

IT'S COOL  
TO BE  
*kind*

Everyone has a story.



# 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 Feb.: **Thank someone every week.** Write fifty-two thank you notes each year, one every week to a different person. Gratitude improves relationships, physical health, self-esteem, and your mindset. Start an annual gratitude tradition and write fifty-two thank you notes, one for every week of the year. You will feel great. The recipients will feel great. And the world will be a little kinder.

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

### FEBRUARY CALENDAR

#### AHS Caregiver Education Team Free Online Sessions

Numerous sessions offered  
Online by Zoom | [cyfcaregivereducation.ca](http://cyfcaregivereducation.ca)

#### Peace Region Family Resource Network Free Activities

Numerous activities offered  
In-person/Online | 780.624.0770

#### Storytime with the Library

Wednesdays | 10-10:30am/2-2:30pm  
Fairview Public Library | 780.835.2613

#### Primary Care Network Seniors Center without Walls

Friendly conversation & activities.  
Numerous sessions/times  
Phone/Online | 780.395.2626

#### Family Day Movie Night

Bags available for pickup  
Feb. 16 until supplies last | 8:30-4:30  
FCSS/ Town of Fairview Office  
780.835.5471

#### Fairview FCSS Community Volunteer Income Tax Program

March 1-April 15 | 8:30-4:30  
Fairview FCSS Office  
780.835.5471

The events listed in this calendar are subject to change without notice. As such please contact programs directly for further information. Do you or your organization have an event coming up that could use some promotion? Contact us, we would be happy to include it in next months column: [780.835.5471](tel:780.835.5471) email: [fcss@fairview.ca](mailto:fcss@fairview.ca)

### New to FCSS - Free Monthly Activity Bags!

February: Family Day Movie Night

First come first serve, One per household,  
Pick up 8:45am-3:15pm weekdays at FCSS.

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