

## ***Our Locations***

Our goal is to have empowered individuals living in healthy families within a well-connected, supportive community. Core programming at each centre may include:

- Community kitchens
- Family fun nights
- Drop-in
- Public access computers
- Used clothing depots
- Breakfast clubs
- Youth programming

For more information contact the individual centre directly or download their most recent newsletter from our website.

***HEALTHY FAMILIES  
STRONG COMMUNITIES***

## ***Who is Eligible?***

**Everyone living in the six subsidized housing communities and surrounding areas.**

Cost - There is no cost to families or youth for participating in these programs with the exception of Community Kitchen (participants take home a meal at minimal cost).

*Funded by*



### **Family Dynamics Main Office**

**204-947-1401**

**401-393 Portage Avenue  
(Portage Place, 4<sup>th</sup> Floor)  
Winnipeg, MB R3B 3H6**

**Mon - Fri: 8:30am - 4:30pm**



### **FAMILY RESOURCE CENTRES**

[www.familydynamics.ca](http://www.familydynamics.ca)

 [familydynamicswinnipeg](https://www.facebook.com/familydynamicswinnipeg)

# Family Dynamics

*Family Dynamics is an accredited not-for-profit, community-based agency, dedicated to strengthening families and building healthy, supportive communities.*



Family Dynamics operates six neighbourhood family resource centres within subsidized housing developments throughout Winnipeg.

- **Elwick Village & Family Resource Centre**

1417 Fife St.  
204-632-5992

- **Keenleyside Tenants Community Centre**

Unit 22 – 394 Keenleyside  
204-667-4086

- **Plessis Community Family Resource Centre**

1190 Plessis Road  
204-777-1215

- **Tuxedo Family Resource Centre**

1-225 Doncaster Street  
204-488-2133

- **Westgrove Family Resource Centre**

76-D Westgrove Way 204-832-3770

- **Woodydell/St. Anne's Family Resource Centre**

Units 67 & 68 – 625 St. Anne's Road  
204-254-8581

Community Advisory Committees work in collaboration with staff and area stakeholders to develop programs that meet the unique needs identified by each community.

Manitoba Housing provides the space for these Family Resource Centres and has selected the participating communities.

**“I find most times if it were not for the centre and it's wonderful staff and services that my children would not always get to eat. The centre is valuable to this community and all the children in it. I am very grateful for their support and compassion. We'd be lost without it.”**

– *Family Resource Centre Client*