



## INSIDE THIS ISSUE:

# April

## 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

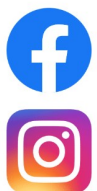
10am–11am

Tues, May 14th in **St Paul**

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

Mon, April 8th in **Elk Point**

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



## Prevention & Awareness

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- P86... Mini Strikers Soccer Club
- P87-89... Visual Arts Events
- P90... English Conversation Circle
- P91... Group de jeux
- P92-102... St Paul Library Events

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



# Connect to the Community EXPERIENCE ST PAUL



## Welcome to St. Paul!

Whether you're a local or just passing through, we've got a whole bunch of fun waiting for you! Explore attractions, join in activities, or snag ALL the goodies on your connect card. Snap a selfie of you diving into the community vibes for a shot at winning a fabulous prize!

**Visiting St Paul?**  
**EXPERIENCE IT!**  
June 1st - Sept 30th 2024



Send selfies to  
[fcss@town.stpaul.ab.ca](mailto:fcss@town.stpaul.ab.ca)  
Draw Date Oct 1st



CALL 780-645-5311  
for more information or visit  
FCSS 5002-51 Avenue or the  
Tourist Information Center  
AKA "the Landing Pad"  
5012-53 Street, St Paul.

## GET INVOLVED

Experience St Paul is an opportunity for visitors and locals to explore and connect to our community. If you are a business or organization wanting to get onto the Connect Card please fill out the application and return it to us by April 30th, 2024.

Contribution of a \$20 Gift Card/Gift Certificate OR a \$20 Valued donation item is required for Connect Card placement which will be used toward prizes at the end of the Experience.

Any questions or to get involved contact FCSS at 780-645-5311 or download the application online:

[www.stpaulfcss.ca/community-programs/experience-st-paul](http://www.stpaulfcss.ca/community-programs/experience-st-paul)





**We're  
Hiring**

# ISO

SUMMER STUDENT COORDINATOR  
&  
SUMMER STUDENT PROGRAM ASSISTANT

**Jump online to view the complete job posting!**  
**[www.stpaulfcss.ca/about/employment-opportunities](http://www.stpaulfcss.ca/about/employment-opportunities)**

**Apply Now**





**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)



# 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 learn 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, 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

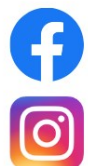
# 1:30PM



@ FCSS  
(5002-51 Ave, St Paul)

## REGISTER

Call 780-645-5311



Promoting overall well-being.



# Yoga Classes

@ HEINSBURG  
COMMUNITY HALL



**\$160**

for all 16 weeks

**\$15**

/Class Drop in

Wear Comfortable clothing &  
bring a water bottle.

Michelle Janzen

MJMY.therapy@gmail.com

780-871-3355

Massage • Yoga • Myofascial Cupping



## Wednesday's

Jan 10 - April 24

Chair Yoga

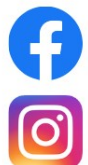
**5:30PM-6:15PM**

Flow Yoga

**7:00PM-7:45PM**

### REGISTER

Call Michelle @ 780-871-3355







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.

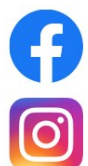
Meeting once a month on the  
3rd Tuesday of each month.  
Facilitated to men, by men.

**Tuesdays**  
**April 16, May 21, &**  
**June 18, 2024**

**7:30 PM**

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

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





Connecting **Women** through  
*conversation*

## Ladies, 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.

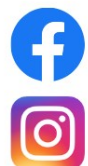
# Tuesday

## April 9 2024

# 7:30 PM

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

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





## Are you new to our community?

We invite you to stop by for a visit & to receive your FREE Friendly Welcome package filled with promotional and informational items from local businesses and community organizations.

We look forward to meeting you!

### Welcome Home

## Come Connect

St Paul

**780-645-5311**  
5002-51 Avenue

Elk Point

**780-724-3800**  
4904 48 Street



St. Paul Regional FCSS & Family Resource Network



st.paul\_fcss





**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

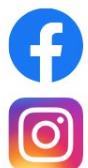
**Tuesdays**

**In St Paul**

5002-51 Ave

**10AM - 11AM**

Call 780-645-5311 for more info.





*Congratulations  
& a very warm welcome to your new arrival!*

## **BABY WISE BUNDLE**

Parents of babies born in the region of St Paul will receive a coupon to redeem a FREE Baby Wise Bundle at either of our Regional FCSS offices. Bundles are full of information, guides and giveaways to help welcome your newborns into our community.

St Paul  
**780-645-5311**  
5002-51 Avenue

Elk Point  
**780-724-3800**  
4904 48 Street



St. Paul Regional FCSS & Family Resource Network

st.paul\_fcss





Support for  
**CAREGIVERS**



Improving the well-being of another.

---

## **CAREGIVERS SUPPORT PACKAGE**

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Caregiving is the most special gift you can give to another human being and sometimes you need a little support.

We've created a FREE package with resources to support you on your caregiving journey.

If you are a caregiver for a senior, connect with us, we can help.

St Paul Regional FCSS  
**780-645-5311**  
5002-51 Ave, St Paul



St. Paul Regional FCSS &  
Family Resource Network



st.paul\_fcss





# 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.

**Mallaig**  
**Tuesdays**

**9:30AM-11:30AM**

**@ Mallaig Seniors Hall**



**DROP IN**

Light snack provided.

For more info call 780-645-5311



*Lakeland*

FAMILY RESOURCE NETWORK

Connecting youth in our community.



**ASHMONT**

youth

**PROGRAM**

### **Ashmont**

### **Youth Program**

Join us for fun after school at the Ashmont Community Library. Each week we will offer a variety of games, crafts, activities & more.

Snacks will be included too!!

