

Wainwright Community Connector

Courtesy of Wainwright & District Family & Community Services



902 5 Ave., Wainwright, AB
www.wdfcs.ca



ISSUE #9 JANUARY 2, 2018

THIS MONTHS FEATURES:

- Self-Discipline
- Upcoming Sessions
- Library Programs
- Family Sledding Party
- Mental Muscle
- Need Support?
- Day Support Program
- Snowflake Social
- Need Help?

Upcoming Sessions at the PCN Clinic

Quit Core

Free Group Support Program

Thursdays, Jan 11th to Feb 15th, 2018
6:30 – 8:00 p.m.

Wainwright Primary Care Clinic
905-3 Ave

All participants get group tobacco cessation counselling and are eligible for \$500 nicotine replacement therapy and medication coverage.

Call 1-866-710-QUIT (7848), or go online to albertaquits.ca/quitting/groups to register.



SELF discipline

Self-discipline is having the self-control to do only what we truly choose to do, rather than being blown about in the winds of our desires. Self-discipline gives us the will to persevere instead of procrastinating. It keeps us from saying or doing things we would regret. We are vigilant and honest with ourselves, which frees us to live by our highest values. We are able to weed out bad habits and cultivate good ones. Self-mastery is fulfilling to our souls.

Come Chill at the Library this Winter Break

Tuesday January 2nd – Winter Art

Wednesday January 3rd – Winter Science

Thursday January 4th – Outdoor Winter Carnival

Friday January 5th – Movie with Popcorn

All programs will run from 2-4p.m (ages 6-12)

No Pre Registration

(780) 842-2673

www.wainwrightlibrary.ab.ca

Check out What's Happening at the Library

Mondays/Tuesdays: Storytime

10:00-11:00a.m (ages 3-5)

January 3rd: Board Game Jam

10:30a.m-noon (ages 10-14)

January 2, 4 and 17th: Family Fun Fables

10:30-11:15a.m (preschool aged)

January 5th: LEGO Challenge

10:30a.m – noon (ages 6-12)

January 16th: Craft Mania

4:00-5:00p.m (kids in grade 1-6)

January 9th and 24th: Bricks & Blocks

4:00-5:00p.m (ages 6-12)

Please phone (780) 842-2673

Check out www.wainwrightlibrary.ab.ca

SNOWFLAKE Family Literacy Day

Sledding Fun!

January 27, 2018
Overpass Sled Hill

FREE EVENT!

2:00pm-4:00pm

Bring your toboggan! Join the fun!

GIVEAWAYS! Enter a survey into the draw to win a Yamaha GT Sled!
To claim prize, winner needs to be present at 4:00pm

STAY FOR A FREE TREAT & HOT CHOCOLATE!

Temperatures colder than -25 °C will result in event cancellation.

Wainwright & District
FCS

Mental Muscle

5 New Year's Resolutions that will help you build mental strength in 2018

Losing weight, going to the gym, and getting healthy are among the most popular New Year's resolutions. But, the sad reality is, most people will fail to meet their goals. Research indicates only 8% of people make their New Year's resolutions stick.

The biggest reason people fall short of their goals is because they're focusing on the wrong things. Your body won't do what your mind won't make it. So rather than focus on building physical strength, commit to building mental strength.

Developing mental muscle is the key to self-discipline, delayed gratification, grit, and perseverance. So whether your goal is to save more money or you hope to make 2018 the year you face your fears, becoming mentally stronger will help you succeed.

Here are five resolutions that will help you build mental strength this year:

1. I will practice self-compassion.

The way you think affects how you feel and how you behave. Beating yourself up when you make mistakes, calling yourself names, and constantly criticizing your performance will only hold you back. Commit to developing a kinder, more compassionate inner dialogue. Talk to yourself the same way you'd speak to a trusted friend and you'll become more motivated to create lasting change.

2. I will become more aware of my feelings.

Spend a few minutes every day thinking about how you're feeling. Label your emotions and acknowledge that your feelings from one area of your life will spill over into other areas. When you're aware of how you're feeling, you can take steps to balance your emotions with logic. Whether you're contemplating moving to a new city or you're thinking about applying for a new position, making good decisions is the key to becoming your best self.

3. I will spend at least 15 minutes per day in quiet reflection.

It's easy to get so caught up in the hustle and bustle of life that you don't take a single minute to think. But without a little quiet time, how do you know how you're doing in terms of your goals? Set aside 15 minutes every day to just think. Reflect on your day and think about what you want to do better tomorrow. Your quiet time could become the most instrumental part of your day.

