



WAINWRIGHT COMMUNITY CONNECTOR



WDFCSSLIVE.COM MAY 2024

| MON | TUE | WED | THU | FRI |
|--|--------------------------------------|---|--|-----|
| 29 ALL MONTH PLAY OUR MENTAL HEALTH BINGO! | 30 | 1 Open Office Wednesdays (OOW) | 2 | 3 |
| 6 Chair Yoga | 7 Community Connection Club | 8 OOW | 9 | 10 |
| 13 Chair Yoga | 14 | 15 OOW | 16 | 17 |
| 20 WERE Closed | 21 | 22 Addictions NO OOW Don't Discriminate Expo Night | 23 Addictions Don't Discriminate Walk Through | 24 |
| 27 Chair Yoga Coffee Connection | 28 | 29 OOW | 30 | 31 |

Purple: Youth Program (ages 13-17)

Green: Community Program (all)

Orange: Senior Program (age 55+)

Yellow: Drop-In Support (all)

Blue: Age Restricted Program

www.WDFCSSLIVE.COM

WAINWRIGHT COMMUNITY CONNECTOR



CHAIR YOGA

Monday, May 6
Monday, May 13
Monday, May 27
10 - 11 AM
Prairie Rose Center

**\$5 FEE PER
SESSION**

Chairs Provided



Connect with
like-minded
individuals

Improve
posture,
flexibility and
mobility

Reduce
hypertension

Increase bone
strength

Strengthen and
protect joints

Join us for a
morning of
relaxation,
refreshments,
and
connection.



Just drop in!



Senior Coffee Connect

May 27 @ 11AM - 12PM

Prairie Rose Centre

For more information,
☎ 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!

MAY LTT TOPICS

May 2: Mental Health

May 9: Youth Mental Health

May 16: Maternal Mental Health

May 23: Workplace Wellness

May 30: Men's Mental Health

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Name: _____ Phone Number: _____

Wainwright BINGO Contest!

IN HONOUR OF MENTAL HEALTH AWARENESS MONTH

This BINGO contest was designed by Wainwright FCSS as a tool for community members to use to have some fun, while also increasing their awareness & understanding of mental health & available supports.



Complete as many squares as you can & submit your sheet to Wainwright FCSS by the end of May to claim your prize! **Answers/Submission info -> Scan QR**

| | | | |
|--|---|---|---|
| <i>TRUE OR FALSE:</i> Mental Health is the same as Mental Illness. | Take a stroll outside & enjoy the nature! | The 3-digit Canadian Suicide Crisis Helpline is: _ _ _ | The Wainwright Youth Mental Health Clinic is for ages: _ _ to _ _ |
| Think of 5 things that you are grateful for! | <i>TRUE OR FALSE:</i> Anxiety disorders are the most common Mental Illness. | Youth can reach out to Kid's Help Phone by texting: _ _ _ _ _ _ (Hint: 6 digits!) | <i>TRUE OR FALSE:</i> Most teenagers with a mental illness do not get treatment. |
| The Wainwright Mental Health & Addiction Office is located at: _____ Avenue | PICK ONE: Wainwright FCSS serves... A. Seniors only B. Youth only C. Everyone! | SPECIAL SPOT! Attend the Addictions Don't Discriminate Event on May 22 or 23rd! | Practice self care in any way that suits you! |
| Spread some kindness & positivity online! | Adults can reach out to trained crisis responders by texting: _ _ _ _ _ _ (Hint: 6 digits!) | Eat a nutritious & healthy meal! | <i>TRUE OR FALSE:</i> People with mental illness rarely get better. |



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SCAN HERE

ADDICTIONS DON'T DISCRIMINATE



FREE!

Through the power of **storytelling**, this exhibit offers a glimpse into the **complex** world of **addiction**, uncovering the **human experience** that lies beneath the **statistics** and **stigma**.

Shared stories push us to look beyond someone's substance use and into the lived experience of each individual with empathy & compassion, to help us understand that **Addictions Don't Discriminate**.

Bring your own **device**
& **headphones**
(required for
interactive QR Codes!) 

COMMUNITY EXPO W/ HAILEY & MIKE JONES OF ARMOR OF LIGHT RECOVERY

Local Speakers, Mocktails,
Informational Booths, Goodie Bags

Wednesday, May 22 | 6pm - 8pm | No Registration Required!

Wainwright
Communiplex Hall 1 & 2
700 - 2 Avenue

FREE PUBLIC VIEWING

open for walk-throughs

Thursday, May 23 | 9am - 1pm | Come & Go!

For more information,
☎ 780-842-2555

✉ Community@wainfcs.ca



Armor of Light
RECOVERY SOCIETY



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

WAINWRIGHT COMMUNITY CONNECTOR



WAINWRIGHT & AREA COMMUNITY CONNECTION CLUB

Join us every month & expand your **social circle**, engage in **meaningful conversations**, & **unleash** your **creativity**!

May 7th | 7-8PM |
Prairie Rose Center
All ages 15+ welcome!

What to Expect:

- Meet new friends
- Friendly conversation
- Crafts & activities
- Enjoy some coffee & snacks

For more info or to register,
☎ 780-842-2555
✉ Community@wainfcs.ca

Free to attend



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

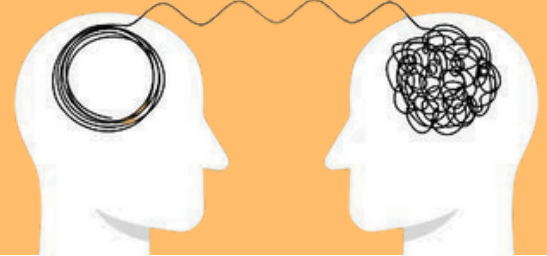
If you are in immediate danger, please call 911

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.*



May

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