**Parent registration/  
consent to be completed  
prior to start.**

Contact St Paul Regional FCSS  
for more information  
@ 780-645-5311

# **Wednesdays**

## **Starting April 10**

# **3:30PM-5:30PM**

@ the Ashmont Community Library

# **FREE AGES 6-12!**







# OPEN GYM NIGHT



TUESDAY  
APRIL 2 & 30  
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 April 2nd & 30th @ 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



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



April 2024

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

Interagency 18

# 2024 YOUTH DROP IN

# April

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**

<b>CLOSED</b> 1	DROP IN & CHILL SPYC GYM NIGHT @ RACETTE 7-830 2	HOW TO BUDGET 3	BOARD GAMES 4	MOVIE NIGHT & POPCORN <u>ONLINE OPTION</u> 5
LEARNERS EDUCATION <small>REGISTRATION REQUIRED          CALL FCSS OFFICE</small> 8	LEARNERS EDUCATION <small>REGISTRATION REQUIRED          CALL FCSS OFFICE</small> 9	LEARNERS EDUCATION <small>REGISTRATION REQUIRED          CALL FCSS OFFICE</small> 10	WORMS IN DIRT- DESSERT 11	MOVIE NIGHT & POPCORN <u>ONLINE OPTION</u> 12
DROP IN & CHILL 15	COOKIES 16	BULLET JOURNALING 17	DROP IN & CHILL 18	MOVIE NIGHT & POPCORN <u>ONLINE OPTION</u> 19
DROP IN & CHILL 22	HOW TO... CHARCUTERIE 23	DROP IN & CHILL 24	TECH CLEAN UP 25	MOVIE NIGHT & POPCORN <u>ONLINE OPTION</u> 26
PEER STUDYING 29	DROP IN & CHILL SPYC GYM NIGHT @ RACETTE 7-830 30	<p><b>FREE To Attend ~ Snacks</b></p> <p>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 unwind.</p>		



Scan for events calendar.

st.paul\_fcsc

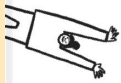
St. Paul Regional  
 FCSS & Family  
 Resource Network



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

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

# Active April 2024



**MONDAY**

1 Commit to being more active this month, starting today

8 Give your body a boost by laughing or making someone laugh

15 Get active by singing today (even if you think you can't sing!)

22 Enjoy moving to your favourite music. Really go for it

29 Become an activist for a cause you really believe in

**TUESDAY**

2 Spend as much time as possible outdoors today

9 Turn your homework or chores into a fun form of exercise

16 Go exploring around your local area and notice new things

23 Go out and do an errand for a loved one or neighbour

30 Make time to run, swim, dance, cycle or stretch today

**WEDNESDAY**

3 Listen to your body and be grateful for what it can do

10 Have a day with less screen time and more movement

17 Be active outside. Plant some seeds and encourage growth

24 Get active in nature. Feed the birds or go wildlife-spotting



**THURSDAY**

4 Eat healthy and natural food today and drink lots of water

11 Set yourself an exercise goal or sign up to an activity challenge

18 Try out a new exercise, activity or dance class

25 Have a 'no screens' night and take time to recharge yourself



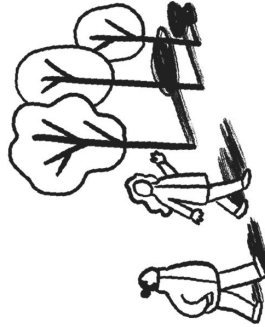
**FRIDAY**

5 Turn a regular activity into a playful game today

12 Move as much as possible, even if you're stuck inside

19 Spend less time sitting today. Get up and move more often

26 Take an extra break in your day and walk outside for 15 minutes



**SATURDAY**

6 Do a body-scan meditation and really notice how your body feels

13 Make sleep a priority and go to bed in good time

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

27 Find a fun exercise to do while waiting for the kettle to boil



**SUNDAY**

7 Get natural light early in the day. Dim the lights in the evening

14 Relax your body & mind with yoga, tai chi or meditation

21 Regularly pause to stretch and breathe during the day

28 Meet a friend outside for a walk and a chat



**ACTION FOR HAPPINESS**

**Happier · Kinder · Together**

2024

St Paul LOCATION

# April

**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
<b>01</b> Easter Monday Closed	<b>02</b> Mallaig Tot Time 9:30am-11:30am <b>DROP IN</b>  Run, Jump, Skip 10am - 12pm <b>DROP IN</b>	<b>03</b> Home Alone Two Hills 3:30pm-5:30pm <b>REGISTER</b>	<b>04</b> Loose Parts Play 10am-12pm <b>DROP IN</b>  Baby Bunch <i>Sensory Station</i> 1:30pm - 3:30pm <b>DROP IN</b>	<b>05</b> Triple P Tipsheet Mealtime Problems 10am-11am <b>REGISTER</b>
<b>08</b> Story and craft 10am-12pm <b>DROP IN</b>  Home School Hang-Out 2pm-4pm <b>REGISTER</b>	<b>09</b> Mallaig Tot Time 9:30am-11:30am <b>DROP IN</b>	<b>10</b> Ashmont Afterschool 3:30pm - 5:30pm <b>REGISTER</b>  Home Alone 3:30pm-5:30pm <b>REGISTER</b>	<b>11</b> Rhymes That Bind 10am-12pm <b>DROP IN</b>  Baby Bunch <i>Baby Making Music</i> 1:30pm - 3:30pm <b>DROP IN</b>	<b>12</b> ASQ Screening 10am-12pm <b>REGISTER</b>
<b>15</b> Home School Hang-Out 2pm-4pm <b>REGISTER</b>	<b>16</b> Mallaig Tot Time 9:30am-11:30am <b>DROP IN</b>  Traditional Teaching 10am-11:30am <b>REGISTER</b>	<b>17</b> Ashmont Afterschool 3:30pm - 5:30pm <b>REGISTER</b>  Home Alone Myrnam 3:30pm-5:30pm <b>REGISTER</b>	<b>18</b> Baby Bunch <i>Spring Craft</i> 1:30pm - 3:30pm <b>DROP IN</b>  Dungeons & Dragons 6pm-8pm <b>REGISTER</b>	<b>19</b> PD DAY Youth Program <b>REGISTER</b>
<b>22</b> Home School Hang-Out 2pm-4pm <b>REGISTER</b>	<b>23</b> Mallaig Tot Time 9:30am-11:30am <b>DROP IN</b>	<b>24</b> Ashmont Afterschool 3:30pm - 5:30pm <b>REGISTER</b>  Finger Knit Blanket Class Ashmont 6:00pm-9pm <b>REGISTER</b>	<b>25</b> Baby Bunch <i>Baby Rhyme Time</i> 1:30pm - 3:30pm <b>DROP IN</b>  Run, Jump, Skip 6pm - 7:30pm <b>DROP IN</b>	<b>26</b> Car Seat Check 10am - 12pm Bring your vehicle manual & car seat manual <b>REGISTER</b>
<b>29</b> Fine Motor Fun 10am-12pm <b>DROP IN</b>  Home School Hang-Out 2pm-4pm <b>REGISTER</b>	<b>30</b> Mallaig Tot Time 9:30am-11:30am <b>DROP IN</b>  Triple P Primary Care 10am-11:30am <b>REGISTER</b>			

*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\_fcsc



St. Paul Regional  
 FCSS & Family  
 Resource Network

Connecting youth in our community.



