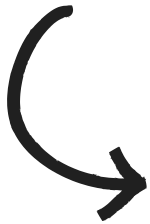


Family Dynamics is an accredited not-for-profit, community-based agency, dedicated to strengthening families and building healthy, supportive communities.

IMPORTANT INFORMATION



Food Bank

Monday March 3rd non community
Monday March 17 for community
For registration, please contact
Harvest Manitoba on [\(204\) 982-3663](tel:2049823663)
or email:
appointments@harvestmanitoba.ca

2nd Harvest Wednesdays

March 5, 19 and 26
1:00pm

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 and ZUMBA

Join us on March 10 and 24th at 12noon for Zumba. Lets get our bodies moving!

On March 4th and 18th we will be doing YOGA. Don't miss out on this opportunity for some therapeutic stretching and exercise.

Tax clinic

Call to register to book your time slot. Only registered people will be given first preference on the day. Thursday March 20th.

Child and Youth

There will be no child and youth programs on the first 2 weeks of march. Kids programs will resume March 18. This does not affect Breakfast and Lunch program in the morning.



NONO & DEBRA

Family and Community
Development Coordinators

CONTACT US



(204) 777-1215



plessis@familydynamics.ca



1190 Plessis Rd, WPG, MB R2C 3L3



[@plessisresourcecentre](https://www.instagram.com/plessisresourcecentre)



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

PLESSIS FAMILY RESOURCE CENTRE RESOURCE CENTRE CALENDAR

March 2025

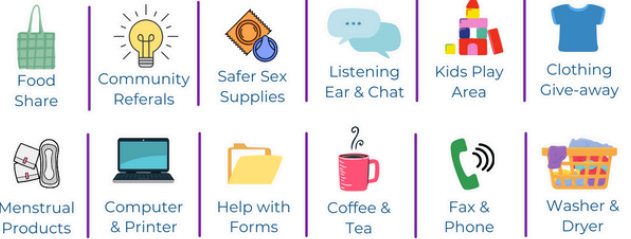
HOURS OF OPERATION

Monday..... 7:00 AM - 3:00 PM
 Tuesday..... 7:00 AM - 3:00 PM
 Wednesday..... 1:00-3:00 PM
 Thursday..... 1:00-3:00 PM
 Friday..... 7:00 AM - 3:00 PM

**CLOSED BETWEEN 12:00- 1:00PM DAILY
 & 9:00AM - 1:00PM WEDNESDAY & THURSDAY**

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 Breakfast & Lunch 7:30-8:10 FOOD BANK 12:00-2:00pm Walk Ins 2:30-3:00	4 Breakfast & Lunch 7:30-8:10 Crafting 1:00-3:00	5 Breakfast & Lunch 7:30-8:10 2ND HARVEST 1:00-3:00	6 Breakfast and Lunch 7:30-8:10 DROP-IN 1:00-3:00	7 Breakfast & Lunch 7:30-8:10 DROP-IN 1:00-3:00
10 Breakfast & Lunch 7:30-8:10 ZUMBA 12:00-2:00	11 Breakfast & Lunch 7:30-8:10 Crafting 1:00-3:00	12 Breakfast & Lunch 7:30-8:10 ADVISORY 1:00-3:00	13 Breakfast & Lunch 7:30-8:10 COMMUNITY KITCHEN 1:00-3:00	14 CLOSED
17 Breakfast & Lunch 7:30-8:10 FOOD BANK 12:00-2:00pm Walk Ins 2:30-3:00	18 Breakfast & Lunch 7:30-8:10 Crafting 1:00-3:00	19 Breakfast & Lunch 7:30-8:10 2ND HARVEST 1:00-3:00pm	20 Breakfast & Lunch 7:30-8:10 TAX CLINIC 12-6:00 *REGISTRATION*	21 Breakfast & Lunch 7:30-8:10 DROP IN 1-3
24 Breakfast & Lunch 7:30-8:10 ZUMBA 12:00-2:00	25 Breakfast & Lunch 7:30-8:10 Crafting 1:00-3:00	26 Breakfast & Lunch 7:30-8:10 2nd Harvest 1:00-3:00pm	27 Closed in the morning. Sara Riel 1:00-3:00	28 Breakfast and Lunch 7:30-8:10 DROP IN 1:00-3:00
31 SPRING BREAK FOOD BANK 12:00-2:00pm Walk Ins 2:30-3:00	1 SPRING BREAK Community Trip	2 SPRING BREAK 2ND HARVEST 1:00-3:00	3 SPRING BREAK DROP IN 1:00-3:00	4 SPRING BREAK

PROGRAM ZONE



Preschool Program

Fridays 10:00am-11.30am

Preschool program is for little ones age 0-5 and their caregivers. We will sing, dance, craft, learn and make new friends!

Activities align with the kindergarten school curriculum, so it's a great way to prep your little one to start school.

If you have a little one, join us,

Aviation Museum Community Trip

April 1st 9:30-12:00

Call or stop by the centre to sign up
Kids must be accompanied by an adult



Yoga & Zumba

Call or stop by the centre to sign up
Join us on March 10 and 24th at 12noon for Zumba. Lets get our bodies moving!

On March 4th and 18th we will be doing YOGA. Don't miss out on this opportunity for some therapeutic stretching and exercise.

