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# March

## 2024 NEWSLETTER

### Interagency

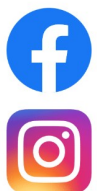
Welcome to St Paul Regional FCSS Interagency. We promote the free exchange of information, concerns and solutions among human service organizations in our community. We will act as a body to facilitate collaboration among members with common goals.

## NEXT MEETING

### 10am–11am

Tues, March 12th in **St Paul**  
780-645-5311  
5002-51 Ave, St Paul

Mon, April 8th in **Elk Point**  
780-72-3800  
4906-48 St, Elk Point



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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





# Global Day of Unplugging

Reconnect Off-line.

## UNPLUG,

and up your game with your tech habits. Whether it is 1 hour or 24 hours, at some point during the first weekend of March, thousands of people, in multiple countries will step away from their screens and intentionally shift into an offline activity, an in-person interaction, a real-life gathering or simply a meaningful conversation about their relationship with technology.

Visit [globaldayofunplugging.org](http://globaldayofunplugging.org) for ways that YOU can be the change you want to see and get ideas for what you'll do when you UNPLUG.

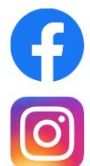
# Sundown to Sundown

March 1-2, 2024

1-24 HOURS

MORE INFO

Call 780-645-5311





# LEADERSHIP

Building a strong community.

## CALLING ALL NOT FOR PROFITS!

### Non-Profit Learning Opportunities

We have a line-up of webinars this winter to support your funding, board governance and facilitation needs. Click on any session below to access the registration page. All webinars are hosted on Zoom and are free to attend.

\*Funding & Grants Supports

\*Non-Profit Board Governance

\*Basic Facilitation Skills

\*and more.

# March

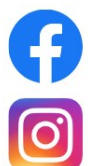
## Learn from Anywhere

# ON LINE

# REGISTER

[albertacdu.eventbrite.com/](http://albertacdu.eventbrite.com/)

Brought to you by  
Alberta Community Development



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**

**Due March 28**

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

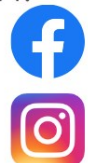
**BY APPOINTMENT**

Call 780-645-5311  
in Elk Point Call 780-724-3800

This is a temporary government grant.  
Don't wait, act **NOW**. Final day for  
assistance is March 28, 2024.



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





# Volunteer Appreciation through

# Caring Cups



St Paul Regional FCSS recognizes the incredible efforts of Volunteers in our community and is proud to present the

## **Caring Cups Project**

During National Volunteer Week, coupons are given to Not-For-Profit organizations to distribute to their volunteers.

Participating sponsors honor these coupons by giving a free beverage to our community volunteers.

**Coupons are Valid April 15th -19th, 2024 only.**

Contact us if you are a not for profit organization wanting to share Caring Cup Coupons.



"preventative social programming to promote & enhance well-being"

[www.stpaulfcss.ca](http://www.stpaulfcss.ca)



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



March 2024

[www.stpaulfcsc.ca](http://www.stpaulfcsc.ca)

Interagency 7

# 2024 YOUTH DROP IN

# March

Ages 13-18

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

MON	TUE	WED	THU	FRI
RESUME BUILDING HOSTED BY EMPLOYMENT ALBERTA 4	DROP IN & CHILL SPYC GYM NIGHT @ RACETTE 7-830 5	THERAPY DOG STELLA 6	DROP IN & CHILL 7	MOVIE NIGHT & POPCORN ONLINE OPTION 8
DROP IN & CHILL 11	TACO IN A BAG 12	THERAPY DOG STELLA 13	DROP IN & CHILL 14	MOVIE NIGHT & POPCORN ONLINE OPTION SPYC DANCE 8PM-MIDNIGHT 15
TAX PREP CLASS 18	DROP IN & CHILL 19	THERAPY DOG STELLA 20	DROP IN & CHILL 21	MOVIE NIGHT & POPCORN ONLINE OPTION 22
DROP IN & CHILL 25	GARLIC PULL-APART BREAD 26	THERAPY DOG STELLA 27	MOVIE NIGHT & POPCORN ONLINE OPTION 28	CLOSED 29

This is a chill youth-only zone,  
 where you can just be yourself without any obligations.  
 There's no pressure to participate, so come along and do your thing!  
 Hit the books, chill with a snack, chat with your mates or just let yourself unwind.



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

Email: [FCSSyouth@town.stpaul.ab.ca](mailto:FCSSyouth@town.stpaul.ab.ca)  
 Web: [stpaulfcss.ca](http://stpaulfcss.ca)



Scan for events calendar.

**Snacks included!**



[st.paul\\_fcss](https://www.instagram.com/st.paul_fcss)



St. Paul Regional  
 FCSS & Family  
 Resource  
 Network



**SAVE  
THE DATE**



# Camp Sunshine

*"Where HOPE outshines grief"*

Camp Sunshine is a **bereavement** Day Camp for children who have experienced the death of a significant person in their lives. It is a fun and safe place for children from ages 7 to 12 to explore their grief and get tools to help them cope in their daily lives.

July 8, 9, 10 & 11, 2024

9:00 am - 3:00 pm

♥ Sharing ♥ Learning ♥ Remembering

Connect with us for details  
Deadline to register is May 31!

**780-645-5311**





**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

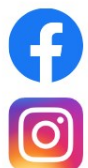
**Tuesdays**

**In St Paul**

5002-51 Ave

**10AM - 11AM**

Call 780-645-5311 for more info.





Connecting **Women** through  
*conversation*

## St Paul Women, Let's Talk

Come out for casual,  
open conversation.

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

Learn, grow,  
share & connect.

Meeting once a month on the  
2nd Tuesday of each month.

Facilitated to women,  
by women.

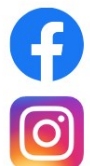
# Tuesday

## March 12 2024

# 7:30 PM

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

Call 780-645-5311  
for more info  
& to connect.





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.

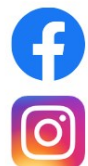
# Tuesday

## March 19, 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

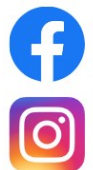
# 1:30PM



@ FCSS  
(5002-51 Ave, St Paul)

## REGISTER

Call 780-645-5311



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**

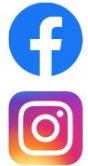
Call Michelle @ 780-871-3355

Michelle Janzen

MJMY.therapy@gmail.com

780-871-3355

Massage • Yoga • Myofascial Cupping





**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.

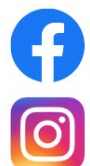
Learn more at  
[rainbows.ca](http://rainbows.ca)

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



# Mindful March 2024

MONDAY



4 Notice how you speak to yourself and choose to use kind words

TUESDAY



5 Bring to mind people you care about and send love to them

WEDNESDAY



6 If you find yourself rushing, make an effort to slow down

THURSDAY



7 Take three calm breaths at regular intervals during your day

FRIDAY

1 Set an intention to live with awareness and kindness

SATURDAY

2 Notice three things you find beautiful in the outside world

SUNDAY

3 Start today by appreciating your body and that you're alive

9 Take a full breath in and out before you reply to others

8 Eat mindfully. Appreciate the taste, texture and smell of your food

7 Take three calm breaths at regular intervals during your day

6 If you find yourself rushing, make an effort to slow down

5 Bring to mind people you care about and send love to them

4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

12 Listen deeply to someone and really hear what they are saying

13 Pause to watch the sky or clouds for a few minutes today

14 Find ways to enjoy any chores or tasks that you do

15 Stop. Breathe. Notice. Repeat regularly

16 Get really absorbed with an interesting or creative activity

17 Look around and spot three things you find unusual or pleasant

18 Have a 'no plans' day and notice how that feels

19 Cultivate a feeling of loving-kindness towards others today

20 Focus on what makes you and others happy today  
dayofhappiness.net

21 Listen to a piece of music without doing anything else

22 Notice something that is going well, even if today feels difficult

23 Tune into your feelings, without judging or trying to change them

24 Appreciate your hands and all the things they enable you to do

25 Focus your attention on the good things you take for granted

26 Choose to spend less time looking at screens today

27 Appreciate nature around you, wherever you are

28 Notice when you're tired and take a break as soon as possible

29 Choose a different route today and see what you notice

30 Mentally scan your body and notice what it is feeling

31 Discover the joy in the simple things of life

ACTION FOR HAPPINESS

Happier · Kinder · Together



2024

St Paul LOCATION

# MARCH

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**  
PD DAY  
Youth PROGRAM  
REGISTER

