



## INSIDE THIS ISSUE:

# June

## 2023 NEWSLETTER

### Interagency

Welcome to  
St Paul Regional  
FCSS Interagency.  
We promote the free  
exchange of information,  
concerns and solutions  
among human service  
organizations in  
our community.  
We will act as a body to  
facilitate collaboration  
among members with  
common goals.

780-645-5311  
5002-51 Ave, St Paul

**NEXT MEETING**  
**Tuesday Sept 12th**  
**@ 10 am**  
Please RSVP.



## Prevention & Awareness

P2... Seniors Week  
P3... You've been Flocked  
P4... St Paul Men, Let's Talk  
P5... Support for Seniors  
P6... Pop Up Block Party  
P7... Community Awareness  
P8-10... Kids Summer Camps  
P11... Action for Happiness Calendar  
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P13-22... St Paul April Events  
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P24-32... Elk Point April Events

## Stay Informed

P32-38... FASD

## Health & Wellness

P39... City University Counselling  
P40... Indigenous Healing  
P41... Alzheimer Society Support Group  
P42-45 ... Alberta Health Services  
P46-47... Seniors Without Walls  
P48... Alberta Brain Injury

## For Your Development

P49... Class 3 Driver Training  
P50... Head Start Registration  
P51... Social Media Mastery  
P52... Youth Webinar  
P53... Chamber of Commerce Membership  
P54-55... Rural Family Law Help

## Ways to Connect

P56... Canada Day  
P57-59... TWB Teen Camp  
P60... St Lina Sale  
P61... Volleyball Tournament  
P62... Mallaig Madness  
P63... Yoga Fundraiser  
P64... True Colourz Fest  
P65... Mannawanis Native Friendship Centre  
P66... Day of Friendship  
P67... Red River Cart Unveiling Ceremony  
P68... Rodeo Kick off Party  
P69... Animal Shelter Fundraiser  
P70... Farmer's Day Golf Tournament  
P71... Museum is Open  
P72... Year end Picnic  
P73-76... St Paul Library Events  
P77-78... Jumpstart Fundraiser

Let's  
**CELEBRATE**  
**SENIORS'**  
**WEEK**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JUNE 5	JUNE 6	JUNE 7	JUNE 8	JUNE 9
<b>ST PAUL</b>	<b>HEINSBURG</b>	<b>MALLAIG</b>	<b>ELK POINT</b>	<b>ASHMONT</b>
REC CENTRE	SENIORS CENTRE	SENIORS CENTRE	SENIORS CENTRE	LEGION

Inviting all Seniors (55+) to celebrate "you" during our Seniors' Week. Come connect, laugh & learn with St. Paul Regional FCSS. Guests include: Community Youth, Sunshine Yoga, Alberta Health Services & more.

**Refer to schedule above for days & locations. Light lunch provided.**

**11 am-1 pm**

**REGISTER**

**Call 780-645-5311**



**PROMOTING A SENSE OF COMMUNITY!**

# YOU'VE BEEN FLOCKED

Is there someone you wish to celebrate or want to let know that you're thinking about them?

## Let us help you out.....

Call us to book your "flock of happy pink flamingos"! We will set up and take down the flock safely at the town location of your choice along with a personalized door hanger explaining why your person has been flocked.

Connect with us  
780-645-5311



St. Paul Regional  
Family and Community  
Support Services



# ST PAUL MEN, LET'S TALK

*Invites you to join us*

EVERY 3RD TUESDAY  
OF THE MONTH  
NEXT MEETING  
JUNE 20  
7:30PM

*We will have an open  
discussion on opportunities to  
grow our group and better our  
Mental Health, together.*

**FREE**

FCSS Boardroom  
5002-51 Ave

FOR MORE INFO CALL  
780-933-6468



St. Paul Regional  
Family and Community  
Support Services

# financial ● Support for Seniors ● aging in place

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DO YOU:

- live in a single detached home?
- have a single income of \$34,630 or less or a double income of \$53,120 or less?
- need help to pay for yard work, house keeping, snow removal, drivers exams, electrical bills, water bills, gas bills, property taxes or other items that will keep you in your home?

## we want to HELP!

Connect with us for more information and details on this temporary assistance project acquired to help seniors age in place and thrive in our community.

## 780-645-5311



Promoting positive relationships & connections for families  
to their community in a fun & safe way.



**Want to CONNECT with your  
neighbours but don't know  
where to start?**

Let us throw a block party on your behalf right  
on YOUR street! Submit your details by **July 10th**  
and we will do the rest. The winning location will  
receive invitations to attend YOUR  
neighbourhood block party. No cost to attend.

We will bring food, games & fun so you can  
connect & engage with those living close to you.

Call 780-645-5311 for more details.

**Thursday**  
**July 27, 2023**  
**5PM-7PM**  
**Your Street!**

*Lakeland*

FAMILY RESOURCE NETWORK



**Submissions**

 **780-645-5311**

 **bbillo@stpaul.ca**



# SAVE THE DATE

## COMMUNITY AWARENESS

night **St Paul &  
Elk Point**

join us

for an exciting evening where organizations are on hand to promote, register members and discuss their role in our community. Community Awareness Night is FREE to the public and brought to you by St Paul Regional FCSS.

**WEDNESDAY  
SEPT 13/23  
5-8 PM**

ST PAUL REC CENTRE 4802 53 ST

Call **780-645-5311** for more information or to reserve your community organization table.

**TUESDAY  
SEPT 5/23  
6:30-8:30 PM**

ALLIED ARTS CENTRE 4605-57 AVE

Call **780-724-3800** for more information or to reserve your community organization table.



# KIDS *summer* CAMP

EVERY MONDAY AND WEDNESDAY  
10AM TO 2PM

STARTING  
*July 10*

FREE DAY  
CAMP FOR 6  
WEEKS  
AGES 7-12

WE FOCUS ON BUILDING BETTER  
BRAINS THROUGH PLAY & SKILL  
DEVELOPMENT

ASHMONT AG SOCIETY

FOR MORE INFORMATION CONTACT BROOKE OR HELEN  
AT 780-645-5311



REGISTER THROUGH EMAIL AT  
[BDECHAINED@TOWN.STPAUL.AB.CA](mailto:BDECHAINED@TOWN.STPAUL.AB.CA)

# KIDS summer CAMP

EVERY TUESDAY AND THURSDAY  
10AM TO 2PM

STARTING  
*July 11*

FREE DAY  
CAMP FOR 6  
WEEKS  
AGES 7-12

WE FOCUS ON BUILDING BETTER  
BRAINS THROUGH PLAY & SKILL  
DEVELOPMENT

MALLAIG HALL

FOR MORE INFORMATION CONTACT BROOKE OR HELEN  
AT 780-645-5311



REGISTER THROUGH EMAIL AT  
[BDECHAINED@TOWN.STPAUL.AB.CA](mailto:BDECHAINED@TOWN.STPAUL.AB.CA)

# KIDS *summer* CAMP

JULY 14, 28, AND AUGUST 4, 11



**FREE DAY  
CAMP**

**AGES 7-12**

**WE FOCUS ON BUILDING BETTER  
BRAINS THROUGH PLAY & SKILL  
DEVELOPMENT**

**FERGESON FLATS HALL**

**FOR MORE INFORMATION CONTACT BROOKE OR HELEN  
AT 780-645-5311**



**REGISTER THROUGH EMAIL AT  
BDECHaine@TOWN.STPAUL.AB.CA**

# Jump Back Up July 2022



MONDAY

TUESDAY

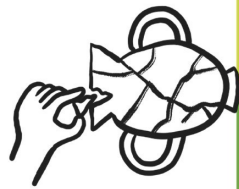
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



