

PLESSIS

FAMILY RESOURCE CENTRE

NOVEMBER CALENDAR

CONTACT US (204) 777-1215 1190 PLESSIS RD. PLESSIS@FAMILYDYNAMICS.CA



@plessisresourcecentre



familydynamicswinnipeg

UPCOMING

- **Budgeting 101**
November 17
1:00-3:00
- **Nursing Students Presentation**
November 19
1:00-2:30
- **MB Housing/ EIA Drop In**
November 25
1:00-3:00
- **Flu Clinic**
November 26
2:30-6:00



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

WHO CAN ACCESS?

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.

Residents of Plessis Robson & Kernaghan Manitoba Housing community where a Resource Centre operates receive priority for registered programs and services.

Important Messages

Food Bank

Monday November 10th community

Monday November 24th non- community

For registration, please contact Harvest Manitoba at (204) 982-3663 or email: appointments@harvestmanitoba.ca

2nd Harvest Wednesdays

November 5th, 12th, 26th

12:30pm- community, 1:00- non-community

HOURS OF OPERATION
Mon 9:00 AM- 3:00 PM
Tues 9:00 AM- 3:00 PM
Wed 1:00 pm - 3:00 PM
Thurs 9:00 AM - 3:00 PM
Fri 9:00 AM - 3:00 PM
 Closed daily 12:00-1:00 pm

PLEASE NOTE:

Most programming operates on a first-come first served basis.

* Means registration is required please drop by or call to sign up

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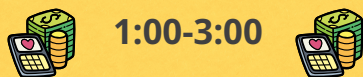
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Breakfast/Lunch 7:30-8:15 Closed full day for centre cleaning	4 Breakfast/Lunch 7:30-8:15 Yoga 1:00-2:30	5 Breakfast/Lunch 7:30-8:15 2nd Harvest 1:00-3:00	6 Breakfast/Lunch 7:30-8:15 Community Kitchen 1:00-3:00 *	7 No School Bingo 10:00-12:00
10 Breakfast/Lunch 7:30-8:15 FOOD BANK * 12:00-2:00 Walk Ins 2:30-3:00	11 CLOSED Remembrance Day 	12 Breakfast/Lunch 7:30-8:15 2nd Harvest 1:00-3:00	13 Breakfast/Lunch 7:30-8:15 Closed full day for staff training	14 Breakfast/Lunch 7:30-8:15 Closed 9-1 for staff meeting Advisory/Bingo 1:00-3:00
17 Breakfast/Lunch 7:30-8:15 Budgeting 101 1:00-3:00	18 Breakfast/Lunch 7:30-8:15 Closed at 12:30	19 Breakfast/Lunch 7:30-8:15 Yoga 10:00-11:30 Nursing Students Presentation 1:00-2:30	20 Breakfast/Lunch 7:30-8:15 Community Kitchen 1:00-3:00 *	21 Breakfast/Lunch 7:30-8:15 Bingo 10:00-12:00
24 Breakfast/Lunch 7:30-8:15 FOOD BANK * 12:00-2:00 Walk Ins 2:30-3:00	25 Breakfast/Lunch 7:30-8:15 MB Housing/ EIA 1:00-3:00	26 Breakfast/Lunch 7:30-8:15 2nd Harvest 1:00-3:00 Flu Clinic 2:30-6:00	27 Breakfast/Lunch 7:30-8:15 Holiday Baking 1:00-3:00 *	28 Breakfast/Lunch 7:30-8:15 Bingo 10:00-12:00

NOVEMBER HIGHLIGHTS

Budgeting 101

November 17th

1:00-3:00



Need help budgeting for the upcoming holiday season? Come in to learn some valuable tips and tricks about making a realistic budget.

Holiday Baking

November 27th

1:00-3:00



Come to the centre to make some holiday treats! Take half of what you make home and the rest we will freeze and serve at Santa Night in December!

MB Housing/EIA Drop In

November 25th

1:00-3:00

Have any questions or concerns for MB Housing or EIA? Come in to talk directly with them!

VACCINES: WHAT ARE THEY ANYWAYS?



Protect yourself and others

Join us to learn about the importance of immunizations and how they protect your health and your community.

Childhood Vaccines

School Age Vaccines

Adult Vaccines

Seasonal Vaccines



Educational seminar taught by nursing students Kari and Carmeline



Nov 19th 1:00pm-2:30pm
Family Dynamics Plessis

Food Provided

Yoga



November 4th

1:00-2:30

November 19th

10:00-11:30

Flu Vaccine Clinic

November 26th

2:30-6:00



Please call the centre to book your appointment

Walk-ins welcome on a first-come first served basis!

