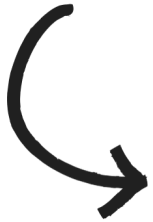


Family Dynamics is an accredited not-for-profit, community-based agency, dedicated to strengthening families and building healthy, supportive communities.

IMPORTANT INFORMATION



Community Meeting Dates

November 13th
1:00pm - 2:30pm

November 24th
5:00pm - 6:30pm



Alana & Jacinta
Family and Community
Development Coordinators

CONTACT US

-  (204) 667-4086
-  keenleyside@familydynamics.ca
-  22-394 Keenleyside St
-  keenleysidetcc
-  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

Thank you to Price Industries, United Way and the Jewish Rady Center for their generous donations!

Thank you to every community member for our awesome Potluck, we couldn't have done it without you all!

Indigenous Veterans Day - November 8
We remember Indigenous Veterans.
Thank you for your service.

Remembrance Day - November 11
Let us pay respects to those who gave their lives
and our veterans who fought for our freedom

SAVE THE DATES!

- Nov 4 - Cheerboard registration starts!**
- Nov 10 - Babysitting course (age 11&12)**
- Nov 12 - Sara Riel Drop in Resumes & Job Searching**
- Nov 17 - Flu Clinic**
- Nov 19 - Prep & Take meal**

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

3



4:00-6:30pm

4

B&L program
7:30-8:30 amCHEERBOARD ORDER
APPLICATIONS OPEN

BAG PICK UP



5

Lunch program
7:30-8:30amVirtual Teaching by Elder
Mae Louise Campbell
12:15 - 1:15pm

6

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

7

Lunch program
7:30-8:30amBAG ORDER DUE
Before 12pm

10



NO SCHOOL DAY

Babysitting Course
(Kids :11 yrs and Up))
10am - 4 pm
Registration Required!

11



12

Lunch program
7:30-8:30am

Sara Riel - Drop In
Resume & Job Search
10:00am -12:00pm
Registration Required!



13

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

Community
Bingo/Advisory
1:00-2:30pm



14

Lunch program
7:30-8:30am

STAFF MEETING
9-12PM



17



3:00pm-6:00pm

Registration Required!

18

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

19

Lunch program
7:30-8:30am

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



20

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

BAG ORDER DUE
Before 12pm



21

Lunch program
7:30-8:30am

24



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



25

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

BAG PICK UP



26

Lunch program
7:30-8:30am

27

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

28

Lunch program
7:30-8:30am

HIGHLIGHTS FOR NOVEMBER

Things you can look forward to

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

Coming up

What: Babysitting Course

When: Monday November 10

Time: 10:00 AM to 4:00 PM

Age : 11-12



Dami (Lola)
Child & Youth Coordinator



Elvina
Child & Youth Programmer

Dami (Lola) & Elvina
Child and Youth Program

Harry Potter and the Deathly Hallows Part 2 in Concert



Youth Leadership Information

Ages 13-17 | 8 Weeks | Earn up to \$200!

Build confidence, make friends, and gain real-world skills through workshops, outings, and community service!

Show commitment and earn \$14 per session, with a fun shopping trip at the end.

Only 5 spots per session — starting in the New year.

✉ **Contact Dami or Elvina at the Resource Centre to sign up today!**

PROGRAM OFFERINGS

Tuesday.....Drop-in and Crafts
 Wednesday.....Wellness Wednesday
 Thursday.....Art City
 Friday.....Game Night
 Saturday.....Cooking Club, Drop-in

Any time during open hours that there is not registered programming, we are open for:

DROP-IN SERVICES & SUPPORTS



TUE	WED	THU	FRI	SAT
4 4:00-7:00pm • Poppy Making For Remembrance Day	5 4:00-7:00pm • Yoga	6 4:00-5:30pm • Art City 	7 4:00-7:00pm • Big League Games	8 1:00-3:30pm Teen Chef • <u>registration required</u> 4:30-6:30pm • Teen Drop in 
11  Babysitting course on Monday 10:00 AM-4:00 PM	12 	13 4:00-5:30pm • Art City 	14 4:00-7:00pm • Board game night	15 1:00-3:30 Younger Kids Cooking • <u>registration required</u> 4:30-6:30pm • Kid Drop-in 
18 4:00-7:00pm • Karaoke • <u>registration required</u>	19 4:00-7:00pm • <u>Just Dance</u> <u>registration required</u> 	20 4:00-5:30pm • Art City 	21 4:00-7:00pm • Chess Master	22 1:00-3:30pm Older Kids Cooking • <u>registration required</u> 4:30-6:30pm • Teen Drop in 
25 4:30-7:00pm Drop-in	26 4:30-7:00pm Movie Night	27 4:00-5:30pm • Art City 	28  Team Trivia Grade 2-up 4:00-7:00	29 1:00-3:30 Younger Kids Cooking • <u>registration required</u> 4:30-6:30pm • Kid Drop-in Grade 1-5 