



# WESTGROVE

## FAMILY RESOURCE CENTRE

JANUARY 2026

CONTACT US: (204)832-3770 76D WESTGROVE WAY WESTGROVE@FAMILYDYNAMICS.CA



@westgrovefrc



familydynamicswinnipeg

### UPCOMING EVENTS

Please **register** early for the events you are interested in!

#### **Fuel Your Family**

January 13th 2-2:30

#### **Family Fun Night**

January 19 from 4-6PM

#### **Souper Friday**

January 30 from 12-1PM

So many **more exciting events** in January! Check out the calendar for dates.

### 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 the Manitoba Housing** community where a Resource Centre operates receive priority for registered programs and services.

### 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



### Important Messages

Join us on January 29 from 2:00-4:00 PM for our Monthly Community Meeting & BINGO! Make your voice count!



United Way

Manitoba



THE WINNIPEG FOUNDATION



## HOURS OF OPERATION

Mon 11:00 AM - 7:00 PM  
 Tues 8:30 AM - 4:30 PM  
 Wed 10:00 AM - 6:00 PM  
 Thurs 8:30 AM - 4:30 PM  
 Fri 8:30 AM - 4:30 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

			1 <i>Happy New Year</i>	2 CLOSED
5	6 * Food Bank  <b>2:00-2:45pm</b>  Call Harvest to Register 204-982-3660	7 Open today <b>8:30-11:30</b>	8 <b>Closed 8:30-1:00</b>	9
12 * Youth Drop-In <b>4:00-6:00pm</b> 	13 * Fuel Your Family <b>2:00- 2:30pm</b>	14 * Kids Club <b>4:00-4:45pm</b>  Junior Youth <b>5:00-5:45pm</b>	15 * Healthy Happenings  <b>2:00-4:00pm</b>	16
19 * Family Fun Night <b>4:00-6:00pm</b>	20 * Food Bank  <b>2:00-2:45pm</b>  Call Harvest to Register 204-982-3660	21 * Kids Club <b>4:00-4:45pm</b>  Junior Youth <b>5:00-5:45pm</b>	22 * Healthy Happenings  <b>2:00-4:00pm</b>	23
26 * Youth Drop-In <b>4:00-6:00pm</b> 	27	28 * Kids Club <b>4:00-4:45pm</b>  Junior Youth <b>5:00-5:45pm</b>	29 * Community Meeting & BINGO <b>2:00-4:00pm</b> 	30 * Souper Friday <b>12:00-1:00pm</b>