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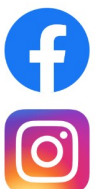
January 2024 NEWSLETTER Interagency

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.

NEXT MEETING 10am–11am

Tues, Jan 9th in St Paul
780-645-5311
5002-51 Ave, St Paul

Mon, Feb 12th in Elk Point
780-72-3800
4906 48 St, Elk Point



Prevention & Awareness

- P2... Community Christmas Hamper Thank-you
- P3... Interagency Connection
- P4... St Paul Men Let's Talk
- P5... Decrease the Stigma –Shane Larmand
- P6... Snow Angels
- P7... Financial Support for Seniors
- P8... Understanding DTC & RDSP
- P9... Utilities Consumer Advocate
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- P12... Girls Supporting Girls
- P13... Action for Happiness Calendar
- P14... LFRN Calendar St Paul
- P15-34... St Paul January Events
- P35... LFRN Calendar Elk Point
- P36-41... Elk Point January Events

Stay Informed

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- P43... Online Crime Reporting
- P44... Portage College
- P45... Intergralorg.ca
- P46... Coffee with a Cop

Health & Wellness

- P47... Children's Safety Webinar
- P48... Shiny Rock Yoga
- P49... Alberta Health Services Workshops
- P50... Alzheimer Society Support Group
- P51-52... Seniors Without Walls
- P53... Primary Care Network Presentations
- P54... 9-8-8

For Your Development

- P55... Cyber Seniors
- P56... Working Relationships
- P57... Business Support Network Meeting
- P58... The Garage
- P59... Addressing Labour Shortage
- P60-61... Employabilities North
- P62-63 Rural Family Law Help
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- P66... Trauma Informed Women's Group
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Ways to Connect

- P69... SPYC Open Gym Night
- P70... 2024 Scotties Tournament
- P71... S.A.G.E. Haven
- P72-73... the Village App
- P74... Parent & Tot Free Skate
- P75... Groupe de jeux
- P76-86... St Paul Library Events
- P87-90... St Paul & District Arts Foundation



Community

CHRISTMAS HAMPER 2023

May the holidays bring you plenty of
love and joy.

We would like to express appreciation to our
community for supporting the

2023 Community Christmas Hampers.

A special thanks to Cornerstone Co-op, Sobeys,
Extra Foods, Santa's Elves, Town of St Paul, and
ALL Community members
who donated at our partner locations!

This Year we are able to support **184 families**,
from over **\$17,000.00** in donations.

Thank-you





Connect with us!

Regional FCSS Interagency promotes the free exchange of information, concerns and solutions among human service organizations in the region of St Paul. This body meets to facilitate collaboration among members with common goals.

2024 St Paul Meeting Dates:

- January 9th
- March 12th
- May 14th
- Sept 10th
- Nov 12th

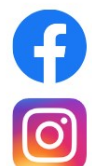
2024 Elk Point Meeting Dates:

- Feb 12th
- April 8th
- June 10th
- October 7th
- Dec 9th

Mondays
In Elk Point
 4906A-48 Street

Tuesdays
In St Paul
 5002-51 Ave

10AM - 11AM
 Call 780-645-5311 for more info.





Connecting **MEN** through
conversation

St Paul Men, Let's Talk

Come out for casual,
open conversation.

Meet other like minded men
to chat about whatever
is on your mind.

Learn, grow,
share & connect.

Meeting once a month on the
3rd Tuesday of each month.
Facilitated to men, by men.



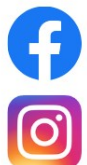
Tuesday

January 16, 2024

7:30 PM

@FCSS Boardroom, 5002-51 Ave

Call 780-933-6468
or 587-252-2034
for more info
& to connect.



DECREASE THE

STIGMA



7 PM,

January

@ Portage College



5205-50 Ave, St. Paul. East entrance. Doors open at 6:30pm

Join us for an evening of music, shared life experiences and hope as we decrease the stigma around men's overall wellness.

Bell Let's
Talk

Men's Shed

St Paul Men
Let's Talk

Buddy Up

9-8-8



Open to all.

Shared experience from the personal perspective of singer/songwriter/teacher

Shane Larmand.



**PORTAGE
COLLEGE**



Snow Angels

The Neighbourly Thing to Do

Helping people makes our world a better place!

If you see a Snow Angels sign, please be kind and shovel this persons' walkway, they are unable to do it themselves.



If you **need** a sign, visit one of our offices.

If you **lend a hand**, let us know, we love to celebrate volunteers.

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

780-724-3800
4906A-48 St, Elk Point





financial Support for Seniors

aging in place

Do you live in a single detached home?

AND have a single income between \$31,081 and \$36,081

or dual income between \$50,721 and \$55,721?

(check your tax notice of assessment's line 15000)

CONNECT WITH US!

We can help pay for yard work, housekeeping, snow removal, drivers exams, electrical bills, water bills, gas bills, property taxes or other expenses that will help keep you in your home?



780-645-5311

5002-51 Ave, St Paul

*This is temporary assistance project acquired to help seniors age in place and thrive in our community.

Visit us for more information.



Funded in part by the
Government of Canada's
New Horizons for Seniors Program





Family
Resource
Centres

Understanding the **DTC & RDSP**

with Stephen Sicoli

how to apply | eligibility | advantages & benefits | accessing extra money



January 11, 2024 @ 2pm
5002 51 Ave St. Paul AB

autismalberta.ca/frc

utilitiesconsumer advocate

Call us at 310-4822

Cost Comparison Tool.

Compare rates and retailer products based on either your actual consumption or estimated consumption. Depending on what you choose, the end result is delivered costs. See your results in as little as 60 seconds.

GET STARTED >



ucahelps.alberta.ca/cct

GREEN SLEEVE

A Green Sleeve is a plastic pocket that holds your advance care planning forms. Think of it like a medical passport.

- There are two ways to get a Green Sleeve: from your healthcare provider or you can order one online.
- It is your property. When you are at home, keep your Green Sleeve on or near your fridge.
- Healthcare providers in all settings may ask if you have a Green Sleeve.
- If you go to the hospital or a healthcare appointment take your Green Sleeve with you. Be sure it comes home with you.

For more information:

www.ahs.ca and search advance care planning

To order a Green Sleeve:

myhealth.alberta.ca and search Green Sleeve



Order your own FREE
Green Sleeve here:



www.conversationsmatter.ca



Tot Time

WITH
Parents &
Caregivers

Connecting & learning through play.

Join us with your little ones as we explore educational toys, play with others & learn new experiences through story time, singing & crafts.

Mothers, fathers, grandparents & caregivers are all welcome.



DROP IN

Light snack provided.

For more info call 780-645-5311

Mallaig
Tuesdays

9:30AM-11:30AM

@ Mallaig Seniors Hall

Ashmont
Thursdays

9:30AM-11:30AM

@ Ashmont Agriplex



Lakeland

FAMILY RESOURCE NETWORK

Girls Supporting Girls



**with Registered Provisional Psychologist;
Kaitlyn Buechler**

FOR AGES 10-13

*8 spots available

Supporting & building healthy identities together. Learning about self esteem, body image, healthy relationships and boundaries, anxiety, emotional regulation & more.



6 week program, \$60

Tuesdays 4:00pm - 5:30pm

January 9, 16, 23, 30 February 6, 13

LFRN Centre 5002 - 51ave

RSVP

with payment by

January 3

Call 780-645-5311

SNACKS PROVIDED



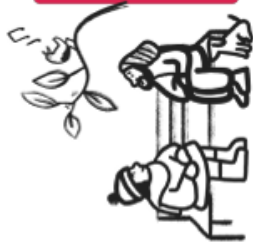
Lakeland

FAMILY RESOURCE NETWORK

Happier January 2024



SUNDAY



7 Learn something new and share it with others

14 Eat healthy food which really nourishes you today

21 Try out something new to get out of your comfort zone

28 Ask other people about things they've enjoyed recently

MONDAY

1 Find three things to look forward to this year

8 Say positive things to the people you meet today

15 Get outside and notice five things that are beautiful

22 Plan something fun and invite others to join you

29 Say hello to a neighbour and get to know them better

TUESDAY

2 Make time today to do something kind for yourself

9 Get moving. Do something active (ideally outdoors)

16 Contribute positively to your local community

23 Put away digital devices and focus on being in the moment

30 See how many people you can smile at today

WEDNESDAY

3 Do a kind act for someone else to help brighten their day

10 Thank someone you're grateful to and tell them why

17 Be gentle with yourself when you make mistakes

24 Take a small step towards an important goal

31 Write down your hopes or plans for the future

THURSDAY

4 Write a list of things you feel grateful for and why

11 Switch off all your tech at least an hour before bedtime

18 Get back in contact with an old friend

25 Decide to lift people up rather than put them down



FRIDAY

5 Look for the good in others and notice their strengths

12 Connect with someone near you - share a smile or chat

19 Focus on what's good, even if today feels tough

26 Choose one of your strengths and find a way to use it today



SATURDAY

6 Take five minutes to sit still and just breathe

13 Take a different route today and see what you notice

20 Go to bed in good time and allow yourself to recharge

27 Challenge your negative thoughts and look for the upside



ACTION FOR HAPPINESS

Happier · Kinder · Together

2024

St Paul LOCATION

January

WHICH PROGRAM IS FOR ME?
 child development & well being
ages 0-6 (blue)
ages 7-18 (red)
 caregiver support, building, classes
all ages (Grey)
 community events
all ages (White)

MON	TUE	WED	THU	FRI
01 CLOSED NEW YEARS DAY	02 Mallaig Tot Time 9:30am-11:30am DROP IN Youth Board Games 2pm-4pm REGISTER	03 Mindful Matters 2pm-4pm REGISTER Triple P Family Transitions 6:30pm-8pm REGISTER	04 Ashmont Tot Time 9:30am-11:30am DROP IN Baby Bunch 1:30pm - 3:30pm DROP IN	05 Youth Winter Art Class 2pm-4pm REGISTER
08 Rhymes That Bind 10am-12pm DROP IN	09 Mallaig Tot Time 9:30am-11:30am DROP IN Run, Jump, Skip 10am - 12pm DROP IN	10 Home Alone 3:30pm-5:30pm REGISTER Triple P Family Transitions 6:30pm-8pm REGISTER	11 Ashmont Tot Time 9:30am-11:30am DROP IN Baby Bunch 1:30pm - 3:30pm DROP IN Triple P Parenting Online Helping with Chores 6:30PM REGISTER	12 Loose Parts Play 10am-12pm DROP IN
15 Story & Craft 10am - 11am DROP IN	16 Mallaig Tot Time 9:30am-11:30am DROP IN Traditional Teachings 10am-11:30am REGISTER	17 Triple P Family Transitions 6:30pm-8pm REGISTER Youth Game of Life 6pm-7:45pm REGISTER	18 Ashmont Tot Time 9:30am-11:30am DROP IN Baby Bunch 1:30pm - 3:30pm DROP IN Kids Have Stress Too Online 6:30pm-7:30pm REGISTER	19 No Program
22 Making Music 10am-12pm DROP IN	23 Mallaig Tot Time 9:30am-11:30am DROP IN	24 Triple P Family Transitions 6:30pm-8pm REGISTER Lego Challenge 3:30pm-5:30pm REGISTER	25 Ashmont Tot Time 9:30am-11:30am DROP IN Baby Bunch 1:30pm - 3:30pm DROP IN Run, Jump, Skip 6pm - 7:30pm DROP IN	26 Car Seat Clinic 10am - 12pm Bring your vehicle manual & car seat manual REGISTER
29 Read and Roll 10am-11am @ the Library REGISTER	30 Mallaig Tot Time 9:30am-11:30am DROP IN Triple P Family Transitions 6:30pm-8pm REGISTER	31  <p>Off on the Right Foot @ Ecole du Sommet SEE POSTER FOR DETAILS</p>		

Lakeland
 FAMILY RESOURCE NETWORK

5002 - 51 Ave
St Paul AB T0A 3A0
 Call: 780-645-5311
 Text: 780-614-1941
 Web: stpaulfcss.ca



st.paul_fcss



St. Paul Regional
 FCSS & Family
 Resource Network



YOUTH 7+

LFRN St Paul 5002-51 Ave

Motivates,
promotes &
encourages
learning in a
variety of ways.

