



WOODYDELL/ST.ANNE'S FAMILY RESOURCE CENTRE

Unit # 68 - 625 St. Anne's Road

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## *Woodydell/St. Anne's News*

### *March 2019*

We gratefully acknowledge Manitoba Families, and The United Way for their generous support of our programs.



### **Kids in the Kitchen**

A fun way for children to learn about healthy cooking and nutrition.

**Where:** Unit 68-625 St. Anne's Road

**When:** April 1 - May 13

**Time:** Mondays 4:00 - 5:30

**Ages:** 7 - 9 years

**Participants must be registered**

**Space is Limited!**

Watch for a flyer with more details

*For more information call:  
204-254-8581*

### **It's Income Tax Time Again**

Woodydell/St.Anne's Family Resource Centre will have a volunteer available to process your Income Tax Return for **FREE!**

The volunteer will be at the centre on:

March 5 9:00 - 4:00

March 11 1:00 - 6:00

March 25 1:00 - 6:00

**Come to the centre and sign up!**



# Community News

## Community Advisory

### What is the Advisory Committee?

The Advisory Committee is a group of residents who volunteer their time to meet and discuss community needs and programs for the Resource Centre. Advisory Committee members work with resource centre staff to do what is necessary to keep the resource centre open and accessible to all community members. The Advisory Committee is the leading force that brings new ideas, vision, and direction to the Woodydell/St. Anne's community through advisory meetings.

### Who can join the Advisory Committee?

Anyone who lives in the Woodydell /St. Anne's Housing Community

### How do I become an Advisory Committee Member?

It's easy. Come to the resource centre, say you want to participate in the Advisory Committee, and you're in. We are always looking for new members.

### What should I do as a member of the Advisory Committee?

Come to meetings and voice your opinion.



## Advisory Committee

The Advisory Meeting scheduled for February is:

**March 4 6:00 - 7:30**

**We encourage EVERYONE to come and participate in the Advisory Meetings.**

“Our character is what we do when we think no one is looking”

~H. Jackson Brown Jr.

## Just a Reminder

The staff at the resource centre would like to remind everyone in the Woodydell/St. Anne's community that all resources and programs are accessible to ***all families.***

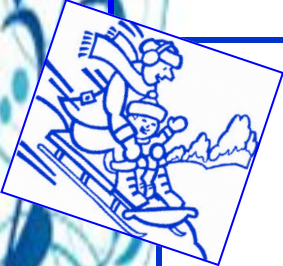
The computers, fax, phone, clothing depot, and community store are available during open hours:

Monday: 12:00 - 4:00  
5:00 - 8:00  
Tuesday: 9:00 - 12:00  
1:00 - 5:00  
Wednesday: 9:00 - 12:00  
1:00 - 5:00  
Thursday: 9:00 - 12:00  
1:00 - 5:00  
Closed Alternate  
Thursday Afternoons  
Fridays: 9:00 - 12:00

### Notices

**March 6 ~ Closed in the morning for staff training**  
**March 10 ~ Daylight Saving Time**  
**March 13 ~ Closed for staff training**

**Note: The computer room is closed on family fun night.**



# RESOURCE CENTRE PROGRAMS

## Spring Break Kids Camp

**Give your kids the best Spring Break ever!**

During the school spring break in March the resource centre will host a number of activities for our community children

In the morning throughout the week we will be Crock Pot cooking with our kids

Registered children will receive a crock pot to make a meal each morning throughout the week and at the end of the week they may take their crock pot home (children from the same family will share a crock pot)

In the afternoon throughout the week we will be providing a number of different fun activities

### Spring Break Camp Schedule

#### Monday March 25:

Crock Pot Cooking, Crafts with Nikkhi, Sundaes, and Games

#### Tuesday March 26:

Crock Pot Cooking, Kids in the Kitchen

#### Wednesday March 27:

Crock Pot Cooking, Baking with Candace

#### Thursday March 28:

Crock Pot Cooking, Pizza and Games

#### Friday March 29:

Crock Pot Cooking, Family Movie Outing

**Children must be registered  
Ages 7 years and up  
Space is limited!**

Watch for a flyer with more information



## Reminder

*Children always need to be supervised by parents during kids' activities and programs in the Resource Centre unless otherwise announced.*



## Adult Fun Night

Come and join us for an evening of fun on **March 18th.**

This will be an **adults only** evening.

