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February 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

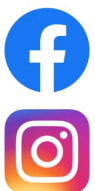
10am–11am

Tues, March 12th 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



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- P75... SPYC Let's Bowl
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TOWN OF
ST. PAUL
A People Kind of Place

Celebrate Family February 15-19th!
Family friendly activities all weekend long.

Thursday, February 15th

-FCSS \$2 Pancake Dinner & Family Fun
5:00-7:00pm @ Rec Centre
4802-53 St, St Paul

Thursday, February 15th

-FCSS Penguin Hunt
3:30-5:30pm @ Elk Point FCSS Office
4906-48 St, Elk Point
Pick up a game sheet at St Paul Regional FCSS Elk Point office. Find the 15 named penguins around town & return your sheet to FCSS for a chance to win a family prize pack.

Friday, February 16th

-Family Curling
6:00-8:00pm @ St Paul Curling Club
4802-53 St, St Paul
Mandatory clean indoor shoes, equipment provided.

Saturday, February 17th

-\$3/Game Bowling
11:00-1:00pm @ Parellel Lanes
4906-49th Ave, St Paul
-\$3 Public Swimming
1:00-4:00pm @ St Paul Aquatic Centre
4702-53rd St, St Paul
-St Paul Lions Club Cookies & Coffee
2:00-4:00pm @ Lions Park
Corner of 49 St & 50 Ave, St Paul
-St Lina Ag Society Family Dance
6:00-8:30pm @ St Lina Community Hall
200 10326 TWP 614, St Lina
Entrance Fee by Donation.

Sunday, February 18th

-Tobogganing
Lagasse Park Hill
44th St & Lakeshore Dr, St Paul
-\$3 Public Swimming
1:00-4:00pm @ St Paul Aquatic Centre
4702-53rd St, St Paul
-Town of St Paul Family Movies
4:30pm @ Elite Theatre, The Flintstones & Ferris Bueller's Day off
4938-50 Ave, St Paul
Concession available.

Monday, February 19th

-Family Day Fish Derby
St Paul Fish & Game Association
10:00-4:00pm @ St Paul Trout Pond
4012-53 Ave, St Paul
Prizes Awarded! No license required for Family Day weekend.
-Family Skating
12:00-2:00pm @ Clancy Richard Arena
5306-48 Ave, St Paul
-Shinny Hockey
12:00-2:00pm @ Cap Arena
5314-48 Ave, St Paul
-Wild West Skijoring - Postponed
1:00pm @ St Paul AG Corral
5322-48 Ave, St Paul
-\$3 Public Swimming
1:00-4:00pm @ St Paul Aquatic Centre
4702-53rd St, St Paul
-ELK POINT Family Fun
11:00am-2:00pm @ AG Ross Arena
5326-51 St, Elk Point
Public Skating, Hot Dogs, Hot Drinks & Games.

All events are **FREE** unless priced.
Thanks to all our Partners & Volunteers
Some events may be cancelled due to weather.
Watch social media for updates.



Building community connections.



Celebrate Family!

Join us Thursday February 15 at 5 PM for a delicious pancake meal, as we kick off the Family Day long weekend Shiverfest events.

There will be bouncy houses, big games, temporary tattoos and more.

Bring your friends and family as we come together to connect with each other and the community.

Thursday

Feb 15, 2024

5PM-7PM

St Paul Rec Centre

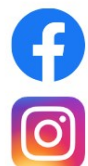
per plate **\$2**

Lakeland
FAMILY RESOURCE NETWORK

TOWN OF
ST. PAUL
A People Kind of Place

fcss
St. Paul Regional
Family and Community
Support Services

Smitty's





Scan for events calendar.

YOUTH DROP-IN



MONDAY -
FRIDAY



3:30PM-
5:30PM



FCSS
5002-51 AVE
Use the SPYC Door



FCSSyouth@town.stpaul.ab.ca



780-614-1941



FREE

Calling all teenage dynamos

Ages 13-18, we want YOU!

Swing by and join the party of diverse programs. Chill, study, explore resources, munch on snacks, or simply drop in to say hello! Don't miss out on this hot spot!

Explore our programming on Facebook and Instagram!



St. Paul Regional FCSS
& Family Resource
Network



st.paul_fcsc



2024 YOUTH DROP IN February

HOSTED IN
St Paul
5002 - 51 Ave
Use the SPYC Door
3:30pm - 5:30pm

MON	TUE	WED	THU	FRI
29 Peer Tutoring & Board Games	30 Book Club START The Taz By Eileen Schuh	31 Bullet Journals	1 Board Games & Ice breakers	2 Movie Night & POPCORN!
5 Indigenous Ted Talk with Jan Tailfeather Bannock Snack!	6 Trivia Night	7 Yoga with Elevate Health & Wellness	8 Nintendo Switch Games & Board Games	9 SPYC EVENT \$5 Bowling @ Parallel Lanes
12 Resume Building with Employment Alberta	13 Cooking Class ~ Personal Pizzas	14 Therapy Dog & Healthy Communication In Relationships with The Dragonfly Center	15 FCSS EVENT Shiverfest Pancake Dinner in PJs @ Rec Center 5-7PM	16 Movie Night & POPCORN!
19 CLOSED for FAMILY DAY	20 Learners Education Peer Studying	21 Therapy Dog & Mental Health Talk with Christina Stolth	22 Nutritionist Talk with Jessica Dugan	23 Craft Night
26 What it's like to be a fire fighter with Henry Thomson	27 Book Club END Discussion	28 Vision Boards & Talking Circle	29 Peer Studying & Board Games	1 Movie Night & POPCORN!



Call: **780-645-5311**
Text: **780-614-1941**

TEENS ALERT!
If you're 13 to 18, check this out:
No need to book, FREE snacks, come and go as you please. We've got you covered! Come chill out, chat, or sneak in a study session. See you soon!

Email: **FCSSyouth@town.stpaul.ab.ca**
Web: **stpaulfcss.ca**



st.paul_fcss



St. Paul Regional
FCSS & Family
Resource
Network



Helping seniors age in place.

**Financial Support
is available.**

Are you aged 64 yrs+ ?
Do you live in your own home?
Do you have an **UNPAID** bill?

**Connect with us!
We can help.**

We will pay your **service provider** **directly** for any or a combination of the following bills: water, heat, gas, property tax, telephone, internet, cable, cell phone, home insurance, dental work, car insurance and more.

Some restrictions apply.
Call for details.

FINAL NOTICE

February

**Monday - Friday
8:30AM-4:30PM**

BY APPOINTMENT

Call 780-645-5311

This is a temporary government grant.
Don't wait, act **NOW**.



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





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

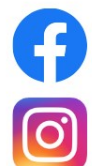
Tuesdays

In St Paul

5002-51 Ave

10AM - 11AM

Call 780-645-5311 for more info.





Connecting **MEN** through
conversation



Find our group on facebook, scan the QR.

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.

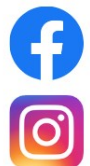
Tuesday

February 20, 2024

7:30 PM

@FCSS Boardroom, 5002-51 Ave, St Paul.

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





Connect, get outdoors and walk your way to better health.

BENEFITS

WEIGHT MANAGEMENT

burns up to 46% more calories than regular walking

BALANCE

improve balance and confidence for walking with four points of contact

OFF LOADING

takes stress off painful hip and knee joints

CORE STRENGTHENING

1000 ab contractions per 1000 steps

FULL BODY WORKOUT

uses all your body muscles

WALKING

you can walk more, faster and further

POSTURE

promotes an upright posture

CARDIO

25% more of a cardiovascular workout compared to walking alone



URBANPOLING Wednesdays

Starting Feb 7

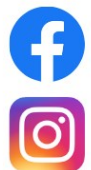
1:30PM



@ FCSS
(5002-51 Ave, St Paul)

REGISTER

Call 780-645-5311



PINK SHIRT DAY CANADA

FEB 28, 2024



The Pink Shirt Day Story

In 2007, Berwick Nova Scotia, after a new student at their school was bullied for wearing a pink shirt, two grade 12 students bought 50 pink shirts and encouraged their classmates to wear pink. The next day they went to distribute the shirts and to their surprise the majority of students arrived wearing pink! With that act of kindness, Pink Shirt Day was born.

In recognition of the Berwick event, Nova Scotia proclaimed the second Thursday of September "Stand Up Against Bullying Day." In 2008, British Columbia proclaimed February 27th to be the provincial anti-bullying day, and the movement has continued to grow. In 2012, the United Nations declared May 4 as Anti-Bullying Day, and now the last Wednesday each February is Canada's national Pink Shirt/anti-bullying day.

