

Wild Rose Community Connections is reaching out to our Foothills communities

www.wildrosecommunityconnections.com Check out the Caring Connections page



“Caring Connections” Program

Contact us at **403 437-4984 Monday – Friday 10:00 – 5:00** or by email at admin@wildrosecc.com

Caring Connections is an *Emotional Safe Spot* for anyone feeling disconnected, alone or just need to chat. We hope we can make your day a little bit brighter and help connect you to other resources.

We want to hear from you so that we can be here for you!

What can you expect from “Caring Connections”



- **Individuals** - Check in and have a conversation about how things are going. We can start with a “How’s Your 5” check in: How is your Work, Love, Play, Sleep and Eat going? Then we can go from there and have daily or weekly check ins and chats if you want to continue the conversations.
 - **Seniors** – We have a real soft spot for supporting our seniors in our community. Join our “Soup for the Soul” club and have a volunteer come for a visit and leave you with some Soup and a Bun (and some other goodies) to enjoy later. We can also have your groceries delivered to you. We would love to hear your experiences & wisdom and share them on our website.
 - **Youth** – **LUNCH in a CRUNCH** Text 403 813-9819 and type in LUNCH. We will connect with you and let you know where to pick up your free lunch. Available all summer long!
- **Families** – Parenting is a daily adventure complete with daily challenges. We all need a little help every now and then. We can help get more smiles from the kids!



Nobody’s Perfect -1:1 Parent Support and Groups for parents with children 0 -5 years.



Smarter Parenting – Support and strategies for parents of children 3 -18 years to create more harmony in your home.



- **Food Security Resources** for **Families, Seniors, Youth, Individuals** - We will help connect you with food resources in your community.
- **Connections to Resources** - Connect you to other local agencies and resources who may be able to address your other needs.