

# WAINWRIGHT COMMUNITY CONNECTOR



## AROUND OUR COMMUNITY

- **November 1 & 2:** ASIST Training (\$20 FEE)  
*@ Buffalo Park Hall*
- **November 12 @ 7PM:** Wainwright Men's Chorus' Fall Festival of Music  
*@ Communiplex Theatre*
- **December 2 @ 10AM-3PM:** Pop-Up Christmas & Bake Sale *@ Prairie Rose Senior Center*

## WDFCSS PROGRAM DATES

- **Nov. 6 @ 7PM:** Christmas W/O Credit  
*@ ZOOM Event*
- **Nov. 8 & 27 @ 10AM:** Senior Yoga  
*@ Prairie Rose Centre (\$5 FEE)*
- **Nov. 9 & 30 @ 7PM:** Colourful Conversations  
*@ Wainwright Public Library*
- **Nov. 14 @ 7PM:** Youth Stress Less - Yoga & Meditation  
*@ Location TBA*
- **Nov. 16 @ 7PM:** Walk This Way  
*@ Communiplex Theatre*
- **Nov. 21 & 28 @ 7PM:** Youth Stress Less - Journaling for Wellness (2 Parts)  
*@ Location TBA*

*A November  
to  
Remember!*



To register for any of these WDFCSS upcoming events, scan the QR code, visit our website, or contact us at 780-842-2555 or [community@wainfcs.ca](mailto:community@wainfcs.ca)

# WAINWRIGHT COMMUNITY CONNECTOR



## FINANCIAL LITERACY

Attend any or all of the sessions for free!

**Money Basics for Newcomers**  
September 20, 2023 @ 2PM ✓

**75 Ways to Save on Household Expenses**  
October 25, 2023 @ 7PM

**Christmas Without Credit**  
November 6, 2023 @ 7PM

**Holiday Money Hangover**  
January 10, 2024 @ 2PM

All sessions are held via ZOOM



## COLOURFUL CONVERSATIONS

A unique program designed for adults (18+) to come together, **colour**, and **engage** in **open** and **supportive conversations**.

### What to Expect:

- Fun and collective colouring
- Open and non-judgmental chat
- Share feelings, life experiences, and what's currently going on (whether it be physically, emotionally, or psychologically)
- Connect with like-minded individuals
- Coffee & Snacks PROVIDED!
- Unwind with some ART!

### Dates:

- November 9
- November 30
- December 7

**Time:** 7:00 - 8:00 PM

**Location:** Wainwright  
Public Library



All supplies will be included,  
but feel free to bring your own!

For more information or to register,

☎ 780-842-2555

✉ [Community@wainfcs.ca](mailto:Community@wainfcs.ca)



No RSVP Required - JUST POP IN!

For more information, contact us at  
[community@wainfcs.ca](mailto:community@wainfcs.ca) or 780-842-2555



Kindness is doing what you can.  
where you are, with what you have

# WAINWRIGHT COMMUNITY CONNECTOR



## NAVIGATING THE GRIEF JOURNEY & THE HOLIDAYS

December 11 @ 7PM  
Wainwright FCSS Office

The holidays after a loss can be emotional and difficult. Join us as we discuss practical strategies to help navigate and manage your unique journey during the holiday season while remembering those we have lost.

*Free event open to all*



For more information or to register,

☎ 780-842-2555

✉ [Community@wainfcs.ca](mailto:Community@wainfcs.ca)



## Christmas WITHOUT Credit



## “CHRISTMAS COMES EACH TIME THIS YEAR...”

Sound familiar? For you to enjoy Christmas and the holidays, it is important to prepare for the **financial toll** it will take on your **budget**. Join us and learn how to plan early to avoid a **debt hangover** in January!

NOVEMBER 6 @ 7PM VIA ZOOM

For more information or to register,

☎ 780-842-2555

✉ [Community@wainfcs.ca](mailto: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!

