

WAINWRIGHT COMMUNITY CONNECTOR



FCS/FRN PROGRAM DATES

- **July 1 - August 31:**

Neighbour to Neighbour
BBQ Contest

- **July 25 @ 10:30 AM:**

Edgerton Playtime (art-in-
the-park)

@ Edgerton School Playground

- **July 26 @ 10:30 AM:**

Irma Playtime (art-in-the-park)

@ Irma School Playground

- **July 27 @ 10:30 AM:**

Chauvin Playtime (art-in-
the-park)

@ Chauvin School Playground

For monthly event details

<https://www.wdfcs.ca/events/>

AROUND OUR COMMUNITY

- **July 1 @ 3 to 11 PM - Canada Day**

Festivities: Free family activities, live music
& fireworks @ *Wainwright Garrison Fish
Pond*

- **July 8 - 10 - Edgerton Sports Days &**

Fair: Bullarama, ball games, livestock
show, tractor pulls, & chuckwagons

- **July 13 @ 1 to 4 PM - Communities in**

Bloom 20 Year Celebration: Kids face
painting, door prizes & BBQ @ *Wainwright
Post Office Yard*

- **July 15 @ 5 PM - Taste of Wainwright:**

Sampling of the amazing, varied cuisine
available in the area and a family friendly
tasting patio

- **July 27 - 31 - Irma Sports Days:**

Curling,
Slo-Pitch, Breakfast & Parade

*Give yourself the same care &
attention that you give to others,
and watch yourself bloom*



WAINWRIGHT COMMUNITY CONNECTOR



Public Health Nutrition – Central Zone Online Classes and Resources

FREE Online Classes – join by phone or zoom!

See class details below! To register, call your local [Community Health Centre](#). You will receive an email with the Zoom link (or dial in number) one day prior to the class

No email? No problem! We can provide registration details by phone ☺



Infant Nutrition Class

FREE online class:

Join a Registered Dietitian to learn about:

- Starting solid foods
- Helping baby accept new foods
- Making healthy baby food
- Hot topics like baby-led weaning

Class includes food demo & handouts.

Class Time:
10:00 - 11:30 a.m.

Select one 2022 upcoming date:

- January 12th or 26th
- February 9th or 23rd
- March 9th or 23rd
- April 13th or 27th
- May 11th or 25th
- June 8th or 22nd
- July 13th or 27th



Goodbye Mealtime Struggles

FREE online introductory workshop:

For parents of children one to five years of age*
Join an interactive discussion with other parents, a pediatric Occupational Therapist (OT) and a Registered Dietitian (RD)

- Explore the various reasons behind mealtime struggles
- Leave with strategies that best fit your child and family to help make mealtimes happy times

- Jan 19, 2022 from 6 p.m. to 8 p.m.
- Feb 17, 2022 from 1 p.m. to 3 p.m.
- Mar 17, 2022 from 1 p.m. to 3 p.m.
- Apr 20, 2022 from 6 p.m. to 8 p.m.
- May 19, 2022 from 1 p.m. to 3 p.m.
- June 16, 2022 from 1 p.m. to 3 p.m.

*Life is like riding a bicycle, to
keep your balance, you must
keep moving*



Wainwright on Wellness presents
JULY 15 & AUG 12

LUNCH AND LEARN

Registration required!
Limited spots are available
Scan the QR code or follow the link in the description to register



Drop by the Wainwright Golf Club between 11:30am-1:30pm to pick up a lunch. Lunch will include a sandwich, a water and a variety of snacks!

Wainwright on Wellness invites you to

WALK 'N' TALK

AROUND THE WALLACE PARK WALKING TRAIL

MAKE YOUR WAY DOWN TO WALLACE PARK AND ENJOY THE GREAT OUTDOORS WHILE HAVING THE OPPORTUNITY TO ENGAGE WITH VARIOUS QUESTIONS AND DISCUSSION TOPICS POSTED AROUND THE WALKING TRAIL.

JULY 23 **AUG 18**

WAINWRIGHT COMMUNITY CONNECTOR



NEIGHBOUR TO NEIGHBOUR BBQ



July 1-August 31, 2022

- Enjoy a BBQ and get to know your neighbours!
- Submit a photo of 2 or more households enjoying a BBQ anytime during the months of July and August, and you will be eligible to receive a free BBQ set
- Send your photo to community@wainfcs.ca by September 1 to qualify



Keep the fun going with a variety of our outdoor games available to use for free

To sign out games, contact us at 780-842-2555 or community@wainfcs.ca



*Look for something positive in each day,
even if some days you have to look a little*



WAINWRIGHT ON WELLNESS PRESENTS Nature Scavenger

Hunt
July 14 & Aug 11
1-3 pm

Join us by Bevan Park's Nature Area
Sign to set off on your adventure



WAINWRIGHT ON WELLNESS
PRESENTS

Storybook Yoga

July 7 & 28
2pm

At the grassy area outside the
Wainwright Public Library



WAINWRIGHT COMMUNITY CONNECTOR



NEED SUPPORT?

- **Alberta Crisis Supports:**
1-877-644-9992
- **Bullying Helpline:** 1-877-352-4497
- **Camrose Women's Shelter:**
1-877-622-1010
- **Child Abuse Hotline:**
1-800-387-5437
- **Crisis Text Line:** Text CONNECT to
741741
- **Family Violence Info Line:** 310-
1818
- **Kids Help Phone:** 1-800-668-6868
or text CONNECT to 686868
- **Lloydminster Interval Home Crisis Line:**
780-875-0966
- **Lloydminster Men's Shelter:**
306-825-3977
- **Mental Health Helpline:**
1-877-303-2642
- **Wainwright Food Bank (Tues &
Fri 11-1):** 780-842-6989

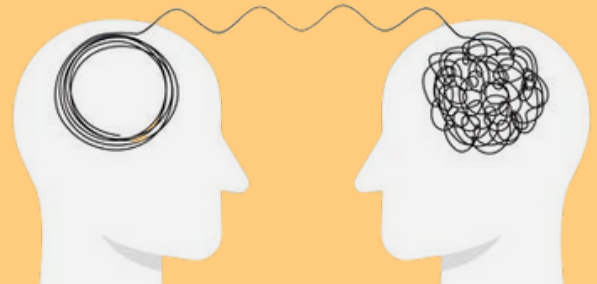
If you are in immediate danger,
please call 911

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*




*Happy
Canada Day!*

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