



*Wainwright & District
Family & Community Services*

902—5th Avenue, Wainwright, AB, T9W 1C7

Phone: (780) 842-2555 Fax: (780) 842-5783

Email: fcssecretary@silvercrest.ca

Website: www.wdfcs.ca



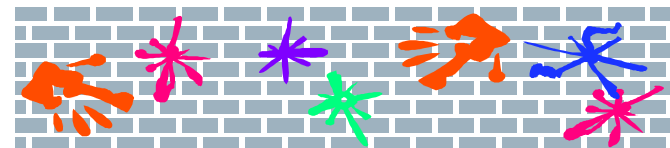
Heading

This directory was created with the assistance of the Children's Coalition.

Region 5 East *Central Alberta Child & Family Services Authority*

INDEX OF SERVICES

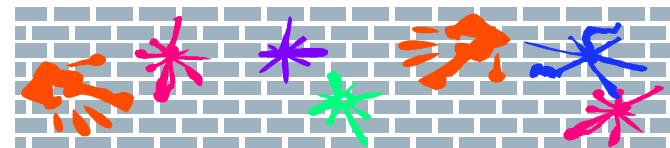
- | | |
|---|-------------------|
| 1. EMERGENCY SERVICES | Page 5 |
| 2. CRISIS SERVICES <ul style="list-style-type: none">• 24 hour crisis lines• Services for families in Crisis• Counseling Services | Page 5-6 |
| 3. DAY CARE & DAY HOME PROVIDERS <ul style="list-style-type: none">• Wainwright Children's Centre• Registered & Private Day Home Providers• Wainwright MFRC Caregiver List• A & J Day Home Agency | Page 7-8 |
| 4. PLAYSCHOOL PROGRAMS <ul style="list-style-type: none">• Wainwright• Irma, Edgerton, Chauvin | Page 8-10 |
| 5. PLAY GROUPS <ul style="list-style-type: none">• Wainwright• Irma, Edgerton, Chauvin• Wainwright MFRC | Page 11-13 |
| 6. EARLY LITERACY PROGRAMS <ul style="list-style-type: none">• Rhyme Time• Library program | Page 14 |



Sometimes I get discouraged
Because I'm very small
And always leave my fingerprints
On furniture and walls.

But every day I'm growing
I'll be grown someday
And all those tiny handprints
Will surely fade away.

So here's a little handprint
Just so you can recall
Exactly how my fingers looked
When I was very small.



**Wainwright & District
Family & Community Services** 780-842-2555
902—5th Avenue, Wainwright
www.wdfcs.ca

Food Bank 780-842-3754
1138—4th Avenue, Wainwright or 780-842-3921

**Wainwright & District
Support Services** 780-842-2777
902—5th Avenue, Wainwright
www.wdfcs.ca

Mental Health 780-842-7522
#20, 810—14th Avenue, Wainwright
www.ech.ab.ca

**Region 5 East Central Alberta
Child & Family Services** 780-842-7502
Suite #101, 1006—4th Avenue, Wainwright
www.eastcentralalbertacfsa.gov.ab.ca

**Wainwright Military Family
Resource Centre (Wainwright MFRC)** 780-842-1363 ext.1253
Building 400, CFB/ASU Wainwright
www.wainwrightmfrcc.ca

COUNSELLING SERVICES

Catholic Social Services 780-842-6899
#A, 1037—2nd Avenue, Wainwright

Jubilee Park 915—3rd Avenue

North of 14 Park 918—16th Avenue
• Natural area & outdoor skating rink

Peace Memorial Park
• Picnic area, playground, ball diamonds, basketball court, and tennis court.

Petroleum Park 305—14th Avenue
• Petroleum interpretive site picnic area, tourist information centre.

**Stardust Village
Trailer Park Tot Lot** End of 1A Street Crescent
• Playground

Wallace Park 1300—10A Street
• Walking, biking, rollerblading, picnic area and cookhouse, fish pond, playground, and outdoor skating rink.

**Arm Lake Recreational
Area & Clubhouse** 780-842-4727

Riverdale Mini Park 780-842-2996

Parent Link Centre 780-842-2585
902—5th Avenue
• Indoor play area.

Chauvin & District Arena 780-858-3771
 300 Main Street, Chauvin

- Chauvin Minor Hockey
- Chauvin Skating Club

Chauvin Public Library 780-858-3744

PLAYGROUNDS & PARKS

Town of Wainwright

3rd Ave Tot Lot 421—3rd Avenue

- Playground & outdoor skating rink

5th Ave Tot Lot 1625—5th Avenue

- Playground & outdoor skating rink

Buffalo Park 1303—10th Street

- Buffalo statue.