Youth Board Games

Tuesday
January 02

2pm-4pm

CALL TO REGISTER

780-645-5311

FREE

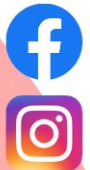
Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

Call **780-645-5311** or visit our website at **stpaulfcss.ca**

Providing services and support for ages 0-18yrs, parents and caregivers.



TRIPLE P PARENTING



Family Transitions assists parents who need extra support to adjust and manage the transition while going through a divorce or separation. It focuses on skills to resolve conflicts with former partners and how to cope positively with stress.

CAREGIVERS

LFRN St Paul 5002-51 Ave

Building a toolbox of ideas for parents to use to be a more confident, calm positive, parent.

FAMILY TRANSITIONS

**consists of 5 sessions*

WED JAN 3, 10, 17, 24

TUES JAN 30

6:30pm-8pm

CALL TO REGISTER
780-645-5311

FREE



Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

Call **780-645-5311** or visit our website at **stpaulfcss.ca**

Providing services and support for ages 0-18yrs, parents and caregivers.





Topics may include

- Mindfulness
- Emotion Regulation
- Gratitude
- Self love
- Friendships
- Empathy
- Problem Solving
- Community Minded

YOUTH 7+

LFRN St Paul 5002-51 Ave

Mindful Matters

Wednesday 03
January

2pm-4pm

CALL TO REGISTER
780-645-5311

FREE

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

Call **780-645-5311** or visit our website at **stpaulfcss.ca**

Providing services and support for ages 0-18yrs, parents and caregivers.





Join us in creating
a variety of winter
themed art.

YOUTH 7+

LFRN St Paul 5002-51 Ave

Winter Art Class

Friday
January 05

2pm - 4pm

CALL TO REGISTER

780-645-5311

FREE

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

Call **780-645-5311** or visit our website at **stpaulfcss.ca**

Providing services and support for ages 0-18yrs, parents and caregivers.



Encouraging
listening skills,
attention span
and creativity.



Learn new ways to support your child's early literacy and language experiences.

AGES 0-6

LFRN St Paul 5002-51 Ave

Rhymes that Bind

Monday 08
January

10am-12pm

DROP IN

780-645-5311



Helping promote healthy family relationships.

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

Call **780-645-5311** or visit our website at **stpaulfcss.ca**

Providing services and support for ages 0-18yrs, parents and caregivers.





AGES 0-6

ACFA Gym 4617-50 Ave

Encouraging gross motor development, sharing and taking turns while being active and having fun!

Run, Jump, Skip

Tuesday 09
January

10am-12pm

DROP IN

780-645-5311



Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

Call **780-645- 5311** or visit our website at **stpaulfcss.ca**

Providing services and support for ages 0-18yrs, parents and caregivers.





Various topics include:

- the responsibility of staying alone
- basic safety tips
- fire safety
- simple first aid
- what to do in case of an emergency

***Participants must be at least 8 years old**

YOUTH 8+

LFRN St Paul 5002-51 Ave

Home Alone Course

Wednesday January 10

3:30pm-5:30pm

\$25 REGISTRATION FEE

CALL TO REGISTER
780-645-5311

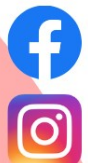
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FAMILY RESOURCE NETWORK

Connect with us for more information.

Call **780-645-5311** or visit our website at **stpaulfcss.ca**

Providing services and support for ages 0-18yrs, parents and caregivers.



This course is for young people who are beginning to stay home alone.

ONLINE



Triple P Positive Parenting Program helps you:

- Raise happy, confident kids
- Manage misbehaviour
- Set rules and routines
- Encourage positive behaviour
- Take care of yourself as a parent
- Feel confident you're doing the right thing

CAREGIVERS

LFRN St Paul 5002-51 Ave

Building a toolbox of ideas for parents to use to be a more confident, calm positive, parent.

Triple P Parenting

Helping with Chores

Thursday **11**
January **11**
6:30pm

CALL TO REGISTER
780-645-5311

FREE



Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

Call **780-645-5311** or visit our website at **stpaulfcss.ca**

Providing services and support for ages 0-18yrs, parents and caregivers.





AGES 0-6

LFRN St Paul 5002-51 Ave

Loose Parts Play

Friday 12
January

10am-12pm

DROP IN

780-645-5311



Express creativity and imagination skills with common everyday items.

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

Call **780-645-5311** or visit our website at **stpaulfcss.ca**

Providing services and support for ages 0-18yrs, parents and caregivers.





AGES 0-6

LFRN St Paul 5002-51 Ave

Encouraging speech and language development, attention span, listening skills and bonding.

Storytime & Craft

Monday
January **15**
10am-12pm

DROP IN
780-645-5311



Lakeland

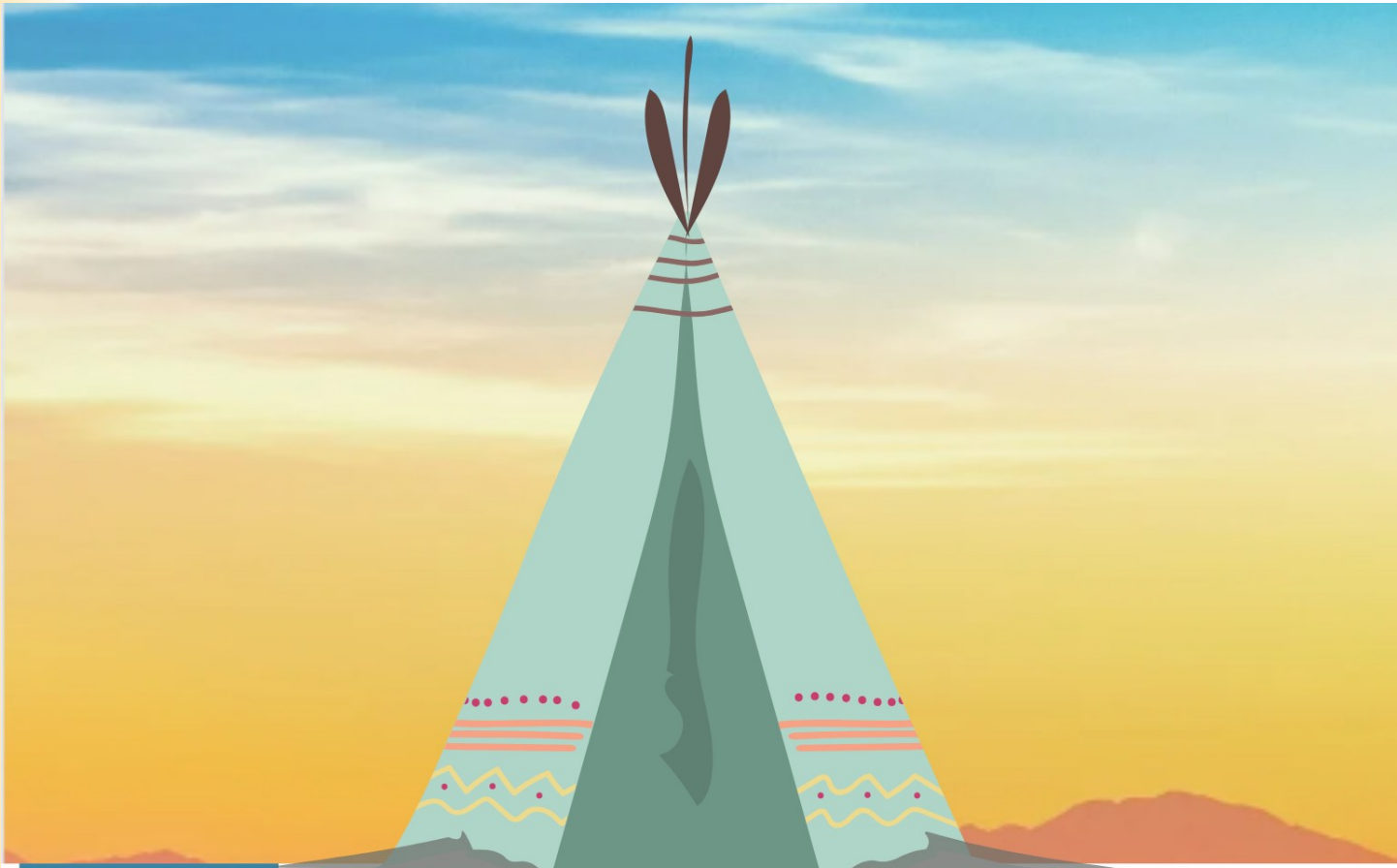
FAMILY RESOURCE NETWORK

Connect with us for more information.

Call **780-645-5311** or visit our website at **stpaulfcss.ca**

Providing services and support for ages 0-18yrs, parents and caregivers.





AGES 0-6

LFRN St Paul 5002-51 Ave

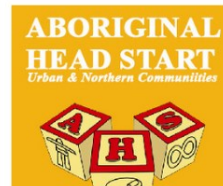
Traditional Teaching

with Jan Tailfeathers

Tuesday January 16

10am-11:30am

CALL TO REGISTER
780-645-5311



Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

Call **780-645- 5311** or visit our website at **stpaulfcss.ca**

Providing services and support for ages 0-18yrs, parents and caregivers.



Learn about the Indigenous Culture through stories, interactive play & crafts.



YOUTH 10+
LFRN St Paul 5002-51 Ave

Motivates,
promotes &
encourages
learning in a
variety of ways.

