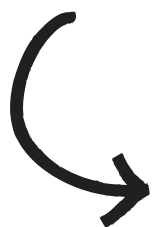


Family Dynamics is an accredited not-for-profit, community-based agency, dedicated to strengthening families and building healthy, supportive communities.

IMPORTANT INFORMATION



PLEASE NOTE OUR
NEW HOURS ON
WEDNESDAYS. WE WILL
NOW BE OPEN 10 AM - 6 PM
WE WILL BE CLOSED
Remembrance Day
November 11th



KARLY, VALERIE & GERRY

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:

- **NOVEMBER 5TH**
FLU SHOT CLINIC FROM 1-5 PLEASE CALL TO REGISTER
- **NOVEMBER 21ST**
SOUPER FRIDAY! DROP BY FOR A HOT BOWL OF SOUP FROM 12-1
- **NOVEMBER 27TH**
COMMUNITY MEETING/BINGO 2-4
PREVIEW WHAT'S HAPPENING IN DECEMBER THEN STAY TO PLAY BINGO. EVERYONE WHO PLAYS WINS!
- **NOVEMBER 28TH**
WE WILL BE OFFERING OUR CHRISTMAS COUNTDOWN CALENDARS AGAIN THIS YEAR! PLEASE CALL AND REGISTER BY NOVEMBER 7TH

CONTACT US

-  (204) 832-3770
-  westgrove@familydynamics.ca
-  Unit D - 76 Westgrove Way R3R 1R7
-  @westgrovefrc
-  familydynamicswinnipeg

WESTGROVE FAMILY RESOURCE CENTRE CALENDAR

NOVEMBER 2025

HOURS OF OPERATION

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

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

Wednesday..... 10:00 AM - 6:00 PM

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



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
*Youth Drop
4-5:30



4

5
*Flu Clinic
1-5



6
Centre Open 1-4

7
*Fuel Your Family
1-3



10

11 CLOSED



12
*Kids Club
4-4:45
*Junior Youth
5-5:45



13
*Healthy
Happenings
2-4



14
Centre Open 1-4

17
*Youth Drop In
4-5:30



18

19
*Kids Club
4-4:45
*Junior Youth
5-5:45



20
*Healthy
Happenings
2-4



21
Souper Friday!
12-1



24
*Family Games
Night
4-6



25
*Food Bank
2:00-2:45 PM
*Call Harvest to
register
204-982-3660



26
*Kids Club
4-4:45
*Junior Youth
5-5:45



27
Community Meeting
/BINGO!
2-4



28
Christmas
Countdown
Calendar
Handout
4:00

