



Monthly Idea

Want to plant a garden this spring, but don't have a yard? Try planting vegetables indoors. Windowsills and hanging baskets are a great place to try growing vegetables, and they can be grown any time of year! The best part is that you can grow them cheaper than you can buy them!

These vegetables grow well indoors. Try:

- Tomatoes
- Mushrooms
- Peas and Beans
- Peppers
- Carrots and Radishes
- Herbs and spices (such as basil, garlic, cilantro, and dill)



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 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.



Parkland
Crisis Center

APRIL 2016
NEWSLETTER



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Toll Free Line: 1.877.977.0007

April 2016 Activities and Workshops



KIDS CORNER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 Assertiveness	6	7	8	9
10	11	12 Adult Coloring	13	14	15	16
17	18	19 Forgiveness	20	21	22	23
24	25	26 Show & Tell	27	28	29	30 



Sneak Peak

Women's Support Group

Tuesday Drop-In 6pm-8pm

Assertiveness

Adult Coloring

Forgiveness

Show & Tell



"MESS-A-LANEOUS" SPRING CLEANING IDEAS

1. Banish Garbage Odors: Take plastic garbage cans outside for a quick hosing out, leave them upside down to dry. Then sprinkle the bottoms with baking soda to keep cans odour free.
2. Crayon Marks be Gone: Simply rub mayonnaise on the marks, let sit for a few minutes then wipe clean with a damp cloth
3. Sparkle the Toilet: Sprinkle orange tang juice crystals into your toilet bowl. Let crystals sit for five minutes. Brush and flush.

