

Woman's Feedback

"I like coming here to Women's support group because of meeting people, learning new games, crafts, talking about stuff we need to know, watching movies with popcorn, listening to stories and things to do. Being a young woman, learning how to listen to each other is like leaving a new woman."-unknown

"Thanks for the programs they helped me and encourage me as a woman to follow my dreams and to be strong. It is a friendly positive atmosphere where we can talk about women stuff."-unknown group participant

The 4 C's of Parenting

Choices: Giving your child choices lets them practice decision-making and builds independence. Set the limit for your child's choices (ex: "do you want an apple or a banana?") and let them choose

Consequences: Consequences can be good or bad, but it is important your child knows that they are apart of their choices. (ex: you can either speak respectfully right now or take some time in your room")

Consistency: Mean what you say and say what you mean. Being consistent allows kids to feel secure

Care: It's important to remind your children that you love and care for them, especially in moments of conflict.

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



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



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

**May 2016
Newsletter**



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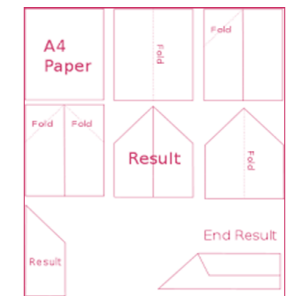
May 2016 Activities and Workshops

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Speaker: Mood Disorders	4	5	6	7
8 Mothers Day 	9	10 No Group	11	12	13	14
15	16	17 Spring Flowers	18	19	20	21
22	23 Victoria Day	24 No Group	25	26	27	28
29	30	31 Vermillion Park				

On May 22nd, the Wright brother
patented the Airplane!



Have a Paper-Airplane Day
with the Kids!!



Sneak Peak

Women's Support Group

Tuesday Drop-In 6pm-8pm

Mood Disorders of Manitoba

Vision Boards

Spring Flowers

Vermillion Park



Did You Know?

Purple is the colour of Domestic Violence Awareness. Purple was chosen because members of the military who are wounded while serving are awarded the Purple Heart. For survivors of Domestic Violence, who may also be wounded both physically and emotionally, the color is meant to be a symbol of peace, courage, survival, honor and dedication to ending violence.