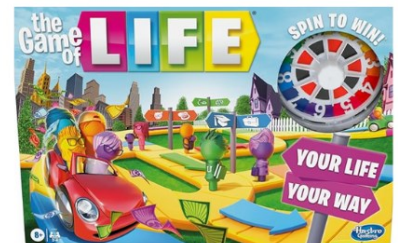
Game of Life

Wednesday January 17

6pm-7:45pm

CALL TO REGISTER
780-645-5311

FREE



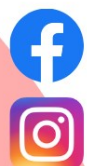
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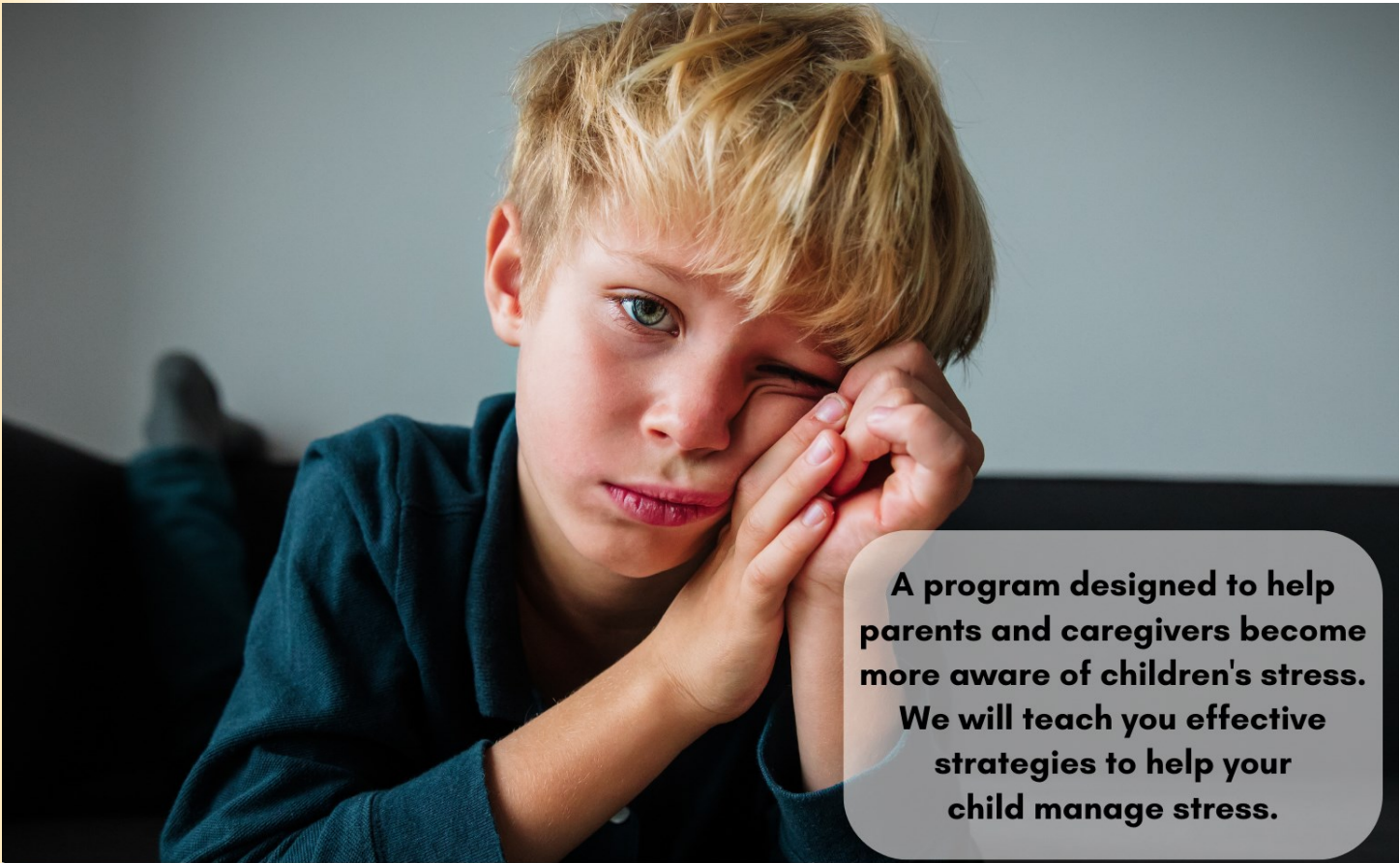
FAMILY RESOURCE NETWORK

Connect with us for more information.

Call **780-645-5311** or visit our website at **stpaulfcss.ca**

Providing services and support for ages 0-18yrs, parents and caregivers.





A program designed to help parents and caregivers become more aware of children's stress. We will teach you effective strategies to help your child manage stress.

CAREGIVERS

LFRN St Paul 5002-51 Ave

Kids Have Stress Too

Thursday January 18

ONLINE

6:30pm-7:30pm

CALL TO REGISTER
780-645-5311

FREE



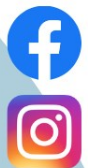
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FAMILY RESOURCE NETWORK

Connect with us for more information.

Call **780-645- 5311** or visit our website at **stpaulfcss.ca**

Providing services and support for ages 0-18yrs, parents and caregivers.





Come connect with friends, play musical instruments, sing songs and dance!

AGES 0-6

LFRN St Paul 5002-51 Ave

Making Music

Monday
January 22

10am-12pm

DROP IN

780-645-5311



Singing and making music supports speech & language development, encourages socialization and builds self-esteem.

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

Call **780-645- 5311** or visit our website at **stpaulfcss.ca**
Providing services and support for ages 0-18yrs, parents and caregivers.





YOUTH 7+

LFRN St Paul 5002-51 Ave

Motivates,
promotes &
encourages
learning in a
variety of ways.

Lego Challenge

Wednesday January **24**

3:30pm-5:30pm

CALL TO REGISTER

780-645-5311

FREE

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

Call **780-645-5311** or visit our website at **stpaulfcss.ca**

Providing services and support for ages 0-18yrs, parents and caregivers.





evening

Run, Jump, Skip

Thursday 25
January

6pm-7:30pm

DROP IN

780-645-5311



AGES 0-6

ACFA Gym 4617-50 Ave

Encouraging gross motor development, sharing and taking turns while being active and having fun!

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

Call **780-645-5311** or visit our website at **stpaulfcss.ca**

Providing services and support for ages 0-18yrs, parents and caregivers.





Get your car 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.

CAREGIVERS

LFRN St Paul 5002-51 Ave

Car Seat Check

Friday
January 26

10am-12pm

CALL TO REGISTER
780-645-5311

FREE



St. John Ambulance



Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

Call **780-645- 5311** or visit our website at **stpaulfcss.ca**

Providing services and support for ages 0-18yrs, parents and caregivers.



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



Come connect with us & other families while learning about child development & parenting.

Look for **Baby Bunch Sessions** where professionals come in and discuss topics related to your child's age.

0-18 MONTHS

LFRN St Paul 5002-51 Ave

Baby Bunch

Thursdays
1:30pm

DROP IN
780-645-5311



Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

Call **780-645- 5311** or visit our website at **stpaulfcss.ca**

Providing services and support for ages 0-18yrs, parents and caregivers.





Read and Roll

A Parent/Child interactive program for 3 and 4 year olds.

Read books together and then roll with activities to explore the concepts of each story. Snack /Childcare Provided

**Mondays - at the Library!
7 week Program**

10:00 - 11:00 am / Max 6 kids
Keep the fun going at home
with our take home activities!

FREE!



SESSION RUNNING
Jan 29, Feb 5, 12, 26
Mar 4, 11, 18

To register or for more information, call 780-645-5311



Lakeland

FAMILY RESOURCE NETWORK

Off on the Right Foot

A day of fun & discovery for children 2 to 5

Wednesday, January 31, 2024

École du Sommet Gymnasium

4609 40th St.

9:00 a.m. to 1:30 p.m.

**Free consultations from Health &
Educational Professionals**

- ◆ « Ages & Stages » Questionnaires
- ◆ Early Childhood Professionals
- ◆ Speech & Language Pathologist
- ◆ Occupational Therapist



**Community organizations &
information on family well-being.
Childcare service onsite.**

**Call 780-645-5050
to book your appointment**



This event is made possible due to funds from the Public Health Agency of Canada

pageborders.org

2024

Elk Point LOCATION

January

WHICH PROGRAM IS FOR ME?

- child development & well being
- ages 0-6 (blue)**
- ages 7-18 (red)**
- caregiver support, building, classes
- all ages (Grey)**
- community events
- all ages (White)**

MON	TUE	WED	THU	FRI
01 HAPPY NEW YEAR Find a snow hill and go sledding!	02 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	03 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	04 Youth Group Painting Fun 2:00pm - 4:00pm DROP IN	05 Matching Pattern Games Winter edition 10am - 12pm DROP IN
08 Enjoy a hot chocolate with a friend!	09 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	10 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	11 Youth Group Growing Minds Big Life Journal 3:30pm - 5:30pm REGISTER	12 Story & Craft 10am - 12pm DROP IN
15 Take a wintry hike with family or friends!	16 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	17 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	18 Youth Group Growing Minds Big Life Journal 3:30pm - 5:30pm REGISTER	19 Icky Sticky Messy Play 10am- 12pm DROP IN
22 Mail a handwritten card to an old friend!	23 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	24 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	25 Youth Group Growing Minds Big life Journal 3:30pm - 5:30pm REGISTER	26 Rhymes That Bind Winter Edition 10am- 12pm DROP IN
29 Try something NEW this week!	30 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	31 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm		



Lakeland
FAMILY RESOURCE NETWORK

4906 - 48 St
Elk Point AB T0A 1A0
 Call: 780-724-3800
 Text: 780-614-1941
 Web: stpaulfcss.ca



st.paul_fcsc



St. Paul Regional
FCSS & Family
Resource Network

Elk Point Location



Join us in creating a winter themed painting..

YOUTH 7+

LFRN Elk Point 4906-48 St

Painting Fun

Thursday
January 04

3:30pm-5:30pm

FREE TO REGISTER
780-724-3800

Encouraging listening skills, attention span and creativity.

Lakeland

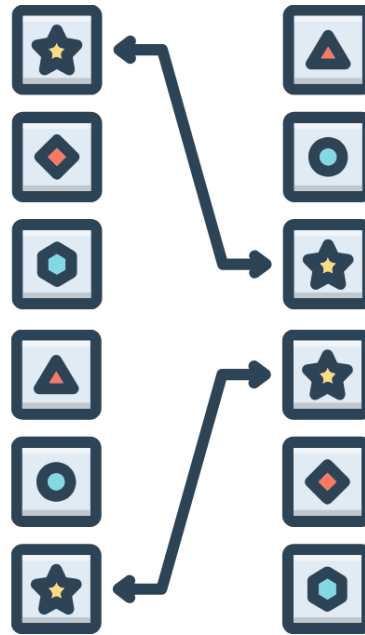
FAMILY RESOURCE NETWORK

Connect with us for more information.

Call **780-724-3800** or visit our website at **stpaulfcss.ca**
Providing services and support for ages 0-18yrs, parents and caregivers.



Elk Point Location



AGES 0-6

LFRN Elk Point 4906-48 St

Matching Patterns

Winter Edition

Friday
January **05**

10am-12pm

DROP IN

780-724-3800



Matching games can help promote your child's cognitive development.

Lakeland

FAMILY RESOURCE NETWORK

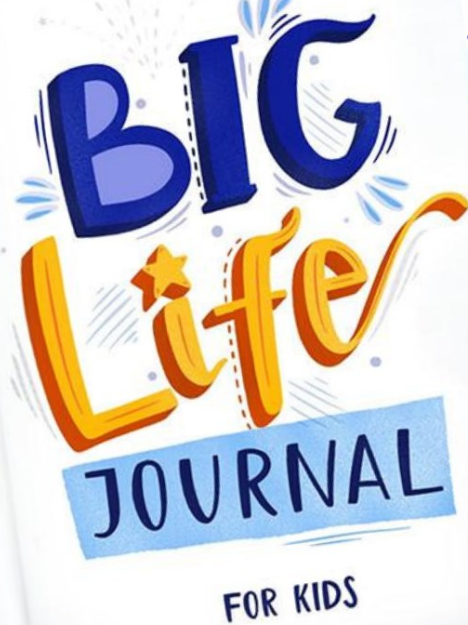
Connect with us for more information.

