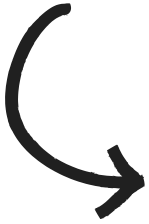


Family Dynamics is an accredited not-for-profit, community-based agency, dedicated to strengthening families and building healthy, supportive communities.

## IMPORTANT INFORMATION



### Breakfast/Lunch Program

Please do not send your children before 8:00am  
Meals will no longer be served after 9:00am

## COME IN TO SAY HI!



Our goal is to have empowered individuals living in healthy families within a well-connected, supportive community.

## WHO CAN ACCESS?

Residents of Manitoba Housing receive priority for registered programs and services. All people regardless of cultural, ethnic, religious, racial background, sexual orientation, age, gender, socio-economic status, state of health or level of ability are welcome.



## MARY & JOANNE

Family and Community  
Development Coordinators

## CONTACT US



(204) 336-2752



donwood@familydynamics.ca



6-64 Donwood Drive



@donwoodfrc



familydynamicswinnipeg

## WHATS NEW

**Art City! For kids of all Ages! Limit of 10**  
Please call to register, space is limited

**Full Moon Ceremony October 17th**  
Registration required, limited spots available

**Dump Dinner is back!**  
Our adult cooking program is back.  
Make sure to register ahead of time.

Wiggle, Giggle and Munch - program for adult caregivers with Children aged 1-4

**October Closures:**  
**October 14th - Thanksgiving**

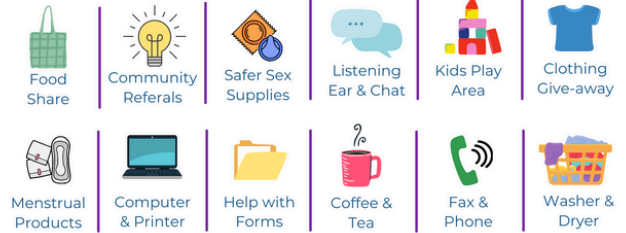
## HOURS OF OPERATION



Monday..... 8:30 AM - 2:30 PM  
 Tuesday..... 8:30 AM - 7:00 PM  
 Wednesday..... 8:30 AM - 2:30 PM  
 Thursday..... 8:30 AM - 5:00 PM  
 Friday..... 8:30 AM - 2:30 PM  
 \*closed daily 11:30- 12:30 for lunch

Most programming operates on a first-come first served basis.  
 For programs that indicate \* **Registration**, please come in, call,  
 or e-mail ahead of time to sign-up.

Any time during open hours that there is not registered programming, we are open for:

## DROP-IN SERVICES & SUPPORTS



MON	TUE	WED	THU	FRI
 <b>Halloween Costume Swap/Giveaway all month long!</b>	1	2	3  <b>*Art City 3:30-5</b>	4  <b>Bread Day 10:00</b>
7	8  <b>Surplus 9:00 CLOSED @ 11:30</b>	9	10  <b>*Dump Dinner 11:00 *Art City 3:30-5</b>	11  <b>Bread Day 10:00</b>
14  	15  <b>Advisory Mtg BINGO 1pm Teen Beading 5-7</b>	16	17  <b>*Art City 3:30-5 *Full Moon Ceremony 5:00</b>	18  <b>Bread Day 10:00</b>
21	22  <b>Surplus 9:00 Adult Beading 5-7</b>	23  <b>Wiggle, Giggle &amp; Munch 11:00 Ask a Nurse 1:00</b>	24  <b>*Dump Dinner 11:00 *Art City 3:30-5</b>	25 <b>NO SCHOOL</b>  <b>Bread Day 10:00</b>
28	29  <b>Sara Riel 1-3 Teen Beading 5-7</b>	30  <b>Wiggle, Giggle &amp; Munch 11am</b>	31  <b>*Art City 3:30-5</b>	