

WAINWRIGHT COMMUNITY CONNECTOR



AROUND OUR COMMUNITY

- **July 1 @ 3 - 11PM:** Canada Day Celebrations - Family activities, live music and fireworks!

@ CFB Wainwright

- **July 14 @ 5PM:** Taste of Wainwright

@ Downtown Wainwright

- **July 15 @ 10AM - 3PM:** Stampede Farmer's Market

@ Wainwright Communiplex

- **July 30 @ 11AM:** Gratton Coulee Show N' Shine

@ Gratton Coulee Agri Parts

- **July 29:** Community Yard Sale

@ Denwood Military Base

WDFCSS PROGRAM DATES

- **July 12 @ 10AM:** Seniors Gentle Yoga Class

@ Prairie Rose Center

- **All Summer Long:** Yard & Board Game Rentals

@ Pick up at the FCSS Office

- **July 1 - August 31:** Neighbour to Neighbour BBQ Contest

@ See Poster for more info!

- **July 1 - August 31:** M.D. of Wainwright Staycation

@ See Poster for more info!

- **July 1 - August 31:** Host a Block Party with our super duper easy Block Party Kit!

@ See Poster for more info!

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

July is a
blind date
with summer



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

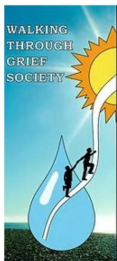
Cost: Free

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 helplines, 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, LGBTQ+ 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
The BUMBLEBEE BAT is
THE WORLD'S SMALLEST
mammal!

Courtesy of Wainwright & District Family & Community Support Services
| July 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



OPEN TO ALL RESIDENTS IN THE WAINWRIGHT M.D.

Wainwright & District Family & Community Support Services

Neighbour to Neighbour BBQ

JULY 1 - AUGUST 31

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

Cause a LITTLE
BIT OF summer
is WHAT it is
aLL aBOUT

Scan to
see our
full
calendar!



WAINWRIGHT COMMUNITY CONNECTOR



SENIORS YOGA

No Experience Necessary!
Open to all 55+

Wednesday July 12

10 – 11 AM

Prairie Rose Center

FREE CLASS

Bring your
own yoga
mat!

What are the Benefits of Yoga?

Improve
posture,
flexibility and
mobility

Reduce
hypertension

Help with
chronic pain

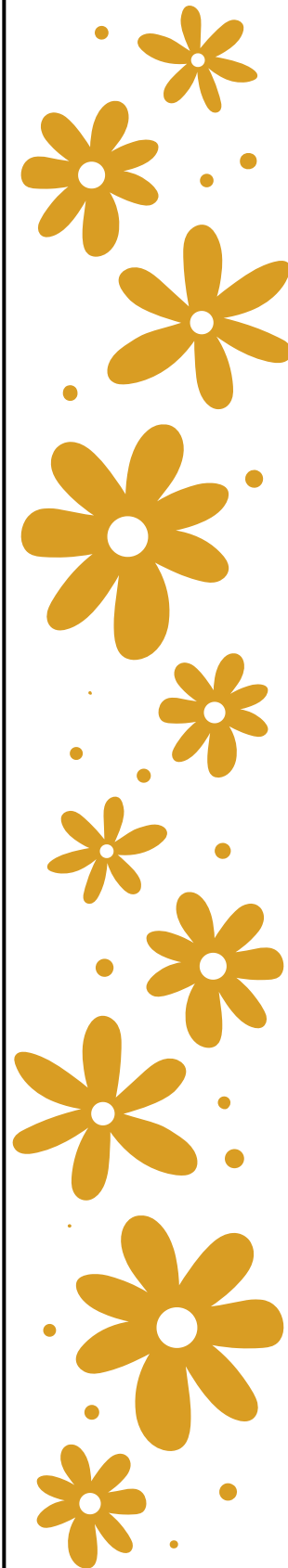
Increase bone
strength

Strengthen
and protect
joints

For more information or to register,

☎ 780-842-2555

✉ Community@wainfcs.ca



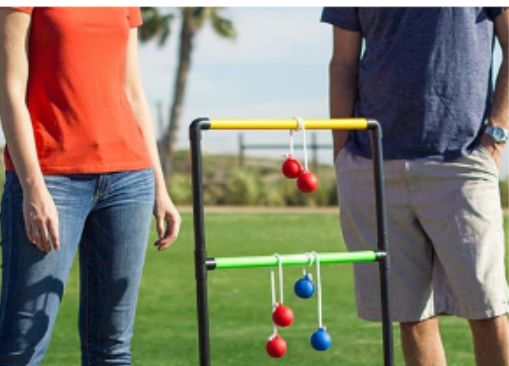
Courtesy of Wainwright & District Family & Community Support Services
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WAINWRIGHT COMMUNITY CONNECTOR



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!

July LTT Topics

July 6: Staycation

July 13: Sun Safety

July 20: Mindfulness

July 27: Internet Safety

Courtesy of Wainwright & District Family & Community Support Services
| July 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



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



July is National Ice Cream Month!

I Scream, You Scream, We
All Scream for Ice Cream!
The hot months of the year
are perfect for indulging in
this fantastic dairy delight,
especially July! National
Ice Cream Month has only
one appropriate
celebration, enjoying your
favourite type of Ice Cream!

To learn
more,
scan the
QR code



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

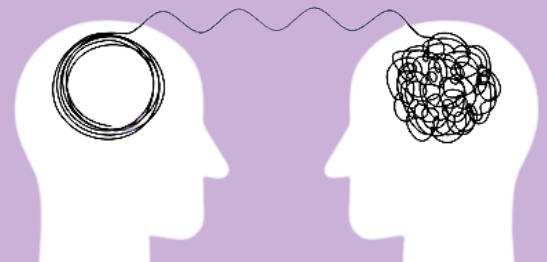
If you are in immediate danger, please call 911

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? Email: community@wainfcs.ca