



FCSS CORNER

LOTS HAPPENING THIS MONTH

FCSS Kindness Campaign Continues:
- It's Cool to be Kind,
everyone has a story.

- You can play along with our monthly challenges, or come up with your own, and if someone has helped you, we would love to hear about it!
- **Kindness challenge for January:** Be kind, to yourself, by finding the humor and laughter in life, even in the midst of very tough times. Laughing relaxes your whole body, relieves physical tension, boosts your immune system and it releases endorphins! Not much to laugh about you say. Try watching funny videos or come up with your own, share it with family and friends and literally laugh out loud.

New to FCSS – Free Monthly Activity Bags!
First come first serve, One per household, can be picked up 9am-3pm weekdays at the FCSS office.
Check out this month's theme: Bringing in the New Year

“ Like US on The Town of Fairview Facebook page or check out our website for upcoming events! ”

FUN FACTS

- FCSS responds to social issues by helping individuals and families before they reach a crisis point
- Albertans feel a sense of belonging, meaning, security and control over their lives through FCSS programs and services
- With overall support for those struggling with mental health, addictions, homelessness, social isolation, poverty, and violence, FCSS can show measurable results for short term and long-term goals
- FCSS strategically invests in programming that helps to reduce crime, reduce health care dependency, reduce employment barriers for vulnerable Albertans and enhance our economy
- Businesses are more likely to locate in a community with a strong healthy work force and positive social conditions. FCSS is creating healthy communities that attract new and diverse businesses

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