

WAINWRIGHT COMMUNITY CONNECTOR



AROUND OUR COMMUNITY

- **June 1 @ 5PM:** Brew & Que
@ South Africa House
- **June 7 @ 2PM:** Royal Purple
Lilac Tea
@ Wainwright Elks Hall
- **June 9 @ 4 - 8PM:** Fire &
Wheels Show & Shine
@ Prairie Rose Senior's Center
- **June 10 @ 9AM:** Fire & Wheels
Rally & Supper
@ Prairie Rose Senior's Center
- **June 18 @ 9AM - 1PM:** Royal
Purple Father's Day Brunch
@ Wainwright Elks Hall
- **June 23 - 25:** Stampede!
@ Wainwright Stampede Grounds

WDFCSSL PROGRAM DATES

- **June 5 - 11:** Seniors' Week!
@ Various Events - See Posters
- **June 10 @ 1 - 3PM:**
Wainwright Pride Event
@ Bevan's Park (1800 - 8 Ave)
- **June 14 @ 7 PM:** Let's Talk
Overdose + Naloxone Training
@ Wainwright FCSS Office
- **June 15 @ 2:30 - 4:30PM:** Our
50th Anniversary Party!
@ Wainwright FCSS Office
- **June 19 @ 7 - 8PM:** Food
Finance & SMART Shopping
@ Zoom Event
- **June 22 @ 2PM:** Realizing Our
Impact: A Look at Diversity,
Acceptance & Equality
@ Zoom Event

June is
the gateway
to summer!



To register for any of these **FREE** WDFCSSL
upcoming events, scan the QR code,
visit our website, or contact us at 780-
842-2555 or community@wainfcs.ca

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, LGBTQ2+ 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

On average, the human
heart beats 100000
times a day!

WAINWRIGHT COMMUNITY CONNECTOR



JOIN US FOR A FREE INFORMATIONAL EVENING REGARDING:

Wills, Power of Attorney, & Personal Directives

With Peter Van Winssen

*How do I
plan ahead?*

*What do I
include in my
Personal Directive?*



*What happens if
a person dies
without a will?*

*What if I change
my mind after I
make a will?*

Join us and find out more about
how to take care of your and
your loved one's future

June 6 @ 6:30 - 8:30 PM Registration
Prairie Rose Center Required!

For more information or to register,

☎ 780-842-2555

✉ Community@wainfcs.ca



For more information or to register,

☎ 780-842-2555

✉ Community@wainfcs.ca



ATTENTION SENIORS

We invite all older adults and seniors to come enjoy some delicious soup and dessert & learn more about **Mindful Aging!**

We know we can't turn back the clock but we can still be mindful as we age! Come explore some ways that we can be physically and mentally mindful.

**Lunch registration
is required**

June 8 2023

12PM
Lunch

12:15PM
Presentation

Prairie Rose
Senior Center
731 - 2 Avenue
Wainwright

FREE EVENT

Information
Packages &
Resources for
the below
topics will also
be available!

- Healthy Eating
- Scam & Fraud Prevention



Scan to
see our
full
calendar!



WAINWRIGHT COMMUNITY CONNECTOR



SENIORS' WEEK BINGO

Do a craft	Cook or bake something new	Go for a walk	De-clutter your space	Read for 15 minutes
Do a random act of kindness	Play a card game	FREE SPACE	Do a stretch exercise	Find and name 3 birds in nature
Practice a mindfulness exercise	Visit a friend	Plant or buy a flower	Find an old family photo	Enjoy your favourite snack
DANCE LIKE NO ONE IS WATCHING	Name 3 things you're grateful for	Be Creative - Paint, Draw, Create!	Listen to an old song	Build something

WAINWRIGHT & DISTRICT FAMILY & COMMUNITY SUPPORT SERVICES
Each square you complete will be one entry into our draw. Drop off your bingo card to the Wainwright FCSS office, or send a picture of your bingo card or the total number of squares you completed along with your name and phone number to community@wainfcs.ca by June 30 to enter.

Seniors!

Stop into the **Wainwright, Irma, or Edgerton Public Library** between June 5-10, and enter our draw to win 1 of 3 special gift baskets!

**Wainwright Library: 921 3 Ave
Open Monday - Saturday**

**Edgerton Library: 5037 50 Ave
Open Monday - Friday**

**Irma Library: 5012 51 Ave
Open Monday - Wednesday**

Contest open to all adults 55+ living within the MD of Wainwright

COURTESY OF WAINWRIGHT FCSS AND WAINWRIGHT, IRMA, AND EDGERTON PUBLIC LIBRARY

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!