4. I will establish a weekly goal for myself.

Establish a small, yet challenging goal for the week. Whether you want to run 10 miles or you plan to apply for two new jobs, write down your intentions. Research shows if you write your goals down, you'll increase your chances of success by 42%. Get specific by setting your intentions of when and where and you'll skyrocket your chances of success. So rather than saying, "I'll go to the gym three times," say, "I'll go to the gym Monday, Wednesday, and Friday right after work." Each small goal you set gives you an opportunity to flex your mental muscles. With each success, you'll build confidence and be motivated to keep going.

5. I will identify three things I'm grateful for every day.

Recognizing the good things in life is a simple, but effective way to build mental strength. Studies have linked gratitude to a multitude of benefits, ranging from improved sleep to reduced psychological distress. Writing in a gratitude journal can be especially effective. Identify three things you're grateful for each day and you'll train your brain to start looking for the good things in life. You'll also proactively ward off bad mental habits, like self-pity, which can rob you of mental strength.

Build Your Mental Muscle All Year

Mental strength training isn't about setting one goal for yourself in January. Instead, genuine self-improvement should be about becoming a little better each day throughout the entire year. Don't overwhelm yourself by tackling too many goals at one time. Start with one change you want to make. Maybe you'll decide to start a gratitude journal in January. Then, in February, you decide to commit to creating more time for reflection. Over time, you'll build more mental muscle and your other goals in life – fitness or otherwise – will become easier to achieve.

www.forbes.com

- Amy Morin, is a psychotherapist and the author of the bestselling book

13 Things Mentally Strong People Don't Do.

Cut & Save

NEED HELP?

| | |
|-----------------------------------|-----------------------|
| No Food, No Shelter (24hrs) | |
| (Alberta Social Services) | 1-800-638-0715 |
| Wainwright Food Bank | (780) 845-8875 |
| Relationships, Loss, Abuse, | |
| (FCS Counselling) | (780) 842-2555 |
| FCS Services for seniors | (780) 842-2555 |
| Seniors Information Line | 1-800-644-9992 |
| Parent Link Centre | (780) 842-2585 |
| Pregnancy & Parenting | |
| (T.I.P.S Program) | (780) 842-5481 |
| Community Health | (780) 842-4077 |
| Wainwright Health Centre | (780) 842-3324 |
| Wainwright Primary | |
| Care Network | (780) 842-6676 |
| Health Link Alberta | 1-866-408-5465 or 811 |
| Bullying | |
| Family/School Issues | (780) 842-2220 |
| Kids Help Phone | 1-800-668-6868 |
| Report Child Abuse | 1-800-387-5437 |
| Safe Kids Hotline | 1-877-385-KIDS |
| Depression, Anxiety, Suicide | (780) 842-7522 |
| Suicide Prevention | |
| Hotline (24hs) | 1-800-784-2433 |
| Mental Health Hotline | 1-877-303-2642 |
| Alcohol, Drugs, Gambling | |
| Wainwright Office | (780) 842-7619 |
| Addictions (24hrs) | 1-866-332-2322 |
| Wainwright RCMP – Victim Services | |
| Victim of Crime/Abuse | (780) 842-4490 |
| Wainwright Adult Learning | (780) 842-3455 |
| Wainwright HandiVan | (587) 281-9347 |

NEED SUPPORT?

Alcoholics Anonymous, meets Mondays @ 8p.m in the Provincial Building and Thursdays & Saturdays @ 8p.m at St. Thomas Anglican Church

Al-Anon, meets Thursdays @ 8p.m in the Provincial Building

Narcotics Anonymous, meets Wednesdays @ 8p.m in the Lutheran Church

Alzheimer Caregiver Support Group, meets first Wednesday of the month @ 7p.m in the Provincial Building

Walking Thru Grief Support Group, meets twice a month must register. Please phone Shirley at (780) 846-2576.

Parkinson’s Support Group, meets the second Tuesday of the month @ 11a.m in the Provincial Building. Call Lauren at (780) 808-5006

Wainwright Adult Day Support Program
Now Available Tuesdays - Fridays

Wainwright Auxiliary Hospital
 9:00a.m to 4:00p.m \$10.00/day
 Snacks & Lunch Provided
 Referral Required through
 Wainwright Home Care (780) 842-4077
 For more information or to book a spot
 Please phone (780) 806-2004

4th Annual SNOWFLAKE Social

ALL AGES EVENT! Invite your grandparents!