**ASHMONT**

youth

**PROGRAM**

**Ashmont  
Youth Program**

Join us for fun after school at the  
Ashmont Community Library.  
Each week we will offer a variety  
of games, crafts, activities &  
more.  
Snacks will be included too!!

**Parent registration/  
consent to be completed  
prior to start.**

Contact St Paul Regional FCSS  
for more information  
@ 780-645-5311

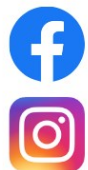
**Wednesdays**

**Starting April 10**

**3:30PM-5:30PM**

@ the Ashmont Community Library

**FREE  
AGES 6-12!**



- 
- 08** Lego Challenge
  - 15** Make Slime
  - 22** Earth Day Bird Seed Feeders
  - 29** Create a Keychain

**YOUTH 6+**

LFRN St Paul 5002-51 Ave

# Home School Hangout

Mondays in April  
08, 15, 22 & 29

**2pm - 4pm**

CALL TO REGISTER  
780-645-5311

**FREE**

*Lakeland*

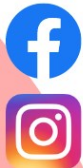
FAMILY RESOURCE NETWORK

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.

Creating opportunity to meet and interact with others.  
Developing socialization skills.



# April Events

- 04 Sensory Station
- 11 Baby Making Music
- 18 Spring Craft
- 25 Baby Rhyme Time

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.







**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 April 02

10am-12pm

DROP IN

780-645-5311



*Lakeland*

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





**AGES 0-6**

LFRN St Paul 5002-51 Ave

# Loose Parts Play

Thursday **04**  
April  
**10am-12pm**

DROP IN

780-645-5311



Express creativity  
and imagination  
skills with  
common  
everyday items.

*Lakeland*

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





**Triple P Positive Parenting Program** helps you:

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

# CAREGIVERS

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

LFRN St Paul 5002-51 Ave

# Triple P Tip Sheet

## Mealtime Problems

Friday 05  
April  
10am - 11am

CALL TO REGISTER  
780-645-5311

**FREE**



*for every 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.



# Interested in a Tip Sheet?

General Topics
Preparing Your Child for a New Baby
Feeling depressed After the Birth of Your Baby
Home Safety
Coping With Stress
Balancing Work and Family
Being a Parent
Supporting Your Partner

Infant Topics
Sleeping Patterns
Crying
Promoting Development
Separation Anxiety

Toddler Topics
Sharing
Hurting Others
Wandering
Disobedience I
Tantrums
Language
Independent Eating
Bedtime Problems
Whining
Toilet Training

Preschooler Topics
Mealtime Problems
Nightmares and Night Terrors
Separation Problems
Tidying Up
Travelling in the Car
Interrupting
Having Visitors
Going Shopping
Fighting and Aggression
Disobedience II

Primary Schoolers Topics
Behavior at School
Being Bullied
Chores
Homework
Fears
Bedwetting
Stealing
Self-Esteem
Lying
ADHD
Creativity
Sport
Swearing

Teenager Topics
Friends and Peer Relationships
Coping with Depression
Taking Drugs
Money and Work
Drinking Alcohol
Coping with Anxiety
Fads and Fashion
Sexual Behavior and Dating
Eating Habits
Rudeness and Disrespect
Smoking
Truancy

Triple P Caregiver Capacity Building Sessions
Family Transitions - Managing Separation and Divorce
Fear Less - Managing Your Child's Anxiety
Primary Care - Developing Parenting Plans



**AGES 0-6**

LFRN St Paul 5002-51 Ave

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

# Storytime & Craft

Monday April **08**  
**10am-12pm**



DROP IN  
780-645-5311

*Lakeland*

FAMILY RESOURCE NETWORK

Connect with us for more information.

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





**Various topics include:**

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

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

**YOUTH 8+**

LFRN St Paul 5002-51 Ave

# Home Alone Course

Wednesday April 10

3:30pm - 5:30pm

\$25 REGISTRATION FEE

CALL TO REGISTER  
780-645-5311

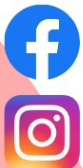
*Lakeland*

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.



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



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

**AGES 0-6**

LFRN St Paul 5002-51 Ave

Helping promote healthy family relationships.