Many countries now recognize specific days for raising awareness about the prevention of bullying and promoting kindness and inclusion. In Canada, many students have heard the Pink Shirt Day message from kindergarten through to their high school graduation. The movement continues to grow.



wear PINK!



Be Kind



KIDS HELP PHONE

1-800-668-6868

KIDS HELP TEXT

text connect to 686868



Wednesday February 7, 2024



*Open the door
and go for it!*

Get more active outdoors this winter.

winterwalkday.ca



WinterWalkDay



@WinterWalkDay

#WinterWalkDay



Wednesday, February 7, 2024

Frequently Asked Questions

About

What is Winter Walk Day's history?
Who runs Winter Walk Day provincially?

Participation

How do I register?
Do I have to register to participate?
Is there any specified amount of time that we have to walk?
Can I register myself or other people even if we/they don't walk outside?

Event Organization

Are the logo, posters and other templates free to use?
Is there funding or giveaways available to support event organizers? How is Winter Walk Day being promoted across the province?



Got other questions? Email us at lesley@shapeab.com

What is Winter Walk Day's history?

WinterActive, a federal government sponsored program, spurred the creation of Alberta's Winter Walk Day in 2006. The goal of the event is to get more Albertans physically active outdoors during the winter. WinterActive no longer exists but Winter Walk Day is still going strong, with more than 28,000 communities, 120,000 schools and 140,000 participated in last year's event.

Who runs Winter Walk Day provincially?

A partnership of seven provincial organizations oversee Winter Walk Day. SHAPE manages the website, social media and registration on behalf of the group. Members include:

- Government of Alberta
- SHAPE (Save Healthy Active People Everywhere)
- Fitness Alberta
- Alberta Recreation and Parks Association
- Ever Active Schools
- Alberta Blue Cross
- Alberta Motor Association



How do I register?

Go to winterwalkday.ca/register

Can I register myself or other people even if we/they don't walk outside?

Yes, but in the spirit of the day we would prefer that an effort be made to walk outside for a least a portion of the time.





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



Promoting overall well-being.



Yoga Classes

@ HEINSBURG
COMMUNITY HALL



Wednesday's Jan 10 - April 24

\$160

for all 16 weeks

\$15

/Class Drop in

Wear Comfortable clothing &
bring a water bottle.

Chair Yoga

5:30PM-6:15PM

Flow Yoga

7:00PM-7:45PM

REGISTER

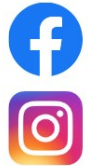
Call Michelle @ 780-871-3355

Michelle Janzen

MJMY.therapy@gmail.com

780-871-3355

Massage • Yoga • Myofascial Cupping

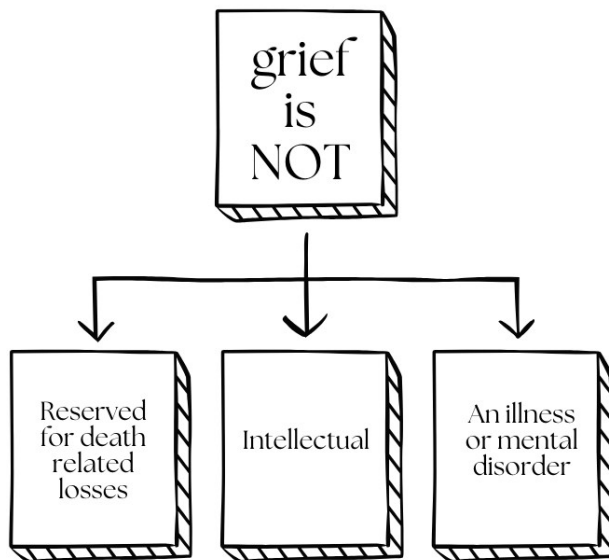


Developing skills through community supports.

Grief Workshop

"Journeying through Grief"

Grief is different for everyone, it doesn't follow stages or timelines and it doesn't go away. Join us for a FREE workshop as we explore tools & supports available to help you on your individual grief journeys.



Monday

Feb 26, 2023

7PM-9PM

FREE TO REGISTER

Call 780-645-5311

@ FCSS 5002-51 Ave St Paul



Helping low income individuals, families & seniors complete their BASIC tax returns.



**Need HELP
with your TAXES?**

We can help!

Are you eligible?

Do you have a
MODEST INCOME

(single income under \$35,000 or
family income under \$45,000*)

*Threshold increases \$2500/child
for family income.

AND a simple tax situation?
If YES, we can help.

What is the next step?

Once you have **ALL** your tax
documents visit us at FCSS
with your papers &
valid identification.

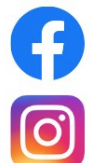
Mar 1 - April 30

8:30AM - 4:30PM

**we close for lunch
12:30pm-1:30pm**

FREE

In St Paul Call 780-645-5311
In Elk Point Call 780-724-3800





Rainbows
GUIDING KIDS THROUGH LIFE'S STORMS

Building resilience through sharing and learning.

Rainbows

Join us in this fun, interactive 7 week program for youth aged 10-12. Get tools, knowledge, and skills to practice self-care and learn healthy ways to cope when life seems overwhelming.

Sessions assist with Adverse Childhood Experience's (ACE's) like death, separation/divorce, significant illness, deployment, incarceration and immigration.

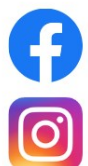
Learn more at
rainbows.ca

starting **March 7**
for ages 10-12 years

4PM-5PM

Elk Point FCSS, 4906 A 48 Street

FREE TO REGISTER
Call 780-724-3800





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

Friendly February 2024



MONDAY



5 Make time to have a friendly chat with a neighbour

TUESDAY



6 Get back in touch with an old friend you've not seen for a while

WEDNESDAY



7 Show an active interest by asking questions when talking to others

THURSDAY

1 Send a message to let someone know you're thinking of them

FRIDAY

2 Ask a friend how they have been feeling recently

SATURDAY

3 Do an act of kindness to make life easier for someone

SUNDAY

4 Invite a friend over for a 'tea break' (in person or virtual)

12 Focus on being kind rather than being right

13 Smile at the people you see and brighten their day

14 Tell a loved one or friend why they are special to you

15 Support a local business with a positive online review or friendly message

16 Check in on someone who may be struggling and offer to help

17 Appreciate the good qualities of someone in your life

18 Respond kindly to everyone you talk to today, including yourself

19 Share something you find inspiring, helpful or amusing

20 Make a plan to connect with others and do something fun

21 Really listen to what people say, without judging them

22 Give sincere compliments to people you talk to today

23 Be gentle with someone who you feel inclined to criticise

24 Tell a loved one about the strengths that you see in them

25 Thank three people you feel grateful to and tell them why

26 Make uninterrupted time for your loved ones

27 Call a friend to catch up and really listen to them

28 Give positive comments to as many people as possible today

29 Acknowledge someone's problem or pain rather than trying to fix it



ACTION FOR HAPPINESS

Happier · Kinder · Together

FEBRUARY 2024

THE MOST IMPORTANT THINGS
IN LIFE ARE THE CONNECTIONS
YOU MAKE WITH OTHERS.
TOM FORD

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4 Make an effort to remember and acknowledge birthdays.	5 Offer your assistance when someone is in need, whether it's moving, running errands, or a simple task.	6 Take the initiative to make plans and spend quality time together.	7 Give sincere compliments to the people with whom you interact.	8 Encourage and support the pursuit of the goals and aspirations of your loved ones.	9 Be quick to apologize when you are wrong and forgive when others make mistakes.	10 Practice patience and understanding when someone is going through a challenging time.
11 Express gratitude for the people in your life, highlighting what you appreciate about them.	12 Send handwritten thank-you notes for acts of kindness and generosity.	13 Have open, honest conversations about your feelings and concerns, and encourage others to do the same.	14 Celebrate the achievements, big or small, of the people in your life.	15 Volunteer for a cause you care about, strengthening bonds through shared experiences.	16 Prepare and share a meal together.	17 Establish and maintain traditions or rituals with people you love.
18 Show empathy and understanding, especially when someone is going through a tough time.	19 Respect and embrace the differences in other's perspectives and lifestyles.	20 Give people the benefit of the doubt rather than assuming negative intentions.	21 Send a heartfelt message or letter expressing your feelings and appreciation.	22 Share your interests and hobbies and invite people to experience them with you.	23 Celebrate not only personal milestones but also the small victories and moments of joy.	24 Be fully present when spending time with someone, without distractions.
25 Understand and cater to the love languages of the people you care about.	26 Be punctual and respect time when making plans.	27 Provide constructive feedback with kindness and consideration.	28 Encourage and support others' passions, even if you don't share the same interests.	29 Maintain regular contact, even if it's a quick text or call to check in and say hello.	<h1>EXPAND YOUR NETWORK.</h1>	
1 Practice active listening when in conversation, showing genuine interest in what the other person is saying.	2 Start conversations by asking how someone's day was and actively engaging in their response.	3 Surprise someone with a small, unexpected act of kindness.				