Call **780-724-3800** or visit our website at **stpaulfcss.ca**

Providing services and support for ages 0-18yrs, parents and caregivers.



Elk Point Location



WEEKLY THEMES

- ▶ **WEEK ONE**
BELIEVE IN YOURSELF;
MISTAKES HELP YOU GROW
- ▶ **WEEK TWO**
BE PRESENT;
BE GRATEFUL
- ▶ **WEEK THREE**
BE UNIQUE, BE YOU;
CHALLENGES MAKE YOU STRONGER
- ▶ **WEEK FOUR**
EFFORT IS KEY;
LOVE LEARNING
- ▶ **WEEK FIVE**
BE KIND;
MAKE A DIFFERENCE IN THE WORLD

Created specifically for 7 to 10 year-olds.
A 5 week program that teaches children
how to develop a growth mindset through
inspiring stories, colorful illustrations
and engaging guided activities.

YOUTH 7-10

LFRN Elk Point 4906 48 ST

Snacks & your
very own
Big Life Journal
included.

Growing Minds Junior Edition

Thursday's
3:30-5:30pm

JANUARY 11,18,25,
FEBRUARY 1,8
CALL TO REGISTER

FREE

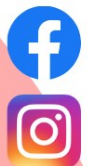
780-724-3800

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

Call **780-724-3800** or visit our website at **stpaulfcss.ca**
Providing services and support for ages 0-18yrs, parents and caregivers.



Elk Point Location



AGES 0-6

LFRN Elk Point 4906-48 St

Encouraging speech and language development, attention span, listening skills and bonding.

Storytime & Craft Winter Edition

Friday
January 12

10am-12pm

DROP IN

780-724-3800



Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

Call **780-724-3800** or visit our website at **stpaulfcss.ca**

Providing services and support for ages 0-18yrs, parents and caregivers.



Elk Point Location



Help your child explore the world through their senses & encourage their curiosity. They learn through play & **WE** take care of the mess!!

AGES 0-6

LFRN Elk Point 4906-48 St

Encouraging sensory development, and helps build social-emotional skills.

Icky, Sticky, Messy

Friday 19
January

10am-12pm

DROP IN

780-724-3800



Lakeland

FAMILY RESOURCE NETWORK

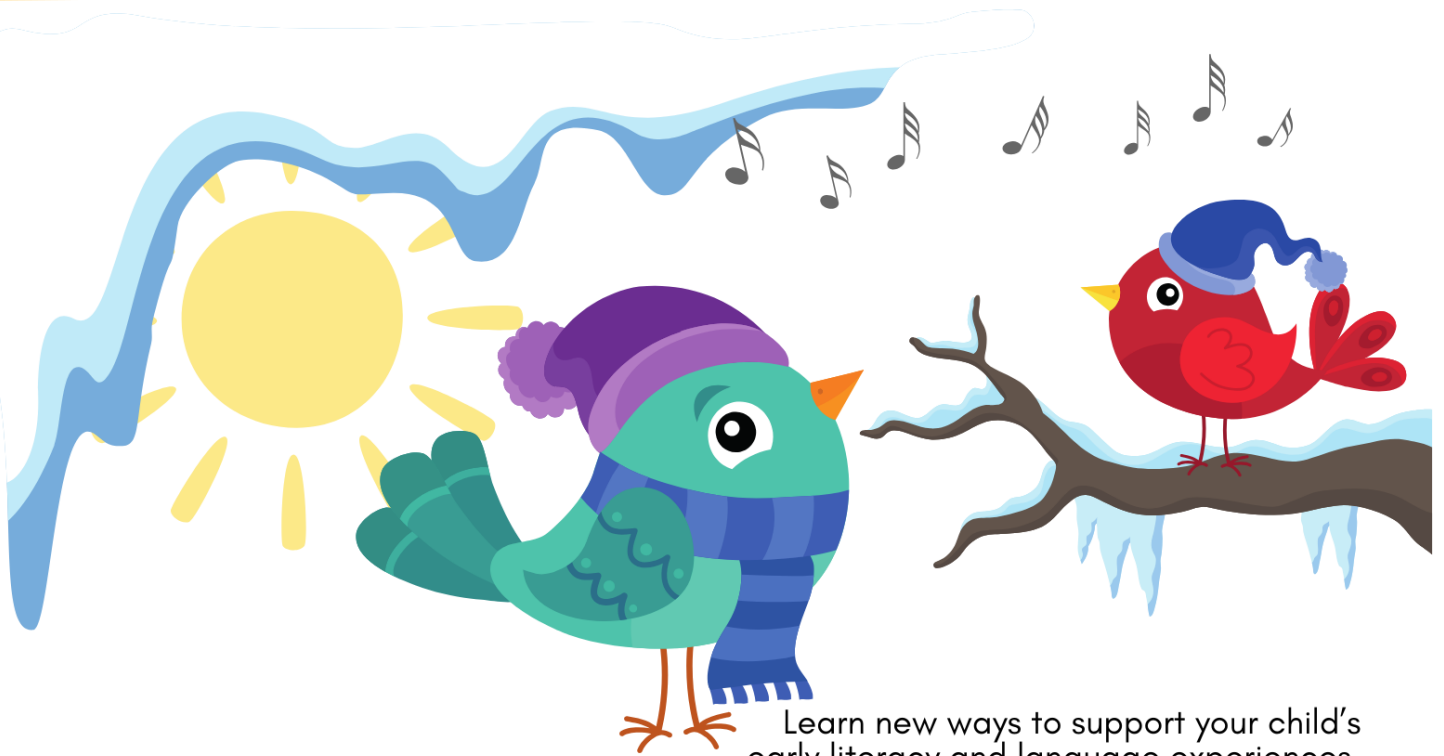
Connect with us for more information.

Call **780-724-3800** or visit our website at **stpaulfcss.ca**

Providing services and support for ages 0-18yrs, parents and caregivers.



Elk Point Location



Learn new ways to support your child's early literacy and language experiences.

AGES 0-6

LFRN Elk Point 4906-48 St

Rhymes that Bind Winter Edition

Friday
January 26

10am-12pm

DROP IN

780-724-3800



Helping promote healthy family relationships.

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

Call **780-724-3800** or visit our website at **stpaulfcss.ca**

Providing services and support for ages 0-18yrs, parents and caregivers.





STEP

St. Paul / Elk Point
Economic Development Alliance



A WIN / WIN

EMPLOYERS

Attract and retain
workers to address
your labour shortages

WORKERS

A streamlined process
to Canadian
citizenship and
newcomer supports

RURAL RENEWAL STREAM

Alberta Advantage Immigration Program

What is the RRS?









The Rural Renewal Stream offers eligible workers an opportunity to immigrate to the STEP (St. Paul and Elk Point) Region* with the formal support of the municipalities and endorsement from the STEP Economic Development Alliance. The program will be used to attract and retain newcomers and support employers to fill vacancies. This will support workforce development by helping employers meet labour demands, expand skilled workforce and support community and economic growth.

Employers must initiate the program by becoming an approved employer, meet a series of criteria and provide a genuine employment opportunity.

* comprised of the County of St. Paul, Town of St. Paul, Town of Elk Point, and Summer Village of Horseshoe Bay

Application Process

Easy-to-follow steps for employers and candidates:

-  **Step 1** | Employer Applies to Program with Application Form
-  **Step 2** | Application is Reviewed
-  **Step 3** | If Approved, Employer Submits Job Vacancy to be Posted
-  **Step 4** | Candidate Applies for Job if they meet AAIP Eligibility requirements
-  **Step 5** | Job is Offered and Accepted
-  **Step 6** | Employer Submits Endorsement Letter Application on behalf of Candidate
-  **Step 7** | Endorsement Letter Issued to Candidate (copy to Employer)
-  **Step 8** | Candidate Applies for AAIP Provincial Nomination

Program details, eligibility criteria and forms at stepeconomicdevelopment.ca



Learn more about opportunities in the STEP Region and the County of St. Paul.
Contact: Linda Sallstrom: lsallstrom@stepeconomicdevelopment.ca
STEP (Economic Development Alliance) +1-780-646-2975



STEP
St. Paul / Elk Point
Economic Development Alliance

ONLINE CRIME REPORTING

is now available



Report it online!



- ✓ **YOU CAN FILE A REPORT IF:**
- You have lost something that costs less than \$5000
 - Someone has stolen something from you that costs less than \$5000
 - Someone has vandalized your property or vehicle and it will cost less than \$5000 to repair it
 - The crime happened within the jurisdiction of the Alberta RCMP
 - **Thefts over \$5,000** are accepted from oil, telecommunications, and utility companies
- ✗ **YOU CANNOT USE ONLINE CRIME REPORTING IF:**
- There is a witness or suspect
 - There are lost or stolen items involving personal identity, firearms, licence plates or decals



All crimes reported online to the Alberta RCMP will be followed up with a phone call from a police officer within five business days.

[HTTPS://OCRE-SIELC.RCMP-GRC.GC.CA/ALBERTA](https://ocre-sielc.rcmp-grc.gc.ca/alberta)





IT'S ABOUT YOU

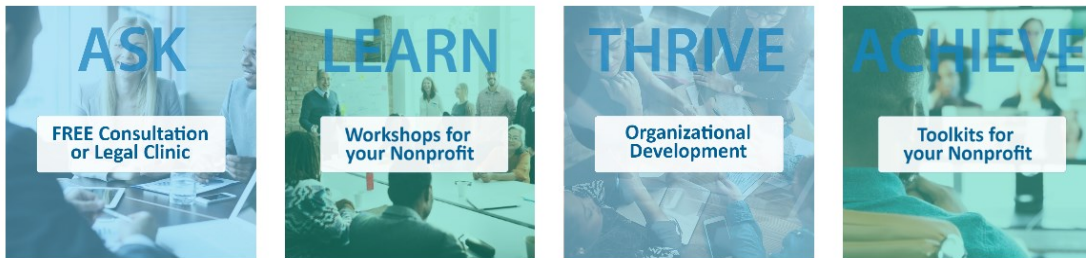
- Aboriginal Art
- Academic Foundations
- Advanced Care Paramedic
- Pre-Apprenticeship Carpentry
- Pre-Apprenticeship Welding
- Apprenticeship Electrician
- Apprenticeship Steamfitter/Pipefitter
- Apprenticeship Welder
- Artisan Entrepreneurship
- Bachelor of Business Administration (NAIT)
- Business Administration Certificate
- Business Administration — Accounting
- Business Administration — Management
- College Preparation
- Community Social Work
- Culinary Arts
- Early Learning and Child Care
- Educational Assistant
- Emergency Medical Responder
- Fine Arts
- Hairstyling
- Heavy Equipment Operator
- Natural Resources Technology
- Office Administration
- Open Studies
- Professional Cooking Certificate
- Power Engineering, 4th Class
- Power Engineering, 3rd Class
- Practical Nurse
- Pre-Employment Heavy Equipment Technician
- Pre-Employment Welding
- Primary Care Paramedic
- University Degree Options
- University Transfer



1-866-623-5551
portagecollege.ca



Alberta nonprofits thrive, flourish, and achieve through education and support.

