

Words to Live By:

"I attended the Tuesday night 'Healthy Eating Group' at PCC. I learned a lot about preparing and eating properly, also neat tips on presenting food. The way the group was presented really stuck with me and changed my whole outlook on the way I eat. I felt this was so informative and already have made changes to my grocery list and exercise routine. This was a great group and I'm thankful for all the information I've learnt. "

-Client

Word Search:

G R Q J E H H E L O F Q Q G G	ABUSE
W O U O L V E M F N D Q L S Q	PHYSICAL
I K L E S B U O L U S A G U Q	PSYCHOLOGICAL
Z K K S T H R T X M E A F R W	CULTURAL
H P Z Y M Q N I L M J C W V P	VERBAL
P S Y C H O L O G I C A L I H	SPIRITUAL
O S E D L Z O N S M A F M V Y	FINANCIAL
A A P S Y H D A G N W I K O S	EMOTIONAL
A C I I E Y R L K K A N S R I	SEXUAL
B I U S R M I F Q G R A E M C	SURVIVOR
X D U Q O I J U M V E N X C A	AWARENESS
R B G U X K T I Y P N C U A L	
A L H K M U L U H Y E I A K I	
G U C U L T U R A L S A L P D	
S V E R B A L U P L S L O T H	



Parkland Crisis Center Services:

- ◆ 24 Hour toll-free crisis line
- ◆ Short term Emergency Shelter for abused women and their children
- ◆ Support Groups
- ◆ Crisis Counselling
- ◆ Child & Youth programs
- ◆ Referrals to medical, legal, and social service agencies
- ◆ Follow-up services
- ◆ Public Education to schools or other community agencies

The Parkland Crisis Center & Woman's Shelter is a non-profit organization that benefits from community support.

Parkland Crisis Center & Woman's Shelter

PO Box 651

Dauphin, Manitoba R7N 2V4

Local Crisis Line: 204.638.9484

Toll Free Crisis Line: 1.877.977.0007

Executive Director: 204.622.4620

Business Line: 204.622.4626

Fax: 204.622.4625

www.parklandcrisiscentre.ca

Parkland Crisis Center



November 2015 Newsletter

*WORKING WITHIN THE PARKLAND
COMMUNITY TO END ABUSE AND
VIOLENCE.*



Local Crisis Line: 204.638.9484

Toll Free Line: 1.877.977.0007

November 2015 Activities/Workshops:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 TOPIC: Domestic Violence 6-8pm	4	5 Nobody's Perfect Parenting Group 6-8pm	6	7
8	9	10 TOPIC: Remembrance Day- Legion speaker 6-8pm	11 Remembrance Day	12 Nobody's Perfect Parenting Group 6-8pm	13	14
15	16	17 TOPIC: Power & Control 6-8pm	18	19 Nobody's Perfect Parenting Group 6-8pm	20 Movie Night 6:30 to 9pm	21
22	23	24 TOPIC: Speaker TBA Safety plans & Faceless Dolls 6-8pm	25	26 Nobody's Perfect Parenting Group 6-8pm	27	28
29	30		For more information and to reserve your spot, please call the Parkland Crisis Centre @ 204-622-4626			

Nobody's Perfect Parenting Group

Thursday, November 5, 2015
Thursday, November 12, 2015
Thursday, November 19, 2015
Thursday, November 26, 2015

MOVIE NIGHT for Women

Free popcorn and drink! Time: 6:30pm-9:00pm
Friday, November 20, 2015

Sneak Peek for December:

Holiday cookies, crafts, carols & a feast!

Children's Movie Night - "Home Alone"
Friday, December 11, 2015:

Nobody's Perfect Parenting Group
Thursday, December 3rd and 10th

DID YOU KNOW?

That November is Domestic Violence Awareness month?



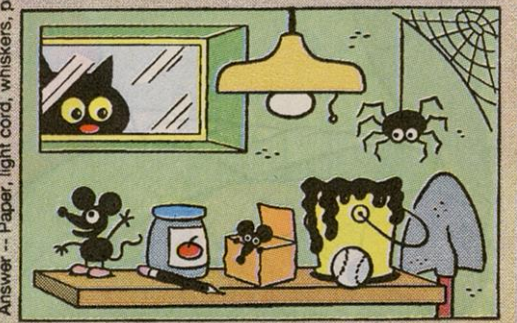
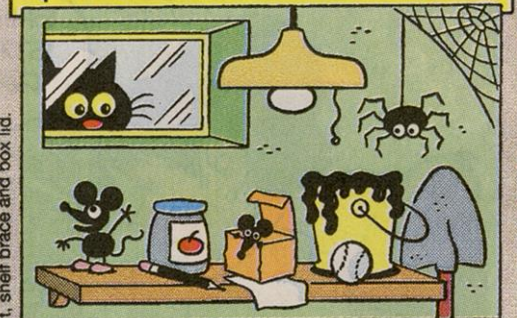
That a Purple Ribbon is worn to promote Domestic Violence Awareness?

That on Monday, November 2, 2015 a presentation on *Working within the Parkland to end Family Violence* will be given at the Dauphin Friendship Centre from 11:45 am to 1:00 pm?



KIDS CORNER:

Spot six differences between these panels.



Answer -- Paper, light cord, whiskers, paint, shelf brace and box lid.