2024

St Paul LOCATION

February

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)

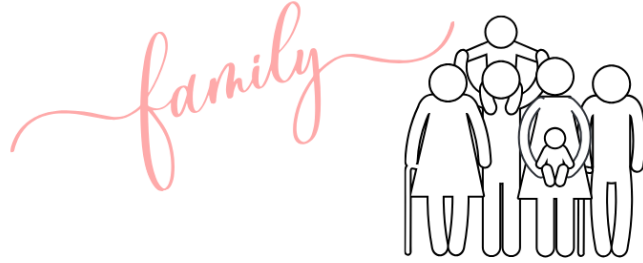
MON

TUE

WED

THU

FRI



MON	TUE	WED	THU	FRI
			01 Ashmont Tot Time 9:30am-11:30am DROP IN Baby Bunch <i>Baby Rhyme Time</i> 1:30pm - 3:30pm DROP IN	02 PD DAY Youth Program REGISTER
05 Read and Roll 10am-11am @ the Library REGISTER	06 Mallaig Tot Time 9:30am-11:30am DROP IN Run, Jump, Skip 10am - 12pm DROP IN	07 Kids in the Kitchen 3:30pm-5:30pm REGISTER	08 Ashmont Tot Time 9:30am-11:30am DROP IN Baby Bunch <i>Valentine Craft</i> 1:30pm - 3:30pm DROP IN Home Alone Mallaig 3:30pm - 5:30pm REGISTER	09 Triple P Primary Care 10am-11:30am REGISTER see poster for details
12 Read & Roll 10am - 11am @ the Library REGISTER	13 Mallaig Tot Time 9:30am-11:30am DROP IN Rhymes That Bind 10am-12pm DROP IN	14 Valentine Craft @ Sunnyside 10am-11:15am REGISTER Kids in the Kitchen 3:30pm-5:30pm REGISTER	15 Ashmont Tot Time 9:30am-11:30am DROP IN Baby Bunch <i>Baby Board Books</i> 1:30pm - 3:30pm DROP IN Shiverfest Pancake Supper see poster for details	16 Youth Board Games 10am-12pm REGISTER
19 Closed	20 Mallaig Tot Time 9:30am-11:30am DROP IN Traditional Teaching <i>Making Bannock</i> 10am-11:30am REGISTER	21 Kids in the Kitchen 3:30pm-5:30pm REGISTER Dungeons & Dragons 6pm-8pm REGISTER	22 Ashmont Tot Time 9:30am-11:30am DROP IN Baby Bunch <i>Sensory Play</i> 1:30pm - 3:30pm DROP IN	23 Safety Seat Check 10am - 12pm Registration Bring your vehicle manual & seat manual REGISTER
26 Read & Roll 10am - 11am @ the Library REGISTER	27 Mallaig Tot Time 9:30am-11:30am DROP IN	28 Kids in the Kitchen 3:30pm-5:30pm REGISTER Solo Parenting Support Group 6:30pm-7:30pm REGISTER	29 Ashmont Tot Time 9:30am-11:30am DROP IN Baby Bunch <i>Tummy Time Activities</i> 1:30pm - 3:30pm DROP IN Run, Jump, Skip 6pm - 7:30pm DROP IN	

Lakeland
 FAMILY RESOURCE NETWORK

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



st.paul_fcsc



St. Paul Regional
 FCSS & Family
 Resource Network



15 spaces available.

\$25 CASH refundable deposit per child.

Registration is not secured until deposit & registration form is received.

Registration and payment to be made at the FCSS office during our office hours (8:30am-12:30pm, 1:30pm-4:30pm).

First come first served.

KINDERGARTEN-GRADE 6

LFRN St Paul 5002-51 Ave

PD Day Youth Program

Friday
February 2

9am - 3:30pm

FOR MORE INFORMATION
CALL 780-645-5311

This program is for working parents who do not have childcare available.

Must bring their own nut free snacks & lunch.

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 February 06

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.





This **four week program** is an introduction to kitchen safety, food handling, nutrition and cooking. Join peers to create meals and participate in fun activities.

YOUTH 10+

LFRN St Paul 5002-51 Ave

Kids in the Kitchen

4 week program

February 07, 14, 21, 28

3:30pm - 5:30pm

CALL TO REGISTER

780-645-5311

FREE

Lakeland

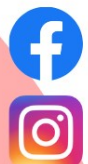
FAMILY RESOURCE NETWORK

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.

Teaching children healthy nutrition practices, kitchen safety and safe food handling in a fun manner.





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**
***15 spaces available**

YOUTH 8+
 Mallaig Library (3110 - 1 Street)

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

Home Alone Course

Thursday 8
 February

3:30pm-5:30pm

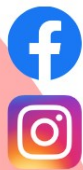
\$25 REGISTRATION FEE

TO REGISTER
 CALL CHARLENE
 780-635-3858

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.





Positive parenting is an approach to parenting that aims to help children develop well and manage children's behavior in a constructive and non-hurtful way. It is based on building good relationships with children and using positive strategies to help children develop. Children who grow up with positive parenting are likely to develop their skills and feel good about themselves.

CAREGIVERS

LFRN St Paul 5002-51 Ave

Triple P Primary Care

Friday 09
February

10am-11:30am

CALL TO REGISTER
780-645-5311

FREE



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

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

AGES 0-6

LFRN St Paul 5002-51 Ave

Rhymes that Bind

Tuesday 13
February

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.





Join us in creating a
Valentine's craft and
visiting with the
Seniors at
Sunnyside Manor.

AGES 0-6

Sunnyside Manor, 4522 47 Ave

Valentine Craft at Sunnyside Manor

Wednesday 14
February

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.

Promoting
intergenerational
and community
connection.





YOUTH 7+

LFRN St Paul 5002-51 Ave

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

Youth Board Games

Friday
February **16**
10am-12pm

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.



ABORIGINAL
HEAD START
Urban & Northern Communities



Join us in
making some
tasty traditional
Bannock

AGES 0-6

LFRN St Paul 5002-51 Ave

Traditional Teaching

with Jan Tailfeathers

Tuesday February 20

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.





**Dungeon Master
in attendance**
Snacks Provided

YOUTH 12-18

LFRN St Paul 5002-51 Ave

Dungeons & Dragons

Wednesday February 21

6pm-8pm

CALL TO REGISTER

780-645-5311

FREE

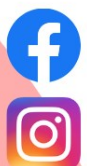
Lakeland

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.



Connect with
friends and learn
a new game.



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 February 23

10am-12pm

CALL TO REGISTER
780-645-5311

FREE



St. John Ambulance



St. Paul Regional Family and Community Support Services

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%



This is an ongoing support group for parents/caregivers who are raising their children on their own. We will come together, share challenges, support one another and learn common parenting strategies.

CAREGIVERS

LFRN St Paul 5002-51 Ave

Improving parenting skills, gaining self-esteem and creating a community.

Solo Parenting Support Group

Wednesday February 28

6:30pm-7:30pm

CALL TO REGISTER
780-645-5311

FREE

Childcare available upon request.

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 February 29

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.



February Events

- 1 Baby Rhyme Time
- 8 Valentine Craft
- 15 Baby Board Books
- 22 Sensory Play
- 29 Tummy Time Activities

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

Look for **Baby Bunch Sessions**. Professionals come in to 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.



