

WAINWRIGHT COMMUNITY CONNECTOR

Courtesy of Wainwright & District Family & Community Services

902 5 Ave., Wainwright, AB



FAMILY DAY FUN

Monday February 18, 2019

FAMILIES, NEWCOMERS - EVERYONE WELCOME!

Base Gym - Garrison Wainwright

10:00 am - Noon

No Cost

Games • Inflatables
Drinks • Snacks
Photo Booth • Bring
your own camera!



Water available - Bring your own water bottles!

Enter to win a Family Day Fun Pack!

• 1 Entry per Family •

For information contact: Carley @ 780.842.3381
or cherbert@wainwright.ca

February Fast Facts

- It is the shortest month of the year.
- The Welsh call February "y mis bach" which means "little month".
- It is the third month of winter.
- In the Southern Hemisphere February is a summer month the equivalent of August.
- The month is named for the Latin word februum which means purification.
- Together with January, it was the last of the months added to the Roman calendar.
- The largest American sporting event of the year, the Super Bowl, is held in February.
- The Saxon term for the month, Sol-monath, means "cake month". This is because they offered cakes to the gods during this month.

What is Resilience?

Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress. It means "bouncing back" from difficult experiences.

Research has shown that resilience is ordinary, not extraordinary. People commonly demonstrate resilience.

Being resilient does not mean that a person doesn't experience difficulty or distress.

Resilience is not a trait that people either have or do not have. It involves behaviors, thoughts and actions that can be learned and developed in anyone.

FAMILY DAY Feb 18 2019

Public Swim 2-5 pm

Weight Room & Counts 2-5 pm

Public Skating (Green) 2 -5 pm

Public Shiny (Blue) 2 -5 pm

Wainwright Parks & Recreation

“During this season of love, focus on loving more than just those closest to you. Love everyone.”

-Unknown

Building Resilience

Some ideas to build resilience:

- Make connections. Friendships and family connections are important.
- Avoid seeing crises as insurmountable problems. You can change an event, but you can change your response.
- Accept that change is a part of living.
- Move toward your goals.
- Take decisive actions.
- Look for opportunities for self-discovery. Try new things!
- Nurture a positive view of yourself.
- Keep things in perspective. Try to think of things in the long term.
- Maintain a hopeful outlook. Visualize what you want, not what you fear.
- Take care of yourself.
- Additional ways of strengthening resilience may be helpful, like spiritual practices or meditation.

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

Important Dates

Red Cross Babysitting Course

February 8th, \$105.00, Jaws Safety Services
Contact Jaws Safety Services for more information:
780-842-6733

Heart Strings & Roses Gala

February 9th, 6:00 PM, Elks Hall
Tickets \$65/ea or \$650 for corporate tables.
Call 780-842-0798 for more information.

Nutrition: The top 5 tips to reduce calories

February 11, 1:30-4:00 PM, Wainwright PCN
Call 1-877-314-6997 to register

Family Day Fun

February 18th, 10:00 AM-Noon, Base Gym
Free Event, all welcome. Call Carley at 780-842-3381
for more information.

Family Day @ the C-Plex

February 18th—Various activities and times.

Family Game Night

February 19th, 6-8 PM, Wainwright Golf Club
Free event for families with children aged 6+

Wainwright Arts Festival

Literary Night: February 21, 7-9 PM
Wainwright Public Library
Art Show and Sale: February 22, 7-10 PM
February 23, 10:00-4:00
Wainwright Communiplex

Diabetes the Basics

February 25, 9:30-3:30, Wainwright PCN
Free workshop for anyone diagnosed with pre-diabetes, Type 2 diabetes, or who is at risk. This is the first of 2 sessions, registration required. Call 1-877-314-6997 for more information/to register.

Screenagers Free Showing

February 26, 6:30-8:00 PM, Wainwright High School
Please join us for a special screening of “Screenagers”, a documentary about screen use in teens and healthy/appropriate screen time. Call 780-842-2555 for more info.