

WAINWRIGHT COMMUNITY CONNECTOR



AROUND OUR COMMUNITY

- **September 6 @ 6:30PM - 8PM:** Community Organization & Volunteer Awareness Night

@ *Wainwright Communiplex*

- **September 9 @ 10AM - 3PM:** Stampede Farmer's Market

@ *Wainwright Communiplex*

- **September 10 @ 10AM - 1PM:** The Man Van Prostate Cancer Detection Centre

@ *Wainwright Communiplex*

WDFCSSL PROGRAM DATES

- **September 6:** Pensions, Benefits & Services for Seniors (see poster)
@ *Irma, Chauvin, Edgerton*
- **September 10 @ 10AM:** Fifth Annual Walk of Remembrance
@ *Wallace Park*
- **September 13 & 25 @ 10AM:** Seniors Gentle Yoga (\$5 FEE)
@ *Prairie Rose Center*
- **September 20 @ 2PM:** Money Basics for Newcomers
@ *Join via ZOOM or In-Person*
- **September 26 @ 7PM:** It Doesn't Have to Be Weird - Suicide Prevention for Parents/Caregivers
@ *ZOOM Event*

*Make it a
September to
Remember!*



To register for any of these 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

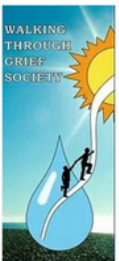
Grief support group will cover

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

Hummingbirds are the ONLY BIRDS THAT CAN FLY BACKWARDS

WAINWRIGHT COMMUNITY CONNECTOR



Benefits & Services for SENIORS



SENIORS YOGA

No Experience Necessary!
Open to all 55+

What are the Benefits of Yoga?

Improve posture, flexibility and mobility

Reduce hypertension

Help with chronic pain

Increase bone strength

Strengthen and protect joints

September 13
September 25

10 - 11 AM

Prairie Rose Center



\$5 FEE
PER
SESSION

Join us and learn more about the different **benefits** and **services** that are available to seniors living within the M.D. of Wainwright!

**FREE
PRESENTATION**

September 6, 2023

Irma: 11AM

New Horizons Seniors Centre

Chauvin: 1:30PM

Seniors Drop-In Centre

Edgerton: 3PM

Edgerton Agricultural Hall

For more information or to register,

780-842-2555

Community@wainfcs.ca



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780-842-2555

Community@wainfcs.ca



Character
is THE FIRST
BEAUTY



Scan to see our full calendar!



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

WAINWRIGHT COMMUNITY CONNECTOR



Walk of Remembrance

In honour of World Suicide Prevention Day

Walk for Awareness
Walk for Prevention
Walk for Remembrance

Date: September 10, 2023

Time: 10AM

Location: Wallace Park



Join us for a special guest speaker, fellowship and support, resources and information, and ways to offer remembrance including a walk around the park to honour the memories of lost loved ones.

Bring a picture, memory or message to share on our Remembrance Wall

For more information, contact **Wainwright FCSS**
at **780-842-2555** or **community@wainfcs.ca**



WAINWRIGHT COMMUNITY CONNECTOR



MONEY BASICS FOR NEWCOMERS

September 20, 2-3pm

Wainwright FCSS Office, 902 5 Ave.



You will learn about:

- opening up a bank account
- differences between banks and credit unions
- different types of bank accounts
- different ways to build savings
- the importance of filing taxes
- options for sending money back home
- understanding & using credit
- interest rates
- credit reports and scores
- frauds and scams in Canada
- identity theft
- reporting fraud



To Register:

call 780-842-3455
or scan the QR code

This 1 hour workshop is
interactive and fun!



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!

September LTT Topics

Sept. 7: Back to School

Sept. 14: Suicide Prevention

Sept. 21: Stress & You

Sept. 28: Truth & Reconciliation

WAINWRIGHT COMMUNITY CONNECTOR



IT DOESN'T HAVE TO BE WEIRD.

Free 4-week informational sessions on how to confidently and naturally talk to your children about those weird, hard-hitting topics.

Sept. 26 - **Suicide Prevention**

Oct. 3 - **Sexual Orientation & Pronouns**

Oct. 10 - **Drugs & Alcohol**

Oct. 16 - **Sex & Consent**

ALL SESSIONS WILL BE HELD ON ZOOM AT 7PM

How do I talk to my kids about sex?

I wish there were more opportunities for parents to learn.

How should I talk about suicide?

How can I learn more about pronouns?



For more information or to register,

☎ 780-842-2555

✉ Community@wainfcs.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**



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



September is National Suicide Prevention Month

Suicide impacts people across
Canada, of all ages and
backgrounds, and we can all do a
part to help prevent suicide.

The goal for this month is to raise
awareness for suicide prevention,
improve education, and build skills
in the community to reduce
incidents of self-harm.

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

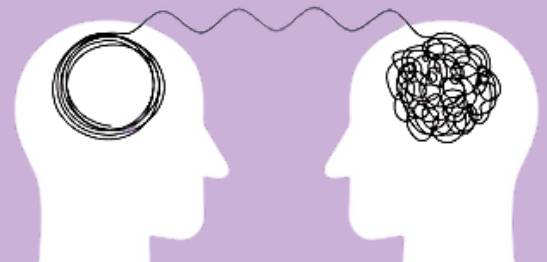
If you are in immediate danger, please call 911

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.*



September



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