



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

- Community Advisory**
May 6 1:00-2:30
- Sara Riel Employment Drop-In**
May 12 1:00-3:00
- Sara Riel -Sign up Self Advocacy Workshop**
May 26 1:00-3:00

WHO CAN ACCESS?

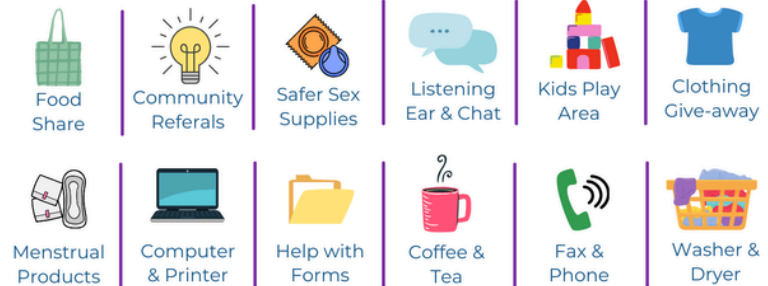
All people regardless of cultural, ethnic, religious, racial background, sexual orientation, age, gender, socio-economic status, state of health or level of ability are welcome.

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

MAY CALENDAR



SERVICES & SUPPORTS



Important Messages

Food Bank

Monday May 11th non community

Monday May 25th community

For registration, please contact Harvest Manitoba at

(204) 982-3663 or email:

appointments@harvestmanitoba.ca

2nd Harvest Wednesdays

May 13th, 20th and 27th

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-3:00 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

MAY CALENDAR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

					1 CLOSED
4 Breakfast 7:35-8:15	5 Breakfast 7:35-8:15 Crafting 1:00-3:00	6 Breakfast 7:35-8:15 Advisory 1:00-2:30	7 Breakfast 7:35-8:15	8 Breakfast 7:35-8:15 Closed 9:30-1:00	
11 Breakfast 7:35-8:15 Food Bank * 12:00-2:00 Walk-ins 2:30-3:00	12 Breakfast 7:35-8:15 Sara Riel Employment Drop-in 1:00-3:00	13 Breakfast 7:35-8:15 2nd Harvest 12:30-2:00	14 Breakfast 7:35-8:15 Closed for Meeting Moosehide Walk 12:00 See staff for more info	15 Breakfast 7:35-8:15 Bingo 10:00-12:00	
18 No School Closed	19 Breakfast 7:35-8:15	20 Breakfast 7:35-8:15 2nd Harvest 12:30-2:00	21 Breakfast 7:35-8:15 Closed for Training	22 Breakfast 7:35-8:15	
25 Breakfast 7:35-8:15 Food Bank * 12:00-2:00 Walk-ins 2:30-3:00	26 Breakfast 7:35-8:15 Sara Riel Self Advocacy * 1:00-3:00	27 Breakfast 7:35-8:15 2nd Harvest 12:30-2:00	28 Breakfast 7:35-8:15 Community Kitchen * 1:00-2:30	29 Breakfast 7:35-8:15	



CHILD & YOUTH

MAY CALENDAR



Shahd & Dammy
Children & Youth Programming



Drop-in (Crafts)



Kids in the Kitchen



Youth Chefs

→ **Bingo & Advisory**

May 7, 2026

→ **Teen Outing**

May 9, 2026

→ **Youth Chefs**

May 23, 2026

Get Involved!

Do you want to join a club, try something new, or get some experience while helping out? We'd love to have teen volunteers and hear your ideas! For more details, you can talk to Dammy and Shahd at the center.

Hours of Operation

Thursday.....3pm-7pm

Saturday.....11am-7pm

PLEASE NOTE:

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

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

CHILD & YOUTH

PLESSIS TENANTS COMMUNITY CENTRE

1190 Plessis Road

dogunsolu@familydynamics.ca

@plessisresourcecentre  familydynamicswinnipeg

MAY CALENDAR

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

			1	2
				
5	6	7	8	9
		4:30-5:30pm Bingo & Advisory Age 6-12 5:30-6:30 Bingo & Advisory Age 12+		1:00-4:00pm Teen Outing <u>Registration Required</u> 4:30-6:30pm Kids Drop in
12	13	14	15	16
				
19	20	21	22	23
		Outdoor Play Age 6-12 4:30-5:30 Snack Time Age 12-UP 5:30-6:30		 1:00-3:00pm Kids in The Kitchen 4:30-6:30pm Youth Chefs
26	27	28	29	30
		4:30-6:30pm Kids Drop-in		