



Keenleyside Tenants Community Centre
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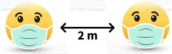
Community Newsletter **SEPTEMBER 2020**

We gratefully acknowledge Manitoba Housing and Community Development, Winnipeg Foundation, Manitoba Family Services and The United Way for their generous support of our programs.

**Keenleyside Tenants Community Centre
Health and Safety Updates:**

As life slowly begins to return to something a little more familiar the Resource Centre will be implementing new guidelines & policies set by the **Province and Family Dynamics** to ensure that both staff & community are provided with best practice health and safety protocols.

**SOCIAL
DISTANCING**



**Hello! do you need help with a resume, cover letter or applying to jobs?
Are you Indigenous and want to finish your grade 12 or get college level training?**

Then come to the Centre and see Cam from CAHRD on Thursdays from 9am to 12pm.

cdorland@abcentre.org

FREE

204-989-7115



COUNSELLING

Our counsellor, Pamela is offering phone, video and (limited) in person counselling sessions. To schedule an appointment please call Family Dynamics at

204-947-1401 and ask for "Counselling Intake". Please tell the intake counsellor you are calling from a Resource Centre Community. Pamela will then call you to schedule an appointment with you.

Symptom and exposure screening questions

- Fever > 38 C or think you have a fever or chills
- Cough
- Sore throat/hoarse voice
- Shortness of breath/breathing difficulties
- Loss of taste or smell
- Vomiting or diarrhea for more than 24 hours

(If yes to anyone of the above do not enter)

- Runny nose
- Muscle aches
- Fatigue
- Conjunctivitis (pink eye)
- Headache
- Skin rash of unknown cause
- Nausea or loss of appetite
- Poor feeding (if an infant)

(If yes to anyone of the above do not enter)

The Resource Centre Staff are here

so

community can access:

- Individual/family support
- Counselling by appointment
- Emergency Food Supplies
- Office needs such as: phone, fax and printing
- Laundry is available

Coffee is always on



Keenleyside Tenant Community Centre

Most programming will continue to be held outside with the exception of **community kitchen** make sure to **check the calendar**.

There will be some guidelines that will need to be followed for any indoor programs!

Please attend the next tenant meeting (September 23, 1:00-2:30) bring your ideas of what programs you would like.






Community Kitchen which will be a prep and go program (sign up required and limited spaces) due to higher cost the community kitchens are \$5.00





SEPTEMBER 2020



Monday 8-4	Tuesday 8-4	Wednesday 8-4	Thursday 8-4	Friday 8-4
	1 Coffee & Chat 10-3:30	2 Coffee & Chat 10-3:30	3 Coffee & Chat 10-3:30 	4 Art time (painting) 10:00-12:00
7 Labour Day Closed	8 Coffee & Chat 10-3:30	9 Coffee & Chat 10-3:30 	10 Cam from CAHRD 9:00-12:00 Coffee and Chat 1:00-3:30	11 Coffee & Chat 10-3:30
14 Pam (counselor) 1-3:30 Coffee chat 10-3:30	15 Coffee & Chat 10-3:30	16 Coffee & Chat 10-3:30 Community Kitchen Prep and Go <u>Sign up required</u> (chicken stir fry)	17 Cam from CAHRD 9:00-12:00 Coffee and Chat 1:00-3:30 	18 Coffee & Chat 10-3:30
21 Pam (counselor) 1-3:30 Coffee & Chat 10-3:30	22 Autumn Coffee & Chat 10-3:30 	23 Coffee & Chat 10-3:30 Tenant Advisory Meeting 1:00-2:30 p.m	24 Cam from CAHRD 9:00-12:00 Coffee and Chat 1:00-3:30	25 Closed For staff meeting
28 Pam (counselor) 1-3:30 Coffee & Chat 10-3:30	29 Coffee & Chat 10-3:30	30 Coffee & Chat 10-3:30	<div style="border: 1px solid blue; padding: 5px; display: inline-block;">Most programs will be held outside, weather permitting</div> 	