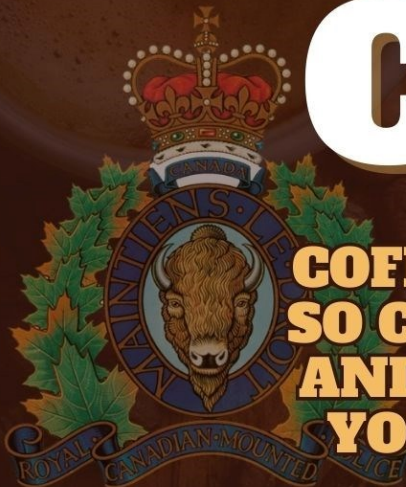


integralorg.ca



ST. PAUL RCMP

COFFEE WITH A COP



**COFFEE IS ON US,
SO COME ON OUT
AND LET US BUY
YOU A COFFEE!**



'COFFEE WITH A COP' BRINGS POLICE OFFICERS AND THE COMMUNITY TOGETHER IN A CASUAL ENVIRONMENT WHERE THEY CAN DISCUSS IMPORTANT ISSUES AND CONNECT ON A PERSONAL LEVEL

LOCATION:	DATES & TIMES:
A&W LOCATED AT	JANUARY 30TH
4241 50 AVENUE,	2024 BETWEEN 9-10:30 AM
ST PAUL	FEBRUARY 27TH, 2024 BETWEEN
	9-10:30 AM

THANK YOU TO A&W FOR SUPPORTING THIS INITIATIVE AND ALLOWING US TO MEET AT THEIR RESTAURANT



Children's Safety Network

at Education Development Center



Upcoming CSN Webinar: **Advancing Equity for Rural and Agricultural Youth**

Monday, January 8, 2024

2:00PM-3:00PM ET

Agriculture had the highest number of occupational fatalities across industries for youth aged 17 and younger from 2011-2020,¹ with tractors and ATVs/UTVs being the leading source of deaths. As compared to urban youth, rural and agricultural youth experience greater disparities across fatal and non-fatal injuries. The population of youth who live on farms, visit and/or work on farms, and/or live in rural communities is highly diverse. The intersection of ethnic and linguistic diversity, along with financial, housing, and food insecurity, social isolation, and compromised access to health care and broadband internet compound these disparities.

In this webinar, Marsha Salzwedel, Project Scientist at the National Children's Center for Rural and Agricultural Health and Safety (NCCRAHS) and the National Farm Medicine Center (NFMC), will talk about advancing equity using prevention strategies, and how to address the inherent challenges in working with rural and agricultural youth.

Scott Heiberger, Communications Manager at the NCCRAHS, NFMC, and Marshfield Clinic Research Institute, will discuss how to advocate for children on social media. He will introduce the Media Guidelines and Tools of the Trade and share resources that have been translated to multiple languages and can be customized to include diverse skin tones, settings, and equipment.

The webinar will be moderated by Melissa Ploeckelman, outreach specialist for the NCCRAHS and NFMC, and an active member of the Children's Safety Now Alliance (CSN-A).

Register:

<https://www.childrensafetynetwork.org/events/advancing-equity-rural-agricultural-youth>

Welcome To:

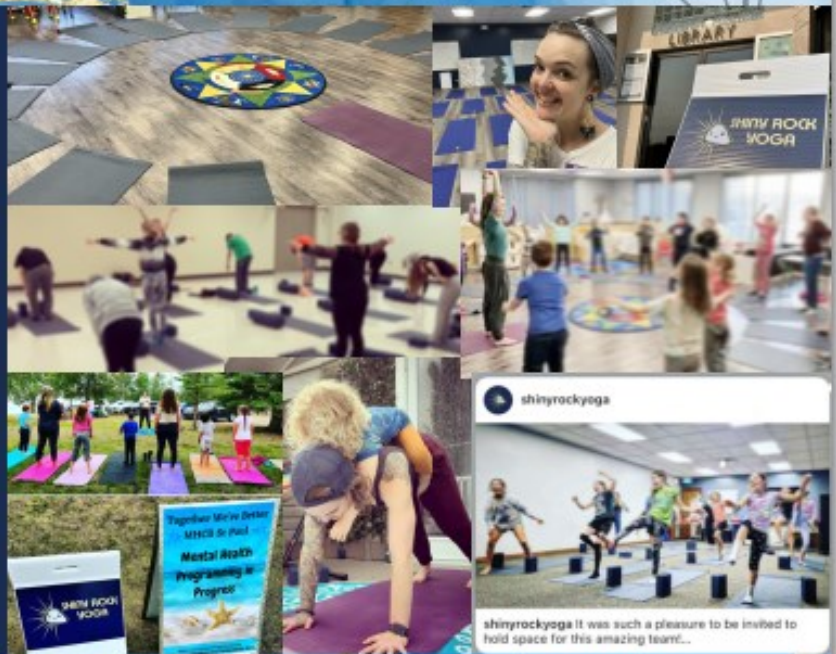
Shiny Rock Yoga

A mobile yoga company based in St. Paul serving the surrounding community and area!

Mobile -> Means that I transport all required yoga equipment to serve 15 adults (and 15 kids!)

This includes: yoga mats, straps, bolsters, blocks and music to move to!

If you provide the space, I can take care of the rest!



Offerings

Kids/Youth Classes

- Combining creativity with movement and using our imaginations to take us through various yoga poses, mindfulness activities and grounding exercises
- Age range 4-18 (Classes are tailored to age range requested)
- School Programming (Elementary, junior and highschool), PE Classes
- PD Day programming
- Birthday Parties!
- Summer Camp Activities

Adult Classes

- Variety of flow/vinyasa, nidra and restorative.
- Staff wellness events
- Community based events
- Private events
- Conference programming
- Private Group Classes
- Birthday parties!

THE HISTORY

I've been a student of yoga for over 16 years (and will continue to be for the rest of my life!). I completed my yoga teacher certification in February, 2020 and Shiny Rock was established in November, 2022. My background is in social work with a focus on self-care, mental health and outreach support.

THE STORY

While completing my yoga training, I realized that in some ways, yoga had become a privileged self-care activity. This means many folks who would really benefit can't easily access yoga due to financial constraints, transportation challenges or other accessibility issues. I created Shiny Rock to remove as many barriers as possible so my passion for the practice could be shared with everyone.

MY VISION

To create spaces in which any individual is able to access and feel comfortable participating in a group-tailored yoga practice.

To create programming with community members and organizations who also believe that everyone is worthy of self-care and the tools needed to obtain it regardless of age, gender or socioeconomic status.

MY MISSION

To continue to make yoga accessible and remove the barriers (financial and otherwise) to encourage participation and collaboration in the community.


Yoga is an incredible healing tool that should be accessible for everyone.


Each yoga offering is specifically tailored to the attendees, environment and event in mind.

I always welcome collaboration and encourage visions or ideas of what you want to see for the programming you have in mind!


Please inquire about how I can make my services financially accessible.

I look forward to building community with you!

 shinyrockyoga@gmail.com

 (403) 483 2340

 **FB:** Shiny Rock Yoga

 **IG:** shinyrockyoga

January 2024 Workshops for Adults by ZOOM

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

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.

Overview

Jan 9 Tue 5:30pm to 8:00pm
Jan 11 Thurs 9:30am to 12:00pm
Jan 17 Wed 1:30pm to 4:00pm

Nutrition

Jan 16 Tue 5:30pm to 7:00pm
Jan 18 Thurs 9:30am to 11:00am
Jan 24 Wed 1:30pm to 3:00pm

Ongoing Care

Jan 23 Tue 5:30pm to 8:00pm
Jan 25 Thurs 9:30am to 12:00pm
Jan 31 Wed 1:30pm to 4:00pm

Heart & Stroke

Learn to manage your blood pressure and cholesterol as well as understand the risks for heart disease and stroke.

Overview & Prevention

Jan 10 Wed 9:30am to 11:00am
Jan 15 Mon 5:30pm to 7:00pm
Jan 18 Thurs 1:30pm to 3:00pm

Nutrition

Jan 17 Wed 9:30am to 11:00am
Jan 22 Mon 5:30pm to 7:00pm
Jan 25 Thurs 1:30 to 3:00pm

Managing Stress

In this 2 part series you will learn techniques to reduce, prevent, and cope with stress.

Jan 11 & 18 Thurs 5:30pm to 8:00pm

Weight Management

Learn effective weight management strategies and how to build healthier habit. Understand ways that thinking patterns, sleep, physical activity and nutrition impact your goals.

Series 1

Jan 16, 23, & 30 Tue 9:30am to 12:00pm
Jan 17, 24, & 31 Wed 5:30pm to 8:00pm
Jan 18, 25, & Feb 1 Thurs 1:30pm to 4:00pm

Moving Matters

Discuss methods of getting moving safely and learn how this can help you. Explore what gets in your way and make a plan to get started, stay motivated and have fun.

Jan 25 Thurs 9:30am to 12:00pm

Supervised Exercise Program -Virtual Classes-

This program meets 2 times per week, 1.5 hours/session for 6 weeks to exercise in a group setting with people with a variety of health conditions.

Jan 8 to Feb 14 Mon/Wed 1:00pm to 2:30pm
Jan 8 to Feb 14 Mon/Wed 6:00 to 7:30pm

Jan 30 to Mar 7 Tue/Thurs 10:00am to 11:30am
Jan 30 to Mar 7 Tue/Thurs 1:00pm to 2:30pm

Better Choices, Better Health

Build skills to help overcome the physical and emotional challenges and manage your health.

Living with a Chronic Condition

Jan 16 to Feb 20 Tue 1:30pm to 4:00pm

Living with Chronic Pain

Feb 7 to Mar 13 Wed 6:00pm to 8:30pm



To register for a Zoom class call:

1-877-349-5711

Or

<https://www.healthylivingprogram.ca>




**Alberta Health
Services**

Alberta Healthy Living
Program

2023-2024 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 Sims - Lakeland Primary Care Network)

ST. PAUL	ELK POINT
<p>Where: Lakeland Primary Care Network (Boardroom) St. Paul Wellness Centre #101 – 4801 – 39 Street</p> <p>Time: 6:30 - 8:30 pm</p> <p>When: 3rd Wednesday of each month</p> <p>Dates:</p> <ul style="list-style-type: none"> September 20, 2023 October 18, 2023 November 15, 2023 December 20, 2023 January 17, 2024 February 21, 2024 March 20, 2024 April 17, 2024 May 15, 2024 June 19, 2024 	<p>Where: Elk Point Healthcare Centre (Board Room) 5310 – 50 Avenue</p> <p>Time: 6:30 - 8:30 pm</p> <p>When: 3rd Tuesday of each month</p> <p>Dates:</p> <ul style="list-style-type: none"> September 19, 2023 October 17, 2023 November 21, 2023 December 19, 2023 January 16, 2024 February 20, 2024 March 19, 2024 April 16, 2024 May 21, 2024 June 18, 2024
<p>The Care Partner Support Group is designed for family members, friends, & 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.</p>	



Seniors' Centre Without Walls Program Guide January - March 2024

Who are we?

We are 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 do I register?

780-395-2626 (press 1)

How do I join a program?