# Rhymes that Bind

Thursday **11**  
April

**10am-12pm**

DROP IN

780-645-5311



*Lakeland*

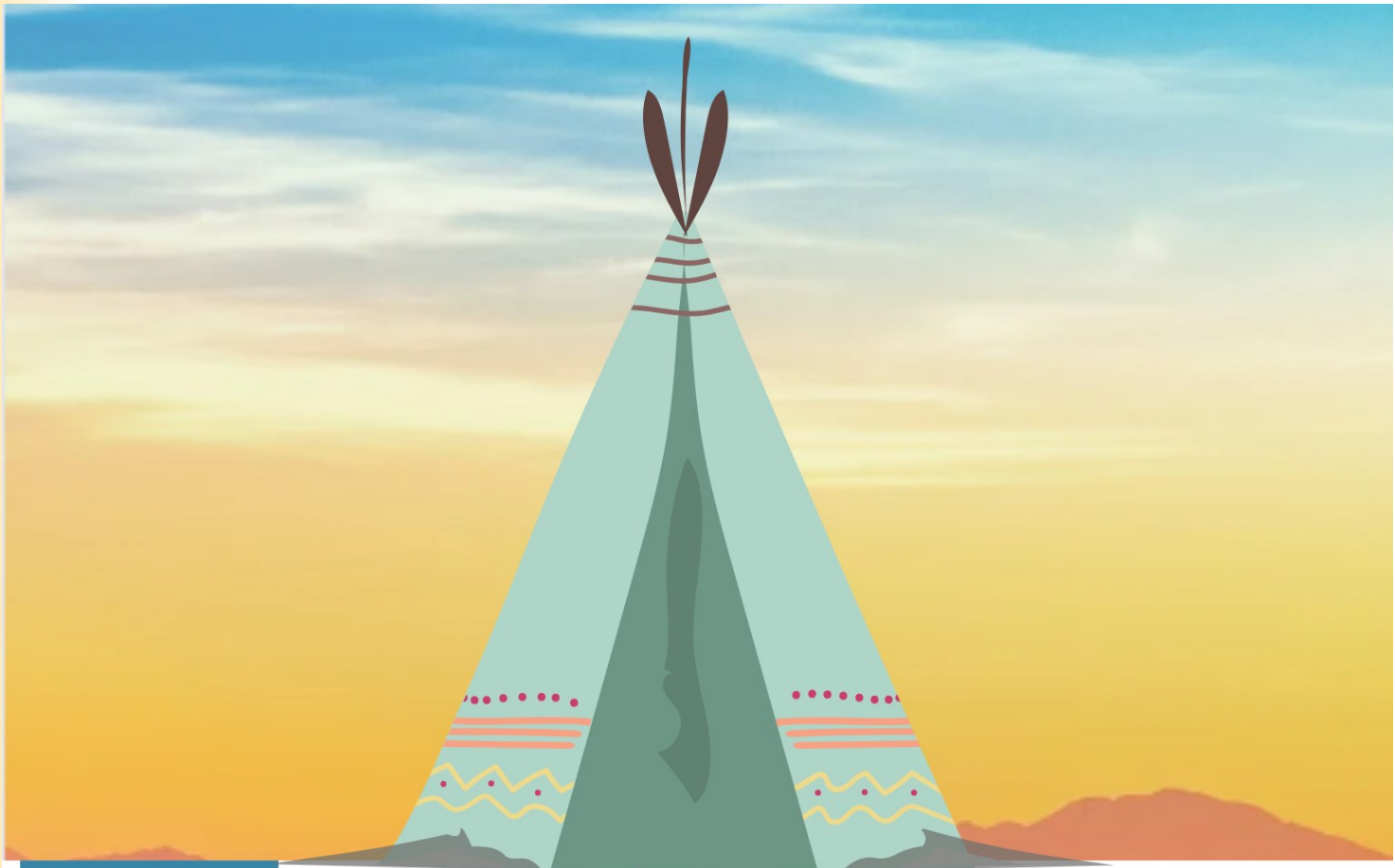
FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





**AGES 0-6**

LFRN St Paul 5002-51 Ave

# Traditional Teaching

with Jan Tailfeathers

Tuesday April **16**

**10am-11:30am**

CALL TO REGISTER  
780-645-5311



*Lakeland*

FAMILY RESOURCE NETWORK

Connect with us for more information.

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



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



**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 April 12

**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.







**Dungeon Master  
in attendance**  
Snacks Provided

**YOUTH 12-18**  
LFRN St Paul 5002-51 Ave

# Dungeons & Dragons

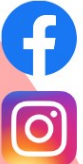
Thursday April **18**  
**6pm-8pm**  
CALL TO REGISTER  
780-645-5311

**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.



**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 April 19

9am - 3:30pm

FOR MORE INFORMATION  
 CALL 780-645-5311

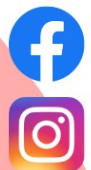
This program is for working parents who do not have childcare available.

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.





evening

# Run, Jump, Skip

Thursday April 25

6pm-7:30pm

DROP IN

780-645-5311



**AGES 0-6**

ACFA Gym 4617-50 Ave

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

*Lakeland*

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





Get your car seat checked by a certified technician.

Learn how to properly install your child's car seat or booster seat.

Find out if it's time for a change.

**CAREGIVERS**

LFRN St Paul 5002-51 Ave

# Car Seat Check

Friday April 26

10am-12pm

CALL TO REGISTER  
780-645-5311

**FREE**



St. John Ambulance



St. Paul Regional  
Family and Community  
Support Services

*Lakeland*

FAMILY RESOURCE NETWORK

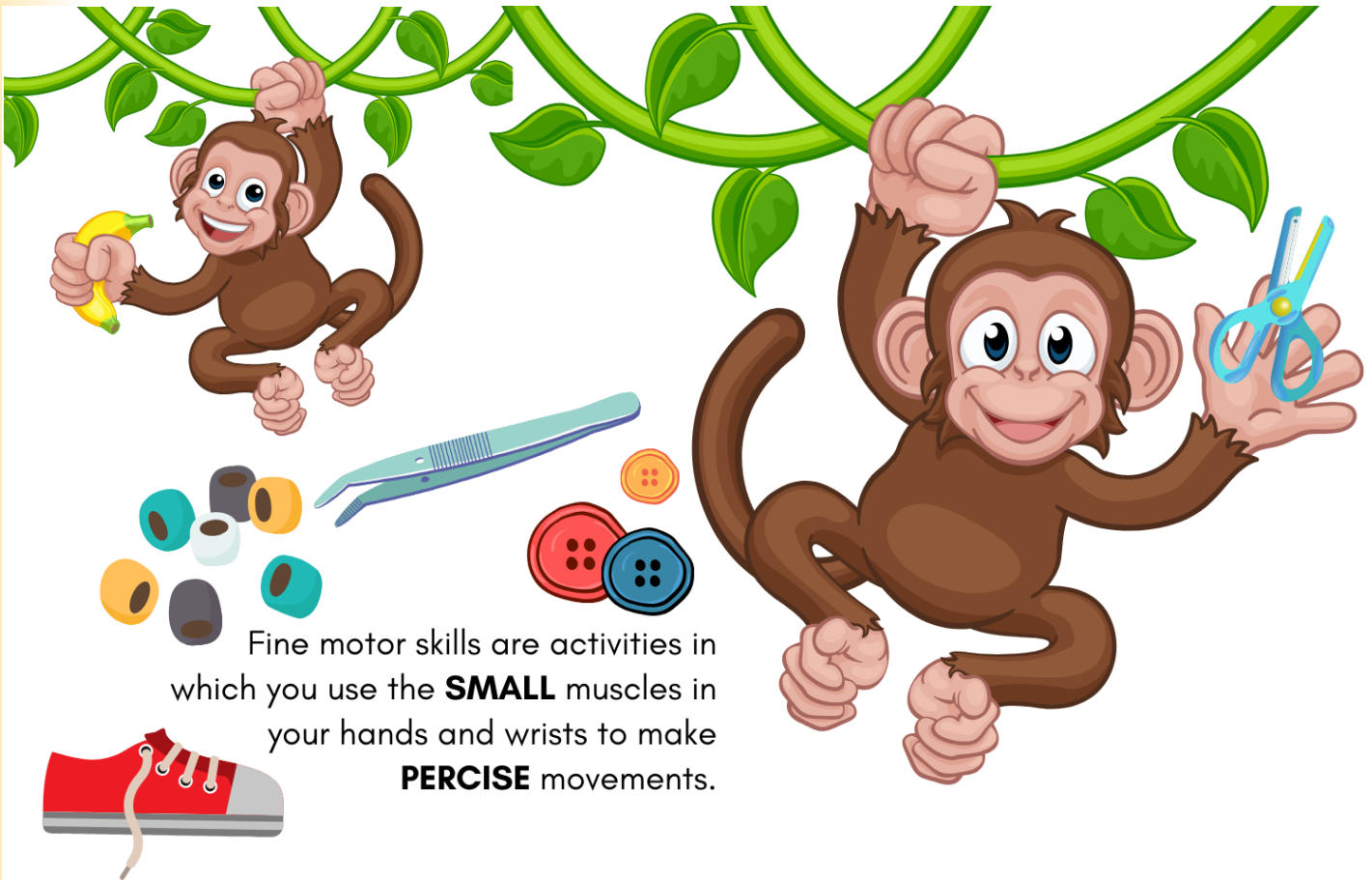
Connect with us for more information.

