

Interagency



SEPTEMBER
2021



A MONTHLY UPDATE



**NEXT
INTERAGENCY
MEETING:**

**OCTOBER 20
10:30 AM**

Jody Carrington

WE'RE ALL JUST HERE, WALKING EACH OTHER HOME.

It was such a privilege to have Dr. Jody Carrington with us for September's Interagency meeting. She spoke into our lives as individuals, and as community workers. We hope you left feeling encouraged, refreshed, and recharged! Here's a couple of quotes and key points that stood out to us.

We're wired for connection - and we've never been so disconnected.

When you are acknowledged, you will rise!

You can't fix something you don't address.

Mad is sad's bodyguard.

Emotional regulation is key. And, you can't just teach it - you have to show it.

We can't get to the next place until we acknowledge these two key steps:

1) BE KIND 2) DON'T TOLERATE BULLSHIT

Connection is the easy part. Reconnection is hard. Staying connected after it gets hard - that's where the most successful among us live.

Reconnect:

1) to my people 2) to my breath 3) walking my why

Passion rides shotgun with purpose. When you're clear on the why, passion flows.

CHECK OUT THE BLOG!

<https://www.drjodycarrington.com/blog/>



CHURCH OF GOD

Upcoming Event

Car Care Sunday: free car wash and oil change for single moms and widows. Coffee and snacks will be provided. Limited spots available, so please apply via the attached application, or pick up a paper application at the Church of God office.

WETASKIWIN COMMUNITY HEALTH CENTRE

Upcoming Virtual Programs:

- Goodbye Mealtime Struggles
- Online Infant Nutrition
- Staying Strong and Healthy as We Age
- Growing Your Baby: What to Eat During Pregnancy



NATIONAL DAY OF TRUTH AND RECONCILIATION

WETASKIWIN FCSS

For Canada's National Day for Truth and Reconciliation (September 30th) - we at FCSS are honored to host a "reconcili-action" activity - bringing Indigenous and non-Indigenous people together, creating awareness, and strengthening relationships.

This community activity will continue the conversation around trauma and sacrifices, honor the victims of residential schools, and celebrate the survivors. We want to continue learning and reflecting on this chapter, and we'd love for you to join us.

Head to our FCSS Facebook page to participate, and share our post!





ALBERTA HEALTH SERVICES

Eating Well When Fatigued

A registered Dietitian and an Occupational Therapist, in collaboration with the Wellness Kitchen at South Health Campus put on this program. Now that it is offered virtually, any Albertan can join!

TURNING POINT

Stay informed on harm reduction services and programs as they impact communities throughout Central Alberta. Joining this mailing list will also let you know how you can get involved in the essential work that Turning Point does through volunteer & employment opportunities, events, fundraisers, and more!

<https://turningpoint-ca.org/newsletter/>