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

To join by phone:

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

- If you are having difficulty accessing the Toll-Free Number try **1-833-955-1088** (toll-free), or **587-328-1099**

(charges may apply, contact your phone carrier for more info)

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

3. Press # if asked for any further numbers

To join electronically use the following link:

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

Video will not be used for programs

Who do I call if I have questions or concerns?

Alyssa Program Assistant **780-239-8427**

Elizabeth Program Assistant **780-238-9612**

Janine Program Assistant **780-231-4393**

JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p>  <p>9:30am: Nostalgia— Newspapers 11am: Exercises 1pm: Program Preview 3pm: Voyage of Dawn Treader 1</p>	<p>2</p> <p>WELCOME 2024!</p> <p>9:11am: Mindfulness 1pm: Coffee Chat 3pm: Who, Why, When 4:30pm: Trivia</p>	<p>3</p> <p>WELCOME 2024!</p> <p>9:30am: Secret Societies 11am: Armchair Travel: Alaska 1pm: Estranged Relationships 1pm: Name That Tune 3pm: Exercises</p>	<p>4</p> <p>WELCOME 2024!</p> <p>No Morning Programs 1pm: In the Headlines 3pm: Person, Place or Thing</p>	<p>5</p>  <p>9:30am: Bollywood Music 11am: Exercises 1pm: Yellowstone National Park 3pm: Mystery Chronicles</p>
<p>8</p> <p>9:30am: Nostalgia— Newspapers 11am: Exercises 1pm: Program Preview 3pm: Voyage of Dawn Treader 1</p>	<p>9</p> <p>11am: Mindfulness 1pm: Coffee Chat 3pm: Who, Why, When 4:30pm: Trivia</p>	<p>10</p> <p>9:30am: Secret Societies 11am: Armchair Travel: Alaska 1pm: Estranged Relationships 1pm: Name That Tune 3pm: Exercises</p>	<p>11</p> <p>No Morning Programs 1pm: In the Headlines 3pm: Person, Place or Thing</p>	<p>12</p> <p>9:30am: Bollywood Music 11am: Exercises 1pm: Yellowstone National Park 3pm: Mystery Chronicles</p>
<p>15</p> <p>9:30am: Ponder This 11am: Exercises 1pm: The Big Picture 3pm: Voyage of Dawn Treader 2</p>	<p>16</p> <p>11am: Imagination Circle 1pm: Feel Better about Yourself 1pm: My Travels 3pm: NFH: Adding Protein & Fiber 4:30pm: Don't Quote Me</p>	<p>17</p> <p>9:30am: Crime & Justice 11am: EPL Presents! 1pm: Estranged Relationships 3pm: Exercises</p>	<p>18</p> <p>9:30am: Gratitude 11am: Storyteller 1pm: Coffee Chat 3pm: Working Through Grief 4:30pm: Dinner Theatre</p>	<p>19</p> <p>9:30am: All Request Music 11am: Exercises 1pm: Let's Talk About 3pm: Some Good News</p>
<p>22</p> <p>9:30am: Nostalgia— Drive-in Movies Theatres 11am: Exercises 1pm: Writing for Fun—Poetry 3pm: Voyage of Dawn Treader 3</p>	<p>23</p> <p>11am: Mindfulness 1pm: Feel Better about Yourself 3pm: Reader's Corner 4:30pm: Wheel of Fortune</p>	<p>24</p> <p>9:30am: Ancient Empires 11am: Coffee Chat 1pm: Estranged Relationships 1pm: Picture This 3pm: Exercises</p>	<p>25</p> <p>9:30am: Gratitude 11am: Day of Education 1pm: FYB: Eye Health 3pm: History of Jazz Music</p>	<p>26</p> <p>9:30am: Jazz Music 11am: Exercises 1pm: Weird Science 3pm: BINGO</p>
<p>29</p> <p>9:30am: Ponder This 11am: Exercises 1pm: The Big Picture 3pm: Voyage of Dawn Treader 4</p>	<p>30</p> <p>11am: The Seven Teachings 1pm: Feel Better about Yourself 1pm: Animal Spotlight 3pm: David Suzuki 4:30pm: Finish the Phrase</p>	<p>31</p> <p>9:30am: Crime & Justice 11am: Coffee Chat 1pm: Estranged Relationships 3pm: Exercises</p>	<p>To join by phone, call: 1-855-703-8985 When prompted, enter Meeting ID: 225-573-6467#</p>	



Eating Well

with **Non-Alcoholic
Fatty Liver Disease**

Virtual Presentation
with a Lakeland PCN Registered Dietitian

Wed Jan 24 @ 4pm - 5pm

Phone **780-645-1188** to Register



Mark your calendars!

Healthy Eating for Cholesterol & Triglycerides

Virtual Presentation
with a Lakeland PCN Registered Dietitian

Mon Jan 29 @ 4pm-5pm

Phone **780-645-1188** to Register



Help when you need it.



9-8-8
toll free, 24/7

9-8-8 Suicide Crisis Helpline

9-8-8: Suicide Crisis Helpline is funded by the Government of Canada



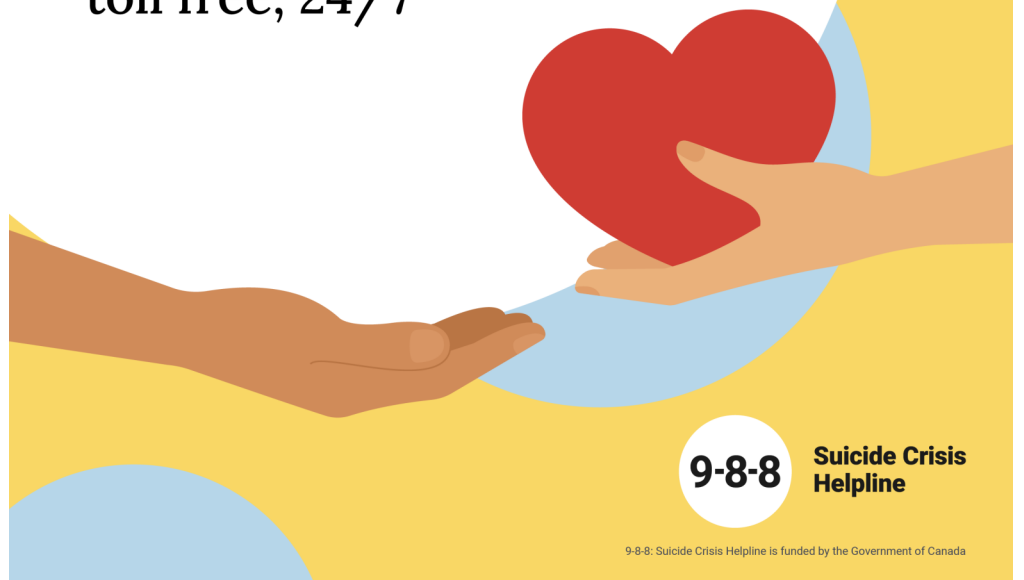
You're not alone.



9-8-8
toll free, 24/7

9-8-8 Suicide Crisis Helpline

9-8-8: Suicide Crisis Helpline is funded by the Government of Canada





Cyber-Seniors provides **FREE** technology support and training for older adults.



TECH DROP-IN

Come with your questions and we will do their best to answer them. If we think it requires more time we will help you book a one-on-one call. No Charge.

THURSDAYS
ONLINE

12:00 - 2:00 PM

To register visit:

cyberseniors.org/webinars/

Working Relationships

Its not about you!

Leadership - An Attitude NOT a Title

- Learn Tools to:
- create dynamic positive
- relationships with your team & customers
- avoid unnecessary conflict
- understand yourself & others
- Improve your leadership readiness
- Receive tools to help you coach effectively



Presented By:
Brad Kotowich

Focused Leadership Group

January 16, 2024

Breakfast - 7:30

Session - 8:00am - 11:30am

The Landing Hotel and Conference Centre

\$25

Register: www.stpaulchamber.ca



BUSINESS SUPPORT NETWORK MEETING

Thursday, January 11, 2024

11:30am – 1:30pm

******Canalta Meeting Room******

*****Please bring your own lunch*****

Please scan the QR Code and complete the questionnaire to help us make the most of your time and these valuable meetings.



This is an opportunity to learn and network with fellow businesses and collaborate on how we can build as a community.

Mission Statement:

The Business Support Network is an ongoing group of businesses, business support organizations and government which identify and address local current business and human resources issues.

Network Purpose:

Through the bi-monthly meetings, Alberta Labour will provide the opportunity for local businesses to support organizations and government to come together to provide roundtable updates and listen to guest speakers on relevant topics.

**St. Paul & District Chamber of Commerce
4802 50 Avenue - PO Box 887, St. Paul, AB - T0A 3A0
executivedirector@stpaulchamber.ca
Office 780-645-5820 or Cell 780-210-5820 (call/text)**

Opening Sept 12!



The Garage

 Youth Unlimited™

FREE

*drop-in, ping pong, air hockey,
foosball, music, art, mentoring,
good friends, leadership opportunities
& more!*

Grades 6-12

Tuesdays & Thursdays

3:00 - 6:00pm

**Mountian Movers Youth Centre
4826 Railway Ave • Elk Point**



@the_garage_yu



The Garage-Yu

Have you hired, or intend to hire Newcomers in your Workplace?

The Rural Development Network is currently recruiting employers to begin training in mid-January 2024.



This project will host six (6) virtual training sessions on topics such as:

The Hiring Process - Part 1

The Hiring Process - Part 2

Inclusive Workplace Policy

Understanding Newcomers in the Workplace

Intercultural Competency and Communication

Newcomer and Indigenous Perspectives

This is a free virtual training program to support your businesses sustainability and address your labour shortages through teaching successful practices for recruitment, hiring and retention of newcomer employees.

Should your organization be interested in this valuable training, please scan the QR Code as your expression of interest.

If you would like more information, please contact:.

***Project Manager, Soheila Homayed
at soheilah@ruraldevelopment.ca***





**Employment Services
for Albertans with Disabilities**

ARE YOU A JOB SEEKER?

EMPLOYMENT FACILITATORS WORK WITH YOU TO:

- Assess your skills and abilities to develop an action plan to help meet your goals based on your unique needs
- Explore employment, training, further education or self-employment opportunities
- Assist with resumes and cover letters, and provide training to improve interview, networking and job search skills
- Provide information on the current employment opportunities in your community, including the hidden job market
- Provide on-the-job supports
- All services are provided at no cost

**Services provided in Athabasca, Barrhead, Bonnyville, Cold Lake,
Lac La Biche, St. Paul, Vegreville, and Westlock**



Now accepting self-referrals, referrals from community agencies, and Community & Social Services. To access our services, use the EmployAbilities North Referral Form found on the website or scan the QR code.

