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

- **CLOSED FOR REMEMBRANCE DAY**
  Wednesday, Nov. 11
- **Movember Trivia**
  A fun way to learn about supporting men's health
- **Christmas Cheer Board & Toy Mountain**
  CCB phones open Nov. 2nd
  TMtn phones open Nov. 3rd

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.

NOVEMBER CALENDAR



SERVICES & SUPPORTS



Important Messages

Food Bank
Monday, November 9th community
Monday, November 23rd non-community

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

2nd Harvest Wednesdays
November 4th, 18th, and 25th
11:30pm- community, 1:00- non-community

HOURS OF OPERATION

Mon	9:00 AM- 3:00 PM
Tues	9:00 AM - 3:00 PM
Wed	112:30 pm - 600 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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NOVEMBER CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **Breakfast** 7:35-8:15	3 **Breakfast** 7:35-8:15 **Yoga** 10:30	4 **Breakfast** 7:35-8:15 **2nd Harvest** 12:30-2:00 **Kids Club** 4:00-6:00	5 **Breakfast** 7:35-8:15	6 **Breakfast** 7:35-8:15 **Advisory & BINGO** 1:00-2:30
9 **Breakfast** 7:35-8:15 * **Food Bank** 12:00-2:00 Walk-ins 2:30-3:00	10 **Breakfast** 7:35-8:15 **Holiday Crafting** 1:00-2:30	11 **REMEMBRANCE DAY** 	12 **Breakfast** 7:35-8:15 **Community Kitchen** * 1:00-2:30	13 **Breakfast** 7:35-8:15 **Movember Trivia** 1:00-2:30
16 **Breakfast** 7:35-8:15	17 **Breakfast** 7:35-8:15 **Yoga** 10:30	18 **Breakfast** 7:35-8:15 **2nd Harvest** 12:30-2:00 **Kids Club** 4:00-6:00	19 **CLOSED Staff Meeting** 9:00-1:00	20 **Breakfast** 7:35-8:15
23 **Breakfast** 7:35-8:15 * **Food Bank** 12:00-2:00 Walk-ins 2:30-3:00	24 **Breakfast** 7:35-8:15 **Board Games** 1:00-2:30	25 **Breakfast** 7:35-8:15 **2nd Harvest** 12:30-2:00 **Healthy Sleep Presentation** 4:15-5:15	26 **Breakfast** 7:35-8:15 **Community** * **Kitchen** 1:00-2:30	27 **NO SCHOOL** **FLU CINIC** 10:00-2:00
30 **Breakfast** 7:35-8:15				