

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

IMPORTANT INFORMATION



Community Meeting Dates

October 6th
5:00pm - 6:30pm

October 21st
1:00pm - 2:30pm



Alana & Jacinta
Family and Community
Development Coordinators

CONTACT US

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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

September has been a busy month. Starting with:

- Back to school walking school bus is back
- Breakfast and Lunch program (Tues-Friday)
- Prep & Take was a big hit! Adults made a sheet pan recipe to take home.

Ribbon skirts were represented at our Keenleysides Truth and Reconciliation event. Everyone enjoyed stew or hamburger soup with bannock. Everyone learned about the 7 teachings or laws. (Honor, Truth, Respect, Humility, Wisdom, Love, Honesty)

***Congratulations!**
To community members for completing
Naloxone training*

2025/2026

Breakfast / Lunch program registration starts now!
Ask Centre staff for information!

SAVE THE DATES!

- Oct 1 - 211 Presentation**
- Oct 8th - Prep & Take meal**
- Oct 20th - Community Potluck**
- Oct 22nd - Ask A Nurse**
- Oct 27th - Adult Halloween Party & Dice Tournament**

HOURS OF OPERATION

Monday..... 11:00AM - 7:00 PM

Tuesday..... 7:00AM - 3:00 PM

Wednesday..... 7:00AM - 3:00 PM

Thursday..... 7:00AM - 3:00 PM

Friday..... 7:00AM - 12:00 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



Food Share



Community Referrals



Safer Sex Supplies



Listening Ear & Chat



Kids Play Area



Clothing Give-away



Menstrual Products



Computer & Printer



Help with Forms



Coffee & Tea



Fax & Phone



Washer & Dryer

MON

TUE

WED

THU

FRI

1 Lunch program
7:30-8:30am

211 Presentation
11am-1pm
Registration Required!



2 B&L program
7:30-8:30 am

3 Lunch program
7:30-8:30am

BAG ORDER DUE
Before 12pm



6 Community
Bingo/Advisory
5:00-6:30pm



7 B&L program
7:30-8:30 am

BAG PICK UP



8 Lunch program
7:30-8:30am

Prep & Take Program
11:00am - 1:00pm
Registration Required!



9 B&L program
7:30-8:30 am

CLOSED

No school day

10 No school day

CLOSED



14 Bread B&L program
7:30-8:30 am



15 Lunch program
7:30-8:30am



16 B&L program
7:30-8:30 am

BAG ORDER DUE
Before 12pm



17 Lunch program
7:30-8:30am

8AM - 5PM

CLOSED

**20**

21 B&L program
7:30-8:30 am
Community
Bingo/Advisory
1:00-2:30pm



BAG PICK UP



22 Lunch program
7:30-8:30am



1:30 - 3:00pm

23 B&L program
7:30-8:30 am

24 No school day

CLOSED

**27**

28 B&L program
7:30-8:30 am

29 Lunch program
7:30-8:30am

30 B&L program
7:30-8:30 am

31 Lunch program
7:30-8:30am

Happy Halloween



HIGHLIGHTS FOR OCTOBER

Things you can sign up for

- Drama
- Craft
- Cooking
- Wellness
Wednesday
- Fitness
- Games
- More

Coming Up

When: October 17

**What: Winnipeg Blue
Bombers Game**

Time: 5:00 - 11pm

Requirement: sign up



Dami (Lola)
Child & Youth Coordinator



Elvina
Child & Youth Programmer

Dami (Lola) & Elvina Child and Youth Program

About me

My name is Dami, but you can call me Lola. I am the new Child and Youth Coordinator at Keenleyside. I enjoy cooking, crafting and reading. I go by any pronoun. I am from Nigeria and i love playing football. If you see me please feel free to come up and say hi.



PROGRAM OFFERINGS

Tuesday..... **Games and Crafts**
 Wednesday.... **Wellness Wednesday**
 Thursday..... **Art City**
 Friday..... **Game Night**
 Saturday..... **Cooking Club, Drama**

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Clothing Give-away



Menstrual Products



Computer & Printer



Help with Forms



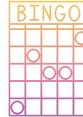
Coffee & Tea



Fax & Phone



Washer & Dryer

TUE	WED	THU	FRI	SAT
30  	1 4:00-5:45pm • Zumba 	2 4:00-5:30pm • Art City 	3 4:00-5:30pm • Child Advisory Grade 1-5 • Prize Bingo 	4 12:30-2:00 • Teen Drama Club Grade 6-up  3:00-5:30pm Teen Chef • <u>registration required</u>
7 4:00-5:30pm Child Karaoke Night Grade 1-5 	8 4:00-7:00pm Teens in the Kitchen (Smooth Lab) Grade 6-up • <u>registration required</u> 	9 1:00-3:30pm • Drop-in 4:00-5:30pm • Art City 	10 No school day 	11 10:00-12:00 Younger Kids Cooking • <u>registration required</u>  1:30-3:30pm • Kid Drop-in Grade 1-5
14 	15 4:00-7:00pm • Just Dance <u>registration required</u> 	16 4:00-5:30pm • Art City 1:00-3:30pm • Drop-in 	17 Bombers Game Winnipeg Blue Bombers Game 5:00 - 11pm, 	18 1:30-3:30pm Older Kids Cooking • <u>registration required</u>  4:00-5:30pm • Teen Drama Club 
21 Team Trivia Grade 2-up 4-5:30 	22 4:00-7:00pm • Sugar Scrub DIY • <u>registration required</u> 	23 4:00-5:30pm • Art City 	24 Grade 1-5 4:00-5:30 • Kids Team Trivia	25 10:00-12:00 Younger Kids Cooking • <u>registration required</u>  1:30-3:30pm • Kid Drop-in Grade 1-5
28 4:00-6:00 • Halloween Craft 	29 4:00-7:00pm Team Puzzle Competition • <u>registration required</u> 	30 4:00-5:30pm • Art City 	31 4:00-5:30pm Teen Drop in  6:00-8:00pm Trick or treat 	1 1:30-3:30pm Older Kids Cooking • <u>registration required</u>  4:30-6:30pm Movie Night