**04**  
Read & Roll  
10am - 11am  
@ the Library  
REGISTER

**05**  
Mallaig Tot Time  
9:30am-11:30am  
DROP IN  
  
Run, Jump, Skip  
10am - 12pm  
DROP IN

**06**  
Triple P  
Primary Care  
2pm-3:30pm  
REGISTER

**07**  
Ashmont Tot Time  
9:30am-11:30am  
DROP IN  
  
Baby Bunch  
Baby Rhyme Time  
1:30pm - 2:30pm  
DROP IN

**08**  
Fine Motor Fun  
10am-12pm  
DROP IN

**11**  
Read & Roll  
10am - 11am  
@ the Library  
REGISTER

**12**  
Mallaig Tot Time  
9:30am-11:30am  
DROP IN

**13**  
Home Alone  
Mallaig  
3:30pm-5:30pm  
REGISTER

**14**  
Ashmont Tot Time  
9:30am-11:30am  
DROP IN  
  
Baby Bunch  
Tummy Time Activities  
1:30pm - 3:30pm  
DROP IN

**15**  
Kids Have Stress  
Too  
10am-11am  
REGISTER

**18**  
Read & Roll  
10am - 11am  
@ the Library  
REGISTER

**19**  
Mallaig Tot Time  
9:30am-11:30am  
DROP IN

**20**  
Mindful Matters  
3:30pm-5:30pm  
REGISTER  
  
Dungeons &  
Dragons  
6pm-8pm  
REGISTER

**21**  
Ashmont Tot Time  
9:30am-11:30am  
DROP IN  
  
Baby Bunch  
Easter Craft  
1:30pm - 3:30pm  
DROP IN  
  
Run, Jump, Skip  
6pm - 7:30pm  
DROP IN

**22**  
ASQ Screening  
10am-12pm  
REGISTER

**25**  
Icky, Sticky, Messy  
Easter Edition  
10am - 12pm  
DROP IN  
  
Youth Diamond  
Dot Art  
2pm - 4pm  
REGISTER

**26**  
Mallaig Tot Time  
9:30am-11:30am  
DROP IN  
  
Rhymes That Bind  
10am-12pm  
DROP IN

**27**  
Youth Decorate  
Easter Eggs  
2pm - 4pm  
REGISTER

**28**  
No Programs

**29**  
CLOSED  
  
Good Friday

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



**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  
March 01

**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 05  
March

**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.





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

Wednesday  
March 06

2pm-3:30pm

CALL TO REGISTER  
780-645-5311

**FREE**



*for every parent*

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.





Fine motor skills are activities in which you use the **SMALL** muscles in your hands and wrists to make **PERCISE** movements.



**AGES 0-6**  
LFRN St Paul 5002-51 Ave

# Fine Motor Fun Easter Edition

Friday 08  
March

10am-12pm

DROP IN  
780-645-5311



Developing fine motor skills through play.

*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**  
**\*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

Wednesday **13**  
 March

**3:30pm-5:30pm**

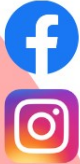
TO REGISTER  
 CALL CHARLENE  
 780-635-3858

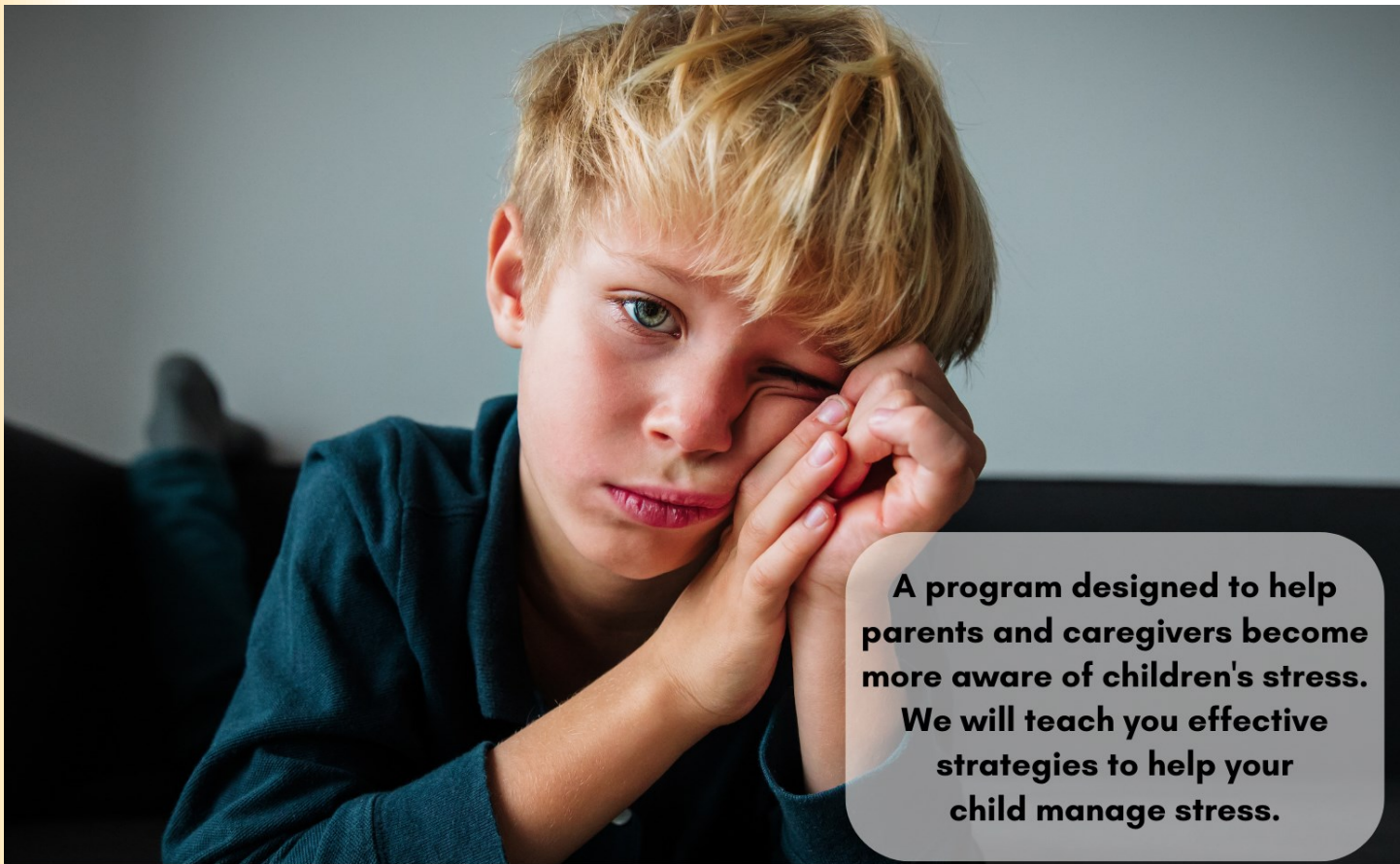
**\$25 REGISTRATION FEE**

*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.





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

Friday  
March 15

10am - 11am

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 March 20

3:30pm-5:30pm

CALL TO REGISTER  
780-645-5311

**FREE**

Create your own Stress Ball



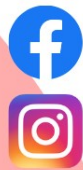
*Lakeland*

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.





**Dungeon Master  
in attendance**  
Snacks Provided

**YOUTH 12-18**

LFRN St Paul 5002-51 Ave

# Dungeons & Dragons

Wednesday  
March **20**

**6pm-8pm**

CALL TO REGISTER

780-645-5311

**FREE**

*Lakeland*

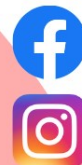
FAMILY RESOURCE NETWORK

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.





evening

# Run, Jump, Skip

Thursday 21  
March

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.





**Is your child meeting the developmental milestones?**

Make an appointment to fill out the Ages & Stages Questionnaire, receive information, referrals & access other programs we offer.

**CAREGIVERS**

LFRN St Paul 5002-51 Ave

# ASQ Screening

Friday  
March **22**

**10am-12pm**

CALL TO REGISTER

780-645-5311

**FREE**

**30 min appointments  
for ages:  
2 months-60 months**

*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.

We will check.....  
Communication  
Fine Motor Skills  
Gross Motor Skills  
Problem Solving  
Personal-Social Skills  
Social Emotional.





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 St Paul 5002-51 Ave

# Icky, Sticky, Messy Easter Edition

Monday 25  
March

10am-12pm

DROP IN

780-645-5311



Encouraging sensory development and helping build social-emotional skills.

