DONWOOD
FAMILY RESOURCE CENTRE

(204) 336-2752 6-64 DONWOOD DRIVE
DONWOOD@FAMILYDYNAMICS.CA
@Donwoodfrc familydynamicswinnipeg

UPCOMING EVENTS

- **Bread Days**
  Continues on Fridays
- **Women's Sharing Circle**
  Peer Support EVERY Wednesday
- **Community Advisory Meeting**
  November 5 at 9:30AM

NOVEMBER CALENDAR



Get Involved!

Interested in joining a club or starting something new?

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.

PROGRAMS & SERVICES



Important Messages

Christmas Cheer Board: Registration starts Nov. 3
EIA call 204-948-2022
non EIA call 204-989-5683
Toy Mountain: Registration runs Nov. 2 - 27
call 204-946-9491

manitobahousing United Way Manitoba THE WINNIPEG FOUNDATION

HOURS OF OPERATION

Mon	8:30 AM - 3:00 PM
Tues	8:30 AM - 3:00 PM
Wed	8:30 AM - 3:00 PM
Thurs	8:30 AM - 3:00 PM
Fri	8:30 AM - 3:00 PM

Closed daily 11:30-12:30

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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JULY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 **Canada Day** **Closed**	2	3 **Bread Day** 10:00
6 **Drop-in Kids Breakfast** 9-10:30	7 **Community Yard Sale & BBQ**	8 **Wiggle, Giggle & Munch** 10:00 **Women's Sharing Circle** 1:00	9 **CLOSED** 9:30 -12:30	10 ***NO BREAD***
13 **Drop-in Kids Breakfast** 9-10:30	14 **Surplus** 9:00 **Splash Pad** 1-2:30	15 **Wiggle, Giggle & Munch** 10:00 **Women's Sharing Circle** 1:00	16 ***Family Beach Day**	17 **Bread Day** 10:00
20 **Drop-in Kids Breakfast** 9-10:30	21 **Splash Pad** 1-2:30	22 **Wiggle, Giggle & Munch** 10:00 **Women's Sharing Circle** 1:00	23	24 **Bread Day** 10:00
27 **Drop-in Kids Breakfast** 9-10:30	28 **Surplus** 9:00 **Splash Pad** 1-2:30	29 **Wiggle, Giggle & Munch** 10:00 **Women's Sharing Circle** 1:00	30	31 **Bread Day** 10:00

HOURS OF OPERATION

Mon	8:30 AM - 2:30 PM
Tues	8:30 AM - 2:30 PM
Wed	8:30 AM - 2:30 PM
Thurs	8:30 AM - 5:00 PM
Fri	8:30 AM - 1:00 PM

Closed daily 11:30-12:30

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MAY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Bread Day 10:00
4 Litter Clean up 2:00	5 Surplus 9:00	6 Rain date for Litter Clean up 2:00	7 *Sheet Pan Cooking 1:00 *BAG order due Art City 3:30	8 No Bread Today Closed after Breakfast
11 Coffee & Cake for Mothers Day - All Women Caregivers Welcome	12 *BAG pickup	13 Advisory 1:00 with EIA and Ask A Nurse BINGO to follow	14 No Breakfast/Lunch Moosehide Walk 11:30 Open at 2:30 Art City 3:30	15 Bread Day 10:00
18 	19	20 Stress Management Workshop 1:00	21 Sheet Pan Cooking 1:00 Art City 3:30	22 Bread Day 10:00 *BAG order due
25 Surplus 9:00	26 *BAG pickup	27 Self Care 1:00	28 Art City 3:30	29 Bread Day 10:00

HOURS OF OPERATION

Mon	8:30 AM - 2:30 PM
Tues	8:30 AM - 2:30 PM
Wed	8:30 AM - 2:30 PM
Thurs	8:30 AM - 5:00 PM
Fri	8:30 AM - 12:30 PM