4 Find something to look forward to today

5 Get the basics right: eat well, exercise and go to bed on time

6 Pause, breathe and feel your feet firmly on the ground

Shift your mood by doing something you really enjoy

8 Avoid saying "must" or "should" to yourself today

9 Put a problem in perspective by seeing the bigger picture

10 Reach out to someone you trust and share your feelings with them

11 Look for something positive in a difficult situation

12 Write your worries down and save them for a specific 'worry time'

13 Challenge negative thoughts. Find an alternative interpretation

14 Get outside and move to help clear your head

15 Set yourself an achievable goal and take the first step

16 Find fun ways to distract yourself from unhelpful thoughts

17 Use one of your strengths to overcome a challenge today

18 Let go of the small stuff and focus on the things that matter

19 If you can't change it, change the way you think about it

20 When things go wrong, pause and be kind to yourself

21 Identify what helped you get through a tough time in your life

22 Find 3 things you feel hopeful about and write them down

23 Remember that all feelings and situations pass in time

24 Choose to see something good about what has gone wrong

25 Notice when you are feeling judgmental and be kind instead

26 Catch yourself over-reacting and take a deep breath

27 Write down 3 things you're grateful for (even if today was hard)

28 Think about what you can learn from a recent problem

29 Be a realistic optimist. Focus on what could go right

30 Reach out to a friend, family member or colleague for support

31 Remember we all struggle at times - it's part of being human



ACTION FOR HAPPINESS

Happier · Kinder · Together



FAMILY RESOURCE NETWORK

5002-51 Ave, St. Paul, AB

**Call: 780-645-5311**

**Text: 780-614-1941**

**lakelandfrn.ca**



**st.paul\_fcsc**



**St. Paul Regional FCSS &  
Family Resource Network**

Child Development & Well Being

**Ages 0-6- PURPLE**

**Ages 7-18- GREEN**

Caregiver Capacity

Building/Parenting Classes

**ORANGE**

Community Event

**BLACK**

# JUNE

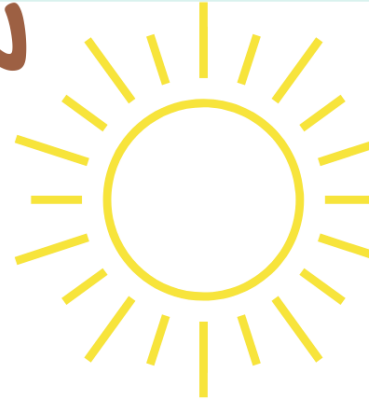


MON	TUE	WED	THU	FRI
			1 Buggies on the Block 1:30pm-3:30pm drop in	2 Rhymes That Bind 10am-12pm drop in
5 Car seat Clinic 2pm-4pm register	6 Traditional Teachings 10am-11:30am register	7 Triple P Tip sheet "Potty training" 10am register	8 Dungeons & Dragons 6pm-8pm register	9 Art in the Park at Lagasse Park 10am-12pm drop in
12 Fine Motor Fun 2pm-3:30pm drop in	13 Mallaig Moms & Tots 9:30am-11:30am Run, Jump, Skip 10am-12pm drop in	14 Home Alone 3:30pm-5:30pm register	15 Ashmont Moms & Tots 10am-12pm Buggies on the Block 1:30pm-3:30pm drop in	16 Father's Day Craft 10am-12pm register
19 ASQ Screening 10am-12pm register Youth Yoga in the Park 4:30pm-5:30pm register	20 Home Alone 3:30pm-5:30pm register	21 Icky, Sticky, Messy 10am-12pm drop in	22 Buggies on the Block 1:30pm-3:30pm drop in Run, Jump, Skip 6pm-7:30pm drop in	23 Unveiling of Red River Cart at Lagasse Park 10am-1pm <i>See attached poster</i>
26 No Program	27 No Program	28 No Program	29 No Program	30 No Program



# BUGGIES ON THE BLOCK

**JUNE 1, 15 & 22**  
**1:30PM-3:30PM**  
(weather permitting)



MEET IN THE EAST PARKING  
LOT OF LAGASSE PARK  
STRAIGHT SOUTH OF  
REGIONAL HIGH SCHOOL.

PUT IN STEPS WITH US  
WHILE WE ANSWER ANY  
PARENTING QUESTIONS  
YOU MAY HAVE.



*Lakeland*

FAMILY RESOURCE NETWORK

# **ASQ SCREENING**

**MONDAY JUNE 19  
10AM-12PM**



**IS YOUR CHILD  
MEETING THE  
DEVELOPMENTAL  
MILESTONES?**

**30 MIN APPOINTMENTS  
FOR AGES: 2 MONTHS-60  
MONTHS**

**CALL 780-645-5311**

## **WE WILL CHECK.....**

**COMMUNICATION  
FINE MOTOR SKILLS  
GROSS MOTOR SKILLS  
PROBLEM SOLVING  
PERSONAL-SOCIAL  
SKILLS  
SOCIAL EMOTIONAL**

**MAKE AN  
APPOINTMENT TO FILL  
OUT THE  
QUESTIONNAIRE,  
RECEIVE  
INFORMATION AND  
REFERRALS AND  
ACCESS OTHER  
PROGRAMS WE OFFER!**

*Lakeland*

FAMILY RESOURCE NETWORK

# FREE CAR SEAT CHECKUP



Get your seat checked by a certified technician. Learn how to properly install your child's car seat or booster seat. Find out if it's time for a **CHANGE**.

**JUNE 5**

**2PM - 4PM**

When used correctly, child safety seats can reduce the risk of fatal injury by **71%** & the risk of serious injury by **67%**.

**FCSS 5002-51 Ave  
by APPOINTMENT-  
call 780-645-5311**



**St. John Ambulance**

*Lakeland*

FAMILY RESOURCE NETWORK



**St. Paul Regional  
Family and Community  
Support Services**

**Snacks Provided!**

**AGES 12 - 18**

**DUNGEON MASTER  
IN ATTENDANCE**



# **DUNGEONS & DRAGONS**

**Thursday, JUNE 8  
6pm - 8pm**

**Connect with friends  
and learn a new game**

LFRN Centre 5002 - 51ave  
To register call 780-645-5311

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FAMILY RESOURCE NETWORK

# FATHER'S DAY



**FATHER'S DAY CRAFT**

**JUNE 16**

**10AM-12PM**

**LFRN CENTER 5002 - 51AVE  
CALL 780-645-5311 TO REGISTER**



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FAMILY RESOURCE NETWORK

# Join us as we discover **Traditional Teachings** with Jan Tailfeathers

**Tuesday, June 6  
10am - 11:30am  
at the Lakeland Family Resource Network  
5002-51 Ave**

**We will learn through stories,  
interactive play and crafts  
once a month!**

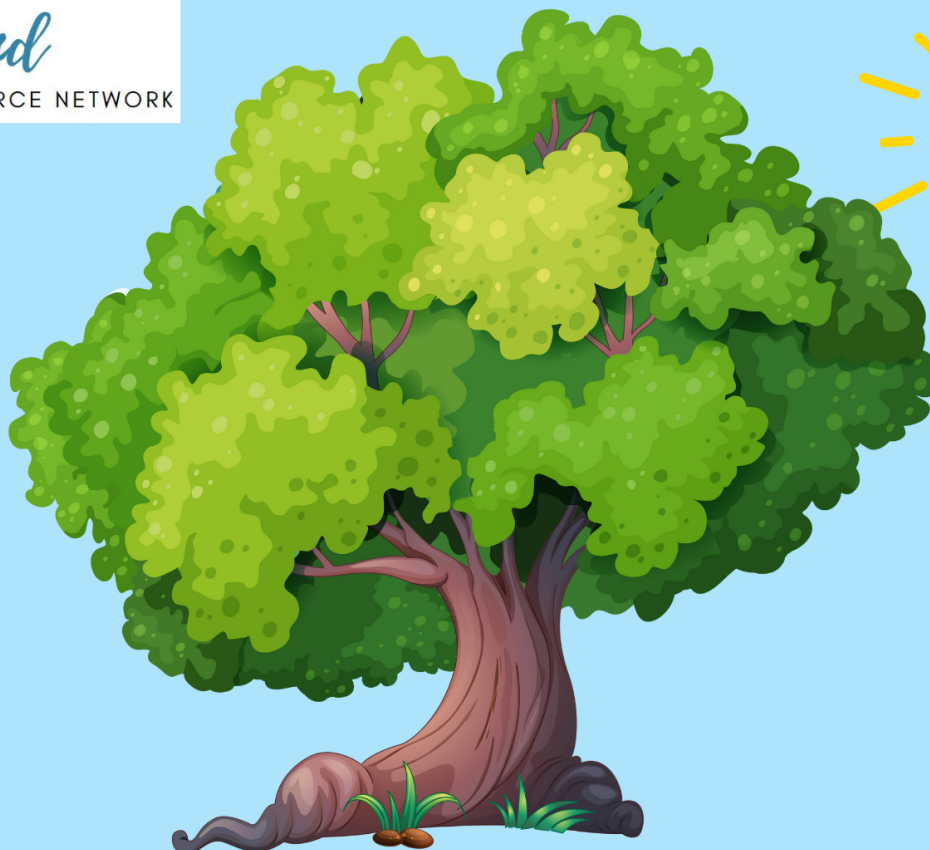
For children and youth

**Call 780-645-5311 to register**



Lakeland

FAMILY RESOURCE NETWORK



# YOGA

in the park

**JUNE 19**

**4:30pm - 5:30pm**

**at**

**Lagasse Park**

(grassy area by the toboggan hill)

**Youth ages 12yrs+**

**Call to Register 780-645-5311**

Lesley will be guiding us in  
the physical, mental and  
emotional benefits of Yoga.

Cultivating Kindness,  
Compassion, Awareness and  
Acceptance





# TRIPLE P

## TIPSHEET

JUNE 7

AT 10 AM

### POTTY TRAINING

Register Now!

frn@town.stpaul.ab.ca or call  
780-645-5311

*Lakeland*  
FAMILY RESOURCE NETWORK





# Evening RUN, JUMP, SKIP

JUNE 22 6pm-7:30pm  
ACFA Gym (4617-50 ave.)

