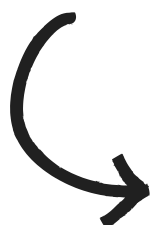


Family Dynamics is an accredited not-for-profit, community-based agency, dedicated to strengthening families and building healthy, supportive communities.

IMPORTANT INFORMATION



Prep & Takes
 March 10th and 24th -
Registration Required

Food share
 March 6 & 20th



Move and Shake
 Fridays at 10:30



VANESSA & JOHANNA

Family & Community Development Coordinators

CONTACT US

-  (204) 488-2133
-  tuxedo@familydynamics.ca
-  1-225 Doncaster St, Wpg, Mb, R3N1X7
-  @tuxedoFRC
-  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.

WHAT'S NEW

Move and Shake Returns!
 Come to the centre on Friday morning from 10:30-11:30 for **fitness class**

SOUPER Tuesday continues!

Coming soon - Ask About Money Management Training in April & May

Coming soon - Call or email us to book an appointment to do your taxes on April 1st

TUXEDO FAMILY RESOURCE CENTRE RESOURCE CENTRE CALENDAR

March 2025

HOURS OF OPERATION

Monday..... 1:00 PM - 7:00 PM

Tuesday..... 9:00 AM - 4:00 PM

Wednesday.... 9:00 AM - 4:00 PM

Thursday..... 9:00 AM - 4:00 PM

Friday..... 9:00 AM - 2:00 PM

CLOSED BETWEEN 12:00- 1:00PM DAILY

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	TUES	WED	THURS	FRI
				February 28 CFCS TAX CLINIC 10:00-4:00
3 CLOSED IN AM Drop In Snacks & Game Night 4PM-6:30PM	4 SOUPER Tuesday 10:30AM-12PM Money Management Course: Registered participants only 1:30PM-3:30PM	5 Food Bank 11AM-12PM	6 Food Share 1PM-2:30PM Drop In 2:30PM-4PM	7 Move & Shake 10:30-11:30
10 CLOSED IN AM Prep & Take *Registration Required* 4PM-6:30PM	11 SOUPER Tuesday 10:30AM-12PM Money Management Course: Registered participants only 1:30PM-3:30PM	12 Food Bank 11AM - 12PM	13 Drop-In Crafting 1PM-3:30PM	14 Move & Shake 10:30-11:30
17 Closed in AM Community Advisory & St. Patty's Stew Night 4PM-6:30PM	18 SOUPER Tuesday 10:30AM-12PM	19 Food Bank 11AM-12PM Boundaries and Self-Advocacy with Sara Riel 1PM - 3PM	20 Food Share 1:00PM-2:30PM Drop In 2:30PM-4PM	21 Move & Shake 10:30-11:30
24 CLOSED IN AM Prep & Take *Registration Required* 4PM-6:30PM	25 SOUPER Tuesday 10:30AM-12PM	26 Food Bank 11AM-12PM	27 CLOSED IN AM	28 Move & Shake 10:30-11:30

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

IMPORTANT INFORMATION

Just a quick update to **BREAKFAST CLUB**. Typically we only hosted just the Youth. This month, parents are welcome to stay with their kids and enjoy breakfast with their kids. <3

JUSTINE

Tuxedo Resource Centre
 Child and Youth Coordinator



CONTACT THE COORDINATOR

-  (431) 323-7697
-  jmamucud@familydynamics.ca
-  1-225 Doncaster St, Winnipeg, MB
-  @tuxedoFRC
-  familydynamicswinnipeg

Child & Youth highlights from last month!



Marshmallow Monsters



Breakfast Club



Mini CHEFS

TUXEDO FAMILY RESOURCE CENTRE CHILD & YOUTH CALENDAR

March 2025

WEEK AT A GLANCE

Tuesday..... Kids Club & Drop-In
 Wednesday.... Youth Hang Chefs Night
 Thursday..... Youth Gym Night
 Friday..... Kids Club
 Saturday..... Drop-In Breakfast Club

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.

