



West Central  
Women's  
Resource  
Centre

## Things happening around the city

**Free Winter Movie Night:** Dec 20, RBC Convention Centre Winnipeg.  
Frozen and A Crowds Choice Mystery Film  
Activities 6pm, Movie Starts 7PM

**The Forks Skating Trails,** On land trails and rinks open now, Skate Rentals are available from Iceland Skate Rentals located in The Forks Market from 10am to 10pm daily. Adult: \$5 Child: \$3

**Family New Year's Eve at the Forks,** December 31,  
FREE Music, Fireworks (8pm & Midnight) and celebrations  
**CMHR:** Cultural Programming, 1-6 pm,  
**Children's Museum:** FREE Admission, 6-8 pm,  
**Parks Canada:** Activities, 12-8 pm

**The Lieutenant Governor's New Year Levee 2017,** Jan 1 2:30pm to 4:00pm, Manitoba Legislative Building, FREE

## Closures:

**West Central Women's Resource Centre,** December 26 - January 2

**West Broadway Community Ministry,** December 26 - January 4

**St. Matthews-Maryland Community Ministry** December 26- January 2

**Wolseley Family Place,** December 26 - January 2

**Spence Neighbourhood Association,** December 23 - January 2

**Daniel McIntyre St Matthew's Community Association,**  
December 23 - January 2

**Wii Chiiwaakanak,** December 22 - January 2

**Mosaic Newcomer Family Resource Centre,** December 23 - January 2

**Harvest Foodbank Distribution,** December 26 - January 9

# Getting through the Holidays - West-Central Style



# Table of Contents

Places to Go .....	1
Drop-Ins and Special Events.....	1
Holiday Distractions.....	2
Sudoku.....	2
Word Search .....	3
Resources.....	4
Strategies for Stress Reduction.....	5



# Strategies

## When stress comes knocking.

**Set realistic expectations:** Try to establish some balance between what you do for others and what you do for yourself.

**Exercise:** Exercise has been shown to increase endorphins and can reduce tension and anxiety. Endorphins also stimulate the immune system. Exercise also reduces the risk of high blood pressure and heart disease, as it naturally helps to lower stress.

**Relaxation:** Exercise has been shown to increase endorphins and can reduce tension and anxiety. Endorphins also stimulate the immune system. Exercise also reduces the risk of high blood pressure and heart disease, as it naturally helps to lower stress.

**Stress Awareness:** Notice stress before it builds! It's easier to alleviate stress when it starts before it becomes overwhelming.

**Focus on things you can control:** Try not to spend too much time focusing on areas in your life where you have little or no control. Focus on things you can control such as how you handle problems or react to them.

**Focus on Big Picture:** Ask yourself if it is worth stressing out about the situation and in the long run how important is it to focus on this particular stressor.

Holidays can bring up feelings of loss and a sense of being alone and disconnected. If you have a friend or family member you can talk to, try to spend some time with them or connect with them on the telephone.

# Resources

The holidays can be a tempting time to overuse alcohol and other substances in order to relax. Try using some relaxation techniques such as meditating, deep breathing, or prayer.

Give yourself permission to feel any sense of loss or emotions that can surface during the holiday season. If you experience distress, do not hesitate to contact one of the crisis lines below or visit your local emergency room.

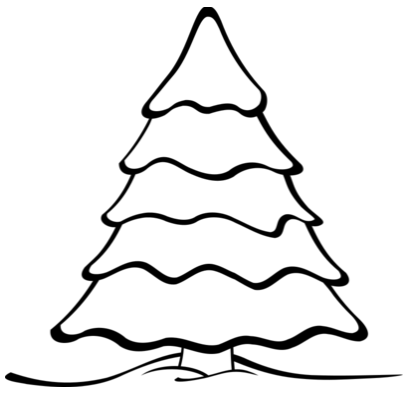
## Crisis Lines

<b>Klinic Crisis Line (24/7)</b>	(204) 786-8686 1-888-322-3019
<b>Sexual Assault Crisis Line(24/7)</b>	(204) 786-8631 1-888-292-7565
<b>Manitoba Suicide Prevention &amp; Support Line (24/7)</b>	1-877-435-7170 TTY: (204) 784-4097
<b>Seniors Abuse Support Line (24/7)</b>	1-888-896-7183
<b>Gambling Helpline (24/7)</b>	1-800-463-1554
<b>Deaf Access Counselling (24/7)</b>	TTY: (204) 784-4097
<b>Manitoba Domestic Violence crises line (24/7)</b>	1-877-977-0007 TTY: 1-888-987-2829.

# Places to Go:

## Drop-ins and Special Events

<b>Siloam Mission,</b> 300 Princess	Every day, 8am-8pm – Drop-In, 3 Meals Shelter, 8pm-8am – Sign up at 4pm
<b>Agape Table,</b>	Dec 23, 8 to 10:30am – Holiday Turkey Dec 26-30 8am-10:30am – Regular meals
<b>West Broadway Community Ministry,</b> 222 Furby St.	Dec 25, 1:00pm – Christmas Meal Dec 28, 4:00pm – Christmas Potluck
<b>Bell Tower Café,</b> 745 Westminster	Dec 30, 6:30pm – Meal and Music
<b>One88,</b> 188 Princess St	Dec 27-30, 10am to 4pm – Drop-In
<b>Sage House,</b> 782 Main	December 29, 1pm to 6pm – Women’s Drop-In
<b>Pregnancy and Family Support Services,</b> 555 Spence St.	Dec 28 & 29, 9am to 4pm – Family Resource Centre Dec 28-30, 10am to 4pm – Thrift Store
<b>Ma Mawi Wi Chi Itata Centre</b>	Dec 27-30
<b>Ka Ni Kanichihk</b>	Monday – Friday, 8:30am to 4:30pm
<b>West End 24 hour Safe Space for Youth,</b> 430 Langside	Dec 21- Jan3, 11pm to 7am



# Holiday Distractions

				8				
			6	4	5			
		4	7		1	8		
3	9	1				6	2	4
	5	7				3	1	
		6	1		2	7		
		8	9	7	4	2		
	3	2				9	4	
	1						8	

T	E	S	N	O	S	D	W	O	E	F	R	M	S	COLD
T	E	O	T	O	R	T	G	N	F	R	A	I	H	GLOVES
F	C	T	R	A	A	F	E	L	G	O	A	T	I	SNOWING
N	I	E	O	G	O	N	Y	K	L	S	E	T	S	SNOWMAN
G	S	R	Y	I	T	C	A	I	N	T	O	E	F	COATS
N	N	T	D	S	P	S	N	M	R	A	V	N	I	WINDY
I	B	O	N	D	L	O	C	E	W	O	L	S	R	BLANKETS
S	R	N	I	A	N	G	D	N	L	O	O	B	E	ICE
G	N	I	W	O	N	S	N	G	N	R	N	A	P	FIREPLACE
K	O	C	N	M	S	A	K	G	D	N	G	S	L	FREEZING
I	F	O	O	R	G	N	I	Z	E	E	R	F	A	FROST
F	D	A	R	K	R	M	E	I	L	G	L	N	C	MITTENS
P	C	L	W	O	O	L	L	Y	H	A	T	L	E	WOOLLY HAT
L	N	E	S	V	O	E	V	N	D	N	L	R	C	DARK