2024

Elk Point LOCATION

February

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)

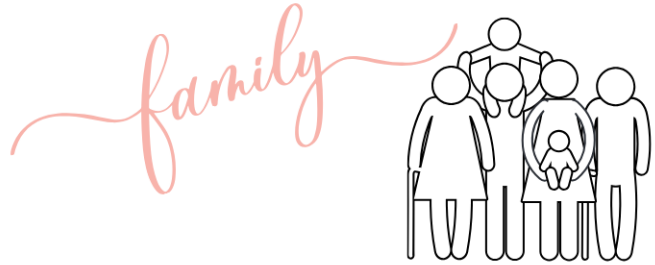
MON

TUE

WED

THU

FRI



			01 Youth Group Growing Minds Big Life Journal 3:30pm - 5:30pm REGISTER	02 NO PROGRAM
05 Kid's have Stress Too! 2pm-3pm REGISTER	06 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	07 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	08 Youth Group Growing Minds Big Life Journal 3:30pm - 5:30pm REGISTER	09 Valentines Crafts 10am - 12pm DROP IN
12 Spend extra time with your VALENTINES!	13 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	14 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	15 Youth Group Games 2pm - 3:30pm DROP IN Shiver Fest Penguin Hunt 3:30pm-5:30pm DROP IN	16 Icky Sticky Messy Play 10am- 12pm DROP IN
19 CLOSED Enjoy today with your FAMILY!	20 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	21 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	22 Escape Room at The Garage Youth Center 3:30pm-5:30pm DROP IN	23 Making Music and Movement 10am-12pm DROP IN
26 Try something NEW this week!	27 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	28 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	29 Youth Group Create a Stress Ball 3:30pm - 5:30pm REGISTER	<i>Happy Valentine's Day</i>



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



AGES 0-6

LFRN Elk Point 4906-48 St

Helping promote healthy family relationships.

Valentine Crafts

Friday February 09

10am-12pm

DROP IN

780-724-3800



Lakeland

FAMILY RESOURCE NETWORK

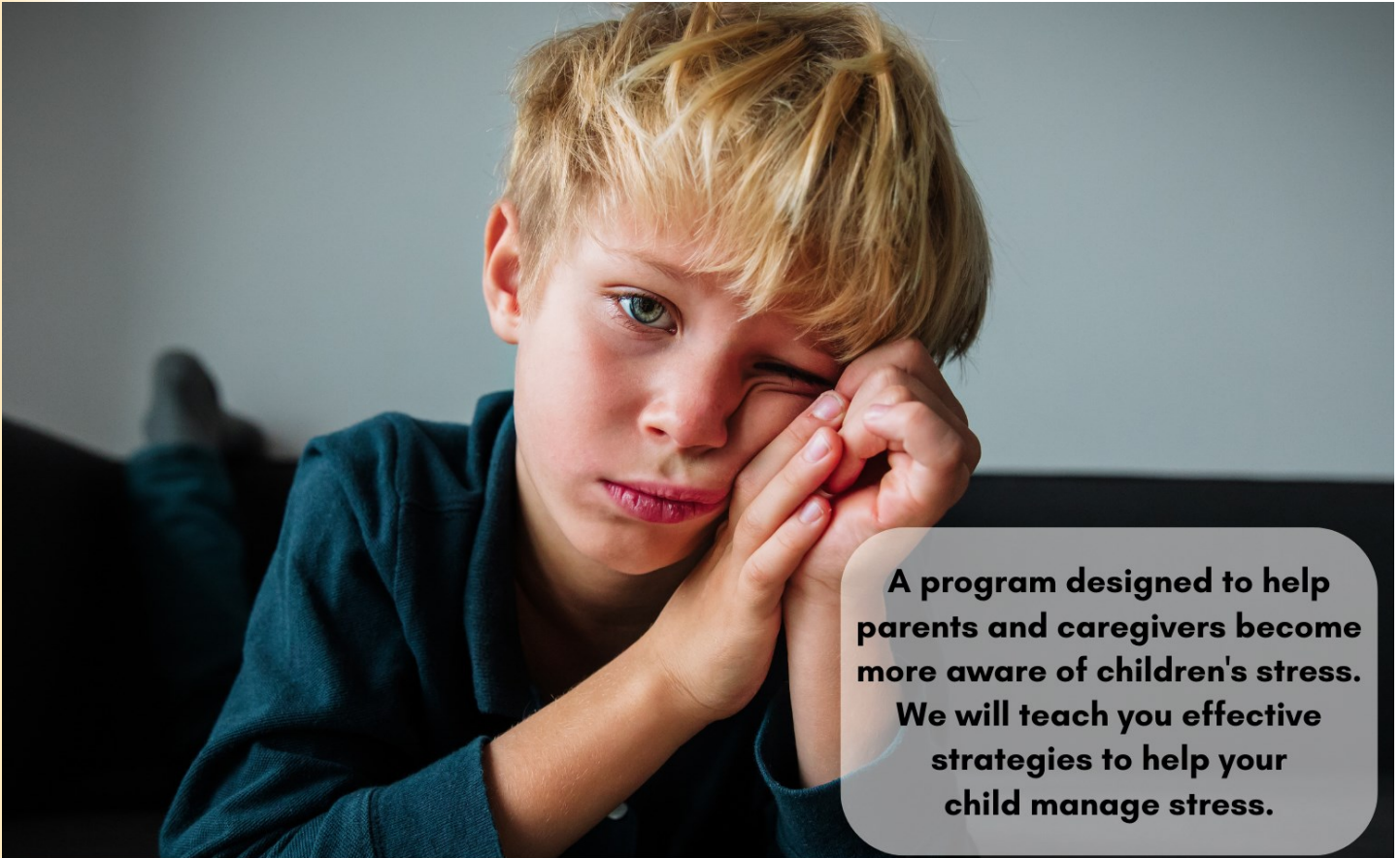
Connect with us for more information.

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



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

Elk Point LFRN 4906 48 ST

Kids Have Stress Too

Monday
February 05

2pm-3pm

CALL TO REGISTER
780-724-3800

FREE



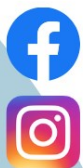
Lakeland

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



YOUTH 7+

LFRN Elk Point 4906-48 St

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

Board Games Play

Thursday
February **15**
2pm-3:30pm

FREE 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

Building Community Connections



PENGUIN HUNT in ELK POINT

Join us Thursday at 3:30pm for a Penguin Hunt to kick off family day weekend. Have fun with your family and search the town for our penguins who are hiding. Complete the hunt and enter your name into a draw for a family fun prize pack!

Bring your friends and family as we come together to connect with each other and the community

Thursday

Feb 15, 2024

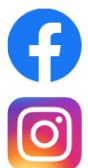
3:30-5:30PM

DROP IN

COME BY THE ELK POINT OFFICE
TO GET STARTED
4906A 48 STREET

Lakeland
FAMILY RESOURCE NETWORK

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



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
February 16

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



Come and solve the mystery with your friends, connect with other peers.

YOUTH 7+

4826 Railway Ave, Elk Point

Encouraging leadership and problem solving skills.

Escape Room

Thursday February 22

3:30pm-5:30pm

DROP IN



The Garage

Youth Unlimited™

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



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

AGES 0-6

LFRN Elk Point 4906-48 St

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

Making Music

Friday
February 23

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



Have fun creating a stress ball to help you when you are feeling frustrated and angry.

YOUTH 7+

LFRN Elk Point 4906-48 St

Learn healthy ways to cope with stress.

Create a Stress Ball

Thursday
February 29

3:30pm-5:30pm

CALL TO REGISTER
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.





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



Media Access Survey

The Town of St. Paul is conducting a survey to better understand where individuals are accessing and collecting Town information.

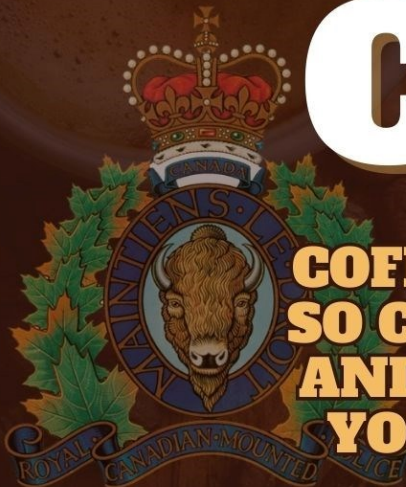


Complete the survey and enter your name to win a \$100 Sobeys Gift Card.

**Survey Closes:
February 29, 2024 at 4:00 pm MST**

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

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

Canadian Dental Care Plan

Accessible. Affordable. Essential.



Eligibility

To qualify, you must:

- ✓ be a Canadian resident for tax purposes
- ✓ not have access to employer/pension-sponsored or private dental insurance
- ✓ have an adjusted family net income of less than \$90,000
- ✓ have filed your tax return in the previous year

The CDCP will help ease financial barriers to accessing oral health care for up to **nine million** eligible Canadian residents.