Bevan's Nature Area 1800—8th Avenue

- Paved paths for walking, running, biking, or roller-blading; picnic area and playground.

Dr. Middlemass Park 805—15th Street

- Camping, fire pits, picnic area, and playground.

Dairy Bar Park 1002—10th Avenue

Elks Keyhole Park East of 20th Street

- playground & outdoor skating rink
- north of 5A skating rink

Wainwright & District FCS 780-842-5701
 902—5th Avenue, Wainwright 780-842-2555

Mental Health 780-842-7522
 #20, 810—14th Avenue, Wainwright

DAY CARE/DAY HOME PROVIDERS

Wainwright Day Care & Family 780-842-3161
Day Home Program
 905—10th Street, Wainwright

- Quality childcare for children 0-6yrs.
- Before & after school program
- Government subsidies available

Wainwright Child 780-842-1363
Development Centre Ext 1248
 Bldg 400 Hillside Road- CFB/ASU Wainwright
 Military Base **Caregiver List Available**

Wainwright Day Home 780-842-4737
(Independently Operated)
 Eddie Thompson

- Over 20 years of experience providing quality child care.
- Ages 1 and up in her own home.

Eddie has compiled a list of other private day homes made available to parents seeking childcare in a home setting. The list is used only as a contact resource list; therefore, it is the parents' responsibility to follow through with the screening and interview process independently.

A & J Day Home Agency Inc. 780-753-6968
Alicia Hauck, Owner TOLL FREE 1-877-753-6968
alishauck@telusplanet.net

- Wainwright & area day home recruiter
- Licensed providers with criminal record checks
- Monitored care
- Government subsidies

PLAYSCHOOL PROGRAMS

Wainwright Pre-Kindergarten 780-842-6085
905—10th Street, Wainwright

- Provides opportunity for learning through play, daily routines, and gross and fine motor skill development.
- This program aids in preparing children for kindergarten.
- Children must be 4 years of age *before* March 1st of the enrollment year.
- Choice of Mon./Wed. a.m. or p.m. or Tues./Thurs. a.m. or p.m.

Little Steps Preschool & Junior Kindergarten 780-842-3808

Located at Blessed Sacrament School

(For more information call Erinn at 853-4492)

- Provides opportunity for learning through play, daily routines, and gross and fine motor skills.
- This program aids in preparing children for kindergarten.
- \$30.00 registration fee and fundraising is not required.

- Irma Skating Club
- Irma Minor Hockey
- Irma Dance Club
- Irma Minor Ball

Irma Public Library 780-754—3810
5216—53rd Street, Irma

Village of Edgerton

Edgerton Village Office 780-755-3933

5015—50th Avenue, Edgerton
Website: www.edgerton-oasis.ca

- Edgerton T-Ball

Edgerton Arena 780-755-3814

5120-52nd Avenue, Wainwright

- Edgerton Skating Club
- Edgerton Minor Hockey
- Edgerton Minor Ball

Edgerton Public Library 780-755-3814

5102—52nd Avenue, Wainwright

Village of Chauvin

Chauvin Village Office 780-858-3881

216—Main Street, Chauvin
Website: www.villagechauvin.ca

- Chauvin Soccer Association
- Chauvin Minor Ball

Peace Memorial Multiplex 780-842-4542

650—2nd Avenue, Wainwright

- Twin arena
- Walking/running track
- Parent n' Tot skate
- Public skating
- Wainwright Figure Skating Club
- Wainwright Minor Hockey

Alma Theatre 780-842-3797

1022—2nd Avenue, Wainwright

Wainwright Bowling Centre 780-842-5759

1018—6th Avenue, Wainwright

Wainwright Library 780-842-2673

913—3rd Avenue, Wainwright

- Story Hour; call for an up-coming session.

Village of Irma

Irma Village Office 780-755-3933

4919—50th Street, Irma

Irma Skating Arena 780-754-9905

5028—53rd Street, Irma

- Accepts children ages 3-5.
- 3 yr. classes once a week(\$35/mos.)/4-5 yr. classes twice a week(\$75/mos).
- Choice of a.m./p.m. classes Tuesdays and Thursdays.

Les Coccinelles de Wainwright 780-842-2827

www.crscn.ab.ca

Located at Ecole Saint-Christophe

214-8th Street, Wainwright

Caravan Program 780-842-4922

1002—18th Street, Wainwright

- Includes a spiritual aspect for learning through play, socialization, and gross and fine motor skills.
- Helps prepare children for kindergarten.
- Children must be 4 years old on or *before* December 31st of the enrollment year.
- Program runs Tuesday p.m. from 1:30 to 3:00.

