded individuals

Improve posture, flexibility and mobility

Reduce hypertension

Increase bone strength

Strengthen and protect joints

CRAFT & CONNECT FOR SENIORS!

WE INVITE ALL OLDER ADULTS AND SENIORS TO JOIN US AS WE CREATE BEADED HANGING SUNCATCHERS

ALL MATERIALS PROVIDED!
REFRESHMENTS AVAILABLE!

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



February 26

10 - 11AM
Senior Yoga (\$5)

11:15AM
Craft & Connect
(FREE)

**Prairie Rose
Senior Center
731 - 2 Avenue**

For more information or to register,
☎ 780-842-2555

✉ Community@wainfcs.ca



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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!

FEBRUARY LTT TOPICS

Feb. 1: Self-Care

Feb. 8: Self-Love

Feb. 15: Family Wellness

Feb. 22: Heart Health

Feb. 29: Move for Mood

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FEBRUARY

KINDNESS GAME

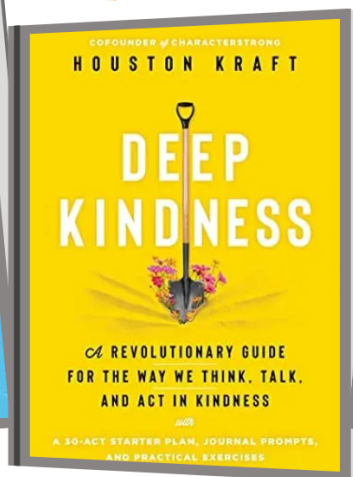
SCAN THE QR CODE TO FIND OUR KINDNESS BINGO GAME! RETURN YOUR BINGO SHEETS TO WAINWRIGHT FCSS BY **FEBRUARY 29TH** AND CHOOSE FROM ONE OF THE BOOKS BELOW



PERFECT
FOR
ADULTS



GREAT
FOR
TEENS!



GREAT
FOR
KIDS!

COMPLETE AS MANY ACTS OF KINDNESS
AS YOU CAN AND HELP MAKE
WAINWRIGHT & AREA A KINDER PLACE!



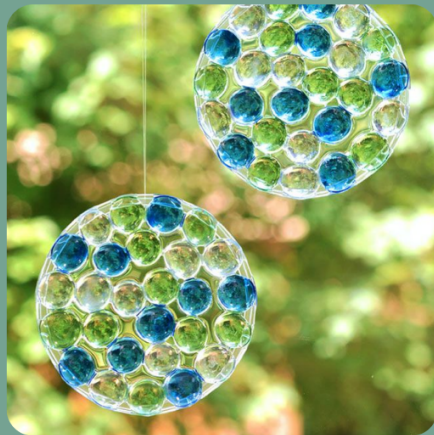
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Wainwright & District Family & Community Support Services

TAKE-HOME CRAFT PACKS

Sign up for fun take-home craft kits to celebrate Family Day!



BEADED SUNCATCHERS

SIGN UP BY FEB. 6

PICKUP AFTER FEB. 8

LIMITED KITS AVAILABLE

GLITTER SENSORY JARS

SIGN UP BY FEB. 20

PICKUP AFTER FEB. 22

LIMITED KITS AVAILABLE



OPEN TO COMMUNITY MEMBERS OF ALL AGES!

To sign up for these free take-home kits, scan the QR code, call 780-842-2555, or email community@wainfcs.ca



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

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10 GREAT DATES

to keep your relationship happy, thriving, and healthy!

Sign up as a couple and receive take-home date kits every month from March to December to enjoy at your own pace!

This program is designed to strengthen and deepen your love with ten life-changing dates based on research from two of the world's leading marriage researchers and clinicians (The Gottman's)!

Free & Open to ALL Couples!



📷 Scan the QR Code
☎ 780-842-2555
✉ Community@wainfcs.ca



Register by February 23

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**.

Service Canada serves as a single-point of access for the most heavily used programs, including:

- **Social insurance #**
- **Employment Insurance**
- **Old Age Security**
- **Canada Pension Plan**

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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

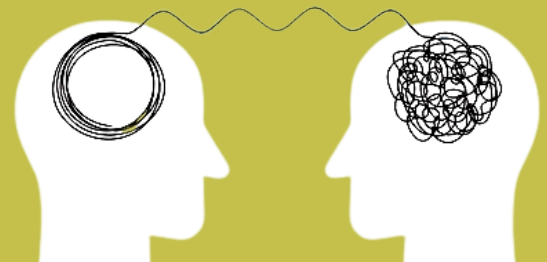
If you are in immediate danger, please call 911

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.*



February

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