

WAINWRIGHT COMMUNITY CONNECTOR



AROUND OUR COMMUNITY

- **November 4 & 5:** Wainwright Christmas Expo Market
@ *Wainwright Elks Hall*
- **November 6 @ 4:30 - 6:30 PM:** Fall Fowl Feast
@ *Grace United Church*
- **November 19 @ 1:30 - 3:30PM:** Blessed Sacrament Ladies Bake Sale
@ *Blessed Sacrament Parish Hall*
- **November 19 @ 7:30 PM:** Wainwright Encore - Sarah Hagen
@ *Wainwright Communiplex Theatre*
- **November 26 @ 5:30 PM:** Firefighters' Ball
@ *Wainwright Elks Hall*

WDFCS PROGRAM DATES

- **November 4 @ 7 PM:** Walk This Way - Locally-driven fashion show bringing awareness to family violence prevention
@ *Wainwright Communiplex Theatre*
- **November 8 - 10:** Mental Health & Wellness Learning Series for youth (age 13-18)
@ *Zoom event*
- **November 14 @ 6 PM:** Becoming an Ally: Active Bystander Training
@ *Zoom event*
- **November 15 @ 2 PM:** It's Not Right - Elder Abuse Presentation
@ *Wainwright Points West Living*
- **November 16 @ 6 PM:** Savvy Aging Series - Emergency Preparedness
@ *Wainwright FCS Office*
- **November 30 @ 2 PM:** Savvy Aging Series - Nutritional Aging
@ *Battle River Lodge*

November is the last month of autumn, but the beginning of a new adventure



To register for any FREE WDFCS upcoming events, scan the QR code or contact us at 780-842-2555 or community@wainfcs.ca

WAINWRIGHT COMMUNITY CONNECTOR



Mental Health & Wellness Learning Series for Youth

Open to youth aged 13-18

- Introduction to the topic of healthy vs unhealthy relationships
- Discussion of consent and boundaries
- Recognizing and responding to symptoms of unhealthy relationships
- Toolbox of tools for clear, safe, and respectful communication
- Additional support and tools for those who may need extra help

November 8 @ 2 PM
Healthy Relationships & Friendships

- Introduction to the topic of trauma
- Defining trauma and a trauma response
- Recognizing and responding to symptoms of trauma in a healthy way
- Developing awareness of good support systems and their importance
- Strategies to support self & others
- External resources available for those who may need extra help

November 8 @ 3:30 PM
Learning About Trauma

All Sessions Offered FREE & ONLINE

Create a personalized self-management tool that encourages, enables and builds your protective factors

- Defining mental health, mental wellness & brain health
- Understanding mental health disorders: common health challenges & disabilities in youth
- Recognize signs and symptoms of mental health problems in youth
- Youth mental health & suicide reality
- Strategies to support self & others

November 10 @ 10:30 AM
Youth Mental Health First Aid Workshop

- Awareness of early warning signs and triggers of poor mental health
- Personalized strategies to manage stress, adversity, & mental health
- Coping strategies: grounding, breathing, distractions, support systems, and healthy habits
- Identifying and managing Automatic Negative Thoughts

November 10 @ 1 PM
Creating a Mental Wellness Action Plan Workshop

Includes YMHC Certificate



First 10 registered get a FREE digital Mental Wellness Action Plan Workbook



To register, scan the QR code, or call/email us at 780-842-2555 or community@wainfcs.ca

No act of kindness, no matter how small, is ever wasted

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)

February - April 2023

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



NEW MOMS & DAD SURVIVAL SERIES



6 WEEKLY SESSIONS

A group for first time moms, dads & babies 0-1 year old, focusing on building language, motor skills, good sleep schedules, taking care of yourself & MORE!

OCT 5 - Get moving baby!

OCT 12- Sleep routines

OCT 19 - Get talking baby!

OCT 26 - Social emotional

NOV 2 - Get eating baby!

NOV 9 - Moms well-being

11:00am
9025 ave

IN PERSON
Register at the link
or call
780-842-2585



WAINWRIGHT COMMUNITY CONNECTOR



NOV. 16 | 6 PM
FCS OFFICE

We are inviting all older adults to join us for the following **free** event!

