



Thrive

Community Support Circle

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Newsletter

SEPT 2025 EDITION

We're excited to share our very first newsletter in this new format—a fresh way to keep our community connected and up to date on everything happening at Thrive. Big thanks to Dan, our team member at the front desk, who has been busy helping us organize, gather info, and keep Thrive running smoothly. You'll probably see Dan as soon as you walk through the door—he's quickly become the "control centre" of Thrive, making sure everyone feels welcomed, supported, and pointed in the right direction.

This newsletter is for you—our Thrive community. Inside, you'll find updates on programs, stories from participants, creative highlights, and a peek at what's coming up this fall. September is all about new beginnings—back-to-school energy, fresh starts, and new opportunities to learn, heal, and grow together. We hope you enjoy the new format! Jess



**JESS SMITH (SHE/HER)
COMMUNITY ENGAGEMENT
AND FUND DEVELOPMENT**

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🌐 thrivecommunitysupportcircle.com

Connect with us!



CONSTRUCTION PROGRESS... HERE'S THE HIGHLIGHTS!

Our new home at 555 Spence Street is taking shape! The building is being designed with accessibility, safety, and community comfort at the heart of every detail—wide doorways, ramps, quiet spaces, cultural and program rooms, and more. This space will give us room to grow and offer even more room for counselling, programs, child-minding, food security supports, and wellness activities under one roof.

We can't wait to welcome you into this beautiful new space once it's complete. Stay tuned for more updates as we get closer to opening!



Opening in the spring!

THANKS TO OUR SUPPORTERS,
WE HAVE STARTED CONSTRUCTION

Scan

FOR MORE INFO!

Visit our website for more details about our programs and services, and how you can get involved!



UPCOMING EVENTS!

Thrive will be featured Saturday September 13th Kinsmen Jackpot Bingo game on CTV at 5:30 pm



Thrive
Community Support Circle
Big Building Party

Join us for a Community BBQ!
555 Spence St, Sept 19 | 1-3 PM
rsvp to admin@thrivewpg.com
Celebrate this milestone with our community!
Eat, connect, and dream about the future!
We are building this together.



“I am excited to share that construction on our new building is now underway. This milestone would not be possible without the generosity of our donors, the support of our sponsors, and the strength of our community partnerships.”

Rhonda Elias-Penner
she/her
Executive Director



Huge thanks to our friends at DCSP (Downtown Community Safety Partnership) for always looking out for our community.

“THE STORIES OF THRIVE...” HIGHLIGHTING THE WORK WE DO!

“I connect a lot with Thrive through Sue and Jenn over the phone. I don’t come in person regularly, but I really do appreciate the support I get from them. Sue helps with paper work, Jenn provides family support, and Krista has helped me with taxes and applications. They’re always there, checking in and giving guidance—it feels like I have a team I can rely on. In the Anger Management program, what I really like is that they don’t just let you talk—they actually give feedback to the group, which is important if you want to learn. They’re friendly, patient, and really accommodating. I also get support from other organizations, and Thrive works alongside them, almost like a partner. It’s great to have a place that connects with other services and helps me get everything I need.”

Why do we need a new building?

“The building could be more accessible. Sometimes things break down and having a reliable elevator would make a big difference. It would help wheelchair users, visually impaired people, parents with strollers—basically anyone with mobility challenges. Accessible spaces like this benefit everyone in the community. I’ve been visually impaired for eight years, and my partner is visually impaired too. We have three little children who are very young. Now that I know Thrive offers parenting classes, I would love to attend if they were more accessible. There are a lot of wheelchair users and visually impaired people in Manitoba, some of them parents, so making Thrive more accessible would be an overall great thing for the community.”



Victoria

MAKING A DIFFERENCE IN THE COMMUNITY

OUR NUMBERS

2,000 Lunches

In July we served over 2,000 lunches and 256 food kits



200 Visits

Thrive’s Community Drop In has seen up to 200 visitors a day!