**\*\*The doors will be locked at  
6:15pm, please arrive between  
6pm-6:15pm.**

Call 780-645-5311 for more info



*Lakeland*

FAMILY RESOURCE NETWORK



# RUN, JUMP, SKIP

**JUNE 13**  
**10am - 12pm**  
**ACFA Gym (4617-50 ave.)**



Call 780-645-5311 for more info



*Lakeland*

FAMILY RESOURCE NETWORK



FAMILY RESOURCE NETWORK

4906A 48 St, Elk Point, AB  
**Call: 780-724-3800**  
**Text: 780-614-1941**  
**lakelandfrn.ca**



st.paul\_fcss



St. Paul Regional FCSS &  
 Family Resource Network

Child Development & Well Being

Ages 0-6- PURPLE

Ages 7-18- GREEN

Caregiver Capacity

Building/Parenting Classes

**ORANGE**

Community Event

**BLACK**

# Elk Point Location

JUNE					MON	TUE	WED	THU	FRI
Elk Point Office								1 Youth Group 3:30-5:30pm ages 7+ cup of Lego challenge	2 Rhymes that Bind 10am-12pm ages 0-6
					5 Read & Roll 10-11am (must be registered)	6 Office Open 8:30am-4:30pm	7 Office Open 8:30am-4:30pm	8 Seniors Day Elk Point No Youth Program	9 Fine Motor Fun 10am-12pm ages 0-6
					12 Read & Roll 10-11am (must be registered)	13 Office Open 8:30am-4:30pm	14 Office Open 8:30am-4:30pm	15 Youth Group 3:30-5:30pm Fathers Day Craft ages 7+ Fathers Day Craft 10am-12pm ages 0-6	16 No Programming
					19	20 Office Open 8:30am-4:30pm	21 Office Open 8:30am-4:30pm	22 Youth Group 3:30-5:30 pm Outdoor Games ages 7+	23 Story Time & Craft 10am-12pm ages 0-6
					26	27 Office Open 8:30am-4:30pm	28 Office Open 8:30am-4:30pm	29 Youth Group 3:30-5:30pm Cardboard Looms ages 7+	30 Let's Build with Blocks 10am-12pm ages 0-6

# LET'S

# BUILD

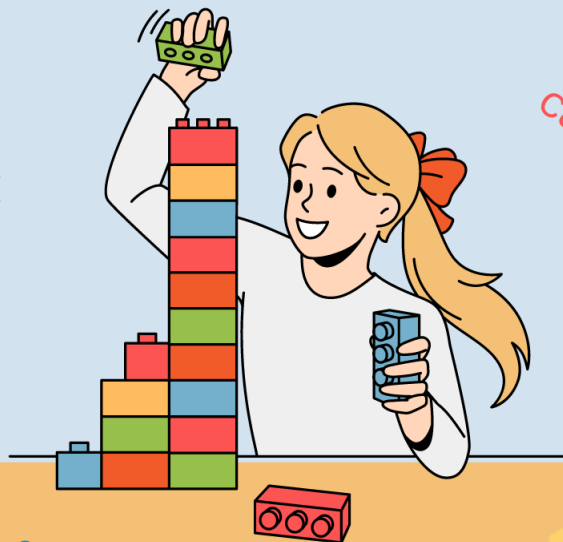
AGES 0-6

**June 30th, 10am-12pm**

**Elk Point FCSS location, 4906-48st**  
(please call 780-724-3800 to register)

We can  
work  
together

Let's see  
what we  
can create



*Lakeland*

FAMILY RESOURCE NETWORK



# Story and Finger Puppet

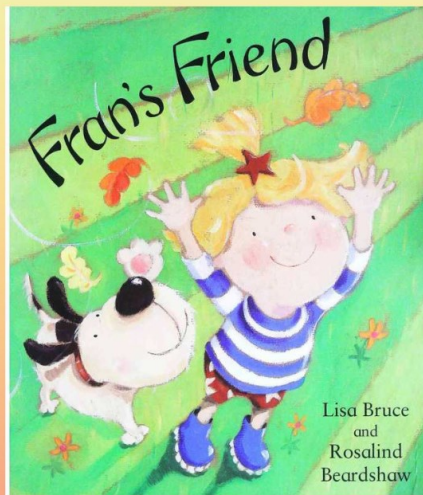
AGES 0-6

June 23, 10am-12pm

Elk Point FCSS location

4906-48st

(please call 780-724-3800 to register\_)



*Lakeland*

FAMILY RESOURCE NETWORK



# FINE MOTOR FUN



**Developing fine motor skills through play**



**Join us on June 9th**

**10am - 12pm**

**for ages 0-6yrs**

**Call 780-724-3800 to register**

**FCSS OFFICE 4906-48 ST**

*Lakeland*

FAMILY RESOURCE NETWORK



Elk Point Location

**HAPPY**  
*father's day*  
**June 16, 10am-12pm**

**Elk Point FCSS location, 4906-48 St**  
(please call 780-724-3800 to register)

**Let's make a craft for dad!**

**AGES 0-6**



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**fcss**

St. Paul Regional  
Family and Community  
Support Services

# YOUTH GAMES

June 22



3:30-5:30pm at  
FCSS Elk Point Location 4906-48st

Ages 7+  
Please call 724-3800 to register



Outside games  
(Weather Permitted)

enjoy friendly competition



HAVE FUN!!

Lakeland

FAMILY RESOURCE NETWORK

# Rhymes That Bind



**Join us for our free singing  
program for Ages 0-6**

**June 2, 10am-12pm  
at FCSS Elk Point location 4906-48ST  
(please call 724-3800 to register)**

**This program introduces parents to  
various ways they can support their  
child's early literacy and language  
experiences. This helps promote  
healthy family relationships.**

**Call 780-724-3800 to register**



*Lakeland*  
FAMILY RESOURCE NETWORK

 **fcss**  
St. Paul Regional  
Family and Community  
Support Services

# Cardboard Looms

AGES 7+

June 29th, 3:30-5:30pm

Elk Point FCSS location

4906-48ST

(please call 780-724-3800 to register)



Lakeland

FAMILY RESOURCE NETWORK

A top-down view of a light blue surface decorated for Father's Day. In the center is a white mug filled with coffee. To the top left is a dark blue gift box with white polka dots. To the top right is a white gift box with a blue ribbon. Scattered around are blue stars, brown chocolate chips, a brown paper mustache, and a round cake decorated with orange icing, blue stars, and a chocolate chip. A dark blue bow tie with white polka dots is at the bottom right.

HAPPY  
*Father's Day*

June 15, 3:30-5:30pm  
Elk Point FCSS Location

Please call 780-724-3800 to register  
Let's get together and create a gift for  
dad's or a special person in your life!

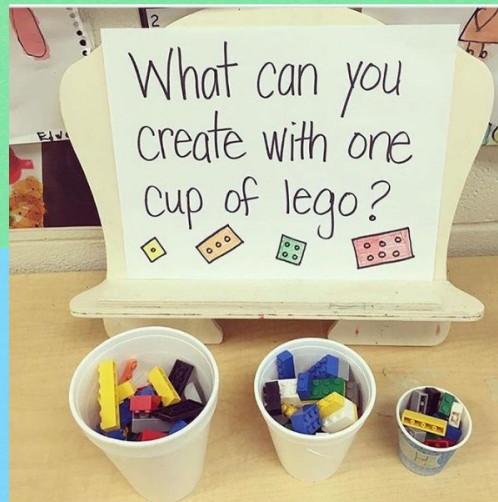
# Lego Cup Challenge

Ages  
7+

June 1st 3:30-5:30pm

Elk Point FCSS Location

Please call 780-724-3800 to register.





Mocktail magic is a service of the Lakeland Centre for FASD that promotes prevention, education, and awareness about prenatal alcohol exposure.

Book us for graduations, business celebrations, holiday events or any special occasion you want to provide non-alcoholic beverages for your guests.

To book your Mocktail magic event, please contact the Lakeland Centre for FASD at 780-594-9905 or email [admin@lcfasd.com](mailto:admin@lcfasd.com).





## Lakeland Centre for FASD Service

### Prevention

**Prevention Conversation—** Is a Shared Responsibility' focusing on engaging communities in *conversations* about drinking during pregnancy or drinking before a woman even knows she is pregnant.

**2nd Floor Women's Recovery—**Is a unique long-term, fee-for-service residential substance use treatment program, exclusively for women. Priority is given to women who are pregnant, or at risk of getting pregnant based on their lifestyle choices. You do not have to be pregnant to attend.

**Mother's to Be Mentor Program—** A free, non-judgemental voluntary support program for women who are pregnant or have recently given birth and used alcohol or drugs at anytime during their pregnancy.

**Training/Awareness—** Training and education in all aspects of FASD. Training is tailored to meet the specific needs of the audience. Training available in all communities.

**Mocktails—** Hire the Lakeland Centre to host a "Make Mine a Mocktail" for a non-alcoholic alternative for your event.

### Diagnostics

**FASD Diagnosis and Assessment—** Mobile multidisciplinary teams provide assessment and diagnosis for children, youth and adults who were prenatally exposed to alcohol.

### Intervention/Outreach

**Post Diagnostic and Outreach Services—** Providing individuals who have an FASD diagnosis, their caregivers and support systems with community connections, advocacy and guidance across the life span.

**Employment Services—** Designed for persons aged sixteen and older, who have been diagnosed with FASD or are clients of LCFASD. The goal is to enhance skills and abilities, pursue appropriate employment goals, increase self-reliance and community participation. The program runs throughout the Lakeland area. Please call for dates and locations.

**Transition Services—** Transition Coordinators work with adolescents and young adults to build a plan for the future. Transition Planning involves goal setting, creating a plan and determining what supports an individual may need as they transition from one phase of life to another.

**Caregiver Support Groups—** LCFASD supports caregivers by holding regular support groups where caregivers can come together to talk about their experiences with people who will understand in a judgement-free space.