How to Apply

CDCP Application Phases	
Group	Applications open
Invitation to apply by mail	
Seniors aged 87 and above	Starting December 2023
Seniors aged 77 to 86 years	Starting January 2024
Seniors aged 72 to 76 years	Starting February 2024
Seniors aged 70 to 71 years	Starting March 2024
Application online	
Seniors aged 65 to 69 years	Starting May 2024
Adults aged 18 to 64 with a valid Disability Tax Credit certificate	Starting June 2024
Children under 18 years old	Starting June 2024
All remaining eligible Canadian residents	Starting 2025

Oral health is important to your overall health and well-being. Regular visits to an oral health professional reduces the risk of health problems.

In 2022, one in four Canadians reported avoiding visiting an oral health professional due to the cost.

Every Canadian deserves accessible, affordable and essential oral health care.



Letters will be sent in phases by age group between December 2023 and March 2024 until all potentially eligible seniors who are 70 years of age or older have been invited to apply for the CDCP.



Canada.ca/dental



Government of Canada / Gouvernement du Canada

Canada

February 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

Feb 7	Wed	9:30am to 12:00pm
Feb 15	Thurs	1:30pm to 4:00pm

Nutrition

Feb 13	Tue	5:30pm to 7:00pm
Feb 14	Wed	9:30am to 11:00am
Feb 22	Thurs	1:30pm to 3:00pm

Ongoing Care

Feb 20	Tue	5:30pm to 8:00pm
Feb 21	Wed	9:30am to 12:00pm
Feb 29	Thurs	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

Feb 6	Tue	9:30am to 11:00am
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Nutrition

Feb 13	Tue	9:30am to 11:00am
Feb 28	Wed	5:30pm to 7:00pm

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
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Living with Chronic Pain

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

Feb 28	Wed	1:30pm to 3:00pm
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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—Classes 1.1, 1.2, & 1.3

Feb 12, 26, & Mar 4	Mon	1:30pm to 4:00pm
Feb 13, 27 & Mar 5	Tue	9:30am to 12:00pm

Series 2—Classes 2.1, 2.2, & 2.3

Feb 6, 13, & 20	Tue	9:30am to 12:00pm
Feb 7, 27, & 21	Wed	5:30pm to 8:00pm
Feb 8, 15, & 22	Thurs	1:30pm to 4:00pm

Series 3—Classes 3.1 & 3.2

Feb 29 & Mar 7	Thurs	1:30pm to 4:00pm
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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.

Feb 12	Mon	5:30pm to 8:00pm
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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.

NEW SESSIONS STARTING IN MARCH/APRIL

Managing Stress

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

Feb 22 & 29	Thurs Mornings	9:30am-12:00pm
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To register for a Zoom class call:

1-877-349-5711

Or

<https://www.healthylivingprogram.ca>



**Alberta Health
Services**

Alberta Healthy Living
Program

February 2023 Workshops for Adults by ZOOM

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

Heart & Stroke

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

Overview & Prevention

In this group, a registered nurse will discuss:

- Risks for Coronary Artery Disease
- Blood Pressure
- Monitoring Blood Pressure at Home
- Understanding Cholesterol
- Getting Active
- Managing Your Medications

Feb 6 9:30am to 11:00a.m.

Feb 21 5:30pm to 7:00p.m.

Nutrition

In this group a registered Dietitian will discuss:

- Lab tests
- Types of Fat in our Food
- Fibre
- Sodium (Salt)
- Added sugars & alcohol
- Label Reading

Feb 13 Tue 9:30am to 11:00a.m.

Feb 28 Wed 5:30pm to 7:00p.m.

February is Heart Month

Learn how to
protect yours.



To register for a Zoom class:

1-877-349-5711

<https://www.healthylivingprogram.ca>



**Alberta Health
Services**

Alberta Healthy Living
Program

ALL VAPES HAVE RISKS

»»»»»
TOXICLAND



Dive deeper at BehindTheHaze.ca



Quitting Smoking Has It's Benefits



Improve Your Health



Live Longer



More Energy

NOW

Right away

- Air around you, your family, friends and pets is safer

Within minutes

- Your pulse rate drops
- If you're pregnant, you and your baby begin to benefit

HOURS TO DAYS

Within 8 to 12 hours

- Carbon monoxide in your blood goes down allowing more oxygen into your bloodstream

Within 1 to 2 days

- Your heart is healthier
- Nicotine in your blood drops to zero
- Sense of smell and taste improves

WEEKS TO MONTHS

Within 2 weeks to 3 months

- Risk of heart attack begins to drop
- Lung function begins to improve

Within 1 to 9 months

- May cough less and be able to breathe easier
- Risk of lung infection drops

YEARS

After 1 year

- Risk of heart attack is cut in half

In 5 to 10 years

- Stroke risk is greatly reduced
- Risk of mouth and throat cancer is cut in half
- Risk of many other cancers continues to drop

In 10 to 15 years

- Risk of dying from lung cancer is cut in half

After 15 years

- Risk of heart attack is greatly reduced

After 20 years

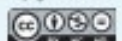
- Risk of dying from a heart attack is the same as someone who never smoked

1-866-710-QUIT (7848)
albertaquits.ca



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Adult Education Sessions

January/February 2024



These free adult sessions are intended to provide community members with information and strategies regarding addiction and mental health challenges that can affect us all. When topics are presented as a series, participants can attend one or all sessions.

Understanding Anxiety Series

Part 1: An Introduction

This session will distinguish between normal worries and anxiety that is no longer helpful or productive and will help participants to identify signs that they or their child/youth may be experiencing anxiety.

Date: Thursday, February 1, 2024

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of children and youth.

Part 2: Calming Our Bodies

In this session, we will review how the body reacts to stress triggers, ways we can start to notice the body's stress responses, and strategies for regulating ourselves, children, and youth.

Date: Thursday, February 8, 2024

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of children and youth.

Part 3: Settling Our Minds

In this session, we will look at how anxiety can lead to negative thoughts and thinking traps that can hold us back. Strategies for encouraging more realistic thinking will be discussed.

Date: Thursday, February 15, 2024

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of children and youth.

Part 4: Overcoming Avoidance

In this session, we will discuss how avoidance of stressors can increase our stress response over time. We will discuss ways to manage stressful situations in steps and effective coping skills.

Date: Thursday, February 22, 2024

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of children and youth.

Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Participant Feedback:

"I like the noon presentation, the length, and videos."

"Very well presented and informative."

"Appreciate the lunch hour workshops and the variety you offer."

"This was a great session. It helped my family talk and understand each other's point of view."



AMH Education Services
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca

Adult Education Sessions

January/February 2024



These free adult sessions are intended to provide community members with information and strategies regarding addiction and mental health challenges that can affect us all. When topics are presented as a series, participants can attend one or all sessions.

Substance Use

A Harm Reduction Approach

The experience of substance use is different for each person. Learn about some common substances, the science behind addiction, and the many benefits of harm reduction. We will discuss strategies to support loved ones who may be using substances, through understanding and courageous conversations.

Date: Wednesday, February 28, 2024

Time: 6:00 – 7:30 pm

For adults supporting their own wellness or the wellness of a youth (grades 7-12) or loved one, for adults only.

Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cyfcaregivereducation.ca

Participant Feedback:

"The virtual format is very convenient and makes it much easier to attend these sessions."

"I liked the session format, especially the interactive part as it keeps you focused."

"The fact the facilitators answered questions is extremely beneficial."



AMH Education Services
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca

February 2023 Workshops for Adults by ZOOM

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

Heart & Stroke

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

Overview & Prevention

In this group, a registered nurse will discuss:

- Risks for Coronary Artery Disease
- Blood Pressure
- Monitoring Blood Pressure at Home
- Understanding Cholesterol
- Getting Active
- Managing Your Medications

Feb 6 9:30am to 11:00a.m.

Feb 21 5:30pm to 7:00p.m.

Nutrition

In this group a registered Dietitian will discuss:

- Lab tests
- Types of Fat in our Food
- Fibre
- Sodium (Salt)
- Added sugars & alcohol
- Label Reading

Feb 13 Tue 9:30am to 11:00a.m.

Feb 28 Wed 5:30pm to 7:00p.m.

February is Heart Month

Learn how to
protect yours.