*Lakeland*

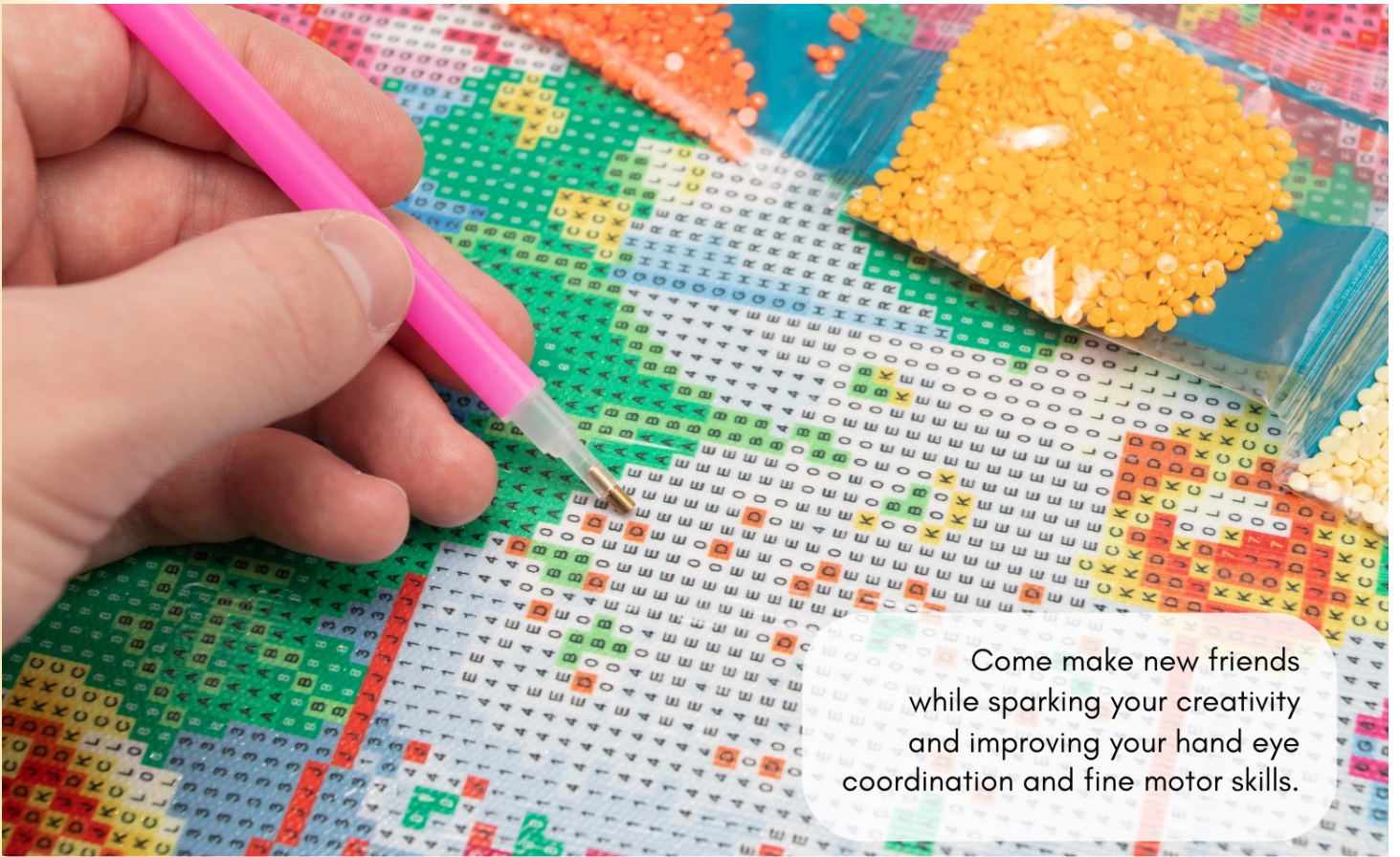
FAMILY RESOURCE NETWORK

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.





Come make new friends while sparking your creativity and improving your hand eye coordination and fine motor skills.

**YOUTH 7+**

LFRN St Paul 5002-51 Ave

# Diamond Dot Art

Monday **25**  
March

**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.



Improves focus & concentration, reduces stress & anxiety, boosts fine motor skills.



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 Easter Edition

Tuesday **26**  
March

**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.



**Come make new friends and  
create colorful Easter Eggs.**

**YOUTH 7+**

LFRN St Paul 5002-51 Ave

# Decorating Easter Eggs

Wednesday **27**  
March

**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.



# March Events

- 7 Baby Rhyme Time
- 14 Tummy Time Activities
- 21 Easter Craft

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

# March

**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**

<p><b>04</b> "If it doesn't CHALLENGE you, it doesn't CHANGE you!"</p> <p><b>YOUTH GROUP CRAFTS</b> 3:30PM-5:30PM <b>DROP IN</b></p>	<p><b>05</b> Office <b>OPEN</b> 8:30am - 12:30pm 1:30pm - 4:30pm</p>	<p><b>06</b> Office <b>OPEN</b> 8:30am - 12:30pm 1:30pm - 4:30pm</p>	<p><b>07</b> <b>RAINBOWS</b> 4pm-5pm <b>REGISTER</b></p>	<p><b>08</b> Story &amp; Craft 10am - 12pm <b>DROP IN</b></p>
<p><b>11</b> CONNECT with friends you haven't seen in a while!</p> <p><b>YOUTH GROUP GAMES</b> 3:30PM-5:30PM <b>DROP IN</b></p>	<p><b>12</b> Office <b>OPEN</b> 8:30am - 12:30pm 1:30pm - 4:30pm</p>	<p><b>13</b> Office <b>OPEN</b> 8:30am - 12:30pm 1:30pm - 4:30pm</p> <p><b>CLOSED</b> <b>9AM-12PM</b></p>	<p><b>14</b> <b>RAINBOWS</b> 4pm-5pm <b>REGISTER</b></p>	<p><b>15</b> St. Patricks Day Activities 10am- 12pm <b>DROP IN</b></p>
<p><b>18</b> Do MORE of what makes you HAPPY!</p> <p><b>YOUTH GROUP GAMES</b> 3:30PM-5:30PM <b>DROP IN</b></p>	<p><b>19</b> Office <b>OPEN</b> 8:30am - 12:30pm 1:30pm - 4:30pm</p> <p><b>CLOSED</b> <b>9AM-12PM</b></p>	<p><b>20</b> Office <b>OPEN</b> 8:30am - 12:30pm 1:30pm - 4:30pm</p>	<p><b>21</b> <b>RAINBOWS</b> 4pm-5pm <b>REGISTER</b></p>	<p><b>22</b> Loose Parts Play 10am-12pm <b>DROP IN</b></p>
<p><b>25</b> Make colorful EASTER EGGS!</p> <p>Easter Activities 10am-12pm <b>DROP IN</b></p>	<p><b>26</b> Office <b>OPEN</b> 8:30am - 12:30pm 1:30pm - 4:30pm</p>	<p><b>27</b> Office <b>OPEN</b> 8:30am - 12:30pm 1:30pm - 4:30pm</p>	<p><b>28</b> Easter Activities 2 PM - 4 PM <b>DROP IN</b></p>	<p><b>29</b> <b>CLOSED</b> <b>GOOD FRIDAY</b></p>



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



Explore your creativity & use your imagination to create your own masterpiece!

# YOUTH 7+

LFRN Elk Point 4906-48 St

## Youth Group Crafts

Monday  
March 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

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

## Storytime & Craft

Friday  
March 08

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 join us for fun  
St. Patrick's Day activities!.

# AGES 0-6

LFRN Elk Point 4906-48 St

Connecting with  
us and other  
families in a fun  
environment.

## St. Patrick's Day Fun

Friday  
March 15

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



**YOUTH 7+**

LFRN Elk Point 4906-48 St

## Board Games Play

Monday  
March **18**

**3:30pm-5:30pm**

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.



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

March 2024

[www.stpaulfcss.ca](http://www.stpaulfcss.ca)

Interagency 38

# Elk Point Location



## Loose Parts Play

Friday  
March 22

10am-12pm

DROP IN

780-724-3800



**AGES 0-6**

LFRN Elk Point 4906-48 St

Express creativity and imagination skills with common everyday items.

*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 join us for  
Easter activity fun!

**AGES 0-6**

LFRN Elk Point 4906-48 St

Connecting with  
us and other  
families in a fun  
environment.

## Easter Activities

Monday  
March **25**

**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 partake in a variety of activities..

# YOUTH 7+

LFRN Elk Point 4906-48 St

Social engagement with others.

## Easter Activities

Thursday  
March 28

2pm-3:30pm

FREE TO 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.





4713 – 50 Street, St. Paul, Alberta, T0A 3A4  
Mission Statement: "A Hand UP Not a Hand OUT"

PRESS RELEASE

Please allow us to introduce ourselves. St. Paul Affordable Community Housing (SPACH) is a local society made up entirely of local volunteers. Our goal is to facilitate home ownership for deserving recipients in our community. It has been almost twenty years since our first successful home build in St Paul. The society got its beginning in 2003 when Dick Wirges, a Realtor in St. Paul became aware of a grant available through the Alberta Real Estate Foundation to provide affordable housing in the province. The group continued to exist because Servus Credit Union in St Paul sold a parcel of land they owned to the Town of St Paul with a condition that several lots be made available for affordable housing. Over the years SPACH and other local groups have expressed interest in accessing these lots. With the national publicity over the past year around lack of affordable housing, the time was right. SPACH proposal to the Town last fall received Council approval. Today with your support we are poised to provide two more modest new homes for two more very deserving low-income local families.


Construction material costs, labour costs and interest rates have all skyrocketed making the dream of homeownership for young families virtually unattainable. With your help, our goal is to make the dream a reality for at least a few low-income families and increase availability of affordable housing in our community as a whole.

We have the support of Town Council who have agreed to provide two vacant serviced lots in St Paul at no cost. We have the support of local builders, 72 Developments and the team of Germain Bros. and Barrett Built who have pledged their general services Pro Bono. You would think government grants would be available to assist with reducing costs, however we have not found this to be the case. The government focus is geared to facilitating multi-family rental home spaces, not home ownership. We are actively looking for support from our business community, community leaders, local clubs and private Grant opportunities to assist with the building costs. Fundraising events are also in the planning stages. We have the support of 97.7 FM Real Country Radio who is currently airing 6 months of free promotion for our Society's project. We have the ability to recognize major contributors, in the radio promotion.