**Summer Camp—** Since 2006 The LCFASD has been hosting week-long overnight camps that have given children with FASD the chance to have an unforgettable positive summer camp experience

**For more information on all of our services please contact us at**

**Phone: 780-594-9905**

**Toll free: 877-594-5454**

**Or visit our new website [www.lcfasd.com](http://www.lcfasd.com)**

#### LCFASD Offices:

**Cold Lake: 4823 50 St. Cold Lake**

**Lac La Biche: 10117 102 Avenue Lac La Biche**

**St. Paul: 4707 50 Avenue St. Paul**

**Bonnyville: C2 Centre Second Floor Bonnyville**

# WE ARE **HIRING** JOIN OUR TEAM

open positions



- ✓ Program Manager
- ✓ Cultural Liaison
- ✓ Casual Frontline



[www.lcfasd.com](http://www.lcfasd.com)

**SEND YOUR RESUME TO :**

✉ [sthir@lcfasd.com](mailto:sthir@lcfasd.com)



# JUNE EMPLOYMENT WORKSHOPS

FIRST STEPS TO EMPLOYMENT

Thursdays from 10:00am-12pm

4823 50th Street, Cold Lake

\*Virtual Option Available\*

## WEEKLY TOPICS

June 1, 2023

Employability Skills

June 8, 2023

Goal Setting

June 15, 2023

Skills and Strengths

June 22, 2023

Resume Building

June 29, 2023

Work Readiness

## CONTACT



780-594-9905



admin@lcfasd.com



www.lcfasd.com



4823 5th Street, Cold Lake



WHO: Individuals with FASD or possible FASD

WHAT: Enhance skills, pursue appropriate employment goals, increase self-reliance and community participation

WHEN: Every Thursday from 10am-12:00pm

WHERE: 4823 50th Street, Cold Lake

FOR MORE INFORMATION PLEASE CONTACT:

780-594-9905

The Province of Alberta is working in partnership with the Government of Canada to provide employment support programs and services

Canada

Alberta



DONATE TODAY  
www.lcfasd.com



# CHANGE A LIFE

SPONSOR A KID TO GO TO CAMP  
CHARITABLE TAX RECEIPTS ISSUED  
ALL DONORS WILL RECEIVE A THANK YOU CARD FROM  
THE SPONSORED CHILD

COST PER CHILD: \$500



## Lakeland FASD Summer Camp

### Lakeland FASD Summer Camp

It is important for all children to have camp opportunities and positive experiences without the fear of rejection. Join the excitement this summer at Lakeland FASD Summer Camp! It is our long term goal that our children will discover positive life experiences and develop social skills.

The camp is designed to offer opportunities to encourage new hobbies and build positive support systems. The children will be involved in a variety of crafts and activities including water sports and exploration of the environment, which will be both entertaining and educational. Through routine and repetitive responsibilities, we will be teaching daily living skills.

It is our focus to provide a fun and safe environment where children with FASD can be themselves.



### Benefits of Attending Camp

Children attending the Lakeland FASD Summer Camp will have the fantastic opportunity to meet others and create life long friendships. They will discover new and exciting hobbies while learning important life skills. Above all, children attending camp will have a positive and enjoyable camp experience!

### Key Activities

Horse grooming & painting	Arts & Crafts
Swimming & water games	Cooking
Outdoor games	Yoga
Cultural experiences	Drumming
Nature adventures	Kayaking

### Eligibility

- Diagnosis of FASD
  - Can be from anywhere in Canada
- The Lakeland Centre for FASD reserves the right to refuse to accept any application.

### Registration Information

The Lakeland Centre for FASD will be hosting 6 week long camps between July and August. The camp is held at our camp facility located in French Bay M.D. Park Recreation Area on Cold Lake, Alberta.

Camp fees are \$500. Families that may wish to consider assistance can connect with the centre for options.

Children who wish to attend must submit an application to the Lakeland Centre for FASD. Application packages are available at [www.lcfasd.com](http://www.lcfasd.com), ask your Outreach Worker or call the LCFASD Main Office at 1-877-594-5454.

**Applications will be accepted on a first come first serve basis until camps are full.**

### Camps:

- Camp #1 (Girls 7-10)
- Camp #2 (Boys 7-10)
- Camp #3 (Girls 11-13)
- Camp #4 (Boys 11-13)
- No Camp
- Camp #5 (Girls 14-17)
- Camp #6 (Boys 14-17)

Dates can be found at:  
[www.lcfasd.com/summer-camp/](http://www.lcfasd.com/summer-camp/)  
Dates subject to change

We look forward to seeing  
you at the Lakeland FASD  
Summer Camp!



Women's Recovery Centre

## **2nd Floor Women's Recovery Centre**

A unique long-term live in treatment program for women throughout Alberta

- Holistic Approach
- Harm Reduction Model
- Individual Recovery Plans
- Specializes in women who are pregnant



[www.lcfasd.com](http://www.lcfasd.com)



780-594-9903

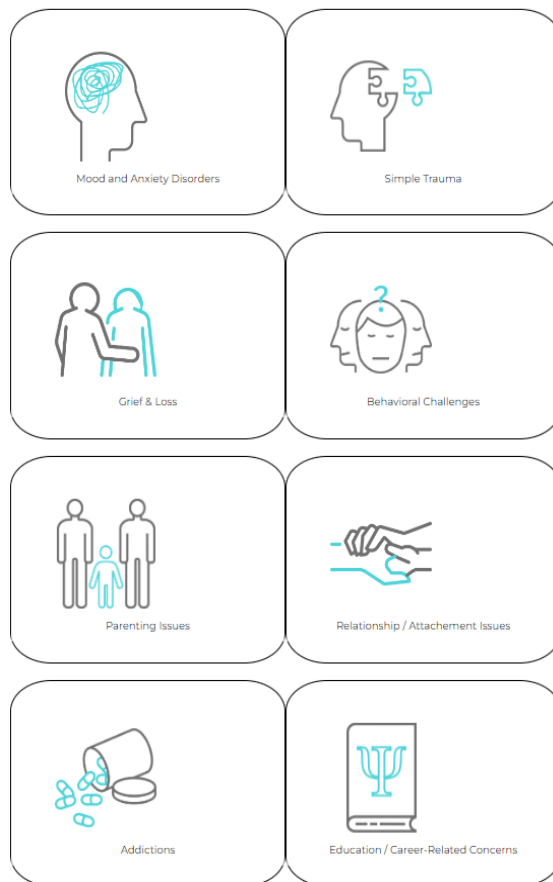


## Clinic Services

The Virtual Clinic offers free professional counselling sessions to Adults, Youth, Children (6+), Couples, and Families through secure video conferencing. Services are provided by City University Master of Counselling Internships students, under the supervision of a Registered Psychologist.



The Intern Counsellors are trained to help clients through the use of many different types of interventions such as: cognitive behaviour therapy, interpersonal therapy, narrative therapy, solution focused therapy, acceptance and commitment therapy, psychodynamic approaches, psycho-education, motivational interviewing, exposure based therapies, and trauma informed practices. Couples and family systems therapy may also be provided.



The Virtual Clinic cannot assist clients who are at high risk of harming themselves or others, have pervasive mental health issues such as schizophrenia, or who are seeking support in a legal matter.

The Virtual Clinic does not conduct formalized assessments.



**Book an Appointment Today**

Supported By

**CityUniversity**  
in Canada

# Indigenous Healing Deconstructing Trauma

**Woman's Support Group May 24, 2023**

**Men's Support Group May 25, 2023**

**1:00PM - 3:00PM**

**Groups will commence every second Wednesday  
& Thursday from the said date**

**Wellness Circle**

**Medicine Pouch Making**

**Stew & Bannock**

## **Mannawanis Friendship Centre**

**If you need any additional information please  
contact Shelley, Jessica or Chantelle  
@ (780) 645-4630**




**Indigenous and  
Northern Affairs Canada**

**Affaires autochtones  
et du Nord Canada**

## 2022-2023 CARE PARTNER SUPPORT GROUPS

All group meetings are on a drop-in basis. No registration is required.

For further information please call: **1-866-950-5465 (Alzheimer Society)** or  
**780-645-1188 Ext.2 (Terry - Lakeland Primary Care Network)**

<p style="text-align: center;"><b>ST. PAUL</b></p> <p><b>Where:</b> Lakeland Primary Care Network (Boardroom) St. Paul Wellness Centre #101 – 4801 – 39 Street</p> <p><b>Time:</b> 6:30 - 8:30 pm</p> <p><b>When:</b> 3<sup>rd</sup> Wednesday of each month</p> <p><b>Dates:</b></p> <ul style="list-style-type: none"> <li>September 21, 2022</li> <li>October 19, 2022</li> <li>November 16, 2022</li> <li>December 21, 2022</li> <li>January 18, 2023</li> <li>February 15, 2023</li> <li>March 15, 2023</li> <li>April 19, 2023</li> <li>May 17, 2023</li> <li>June 21, 2023</li> </ul>	<p style="text-align: center;"><b>ELK POINT</b></p> <p><b>Where:</b> Elk Point Healthcare Centre (Board Room) 5310 – 50 Avenue</p> <p><b>Time:</b> 6:30 - 8:30 pm</p> <p><b>When:</b> 3<sup>rd</sup> Tuesday of each month</p> <p><b>Dates:</b></p> <ul style="list-style-type: none"> <li>September 20, 2022</li> <li>October 18, 2022</li> <li>November 15, 2022</li> <li>December 20, 2022</li> <li>January 17, 2023</li> <li>February 21, 2023</li> <li>March 21, 2023</li> <li>April 18, 2023</li> <li>May 16, 2023</li> <li>June 20, 2023</li> </ul>
<p><b>The Care Partner Support Group is designed for family members, friends, &amp; caregivers of someone living with Alzheimer's/Dementia who want to meet others experiencing similar situations with a chance to share experiences, learn new information, receive peer support, and help each other cope more effectively.</b></p>	

NOTICE: If required, Alberta Health COVID-19 guidelines will apply as directed i.e. screening, sanitizing, masking, physical distancing & meeting restrictions.  
Please do not attend if you are sick.

# Virtual Groups & Workshops

North Zone Addiction & Mental Health presents our virtual workshop series.  
Call your local Addiction & Mental Health office for more details and to register.

## Wellness Exchange

A series of five skill building workshops designed to help increase our ability to cope with change and improve our overall well-being. Pre-registration required, attend one or more sessions.