To register for a Zoom class:

1-877-349-5711

<https://www.healthylivingprogram.ca>



**Alberta Health
Services**

Alberta Healthy Living
Program

February 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

Feb 7	Wed	9:30am to 12:00pm
Feb 15	Thurs	1:30pm to 4:00pm

Nutrition

Feb 13	Tue	5:30pm to 7:00pm
Feb 14	Wed	9:30am to 11:00am
Feb 22	Thurs	1:30pm to 3:00pm

Ongoing Care

Feb 20	Tue	5:30pm to 8:00pm
Feb 21	Wed	9:30am to 12:00pm
Feb 29	Thurs	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

Feb 6	Tue	9:30am to 11:00am
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Nutrition

Feb 13	Tue	9:30am to 11:00am
Feb 28	Wed	5:30pm to 7:00pm

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
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Living with Chronic Pain

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

Feb 28	Wed	1:30pm to 3:00pm
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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—Classes 1.1, 1.2, & 1.3

Feb 12, 26, & Mar 4	Mon	1:30pm to 4:00pm
Feb 13, 27 & Mar 5	Tue	9:30am to 12:00pm

Series 2—Classes 2.1, 2.2, & 2.3

Feb 6, 13, & 20	Tue	9:30am to 12:00pm
Feb 7, 27, & 21	Wed	5:30pm to 8:00pm
Feb 8, 15, & 22	Thurs	1:30pm to 4:00pm

Series 3—Classes 3.1 & 3.2

Feb 29 & Mar 7	Thurs	1:30pm to 4:00pm
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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.

Feb 12	Mon	5:30pm to 8:00pm
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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.

NEW SESSIONS STARTING IN MARCH/APRIL

Managing Stress

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

Feb 22 & 29	Thurs Mornings	9:30am-12:00pm
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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

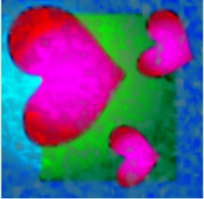
Who do I call if I have questions or concerns?

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

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

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

F E B R U A R Y

Monday	Tuesday	Wednesday	Thursday	Friday
<p>To join by phone, call: 1-855-703-8985 When prompted, enter Meeting ID: 225-573-6467#</p>				
<p>5 9:30am: Nostalgia— Game Shows 11am: Exercises 1pm: The Big Picture 3pm: Voyage of Dawn Treader 5</p>	<p>6 11am: Imagination Circle 1pm: Feel Better about Yourself 3pm: Coffee Chat 4:30pm: Two Truths and a Lie</p>	<p>7 9:30am: Secret Societies 11am: Personal Directives 1pm: Estranged Relationships 1pm: Would You Rather 3pm: Exercises</p>	<p>8 No Morning Programs 1pm: Lester B. Pearson 3pm: Catacombs of Paris</p>	<p>9 9:30am: Love Songs 11am: Exercises 1pm: Maya Angelou 3pm: Animal Spotlight</p>
<p>12 9:30am: Grateful Living 11am: Exercises 1pm: Writing for Fun 3pm: Voyage of Dawn Treader 6</p>	<p>13 11am: Mindfulness 1pm: Feel Better About Yourself 1pm: Spreading Kindness 3pm: Reader's Corner 4:30pm: Trivia</p>	<p>14 9:30am: Grateful Living 11am: Armchair Travel: Bermuda 1pm: Estranged Relationships 3pm: Weird History— Valentine's Day</p>	<p>15 9:30am: Grateful Living 11am: Storyteller 1pm: FYB: Allergies 3pm: Working Through Grief 4:30pm: Dinner Theatre</p>	<p>16 9:30am: Grateful Living 11am: Exercises 1pm: Coffee Chat 3pm: Mystery Chronicles</p>
<p>19 Family Day Stat</p>	<p>20 11am: Imagination Circle 1pm: Feel Better About Yourself 3pm: NFH: Lowering Inflammation 4:30pm: Jeopardy</p>	<p>21 9:30am: Crime & Justice 11am: EPL Presents! 1pm: Estranged Relationships 1pm: Let's Talk About 3pm: Exercises</p>	<p>22 9:30am: Gratitude 11am: SCWW Advisory Group 1pm: Coffee Chat 3pm: Fortress of Louisbourg</p>	<p>23 9:30am: All Request Music 11am: Exercises 1pm: Helen Keller 3pm: BINGO</p>
<p>26 9:30am: Ponder This 11am: Exercises 1pm: Writing for Fun 3pm: Voyage of Dawn Treader 7</p>	<p>27 11am: Mindfulness 1pm: Feel Better About Yourself 1pm Coffee Chat 3pm: Some Good News 4:30pm: Wheel of Fortune</p>	<p>28 9:30am: Ancient Empires 11am: Elder Abuse 1pm: Estranged Relationships 3pm: Exercises</p>	<p>29 9:30am: Gratitude 11am: Weird Science 1pm: History of Big Band Music 3pm: Powerful Pollinators</p>	

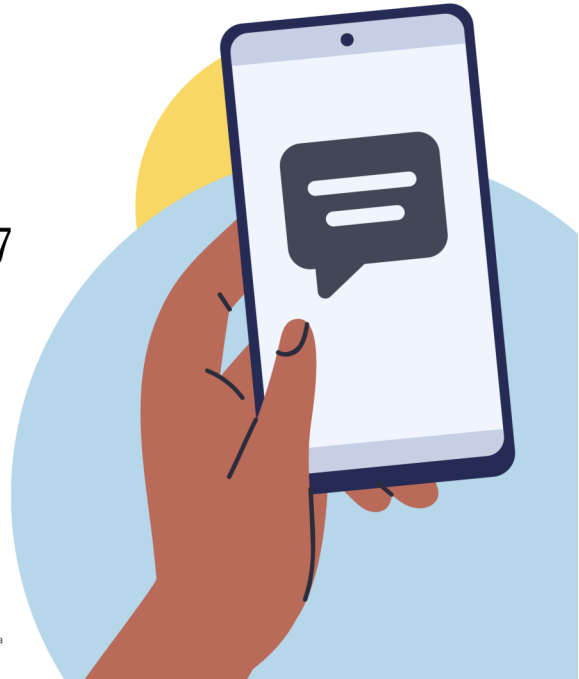
Help when you need it.



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



**YOU'RE
INVITED!!**

ANNUAL GENERAL MEETING

February 21, 2024

5:00pm - 7:00pm

Canalta Hotel Meeting Room - St. Paul AB

The following positions are open for the 2024 - 2026 Term:

**Vice
President**

**2nd Vice
President**

**Director
X 4
positions**

**To nominate someone for one of the above
positions, please attend the meeting or contact the
office to complete a Nomination Form**

For more information or if you would like to join virtually, please contact:

**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)**



MEMBER MIXER

FEBRUARY 15

5:30pm - 7:30pm

Hosted By:

Ideal Carpets & Interiors

Don't miss this opportunity to build new/old professional relationships and broaden your network.

Engage in meaningful conversations with fellow businesses.

Learn about upcoming events and plans around the community.

Contact the Chamber if you would like to host a Member Mixer

Please Register at:
stpaulchamber.ca/events

Snacks &
Beverages
Provided



Bi-Monthly
Business
Networking

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

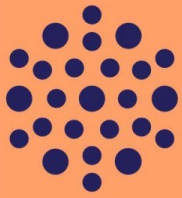
We can help you by:

- 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!

EMPLOYMENT SKILLS WORKSHOPS



Lakeland
EMPLOYMENT SERVICES

February 2024 Calendar	
February 7, 2024	Interview Skills
February 14, 2024	Interview Questions
February 21, 2024	Employer Expectations
February 28, 2024	Success in the Workplace

Lakeland Employment Services is pleased to offer online workshops to **ALL Albertans** every **WEDNESDAY** morning at **10:00 AM**. These workshops are held via **Google Meet**. The workshops provide information on a variety of topics related to job search and managing in these unique times.