Our goal is ambitious. We still need to raise \$70,000 per house to achieve our goal of making home ownership realizable. 100% of all money raised will go towards reducing the cost of the homes. All administrative services are provided by our local volunteers. Recipients that are chosen will need to show financial means to maintain the mortgage. They must contribute a minimum of 500 hours volunteer community service prior to possession and full title transfer will occur only after they have proven the ability to maintain the property and keep the mortgage current for 10 years. At that time the home recipient will become entitled to 100% of the equity in the home. If they are unable to keep the mortgage in good standing or are ready to move up before the 10 years, the recipient will receive the equity they have directly contributed and SPACH will refurbish the house and make it available to a new low-income recipient. It is our intention to continue adding more affordable units in the community as we achieve our fundraising goals. We already have a pledge from the Town of St Paul for two additional lots and a commitment from 72 Developments to continue to support future builds. We have recently applied to the CRA for Registered Charity Status. In the meantime, the Town of St Paul will receive cash donations on behalf of SPACH for donors who need a receipt for tax purposes.

If you are interested in joining our volunteer group, know a family unit that should be considered as a possible recipient or can see the merit in providing a **hand up not a hand out** with a cash donation we want to hear from you! To volunteer or donate, send your email or e-transfer to [spachsociety@gmail.com](mailto:spachsociety@gmail.com)

We would like to extend an open invitation to interested community minded volunteers to join our board. Our next board meeting will be March 6<sup>th</sup> and our AGM will be April 10<sup>th</sup>. Both meetings will start at 7 PM in the St Paul Museum meeting room.





# COMMUNITY ENGAGEMENT NIGHT

Thursday  
**March 7**  
2024  
7:00 PM

ÉCOLE MALLAIG SCHOOL  
GYMNASIUM

*Parents and stakeholders are invited to join  
Division and municipal representatives,  
including our MLA, to discuss the potential of  
including a daycare in the design of the new  
school planned for Mallaig.*





**PASSIONATE ABOUT  
CHILDCARE?  
LOOKING FOR ENTHUSIASTIC  
EDUCATORS TO HELP SHAPE  
YOUNG MINDS!**

- ENROLL UP TO 6 CHILDREN**
- SET YOUR OWN SCHEDULE**
- HAVE A SUPPORTIVE TEAM OF PROVIDERS  
AND HOME CONSULTANTS**
- FAMILIES CAN GET SUBSIDY AND  
AFFORDABILITY GRANT**
- WORK FROM THE COMFORT OF YOUR HOME**

For more information contact

St. Paul Day Home Agency (780) 645- 1984

**BE THE CHILD'S HOME  
AWAY FROM HOME**



# LOOKING FOR CHILDCARE? Licensed Dayhome Some Spaces Available



- Small groups
- Often mixed aged group(learns how to interact with other age groups, challenge themselves by observing what others are doing and attempt to imitate -Child grows in a home like environment, becomes their second home
- Our Dayhomes are safety and quality regulated
- Subsidy and affordability grant available
- Personable interactions, open communication between educator and families

Contact the Day Home Society  
for more information  
@ 780-645-1984



[forkids84@hotmail.com](mailto:forkids84@hotmail.com)



# ADHD

## Coffee Chat

Parents of children presenting with ADHD, please join us for an informal time of sharing, learning, and supporting one another.




*Learn Ways to Motivate Your Child*

**DATE:** March 13, 2024

**TIME:** 7:00 p.m.-8:30 p.m.

Register at  
[frnspoke@town.bonnyville.ab.ca](mailto:frnspoke@town.bonnyville.ab.ca)



For more information,  
please call  
**780-826-2120**

Parent Child Centre  
4714-48 street  
Bonnyville, AB T9N 2J7  
**Virtual option available.**

*Lakeland*

FAMILY RESOURCE NETWORK

# 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
<b>Invitation to apply by mail</b>	
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
<b>Application online</b>	
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](https://Canada.ca/dental)



Government of Canada / Gouvernement du Canada

Canada

# Caregiver Education Team Newsletter

March 2024



Alberta Health Services is proud to offer FREE online programming to caregivers of school-age children and youth as well as adults in the community who want to learn more about addiction and mental health topics.

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.

## Caregiver Education Sessions

### Understanding Self-Injury

For parents and caregivers supporting teens in grades 7-12.

Tuesday, March 5  
12:00 – 1:00 pm

### Junior High Jitters

Transitioning to the Teenage Years

For parents and caregivers supporting teens in grades 7-12.

Wednesday, March 20  
6:00 – 7:30 pm

## Caregiver Education Sessions

### Collaborative Problem Solving

For parents and caregivers of children and youth in grades K-12

**Part 1:**  
Tuesday, March 19  
12:00 – 1:00 pm

**Part 2:**  
Tuesday, March 26  
12:00 – 1:00 pm

## Adult Education Sessions

### Resilience through Connecting, Caring, and Coping

For adults supporting their own wellness or the wellness of a loved one.

Tuesday, March 12  
12:00 – 1:00 pm

### Participant Feedback:

"Content of the course was helpful and well presented. Thank you for everything."

## Sessions at a Glance



Professional Practice & Education Services  
Addiction & Mental Health  
Edmonton Zone

For more information, visit [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)





# Vaping: What Parents Need to Know

March 6th 2024  
7-8:30pm

Join AHS for a free **virtual** learning opportunity for parents on the youth vaping epidemic. Learn about the harms and risks and get ideas on how to help kids quit. Learn about vaping prevention and reduction in your child's school and community and where to go for more information.

[Register here:](#)



SCHOOLS.  
HEALTHIER  
TOGETHER.CA

# March 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, or as a refresher for those continuing to manage their diabetes.

### Overview

Mar 7	Thurs	9:30am to 12:00pm
Mar 7	Thurs	5:30pm to 8:00pm
Mar 12	Tue	1:30pm to 4:00pm

### Nutrition

Mar 14	Thurs	9:30am to 11:00am
Mar 14	Thurs	5:30pm to 7:00pm
Mar 19	Tue	1:30pm to 3:00pm

### Ongoing Care

Mar 21	Thurs	9:30am to 12:00pm
Mar 21	Thurs	5:30pm to 8:00pm
Mar 26	Tue	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

Mar 5	Tue	1:30pm to 3:00pm
Mar 14	Thurs	5:30pm to 7:00pm
Mar 20	Wed	9:30am to 11:00am

### Nutrition

Mar 12	Tue	1:30pm to 3:00pm
Mar 21	Thurs	5:30pm to 7:00pm
Mar 27	Wed	9:30am to 11:00am

## Managing Stress

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

Mar 12 & 19	Tue	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.

Mar 13	Wed	1:30pm to 4:00pm
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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

Mar 4, 11, & 18	Mon	5:30pm to 8:00pm
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### Series 2—Classes 2.1, 2.2, & 2.3

Mar 5, 12, & 19	Tue	9:30am to 12:00pm
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### Series 3—Classes 3.1 & 3.2

Mar 5 & 12	Tue	9:30am to 12:00pm
Mar 6 & 13	Wed	5:30pm to 8:00pm

## 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.

Mar 18- April 24	Mondays & Wednesdays	Afternoons 1:00-2:30pm	Evenings 6:00-7:30pm
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April 9- May 16	Tuesdays & Thursdays	Mornings 10:00-11:30am	Afternoons 1:00-2:30pm
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## Better Choices, Better Health

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

### Living with a Chronic Condition

Mar 14 – Apr 18	Thurs	6:00pm to 8:30pm
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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

March 6	Tues	10:30am to 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

# Exercise Program

Experience the health benefits!

Learn to exercise safely while living with a health condition.

## Upcoming Sessions:

Mar 18- April 24

**Mondays & Wednesdays**

Afternoons @ 1:00-2:30pm

Evenings @ 6:00-7:30pm

April 9- May 16

**Tuesdays & Thursdays**

Mornings @ 10:00-11:30am

Afternoons @ 1:00-2:30pm

### Free Exercise Program

- Are you ready to commit?
- Tailored to your fitness level
- 2 times per week for 6 weeks
- No equipment needed!
- Learn to exercise safely
- Use Zoom in your own home



Visit [www.healthylivingprogram.ca](http://www.healthylivingprogram.ca)  
Or [Click here to connect](#) with our  
exercise team

If you are an adult living with one or more chronic health conditions, join this safe, fun and interactive small group setting.