Closed daily 11:30-12:30

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APRIL CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 *Tax Clinic 9-3	2	3 Good Friday 
6 Easter Monday 	7	8	9 *Crockpot 11:00 Art City 3:30 *Bag order due	10 No School 
13 Yoga 1:00	14 *Bag Pickup	15 Advisory 1:00 BINGO	16 Staff Meeting 	17 Bread 10:00
20 Self Care 1:00	21 Surplus 9:00	22	23 *Crockpot 11:00 Art City 3:30	24 Bread 10:00 *Bag order due Joanne's Birthday!
27 Self Care 1:00	28 *Bag pickup	29	30 Art City 3:30	

HOURS OF OPERATION

Mon	8:30 AM - 2:30 PM
Tues	8:30 AM - 2:30 PM
Wed	8:30 AM - 2:30 PM
Thurs	8:30 AM - 5:00 PM
Fri	8:30 AM - 12:30 PM

Closed daily 11:30-12:30

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MARCH CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Self Care 1:00	3 *BAG pickup	4	5 Closed until 1:00 Art City 3:30	6 Bread 10:00
9	10 Youth in the Kitchen 3:30 Surplus 9:00	11	12 *Crockpot 11:00 Art City 3:30	13 CLOSED - no bread
16 Yoga 1:00	17 Advisory 1:00 BINGO	18 TAX CLINIC 9-3	19 Art City 3:30	20 No School CLOSED - no bread
23	24 Youth in the Kitchen 3:30 Surplus 9:00	25	26 *Crockpot 11:00 Art City 3:30	27 Bread 10:00 last day of school
30 Mindful Meditation 1:00 Spring Break begins	31			

HOURS OF OPERATION

Mon	8:30 AM - 2:30 PM
Tues	8:30 AM - 2:30 PM
Wed	8:30 AM - 2:30 PM
Thurs	8:30 AM - 5:30 PM
Fri	8:30 AM - 12:30 PM

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JUNE CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Community Litter Clean Up 2:00	2 Surplus 9:00	3 Wiggle Giggle & Munch 10:00	4 *Sheet Pan 11:00 Art City 3:30	5 *BAG order due Bread Day 10:00
8 Self Care 1:00	9 *First Aid Training 9-3 (limit 5 participants) *BAG pick up 2:00	10 Wiggle Giggle & Munch 10:00 Advisory 1:00 BINGO	11 CLOSED 8:30-1:00 Art City 3:30	12 Bread Day 10:00
15	16 Mary's Birthday Surplus 9:00	17 Wiggle Giggle & Munch 10:00	18 *Sheet Pan 11:00 Art City 3:30	19 *BAG order due Bread Day 10:00
22	23 *BAG pickup 2:00	24 Wiggle Giggle & Munch 10:00	25 Art City 3:30	26 Bread Day 10:00
29	30 Surplus 9:00 Last day of School			

HOURS OF OPERATION

Mon	8:30 AM - 2:30 PM
Tues	8:30 AM - 2:30 PM
Wed	8:30 AM - 2:30 PM
Thurs	8:30 AM - 6:00 PM
Fri	8:30 AM - 2:30 PM

Closed daily 11:30-12:30

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AUGUST CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Insert text here Duplicate for each box you want text in.	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	24	28
31				

HOURS OF OPERATION

Mon	8:30 AM - 11:00 AM
Tues	8:30 AM - 11:00 AM
Wed	8:30 AM - 11:00 AM
Thurs	8:30 AM - 11:00 AM
Fri	8:30 AM - 11:00 AM

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SEPTEMBER CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2 Drop In 9:30AM	3 Drop In 9:30AM	4 Bread 9:30AM
7 **CLOSED Labour Day**	8 Literacy Day Surplus 9:30AM	9 Womens Sharing Circle 9:30AM	10 Community Advisory and BINGO 9:30AM	11 Bread 9:30AM
8 Computer Skills 9:30AM	15 Drop In 9:30AM	16 Drop In 9:30-10:30AM	17 **CLOSED FRC Staff Meeting**	18 Bread 9:30AM
21 Computer Skills 9:30AM	22 Surplus 9:30AM	23 Womens Sharing Circle 9:30AM	24 Drop In 9:30AM	25 Bread 9:30AM
28 Computer Skills 9:30AM	29 Truth and Reconciliation Event 9:30 AM	30 Truth and Reconciliation Day **CLOSED**		