FOR MORE INFORMATION, OR TO REGISTER FOR ANY OR ALL OF THESE ONLINE SESSIONS, PLEASE CONTACT:

Cold Lake 587-491-2028 or email cbrant@employabilities.ab.ca

Bonnyville 780-343-0924 or email rnicol@employabilities.ab.ca

Lac La Biche 780-627-3071 or email rfraser@employabilities.ab.ca

St. Paul 780-646-6729 or email ehilligas@employabilities.ab.ca

Vegreville 780-631-1471 or email bsutherland@employabilities.ab.ca



Follow the Lakeland Job Club Facebook page for employment information, workshop schedules, and job leads for the Northeast Region

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

Canada 



Lakeland
EMPLOYMENT SERVICES

IN-PERSON WORKSHOPS

FEBRUARY WORKSHOP SCHEDULE

February 7, 2023

Applying On line

February 14, 2023

Interview Skills

February 21, 2023

Communication Skills

February 28, 2023

Skills & Interests

WEDNESDAY AFTERNOONS – 1:30 PM

4701 50Ave 2nd
floor, Northstar
Complex
St. Paul
780-646-6729

For more information or to register,
please call the Centre or email

ehilligas@employabilities.ab.ca

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

Canada  Alberta 



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

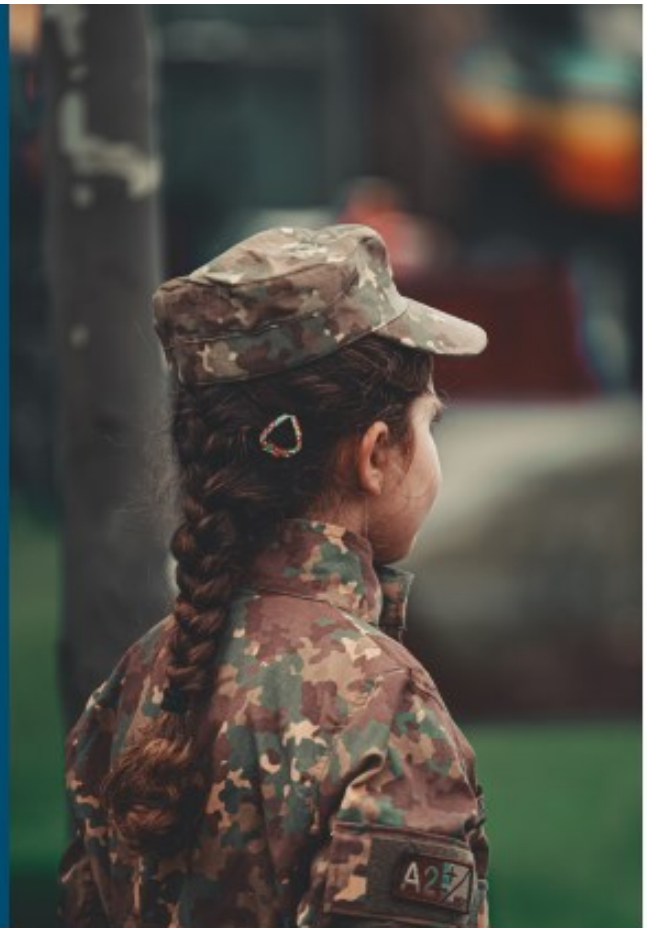
Women's Virtual Support Group

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



LET'S BOWL



FRIDAY
FEB 9
2023



3:45PM -
5:45PM



Parellel Lanes
4906 49 Ave
St Paul



\$5



*Your mission:
Leave no pin standing*

The St Paul Youth Council invites **youth in grades 7-12** to roll with us Friday Feb 9th after school at Parellel Lanes for some bowling fun. Register a team of 6 or as an individual. No experience needed. Limited space, connect with us today.

RSVP 780-645-5311



S.P.Y.C.

St. Paul Youth Council

The Power of our Voice

Raffle License # 671370

Tickets only sold in Alberta

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
progressive pot

**1 ticket
for \$5**



Tickets can be purchased by:

1. scan the QR Code
2. www.e-clubhouse.org/sites/stpaulab
3. www.stpaulchamber.ca



*Serving a
World in
Need*



Lions Mission:

To empower Lions clubs, volunteers and partners to improve health and well-being, strengthen communities, and support those in need through humanitarian service and grants that impact lives globally, and encourage peace and international understanding.



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

Junior Curling Fun Spiel

Mallaig Curling Club

Join us February 10th, 2024 for a day of fun allowing our junior curlers (grades 6-9) and opportunity to gain experience on the ice with their peers!

Entry Fee- \$10/player

Players will be provided a hot dog lunch and goodies!

Round Robin format, 2 (6-end) games each

Lunch and snacks will be available to purchase on site for spectators!

Space is limited so please RSVP early! Text Stacy @ 780-646-3672

A top-down photograph of ice skates on a white ice surface. On the left, a red child's skate with a blue and white strap is visible. In the center and right, two black adult skates with white laces are shown. 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



MATTHEW BRODERICK

FERRIS BUELLER'S DAY OFF



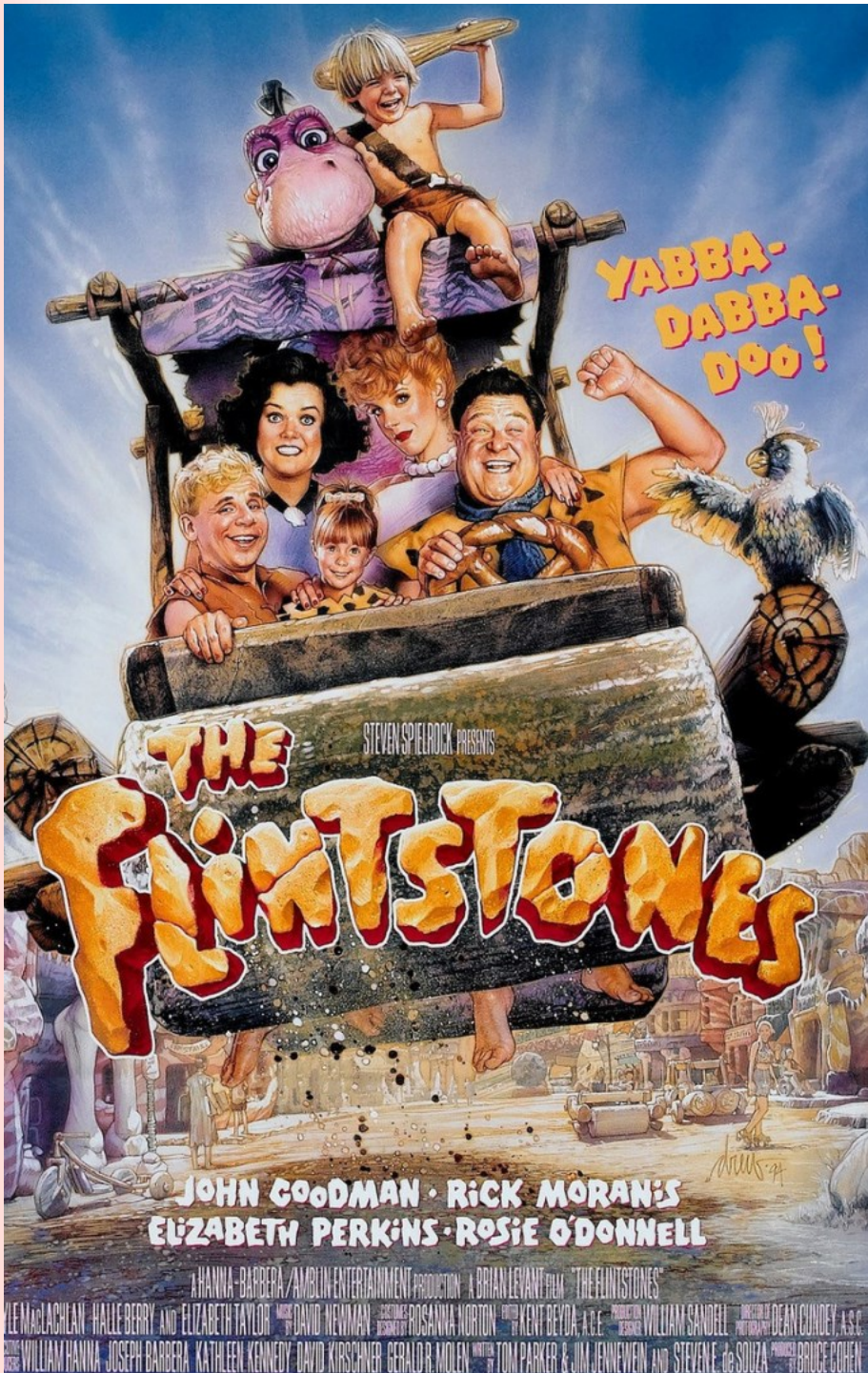
FREE MOVIE

sunday
feb 18th
4:30pm
elite theatre

CONCESSION IS THE
RESPONSIBILITY OF THE
MOVIE GOER.

