

May 2022

# WAINWRIGHT COMMUNITY CONNECTOR

Courtesy of Wainwright & District  
Family & Community Services



## AROUND OUR COMMUNITY

This month you can look forward to some outdoor activities as well as Mental Health awareness week from the 2<sup>nd</sup> to the 8<sup>th</sup>. The big focus is on empathy this year. For tips on learning some great empathy skills visit: <https://www.mentalhealthweek.ca/info-articles/>

- **May 5,6 @ 7pm & May 7 @ 2 pm** Theatre 75 Youth Drama Group presents: Murder at Aunt Agatha's @ Communiplex Theatre
- **May 7 @ 3 pm** Defrost 2022 On-site BBQ and bake sale. RC car racing for the kids. Show n Shine @ No-Frills Parking lot
- **May 14 @ 11 am- 3 pm** BBQ by Donations for the FOOD BANK. BIN for food donations. Face painter @ Wainalta Motors
- **May 20 @ 11 am** Fire N Wheels BBQ @ Cornerstone COOP
- **May 20-29<sup>th</sup>** Run for Support Dogs 2022 – Virtual

For more local events see

<https://wainwright.ca/calendar/>

### FCS/FRN Program Dates

For monthly event details

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

#### **May 9 @ 5pm**

Home – 6-week mind-body connection series @ The Welcome Mat

#### **May 10 @ 10:30am**

Irma United Church Storytime

#### **May 13 @ 6pm**

Jodi Williams presents  
“Bringing out the best in ourselves & others”

#### **May 16 @ 10:30am**

Edgerton Public Library  
Storytime

#### **May 25 @ 10:30am**

Chauvin Gospel Center  
Storytime



**FREE Legal Advice**

May 19, 2022

- Tenant Law
- Family Law
- Employment Law
- Civil Law/Debt
- Wills and Estates
- Traffic Law/Bylaw
- Criminal Law
- Immigration

**587.789.0727**

Clinics are now held monthly on the third Thursday of each month. Please call to see if you qualify for the next available appointment.



Community Legal Clinic-  
Lloydminster



@Lloyd\_Legal



@clclloydminster



## Wainwright Walk-In Addiction and Mental Health Support

NEW! Walk-in Monday and Thursday afternoon

Support for those Adults with addiction or mental health concerns without an appointment



✂ When: Monday and Thursday from 1 p.m. to 3 p.m. ✂

Where: Wainwright Addiction and Mental Health Office  
905A – 3<sup>rd</sup> Avenue

Phone: 780 842-7522 for details

For 24/7 support:  
Mental Health Helpline: 1-877-303-2642  
Addiction Helpline: 1-866-332-2322  
HealthLink: 811



## COUNSELLING SERVICES

Short-term appointments available for:

- Couples and marriage counselling
- Family counselling
- Loss and grief counselling
- Counselling for those with illness and their caregivers

Please call 780-842-2555 for more info & booking times.



**Celebrating all of the different mothers this May!**

From your Mother to your Grandmother and the Mothers that carried angels, we thank all of them for their unconditional love and care.



"Never bend your head. Always hold it high. Look the world straight in the eye."

**-Helen Keller**

**Need Support?**

**Wainwright Food Bank** Tues & Fri 11-1: 780-842-6989

**Child Abuse Hotline:** 1-800-387-5437

**Family Violence Info Line:** 310-1818

**Lloydminster Interval Home Crisis Line:** 780-875-0966

**Lloydminster Men's Shelter:** 306-825-3977

**Alberta Crisis Supports:** 1-877-644-9992

**Crisis Text Line:** Text CONNECT to 741741

**Mental Health Helpline:** 1-877-303-2642

**Kids Help Phone:** 1-800-668-6868 or text CONNECT to 686868

**Bullying Helpline:** 1-877-352-4497

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

