

WAINWRIGHT COMMUNITY CONNECTOR

Courtesy of Wainwright & District Family & Community Services

902 5 Ave., Wainwright, AB



September Fast Facts

- The birthstone for September is sapphire
- There are three traditional flowers for September: forget-me-not, asters, and morning glories.
- Labour Day is the first weekend in September. Its origins are traced back to 1872, where there was the first demonstration for worker's rights.

World Suicide Prevention Day

- World Suicide Prevention Day is September 10.
- Checking in with loved ones regarding their mental health is important if you are concerned for their wellbeing.
- Asking if someone is having suicidal thoughts will NOT make someone suicidal. If you or someone you know is having thoughts of suicide, call the Mental Health Help Line at 1-877-303-2642
- If you have lost someone to suicide, visit ahs.ca/hopeandhealing for a free guide that may help your grief journey.

FASD AWARENESS DAY

- September 9 is FASD Awareness Day
- It is held September 9, the 9th day of the 9th month, to honour the 9 months of pregnancy.
- The day is set aside to increase knowledge and understanding about Fetal Alcohol Spectrum Disorder, which is a diagnostic term used to describe a range of effects that can occur in an individual who was prenatally exposed to alcohol.
- Why is it important? Alcohol is a popular drink, yet it also may cause harm. It's important to know that alcohol-free pregnancies protect babies from being born with FASD.
- More Info: 780-385-3717

Bringing Baby Home

For new parents expecting and transitioning to parenthood



Who: Designed for both pregnant and new parents with babies 0 to pre-crawling.

What: Supper & Presentation to learn about strategies and information to recognize and cope with the normal stressors of becoming a family.

When: Oct 2nd, 16th & 30th, 2019 5:30pm-7:30pm

Where: Wain Parent Link Centre 902-5th Ave, Wainwright

Benefits of Attending:

- ✓ Learn the best gift you can give your baby
- ✓ Quality family involvement
- ✓ Awareness of Post Partum Depression signs & symptoms
- ✓ Meet new friends.
- ✓ Night off cooking & dishes
- ✓ Free (value \$150)

*****Register by September 25th, 2019 to enter the Early Bird Draw!**

Register online @ www.wdplc.ca or call 780 842-2585

Be part of this evidence based worldwide trend! Continue relationship satisfaction!



“Autumn is a second spring when every leaf is a flower.”

-Albert Camus



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“Pretty soon the ice cream man is gonna have to go into hibernation.”

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

Zajic Corn Maze

September 1/7/8/14/15/21/22 10:00 AM-4:00 PM

Travel 4.5 miles north off of highway 14 on RR 5-0, entry by donation to Wainwright Food Bank or Handivan Society

Walk of Remembrance in Honour of World Suicide Prevention Day

September 7, 6:30 PM

Wallace Park

Call 780-842-2555 for more information

The Man Van

September 8, 10:00 AM-1:00 PM at PMM

Free baseline Prostate Specific Antigen blood testing for men ages 40-80. No appointment necessary.

Community Organization Night

September 11, 6:30-8:00 PM

PMM Green Arena

Bison Dash

September 15

5K run, call 780-806-1540 for more information

Teaching Boundaries and Consent Workshop

September 20 OR 21, 8:45 AM-4:00 PM

Registration is \$20, email wlchall@telusplanet.net

50's/60's Greaser Night

September 21, 5:00 PM

Royal Canadian Legion, tickets \$25 each, available at Royal Canadian Legion, Investors Group, or Co-op Home & Agro Centre. Proceeds to go to CT Scanner Project.

Octoberfest

September 27, 3:30 PM

Tickets \$20/ea, available at ATB.

Scarecrow Festival

September 28, 11:00 AM-3:00 PM

Wainwright Public Library, All are welcome!

Child Custody and Parenting Free Workshop

September 28, 6:30-8:30 PM location TBA

Free session—please RSVP to 780-842-2555

St. Thomas Anglican Church Corn Fest

September 29, 4:30-7:00 pm

Adults \$12, Children 10 and under \$6, Preschool and under free

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