Children & Youth, please reach out to the coordinators or programmers for assistance with:

RESOURCE CENTRE SERVICES & SUPPORTS



TUE	WED	THU	FRI	SAT
				March 1 Breakfast Club - Kids 10:30 - 12:00 Breakfast Club - Youth 1:00 - 2:30
4 KIDS CLUB 3:30-5:30 <i>*registration required</i> Youth Drop-In 6-7:30 	5 YOUTH HANG Chefs Night 3:30 - 6:30	6 Youth GYM Night 5:30 - 7:30	7 KIDS CLUB - GAME NIGHT 3:30-5:30 	8 Breakfast Club - Kids 10:30 - 12:00 Breakfast Club - Youth 1:00 - 2:30
11 KIDS CLUB - Mini Chefs 3:30-5:30 <i>*on a first come first serve basis*</i> Youth Drop-In 6-7:30	12 YOUTH HANG Chefs Night 3:30 - 6:30	13 Youth GYM Night 5:30 - 7:30	14 KIDS CLUB 3:30 - 5:30	15 Breakfast Club - Kids 10:30 - 12:00 Breakfast Club - Youth 1:00 - 2:30
18 KIDS CLUB 3:30-5:30 YOUTH DROP-IN 6-7:30	19 YOUTH HANG Chefs Night 3:30 - 6:30	20 Youth GYM Night 5:30 - 7:30 	21 KIDS CLUB - GAME NIGHT 3:30-5:30	22 Breakfast Club - Kids 10:30 - 12:00 Breakfast Club - Youth 1:00 - 2:30
25 KIDS CLUB - Mini Chefs 3:30-5:30 <i>*on a first come first serve basis*</i> Youth Hang Drop - In 6-7:30	26 YOUTH HANG Chefs Night 3:30- 6:30 	27 Youth GYM Night 5:30 - 7:30	28 KIDS CLUB 3:30-5:30 	29 Breakfast Club - Kids 10:30 - 12:00 Breakfast Club - Youth 1:00 - 2:30

WEEKLY PROGRAMS



Family DYNAMICS

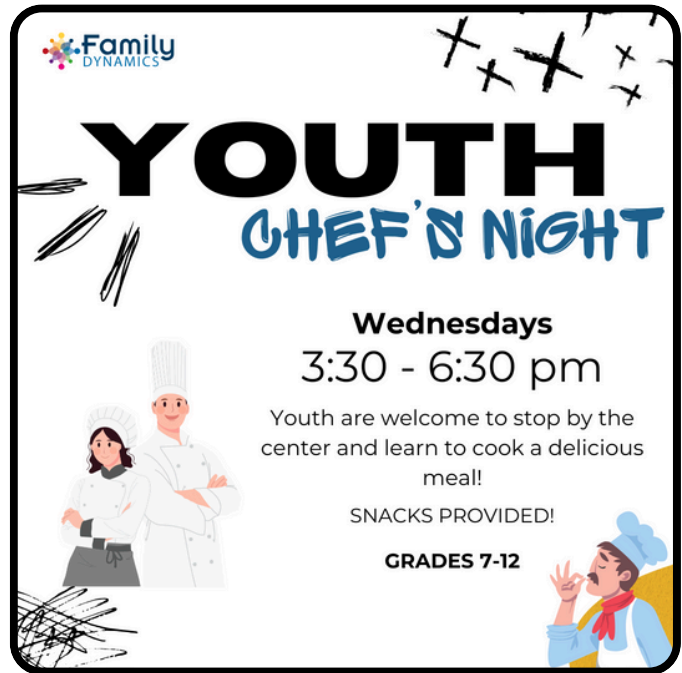
KIDS CLUB

Tuesdays and Fridays
3:30 - 5:30 pm

Join us for activities and a snack after school!

FOR KINDERGARTEN - GRADE 6

*registration required



Family DYNAMICS

YOUTH CHEF'S NIGHT

Wednesdays
3:30 - 6:30 pm

Youth are welcome to stop by the center and learn to cook a delicious meal!

SNACKS PROVIDED!

GRADES 7-12



Family DYNAMICS

Child & Youth DROP - IN

Saturdays
10:30 am - 12 pm (Child)
1:00 pm - 2:30 pm (Youth)

Children ages 5-18 are welcome to be in the center during drop-in hours for personal, educational or support needs.

AGES 5-18



Family DYNAMICS

YOUTH GYM NIGHT

Every Thursday
5:30pm - 7:30pm

SHOOT SOME HOOPS,
KICK SOME SOCCER,
DODGE SOME DODGEBALLS!

SNACKS ARE