



WAINWRIGHT COMMUNITY CONNECTOR



WDFCSSL JANUARY 2024

MON	TUE	WED	THU	FRI
1 Healthy Lunch & Conversation	2 Screenagers - Under the Influence Movie Night (watch for free at home until Jan. 15)	3	4	5
8 Senior Yoga	9 Holiday Money Hangover	10	11	12
15 Senior Yoga Healthy Lunch & Conversation	16	17	18	19
22 Senior Yoga	23	24	25	26
29 Senior Yoga Healthy Lunch & Conversation	30 Communicating With Your Youth (parents/caregivers)	31	Find more information about these programs inside!	

Purple: Youth Program (ages 13-17)

Orange: Senior Program (age 55+)

Blue: Adult Program (age 18+)

Green: Community Program

OPEN TO ALL!

www.WDFCSSL.ca

WAINWRIGHT COMMUNITY CONNECTOR



SENIOR YOGA

Monday, January 8
Monday, January 15
Monday, January 22
Monday, January 29

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

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:

Jan 1st, 15th & 29th
11:45am \$10/lunch

Call: 780-842-3630
to reserve your spot, space is limited to 4 people!



For more information or to register,

☎ 780-842-2555

✉ Community@wainfcs.ca



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!

January LTT Topics

Jan. 4: Alzheimer's Awareness

Jan. 11: Social Media

Jan. 18: Self-Talk

Jan. 25: Community Volunteers

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

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



WAINWRIGHT COMMUNITY CONNECTOR



Parent & Caregiver Virtual Session

Foundations of Connection: How to Communicate with Your Youth



Join us and learn about:

- Elements of healthy family relationships
- Strategies to teach about boundaries and consent
- Forming healthy habits
- Difficulties in family relationships and how to navigate them

January 30 @ 6PM
Free Virtual Event

For more information or to register,

☎ 780-842-2555

✉ Community@wainfcs.ca



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**

Holiday Money Hangover

January 9, 2024 @ 7PM

The party's over, the damage is done and it is hard to remember exactly what happened. Join us for a workshop that is specially designed to get **rid** of the **holiday debt** and **encourage positive action** so it is never an issue again.

Free Virtual Event



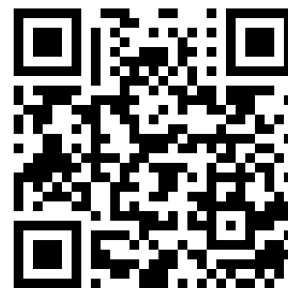
For more information or to register,
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SNOW ANGELS NEEDED

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 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.*



January

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