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%



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

Developing fine motor skills through play.

# Fine Motor Fun

Monday April 29

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

Tuesday April 30

10am - 11:30am

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.



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

# 2024 April

## Elk Point LOCATION

**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
<b>01</b> CLOSED	<b>02</b> Office <b>OPEN</b> 8:30am - 12:30pm 1:30pm - 4:30pm	<b>03</b> Office <b>OPEN</b> 8:30am - 12:30pm 1:30pm - 4:30pm	<b>04</b> RAINBOWS 4pm-5pm <b>REGISTER</b>	<b>05</b> Fine Motor Fun 10am - 12pm <b>DROP IN</b>  Baby Bunch 1:30pm-2:30pm <b>DROP IN</b>
<b>08</b> Meet friends at the PARK!	<b>09</b> Office <b>OPEN</b> 8:30am - 12:30pm 1:30pm - 4:30pm	<b>10</b> Office <b>OPEN</b> 8:30am - 12:30pm 1:30pm - 4:30pm	<b>11</b> RAINBOWS 4pm-5pm <b>REGISTER</b>	<b>12</b> Story & Craft 10am - 12pm <b>DROP IN</b>
<b>15</b> Have a coffee with someone special!	<b>16</b> Office <b>OPEN</b> 8:30am - 12:30pm 1:30pm - 4:30pm	<b>17</b> Office <b>OPEN</b> 8:30am - 12:30pm 1:30pm - 4:30pm	<b>18</b> RAINBOWS 4pm-5pm <b>REGISTER</b>	<b>19</b> CLOSED
<b>22</b> Think about what made you smile today!	<b>23</b> Office <b>OPEN</b> 8:30am - 12:30pm 1:30pm - 4:30pm	<b>24</b> Office <b>OPEN</b> 8:30am - 12:30pm 1:30pm - 4:30pm	<b>25</b> RAINBOWS 4pm-5pm <b>REGISTER</b>	<b>26</b> Icky, Sticky, Messy Play 10am-12pm <b>DROP IN</b>  Baby Bunch 1:30pm-2:30pm <b>DROP IN</b>
<b>29</b> Try something <b>NEW</b> this week!	<b>30</b> Office <b>OPEN</b> 8:30am - 12:30pm 1:30pm - 4:30pm			



*Lakeland*  
FAMILY RESOURCE NETWORK

**4906 - 48 St**  
**Elk Point AB T0A 1A0**  
 Call: 780-724-3800  
 Text: 780-614-1941  
 Web: [stpaulfcss.ca](http://stpaulfcss.ca)