EMERGENCY PREPAREDNESS

Join us as we welcome the Canadian Red Cross to speak on emergency preparedness, and learn how to make your own preparedness kit and emergency plan!



Wainwright & District Family & Community Services Presents

Becoming an Ally: Active Bystander Training

Nov. 14
6 PM
Via ZOOM

Don't just stand there!
Be an Active Bystander!



To learn more or to register for this or other upcoming events, call or email us at 780-842-2555 or community@wainfcs.ca

This interactive, virtual training explores strategies to address bullying, prevent harassment, and highlights the roles of bystanders. Participants leave prepared and confident to address these issues in a way that empowers the person experiencing harassment, while providing teachable moments to those engaging in it.



Sign up to become a

WDFCS VOLUNTEER

**Make a difference
in someone's life!**

For more information or to get an application, please contact us at 780- 842-2555 or community@wainfcs.ca

A little of your time can go a long way!

Why Volunteer?

Health

Volunteerism promotes better physical, mental and emotional health

Purpose

Volunteers experience stronger connections to their community

Wellbeing

Volunteerism reduces stress and increases positive thoughts and emotions

Connection

Volunteerism strengthens and expands social networks

For more information or to register,

📷 Scan the QR code

☎ 780-842-2555

✉ Community@wainfcs.ca



*One kind word can
warm three winter
months*

WAINWRIGHT COMMUNITY CONNECTOR



WAINWRIGHT & DISTRICT FAMILY & COMMUNITY SERVICES
INVITES ALL COMMUNITY MEMBERS TO:

Walk This Way

Dress Up, Show Up, Speak Up

A Locally Driven Fashion Show Bringing
Awareness to Family Violence Prevention

Join Us For:

Local Fashion, Informational Booths,
Prizes, and A Guest Speaker from Sagesse
Domestic Violence Prevention Society

November 4 7:00 PM

Wainwright Communiplex Theatre

For more information, call or email us at

780-842-2555 or community@wainfcs.ca. This is FREE event.



There is no path
to happiness,
happiness is the path

Wainwright & District Family & Community Services Presents:

Savvy Aging Series



We are inviting all older adults to join us for the following free events!

OCTOBER 12 @ 2PM
BATTLE RIVER LODGE

Sensible Savings

Gain confidence in your financial well-being by learning valuable budgeting and saving tools and skills.

OCTOBER 26 @ 6PM
ONLINE - ZOOM EVENT

Scam Smart

Enhance your fraud awareness and prevention and discover necessary tools to recognize a scam.

NOVEMBER 16 @ 6PM
WAINWRIGHT FCS OFFICE

Emergency Preparedness

Disaster can strike at anytime. Learn how to make your own preparedness kit and develop an emergency plan.

NOVEMBER 30 @ 2PM
BATTLE RIVER LODGE

Nutritional Aging

Unlock the potential of nutrition and create a healthier tomorrow by learning valuable nutritional tips for your well-being.

DECEMBER 7 @ 2PM
LIONS FRONTIER MANOR

Aging Wellness

Explore, discover and connect to your best self by diving deeper into the 8 domains of wellness for older adults.

DECEMBER 14 @ 10-11:30 AM
WAINWRIGHT FCS OFFICE

Coffee Connections

We bring the coffee, you bring the conversation! Join us at the WDFCS office for a series close with coffee, treats, and chat!



NOV. 30 | 2 PM
BATTLE RIVER LODGE

We are inviting all older adults to join us for the following free event!

NUTRITIONAL AGING

Unlock the potential of nutrition and create a healthier tomorrow by learning valuable nutritional tips for your well-being.



To learn more or to register for this or other upcoming events, call or email us at 780-842-2555 or community@wainfcs.ca

WAINWRIGHT COMMUNITY CONNECTOR



NEED SUPPORT?

- **Alberta Crisis Supports:**
1-877-644-9992
- **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:**
1-800-422-443
- **Crisis Text Line:** Text CONNECT to 741741
- **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

*Healing takes time, and asking
for help is a courageous step*



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