

WAINWRIGHT COMMUNITY CONNECTOR

Courtesy of Wainwright & District Family & Community Services

902 5 Ave., Wainwright, AB



Blue Monday and S.A.D.

The third Monday in January has been pegged as “the most depressing day of the year” based on debt, lack of motivation, time since Christmas, chance of broken resolutions and cold weather.

While this isn't overly scientific, Seasonal Affective Disorder (S.A.D) is a real condition that can affect your mood. The Canadian Mental Health Association says that some people are vulnerable to a type of depression that follows a seasonal pattern. In other words, it's a type of depression that lasts from Fall (when the days get shorter) until Spring.

How can you combat S.A.D? Light therapy is a great way! Ask at the Wainwright Public Library, you can borrow one for 3 weeks with your membership!

Getting fit in 2019?

If improving your fitness is one of the things on your new year's resolution list, keep these thoughts in mind:

1. Don't underestimate the dedication it takes! Remember to be patient and persistent and reach for your long term goals.
2. Track your meals. Pay attention to the good food you're eating, and try to cut back on the unhealthy food.
3. Stick it out for 66 days. A 2009 study showed that it takes an average of 66 days to create a true habit.
4. Don't be afraid to experiment—try a new class, try a new sport, check out a new workout on YouTube!
5. Celebrate even small victories. If you did one more push-up than yesterday, you're still ahead!



Did you know...

- On average, January is the coldest month of the year in the Northern Hemisphere.
- In the Southern Hemisphere, it's a summer month equivalent to our July!
- The Anglo-Saxons called January “Wulfmonath” as it was the month hungry wolves came scavenging at people's doors.

5th Annual SNOWFLAKE Social

Family Literacy Day Community Celebration!

January 26, 2019
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

ALL AGES EVENT!
Invite your grandparents!

\$1.00 Advance tickets available
at Wainwright Public Library

DOOR PRIZES and DANCING!

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

Children 12 and under to be accompanied by an adult.

Logos for Wainwright & District Family & Community Services, Wainwright Public Library, Wainwright & District, Wainwright, ENCOMPASS, Wainwright, CO-OP, and TIPS are visible at the bottom.

Bell Let's Talk Day is January 30th

Remember that you can help end the stigma and start a conversation around mental illness.

- Language matters. The words you use make a difference! Remember to use kind words. Don't refer to someone as "crazy" or "schizo", instead say that they are "someone who has a mental illness".
- Educate yourself. Understanding how to speak to someone experiencing mental illness can make all the difference.
- Be Kind. Simple kindness (a smile, a hug, a chat over coffee) can mean the world to someone.
- Listen and ask. Mental illness is very common. You can ask your friends things like "I've noticed you're feeling down lately—is everything okay?"
- Talk about it! 2/3 of people suffer in silence—being open to conversation is the first step!

"The new year stands before us, like a chapter in a book, waiting to be written."

-Melody Beattie



Important Dates

Office Closed for Christmas/New Years

December 24-January 1
(Reopening January 2)

Heart Wise: Managing Blood Pressure and Cholesterol

January 14 1:30-4:00 PM

Call Natalie Costa for more information
at 1-877-314-6997

QuitCore Tobacco Reduction Program

January 24 10:30-12:00 PM

Call Kim for more information at 780-842-7522

Snowflake Social

January 26 4:00 PM

All age event! Get tickets for \$1.00 at Wainwright Public Library. There will be beef on a bun, cake, activities, crafts, and a dance. Children under 12 must be accompanied by an adult. Support the Food Bank and bring a donation when you come.

Money Secrets

Tuesday evenings January 29-February 6
6:30-8:00 PM

Bank account hurting after Christmas? Learn all about budgeting, banking, credit, assets, and consumerism. Cost is \$20, if you attend all sessions you get your fee returned to you. Contact Claudinei at 780-842-3455 for information/to register.

Need Support?

Wainwright Food Bank-708-845-8875

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 Supports: 1-877-644-9992

Mental Health Helpline: 1-877-303-2642

Bullying Helpline: 1-888-456-2323

If you are in immediate danger, please call 911

Have something you'd like to add? Email: fcssecretary@silvercrest.ca