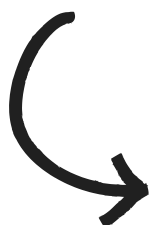


Family Dynamics is an accredited not-for-profit, community-based agency, dedicated to strengthening families and building healthy, supportive communities.

## IMPORTANT INFORMATION



### NALOXONE ON SITE

WE ARE NOT A DISTRIBUTION SITE, BUT WE DO HAVE NOLOXONE ON SITE IN CASE OF AN EMERGENCY. WE CAN ALSO PROVIDE INFORMATION ON HOW AND WHERE YOU CAN ACCESS YOUR OWN NOLOXONE KIT.



**GERRY, VALERIE & KARLY**

Resource Centre Staff

## 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 HAPPENING:


**TAX CLINIC on March 10 from 12-6 pm. Please call to make an appointment.**

**Sara Riel will be here March 12th, 1-3pm to share a Self Advocacy and Setting Boundaries Workshop. Please call and register if you would like to join us!**

**Join us March 17th, from 4-6, for Family Fun St Patty's DayStyle!**

**Souper Monday March 28th Drop In from 12 -1 pm for a delicious hot bowl of soup!**

## CONTACT US

 (204) 832-3770

 westgrove@familydynamics.ca

 Unit D - 76 Westgrove Way R3R 1R7

 @westgrovefrc

 familydynamicswinnipeg

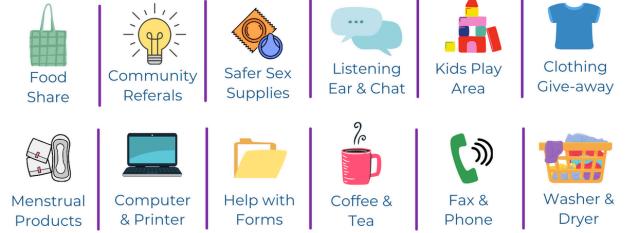
## HOURS OF OPERATION

Monday..... 11:00 AM - 7:00 PM  
 Tuesday..... 9:00 AM - 4:00 PM  
 Wednesday.... 9:00 AM - 4:00 PM  
 Thursday..... 10:00 AM - 6:00 PM  
 Friday..... 9:00 AM- 4:00 PM

Most programming operates on a first-come first served basis. Programs with an \* next to the event require 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>3</b> Youth Drop In 4-6 	<b>4</b> Food Bank 2:00-2:45 PM *Call Harvest to register 204-982-3660 	<b>5</b> Healthy Happenings 2-4 	<b>6</b> *Kids Club 4-6 PM 	<b>7</b> Centre open 1-4
<b>10</b> TAX CLINIC 12-6 	<b>11</b>	<b>12</b> Sara Riel Self Care and Wellness Workshop 1-3pm	<b>13</b> *Kids Club 4-6 PM 	<b>14</b>
<b>17</b>  Family Fun Games Night 4-6	<b>18</b> *Food Bank 2:00-2:45 PM *Call Harvest to register 204-982-3660 	<b>19</b> Healthy Happenings 2-4 	<b>20</b> *Kids Club 4-6 PM 	<b>21</b>
<b>24</b> Youth Drop In 4-6 	<b>25</b> Community Meeting/BINGO! 2-4pm 	<b>26</b> Healthy Happenings 2-4 	<b>27</b> Centre open 1-4	<b>28</b> Souper Friday 12-1 