

# WAINWRIGHT COMMUNITY CONNECTOR

Courtesy of Wainwright & District Family & Community Services

902 5 Ave., Wainwright, AB

www.wdfcs.ca



ISSUE #14 JUNE 1, 2018 SUMMER EDITION

## Wainwright & District FCS is pleased to welcome:

**Renata Logan, M.Sc. Registered Psychologist**

**Renata is the Director and owner of Root to Rise Counselling Services. She has been serving individuals, couples and families of the Edmonton area for the past 12 years. She has a M.Sc. in Marital and Family Therapy and obtained her status as Registered Psychologist in 2011. Although her training and experience has focused on marital therapy, she also carries special interest in the following areas: depression and anxiety; grief/loss; life changes and adjustment difficulties; work-life balance and stress related issues; chronic pain and medical challenges; relationship and boundary issues; and personal growth, identity and transition across the lifespan.**

**Renata bases her work in a holistic frame and believes that the source for healing or lasting change is rooted in the mind-body-spirit triad, as well as the family community connection. Her intention is to assist persons of all ages and histories in finding a pathway towards improved daily life contentment and**

**Well-being, as well as towards more satisfying relationships with their supportive others. She achieves this using a variety of treatment modalities, tailoring the therapeutic experience to best meet a client's needs at any given point in therapy. Renata's therapeutic style is describes as patient, empathetic, collaborative, and connective. Having been raised in a rural community, she is pleased to be returning to the life of the countryside and offering her services to the residents of the Wainwright area.**

**To book an appointment or for more information please call (780) 842-2555.**

### 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



## WAINWRIGHT & AREA ANNUAL SENIORS COFFEE CELEBRATING SENIORS WEEK

**TUESDAY JUNE 5, 2018  
1:00P.M – 3:00P.M**

Wainwright & District



**ROYAL CANADIAN LEGION  
1030 2 AVENUE, WAINWRIGHT ALBERTA**

**Come out and celebrate Seniors Week with Wainwright & District Family & Community Services and the Wainwright High School Leadership kids.**

**Musical Entertainment, Door Prizes, Refreshments and Snacks.**

**This event is free of charge and open to all Seniors in the M.D of Wainwright.**

**FOR MORE INFORMATION CONTACT: JOELLE OR SUSAN @ (780) 842-2555**

## Do you know your neighbor?

The neighborhoods we live in can affect our happiness and stress levels in multiple ways. When you're thinking of managing your stress consider investing in your relationship with your neighbors. Sparring a couple minutes each day to speak to your neighbor will not only be investing in your own mental health you will be strengthening the bond of your neighborhood. Research shows knowing your neighbor not only increases your own sense of community but it also promotes a strengthened pride of ownership in your home and neighborhood. Wouldn't it be nice to know you could depend on your neighbors to phone the police if someone was lurking outside of your house or what if you just needed a cup of sugar? Its sure nice knowing you can depend on them and they can depend on you. Well how can I get to know my neighbors better? Get out of the House!! Go for a morning or evening walk, say "hi" whenever you get the chance, smile, talk to your neighbors and get the inside scoop on the block. Get a group of neighbors together and have a block party, there's an easy step by step guide available at Wainwright & District Family & Community Services upon request, and its free!! It's filled with tips and ideas to throw your neighborhoods best block party yet. Block parties allow a chance for neighbors to get together for fun and food, and as friendships grow, so do safe and caring neighborhoods.

Is your neighborhood ready to party??



Joelle Broadhead  
Community Programmer  
Wainwright & District FCS

**Block Party Kits available upon request at Wainwright FCS**

### Wainwright & District FCS Services

#### Seniors

- Assistance with obtaining govt Financial Benefits
- Light Housekeeping
- Emergency Alert Units

#### Counselling

- Professional Counselling with Registered Psychologist

#### Community

- COMPASS Program
- Workshops & community events
- Special Project Funding

#### Parent Link

- Drop in play center

#### TIPS

- Teaching Independence and Parent Support

### Wainwright Annual Stampede

June 21, 22, 23 & 24

Join Parent Link for Slack & Snack  
in the stands at the Rodeo  
Grounds on Wednesday June 20<sup>th</sup>  
from 9:00a.m – 11:00a.m.  
Dress for the weather.



### 10 APPS TEENS ARE USING THAT PARENTS NEED TO KNOW

 <p><b>Calculator%</b> This app looks like a calculator but functions like a secret photo vault.</p>	 <p><b>Hot or Not</b> Strangers rate your profile. Goal is to lead to a hook up.</p>
 <p><b>Omegle</b> A free online chat website that promotes chatting anonymously to strangers.</p>	 <p><b>Burn Book</b> Post anonymous rumors about people through audio messages, texts, and photos.</p>
 <p><b>Yellow</b> This app is designed to allow teens to flirt with each other in a Tinder-like atmosphere.</p>	 <p><b>Wishbone</b> An app that allows users to compare kids against each other and rate them on a scale.</p>
 <p><b>Whisper</b> An anonymous app where the creators promote sharing secrets and meeting new people.</p>	 <p><b>Kik</b> Messaging app. Kik has built in apps and web content that would be filtered on home computer.</p>
 <p><b>Ask.fm</b> Ask an anonymous question and get an answer. This app has been linked to the most severe forms of cyberbullying.</p>	 <p><b>Instagram</b> Many kids are now creating fake accounts to hide content from parents. Kids also like to text using Instagram because messages are deleted once a user leaves conversation.</p>

FOR MORE INFO: APPSOLUTELYAPRIL.COM

Please be aware: There will be no July & August Community Newsletter

Please follow our Facebook Page: **Wainwright & District FCS**

Or visit our website **www.wdfcs.ca**

To stay up to date on all the fun activities we will be bringing to our community this summer!

Have a wonderful summer holidays!

# Blazin' BBQ Bash

**Wainwright Public Library**

**Kids activities!  
Games & prizes!  
Food & fun!**

**Summer Programs  
Kickoff Party!**

**July 5 at 11:30-1:30**



Wainwright Public Library

780-842-2673 | [wainwrightlibrary.ab.ca](http://wainwrightlibrary.ab.ca)



Wainwright & Area  
EARLY YEARS COALITION

**Please be aware  
there is a charge for  
BBQ**

## Seniors Week Celebrations

### June 2018

SUN	MON	TUE	WED	THU	FRI	SAT
3 Seniors Week	4 Proclamation Signing @ Battle River Lodge 10:00a.m	5 Coffee, Music, Snacks at Legion from 1-3p.m	6 BBQ @ Points West 11:00-1:00 Public \$7 Seniors \$5	7 Coffee, Music, Dessert @ Auxiliary 2:30p.m	8 Yard Sale, Tea & Bake Sale @ Battle River Lodge 12:30p.m	9

This calendar is brought to you by:

Wainwright & District



Family & Community Services



# Reptile Encounters

## August 8 11am

### Wainwright Public Library

Meet boas, pythons, dragons, frogs and more!



This hands on educational program will focus on responsible pet ownership and conservation.

780-842-2673 [www.wainwrightlibrary.ab.ca](http://www.wainwrightlibrary.ab.ca)

TD  
Summer  
Reading  
Club  
2018

Sponsored by:



# PAINTED WASTERN STAMPS

## June 13, 2018

### 4:30pm

Get ready for Stampede by  
painting your own wooden sign!

### Open to Ages 10-14

No charge but  
pre-registration is  
required by June 11th



# Tween Scene

@ Wainwright Public Library

[www.wainwrightlibrary.ab.ca](http://www.wainwrightlibrary.ab.ca) \*\* 780-842-2673