## Relationship Skills Series

A series of four sessions focused on topics related to healthy relationships and skill building to improve relationships with yourself and others. Pre-registration for all sessions required.

## Learning to Live with Anxiety Series

This series rotates through six topics to help understand anxiety, and support skill building to cope. Pre-registration for all sessions required.

## Recovery Management

This series focuses on topics to increase understanding of relapse prevention, identify strategies, and develop skills to cope. Pre-registration for all sessions required.

## Transform Your Stress: The Resilience Advantage™

This workshop for managing stress in challenging times comes in two parts. Registration required, attend session one alone or add on session two to increase your skill.

## Caring for Youth Series

This series of two workshops focusses on understanding youth substance use and treatments available, and the human needs and developmental assets for youth. Pre-registration required, attend one or more sessions.

## Navigating AMH Services Info Session

This session is to help people understand how to navigate Addiction and Mental Health services in the North Zone of Alberta. No registration required, drop in format.

<https://albertahealthservices.zoom.us/j/65269873038> Passcode: 747927

## Understanding Addiction Info Series

This series of three sessions focuses on topics to increase understanding of substance use concerns and how to support you and/or your loved ones. No registration required, drop in format.

<https://albertahealthservices.zoom.us/j/64953708340> Passcode: 493827



Scan the QR code to the right to find more information.

Call your local Addiction & Mental Health Office to register.



## June 2023 Workshops for Adults by ZOOM

Morning, afternoon or evening classes available. Classes are 2.5 hours long

### Weight Management

Learn effective weight management; how to build healthier habits, and the ways that thinking patterns, sleep, physical activity, and nutrition impact your goals.

#### Series 3 Classes

June 28 & July 5  
Wed Evenings 5:30pm to 8pm

#### Series 1 Classes

Jun 13, 20, & 27  
Tues Evenings 5:30pm to 8pm

#### Series 2 Classes

Jun 7, 14, & 21  
Wed Evenings 5:30pm to 8pm

### Heart & Stroke

Managing Blood Pressure &  
Cholesterol

Learn to manage your risks for heart  
disease and stroke.

#### Part 1

Jun 5 Mon Evening 5:30pm to 8pm  
Jun 13 Tues Morning 9:30am to 12pm  
Jun 22 Thurs. Afternoon 1:30pm to 4pm  
Jun 28 Wed Evening 5:30pm to 8pm

#### Part 2

Jun 12 Mon Evening 5:30pm to 8pm  
Jun 20 Tues Morning 9:30am to 12pm  
Jun 29 Thurs Afternoon 1:30pm to 4pm

### Better Choices Better Health® 6 week workshop for Chronic Pain

Learn about pain and things  
you can do to live better.

Tuesday Afternoons  
12:30pm to 3:00pm  
May 23 to June 27

More classes to be determined

### Managing Diabetes

A 3 session workshop for those newly diagnosed  
with diabetes or pre-diabetes, as well as a refresher for  
those continuing to manage their diabetes.

#### DM Part 1

Jun 6 & 13 Tues Evenings 5:30pm to 8pm  
Jun 9 & 16 Fri Mornings 9:30am to 12pm  
Jun 12 & 19 Mon Afternoons 1:30pm to 4pm  
Jun 22 & 29 Thurs Evenings 5:30pm to 8pm

#### DM Part 2

June 7 Wed Evenings 5:30pm to 8pm  
Jun 20 Tues Evening 5:30pm to 8pm  
Jun 23 Mon Afternoon 1:30pm to 4pm

### Understanding COPD

Understand what COPD is and how you can manage well and  
continue to live your best life Classes to be announced soon!

### Managing Stress

A 2 part series learning techniques  
to reduce, prevent & cope with stress

June 15 & 22  
Thurs Afternoons  
1:30pm to 4:00pm

### Better Choices Better Health®

Take control of your health, feel better, take small steps,  
plan for the future. 6 class workshop.

May 26 to June 30

Fri Mornings 9:30 am to 12:00 pm  
More classes to be determined

### Moving Matters

Learn to exercise safely, overcome barriers  
and stay motivated. Set a goal and get started!

June 7 Wed Afternoon 1:30pm to 4:00pm

### Supervised Exercise - done virtually!

2 times per week, 1.5 hours session, for 6 weeks.  
Classes to be determined

[Register Here](#)

Be Supported on your Journey to Better Health – right from Home!

To register for a Zoom class call: **1-877-349-5711**  
Or <https://www.healthylivingprogram.ca>



**FREE Online Workshop**

# Child Safety Seats for Families

Confused about child  
safety seats?



This interactive workshop will provide information and answer questions about choosing, installing and using child safety seats, booster seats and seat belts for children ages 0 -13 years.

**Time:** 1 Hour

**Location:** Online (Zoom)

**Dates:**

- May 2 @10:30am
- May 17 @1:30pm
- June 6 @1:30pm
- June 22 @10:30am
- July 12 @1:30pm
- July 25 @10:30am
- August 10 @1:30pm
- August 23 @10:30am



Please review the Eventbrite page to register and view other available workshops.

**Presented by:**

Edmonton Zone  
Population Health Promotion  
[Injury.PreventionEdmonton@ahs.ca](mailto:Injury.PreventionEdmonton@ahs.ca)



**FREE Online Workshop**

# Home Safety

## for Infants & Toddlers



This interactive workshop will explore the common causes of childhood injury, including falls, poisoning, burns, and breathing emergencies.

Parents and caregivers will have the opportunity to ask questions and learn simple strategies for building a safe home for the whole family.

**Time:** 1 Hour

**Location:** Online (Zoom)

**Upcoming Dates:**

- May 23 @1:30pm
- June 14 @10:30am
- July 20 @1:30pm
- August 15 @10:30am

Please review the Eventbrite page to register and view other available workshops.



### **Presented by:**

Edmonton Zone  
Population Health Promotion  
[Injury.PreventionEdmonton@ahs.ca](mailto:Injury.PreventionEdmonton@ahs.ca)





SENIORS' CENTRE  
WITHOUT WALLS



## Welcome to the Alberta Seniors Centre Without Walls Community October to December, 2022

The Alberta SCWW is a free phone-based program that offers recreational activities, skill-building lessons, health and well-being topics as well as friendly conversation for older adults (55+) who find it difficult to leave their home.

### How to Join Instructions

Please choose one of the following options to join a program:

To join by phone:

1. Call: **1-855-703-8985**

- If you are having difficulty accessing the Toll-Free Number try calling toll-free to **1.833.955.1088** or **587-328-1099** (charges may apply, contact your phone carrier for more information).

2. When prompted, enter Meeting ID: **225-573-6467#**.

3. Press # if asked for any further numbers.

Join electronically through the following link:

**<https://zoom.us/j/2255736467>**.

No video will be used.

Contact Program Staff if you are unable to follow these options. Please leave a message with your name & phone number.




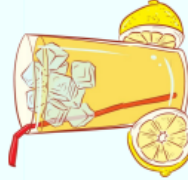
**Main Office: 780.395.2626**

**Elizabeth: 780-239-8427**

**Gayle: 780-238-9612**

**Hanna: 587-758-6892**

# JUNE

Monday	Tuesday	Wednesday	Thursday	Friday
				
<b>5</b> 9:30am: A Week in History 11am: Old Souls & Protest Songs 1pm: Exercise 3pm: Anne of Green Gables PT 9	<b>6</b> 11am: Imagination Circle 1pm: Stonewall Rebellion 2:30pm: <b>Estranged Children</b> 3pm: Reader's Corner 4:30pm: Family Feud	<b>7</b> 9:30am: True Crime 11am: Brain Games 1pm: From John to Justin: Prime Ministers of Canada 3pm: Exercise	<b>8</b> <b>STAFF APPRECIATION DAY</b> <b>NO PROGRAMS</b>	<b>9</b> 9:30am: Big Band Music 11am: Exercise 1pm: Coffee Chat 3pm: Trivia
<b>12</b> 9:30am: A Week in History 11am: Writing for Fun 1pm: Exercise 3pm: Anne of Green Gables PT 10	<b>13</b> 11am: Mindfulness-Being Ourselves 1pm: Jane Fonda 2:30pm: <b>Estranged Children</b> 3pm: Beringia Landbridge 4:30pm: Name that Tune	<b>14</b> 9:30am: Innocence Files 11am: What a Word 1pm: Elder Abuse Awareness 3pm: Exercise	<b>15</b> 9:30am: Gratitude 11am: A Storytelling 1pm: Relaxation 3pm: Working Through Grief	<b>16</b> 9:30am: All Request Music 11am: Exercise 1pm: It's All Canada 3pm: Mystery Chronicles
<b>19</b> 9:30am: A Week in History 11am: Coffee Chat 1pm: Exercise 3pm: Anne of Green Gables PT 11	<b>20</b> 11am: Imagination Circle 1pm: In the Headlines 2:30pm: <b>Estranged Children</b> 3pm: Seasonal Foods 4:30pm: Jeopardy	<b>21</b> 9:30am: True Crime 11am: EPL Presents! 1pm: Indigenous People's Day 3pm: Exercise	<b>22</b> 9:30am: Gratitude 11am: Animal Spotlight 1pm: R U Online? 3pm: Next Stop, Pacific Crest Trail	<b>23</b> 9:30am: Vinyl Café 11am: Exercise 1pm: Brain Changes 3pm: BINGO
<div> <div>  </div> <div>  </div> </div> <p>             To join by phone, call: <b>1-855-703-8985</b>              When prompted, enter Meeting ID: <b>225-573-6467#</b> </p>				

