

FREE DROP-IN SERVICES

- Pregnancy tests
- Food kits (appointment only / once per month)
- Hygiene items (appointment only / once per month)
- Baby supplies and Layettees (once per month)
- Safe Sex supplies
- Local phone and fax access
- Printing and copying
- Referrals and resources for other agencies
- Lunch and Coffee (Mon., Wed., Thurs., Fri.)
- Clothing giveaways
- Urgent Care Support
- Volunteer



For more information about our Resource Centre please call us at 204-775-9934

Resource Centre: Open Mon., Wed., Thurs., and Fri.
9:00 am to 4:00 pm / Closed noon to 1 pm
CLOSED EVERY TUESDAY & HOLIDAYS

Our Mission

Thrive Community Support Circle is a diverse agency dedicated to offering services that are inclusive to all persons, in all stages, to cultivate life, provide opportunities for empowerment, and to grow the community we serve.

Our Vision

Thrive believes in the potential of people and communities to grow and create change in a positive way. Through our community services including the programming, therapeutic counselling, drop in, thrift shop and child care, we provide opportunities and support to individuals to create this change in themselves and the community as defined in their personal journey. By working in cooperation with partnerships of other community agencies; recruiting qualified, caring and like-minded staff, volunteers and donors, and by respecting each person's individuality, we provide community members with professional and supportive service within the context of our resources.

Thrive Community Support Circle Inc. operates as its core services:

Resource Drop-in Centre
Counselling & Wellness Department
Childcare Centre
Thrive Thrift Shop



thrivecommunitysupportcircle.com



Resource Centre
406 Edmonton Street



FREE SERVICES & PROGRAMS

Family Support Liaison: The Family Liaison will work with families and individuals who are involved with the Child and Family Services system. Through individual work, advocacy and group programming, our liaison will help parents and caregivers better understand their case plans and work towards completing them. The Liaison will assist families in all areas including wellness, mental health referrals, parenting programs, risk prevention and will act as part of a healthy support system.

Working with CFS: This workshop is open to all who walk within a family and beside a family. The CFS Workshop is to provide individuals and families simple knowledge of the Child Welfare System. This workshop is offered to those who support families and caregivers with up to date and accurate information. Parents and caregivers will know their rights as parents, and may find new and helpful info on community resources.

Nobody's Perfect: It's no secret that every parent wants their child to be happy, healthy and safe. But none of us come fully prepared for the job. Thrive's Nobody's Perfect Parenting Program provides parents of children from birth to age 5 with:

- *A safe place to build on their parenting skills.
- *An opportunity to learn new skills and concepts.
- *A place to interact with other parents who have children the same age.

Circle of Security Parenting Program: Circle of Security helps parents understand that all behavior has a message. What are our children trying to tell us? Through this program parents develop empathy and understanding for some of their child's difficult behaviors. Parents learn to recognize triggers from the past that could be affecting the way they parent today. Parents will understand why they react in the ways that are not helpful, and learn to parent the way they really want to!

Men's Support Circle: This group for all men addresses life issues in a safe and caring environment. The goal of the group is to support men by offering different solutions through speaking, listening, sharing and educating. Men will leave this program feeling more positive though supporting one another.

Women's Support Circle: Thrive's Women's Circle provides a safe space for women to share their true selves, where they can find their voice, reclaim their power, and remember their self-worth. Together, women celebrate their unique diversity, while honoring the common divine feminine energy to foster self-growth and personal transformation.

Anger Management: Many different events can make someone angry. These may include:

- ***Internal events** such as perceived failures, injustices, or frustrations
- ***External events** such as loss of property or privileges, teasing, or embarrassment.

The goal of Thrive's anger management group is to teach individuals how to examine their triggers. It also helps people adjust how they look at situations. Participants can develop healthy ways to express anger and frustration. Anger management may benefit anyone seeking to improve their relationships with others.

Income Tax: Do you have a simple tax situation and need help filing your taxes? This CRA approved service allows us to book a brief in-person appointment with you at our office to get the process of filing your taxes started. Thrive operates a Community Volunteer Income Tax Program Clinic to file income tax returns both online and on paper (depending on the year(s) being filed); taxpayers can get printed summaries of their tax returns.

Birth Certificate: Assistance in obtaining the official document issued to record a person's birth, including such identifying data as name, gender, date of birth, place of birth, and parentage.

Art and Play for Wellness: This drop-in program is offered free of charge for community members to explore their creativity. New hobbies such as art, play or music support positive mental health and help form positive mind body connections.

Layette Program for parent(s) expecting: Every layette is created based on what donations are received. Each layette that is created is made with love and caring hands. Each layette will contain a sleeper, diaper shirt, receiving blanket, newborn diapers, and other items that may be needed when going to or coming home from the hospital.

Mind & Body Wellness: The concept of meditation is a practice that connects the mind and the body. Meditation can give you a sense of calm, peace and balance that can benefit both your emotional wellbeing and your overall health. Release the feel-good endorphins by joining our therapist and co-facilitator virtually every Tuesday at 11:00- 12:00pm.

Thrive Safety Club: Join Thrive Safety Club (TSC) as we form community connections! TSC hosts speakers, special events and discussions, and shares kudos by honoring the folks who help the community feel safe! Once a month the club walks the neighborhood to share treats and resources.

Public Health Nurse: Julia will be visiting our drop in on Mondays from 1:30-3:30 to connect with the community and answer any health questions/concerns you may have.

Referrals for: Housing - Mental health support - Family doctors

Assistance with: Applying for EIA/ Disability - Food security - Pregnancy tests/ counselling

Immunizations available: Tetanus – COVID – Flu – PneumoniaCa – HPV – Hepatitis - and more.

For more information about our free programs and services visit our website at: thrivecommunitysupportcircle.com