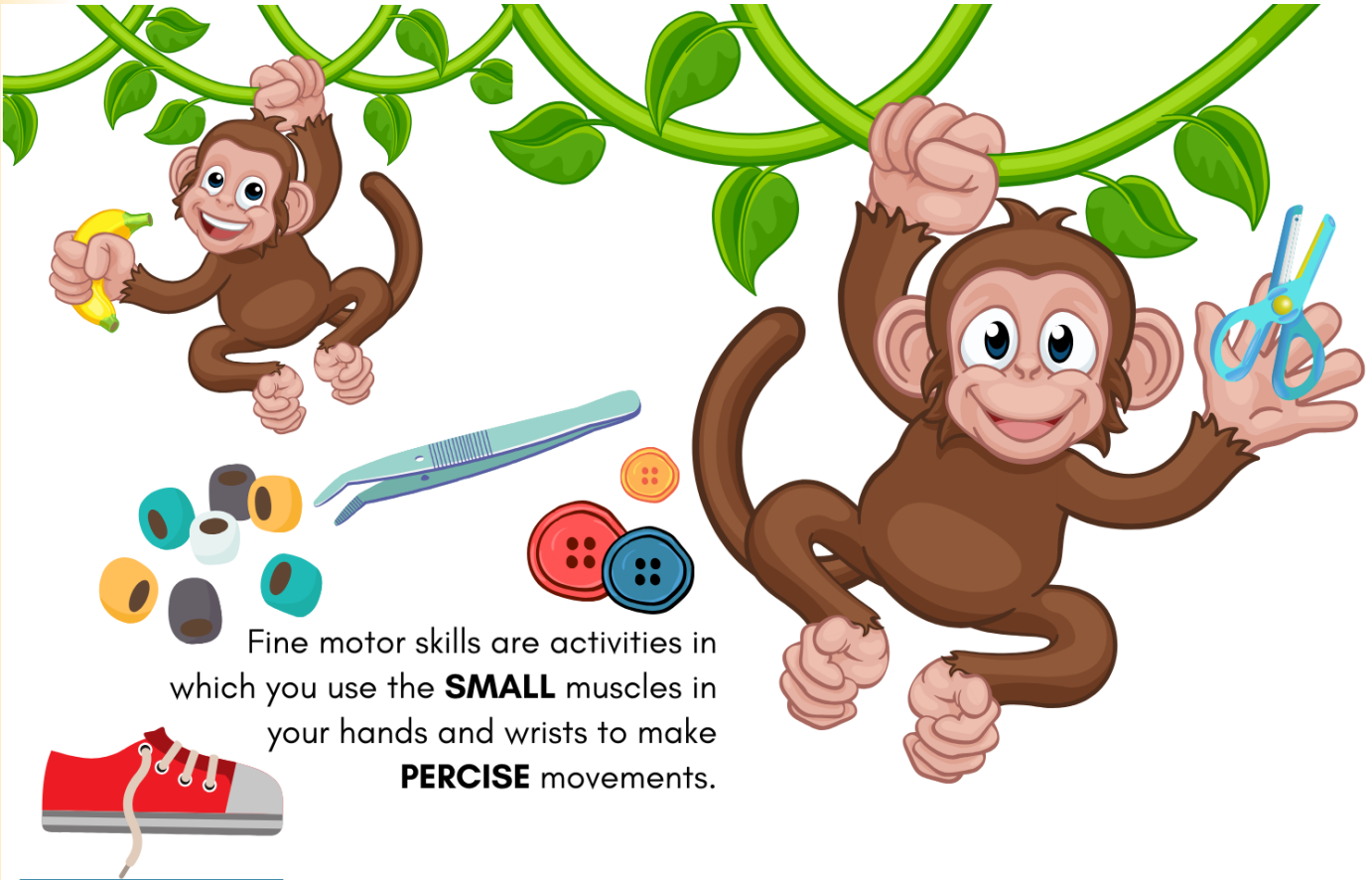


st.paul\_fcscs



St. Paul Regional  
FCSS & Family  
Resource Network

# Elk Point Location



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 Elk Point 4906-48 St

Developing fine motor skills through play.

## Fine Motor Fun

Friday  
April 05

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

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



**0-18 MONTHS**

LFRN ELK POINT 4906 48ST

## Baby Bunch

Friday April 05 & 26

**1:30pm**

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

Exploring  
creativity through  
the use of your  
imagination or  
original ideas.

## Art Fun

Monday  
April 08

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

FREE 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.



# 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  
April 12

10am-12pm

DROP IN

780-724-3800



*Lakeland*

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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



April 2024

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

Interagency 43

# Elk Point Location



**Various topics include:**

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

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

**YOUTH 8+**

LFRN Elk Point 4906-48 St

## Home Alone Course

Monday April **22**

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

CALL TO REGISTER  
780-724-3800

\$25 REGISTRATION FEE

*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.



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

# 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 April 26

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



## Read and Roll

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

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

**FREE!**

**Mondays**

**10:00 - 11:00 am / Max 6 kids**

**ELK POINT FCSS**  
4906A 48 St, Elk Point  
(beside Elk Point Subway)

Keep the fun going at home with our take home activities!



To register or for more information, call 780-724-3800

**SESSION RUNNING**  
**May 6, 13, 27,**  
**June 3**





4713 – 50 Street, St. Paul, Alberta, T0A 3A4

# **Annual General Meeting**

**April 17, 2024**

**7:00 PM**

**Location: St. Paul Legion Branch 100**

**4925 49 Ave. St Paul, AB**



**Join us to find out how we will make this home a reality  
for a deserving someone in our community.**

**Coffee and donuts will be served after the meeting.**

## ***A Hand UP not a Hand OUT***

**We also have a Fundraising Steak Supper hosted by the St. Paul Legion Branch 100 and Lakeland Brewing Company on April 19, 2024 at this same location. Come on out to support this worthy cause and enjoy a steak supper for the nominal charge of \$20 per person.**



PLEASE  
JOIN US  
FOR A:

# PUBLIC TOWN HALL

**INFO SESSION**

**AND Q&A**

**PRIDE ST. PAUL WILL BE HOSTING A  
PRESENTATION ABOUT ALBERTA'S PROPOSED  
GENDER POLICIES & LEGISLATION.**


We will discuss what the policies look like, why they're important to reflect on and what the overall implications are for the wellbeing of children and families in our province.


**MONDAY**


**APRIL 8TH, 2024, 6:30-8:30PM**

**@ MAGIC LANTERN ELITE THEATRE  
4938 50TH AVE ST. PAUL, AB**

We strongly encourage residents of the St. Paul area to take this opportunity to engage in constructive conversation and to ask any questions that might be on your mind!

 [pridestpaul@gmail.com](mailto:pridestpaul@gmail.com)

 [pride\\_st\\_paul](https://www.instagram.com/pride_st_paul)

 [pride St. Paul - Alberta](https://www.facebook.com/prideSt.Paul-Alberta)



All are welcome!

No registration required!





## **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



- 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

# Caregiver Education Team Newsletter

April 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 Autism

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

Tuesday, April 2  
12:00 – 1:00 pm

### Parenting Teens in the 21<sup>st</sup> Century

For parents and caregivers of youth in grades 7-12.

**Part 1:**  
Tuesday, April 9  
12:00 – 1:00 pm

**Part 2:**  
Tuesday, April 16  
12:00 – 1:00 pm

## Caregiver Education Sessions

### Keeping Scattered Kids on Track

*Supporting Children and Youth with ADHD*

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

**Part 1:**  
Thursday, April 18  
12:00 – 1:00 pm

**Part 2:**  
Thursday, April 25  
12:00 – 1:00 pm

## Adult Education Sessions

### **NEW!** Wellness Exchange Series

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

**Part 1: Problem Solving**  
Wednesday, April 3  
6:00 – 7:30 pm

**Part 2: Positive Activities**  
Wednesday, April 17  
6:00 – 7:30 pm

*See below for May Wellness Exchange sessions.*

## Sessions at a Glance



Professional Practice & Education Services  
Addiction & Mental Health  
Edmonton Zone

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

# April 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 diabetes.

### Overview

April 3 - Wed Evening - 5:30-8:00pm  
April 11 - Thurs Afternoon - 1:30-4:00pm  
April 11 - Thurs Morning - 9:30am-12:00pm

### Nutrition

April 10 - Wed Evening - 5:30-8:00pm  
April 18 - Thurs Afternoon - 1:30-4:00pm  
April 18 - Thurs Morning - 9:30-12:00pm

### Ongoing Care

April 17 - Wed Evening - 5:30-8:00pm  
April 25 - Thurs Afternoon - 1:30-4:00pm  
April 25 - Thurs Morning - 9:30am-12:00pm