<http://employabilities.ab.ca/referral-forms/employabilities-north-referral/>

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



EMPLOY *Abilities* NORTH

Serving the Communities of Bonnyville,
Cold Lake, Lac La Biche, St. Paul, Vegreville,
Athabasca, Westlock, and Barrhead

Employment & Training Services
Provided to Albertans with
Disabilities

JOB SEEKERS

Employment Facilitators work with you to:

- Explore your skills and abilities
- Find solutions that meet your unique needs
- Develop a career path
- Assist with resumes and cover letters
- Improve interview, networking, and job search skills
- Provide up-to-date labour market information and links to potential employers
- Empower you to overcome barriers to obtaining and maintaining employment
- Provide on the job supports and short term jobcoaching



EMPLOYERS

We can help you by:

- Referring qualified people with compatible skill sets
- Supporting the interview process
- Conducting job analysis & job carving
- Assisting in the process of accessing work-related devices for individuals with disabilities
- Assisting in establishing job retention strategies and goals
- Providing awareness workshops, information, and resources on a variety of disabilities
- Supporting your efforts to bring diversity to your workforce
- Developing a workforce that reflects your customer base
- Providing access to a larger labour pool

CONTACT US:

Bonnyville	780-201-6005
Cold Lake	780-594-6244
Lac La Biche	780-623-1281
St. Paul	780-614-1944
Vegreville	780-603-8182
Athabasca	780-307-7216
Westlock	780-307-7192
Barrhead	780-307-6712

EMPLOY
Abilities
a division of
www.employabilities.ab.ca



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@eclc.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

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:

- Parenting and contact
- Child and Spousal Support
- Common-law Relationships
- Divorce
- Guardianship
- Protection Orders
- Responding to Divorce
- 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!



X-C Ski Lessons **For Youth & Adults**

Skills Development Program for youth

4-5 years Bunnyrabbit Program

6-10 years Jackrabbit Program

11+ Jackrabbit Plus or

Track Attack

SUNDAYS time TBD

December 2023 – February 2024

When there is enough snow to track set

(no lessons on holiday weekends or extremely cold days)

Adult lessons:

Classic or skate ski

1-2 lessons per class

Dates & times TBD

Contact:

E-mail: lakelandccsc@gmail.com

Check:

Facebook: <https://www.facebook.com/www.lakelandski.ca>



2023-2024

Memberships now available

zone4.ca

<https://zone4.ca/register.asp?id=33034>



Select *Club Registration* tab

Type in: *Lakeland Cross...*

Adult (18+) \$52. (\$30 LCCSC; \$22 NA/NC)

Youth (5-17) \$25. (\$3 LCCSC; \$22 NA/NC)

+ Zone4.ca processing fees

E-mail: lakelandccsc@gmail.com

Website: www.lakelandxcski.com

Facebook: <https://www.facebook.com/www.lakelandski.ca>

Violence Against Women: A Trauma Informed Group for Restoring Wellbeing



Facilitated by Registered Psychologist Brittany R
and co-facilitated by one of our Master's Practicum Students

This 8-week virtual trauma informed women's group provides a safe environment for women to learn about the impact of trauma on the nervous system, develop understanding around how trauma affects the way that we experience our world, and develop practices for restoring a sense of self and wellbeing, following adverse experiences. This women's focused group will incorporate teaching, conversation, and ideas for moving through trauma in an integrated way. By approaching trauma from a nervous system level of understanding, this group intends to hold space for women to feel safe, grounded, and empowered on their healing journey, leaving with insight and daily practices that they can use in every day life. This will be a closed group, meaning that an 8-week commitment is required to attend.

Applicability:

18+ age

Childhood or adulthood experiences of violence

Self-identified or medically confirmed trauma symptoms

Has ability to access crisis support and personal/professional support system

No current suicidal ideations, psychosis, or other high risk safety considerations (addiction struggles requiring treatment, mental illness requiring intensive treatment, risk of harm to others).

Monday's 6:00 pm - 7:30 pm
Virtual

Starts Monday, November 6, 2023
Closed Virtual Group. Registration Required.

*As this group is therapeutic, there is risk for potential triggers and/or emotional dysregulation. We recommend individuals with complex treatment needs utilize individual therapy until stabilized.

Please use the [registration link on our website](#) or call the office to inquire.
Deadline is Thursday November 2nd.



Starts Monday, November 6, 2023
Closed Virtual Group. Registration Required.



Life After Grief & Loss

Finding Your Way Through Change

Free Counselling Program for those who have experienced recent or historical grief & loss

If you are an adult living in our geographical service area and have experienced grief and loss in your life that is causing impact to your well-being, this counselling program may help you. We offer 5-6 individual counselling sessions free of charge to provide coping skills, a safe place to explore difficult thoughts and emotions, and strategies for managing the individual change process following grief and loss.

These sessions are provided by one of our Master's of Arts in Counselling Psychology Students as they complete their 9 month internship with our agency. All cases are reviewed by the Clinical Supervisor or Clinical Manager for quality care, service, and treatment.

Whether you have experienced a recent loss or a historical loss, this program is available for anyone to register. Please note that there are only a certain number of spots and participants will be chosen on a "first come, first serve basis" as well as on applicability for the program. Please use the link or QR code for more information on the program and to register. You can also call the office and book a time to speak with Natalie (Counsellor) if you have any questions.

Virtual Video, Phone, and In-person (Bonnyville & St. Paul) available

Service Area: Bonnyville, Cold Lake, St. Paul, Lac La Biche, Athabasca, Slave Lake and surrounding rural communities, Nations and Settlements

Grief & Loss Counselling Program
Registration Form



Hope & Healing Happens

Toll Free: 1-866-300-4325

Sexual Misconduct in the Military: A Therapeutic Support Group

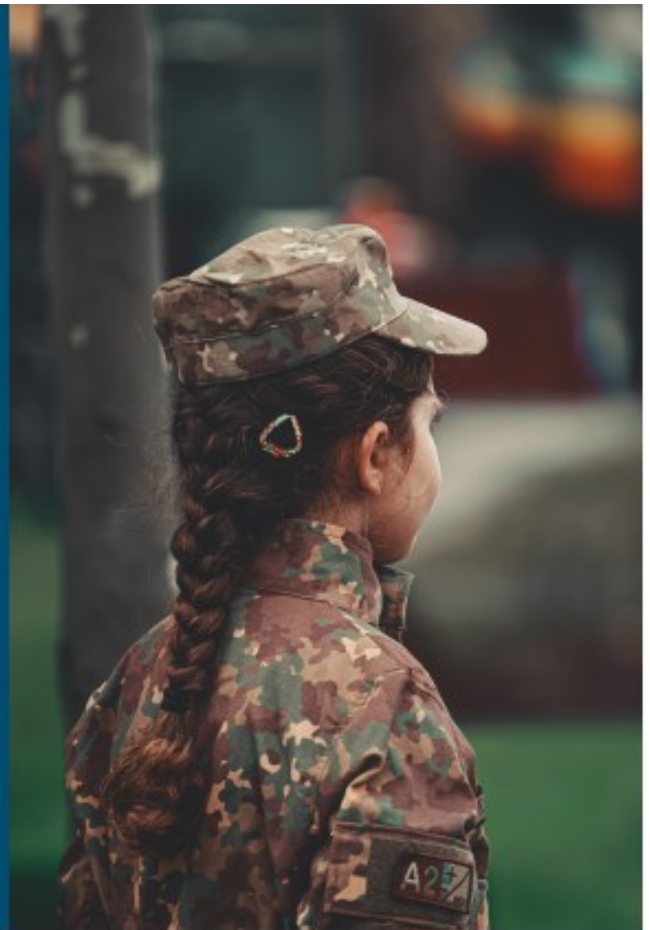
Women's Virtual Support Group

Tuesday's from 7:00 pm - 8:30 pm

Starting January 23, 2024



Dragonfly Centre
Sexual Violence Services



Join this 8-week virtual trauma informed women's group to learn about the impact of trauma on the nervous system, develop understanding around how trauma affects the way that we experience our world, and develop practices for restoring a sense of self and wellbeing, following adverse experiences. This women's focused group will incorporate teaching, conversation, and ideas for moving through trauma in an integrated way. By approaching trauma from a nervous system level of understanding, this group intends to hold space for women to feel safe, grounded, and empowered on their healing journey, leaving with insight and daily practices that they can use in every day life. This will be a drop-in group, however pre-registration is required prior to participating

Tuesday's from 7:00 pm - 8:30 pm via Zoom

Starting January 23, 2024

*As this group is therapeutic, there is risk for potential triggers and/or emotional dysregulation. We recommend individuals with complex treatment needs utilize individual therapy until stabilized.



Please use the [registration link on our website](#)
or call the office to inquire.

1-866-300-4325



OPEN GYM NIGHT



TUESDAY
JANUARY
23RD



7:00PM -
8:30PM



Racette Jr High
4638 50 Ave



\$FREE

Balls, birdies, nets,
sticks & more!

The St Paul Youth Council invites youth in grades 7-12 to join us for Open Gym Night! Tuesday January 23rd @ Racette Jr High. Bring your friends and clean pair of runners. Try something new and meet other youth!

Call for more info 780-645-5311



S.P.Y.C.
St. Paul Youth Council
The Power of our Voice

2024 SENTINEL STORAGE ALBERTA

SCOTTIES TOURNAMENT

OF HEARTS Scotties TOURNAMENT OF HEARTS

DRAW SCHEDULE

Wednesday, January 24:

5:00 pm: Opening ceremonies

6:30 pm: Draw 1

Thursday, January 25:

10:00 am: Draw 2

6:30 pm: Draw 3



Friday, January 26:

10:00 am: Draw 4

4:00 pm: Draw 5

Saturday, January 27:

10:00 am: Draw 6

6:30 pm: Draw 7

Sunday, January 28:

10:00 am: Draw 8 Semi-final

3:00 pm: Draw 9

Championship Final

St. Paul - Clancy Richard Arena

January 2024

24TH - 28TH



visit stpaulcurling.ca

Designed by Paige Bohn



S.A.G.E HAVEN

Do you identify as a member or ally of the 2SLGBTQ+ Community?

Are you struggling to find resources or to connect with individuals who are having similar challenges and experiences?

Do you feel like your mental health is being affected by current events that are negatively impacting the 2SLGBTQIA+ community?



S.A.G.E (Sex And Gender Equality) Haven is a support group that has been created to serve the people of St. Paul area by hosting support meetings twice a month (one in St. Paul and one in Elk Point).

Attendance and participation in this support group is confidential and we welcome youth, adults and families to access this service.

For more information and to access the date, time and location, please email us at pridestpaul@gmail.com or send us a message on our Facebook: Pride St. Paul - Alberta

Everyone deserves to feel safe and valued in their community



BUILD SOCIAL CAPITAL

WHAT WE DO

People. Planet. Prosperity.

The Village App is a powerful relationship building tool that allows municipalities, organizations and residents to foster real life connections through asks, offers, and events. With a focus on tangible actions, it facilitates resource sharing and service coordination, as residents, local organizations and businesses engage in exchanging, sharing, or donating goods and services, strengthening the local economy while fostering social cohesion and sustainable living.

“—
Municipalities with strong community building initiatives experience a 15% decrease in social issues.



 250 307 4858

KEY FEATURES



HYPERLOCAL

Share location-specific requests, offers or events.



COORDINATION

Share resources between other organizations or source from the wider community.



TROLL-FREE

There's no room for negative comments or crowdsourced opinions.



INTENTION ECONOMY

Unlike attention-based platforms, there's no maintenance required to retain engagement.