For more information call  
**1-877-349-5711**




**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)**

<b>ST. PAUL</b>	<b>ELK POINT</b>
<p><b>Where:</b> Lakeland Primary Care Network (Boardroom) St. Paul Wellness Centre #101 – 4801 – 39 Street</p> <p><b>Time:</b> 6:30 - 8:30 pm</p> <p><b>When:</b> 3<sup>rd</sup> Wednesday of each month</p> <p><b>Dates:</b></p> <ul style="list-style-type: none"> <li>September 20, 2023</li> <li>October 18, 2023</li> <li>November 15, 2023</li> <li>December 20, 2023</li> <li>January 17, 2024</li> <li>February 21, 2024</li> <li>March 20, 2024</li> <li>April 17, 2024</li> <li>May 15, 2024</li> <li>June 19, 2024</li> </ul>	<p><b>Where:</b> Elk Point Healthcare Centre (Board Room) 5310 – 50 Avenue</p> <p><b>Time:</b> 6:30 - 8:30 pm</p> <p><b>When:</b> 3<sup>rd</sup> Tuesday of each month</p> <p><b>Dates:</b></p> <ul style="list-style-type: none"> <li>September 19, 2023</li> <li>October 17, 2023</li> <li>November 21, 2023</li> <li>December 19, 2023</li> <li>January 16, 2024</li> <li>February 20, 2024</li> <li>March 19, 2024</li> <li>April 16, 2024</li> <li>May 21, 2024</li> <li>June 18, 2024</li> </ul>
<p><b>The Care Partner Support Group is designed for family members, friends, &amp; caregivers of someone living with Alzheimer's/Dementia who want to meet others experiencing similar situations with a chance to share experiences, learn new information, receive peer support, and help each other cope more effectively.</b></p>	



## 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**

# M A R C H

Monday	Tuesday	Wednesday	Thursday	Friday
<p>To join by phone, call: <b>1-855-703-8985</b></p> <p>When prompted, enter Meeting ID: <b>225-573-6467#</b></p>				
<p><b>4</b>  <b>9:30am:</b> Nostalgia— Golden Age of Comics  <b>11am:</b> Exercises  <b>1pm:</b> The Big Picture  <b>3pm:</b> Voyage of Dawn Treader 8</p>	<p><b>5</b>  <b>11am:</b> Imagination Circle  <b>1pm:</b> <b>Feel Better about Yourself</b>  <b>1pm:</b> Would you Rather  <b>3pm:</b> Some Good News  <b>4:30pm:</b> Where in the World</p>	<p><b>6</b>  <b>9:30am:</b> Secret Societies  <b>11am:</b> Arm Chair Travel: Singing  <b>NO Estranged Relationships</b>  <b>1pm:</b> Coffee Chat  <b>3pm:</b> Exercises</p>	<p><b>7</b>  <b>No Morning Programs</b>  <b>11am:</b> Jed &amp; The Valentine  <b>1pm:</b> Weird Science  <b>3pm:</b> Name That Tune  <b>4:30pm:</b> DT: Peer Gynt Part 1</p>	<p><b>1</b>  <b>9:30am:</b> Big Band Music  <b>11am:</b> Exercises  <b>1pm:</b> Rita McNeil  <b>3pm:</b> Who, Why, When— AI</p>
<p><b>11</b>  <b>9:30am:</b> Ponder This  <b>11am:</b> Exercises  <b>1pm:</b> Writing for Fun  <b>3pm:</b> Vinyl Cafe</p>	<p><b>12</b>  <b>11am:</b> Mindfulness  <b>1pm:</b> Sexuality 101  <b>3pm:</b> Reader's Corner  <b>4:30pm:</b> Trivia</p>	<p><b>13</b>  <b>9:30am:</b> Ancient Empires  <b>11am:</b> Desert Island  <b>1pm:</b> <b>Estranged Relationships</b>  <b>3pm:</b> Exercise</p>	<p><b>14</b>  <b>9:30am:</b> Gratitude  <b>11am:</b> Coffee Chat  <b>1pm:</b> Let's Talk About  <b>3pm:</b> Royal Salt Mines  <b>4:30pm:</b> DT: Peer Gynt Part 2</p>	<p><b>15</b>  <b>9:30am:</b> St. Patrick's Day Songs  <b>11am:</b> Exercises  <b>1pm:</b> Mother Moses  <b>3pm:</b> Animal Spotlight</p>
<p><b>18</b>  <b>9:30am:</b> Nostalgia— Retro Candy  <b>11am:</b> Exercises  <b>1pm:</b> The Big Picture  <b>3pm:</b> Short Stories</p>	<p><b>19</b>  <b>11am:</b> Imagination Circle  <b>1pm:</b> Coffee Chat  <b>3pm:</b> NFH: Meal Planning &amp; Prepping  <b>4:30pm:</b> Mad Libs</p>	<p><b>20</b>  <b>9:30am:</b> Crime &amp; Justice  <b>11am:</b> EPL Presents!  <b>1pm:</b> <b>Estranged Relationships</b>  <b>1pm:</b> In the Headlines  <b>3pm:</b> Exercises</p>	<p><b>21</b>  <b>9:30am:</b> Gratitude  <b>11am:</b> Storyteller  <b>1pm:</b> FYB: Healthy Bowels  <b>3pm:</b> Working Through Grief  <b>4:30pm:</b> DT: Peer Gynt Part 3</p>	<p><b>22</b>  <b>9:30am:</b> Songs of Faith  <b>11am:</b> Exercises  <b>1pm:</b> Tricky Family Businesses  <b>3pm:</b> BINGO</p>
<p><b>25</b>  <b>11am:</b> Coffee Chat</p>	<p><b>26</b>  <b>11am:</b> Wheel of Fortune</p>	<p><b>27</b>  <b>11am:</b> Some Good News  <b>1pm:</b> <b>Estranged Relationships</b></p>	<p><b>28</b>  <b>11am:</b> All Request Music</p>	<p><b>29</b>  <b>Good Friday</b></p>



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/](https://cyberseniors.org/webinars/)

# St. Paul & District BUSINESS SUPPORT NETWORK MEETING

Thursday, March 14, 2024

11:30am – 1:30pm

**\*\*\*\*Canalta Hotel Meeting Room\*\*\*\***

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

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)



**Cree Community Language Project -  
NEHIYAW PĪKISKWĒWIN  
ATOSKĒWIN**

**FREE**

**Conversational  
Cree Workshop**

**Beginners welcome!**

If you are interested in learning Cree, this is the event for you!

**Participants will:**

- Be engaged in the language through games and activities
- Benefit from hearing fluent speakers
- Learn and practice the basics

**Delicious meals are provided**

**Don't be shy!**

**March 1st**

5:30 - Supper

6:00 - 8:00

Workshop

**March 2nd**

9:30AM - 3:00PM

Workshop

Lunch Provided

**Mannawanis Friendship  
Centre**

**St. Paul Alberta**

**Contact Tanya to  
register at 780-645-1045**



# Open House

March 4-6, 2024 | 6:00pm to 8:00pm

## THREE LOCATIONS

- **Lac La Biche Campus**  
March 4th, 2024
- **St Paul Campus**  
March 5th, 2024
- **Cold Lake Campus**  
March 6th, 2024

## FREE BBQ

We have many programs to choose from with certificate, diploma and degree options. Come check out our Open House, where you can connect with advisors, ask questions and find out which program is the perfect fit for you.

Contact us:  
1-866-623-5551

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**

Smart  
Strategies for  
a Fixed  
Income



# Budgeting Like a Boss



**Date:** March 7 2024  
**Time:** 10:00 AM to 11:30AM  
**Place:** Virtual  
**Cost:** Free!  
Call Arshdeep to register 780-614-1944  
*Scan QR Code to register via e-mail*



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



# EMPLOYMENT SERVICES

## FOR PEOPLE WITH DISABILITIES AND BARRIERS TO EMPLOYMENT



### WAGE SUBSIDY

Employers, ask us about wage subsidy that may be available to offset the cost of extra training required by some individuals.



### EMPLOYMENT SUPPORTS

If you qualify you may receive assistance with obtaining work clothes, boots, and other work-related gear for starting your new job.



### EXPOSURE COURSES

Assistance may be provided for short training courses to increase your chances at landing the job.



### MOBILE JOB SERVICES

Delivering job search, resume development and printing services for those living rurally in surrounding communities.



OUR FRIENDLY FACILITATORS WORK WITH YOU TO:

### Job Seekers

- Understand your strengths and abilities and plan a career path that suits you.
- Support you with your job search including creating a great resume.
- Provide short-term job coaching after you get a job to help you succeed, if needed.

### Employers

- Refer qualified people with compatible skill sets.
- Provide on-the-job supports to help with staff retention, if needed.
- Support your efforts to build a more diverse workforce.

### SERVICES PROVIDED IN



Bonnyville: [780.201.6005](tel:780.201.6005)  
 Cold Lake: [780.594.6244](tel:780.594.6244)  
 Lac La Biche: [780.623.1281](tel:780.623.1281)  
 St. Paul: [780.614.1944](tel:780.614.1944)  
 Vegreville: [780.603.8182](tel:780.603.8182)



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  
and Vegreville.

## **JOB SEEKERS**

We can work with you to:

- Understand your strengths and abilities and plan a career path that suits you.
- Support you with your job search including creating a great resume.
- Assist, if eligible, with obtaining work clothes, boots, or other work-related gear for starting your new job.
- Assist, if eligible, to obtain short training courses to increase your chances at landing the job.