Irma Playschool Association 780-754-3746

5012—51st Street, Irma

(Call Village Office for more info **754-3665**)

- Provides opportunity for learning through play, daily routines, and gross and fine motor skills.
- This program aids in preparing children for kindergarten.
- Accepts children ages 3 & 4.

Edgerton Playschool Association 780-755-3933
Located at Edgerton Public School
(Call Village Office for more info 780-755-3933)

- Provides opportunity for learning through play, daily routines, and gross and fine motor skills.
- This program aids in preparing children for kindergarten.
- Children must be 3 years of age *before* March 1st of the enrollment year.

Chauvin Playschool 780-858-2372
5102—2nd Avenue N, Chauvin

- Provides opportunity for learning through play, daily routines, and gross and fine motor skills.
- This program aids in preparing children for kindergarten.
- Children must be 3 years old on or *before* October 31 of the enrollment year.
- Basement of Presbyterian Church.

The quickest way for a parent to get a child's attention is to sit down and look comfortable. Lane Olinghouse

Notes:

Alberta Health Services 780-842-4077
East Central Alberta
#22, 810—14th Avenue, Wainwright
Website: www.eastcentralhealth.com

Early Intervention Program

- Provides support to families with children ages 0—3.5 years old with developmental delays or at risk of delay.

PARENT SUPPORT GROUPS

Family Voices 780-842-5004

- Speaking in the interests of children and adults with developmental disabilities.

Parents of Twins Support Group 780-842-4077

RECREATION & LEISURE

Town of Wainwright 780-842- 3381

1018—2nd Avenue, Wainwright

Website: www.town.wainwright.ab.ca

- Wainwright Dance Academy
- Triple S Dance Academy
- Wainwright Minor Ball
- Wainwright Soccer Association
- Wainwright Gymnastics
- Tae Kwan Do

Communiplex Swimming Pool 780-842-5508

700—2nd Avenue, Wainwright

- Parent n' Tot swim (non-structured)
- Family Swim
- Aqua Tots (structured lesson)

Please call or visit the Town of Wainwright website at www.town.wainwright.ab.ca for times.

Teaching & Independent Parent Support (TIPS) **780-842-5481**

902—5th Avenue, Wainwright

- Promoting independence, parenting skills, and good nutrition for pregnant women and families with preschool aged children.
- Services may also include counseling, referrals , and upon request and need, healthy food, milk, and vitamins.

RESOURCES FOR PARENTS WITH DEVELOPMENTALLY/PHYSICALLY DELAYED CHILDREN

Catholic Social Services **780-842-6899**

#A, 1037—2nd Avenue, Wainwright

Website: www.catholicsocialservices.ab.ca

- Provides services including In-Home Support and Respite programs to families with children with disabilities.

Region 5 East Central Alberta **780-842-7502**

Child & Family Services

Suite #101, 1006—4th Avenue, Wainwright

Website: www.eastcentralalbertacfsa.gov.ab.ca

- Resources and support for families in crisis and families with children with disabilities.

PLAY GROUPS

Wainwright Parent Link Centre **780-842-2585**

902—5th Avenue, Wainwright

Website: www.wdfcs.ca

Hours: Mondays 9:30am-3:00pm

Tues, Weds, Thurs. 9:30-6:30pm

Fridays 9:30-Noon ,Last Sat of month 11am-3pm

This program recognizes the importance of providing information and support to parents in their role raising their young children ages 0-7 and provides opportunities for young children to learn through enriched early childhood activities. In partnership with the Region 5 CFSA Children's Coalition, and the Ministry of Children's Services, this program provides programs and services in four core areas: Information and Referral for parents, Enriched Early Childhood Programs, Family Support, and Parent Educations and Resources. Included is Character Education, Toy Lending Library, Enrolment and Drop-in Parent and Child Programs, Indoor Playground, Early Childhood Services Resource Directory, Outreach Services to Irma, Edgerton, and Chauvin, and support to the area playschools. Linkage is promoted between the area Early Childhood Service providers through the Early Years Team.

Parent Link Outreach Services

Email: PLCOR@incentre.net

- **Irma**—Tuesday mornings 10-11:30am @ the Irma United Church
- **Edgerton**—Thursday Mornings 10—11:30 a.m. at the Faith United Church, Edgerton
- **Chauvin**—Wednesday Mornings 9:30—11:30 a.m. at the Chauvin Gospel Centre.

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Coffee and juice are provided. Please call Shannon at 842—2585 for more information.

Provost- Tuesday & Thursdays 10-noon @ Town of Provost Legion

Czar- Every 2nd Wednesday @ Czar Hitching Post
Call Kari @ (780) 753-2288

All Parent Link programs are free, and coffee and juice are provided.

For more information on the PLC programs and a copy of our monthly activity calendar, please call 842-2585, or visit our website at www.wdfcs.ca.

