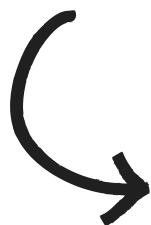


Family Dynamics is an accredited not-for-profit, community-based agency, dedicated to strengthening families and building healthy, supportive communities.

IMPORTANT INFORMATION



Breakfast/Lunch Program

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



MARY & JOANNE

Family and Community Development Coordinators

CONTACT US



(204) 336-2752



donwood@familydynamics.ca



6-64 Donwood Drive

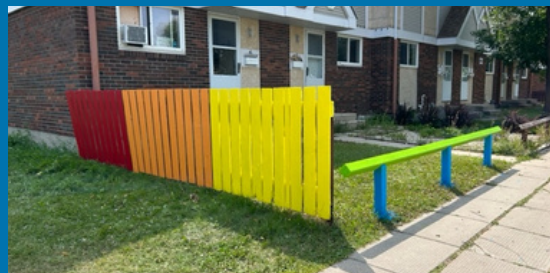


@donwoodfrc



familydynamicswinnipeg

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.

WHATS NEW

Yoga Series starting this month! - a great tool to help with those winter blues

It's I Love to Read Month! - reading challenge for our Breakfast Program participants

Tax Clinic - please call to reserve your appointment

February Closures:

- 14th pm - Staff Training
- 17th - Louis Riel Day
- 20th am - Staff Meeting
(Breakfast/Lunch & Walking School Bus still offered)

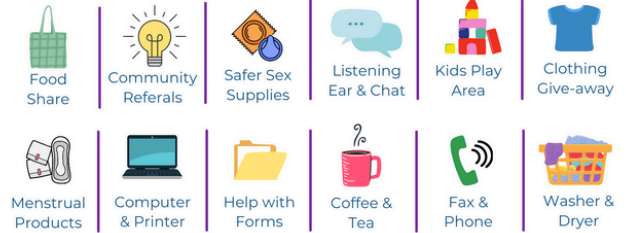
HOURS OF OPERATION

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 - 1:00 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
3 NO SCHOOL	4 Kids Club 3:30 Yoga 5:00	5 Ask a Nurse 1:00	6 *Crockpot 11:00 Art City 3:30	7 Bread Day 10:00
10	11 Surplus 9:00 Sara Riel 1:00 Kids Club 3:30 Adult Board Games 5:00	12 Advisory Meeting & BINGO 1:00	13 Art City 3:30	14 Bread Day 10:00 CLOSED PM
17 CLOSED LOUIS RIEL DAY	18 *Tax Clinic 1:00-6:00 Yoga 5:00	19	20 CLOSED AM Art City 3:30	21 Bread Day 10:00
24	25 Surplus 9:00 Kids Club 3:30 Adult Board Games 5:00	26 Self-Care 1:00	27 *Crockpot 11:00 Art City 3:30	28 Bread Day 10:00