# Alberta Brain Injury Network

Invites you and your Care Givers to our Monthly Survivor meetings

**February 14th, 2023 @2pm**

**March 14th, 2023 @2pm**

**April 11th, 2023 @2pm**

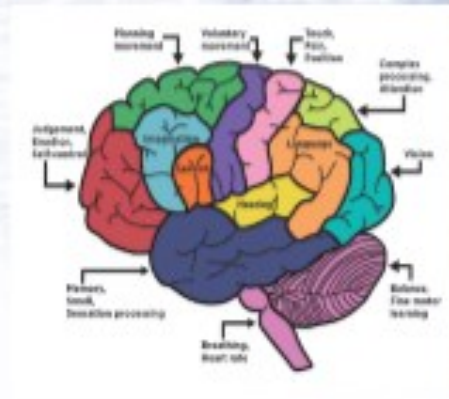
**May 9th, 2023 @2pm**

**June 13th, 2023 @2pm**

**October 10th, 2023 @2pm**

**November 14th, 2023 @2pm**

**December 12th, 2023 @2pm**

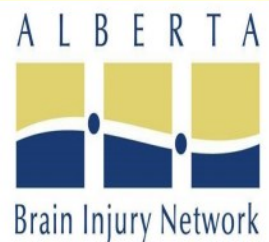


## St Paul Municipal Library (Back room)


4802 53 St, St. Paul, AB T0A 3A4

[\(780\) 645-4904](tel:7806454904)

**For more information Please send Email to  
Kyla Cameron @ [kcameron@spanet.ab.ca](mailto:kcameron@spanet.ab.ca)  
Or call 780-645-3441 ext 234  
Or 780-646-2969**



For more information call the  
ABIN Coordinator  
780-645-3441 Ext 232  
Or email [abin@spanet.ab.ca](mailto:abin@spanet.ab.ca)



**TUITION  
WAIVED**

# **CLASS-3 DRIVER TRAINING**

**June 26 - August 28**

**Portage College St. Paul Campus**

Training will include Class-3 driver training, air brakes, safety certifications, and resume/cover letter writing.

This program is targeted to unemployed Albertans and equity-deserving groups.

**Application Deadline: May 26**

To apply, email [training@portagecollege.ca](mailto:training@portagecollege.ca), or call (780) 623-5631.



**PORTAGE  
COLLEGE**



# 2023-2024 School Year Registration



## Blue Quills INDIGENOUS HEAD START

**Morning Class**

**9:00am-11:15am**

**Afternoon Class**

**1:00pm-3:15pm**

### FREE PROGRAM

- ❖ Transportation
- ❖ Culture & Language
- ❖ Field Trips
- ❖ Healthy Snacks
- ❖ School Readiness
- ❖ Parent Involvement
- ❖ Social Supports

**Children must be:**

- Toilet trained
- 3 or 4 years old
- First Nation, Metis or Inuit descent

**Tuesday- Friday**

**(Following the St. Paul  
Education Calendar)**



Phone: 780-645-4455 ext: 114

E-mail: [headstart@bluequills.ca](mailto:headstart@bluequills.ca)

Follow us on Facebook: BQ Aboriginal Head Start

# SOCIAL MEDIA MASTERY: ELEVATE YOUR BRAND & WORKFORCE

- 📅 **When:** June 14 & 28, 2023 | 12:00-2:00 PM
- 📍 **Where:** Virtual Workshop Online
- 💰 **Cost:** \$50 (for both sessions)
- 📧 **RSVP:** [stpaulchamber.ca/events](http://stpaulchamber.ca/events)



## READY TO HARNESS THE POWER OF SOCIAL MEDIA FOR YOUR BRAND & WORKFORCE?

Join us for a **two-part** virtual workshop, Social Media Mastery: Elevate Your Brand & Workforce, presented by Rob Hole from Octopus Creative Inc.

### IN THESE WORKSHOPS YOU'LL LEARN HOW TO:

- ✔ Develop a powerful brand & communication strategy
- ✔ Understand your audience for client & staff targeting
- ✔ Utilize internal communication tools for employee satisfaction & retention
- ✔ Social media marketing & content strategies for recruitment
- ✔ Build a strong internal staff culture
- ✔ Master social media management scheduling & tools
- ✔ Discover image editing tools & AI-powered planning

## YOUR FACILITATOR

### ROB HOLE

Co-Founder & Lead Strategist @ Octopus Creative Inc.

Rob is a marketing nerd with a passion for helping small businesses kick @\$\$.

With years of experience in the industry, he knows what works and what doesn't, and he's not afraid to share his unfiltered insights. When he's not creating marketing strategies or boosting online presence, Rob serves as the President of his local Chamber of Commerce and as a firefighter. Combining his wealth of knowledge with a bit of humour, Rob dishes out the real deal on business success in his engaging presentations.



ROB HOLE

**Bonnyville:** [info@bonnyvillechamber.com](mailto:info@bonnyvillechamber.com) | [bonnyvillechamber.com](http://bonnyvillechamber.com)

**St. Paul:** [admin@stpaulchamber.ca](mailto:admin@stpaulchamber.ca) | [stpaulchamber.ca](http://stpaulchamber.ca)

# Child and youth development:

## Free webinar series


It's common to have questions about child and youth development—from how they grow to how they talk, think, move, and interact with others.



Alberta Health Services is offering webinars for parents, caregivers and people working with children and youth.

- Free and online
- Live or pre-recorded
- Live webinars available on various dates and times
- Presented by AHS healthcare professionals
- For Alberta residents

Join us for information, tips and resources to help you gain knowledge and build confidence.

 Discover more about the webinar topics on the back of this page.



Find a webinar that's right for you, visit  
[AHSweb.ca/MHA/PRwebinars](https://AHSweb.ca/MHA/PRwebinars)



*The Chamber of Commerce acts as the unified voice of the community and encourages them to work collaboratively*

# ARE YOU A CHAMBER OF COMMERCE MEMBER?

Integrity  
Proud,  
Honest and  
Trustworthy

**Chamber Mission:**  
We will be the voice of the business community through support to businesses, economic development, and advocating supportive business policies.

A Chamber of Commerce is a non-profit, volunteer organization of Members for the purpose of promoting the growth of the community.

Innovation  
Evolve and Grow  
Resources and  
Services

Member Driven  
Organized by  
members for  
members

Commitment to  
Community:  
Investing where  
we Live, Work  
and Play

Opportunity  
Creating  
possibilities

It is from the successful operation of businesses and organizations that produce a healthy environment for everyone to live, work and play as well as survive the challenges that communities are faced with every day.

See other side

# What Does a Chamber Membership mean for your business?

Free or Discounted fees for Chamber Events

Business Support Network Meetings

Value Added Savings Programs

Chamber of Commerce membership is an investment in the current and future welfare of the entire community and surrounding areas.

Sponsorship Opportunities

Advertise and Promote your business on our Website. Chamber Chatter, and at Events

Advertise your business and Logo on the large Highway Signs on Hwy 29 East & West of St. Paul

Promote your business on all of our Social Media Accounts

Access to Multiple Directories, Newsletters, Calendars

We advocate for businesses through the Local, Provincial & Federal Governments

Opportunity to have your Logo on Chamber Correspondence

**Contact us for more information**  
4802 50 Avenue (inside Community Futures)  
PO Box 887 St. Paul, Alberta T0A 3A0  
Phone: 780-645-5820  
Cell: 780-210-5820 (texting accepted)  
Email: [executivedirector@stpaulchamber.ca](mailto:executivedirector@stpaulchamber.ca)  
Website: [www.stpaulchamber.ca](http://www.stpaulchamber.ca)

See other side



Edmonton  
Community  
Legal Centre

# Accessible Legal Advice and Information for Rural Alberta

The Edmonton Community Legal Centre provides free legal advice through 45 minute legal coaching sessions.



- ☐ Civil Law
- ☐ Consumer Debt and Foreclosure
- ☐ Family Law
- ☐ Immigration
- ☐ Social Benefits

## CONTACT US



780 702 1725



[intake@ecllc.ca](mailto:intake@ecllc.ca)



Although ECLC offices are in Edmonton, communications and appointments can all be done by phone/email.



Scan this QR code to learn more about your options with ECLC!



Edmonton  
Community  
Legal Centre

☎ 780 702 1725  
✉ [intake@eclc.ca](mailto:intake@eclc.ca)

# Rural Family Law Help

Do you need help with a family law matter?

ECLC offers free 30 to 45-minute legal coaching appointments.

These sessions will give you the information and the confidence to move forward with your legal matter.



**We can help with the following:**

- |  |  |
|--|--|
| <input type="checkbox"/> Parenting and contact     | <input type="checkbox"/> Guardianship          |
| <input type="checkbox"/> Child and Spousal Support | <input type="checkbox"/> Protection Orders     |
| <input type="checkbox"/> Common-law Relationships  | <input type="checkbox"/> Responding to Divorce |
| <input type="checkbox"/> Divorce                   | <input type="checkbox"/> Division of Property  |

**WE ARE UNABLE TO ASSIST WITH CHILD WELFARE MATTERS.**



Although ECLC offices are in Edmonton, communications and appointments can all be done by phone/email.



Scan this QR code to fill out a family intake form with ECLC!

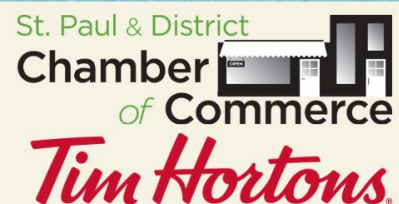
# CANADA DAY!