# 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](http://www.employabilities.ab.ca)

# Join us for Employment Supports in your local area!



## AVAILABLE SERVICES

- Resume Building Assistance
- Printing Services
- Job search Assistance
- Career Planning

### March 21<sup>st</sup> – Elk Point 10 - 1 pm

Elk Point Municipal Library  
5123 50 Ave

### April 04<sup>th</sup> – Vilna 10 - 1 pm

Vilna Municipal & District Library  
5431 50 St

### May 16<sup>th</sup> – Ashmont 9 - 12 pm

Ashmont Public Library  
Main St, Ashmont

### June 06<sup>th</sup> – Mallaig 9 - 12 pm

Mallaig Public Library  
3110 - 1 Street East

## CONTACT US FOR MORE INFO



Akaur@employabilities.ab.ca



780-614-1944

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

Canada Alberta



EMPLOY *Abilities*  
**NORTH**  
Lakeland  
EMPLOYMENT SERVICES



# EMPLOYMENT SKILLS WORKSHOPS



March 2024 Calendar	
March 6, 2024	Applying Online & Traditional
March 13, 2024	Time Management
March 20, 2024	Goal Setting
March 27, 2024	Overcoming Barriers

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](mailto:cbrant@employabilities.ab.ca)

Bonnyville 780-343-0924 or email [ronicoll@employabilities.ab.ca](mailto:ronicoll@employabilities.ab.ca)

Lac La Biche 780-627-3071 or email [rfraser@employabilities.ab.ca](mailto:rfraser@employabilities.ab.ca)

St. Paul 780-646-6729 or email [ehilligas@employabilities.ab.ca](mailto:ehilligas@employabilities.ab.ca)

Vegreville 780-631-1471 or email [bsutherland@employabilities.ab.ca](mailto:bsutherland@employabilities.ab.ca)



Like us on  
Facebook

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

## MARCH WORKSHOP SCHEDULE

March 6, 2024	Resume Development
March 13, 2024	Applying On line
March 20, 2024	Interview Skills
March 27, 2024	Communication Skills

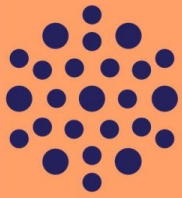
**WEDNESDAY AFTERNOONS – 1:30 PM**

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

For more information or to register,  
please call the Centre or email  
**[ehilligas@employabilities.ab.ca](mailto:ehilligas@employabilities.ab.ca)**

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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](mailto: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!

# **SAVE THE DATE**

Demeria Memorial Group  
& the Rural Mental Health will be hosting

## **Applied Suicide Intervention Skills Training (ASIST)**

This is a two day course that teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety.

**April 20 & 21, 2024**

Mallaig Alberta

Limited Registration

Fee TBD

More information to follow.

Please email [demeria.memorial@gmail.com](mailto:demeria.memorial@gmail.com)  
or phone 780-645-5263 or text 780-210-9355



# OPEN GYM NIGHT



TUESDAY  
MARCH 5  
2024



7:00PM -  
8:30PM



Racette Jr High  
4638 50 Ave



FREE



*Unleash your wild  
gym beast!*

The St Paul Youth Council invites youth in grades 7-12 to join us for Open Gym Night! Tuesday March 5th @ 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

March 2024

[www.stpaulfcss.ca](http://www.stpaulfcss.ca)

Interagency 70



# DANCE



FRIDAY  
MARCH 15  
2024



8:00PM -  
12:00AM



CENTENNIAL  
SENIOR  
CITIZEN CENTRE  
5114 - 49 ST



\$FREE



The St Paul Youth Council invites **youth in grades 7-12** to shake their shamrock at the St Patrick's Day Dance Friday March 15th. FREE to attend. Bring your friends and your dancing shoes. Small concession items will be available for purchase.



# Website Submissions

calendar of events



## Town Website

The Community Events Calendar is found through the link. Criteria and Eligibility information is also available on this page.

[calendar](#)

## Submit Your Event

**Your Name & Your Email** will not be public information. This is collected should we need to reach out to you about your event.

**Event Information:** Please put your event title here followed with your organization.

**Example - Skate with Santa: Hosted by Town of St. Paul**

**Description:** Put a detailed description here about who your event is geared towards. Placing the date and time is encouraged as well.

**Location:** Write your location as well as provide the address

**Example - St. Paul Municipal Library: 4802-53 Street**

**Event Start:** Select your date and time.

**Event End:** Select your date and time.

**\*\* If your event is reoccurring over multiple days with the same hours each time, us the REPEATS**

**\*\* If your event is reoccurring over multiple days but with different hours, you will need to submit individual days.**

*If you have a poster or Facebook event/link, please send a separate email to [sburton@stpaul.ca](mailto:sburton@stpaul.ca) Administration is able to add additional media to the calendar event in the background that the submitter isn't able to access.*

*If you have any questions, please call Sarah at 780-645-1765*

## Example

21	22	23
Art Healing & Sharing Circle Hosted by Mannawick Centre 9:30 am	Family Story Time: Hosted by the St. Paul Library 10:30 am	Family Swimming 10:30 am
Family Swimming 11:30 am	Family Swimming 11:30 am	Public Skating 12:30 pm
Family Swimming 11:30 am	Public Swimming 6:00 pm	Christmas Ornament Making: Hosted by St. Paul Municipal Library 12:30 pm
	Public Skating 6:15 pm	Public Swimming 1:00 pm
		Christmas Ornament Making: Hosted by the St. Paul Municipal Library 2:30 pm
		Public Swimming 6:00 pm

Saturday, December 16, 2023

Close X

### Skate with Santa sponsored by the Town of St. Paul & St. Paul RCMP

Time: 3:15 pm - 5:15 pm

Location: CAP Arena

Come join us for a Skate with Santa.

Date: Saturday, December 16th

Time: 3:15 - 5:15pm

Place: CAP Arena

Cost: FREE!

Free admission, hot dogs, hot chocolate and treats sponsored by the Town of St. Paul & St. Paul RCMP.

[Click here](#) for the poster!



St. Paul & District

Chamber  
*of* Commerce



**GOLF TOURNAMENT**

**ST. PAUL GOLF COURSE**

**SAVE THE DATE!!**

**JUNE 7, 2024**

*Join fellow businesses and community members  
to support, celebrate and network*

If you would like to showcase your business  
during this event, we are now accepting

**SPONSORSHIP OPPORTUNITIES**

For more information please contact the St. Paul Chamber:  
780-645-5820 or [executivedirector@stpaulchamber.ca](mailto:executivedirector@stpaulchamber.ca)

Raffle License # 671370

Tickets only sold in Alberta

# CHASE THE ACE

You could win up to  
**\$10,000.00**



**1 ticket  
for \$5**

Weekly Winner  
has an opportunity to  
draw for the  
Ace of Spades  
and win  
50% of the  
progressive pot

**Tickets can be purchased by:**

1. scan the QR Code
2. [www.e-clubhouse.org/sites/stpaulab](http://www.e-clubhouse.org/sites/stpaulab)
3. [www.stpaulchamber.ca](http://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.

# Business Support Network Meeting



**Thursday, March 14, 2024**

**11:30am – 1:30pm**

**\*\*\*\*Canalta Hotel Meeting Room\*\*\*\***

**Lunch Provided by: St. Paul Chamber**

**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

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)

# Canada's #1 Plan for Employee Benefits

Chambers Plan  
Employee Benefits



## Why have 30,000 business owners selected this Plan?

**Canada's leading employee benefits plan with comprehensive options for your firm.**

### No Business Is Too Small

- Comprehensive benefit packages are available to businesses from one person and up.
- Home based businesses qualify for coverage.
- Guaranteed Health and Dental coverage available to all for-profit firms.\*

\*Minimum 3 people for guaranteed coverage in Quebec.

### Guaranteed Stability

- The Plan has operated continuously for over 50 years.
- Pooled benefits stabilize your firm's rates so they remain manageable and predictable.
- Chambers Plan's average renewal over the past decade has been 4%.

### Outstanding Features (No Additional Cost)

- Teladoc® - Consult with a certified physician within an hour, 24/7, anywhere in Canada or the U.S.
- Unlimited access to Teladoc Medical Experts, an expert medical opinion when you need it most.
- Business Assistance Service providing owners resources and consults by accounting, legal and human resource experts.



### Complete Benefit Selection

#### Extended Health Care

- Prescription drugs
- Ambulance coverage
- Paramedical services including:
  - Massage therapy
  - Chiropractor
  - Physiotherapy
- Eye examinations
- Emergency travel health care

#### Disability Coverage

- Coverage can begin from the first day of an accident/hospitalization up to age 65.

#### Critical Illness

- A lump sum up to \$50,000.

#### Dental Care

- Cleanings
- X-rays
- Extractions
- Major services
- Orthodontics for firms with 10+ employees

#### Employee Assistance Program

- Face-to face or telephone counselling.

#### Group Retirement Solutions

- FutureStep® retirement savings plans with best-of-class investments, easy set-up and online management.

**For more information, or to request a quote, please visit [ChamberPlan.ca](http://ChamberPlan.ca).**



Desjardins Insurance and Sun Life Special Risk/loyal's are the primary insurers. Desjardins Insurance refers to Desjardins Financial Security Life Assurance Company.

