



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

- **Breakfast Program returns**
September 9: 1st day of school
- **Community Kitchen is back!**
Check calendar for dates
- **Truth & Reconciliation Event**
Stay tuned for details...

WHO CAN ACCESS?

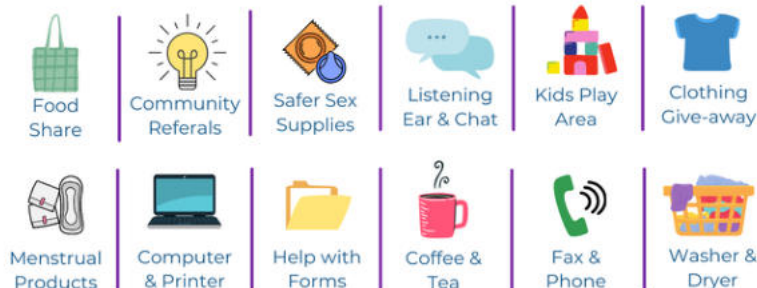
All people regardless of cultural, ethnic, religious, racial background, sexual orientation, age, gender, socio-economic status, state of health or level of ability are welcome.

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

SEPTEMBER CALENDAR



SERVICES & SUPPORTS



Important Messages

Food Bank

Monday, September 14th community
Monday, September 28th non-community

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

2nd Harvest Wednesdays

September 9th, 16th and 23rd
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 12:00-1:00pm

PLEASE NOTE:

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

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

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SEPTEMBER CALENDAR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	1	2	3	4
		2 nd Harvest 12:30-2:00	BINGO 1:00-2:30	
7 Labour Day 	8	9 Breakfast 7:35-8:15 1st Day of School 2 nd Harvest 12:30-2:00	10 Breakfast 7:35-8:15 Community Kitchen * 1:00-2:30	11 Breakfast 7:35-8:15
14 Breakfast 7:35-8:15 * Food Bank 12:00-2:00 Walk-ins 2:30-3:00	15 Breakfast 7:35-8:15 Calming Art 1:00-2:30	16 Breakfast 7:35-8:15 2 nd Harvest 12:30-2:00	17 Staff Appreciation 	18 Breakfast 7:35-8:15
21 Breakfast 7:35-8:15	22 Breakfast 7:35-8:15 Wake Up Yoga 10:00-11:00	23 Breakfast 7:35-8:15 2 nd Harvest 12:30-2:00	24 Breakfast 7:35-8:15 Community Kitchen * 1:00-2:30	25 Breakfast 7:35-8:15
28 Breakfast 7:35-8:15 * Food Bank 12:00-2:00 Walk-ins 2:30-3:00	29 Breakfast 7:35-8:15 TRC Event details TBD	30 National Day for Truth & Reconciliation 		