OUR VISION

Be a catalyst for positive change, bridging gaps in resources between individuals, organizations, and municipalities to create vibrant communities that thrive on mutual assistance.



ashley@thevillageapp.co



Rural Renewal Stream Program

Community Resource Toolkit Pilot Project

The County of St. Paul, in partnership with the Town of St. Paul, Town of Elk Point, and Summer Village of Horseshoe Bay, is participating in the Alberta's Rural Renewal Stream (RRS) to address labor demands in rural communities. With the support of STEP Economic Development Alliance (STEP), Portage College Community Adult Program (CALP) has hired a Newcomer Support role to help coordinate and direct newcomers to the supports they need.

To support CALP in delivering services to newcomers, the County entered into an agreement with The Village App to conduct a Pilot Project to create a "toolkit" that would help connect those resource providers directly with newcomers. More information will be sent to organizations who have been selected to participate in the pilot.

Contact

Christine Warkentin (CALP)
Christine.Warkentin@PortageCollege.ca
780-614-6369.

Linda Sallstrom (STEP)
lsallstrom@stepeconomicdevelopment.ca
780-645-3301 (ext 1218)

For more information on The Village App, visit www.thevillageapp.co

A top-down photograph of ice skaters on a rink. In the upper left, a red boot with a blue and white strap is visible. In the center and right, two black skates with white laces are shown. The ice surface is white and textured. The text 'NEW DAY' is overlaid in large, bold, yellow letters across the middle of the image.

NEW DAY

Parent & Tot FREE Skate

MONDAYS! 10–11am @ Clancy Arena

Helmets are required



Groupe de jeux

Ou / Where: École du Sommet
Quand / When: 9h30 à 11h30

Le 10, 17 et 24 janvier 2024

January 10, 17 and 24 2024

Partir du Bon Pied / Off on the Right Foot

Le 31 janvier - January 31st
9:00am till 1:30pm



Il n'y aura pas de Groupe de jeux du
20 décembre au 3 janvier

Au plaisir de vous revoir le 10 janvier!



There will be no Groupe de jeux from
December 20th till January 3rd

We look forward to seeing everyone in the New Year
on January 10th!



Histoire entre amis avec Mme Pauline

ST. PAUL MUNICIPAL
LIBRARY

LE 11 ET 18 JANVIER
À 4H15

VENEZ ÉCOUTER UNE HISTOIRE
ET PARTICIPEZ AUX ACTIVITÉS
QUI SUIVRONT.



NO REGISTRATION REQUIRED
4802 53 STREET
ST. PAUL, ALBERTA T0A 3A0



THIS WEEK'S ACTIVITIES

To register visit the programs tab on our website www.stpaullibrary.ab.ca or email programs@stpaullibrary.ab.ca

MONDAY 1

Closed

SUNDAY 7

Closed

TUESDAY 2

*Beaded snowflake drop in
between 10:30-12:30*

ages under 4 requires parents

Snow dioramas ages 6+

1:30-3:30

Registration Required

WEDNESDAY 3

10:30-7:30 Drop-in

Lego challenges

all ages

THURSDAY 4

Slime and bingo

ages 6+

11:00-12:30

1:30-3:00

Registration Required

FRIDAY 5

10:30am story time

Registration Required

paper bag snowflakes

12:00 ages 8+

Registration Required

SATURDAY 6

Snowmaking ages 6+

10:30-12:30

1:00-3:00

Registration Required



Family Story-time

At the Library

Fridays at 10:30am



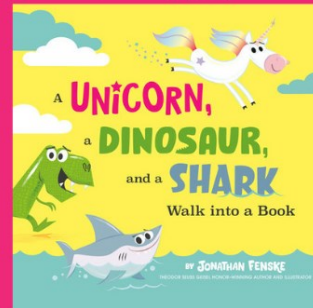
A story, song or activity and craft geared for kids 4 and under (all ages welcome)

*Registration required for kids participating in the craft.

Jan 5



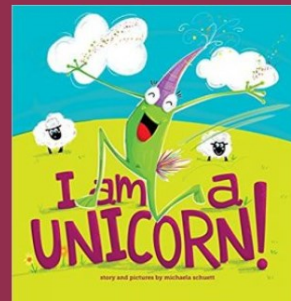
Jan 12th



Jan 19th

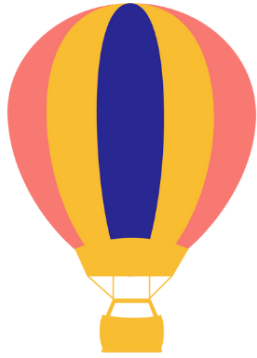


Jan 26th



Register under the programs tab on our website at www.stpaullibrary.ab.ca or E-mail us at programs@stpaullibrary.ab.ca

2024 WINTER READING PROGRAM



Reading Takes You **EVERYWHERE**

Starting January 1, 2024



Read,
Record,
Reward



Snow
Art
Contest



Interlibrary
Pen Pal
Program*

*only at participating
pickup libraries, ask your
library for details!



Friday 15 &
BONUS
Read for 15



Locally-run
library
programs

MORE INFORMATION
COMING SOON

For more info,
ask your library
or visit



nllsreadingprograms.ca

Reading Takes You **EVERYWHERE**



READ

As little as 15 minutes, as much as your heart desires!

RECORD

Record in your reading log and bring it to the library
OR submit yourself online

REWARD

1 hour = 1 prize entry
Plus BONUS Friday 15s - enter with just 15 minutes!



LOG YOUR READING & FRIDAY 15 AT
nllsreadingprograms.ca



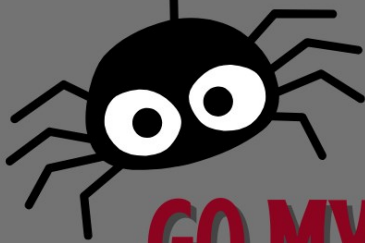
SOMETHING SPECIAL ON SATURDAY AT THE LIBRARY

Saturday January 13th

**REGISTRATION
REQUIRED**

10:30 to 12:00

Ages: 6 to 10



GO MYSTERIOUS AND SPOOKY WITH MORTICIA ADDAMS



To register visit the Programs tab on our website

www.stpaullibrary.ab.ca

programs@stpaullibrary.ab.ca

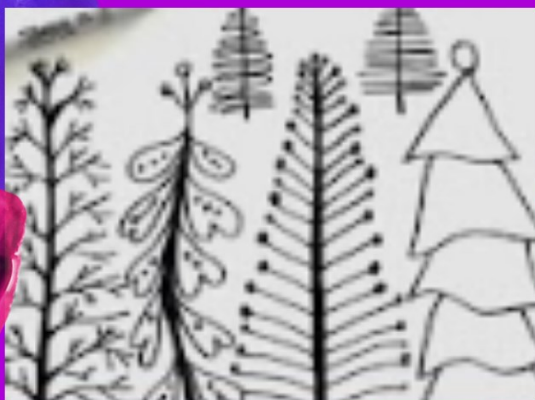




WINTER FOLK WATER COLOUR TREE ART

Ages 10 and up

**JANUARY 13, 2023 | 1PM
ST PAUL MUNICIPAL LIBRARY**

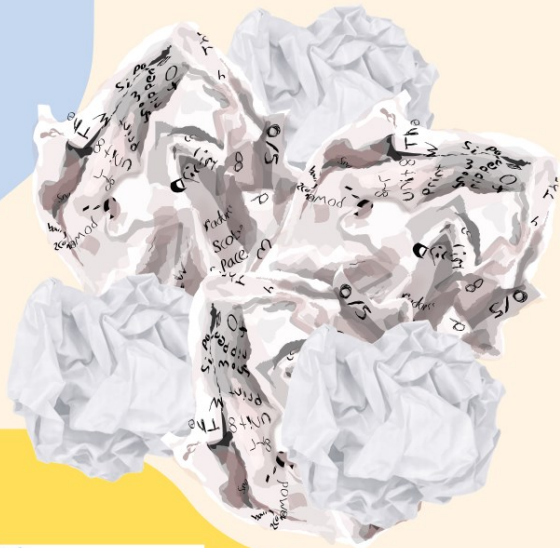


**To register visit the programs tab on
our website www.stpaullibrary.ab.ca or
email programs@stpaullibrary.ab.ca**

**REGISTRATION
REQUIRED**

YOUTH NIGHT

**AGES 7 TO 12
IN DOOR PAPER
SNOWBALL FIGHT**



**THURSDAY
JANUARY
25
6:00PM
TO 7:30PM**

**AT THE ST. PAUL
MUNICIPAL LIBRARY**



Register under the programs tab on our website at www.stpaullibrary.ab.ca or
E-mail us at programs@stpaullibrary.ab.ca

FINANCIAL LITERACY

For Teens and Adults

**WEDNESDAY JANUARY
10TH 5:00 TO 6:30 PM**

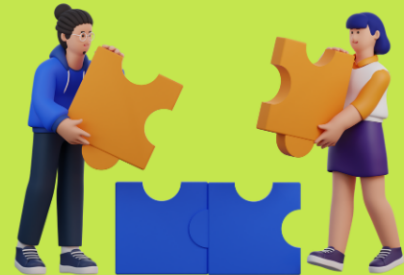
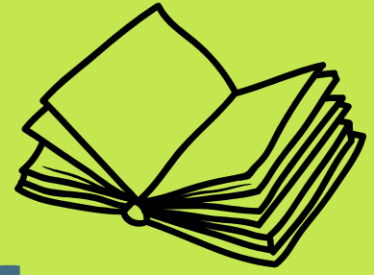
- Budgeting
- Understanding and Building Credit
- Borrowing and Repaying Debt
- Saving vs Investing



Register under the programs tab on our website at
www.stpaullibrary.ab.ca or
E-mail us at programs@stpaullibrary.ab.ca



Family Supports and Literacy Day



Saturday January 20, 2024

10:30 AM - 1:30 PM

**At the St. Paul Municipal Library
~For Families and Children of ALL ages~**



Find out about the family supports in our community while participating in fun Games and Activities!

Lunch provided by the St. Paul Girl Guides





**B
A
B
Y**

TIME

A THE LIBRARY

**Books, Rhymes, Songs and
Activities for parents and babies
under 18 months.**

Older children are welcome to come and participate with
their own baby (stuffy)

10:15am Tuesday

January 16th, 23rd, 30th

February 6th, 13th, 20th, 27th



Drop in / No Registration required.

For more information e-mail programs@stpaullibrary.ab.ca

HIPHOP

Thursdays
4822 50 ave, St Paul
classes for
beginners to
advanced
ages seven to
seventeen

scan to register>>>



Email info@artfoundation.ca
for questions



CREATIVE MOVEMENT



Sundays from 3:00 – 3:30

Session 1: September to December

Session 2: January to May



Designed to help your 4 to 6 year olds
learn their first dance steps:
exploring movement and music



SCAN FOR PRICES
AND REGISTRATION



St. Paul District Arts Foundation

Email info@artfoundation.ca for questions



BALLET

**12 week sessions
For Ages 7-17
Beginner to Advanced
4822-50 Ave, St. Paul**



**SCAN FOR PRICES AND
REGISTRATION**



Email info@artfoundation.ca for questions

St. Paul & District Arts Foundation
4822-50 Ave, St. Paul, AB

ART CLASSES



Ages 6-12 & 13+

Session 1: September to December

Session 2: January to May

SCAN FOR PRICES AND REGISTRATION

Email info@artfoundation.ca for questions 