Sponsored by the

TOWN OF
ST. PAUL
A People Kind of Place



**FREE
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A People Kind of Place

St. Paul Fish & Game
Association



Family Day FISH DERBY

Alphonse Tremblay Memorial
MONDAY, FEB 19, 2024

Willie's Pond - St. Paul Trout Pond

in partnership with Town of St. Paul Shiverfest

DERBY TIME: 10 AM - 3 PM

PRIZE PRESENTATION: 3:30 - 4 PM

1st, 2nd & 3rd place prized in both
YOUTH & ADULT categories

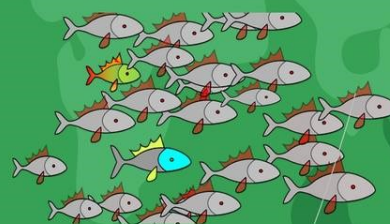


- * **PRE DRILLED HOLES**
- * **FISHING GEAR PROVIDED IF NEEDED**
- * **NO LICENSE REQUIRED MONDAY FEB 19**

* **DOOR PRIZES**
Sponsored by Warehouse Sports

* **HOT CHOCOLATE, COFFEE & HOT DOGS**
(Limited quantities, while supplies last)

stpaulfishandgame.ca



St. Lina Ag Society Family Dance

Saturday, February 17, 2024



Doors Open @ 6:00 p.m.

Supper @ 8:30 p.m.

Everyone Welcome!

Entry Fee **By Donation**

Raffle Prizes

Proceeds donated to: **STARS**

*For more information or to make a
Donation contact Phyllis at 780-614-5886*

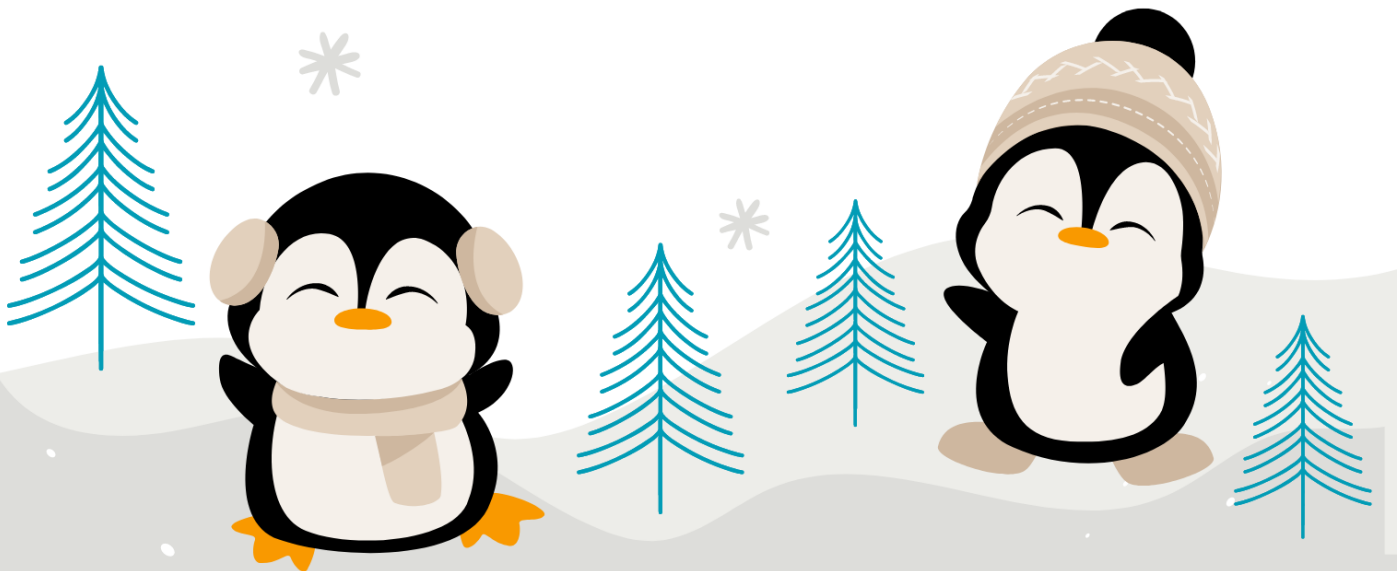


* FEBRUARY 24TH 1:00 PM *
AT THE ST PAUL
LIBRARY

NATURE KIDS

GET TO SNOW YOU

COME AND EXPLORE SNOW WITH US.
FREE FOR FAMILIES/REGISTRATION REQUIRED



NATURE KIDS ENCOURAGES YOUTH AND THEIR FAMILIES TO OBSERVE, INVESTIGATE AND EXPLORE NATURE. WHILE IT'S GEARED TOWARDS CHILDREN AGES 4-12, ANYONE WITH A SENSE OF CURIOSITY AND CHILDLIKE WONDER CAN LEARN SOMETHING ABOUT NATURE IN ALBERTA.



TO REGISTER GO TO OUR WEBSITE'S REGISTRATION PAGE AT
WWW.STPAULLIBRARY.AB.CA/PROGRAMS
OR CONTACT US BY EMAIL AT PROGRAMS@STPAULLIBRARY.AB.CA



**B
A
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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



St Paul
Municipal Library

**CLOUD
SLIME**

**FEBRUARY 21
3:45-4:45
AGES 6+**

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



ACCESSIBLE ACTIVITY

PROGRAM FOR ADULTS WITH DISABILITIES

Thursday February 22nd 1pm

at the St Paul Municipal Library



COMPANION BUGS

Free Event

Registration Required

Limited Space

To register go to our website's registration page at
www.stpaullibrary.ab.ca/programs
or contact us by email at programs@stpaullibrary.ab.ca

ST PAUL MUNICIPAL LIBRARY

STAINED GLASS



Ages 8+

1- 3 pm February 10

To register visit the programs tab on our website

www.stpaullibrary.ab.ca or email

programs@stpaullibrary.ab.ca

FINANCIAL LITERACY

For Teens and Adults

**THURSDAY FEBRUARY
8TH 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



St Paul Municipal Library

STRING TUQUE

Gnome craft



FEBRUARY 29

3:45-5 AGES 8+

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



St Paul Municipal Library

Valentines day
heart garland

FEBRUARY 7

3:45-4:45

AGES 6+

TO REGISTER VISIT THE PROGRAMS TAB ON OUR
WEBSITE WWW.STPAULLIBRARY.AB.CA OR EMAIL
PROGRAMS@STPAULLIBRARY.AB.CA

ST PAUL MUNICIPAL LIBRARY NIGHT SKY ART



JOIN US
NOW

February 17, 2024. 1-3pm

Ages 10+

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



Drop in Winter animal craft

Drop by the St. Paul Municipal library between 11:30 and 4:30 to make a cute snow animal

11:30-4:30

Drop in anytime

February 3

All ages welcome, ages under 8 require parent supervision.



thebestideasforkids.com

Snowman painting
at the St Paul Municipal Library

February 27- 3:45-4:45

Ages 8+



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

JOIN US TO MAKE A VOLCANO

At the st paul Municipal library.

February 8, 3:30-4:45

Ages 8+

Registration required



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

Family Story-time

At the Library

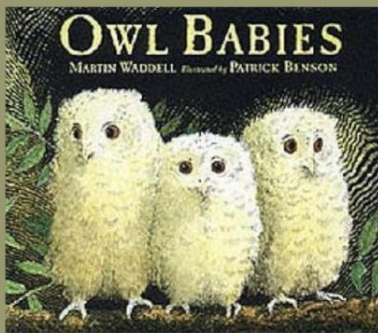
Fridays at 10:30am



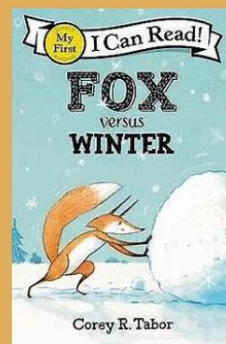
A story, song or activity and craft geared for kids 4 and under (all ages welcome)

*Registration required for kids participating in the craft.

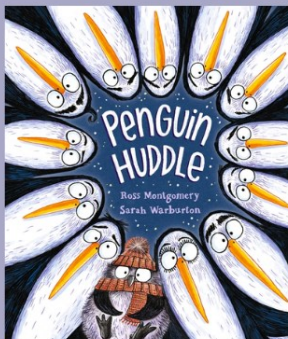
Feb 2nd



Feb 9th



Feb 16th



Feb 23rd



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



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