Wainwright Military Family Resource Centre (MFRC)

The Wainwright MFRC offers the following programs to children of both military and non-military persons. Children of military families however, are given registration priority. All programs are located in the Family Resource Centre Building 400 at Camp Wainwright.

Optometrists

Prairie Vision Centre

780-842-6123

Dr. Roxanne Arnal & Associates
503—10th Street, Wainwright

Opticians

Wainwright Eyecare

780-842-6377

Bonnie Veitch—Optician; Jonathan Veitch—Optician & Contact Lens Practitioner; Brian Veitch—Lab Technician

Prairie Vision Centre

780-842-6123

Dr. Roxanne Arnal—Optometrist; Ken Hrubeniuk—Optical Manager
503—10th Street, Wainwright

It is recommended that children have an eye exam before age 3.

LIFE/HOME SERVICES

Wainwright & District

780-842-2555

Family & Community Services (WDFCS)

902—5th Avenue

Website: www.wdfcs.ca

Email: fcssecretary@silvercrest.ca

- **Counseling services.**
- **Senior Services**—The senior needs program is designed to inform & assist seniors & their families in accessing provincial & federal seniors funding.
- **Living At Home**—Homemaking services, Meals on Wheels & Taxi tickets for seniors.
- **Youth Connections**—Assisting youth aged 16-24 with career & employment services.

Medical Clinics

Wainwright Clinic Associates 780-842-3341
Dr. Anderson/Dr. Letley/Dr. Bick
501—10th Street, Wainwright

Clinic Associates 780-842-4920
Dr. Kevin Hay
902—22nd Street, Wainwright

Brilz Associate Clinic 780-842-5829
Dr. Beverly V. Brilz
405—9th Street, Wainwright

Medical Midtown Clinic 780-842-6750
Dr. Pieter Visser & Dr. Werner De Vos
902—3rd Avenue, Wainwright

Dentists

Dentaclinic 780-842-4242
Dr. Larry Reich
610—10th Street, Wainwright

Wainwright Dental Care 780-842-6944
Dr. Ron Watson
714—10th Street, Wainwright

Dental Centre 780-842-6838
Dr. Derek Nordstrom
714—10th Street, Wainwright

Tumble Time 780-842-1363 ext 1253

Wainwright MFRC

- Tumble Time offers a safe environment where parents and children can socialize while developing gross motor skills and coordination.
- This program is open on Fridays from 10:00 —11:30 a.m. at the CFB/ASU Wainwright Gym.
- This is a parent/tot interactive program; parents are solely responsible for their own children.
- This is a drop-in program. The fee is \$1/child per visit. No registration is needed.

Rhymes & Creativity 780-842-1363 ext 1253

Wainwright MFRC

Tuesdays 10:30-11:30

Playmates 780-842-1363 ext 1253

Wainwright MFRC

- This Parent & Tot drop-in program offers an opportunity for parents and children to socialize and take part in games, songs, crafts, circle time, and much more.
- This group is open to children 0—5 years of age and meets Mon. and Wed. from 9—11:30 a.m.
- The fee is \$1/child per visit. No registration is needed.

EARLY LITERACY

Parent Child Mother Goose Program

Wainwright Public Library 780-842-2585

- An interactive program for parents and their children to engage in learning new and old nursery rhymes, singing, and story telling.
- This program is offered to children ages 0—2 and 2—4.
- Nutritious snacks are provided.
- Runs for 6 week sessions periodically through the year.
- For upcoming sessions, please call 842-2585.
- Cost: FREE

Library Program

780-842-2673

921—3rd Avenue, Wainwright

Website: www.wainwrightlibrary.ab.ca

- Story hour at the library is a program that includes crafts, songs, stories, and fun for 3 & 4 year olds.

HEALTH & WELLNESS SERVICES

Alberta Health Services

780-842-4077

East Central Health

#22, 810—14th Avenue, Wainwright

Website: www.eastcentralhealth.com

Public Health Nursing

- Available for advice and information.
- Immunization program.
- Prenatal education and classes.
- Maternity visiting program/lactation consulting.
- Drop-in Baby Weigh In Monday afternoons.

Early Intervention Program

- Provides support to families with children ages 0—3.5 years old with developmental delays or at risk of delay.

Speech Language Pathologist

- Available by appointment.

Child Occupant Restraint Safety & Education

- Call for additional information or to make an appointment.

Wainwright Health Centre (Hospital) 780-842-3324

530—6th Avenue, Wainwright

HEALTHLINK Alberta

1-866-408-5465

*****REMEMBER TO HAVE YOUR CHILD IMMUNIZED AT 2, 4, 5, 12, & 18 months and again at 5 YEARS****