CH\_digitalbrochure\_#1plan\_0204\_2

# Unveiling Our Adventures! Explore Greece, Ireland, Portugal with Us!



**Discover Islands  
And Greece**



**Experience  
Ireland**



**Discover  
Portugal**

Departure:  
**September 25, 2024**  
Price:  
**C\$4499 per person**

Departure:  
**October 14, 2024**  
Price:  
**C\$4199 per person**

Departure:  
**November 13, 2024**  
Price:  
**C\$2999 per person**

**Itinerary**  
CALGARY | ATHENS | MYKONOS SANTORINI | ATHENS | CALGARY  
*Discover the ancient remains of Athens, the delicious dishes of Mykonos, and the spectacular sunsets of Santorini with this island-hopping tour of Greece!*

**Itinerary**  
CALGARY | DUBLIN | RING OF KERRY | KILLARNEY BURREN REGION (CLIFFS OF MOHER) | LIMERICK GALWAY | CONNEMARA REGION | DUBLIN | CALGARY  
*Embark on a truly unforgettable journey as you see the Cliffs of Moher, explore the Burren Region, and drive through the Ring of Kerry with a trip to Ireland!*

**Itinerary**  
CALGARY | LISBON | OBIDOS | NAZARÉ | BATALHA COIMBRA | AVEIRO | PORTO | FATIMA LISBON | CALGARY  
*Discover breathtaking cityscapes, world-famous cuisine, beautiful beaches, and legendary attractions with this small-group tour of Portugal!*

**DURATION | RATING | COMFORT LEVEL**  
9 DAYS | 5/5 | EASY



**DURATION | RATING | COMFORT LEVEL**  
10 DAYS | 4.9/5 | EASY



**DURATION | RATING | COMFORT LEVEL**  
9 DAYS | 5/5 | EASY



**BOOK NOW**

**ACC**  
Alberta Chamber of Commerce  
P: (780) 425-4180 ext. 6  
D: (587) 210-1209  
Email: g.morrison@abccchamber.ca

For reservation and booking contact  
**Anoop Khosla**  
Tel: 1866-978-2997 Ext 910  
Email: anoop@industravels.biz  
Timing: 8:30 – 5:00 PST

To access online information or make a booking, please scan the QR code and use the promo code **ACC1**





THE  
**Village**  
APP

LESS LIKES. MORE LIFE.

## CONNECT LOCALLY

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The Village App is your bridge to real life connections to your local community to access support, resources and connections.



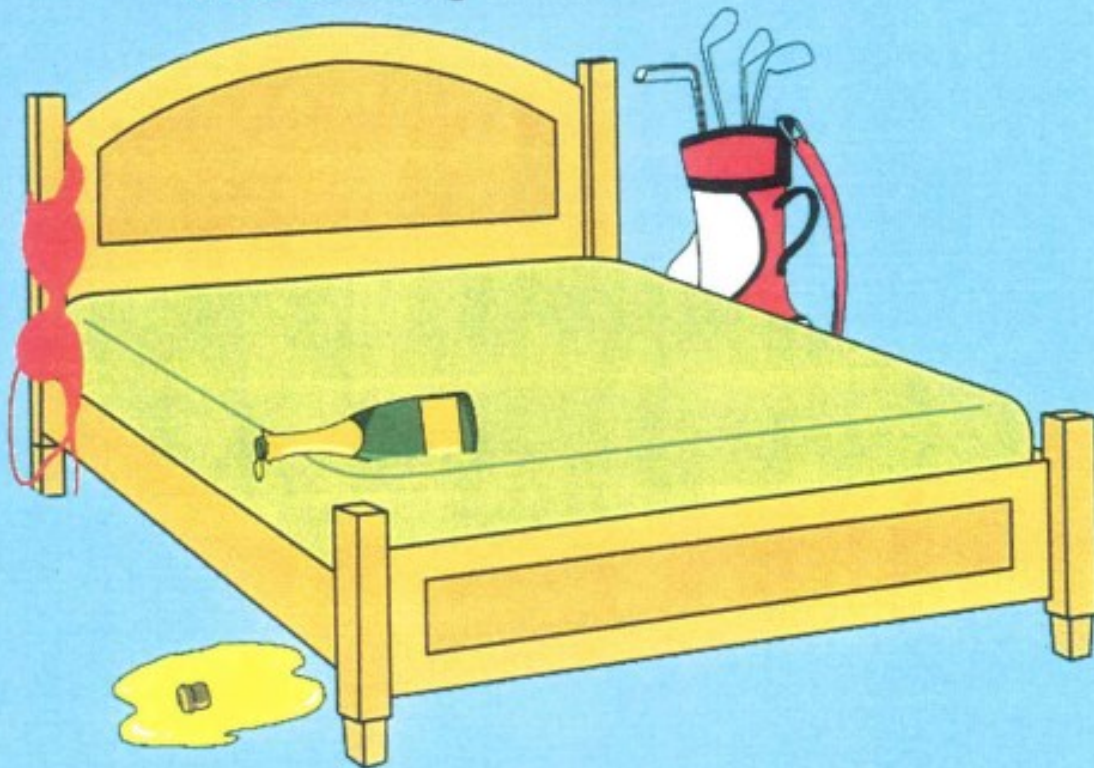
[WWW.THEVILLAGEAPP.CO](http://WWW.THEVILLAGEAPP.CO)



ELK POINT REGIONAL ALLIED ARTS  
SPRING DINNER THEATRE PRESENTS:

# Whose Wives Are They? Anyway?

A Farce by Michael Parker



Dinner show April 5,6,12,13 Tickets \$50

Dinner at 6:30 Show to Follow

Brunch show April 7 Tickets \$45

Brunch at 12:30 show to follow

For Tickets call 780-614-0204

# **Histoire entre amis avec Mme Pauline**

**ST. PAUL MUNICIPAL  
LIBRARY**

**LE 7 ET 14 MARS @ 16H15**

**MARCH 7 AND 14 @ 4H15**

**VENEZ ÉCOUTER UNE HISTOIRE BILINGUE ET  
PARTICIPEZ AUX ACTIVITÉS QUI SUIVRONT.**

**COME AND LISTEN TO A BILINGUAL STORY AND  
TAKE PART IN THE ACTIVITIES THAT FOLLOW.**



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







# Lire et rire!

Un programme interactif pour  
parents et enfants de 3 à 4 ans.

Animation de livres avec activités créatives  
pour explorer des concepts de chaque histoire

Collation et service de garde inclus

Programme de 4 semaines

13h - 14h

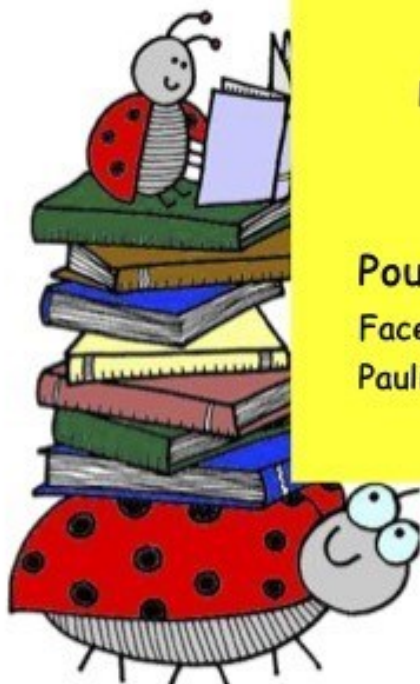
Limite de 6 enfants.

les lundis à la bibliothèque municipale  
le 4-11-18-25 mars, 2024

Pour s'inscrire;

Facebook Messenger : Franco-accueil SPEF

Pauline à Franco-accueil, 780-645-5050



Lakeland  
FAMILY RESOURCE NETWORK





# Groupe de jeux

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

**6 mars**

**La gentillesse / Kindness**

**13 mars**

**Amour / Love**

**20 mars**

**L'océan / The ocean**



*St. Paul*  
**DODGE**

*Presents*

# BULL-A-RAMA



**MARCH 23, 2024 @ 7 PM**

**AG CORRAL – ST. PAUL, AB**

**TICKETS: \$20 / \$10 9-12 YRS**

**SAND DANCE TO FOLLOW – MUSIC BY**



# the return ...

## A Geese Sculpting Workshop

with **HERMAN POULIN**



**For Ages:** 12+ & Adults

**Part 1:** Friday, March 1st, 2024

6:00 p.m. SHARP - 9:00 p.m.

**Part 2:** Saturday, March 2<sup>nd</sup>, 2024

9:00 a.m. - Noon

**Level:** Beginner **Cost:** \$54

**St. Paul Visual Arts Centre**

**4613-53 Street, St. Paul, AB**

Join Herman for this fun introductory class!

No previous experience is required. Participants must be able to attend **both classes** and need to **arrive at least 10 minutes early** as instruction will begin immediately at designated start times.

### Participants will learn:

- **shaping the anatomy of the geese**
- **sculptural composition & design**
- **the basics of sculpture with foil & synthetic clay**
- **creating a base & setting the sculpture**
- **application of coatings & dry brushing on highlights**
- **titling and presentation**

The Centre accepts various forms of payment including e-transfers to [spvac@telus.net](mailto:spvac@telus.net) once you have been registered at the number listed below.

Please call SPVAC volunteer Renee at [780-614-7821](tel:780-614-7821) to register.

Visit us at [www.spvac.com](http://www.spvac.com) or  
on Facebook [@StPaulVisualArtsCentre](https://www.facebook.com/StPaulVisualArtsCentre)



# Ukrainian Inspired



## Pysanky Making

with Kim McQuat  
for Ages 16+

**Saturday, March 16, 2024**

Time: **10:00 am-Noon**, Bring a Bag Lunch,  
**12:30-2:30 pm** Level: **Beginner** Cost: **\$50**

@ the *St. Paul Visual Arts Centre*

**4613-53 Street, St. Paul, AB south of the pool**

You will learn a wax resist technique for designing Ukrainian-inspired pysanky (Easter eggs). Each participant will take home two kista (wax stylus), a small block of beeswax, and powdered dye to mix for their future projects, as well as two eggs that will be completed during the class. The Centre accepts various forms of payment including e-transfers, which can be sent to [spvac@telus.net](mailto:spvac@telus.net) *\*once registered\** Please include the class date and name in the e-transfer memo.

