

WAINWRIGHT COMMUNITY CONNECTOR



AROUND OUR COMMUNITY

- **December 1 - 3 @ 10 - 8 PM:**

Christmas in the Country

@ *Wainwright Elks Hall*

- **December 2 @ 1:30 - 3:30 PM:**

Annual Christmas Tea and Bake Sale

@ *Grace United Church Fellowship Hall*

- **December 3 @ 6 PM:** Santa Claus Parade

@ *Chamber of Commerce*

- **December 9 - 11 @ 7 PM:** Theatre 75 - Best Christmas Pageant Ever!

@ *Wainwright Communiplex Theatre*

- **December 17 @ 10 - 3 PM:**

Wainwright Farmers Market

@ *Wainwright Communiplex Hall*

WDFCS PROGRAM DATES

- **December 1 - December 31:**

WDFCS Holiday Fun Challenge!

- **December 1 @ 7 PM:** Budgeting the Holidays with Adam Bermejo

@ *Zoom Event*

- **December 7 @ 2 PM:** Savvy Aging Series - Aging Wellness

@ *Lions Frontier Manor*

- **December 7 @ 6:30 - 8 PM:**

Navigating Grief and the Holidays

@ *Wainwright Communiplex Meeting Room*

- **December 14 @ 10 - 11:30 AM:**

Savvy Aging Series - Coffee Connections (We bring the coffee, you bring the conversation!)

@ *Wainwright FCS Office*

- **December 15 - January 15:**

Screenagers & The Next Chapter

@ *On-Demand Screening*

December is the month of joy, happiness, and to finish what you started



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

Courtesy of Wainwright & District Family & Community Services
| December 2022 |

WAINWRIGHT COMMUNITY CONNECTOR



Family Potluck Feast

Bring your families favorite dish and
join us for a family feast lunch



December 17
10am-2pm



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



The holidays are
an opportunity
to journey within

Join us for BUDGETING THE HOLIDAYS

With
Adam Bermejo from
Wainwright
Adult Learning

Discover valuable tips for
building and sticking to a budget
during the holiday season, and
learn smart ways to recover
from holiday spending, or
overspending!

December 1 @ 7PM
Free & Virtual Event
via ZOOM

For more information or to register,
visit the posted link, or contact us at
780-842-2555 or community@wainfcs.ca



WAINWRIGHT COMMUNITY CONNECTOR



WISHING YOU A HAPPY HOLIDAY SEASON!

MOST FETAL ALCOHOL SPECTRUM DISORDER (FASD) PREVENTION EFFORTS FOCUS ON AVOIDING ALCOHOL USE DURING PREGNANCY, BUT ANOTHER OPTION IS TO PREVENT PREGNANCY DURING ALCOHOL USE. YOU CAN HELP! AT YOUR NEXT GATHERING, CONSIDER...

- OFFERING NON-ALCOHOLIC BEVERAGES.
- TRYING ALCOHOL-FREE MOCKTAIL RECIPES.
- TAKING A PREGNANCY TEST BEFORE YOU DRINK.
- HAVING CONDOMS AVAILABLE AT YOUR PARTY.

If you're pregnant, breastfeeding or planning to become pregnant, the safest choice is to drink no alcohol at all.



SCREENAGERS & SCREENAGERS: NEXT CHAPTER


Screen both of these award-winning films for FREE in the comfort of your own home anytime December 15, 2022 to January 15, 2023



WDFCS IS SEEKING


Snow Angels

Snow Angels is a volunteer-based program that matches volunteers to residents who need assistance with removing snow from their property over the winter.



Individuals, businesses, families, groups, and clubs are all encouraged to become Snow Angels and help someone in need during these cold winter months!

WE ARE ALSO ACCEPTING RESIDENT APPLICATIONS FOR THE SNOW ANGELS PROGRAM AT THIS TIME!



For more information or to apply as a volunteer or recipient of our Snow Angels program, please contact us 780-842-2555/community@wainfcs.ca

HAPPY HOLIDAYS

One joy can scatter 100 griefs

Courtesy of Wainwright & District Family & Community Services
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WAINWRIGHT COMMUNITY CONNECTOR



Coffee Connections

*We bring the coffee,
you bring the conversation!*

Join us as for the Savvy Aging Series close with coffee, treats, and chat!

Wednesday
14 December
10-11:30AM

 **WDFCS Office**
(902-5 Avenue)



NAVIGATING THE GRIEF JOURNEY AND THE HOLIDAYS

Join us as we welcome Shirley Scott from the Walking Through Grief Society to learn more about grief and discover practical strategies to help you navigate and manage your unique journey through grief during the holiday season

Light refreshments will be served and the presentation will be followed by a candle lighting

DECEMBER 7, 2022 @ 6:30PM
WAINWRIGHT COMMUNIPLEX MEETING ROOM
(IN THE HALLWAY ACROSS FROM POOL OFFICE)

ABSENCE IS LOUD DURING THE HOLIDAYS

For more information or to register,

📷 Scan the QR code

☎ 780-842-2555

✉ Community@wainfcs.ca



DEC. 7 | 2 PM
LIONS FRONTIER MANOR

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

AGING WELLNESS

Explore, discover, and connect to your best self by diving deeper into the 8 domains of wellness with Sage Wellness Connection!



Winter forms our
character & brings
out our best



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

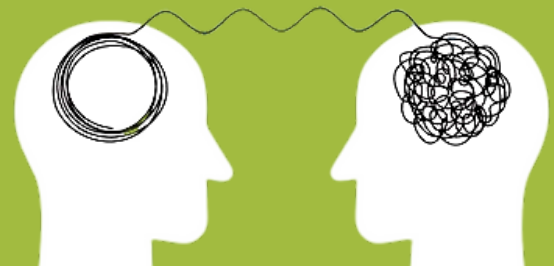
If you are in immediate danger,
please call 911

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