## Heart & Stroke

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

### Overview & Prevention

April 10 - Wed Afternoon - 1:30-4:00pm  
April 25 - Thurs Evening - 5:30-8:00pm

### Nutrition

April 17 - Wed Afternoon - 1:30-4:00pm

## Managing Stress

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

April 8 & 15 - Mon Evening - 5:30-8:00pm

## Better Choices, Better Health

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

### Living with a Chronic Condition

May 8 – June 12 Thurs 1:30pm to 4:00pm

## Weight Management

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

### Series 1—Classes 1.1, 1.2, & 1.3

April 10, 17, 24 - Wed Evenings - 5:30pm-8:00pm  
April 11, 18, 25 – Thurs Mornings - 9:30am-12:00pm

### Series 2—Classes 2.1, 2.2, & 2.3

April 15, 22, 29 – Mon Evening - 5:30pm -8:00pm

### Series 3—Classes 3.1 & 3.2

April 9 & 16 - Tues Mornings - 9:30am-12:00pm

## Supervised Exercise Program -Virtual Classes-

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

April 9- May 16 Tuesdays & Thursdays  
Mornings 10:00-11:30am  
Afternoons 1:00-2:30pm

## CALL NOW LIMITED SPACES

## 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.

April 18 - Thurs Morning - 9:30-12pm

## Help using Zoom is available



To register for a Zoom class call:

**1-877-349-5711**

Or

<https://www.healthylivingprogram.ca>



**Alberta Health  
Services**

Alberta Healthy Living  
Program

# Free Exercise Program

Alberta Healthy Living Program

Education that supports your health and your life



## Upcoming Sessions:

April 9 - May 16 2024

Tuesdays and Thursdays

Mornings at 10:00 am - 11:30 am

or

Afternoons at 1:00 pm - 2:30 pm

- Tailored to your fitness level
- Twice per week for 6 weeks
  - No equipment needed
  - Learn to exercise safely
  - Use Zoom in your own home

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

**Experience the Health Benefits**

**Free  
Virtual Exercise Program**

Register at:

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



**For more information:  
Call 1-877-349-5711**



**Alberta Health  
Services**

Alberta Healthy Living  
Program

# Moving Matters

Alberta Healthy Living Program  
Education that supports your health and your life



## Upcoming Session:

**Thursday April 18**

**9:30am - 12 noon**

### It's not as hard as you think!

- Explore the benefits of physical activity
  - Learn to get started safely
- Conquer barriers like time and motivation
- Brainstorm how to work exercise into your day

**Make a plan to get started, track your progress and have fun!**

**Free  
Virtual Education session**

Register at:

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



**For more information:  
Call 1-877-349-5711**



**Alberta Health  
Services**

Alberta Healthy Living  
Program

# Alberta Healthy Living Program

## Education that Supports your Health and Your Life



### Better Choices Better Health® Group Support for living with a long-term health condition

- Connect with others living with chronic conditions (Diabetes, Weight, Heart conditions, Anxiety)
- Discuss anger, fear & frustration
- Try strategies to improve your sleep
- Explore healthy eating choices
- Better manage medications
- Solve problems and set goals
- Attend with a friend or family member

**Next 6-week workshop runs:  
Wednesday afternoons  
May 8, 15, 22, 29, June 5, & 12  
1:30 - 4:00 p.m.  
Join Online by zoom**

### Chronic Pain Group Support Better Choices Better Health®

- Connect with others experiencing long-term pain
- Hear how others manage pain & fatigue
- Discuss anger, fear & loss
- Try strategies to improve your sleep
- Explore how food influences pain
- Better manage medications
- Practice a gentle movement program
- Solve problems and set goals

**Next 6-week workshop runs:  
Thursdays evenings  
June 13, 20, 27, July 4, 11, & 18  
6:00 - 8:30 p.m.  
Join Online by zoom**



Register at:  
[www.healthylivingprogram.ca](http://www.healthylivingprogram.ca)  
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>	





## What is the Seniors' Centre Without Walls?

The Seniors' Centre Without Walls (SCWW) is a free, phone-based program that offers recreational activities, skill-building lessons, health and well-being topics, and friendly conversations for older adults (55+) who find it difficult to leave their home to participate in community activities.

## How do I register?

Call **780-395-2626** and **press 1**

## How do I join a program?

You can join by phone or by computer:



### Join by phone:

1. Call toll-free: **1-855-703-8985**
2. When prompted, enter Meeting ID: **225-573-6467#**
3. Press # if you are asked for any more numbers

If you have difficulty connecting with the toll-free number, try:

- **1-833-955-1088** (toll free) OR
- **587-328-1099** (charges may apply, contact your phone carrier for more information)



### Join by computer:

Go to:

**[zoom.us/j/2255736467](https://zoom.us/j/2255736467)**

Video will not be used for any SCWW programs.

# APRIL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 9:30am: Program Preview 11am: Exercise 1pm: The Big Picture 3pm: Secret Garden 1	<b>2</b> 11am: Mindfulness 1pm: Next Stop: Galapagos 3pm: Readers' Corner 4:30pm: Jeopardy	<b>3</b> 9:30am: Crime and Justice 11am: Prince of Wales Fort 1pm: Coffee Chat 3pm: Exercise	<b>4</b> 9:30am: Gratitude 11am: Edmonton Oilers 1pm: Some Good News 3pm: Global Agriculture 4:30pm: Dinner Theatre	<b>5</b> 9:30am: Classical Music Hour 11am: Exercise 1pm: Would You Rather? 3pm: Animal Spotlight
<b>8</b> 9:30am: Nostalgia Moment 11am: Exercise 1pm: In the Headlines 3pm: Secret Garden 2	<b>9</b> 11am: Mindfulness 1pm: Middle East History 3pm: Coffee Chat 4:30pm: Don't Quote Me	<b>10</b> 9:30am: Lost Cities 11am: Seniors Housing 1pm: Let's Talk About... 3pm: Exercise	<b>11</b> <b>NO MORNING PROGRAMS</b> 1pm: Censorship 3pm: Mystery Chronicles	<b>12</b> 9:30am: All Request Music 11am: Exercise <b>11am: Canadian Connections</b> 1pm: Writing for Fun 3pm: Who Why When
<b>15</b> 9:30am: Ponder This 11am: Exercise 1pm: Climate Change 3pm: Secret Garden 3	<b>16</b> 11am: Imagination Circle <b>1pm: Grief and Loss</b> 3pm: Unexplained 4:30pm: Trivia	<b>17</b> 9:30am: Canada's Milestones 11am: EPL Presents! 1pm: Person Place or Thing <b>1pm: Estranged Relationships</b> 3pm: Exercise	<b>18</b> 9:30am: Gratitude 11am: Marvelous Minds 1pm: For Your Body 3pm: Coffee Chat 4:30pm: Dinner Theatre	<b>19</b> 9:30am: Indigenous Artists 11am: Exercise 1pm: Name That Tune 3pm: Tommy Douglas
<b>22</b> 9:30am: The Art of Noticing 11am: Exercise 1pm: Let's Talk About... 3pm: Secret Garden 4	<b>23</b> 11am: Mindfulness <b>1pm: Grief and Loss</b> 3pm: Readers' Corner 4:30pm: Brain Games	<b>24</b> 9:30am: Who Why When 11am: Tunnels of Moose Jaw 1pm: Coffee Chat <b>1pm: Estranged Relationships</b> 3pm: Exercise	<b>25</b> 9:30am: Gratitude 11am: Picture This 1pm: In the Headlines 3pm: Celtic Music History	<b>26</b> 9:30am: Celtic Music 11am: Exercise 1pm: Writing for Fun 3pm: BINGO
<b>29</b> 9:30am: The Art of Noticing 11am: Exercise 1pm: Science Savvy 3pm: Secret Garden 5	<b>30</b> 11am: Music Meditation 1pm: Coffee Chat 3pm: The New Royal Family 4:30pm: Wheel of Fortune	<b>To join by phone, call: 1-855-703-8985</b> <b>enter meeting ID: 225-573-6467#</b>		

