

Program Calendar **March & April 2024**



NorWest on Alexander 1880 Alexander Ave. R2R 0G7 Phone: (204) 940-2662

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>		<u>Thursday</u>	<u>Friday</u>
10:30 – 12:00 Coffee & Drop-In	9:30 – 12:00 Coffee & Drop-In	9:30 – 12:00 Coffee & Drop-In		9:30 – 10:30 Coffee & Drop-In	1:30 – 3:30 Coffee & Drop-In
11:00– 12:00 Community Breakfast (While supplies last)	10:00– 12:00 Mock Interviews (Appointment Required)			10:00– 12:00 Mock Interviews (Appointment Required)	9:00 – 1:00 CLOSED FOR TEAM MEETING
CLOSED FOR LUNCH BREAK DAILY - 12:00PM to 1:00PM					
1:00 – 2:30 Reimagining Aging (ages 55+, registered program, until end of March)	1:30 – 2:30 Food Bingo (drop in basis)	1:00 – 2:00 Community Lunch (Bring your own containers)		10:30– 11:30 Exercise Club (ages 18+, drop-in basis)	1:30 – 3:30 NOA Market (cash only. While Supplies Last)
3:30 – 5:30 Literacy Club (6-17 years old, registration required)	4:00 – 5:30 Piano/Guitar Lessons (ages 9-17, Registration required)	1:00 – 3:00 Drop in Counselling w/ Tamara	1:00 – 4:00 Nurse Practitioner (drop in or book an Appointment. Call 204 940-2662)	1:00 – 3:00 Beading and Healing (Drop-in basis)	3:30 – 4:00 Kids Snacks
		4 – 5:30 Film Critics (ages 6-17. Drop in basis)		3:30 – 5:30 Eldon Ross Snack & Swim (ages 6-17, Registration required)	
Calendar is subject to change. For more information, and updates, please check our social media!					
Tamara - Drop Ins & Appointments on Wednesdays from 1-3PM To speak to Tamara or book an appointment for counselling or mental health support, call 204-451-9963. Melanie - Call to book an appointment Counselling & Mental health support for adults 18+ For more information and for booking appointments, call 204-391-3547			DOOR SERVICE: When we are closed for drop-in, you can still access hygiene, harm reduction & emergency services. Knock on our front door and we will come to assist you! We are closed for open drop in during certain programs, and while we prep before and after a program. Thank you for your understanding.		
SNACKS ARE PROVIDED FOR ALL PROGRAMS			COMPUTERS & PRINTERS ARE AVAILABLE DURING DROP-IN HOURS		

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NorwestonAlexander



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PROGRAM DESCRIPTION

Reimagining Aging

We discuss different topics regarding life transitions to aging and the amazing ways aging changes our perspective

Mock Interviews

Need help preparing for a job interview? Email Desiree at dfredette@norwestcoop.ca to discuss coming in for a mock interview. Desiree is an experienced hiring manager ready to help you get the job you deserve!

Beading & Healing

Heal with beading! We work on new projects every week, from earrings, broaches, hair clips & lanyards. All supplies are provided! Join our safe space for chit chat, relaxation and social connection.

Literacy Club

Join us every Monday where we eat snacks, have fun, and learn something new regarding literacy! You won't want to miss out!

Exercise Club

Let's get our bodies moving and stay active in the cooler months together! Healthy snacks to follow!

Food Bingo

Join us for BINGO where you can win some great items! Prizes vary and are always food based! Seats fill quickly, so come a little early!

Piano/Guitar lessons

This is a first for us, piano lessons! Brooke is a piano expert so we're very lucky to have him teach the kiddos! Rod will be teaching guitar lessons! Register now to reserve your spot! Each person will be allotted a time slot

Kids Film Critics

Come by every Wednesday where we watch a movie, eat snacks and talk about the movie! We use our creativity and discuss things we liked about different scenes and characters! Comfy PJ'S and a warm blanket recommended!

Eldon Ross Snack & Swim

This is a fun one! Come after school for snacks, then we'll all head over to Eldon Ross for a fun time in the pool!

NOA Market

Join us for our subsidized market with an assortment of fruit, vegetables, dairy, snacks, and more! **CASH ONLY** **while supplies last; selection varies

WELLNESS CONTACTS

Klinik Crisis Line

204-786-8686 or 1-888-322-3019
TTY 204-784-4097

Manitoba Suicide Prevention & Support Line

1-877-435-7170 (1-877-HELP170)

Kids Help Phone (national line available to Manitoba Youth)

1-800-668-6868

Klinik Sexual Assault Crisis Line

204-786-8631 or 1-888-292-7565
TTY 204-784-4097

First Nations and Inuit Hope for Wellness Help Line

1-855-242-3310
Counselling available in English and French - upon request, in Cree, Ojibway, and Inuit

CONTACT US by TEXT or CALL:

Aimee – (204) 782-0298

Desiree – (204) 250-4896

Melanie – (204) 391-3547

Annie – (204) 792-9946

Brooke – (204) 782-8903

Russell – (431) 277-2742

Dates Closed: March 27, 29, April 1
Check our social media for other potential closure dates or time changes. We will also post special events on our Social Media!