



PLESSIS FAMILY RESOURCE CENTRE

(204) 777-1215 1190 PLESSIS ROAD

PLESSIS@FAMILYDYNAMICS.CA

@Plessisresourcecentrefrc familydynamicswinnipeg

Get Involved!

Come to our Community Advisory meetings to give your ideas/suggestions for programs and services you'd like to see us offer!

UPCOMING

Wellness Bingo

March 5th

1:00-3:00

MB Housing/EIA Drop-In

March 9th

1:00-3:00

Tax Clinics *

March 10th 11:00-5:00

March 26th 9:00-3:00

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.

MARCH CALENDAR



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

Food Bank

Monday March 2nd community

Monday March 16th non- community

Monday March 30th community

For registration, please contact Harvest Manitoba at [\(204\) 982-3663](tel:2049823663) or email:

appointments@harvestmanitoba.ca

2nd Harvest Wednesdays

March 4th, 18th and 25th

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 9:00 AM - 6:00 PM
 Thurs 9:00 AM - 3:00 PM
 Fri 9:00 AM - 12:00 PM


Closed daily 12:00-1:00pm

PLEASE NOTE:

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

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

MARCH CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Breakfast 7:35-8:15 Food Bank * 12:00-2:00 Walk-ins 2:30-3:00	3 Breakfast 7:35-8:15 Beading 10:00-3:00	4 Breakfast 7:35-8:15 2nd Harvest 12:30-2:00 Community Night 4:00-6:00	5 Breakfast 7:35-8:15 CLOSED 8:30-1:00 Wellness Bingo 1:00-3:00	6 Breakfast 7:35-8:15 Bingo 10:00-12:00 CLOSED at 12:00
9 Breakfast 7:35-8:15 MB Housing/EIA Drop-in 1:00-3:00	10 Breakfast 7:35-8:15 Tax Clinic 11:00-5:00 Advisory 1:00-2:30	11 Breakfast 7:35-8:15 Advisory 10:00-12:00 CLOSED 12:00-3:00	12 Breakfast 7:35-8:15 Community Kitchen * 1:00-2:30	13 Breakfast 7:35-8:15 Bingo 10:00-12:00 CLOSED at 12:00
16 Breakfast 7:35-8:15 Food Bank * 12:00-2:00 Walk-ins 2:30-3:00	17 Breakfast 7:35-8:15 Crafting 1:00-3:00	18 Breakfast 7:35-8:15 2nd Harvest 12:30-2:00 Community Night 4:00-6:00	19 Breakfast 7:35-8:15 Community Kitchen * 1:00-2:30	20 NO SCHOOL Bingo 10:00-12:00 CLOSED at 12:00
23 Breakfast 7:35-8:15 CLOSED 9-3 for centre cleaning	24 Breakfast 7:35-8:15 Yoga 1:00-2:30 	25 Breakfast 7:35-8:15 2nd Harvest 12:30-2:00 Community Night 4:00-6:00	26 Breakfast 7:35-8:15 Tax Clinic 9:00-3:00	27 Breakfast 7:35-8:15 Bingo 10:00-12:00 CLOSED at 12:00
30 NO SCHOOL Food Bank * 12:00-2:00 Walk-ins 2:30-3:00	31 NO SCHOOL			



Get Involved!

Interested in volunteering or helping out at the resource centre? Come visit to find out more.

UPCOMING EVENTS

- **Bingo & Advisory**
March 5, 2026
- **Manitoba Museum**
March 14, 2026
- **Kids in The Kitchen**
March 28, 2026

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MARCH CALENDAR



Shahd & Dammy
Children & Youth Programming



Drop-in



Kids in The Kitchen

Important Messages

Every first Thursday we will be hosting Bingo and Advisory. This will be a fun opportunity to enjoy a game of bingo, connect with others, and most importantly, participate in our advisory session. During advisory, you'll have the chance to share your opinions, provide feedback, and suggest new ideas. Your voice matters, and we want to hear from you! We encourage everyone to attend, participate, and help us make the program even better. We look forward to seeing you there!

PROGRAM OFFERINGS
 Thursday..... Wellness and Fun
 Saturday....Cooking Club, Drop-in

PLEASE NOTE:

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

CHILD & YOUTH

PLESSIS TENANTS COMMUNITY CENTRE

1190 Plessis Road
 204-667-4086

dogunsolu@familydynamics.ca



@plessisresourcecentre



familydynamicswinnipeg

MARCH CALENDAR








TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

3	4	5 Bingo & Advisory Age 6-12 4:30-6:00 Bingo & Advisory Age 12-UP 6:30-7:30 	6	7 
10	11	12 Drop-In Age 6-12 4:30-6:00 Drop-In Age 12-UP 6:30-7:30	13	14 * Manitoba Museum Age 6-UP 11-4:00 
17	18	19 Science Club Age 6-12 4:30-6:00 Science Club Age 12-UP 6:30-7:30 	20	21 
24	25	26 Yoga Age 6-12 4:30-6:00 Craft Age 12-UP 6:30-7:30 	27	28  1:00-3:00pm • Kids in The Kitchen 4:30-6:30pm • Youth Chefs