June LTT Topics

- June 1: Savvy Seniors
- June 8: Sun Safety
- June 15: Safe Spaces
- June 22: Digital Detox
- June 29: Mindfulness

WAINWRIGHT COMMUNITY CONNECTOR



WAINWRIGHT & DISTRICT FAMILY & COMMUNITY SUPPORT SERVICES

FOOD FINANCE

Join us and learn to create financially sustainable meal plans in the face of growing inflation, and obtain tips on **SMART** Shopping!

**JUNE 19
7-8PM
ZOOM EVENT**



For more information or to register for this free event,

📷 Scan the QR code

☎ 780-842-2555

✉ Community@wainfcs.ca



Credit
Counselling
Society



For more information or to register,

📷 Scan the QR code

☎ 780-842-2555

✉ Community@wainfcs.ca



WAINWRIGHT & AREA LET'S TALK ABOUT OVERDOSE

- FACTORS THAT CONTRIBUTE TO OVERDOSE
- SIGNS & SYMPTOMS
- HOW TO RESPONSE TO OVERDOSE/POISONING
- NALOXONE TRAINING
- FREE NALOXONE KITS TO TAKE HOME

Pre-Registration Required



**JUNE 14 @ 7PM
WAINWRIGHT FCSS**

TALKING ABOUT OVERDOSE COULD SAVE A LIFE



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



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**

Seniors' Week! June 5-11, 2023

All June Long
Open to 55+

BINGO CONTEST
Play our Senior's Week Bingo contest and you will be entered to win a prize!

June 5 - 10
Local Public Libraries

BASKET GIVEAWAY
Pop into the Wainwright, Irma, or Edgerton library and enter our draw to win a very special surprise basket!

June 6 @ 6:30PM
Prairie Rose Senior Center

WILLS, PERSONAL DIRECTIVES, & POA
Learn about preparing for yours or your loved ones future. Q&A to follow.
Registration required

June 8 @ 12PM
Prairie Rose Senior Center

MINDFUL AGING, LUNCH N' LEARN
Come enjoy some soup and dessert & learn more about Mindful Aging!
Registration required

For more information or to register, call/email us at 780-842-2555 or community@wainfcs.ca



WAINWRIGHT COMMUNITY CONNECTOR



June is PRIDE Month!



PRIDE honors the years of struggle for civil rights and the ongoing pursuit of equal justice for the LGBTQIA2S+ community, as well as the accomplishments within this community. Pride is celebrated each year in June to honor the 1969 Stonewall Uprising in Manhattan.

To learn
more, scan
the QR code



Realizing Our Impact

A LOOK AT DIVERSITY,
ACCEPTANCE, AND EQUALITY

Join us for a guided conversation on the history of racism, the impact of language, intersectionality, understanding privilege, ways to impact change, and becoming culturally aware

June 22 @ 2-3PM
Zoom Event

For more information or to register,

780-842-2555

Community@wainfcs.ca



STRONGER TOGETHER

The Pride Community of WAINWRIGHT presents:

2023 PRIDE

★ At Bevan's Park
1800 8 Ave

June 9 7:00 pm

- Paint the sidewalk **RAINBOW**

June 10 1:00-3:00 pm

- **Activities**
- **Speaker, Bekah Marcellus, Outloud (sponsored by FCSS)**
- **Music**
- **DIY Photo Booth**
- **Community Walk**
- **The Clay Callalily Jewelry**

★ JOIN US!!
SHOW YOUR COLOURS
& FLY YOUR FLAGS!

THIS IS A
SAFE
SPACE

PROUD
to be ME!

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

WAINWRIGHT COMMUNITY CONNECTOR



Join us to celebrate!



50th Anniversary

JUNE 15, 2023 | 2:30-4:30 PM

(COME & GO)

902 5TH AVE, WAINWRIGHT
780-842-2555



Give-aways • Cake cutting at 3 • Door Prizes

See you!

50th



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

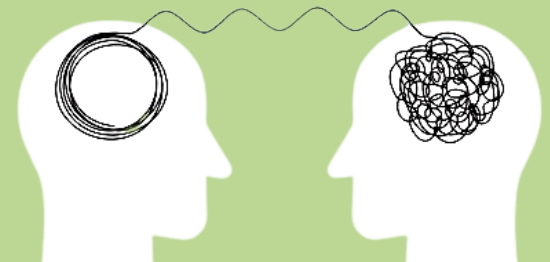
If you are in immediate danger, please call 911

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.*



June

Have something you would like to add? Email: community@wainfcs.ca