SATURDAY JULY 1, 12PM - 4PM  
ST. PAUL RECREATION CENTRE

Petting Zoo - Balloon Animals - Bouncy Houses  
Vendors Market - Arts & Crafts  
Dunk Tank - Food Vendors  
Show & Shine with Monster Truck Rides  
Magician Performances: 12:15pm & 2:30pm  
Kehewin Native Dance Theatre: 1pm - 2pm

**FIREWORKS AT APPROXIMATELY 11:00 PM**

BROUGHT TO YOU BY:



# St. Paul TEEN Day CAMP



Mental Health  
Capacity Building

**JULY 31 -  
AUG 3**



**FREE**

Ages 12 - 17

★Sports

★Art

★S.T.E.M

★Minute-to-Win it



For More information or to register contact:  
Together We're Better Program Manager:  
Lily Belland

**780-872-4596**  
or email [belllily@sperd.ca](mailto:belllily@sperd.ca)

# Together We're Better Drop-in Daycamp

Lac Bellevue  
Day Use Area

- Crafts
- Games
- Stories
- Activities

1 p.m. -  
4 p.m.

July 17 - 20th  
July 24 - 27th



CALL LILY AT 780-872-4596 FOR MORE INFORMATION



St. Paul Education



Together We're Better



Mental Health  
Capacity Building

# Together We're Better Drop-in Daycamp

## Floating Stone Lake Day Use Area

- Crafts
- Games
- Stories
- Activities

1 p.m. -  
4 p.m.

July 3 - 6th  
July 10 - 11th



CALL LILY AT 780-872-4596 FOR MORE INFORMATION



St. Paul Education



Together We're Better





# ST.LINA COMMUNITY GARAGE, CRAFT AND HOME BASED BUSINESS SALE!

**JUNE 11, 2023**  
**10AM-4PM**

Join us for this one day  
event at the back of St.  
Lina Hall!

**Hosted by St. Lina  
Ag Society**

Vendor  
information

-8' tables just  
\$10!

-Hall opens at  
8am June 11 for  
set up.

-We welcome  
garage sale,  
crafters and  
home based  
businesses.

-Concessions  
available and  
provided by  
St.Lina  
4-H Club.

TO BOOK A  
TABLE

Contact  
Monique Smith  
Text or phone  
780-573-0545

# **SMASHIN' MS CO-ED VOLLEYBALL TOURNAMENT**

**JUNE 10-11**

**ST. PAUL REGIONAL HIGH SCHOOL**

**3 MEN - 3 WOMEN FORMAT**

**8 PER TEAM, 12 TEAM CAP**

**MEN HIT BACKROW**

**FEE \$350, NON-REFUNDABLE**

**DEPOSIT \$100**

**CASH & MERCHANDISE PRIZES**

**TEXT 780-614-7579 TO REGISTER**

**ETTRANSFER:**

**ENDMSTODAY@GMAIL.COM**

**\$5 DOOR FEE**

**ON SITE CONCESSION**

**MS<sup>®</sup>**



# MALLAIG MADNESS

PRESENTED BY MALLAIG PARENT FUNDRAISING

**SATURDAY, JUNE 3RD**

**MALLAIG AG GROUNDS**

## PANCAKE BREAKFAST

ADMISSION BY DONATION  
9-11 AM, IN THE HALL

## CRIB TOURNAMENT

PARTNER REQUIRED, \$30 EACH  
REGISTER @ 11, PLAY @ NOON  
WILL TAKE PLACE IN THE HALL

## LAWN GAME TOURNAMENT

### TEAMS OF 2

\$60/ TEAM, SUPPER INCLUDED  
PLAY A VARIETY OF LAWN GAMES (BOCEE BALL, 4  
SQUARE, TUG OF WAR, LADDER GOLF and more)

NO TALENT REQUIRED, PRIZES AWARDED FOR ALL SKILL LEVELS

REGISTER BY MAY 26TH

14+

SIGN IN @ 10, PLAY @ 11

## KIDS ZONE

### BOUNCY HOUSES, CARNIVAL GAMES, FACE PAINTING

ALL DAY FUN FOR \$5.00

## SUPPER & SOCIAL

### SMOKED BRISKET, BAKED MAC & CHEESE AND COLESLAW

\$10 /PLATE

5-7 PM

RESERVE PLATES  
BY MAY 26TH

## AND MORE!

### MOCKTAILS, CANDY BAR, CONCESSION, APPAREL

## THE WHY

OUR GOAL IS TO ENHANCE ALL STUDENTS'  
SCHOOL EXPERIENCES BY REDUCING COSTS FOR  
ALL ACTIVITIES PRE K-12

FOR MORE INFORMATION, TO DONATE OR TO REGISTER:

LISA: 780-210-0584, STACEY: 780-614-0354, LAURA: 780-614-8985

Made with PosterMyWall.com



# "Go with The Flow"

## PAY-BY-DONATION YOGA FUNDRAISER!

All Levels Welcome!

Laid back, fun flow  
class!

Where: Mannawanis Native Friendship Centre

4901 50 street, St. Paul

When: Sunday June 4th, 3-4pm (Doors open at 2:45)

\*Entry is through back door of Centre\*

Who: Anyone age 12+ is welcome to participate!

(Any Participants under age 18 will need a waiver signed by  
a guardian)



All proceeds from the event will be going to Pride St. Paul to offset the  
costs of the upcoming festival and future  
community engagement initiatives!

Bring your own mat if possible as equipment may be limited!

*Reading  
Corner!*

Pride St. Paul  
Presents

*Glitter  
Tattoos!*



# TRUE COLOURZ FEST

Pride St. Paul is honoured to announce our annual family-friendly event where we welcome members of the community to join us as we celebrate diversity and inclusion!

This free event is hosted in a safe space where like-minded individuals can gather to connect and contribute to our town's sense of cohesion as we let our true colors shine!

*Draws &  
Prizes!*

*Photobooth!*

*Bingo!*

*Dance &  
DJ!*



**WHERE: MANNAWANIS CENTRE  
(4901 50 STREET, ST. PAUL)**

**WHEN: SATURDAY JUNE 10TH  
12 - 4 PM**

*Lunch  
Provided!*



**MANNAWANIS NATIVE  
FRIENDSHIP CENTRE  
SOCIETY**

**SAVE THE DATES!**



**JUNE 21- NATIONAL INDIGENOUS  
PEOPLES DAY**



**JULY 12 - MMIWG CONFERENCE  
IYINIW NANATAWIIHOWIN  
INDIGENOUS HEALING**



**SEPT 30 -NATIONAL DAY FOR TRUTH AND  
RECONCILIATION**



# *Day of Friendship*

## *Lateral Kindness*

Come Celebrate Friendship With Us

Friday, June 2, 2023

11am - 1pm

For a FREE

Soup & Bannock Feast

**Mannawanis Native Friendship Centre**

\*Open House/Information Sessions

\*Entertainment

\*Friends & Fun



# UNVEILING CEREMONY RED RIVER CART

June 23 - 10:00am - 1:00pm

LAGASSE PARK, ST. PAUL, AB

*The St. Paul & District Chamber of Commerce, Smoky Lake Chamber of Commerce, Iron Trail Association, Champions for Change, Lakeland Tourism & Historical Societies started a project in 2022 to build a replica Red River Cart to honor our first settlers to the area.*

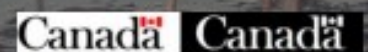
*The Metis Nation of Alberta has supported the project and helped us create an event where we are able to have many people and nationalities present in order to celebrate and appreciate the folks that have stayed and passed through these lands.*

*The event will include: Prayer in multiple languages, Dancers, Fiddlers, support and speeches from the Metis Nation of Alberta, Elected Officials, Bannock Making & hot dogs (possibly cooking it over an open fire), refreshments and photo opportunities with the scenic Red River Cart.*

**PLEASE RSVP BY**  
**JUNE 10, 2023**

780-645-5820 OR  
EXECUTIVEDIRECTOR@STPAULCHAMBER.CA.

THIS PROJECT IS FUNDED, IN PART, BY  
THE GOVERNMENT OF CANADA -  
CANADIAN HERITAGE CELEBRATION AND  
COMMEMORATIVE REOPENING FUND,  
METIS NATION OF ALBERTA AND THE  
ST. PAUL & DISTRICT CHAMBER OF  
COMMERCE



St. Paul & District  
Chamber  
of Commerce



# RODEO WEEK KICK OFF PARTY

Saturday,  
August 26, 2023

St. Paul Curling Rink

Supper, Casino, Cornhole  
Tournament, Dance, Cash Bar,  
Party and Prepare for LRA Finals!!



