



WAINWRIGHT COMMUNITY CONNECTOR



WDFCSS MARCH 2024

MON	TUE	WED	THU	FRI
WOMEN'S HISTORY MONTH!				1
4	Eating Healthy on a Dime 5	Scam & Fraud Presentation 6 <i>Open Office Wednesdays</i>	7	8 INTERNATIONAL WOMEN'S DAY
Chair Yoga 11	12	<i>Open Office Wednesdays</i> 13	14	15
Chair Yoga 18	Taxes 101 for Youth & Young Adults 19	<i>Open Office Wednesdays</i> 20	21	22
Chair Yoga 25 Nutritional Aging	26	<i>Open Office Wednesdays</i> 27	Soup Social & ID Clinic 28	29 WE'RE Closed

Purple: Youth Program (ages 13-17)

Green: Community Program (all)

Orange: Senior Program (age 50+)

Yellow: Drop-In Support (all)

Blue: Adult Program (age 18+)

www.WDFCSS.ca

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CHAIR YOGA



Connect with like-minded individuals

Improve posture, flexibility and mobility

Reduce hypertension

Increase bone strength

Strengthen and protect joints

Monday, **March 11**

Monday, **March 18**

Monday, **March 25**

10 - 11 AM

Prairie Rose Center

\$5 FEE PER SESSION

Chairs Provided



Fraud & Scam Presentation

Join us for a learning session on **Frauds & Scams** presented by the **Canada Revenue Agency (CRA)** as they share **common scam and fraud methods** as well as the **steps** you can take to **protect yourself**.

Free event open to all

March 6, 2024

9AM-10AM

New Horizons Center
(Irma)

11AM-12PM

Prairie Rose Center
(Wainwright)

1:30PM-2:30PM

Agricultural Hall
(Edgerton)

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!

MARCHE LTT TOPICS

Mar. 7: Nutrition

Mar. 14: Women's Day

Mar. 21: Sleep Hygiene

Mar. 28: Spring into Action

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

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Nutrition Month EVENTS!

Eating Healthy While on a Budget

Learn meal planning tips to save money, practical shopping tips to stretch your dollar to the fullest, and smart strategies to make nourishing choices and meals without breaking the bank!

Date: March 5

Time: 7PM

Location: Online/
Virtual Event (**FREE**)

Nutritional Aging for Seniors (55+)

Unlock the potential of nutrition by learning valuable nutritional tips. Lunch included. Event to occur after Senior Yoga. Yoga registration not required to attend lunch/presentation.

Date: March 25

Time: 11:15AM

Location: Prairie Rose
Senior Center (**FREE**)

For more information or to register,

☎ 780-842-2555

✉ Community@wainfcs.ca



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Youth Taxes 101

An introduction to **income tax basics** for youth and young adults aged 15 to 24

WHEN:

March 19 @ 6-7 PM

WHERE:

Virtual Online Event



**FREE
WORKSHOP!**

For more information or to register,

☎ 780-842-2555

✉ Community@wainfcs.ca



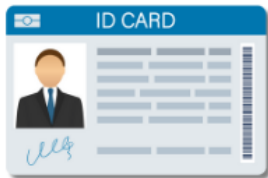
Canada Revenue
Agency

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ID Clinic & Hot Lunch

Assistance to get you set up with ID!



Join us @ Prairie Rose Center (731 2nd Ave)

Feb 22nd: 11:30 - 2:30

March 28th: 11:30 - 2:30

First Come, First Served

Drop-Ins Welcome, Lunch Provided
For more information call 780-842-2555

Please bring any documents you do have, such as birth certificate, tax return, Alberta Health Care card, and/or proof of residency to help with this process.

FREE DROP-IN



Service Canada comes to **Wainwright** the **second Thursday** of every month from **9:30 a.m. – 3:30 p.m.**

To book an appointment, visit **eservices.canada.ca** and a representative will reach out and try to help over the phone.

If that is not possible, they can book you an **appointment** to be seen in person at the **Alberta Works office.**

OPEN OFFICE WEDNESDAYS (OOW)

Looking for help with online forms? Have questions about different resources or benefits?

Stop by the FCSS office Wednesdays from 9am-12pm for support!

Looking for support on a different day/time? Call for an appointment!

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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

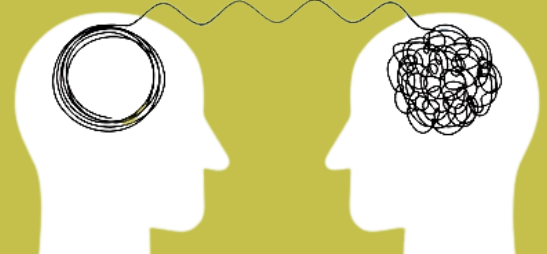
If you are in immediate danger, please call 911

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.*



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