





# WAINWRIGHT COMMUNITY CONNECTOR



## WDFCSS FEBRUARY 2024

MON	TUE	WED	THU	FRI
			1 Kindness Bingo Challenge Starts	2
5 Senior Yoga	6 Take-Home Craft Packs 1 Sign-up Ends	7	8 Take-Home Craft Packs 1 Pick-up Starts	9
12 Senior Yoga	13 10 Great Dates Registration Opens	14 	15	16
19 	20 Take-Home Craft Packs 2 Sign-up Ends	21	22 Take-Home Craft Packs 2 Pick-up Starts	23 10 Great Dates Registration Ends
26 Senior Yoga Craft & Connect	27	28 Pink Shirt Day!	29 Kindness Bingo Challenge Ends	

Purple: Youth Program (ages 13-17)

Orange: Senior Program (age 55+)

Blue: Adult Program (age 18+)

Green: Community Program

OPEN TO ALL!

[www.WDFCSS.ca](http://www.WDFCSS.ca)

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## SENIOR YOGA

Monday, **February 5**  
Monday, **February 12**  
Monday, **February 26**  
10 - 11 AM  
**Prairie Rose Center**

**\$5 FEE PER  
SESSION**

**Chairs & matts provided**



Connect with like-minded individuals

Improve posture, flexibility and mobility

Reduce hypertension

Increase bone strength

Strengthen and protect joints

## CRAFT & CONNECT FOR SENIORS!

WE INVITE ALL OLDER ADULTS AND SENIORS TO JOIN US AS WE CREATE BEADED HANGING SUNCATCHERS

ALL MATERIALS PROVIDED!  
REFRESHMENTS AVAILABLE!

**PLEASE NOTE:** You do not need to attend the Senior Yoga to attend the Craft & Connect!



**February 26**

10 - 11AM  
Senior Yoga (\$5)

11:15AM  
Craft & Connect  
(FREE)

**Prairie Rose  
Senior Center**  
731 - 2 Avenue

For more information or to register,  
☎ 780-842-2555

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



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## 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!

## FEBRUARY LTT TOPICS

Feb. 1: Self-Care

Feb. 8: Self-Love

Feb. 15: Family Wellness

Feb. 22: Heart Health

Feb. 29: Move for Mood

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## FEBRUARY

# KINDNESS GAME

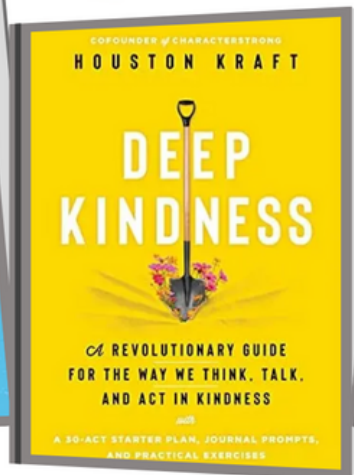
SCAN THE QR CODE TO FIND OUR KINDNESS BINGO GAME! RETURN YOUR BINGO SHEETS TO WAINWRIGHT FCSS BY **FEBRUARY 29TH** AND CHOOSE FROM ONE OF THE BOOKS BELOW



PERFECT  
FOR  
ADULTS



GREAT  
FOR  
TEENS!



GREAT  
FOR  
KIDS!

COMPLETE AS MANY ACTS OF KINDNESS  
AS YOU CAN AND HELP MAKE  
WAINWRIGHT & AREA A KINDER PLACE!



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Wainwright & District Family & Community Support Services

## TAKE-HOME CRAFT PACKS

Sign up for fun take-home craft kits to celebrate Family Day!



### BEADED SUNCATCHERS

SIGN UP BY FEB. 6

PICKUP AFTER FEB. 8

**\*LIMITED KITS AVAILABLE\***

### GLITTER SENSORY JARS

SIGN UP BY FEB. 20

PICKUP AFTER FEB. 22

**\*LIMITED KITS AVAILABLE\***



**OPEN TO COMMUNITY MEMBERS OF ALL AGES!**

To sign up for these free take-home kits, scan the QR code, call 780-842-2555, or email [community@wainfcs.ca](mailto:community@wainfcs.ca)



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## 10 GREAT DATES

*to keep your relationship happy, thriving, and healthy!*

**Sign up as a couple and receive take-home date kits every month from March to December to enjoy at your own pace!**

*This program is designed to strengthen and deepen your love with ten life-changing dates based on research from two of the world's leading marriage researchers and clinicians (The Gottman's)!*

**Free & Open to ALL Couples!**



📷 Scan the QR Code  
☎ 780-842-2555  
✉ [Community@wainfcs.ca](mailto:Community@wainfcs.ca)



*Register by February 23*

**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**.

*Service Canada serves as a single-point of access for the most heavily used programs, including:*

- **Social insurance #**
- **Employment Insurance**
- **Old Age Security**
- **Canada Pension Plan**

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## NEED SUPPORT?

**2-1-1 Alberta - Connects you with the proper resources for whatever you may need help with 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:** 9-8-8

***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.*



**February**

Have something you would like to add to the next newsletter? Email: [community@wainfcs.ca](mailto:community@wainfcs.ca) **by February 15**