\$1.00 Advance tickets available at Wainwright Public Library

DOOR PRIZES and DANCING!

Family Literacy Day Community Celebration!

January 27, 2018
Wainwright Communiplex
700 2 Avenue

- 4:00pm-5:30pm **Activities and Crafts**
- 5:30pm-6:00pm **Beef on a bun, snacks, cake**
- 6:00pm-8:00pm **Family Dance**

Support the Food Bank!
 Bring a food donation to the Snowflake Social!

Children 12 and under to be accompanied by an adult.

Logos: Wainwright & Area, WPL, WAINWRIGHT, Wainwright & District, Wainwright, WCN, Wainwright, FCS, ENCOMPASS, Wainwright, CO-OP, TIPS





DROP IN PLAY IS EVERYDAY!

Wainwright & District
parentLINKcentre

Play, Learn & Connect!

wdplc.ca to register

902-5 Ave, Wainwright
780-842-2585

JANUARY 2018

HOURS OF OPERATION
Monday 9:00am-4:00pm
Tuesday 9:00am-4:00pm
Wednesday 9:00am-4:00pm
Thursday 9:00am-4:00pm
Friday 9:00am-3:00pm
Closed daily from 12:00pm-1:00pm
Open one Saturday per month!

PARENT LINK ON WHEELS!
Outreach Programs
Irma Grace United Church
Tuesday 10:00am-11:30 am
Chauvin Gospel Centre
Wednesday 10:00am-11:30 am
Edgerton Public School
Thursday 10:00am-11:30 am

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---------------------------------------|--|--|---|---------------------------------------|---|
| Dec 31 | 1 | 2 | 3 | 4 | 5 | 6 |
| Happy New Year! Closed Dec 23, 2017 through Jan 7, 2018 | | | | | | |
| 7 | 8 | 9 Tactile Tuesday 10:30-11:30 | 10 SPLICE Babies Rhymes 10:30-11:30 | 11 Rhyme Time @ Library 10:30-11:30 | 12 Freestyle Friday All Morning | 13 |
| 14 | 15 Young Scientists 10:30-11:30 | 16 Tactile Tuesday 10:30-11:30 Triple P Dealing with Disobedience 9:15-11:15 | 17 SPLICE Babies Baby Sign 10:30-11:30 | 18 Rhyme Time @ Library 10:30-11:30 | 19 Freestyle Friday All Morning | 20 |
| 21 | 22 Young Scientists 10:30-11:30 | 23 Tactile Tuesday 10:30-11:30 Teens & Tots 11:00-1:00 | 24 SPLICE Babies Baby Sign 10:30-11:30 | 25 Rhyme Time @ Library 10:30-11:30 | 26 Freestyle Friday All Morning | 27 Family Literacy Day Sledding Fun 2:00-4:00 Snowflake Social 4:00-8:00 |
| 28 | 29 Young Scientists 10:30-11:30 | 30 Tactile Tuesday 10:30-11:30 | 31 SPLICE Babies Baby Sign 10:30-11:30 | Feb 1 | 2 | 3 |

Find us on: facebook.



Alberta Government



PARENT LINK ON WHEELS! Outreach Programs

Wainwright & District
parentLINKcentre

Play, Learn & Connect!

wdplc.ca to register

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Tuesday 10:00am-11:30 am
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WAINWRIGHT CENTRE HOURS OF OPERATION
Monday 9:00am-4:00pm
Tuesday 9:00am-4:00pm
Wednesday 9:00am-4:00pm
Thursday 9:00am-4:00pm
Friday 9:00am-3:00pm
Closed daily from 12:00pm-1:00pm
Open one Saturday per month!

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------|--------|-------------------------------|----------------------------------|--------------------------------|--------|----------|
| Dec 31 | 1 | 2 | 3 | 4 | 5 | 6 |
| Happy New Year! | | | | | | |
| 7 | 8 | 9 Welcome Back! Irma | 10 Welcome Back! Chauvin | 11 Welcome Back! Edgerton | 12 | 13 |
| 14 | 15 | 16 Melting Snowman Irma | 17 Melting Snowman Chauvin | 18 Melting Snowman Edgerton | 19 | 20 |
| 21 | 22 | 23 Slime Irma | 24 Slime Chauvin | 25 Slime Edgerton | 26 | 27 |
| 28 | 29 | 30 Golf Ball Painting Irma | 31 Golf Ball Painting Chauvin | Feb 1 | 2 | 3 |

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Alberta Government