

Words to Live by:



"It is a safe place when you need help."

"Staff was very supportive."

"I was very pleased with this service. The staff was very supportive and kind."

"They helped me get things in motion."

"I would recommend this place to my friends/family because of the help I received."

"I would use the shelter again because I felt safe during my stay."

"They helped me get started all over again and talked to me when I wanted to talk.":

-Previous Clients

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



Get Involved



Have you ever wondered how you could help?

The Parkland Crisis Centre is a non-profit organization that relies on community support and donations.

Our Wish List:

PYJAMAS
SOCKS
UNDERWEAR
DEODORANT
TOOTHBRUSHES
TOOTHPASTE
HAIR BRUSHES
SHAMPOO
CONDITIONER
LAUNDRY SOAP
HATS/ MITTS
BABY POWDER
BABY SHAMPOO
BACKPACKS
PENS/CRAYONS
NOTEBOOKS



THANK YOU FOR YOUR 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



January 2016 Newsletter

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



Don't look
back
You're not going
that way

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Toll Free Line: 1.877.977.0007

January 2016 Activities and Workshops



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	To reserve your spot at a group/workshop call the Parkland Crisis Center @ 204.622.4626				1 New Year's Day	2
3	4	5 Goal Setting & Resolutions 6-8 PM	6	7	8	9
10	11	12 TBA *speaker 6-8 PM	13		15	16
17	18	19 Movie Night 6-8 PM	20	21	22	23
24	25	26 Self-Care/ Avon Representative 6-8 PM	27	28	29	30 
31						

Ten Commandments for Happiness

Speak To People — there is nothing so nice as a cheerful word of greeting.

Smile At People — it takes 72 muscles to frown, only 14 to smile.

Call People — the sweetest music to anyone's ears is the sound of his own name.

Be Friendly and helpful, if you would have friends, be a friend.

Be Cordial — speak and act as if everything you do is a genuine pleasure.

Be Genuinely interested in people — you can like almost everybody if you try.

Be Generous with praise — cautious with criticism.

Be Considerate with the feelings of others — there are usually three sides to a controversy: yours, the other fellow's, and the right side.

Be Alert to give service — what counts most in life is what we do for others.

Add To This a good sense of humour, a big dose of patience and a dash of humility, and you will be rewarded many-fold.

-Author Unknown



February Sneak Peek:

Mardi Gras
Taxes
Board Games



DID YOU KNOW?

Did you know that Parkland Crisis Centre has launched a new website? It can be found at www.parklandcrisiscentre.ca
Check it out for information on programs, services, and news and events going on at PCC.

KID'S CORNER



January is National Hobby Month!
Here is a really cute idea for kids to make to start them off with a new hobby.