250 Counselling Sessions

Our counsellors saw over 250 people in July 2025



WARM THANKS TO *Our supporters!*

Birchwood Auto Group, in collaboration with Brothers of the Fork Cycling Group and Bridge to Nowhere, generously donated a van that will help us extend our food security reach and bring supports directly to those who need them most.



WANT TO HELP YOUR COMMUNITY THRIVE? COME GET INVOLVED!

Volunteer With Us

Volunteers at Thrive play a key role in many areas—from preparing food hampers and supporting outreach, to helping with wellness programs, greeting visitors, and more!

Ask a Thrive team member for your application pack today (or visit our website for a digital copy!)



Support Through Donations

Whether it’s non-perishable food, baby supplies, or hygiene items, your in-kind donations go a long way in supporting families who walk through our doors each day. Every item makes a real difference!













Our Capital Campaign

We’re fundraising for a new, purpose-built facility at 555 Spence Street—and your financial support can help bring this vision to life! Every dollar brings us closer to a more accessible, welcoming space for our community. Help us reach our goal by March 2026!



3.5 M of our 4.5 M goal!

DONATE NOW

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
10:30 AM - 11:30 AM Women's Support Circle with Karlita & Tanya <i>(in Upstairs Room)</i>	11:00 AM - 12:00 PM Mind & Body Wellness with Sanda & Sue <i>(BIWEEKLY*, Online)</i>	10:30 AM - 11:30 AM Men's Support Circle with Regan & Steve <i>(in Upstairs Room)</i>	10:00 AM - 12:00 PM Artistic Wellness with Sue, Serena & Carly <i>(in Upstairs Room)</i>	*COMING SOON* COMMUNITY FIELD TRIPS <i>with Sue & The Drop-In Crew</i>
12:00 PM - 1:00 PM CLOSED FOR LUNCH	9:00 AM - 4:00 PM DROP-IN CENTRE CLOSED <u>ALL DAY</u> for Restocking Supplies and Community Outreach <i>(~10:30 AM AROUND KENNEDY/ELLICE)</i>	12:00 PM - 1:00 PM CLOSED FOR LUNCH		12:00 PM - 4:00 PM DROP-IN CENTRE CLOSED <u>AFTER 12PM</u> for Restocking Supplies and Community Outreach <i>(~1:30 PM AT 555 SPENCE ST)</i>
				
1:30 PM - 3:00 PM Pop-In Nurse Clinic with Julia <i>(in Drop-In)</i>	 	1:15 PM - 3:15 PM Anger Management with Sanda, Geoff & Sue <i>(in Upstairs Room)</i>	1:15 PM - 3:15 PM Circle of Security Parenting with Jen & Karen <i>(in Upstairs Room)</i>	 



DROP-IN SERVICES

Open Mon, Wed, Thurs and Fri

9:00 AM to 3:45 PM*

(closed 12PM - 1PM for lunch)

Food & Essentials

- Coffee / Lunch
- Food Hampers
- Baby Supplies
- Pet Food
- Clothing
- Hygiene Products



Communication & Tech Access

- Phone / Computer Access
- Free Wi-Fi Connect
- Printing, Copying & Faxing

Health & Harm Reduction

- Pregnancy / STD Tests
- Condoms
- Naloxone Kits
- Safer Use Supplies

COUNSELLING AND WELLNESS

Access to a team of in-house counsellors specializing in:

- Anxiety and Depression
- Substance Use and Addiction
- Domestic Abuse
- Managing Stress
- Self-Harm and Suicide
- Trauma and Loss

AND MORE

WRAPAROUND HELP WITH...

Applications and Paperwork

Birth Certificates
Health Cards
Housing / Rent Assist
EIA and Employment

Financial Empowerment

Income Taxes
Disability Tax Credits
Retirement Benefits

Family Services

Childcare Support
CFS Liason
Parenting Programs
Layette Kits

COMMUNITY OUTREACH VISITS

Our team visits shelters, encampments, park benches, bus stops — and anywhere else folks may need a hand — to offer **food, clothing, and care** every Tuesday and Friday.

* Last visits to Drop-in start at 3:30pm, to close 3:45pm.
Drop-in closed Fridays after 12PM for Community Outreach.