HOURS OF OPERATION

Mon	7:30AM - 11:00 AM
Tues	7:30AM - 11:00 AM
Wed	7:30AM - 11:00 AM
Thurs	7:30AM - 11:00 AM
Fri	7:30AM - 11:00 AM

B&L Program 7:30-8:30 am

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OCTOBER CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 **B&L Program 7:30-8:30 am** Community Advisory and BINGO 9:30AM	2 **B&L Program 7:30-8:30 am** Bread 9:30AM
5 **B&L Program 7:30-8:30 am** Computer Skills 9:30AM	6 **B&L Program 7:30-8:30 am** Surplus 9:30AM	7 **B&L Program 7:30-8:30 am** **CLOSED**	8 **B&L Program 7:30-8:30 am** Thanksgiving Breakfast 9:30AM	9 **B&L Program 7:30-8:30 am** Bread 9:30AM
CLOSED Thanksgiving	13 **B&L Program 7:30-8:30 am** Community Kitchen 9:30AM	14 **B&L Program 7:30-8:30 am** Womens Sharing Circle 9:30AM	15 **B&L Program 7:30-8:30 am** **CLOSED** All day Staff meeting	16 **B&L Program 7:30-8:30 am** Bread 9:30AM
19 **B&L Program 7:30-8:30 am** Computer Skills 9:30AM	20 **B&L Program 7:30-8:30 am** Surplus 9:30AM	21 **B&L Program 7:30-8:30 am** Womens Sharing Circle 9:30AM	22 **B&L Program 7:30-8:30 am** Drop In 9:30AM	23 **B&L Program 7:30-8:30 am** Bread 9:30AM
26 **B&L Program 7:30-8:30 am** Computer Skills 9:30AM	27 **B&L Program 7:30-8:30 am** Community Kitchen 9:30AM	28 **B&L Program 7:30-8:30 am** Womens Sharing Circle 9:30AM	29 **B&L Program 7:30-8:30 am** Drop In 9:30AM	30 **B&L Program 7:30-8:30 am** Bread 9:30AM Halloween

HOURS OF OPERATION

Mon	7:30AM - 11:00 AM
Tues	7:30AM - 11:00 AM
Wed	7:30AM - 11:00 AM
Thurs	7:30AM - 11:00 AM
Fri	7:30AM - 11:00 AM

B&L Program 7:30-8:30 am

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NOVEMBER CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **B&L Program 7:30-8:30 am** Computer Skills 9:30AM	3 **B&L Program 7:30-8:30 am** Surplus 9:30AM	4 **B&L Program 7:30-8:30 am** Womens Sharing Circle 9:30AM	5 **B&L Program 7:30-8:30 am** Community Advisory and BINGO 9:30AM	6 **B&L Program 7:30-8:30 am** Bread 9:30AM
9 **B&L Program 7:30-8:30 am** Computer Skills 9:30AM	10 **B&L Program 7:30-8:30 am** Community Kitchen 9:30AM	11 **CLOSED Remembrance Day**	12 **B&L Program 7:30-8:30 am** Drop In 9:30AM	13 **B&L Program 7:30-8:30 am** Bread 9:30AM
16 **B&L Program 7:30-8:30 am** Computer Skills 9:30AM	17 **B&L Program 7:30-8:30 am** Surplus 9:30AM	18 **B&L Program 7:30-8:30 am** Womens Sharing Circle 9:30AM	19 **B&L Program 7:30-8:30 am** ***Closed*** 9-12 Staff meeting	20 **B&L Program 7:30-8:30 am** Bread 9:30AM
23 **B&L Program 7:30-8:30 am** Computer Skills 9:30AM	24 **B&L Program 7:30-8:30 am** Community Kitchen 9:30AM	25 **B&L Program 7:30-8:30 am** Womens Sharing Circle 9:30AM	26 **B&L Program 7:30-8:30 am** Drop In 9:30AM	27 **NO SCHOOL** Bread 9:30AM
30 **B&L Program 7:30-8:30 am** Computer Skills 9:30AM				