



Recipe For LOVE

Ingredients:

- 1 Cup of Romance**
- 1 Pinch of Humor**
- 2 Spoonfuls of Joy**
- 1 lb of Compatibility**
- 3 Tb of Trust**
- 1 Cup of Respect**
- 1/2 lb of Sharing**
- 1 Zest of Tenderness**
- 3/4 Cup of Patience**



12 ways to beat the winter blues

1. Try cooking a new recipe
2. Build a snowman or other outdoors activity with your kids
3. Make some hot cocoa on a cold day
4. Call up a friend you haven't talked to in a while
5. Have a bubble bath
6. Clean your home and rearrange furniture for a change of scenery
7. Read a book or magazine you love
8. Take a nap (and don't feel guilty about it)
9. Try out a DIY project for yourself or with your kids
10. Listen to music and sing along
11. Have a game night at home
12. Go for a walk or another form of exercise (this may help you stay warm!)

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
- * Protection Order Designates available.

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

February 2016 Newsletter

*The more that you read,
 the more things you will know.
 The more that you learn,
 the more places you'll go.*
 -Dr. Seuss



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February 2016 Activities and Workshops

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 No Group	3	4	5	6
7	8	9 Mardi Gras masks craft Pancake day	10	11	12	13
14	15	16 Board Game Night	17	18	19	20
21	22	23 Taxes & Budgeting	24	25	26	27
28	29					

Valentine

Word Search

Look up, down, back, across and diagonal to find the words below.

L A P F F I H S D N E I R F A
E D V E D T O T R E A T E S D
S T O T V R N V P O C F N L S
O V F S W E A P L N H R D V R
F P A R R O W C T S O A O N E
O L F L O T W A F H C T E P W
U A N H E A R T T L O V L V O
R Y O E P N F O D R L O V E L
T F R V E F T L E U A I T U F
E L Y A W S T I F C T E W C S
E T E T U L E L N F E B N U P
N E S N F R O V I E R F R P D
T E P W V T B F R U H L T I V
H W O V L F N E B W C A N D Y
D S L A T W E T F N A L S I O

VALENTINE
CHOCOLATE
HEART
LOVE
SWEET
FRIENDSHIP
CARD

FEBRUARY
CUPID
ARROW
CANDY
FOURTEENTH
FLOWERS
TREAT

March Sneak Peak:

Parenting,
Fire Safety,
St. Patrick's Day Crafts,
Faceless Dolls



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.

February Is: Teen Dating Violence Awareness Month

More than 1 in 10 teens who have been on a date have also been physically abused by a boyfriend or girlfriend in the last year. Teen Dating Violence Awareness Month is a national effort to raise awareness and protect teens from violence.

You can make a difference: Encourage schools, community-based organizations, parents, and teens to come together to prevent teen dating violence.



NOTHING MAKES
A WOMAN MORE
BEAUTIFUL
THAN THE BELIEF
THAT SHE
ALREADY  IS

