

WAINWRIGHT COMMUNITY CONNECTOR

Courtesy of Wainwright & District Family & Community Services

902 5 Ave., Wainwright, AB



MAY FAST FACTS

- May's birthstone is Emerald
- May 1, 1931 the Empire State Building was officially opened
- May's Flower is the Daisy or Sweet Pea
- No other month begins or ends on the same day of the week as May in any year.
- In France, Mother's day is treated like a family birthday and everyone gathers for a family meal.
- In Yugoslavia, children tie up their mother on Mother's Day, releasing her when she pays them with sweets and goodies.

WHY GET MOVING?

- Now that the weather is warmer, it's a great time to get outside and get moving!
- Exercise can help boost your confidence, build a good routine, develop muscles, improve sleep, and decrease stress.
- If you're new to exercise, try getting out and walking around the block, gardening, or just some gentle stretches. Once you feel comfortable, increase the difficulty a bit.
- Wainwright has lots of outdoor trails to walk on, or try out the walking track if the weather is too hot or cold.

MATERNAL MENTAL HEALTH

- May 1 is World Maternal Mental Health Day
- 1 in 5 women have mental health issues during pregnancy and in the first year following birth
- 75% do not get diagnosed and do not receive adequate treatment or support, leading to consequences for mother, baby, the family, and society in general.
- Having a good support network is one way to help new moms feel connected and lower their risk of experiencing mental health issues.
- Wainwright ParentLink Centre is a safe, warm welcoming and understanding place to come to visit and play with your children. PLC offers moms groups, baby bunch, infant massage, and other programs. You're not alone in your journey into motherhood.

Wills, Directives, and Power of Attorney

WITH PETER VAN WINNSEN



MAY 29, 2019, 6:30-8:30 PM
WAINWRIGHT FCS BOARDROOM

TO REGISTER:
PHONE: 780-842-2555
EMAIL: FCSSECRETARY@SILVERCREST.CA
WEB: WWW.WDFCS.CA/CONTACT



“Find out where joy resides, and give it a voice far beyond singing. For to miss the joy is to miss all.”

-Robert Louis Stevenson



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

Money Savvy Teens

May 1, 6-8 PM

Wainwright FCS Board Room

WAFCL Annual Fashion/Talent Show Fundraiser

May 3, 1:00 PM, Wainwright CPlax

\$5 entry, door prizes, refreshment, silent auction.

ATB Hot Dog BBQ

May 3, 11:00 AM-2:00 PM

Funds raised go to the Stollery Children's Hospital Foundation.

Blessed Sacrament Garage Sale

May 3 (3-7 PM), May 4 (9 AM-12 PM)

WOW BBQ

May 10, 11:30-1:30 PM

Norris Ford Parking Lot

Saturday Ladies Event Rainbows n Ribbons

May 11, 9:30 Am

Saturday Brunch and speaker, tickets available at Jack's Place and Toys and Treasures

Free Movie and After Party Fundraiser for Cystic Fibrosis

9:45 AM, Alma Theatre

Donations will be accepted, and concession open.

After party at noon.

Professional Artist Willie Wong Returns

May 18-19th, 9:30-5, Anglican Church Hall.

Call Alice Jones for details 780-842-4245

100 KM Community Garage Sale

Many events around town. Contact Alex Bolonos for more information: 780-842-4910

Wills, Directives, POA with Peter Van Winsen

May 29, 6:30-8:30 PM, FCS Board Room

Preregistration required: 780-842-2555

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