## November LTT Topics

Nov. 2: Digital Detox

Nov. 9: Family Violence pt. 1

Nov. 16: Family Violence pt. 2

Nov. 23: Gratitude

Nov. 30: Self-Compassion

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

# WAINWRIGHT COMMUNITY CONNECTOR




# WALK THIS WAY

*Dress Up, Show Up, Speak Up*

A Locally-Driven Fashion Show Bringing Awareness to Family Violence Prevention



Join Us For:   
Inspiring Local Fashion,  
Informational Booths, and Very Special Local Guest Speaker,  
Michelle Poulin!

*No RSVP needed!*  
*For more information,*  
*call 780-842-2555*

NOV. 16 @ 7PM  
COMMUNIPLEX THEATRE



# WAINWRIGHT COMMUNITY CONNECTOR



## YOUTH *For ages 13-17* STRESS-LESS WORKSHOPS

Discover how **yoga, mindfulness, journaling, & nutrition** can support your **wellbeing & manage your stress!**

NOV. 14: **YOGA & MEDITATION**

NOV. 21: **JOURNALING FOR WELLNESS PT. 1**

NOV. 28: **JOURNALING FOR WELLNESS PT. 2**

DEC. 5: **NUTRITION & SELF-ESTEEM**

*Locations TBA. (all in Wainwright)  
FREE - Cost Covered by FCSS!*

For more information or to register,

☎ 780-842-2555

✉ [Community@wainfcs.ca](mailto:Community@wainfcs.ca)



*Registration for all sessions is not required*



THE nest project

• PRACTICES FOR ENHANCED WELL-BEING •

# 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 #**
- **Employment Insurance (EI)**
- **Old Age Security**
- **Canada Pension Plan**

## SENIOR YOGA

**November 8**

**November 27**

**10 - 11 AM**

*Prairie Rose Center*

**\$5 FEE PER  
SESSION**



Connect with like-minded individuals

Improve posture, flexibility and mobility

Reduce hypertension

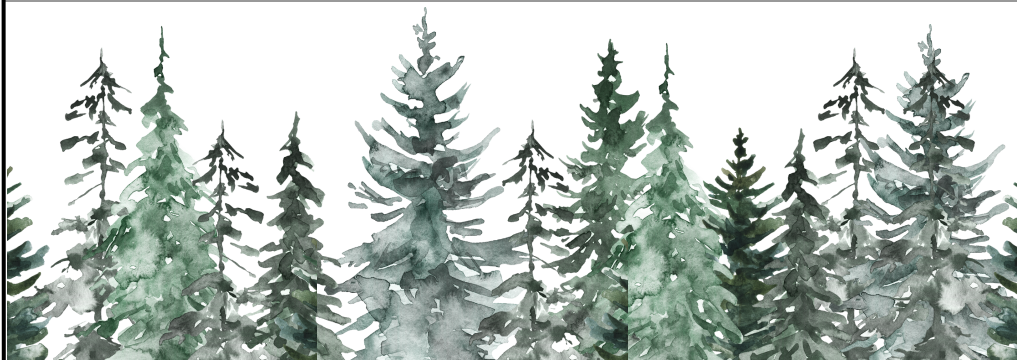
Increase bone strength

Strengthen and protect joints

For more information or to register,

☎ **780-842-2555**

✉ **Community@wainfcs.ca**



# WAINWRIGHT COMMUNITY CONNECTOR



## November is Family Violence Prevention Month



Each November, communities can help raise awareness and prevent family violence by organizing public events and activities. Together, we must continue to promote education and awareness programs of family violence to ensure that the people we care about have a safe place to live.

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

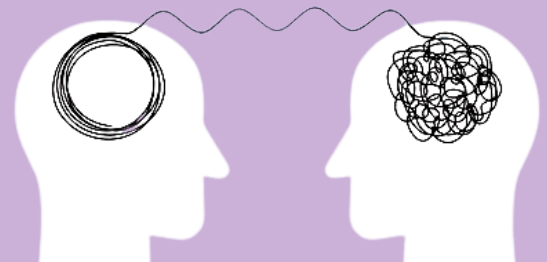
**If you are in immediate danger, please call 911**

## 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.*



*November*

Have something you would like to add? Email: [community@wainfcs.ca](mailto:community@wainfcs.ca)