

Words to live by:

"PCC is a great place to stay if you are not safe. I really felt safe and well taken care of"

"My best experience at PCC was having support from the staff - the kindness they showed and the willingness to help, even at the times I didn't want it, but they never gave up on me"

"I love the fact that it is safe here for me and my baby. Thank you a ton!"

"I found learning about domestic violence most helpful, especially learning about how to talk about it, the cycle of violence, and early warning signs."

-Previous Clients



Angie's Tips:

Get those pillows nice and white again rather than buying new!

- HOT HOT HOT water
- 1 cup of laundry detergent
- 1 cup powdered dishwasher detergent
- 1 cup bleach (you could try "A Natural Bleach Alternative if you are opposed to chlorine bleach)
- 1/2 cup borax-Presto!

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 services 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 Line: 1.877.977.0007
Executive Director: 204.622.4620
Business Line: 204.622.4626
Fax: 204.622.4625
www.parklandcrisiscenter.ca



**Parkland
Crisis
Center**



December 2015 Newsletter



Working within the Parkland community to end abuse and violence.



**YOUR CHILDREN
NEED YOUR
PRESENCE
MORE THAN YOUR
PRESENTS.**

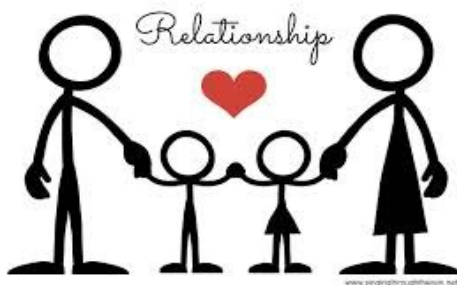
**Local Crisis Line: 204.638.9484
Toll Free Line: 1.877.977.0007**

December 2015 Activities & Workshops

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Faceless Dolls 6-8 pm	2	3 Nobody's Perfect Group 6-8 pm	4	5
6	7	8 X-Mas cookies & Carols 6-8 pm	9	10 Nobody's Perfect Group 6-8 pm	11	12
13	14	15 Holiday Craft 6-8 pm	16	17	18	19
20	21	22 X-Mas Meal 6-8 pm 	23	24 Christmas Eve 	25 Christmas Day 	26
27	28	29 No group	30	31 New Year's Eve 	To reserve your spot at a group/workshop call the Parkland Crisis Center @ 204.622.4626	

January Sneak Peek:

Goals & Resolutions
AFM Speaker
Scrapbooking
Self Esteem-Avon rep.



DID YOU KNOW?

White Ribbon Campaign



White Ribbon is the world's largest movement of men and boys working to end violence against women and girls, promote gender equity, healthy relationships and a new vision of masculinity.

Starting in 1991, men were asked to wear white ribbons as a **pledge to never commit, condone or remain silent about violence against women and girls**. Since then the White Ribbon has spread to over 60 countries around the world.

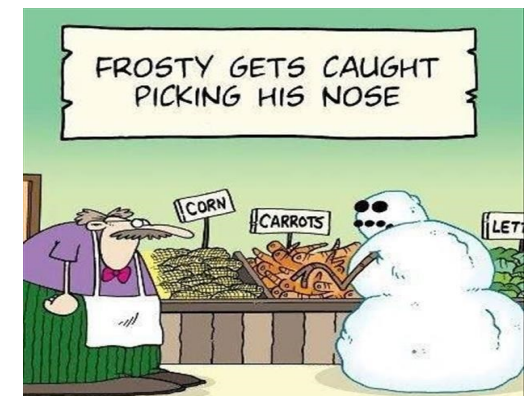
December 6th is the National Day of Remembrance & Action on Violence Against Women



KIDS CORNER:

1. Why is it always cold around Christmas?
2. What often falls in Winter but never gets hurt?
3. What is Santa's dog called?
4. What do snowmen have for breakfast?
5. What did the gingerbread man put on his bed?

Answers below



Answers:

1. Because its Decemberrrrr
2. Snow
3. Santa Paws
4. Frosted Flakes
5. A cookie sheet