More details coming soon

Music by:  
Southern Cross



# CHASE THE ACE

You could win up to

**\$10,000.00**



## Weekly Winner

has an  
opportunity to  
draw for the

## Ace of Spades

and win

50% of the

progressing pot

For more information please visit:  
<https://stpaulanimalshelter.org>



Proceeds will help support the  
Animal Shelter

1 ticket  
for \$2



Tickets can be purchased  
by scanning the QR code

St. Paul & District

Chamber  
of Commerce



# FARMER'S DAY

## GOLF TOURNAMENT

**JUNE 9, 2023**

*A day to celebrate and show our  
appreciation for our local  
Agricultural Producers*

If you would like to support this event and promote your  
own business as a sponsor, please contact the  
Chamber at 780-645-5820 or  
[executivedirector@stpaulchamber.ca](mailto:executivedirector@stpaulchamber.ca)

**ST. PAUL GOLF  
COURSE**

**MORE DETAILS  
COMING SOON!**

**TAKE A  
WALK  
THROUGH  
TIME!**

**A Unique &  
Interactive  
Experience!**

**ADMISSION**

Adults . . . \$5  
Students . . \$2  
Groups . . \$12  
(up to 6 people)

**JUNE 11 - FREE!**

**\*DONATIONS  
APPRECIATED\***

**Open for the Season!**



**MUSÉE ST. PAUL MUSEUM**  
*presents*

**New Displays & Youth Programming**

**"Historique de Saint-Vincent~History of St.Vincent"**

**Join us throughout the Summer and for our**

**2023 OPEN HOUSE!!**

**SUNDAY, JUNE 11th NOON - 4:00 p.m.**

**Live Music & Entertainment, Barbeque, Dessert,  
Beverages and Silent Auction!**

**OPEN DAILY 10:00 a.m. - 4:00 p.m.  
until Labour Day Weekend**

**Guided Tours - Visites Guidées Geocache Tour - Géocache tour**

**Children's Scavenger Hunt - Chasse au trésor photographique**

**Find the Thimble Contest - Concours "Trouvez le dé à coudre"**

**Tel: 780-645-5562 [www.stpaulmuseum.ca](http://www.stpaulmuseum.ca)**

**Facebook: Musée St. Paul Museum**

**5409-50 Ave, St. Paul, West of the UFO Landing Pad**



# Pique-nique fin d'année!

Le 7 juin, 2023  
Au parc aquatique Lagassé  
9h30 - 11h30

On se donne rendez-vous au parc Lagassé - parc aquatique.  
En cas de température non clémente l'activité aura  
lieu à l'École du Sommet.

Au menu: hotdogs, melon d'eau et gâteries  
N'oubliez pas vos maillots, serviettes, crème solaire et un chapeau!

## Year end picnic!

June 7th 2023  
At Lagassé water park  
9:30 - 11:30

Meet us at the splash park in Lagassé Park.  
If the weather does not cooperate our gathering will  
take place at école du Sommet.

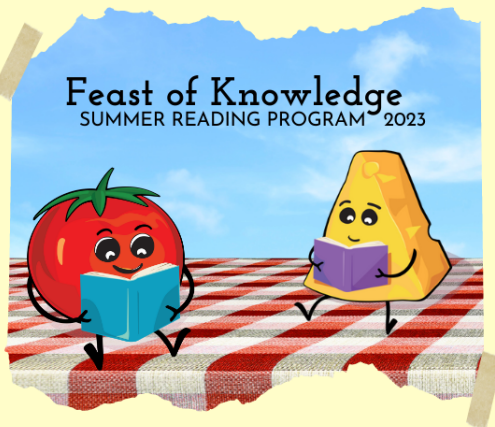
On the menu: hotdogs, watermelon and treats  
Do not forget your bathing suit, towel, sunscreen and hat!

# PEN PAL PROGRAM

## For all Ages!

To: everyone

[bit.ly/nlls-pen-pal-register](https://bit.ly/nlls-pen-pal-register)



From: NLLS Reading Programs

Registration  
Deadline  
Saturday,  
June 12th!

(must commit to 2 letters)

Sign up for a summer pen pal!

Pick up and drop off your letters from the library.

Your pal could be any age, from any participating library in the Northern Lights system. For safety's sake, we encourage parents to be involved in the letter-writing process with your kids.

Sign up online by scanning the code or ask at the desk for a sign-up form.

[bit.ly/nlls-pen-pal-register](https://bit.ly/nlls-pen-pal-register)



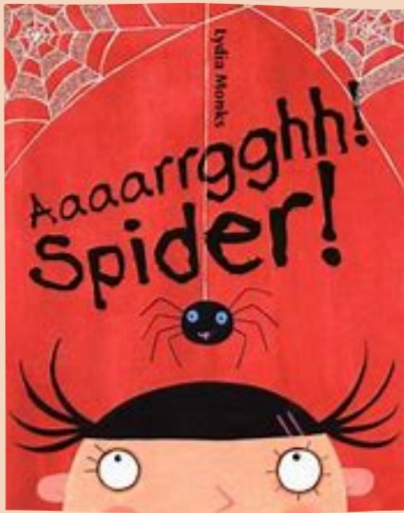
# Family Story-time



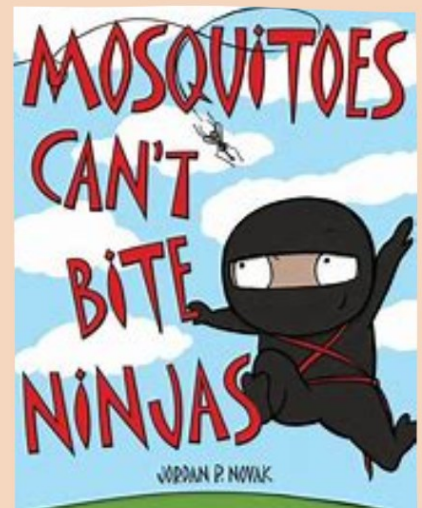
At the Library  
Fridays at 10:30am

Register under the programs tab on our website  
at [www.stpaullibrary.ab.ca](http://www.stpaullibrary.ab.ca) or  
E-mail us at [programs@stpaullibrary.ab.ca](mailto:programs@stpaullibrary.ab.ca)

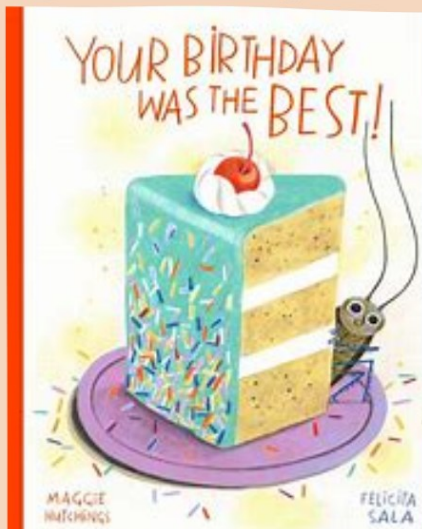
**June 2nd**



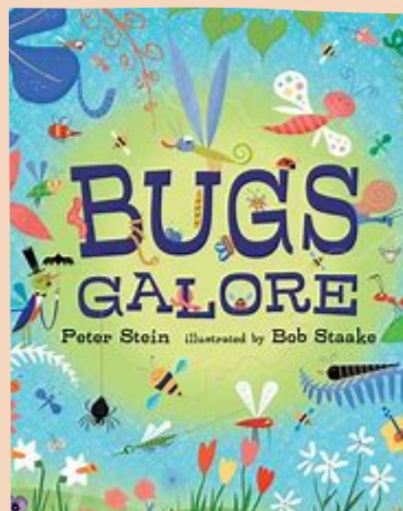
**June 9th**



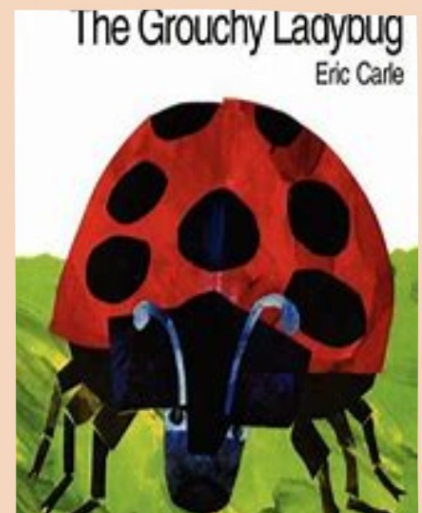
**June 16th**



**June 23**



**June 30th**





# St Paul Municipal Library's **BookKit**



## Book Subscription

Teens can sign up to get a monthly book picked out for them to borrow, as well as some goodies to keep! The BookKit will be available for pick up the 1st week of July, August and September.

Sign up on our website or scan the QR code.  
<https://www.stpaullibrary.ab.ca/summer-reading-program/bookit>



St. Paul Municipal Library

# CARDBOARD GO KART CHALLENGE



REGISTER BY JUNE 15TH  
SHOW DAY JUNE 24TH



Limited Space  
All Ages Welcome

- Register to get your 3d print reels.
- Create your vehicle.
- Meet up Saturday June 24th at 10:30 am to see how far your cart will go.
- All the material you receive must be used in your design.
- The main body of the cart must be cardboard.
- The driver must be a stuffed animal/toy.
- Join us **Saturday June 24th 10:30am** at the library to show off your design and show us how far it can go.

# JUMPSTART FUNdraiser

BOUNCE HOUSE

FOOD &  
REFRESHMENTS

MUSIC

GAMES

Adult

Kids

CONTESTS

Bar-B-Que

**Tuesday**  
**JUNE 27**  
**3pm ~ 7pm**  
**CANADIAN**  
**TIRE**

PRIZES



**Jumpstart.**

Giving kids a sporting chance.

All proceeds go to Jumpstart Charity (money raised helps our LOCAL kids play sports)

# **Jumpstart FUNdraiser**

# **JAIL & BAIL**

**June 27, 2023**

**2:00pm~7:00pm**

**“TURN IN” WILLING FAMILY MEMBERS,  
FRIENDS, CO-WORKERS,  
OR EVEN YOURSELF for \$20!**

When the participants arrive at the “jail”, their bail is set by a judge.  
With their telephone and telephone books provided, the jailbirds make  
pledge calls to friends, relatives and co-workers to earn their bail.  
Arrangements can be made with the CT Sheriff for the arrest time.



**For More Info 780-645-3849 Ext 225**

**Day of the Event 780-614-1003**

**Help us reach our goal of \$5000**

**All Proceeds Benefit the Local chapter of Jumpstart**