**Register by calling: 780-614-7821**

Visit us at [www.spvac.com](http://www.spvac.com) or on

Facebook [@StPaulVisualArtsCentre](https://www.facebook.com/StPaulVisualArtsCentre)



**MARCH 23RD 1:00 PM  
WITH THE ST. PAUL  
LIBRARY**

# **NATURE KIDS SPRING INTO FUN!**

**GET OUTSIDE AND JUMP INTO  
SOME FUN SPRING ACTIVITIES!**



**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](http://WWW.STPAULLIBRARY.AB.CA/PROGRAMS)  
OR CONTACT US BY EMAIL AT [PROGRAMS@STPAULLIBRARY.AB.CA](mailto:PROGRAMS@STPAULLIBRARY.AB.CA)**

# At the St. Paul Municipal Library



**VIRTUAL REALITY!**

COME AND PLAY MARCH  
23RD TO MARCH 30TH

NOTE: THE LIBRARY IS CLOSED FRIDAY  
MARCH 29TH



St. Paul Municipal  
Library  
4802 – 53rd Street  
780-645-4904





# BABY TIME AT 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  
March 5th, 12th, 19th, 26th  
April 2nd, 9th, 16th, 23rd



Drop in / No Registration required.

For more information e-mail [programs@stpaullibrary.ab.ca](mailto:programs@stpaullibrary.ab.ca)



# ADULT BOARDGAME NIGHT

18+

**FRIDAY, MARCH 8TH**

**6PM**

**LIBRARY AFTER DARK**

**TO REGISTER VISIT THE PROGRAMS TAB ON OUR  
WEBSITE [WWW.STPAULLIBRARY.AB.CA](http://WWW.STPAULLIBRARY.AB.CA) OR EMAIL  
[PROGRAMS@STPAULLIBRARY.AB.CA](mailto:PROGRAMS@STPAULLIBRARY.AB.CA)**

# BUNNY ORNAMENT PAINTING AT THE ST. PAUL LIBRARY



**SATURDAY MARCH 23RD**

**10:30AM TO 4:00PM**

**DROP IN, PICK OUT A BUNNY TO  
PAINT. PAINT IT HERE OR AT HOME.**



# Family Story-time

At the Library

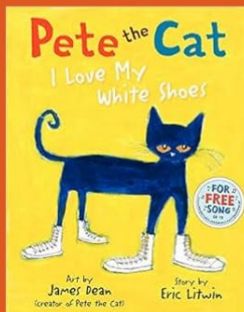
Fridays at 10:30am



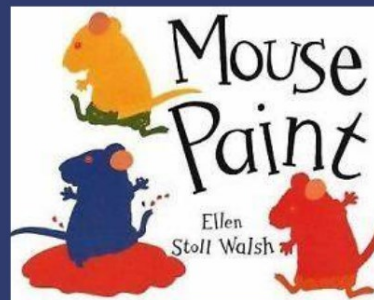
A story, song or activity and craft geared for kids 4 and under.

\*Registration required for kids participating in the craft.

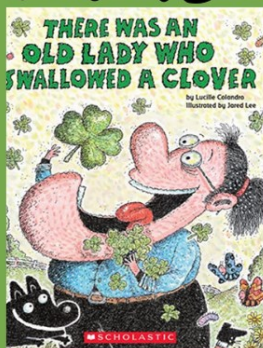
Mar 1st



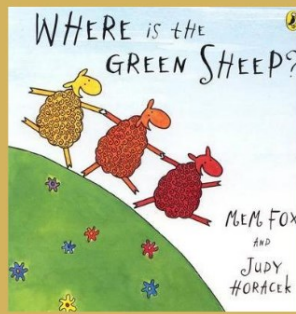
Mar 8th



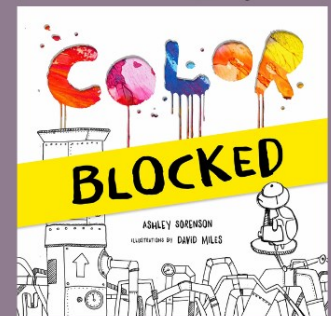
Mar 15th



Mar 22nd



Mar 29th



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

The poster features a dark green background with a repeating pattern of small shamrocks. Scattered throughout are several gold coins with a shamrock embossed on them, and several green leprechaun hats with black bands and gold buckles. In the bottom right corner, there is a green leprechaun hat with gold coins inside it. The main text is centered and reads:

# GOLD COIN HUNT

Starting on March 16th  
At the St. Paul Library  
Find a hidden gold  
coin and bring it to  
the front desk to  
claim a prize.

\*One prize per person.  
The event ends when  
all the coins have  
been found

# MARCH MADNESS FOR PARENTS

**WHICH  
KIDS SHOW  
ARE YOU  
JUST DONE  
WITH?**

**Vote for what show you wish  
would just go away, in our  
March Madness.**



**March 1 to 3 - Predictions**

**March 4 to 7 - Sweet 16**

**March 11 to 14 - Elite 8**

**March 18 to 21 - Final 4**

**March 25 to 27 - Finals**

**VOTE**



**On our website:**

**<https://www.stpaullibrary.ab.ca/programs/march-madness>**

# ST. PAUL MUNICIPAL LIBRARY'S MINI CANVAS ART SHOW!

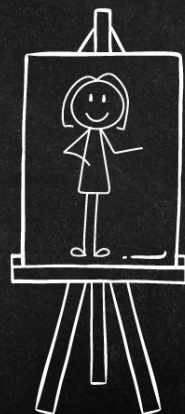
Register through the programs tab on our website [www.stpaullibrary.ab.ca/programs](http://www.stpaullibrary.ab.ca/programs) then pick up your canvas.

-> Pick up for canvases will go until Saturday March 23rd.

Complete your art piece and return it to the library before **April 4th**.

The Mini Art Show will be displayed from **April 9th until May 17th**.

All ages and all art mediums welcome!





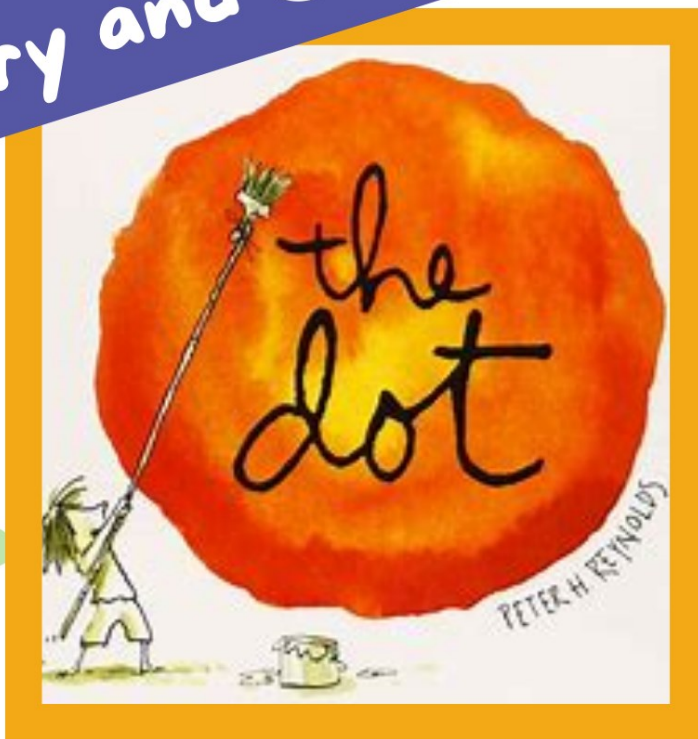
# BIG READS

ST PAUL MUNICIPAL LIBRARY

AGES 5 AND UP

Thursday March 21st 3:45pm

Story and Craft



To register visit the Programs tab on our website

[www.stpaullibrary.ab.ca](http://www.stpaullibrary.ab.ca)

[programs@stpaullibrary.ab.ca](mailto:programs@stpaullibrary.ab.ca)





**ST. PAUL MUNICIPAL  
LIBRARY'S  
BOOK *Sale***



March 26, 27, 28, 30th

4802 - 53rd Street St Paul AB



CO-OP

Cornerstone

Thursday, March 21  
10am-3pm

Town of St. Paul Recreation Centre: 4802 53 St, St. Paul, AB

AG  
DAYS

FREE

Beef on a Bun

20+ Vendors

- Cattle & Utility Trailers -
- Livestock - Feeding
- Equipment & Bunk Feeders -
- Texas Gates and Panels -
- Bins & Augers - Electric
- Fencing - Fuel Tanks
- Handling Equipment

EQUIPMENT DEMOS | AUGER DEMOS | LIVESTOCK SUPPLIES | FUEL  
EQUIPMENT | EXPERT ADVICE | AGRONOMY SERVICES

ENTER TO WIN  
NUMEROUS  
DOOR PRIZES &  
DRAWS