## The New Counsellor is Here!

“My name is Pamela and I am the new Resource Center Counsellor.

I am excited to be joining the counselling team at Family Dynamics and I look forward to meeting and learning more about the community.

Please feel free to come say Hi!”

Pamela will be here  
Wednesday afternoons 1:00-4:30



# RESOURCE CENTRE PROGRAMS

The month of February seemed to fly by in spite of the cold and snow. We are looking forward to March and hopefully some warmer weather.

Keep your calendar handy so you and your family can come and spend some fun time with us.



## Circles For Reconciliation

The aim of Circles For Reconciliation is to establish trusting, meaningful relationships between Indigenous and Non-Indigenous peoples as part of the 94 Calls to Action from the Truth and Reconciliation Commission.

The means to achieve this will be the establishment of small grassroots gatherings of Indigenous and Non-Indigenous peoples in discussion circles.

Woodydell/St. Anne's Family Resource Centre has been hosting a discussion circle on Tuesdays that started February 5 and ends April 9

This is a closed group to registered participants  
Please see staff if you are interested in participating in a circle



During the past 2 months we have been learning to play Mahjong.

A number of community residents have become quite adept at playing this fun game.

If you would like to learn how to play Mahjong come to the resource centre and we will teach you!



## Family Night

On family night we had an enjoyable evening. We had a delicious dinner that our community residents made and then we made beautiful Valentines Day cards.

Our kids are so creative!



# March 2019

**Monday**

**OPEN**  
12:00 - 4:00  
5:00 - 8:00

**Tuesday**

**OPEN**  
9:00 - 12:00  
1:00 - 5:00

**Wednesday**

**OPEN**  
9:00 - 12:00  
1:00 - 5:00

**Thursday**

**OPEN**  
9:00 - 12:00  
1:00 - 5:00

**Friday**

**OPEN**  
9:00 - 12:00

**Please Note:**

**Community Kitchen has moved to every other Thursday**

**Tax days and times are as follows:**

**March 5**  
9:00-4:00  
**March 11**  
1:00-5:30  
**March 25**  
1:00-5:30

**1**  
**Breakfast Club**  
9:00 - 11:30

**4** **Snack Captain**  
**Community Cooking**  
1:00 - 3:00  
**Advisory**  
6:00 - 7:30



**5**  
**Open**  
9:00 - 12:00  
**Circles For Reconciliation**  
1:15 - 2:30

**6**  
**Closed for Staff Training**  
9:00 - 12:00  
**Open**  
1:00 - 5:00

**7**  
**Open**  
9:00 - 12:00

**8**  
**Breakfast Club**  
9:00 - 11:30

**11** **Snack Captain**  
**Community Cooking**  
1:00 - 3:00  
**Kids in the Kitchen**  
4:00 - 5:30  
**Family Fun**  
6:00 - 7:30

**12**  
**Open**  
9:00 - 12:00  
**Circles For Reconciliation**  
1:15 - 2:30

**13**  
**Closed for Staff Training**

**14**  
**Open**  
9:00-12:00  
**Community Kitchen**  
1:00 - 3:00

**15**  
**Breakfast Club**  
9:00 - 11:30

**18** **Snack Captain**  
**Community Cooking**  
1:00 - 3:00  
**Kids in the Kitchen**  
4:00 - 5:30  
**Adult Night**  
6:00-8:00

**19**  
**Open**  
9:00 - 12:00  
**Circles For Reconciliation**  
1:15 - 2:30

**20**  
**Gratitude Journaling with Nikkhi**  
10:00 - 11:30  
**Open**  
1:00 - 5:00

**21**  
**Open**  
9:00 - 12:00

**22**  
**Breakfast Club**  
9:00 - 11:30

**25**  
**Spring Break Fun**  
9:30-11:30  
1:00-4:00  
5:00-8:00

**26**  
**Spring Break Fun**  
9:30-11:30  
1:00-5:00  
**Circles For Reconciliation**  
1:15 - 2:30  
**Kids in the Kitchen**  
4:00 - 5:30

**27**  
**Spring Break Fun**  
9:30-11:30  
1:00-4:30

**28**  
**Spring Break Fun**  
9:30-11:30  
1:00-4:30

**29**  
**Spring Break Fun**  
9:30-11:30  
1:00-4:30