 **Pre-registration required**
 Special Events
  Conversations
  Health & Wellness
  Learn & Discover
  Just for Fun!

**To join by phone, call: 1-855-703-8985**  
**enter meeting ID: 225-573-6467#**



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/)



# Computer Skills Classes

**April 17 - Windows 10**

**April 24 - Organizing files**

**May 1 - Microsoft Word**

**May 8 - Slideshow (PowerPoint)**

**Where:** Elk Point Library  
5123 50 Ave, Elk Point

**Time:** 1:00 - 2:30 p.m.

**Contact:** Verona Lea  
Elk Point Further Education

780 724 4101

Sandie

Elk Point CALP

780 614 6368



# PARDON ME

*A Criminal Record Suspension  
Program from EFry*

Is your old  
record  
making it  
hard to build  
a stable life?

**EFry's Pardon Me program may be able to help.**

*When your record is suspended, you can truthfully reply "no" on job  
or housing applications that ask if you have a record.*

***What is Pardon Me?***

EFry's Pardon Me is program created to help qualifying people navigate and afford the criminal record suspension process (also known as a pardon).

***Who Qualifies?***

Record suspension eligibility varies. You may be eligible if it has been at least 3 years since you completed your sentence. EFry will help you figure out if you qualify and move through the process if you do.

***Pardon Me is a free program and if your pre-tax annual income is \$25K or less, EFry will cover mandatory government fees.***

Visit [www.efry.com/pardonme](http://www.efry.com/pardonme) for more information  
or email us at [pardonme@efry.com](mailto:pardonme@efry.com) or call us at 604.520.1166.



[efry.com/  
pardonme](http://efry.com/pardonme)



# T H E S P E C T R U M Beyond



## FASD Conference 2024: Call for Abstracts

OCTOBER  
22 & 23  
2024

EDMONTON,  
ALBERTA

CONTACT US  
beyondthespectrum@lcfasd.com  
1-877-594-5454

DEADLINE:  
MAY 1 2024

RADISSON HOTEL  
&  
CONVENTION CENTRE

### CALL FOR ABSTRACTS

FASD Focused Best Practices, Lived Experience, and Wellness For Individuals, Families, Caregivers and Support Workers

i.e. FASD Informed Programming, FASD Best Practices, Wellness; Art Therapy, Pet Therapy, Lived Experience from Individuals with FASD Informed Programming and Therapies

### ABSTRACT SUBMISSION GUIDELINES :

Abstracts must be submitted to [beyondthespectrum@lcfasd.com](mailto:beyondthespectrum@lcfasd.com). Please include “**ABSTRACT**” in the subject line and the following information:

1. Presentation title and preferred format option

- 60-minute Oral Presentation
- 30-minute Lived Experience
- Poster Presentation

*Please allow 10-15 minutes of the presentation time for questions from the audience.*

2. List all authors and their affiliations, including suffixes. Provide brief, 75-word biographies for each presenter.

3. Provide an abstract of 400 words maximum including (if applicable) background/rationale, conclusions, methods and results.

4. Provide 2-4 learning objectives. Learning Objectives must be specific to what you will present, and learner-oriented.

5. Must include a paragraph that addresses the following two questions:

- What is the broader relevance to your work in the field and to the Individuals with FASD?
- What practices or initiatives has your work implemented to support individuals, families and caregivers?

Presenters must be comfortable presenting and answering questions in English.

Accepted presenters should presuppose prior knowledge of FASD.

**ABSTRACT SUBMISSION DEADLINE: May 1, 2024**

**JOIN  
THE  
FUN!!**



**FREE PROGRAM  
OPEN TO KIDS OF  
ALL ABILITIES  
KINDERGARTEN & UP  
JUNE 15, 2024**

# Lemonade Day

Learn how to start and operate your own business – a lemonade stand.

- ✓ Learn business skills at Lemonade University
- ✓ Be creative
- ✓ Earn your own money
- ✓ Meet your community

**840 CFCW**



780-349-2903    arobinson@albertacf.com    lemonadeday.org/northern-alberta

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**



# 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

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

**EMPLOY**Abilities  
**NORTH**

## CONTACT US FOR MORE INFO



Akaur@employabilities.ab.ca



780-614-1944



**Lakeland**  
**EMPLOYMENT SERVICES**

**FREE**

**EXCEL, WORD  
& POWERPOINT  
WORKSHOPS**

**NEW**

Are you needing or wanting basic Microsoft Excel, Word and/or PowerPoint lessons? It takes an average of 4 classes to complete the 8 hour course. This training is free of charge. Call in or drop in our office to put your name down. Everyone is welcome but spaces are limited.

**Every Tuesday, Thursday  
and Friday morning starting  
April 9<sup>th</sup> until completion**

**Tuesday - Intermediate Excel: 9:30 am - 11:30am**

**Thursday - Word/PowerPoint: 9:30am – 11:30am**

**Friday - Basic Excel: 9:30am – 11:30am**

For more information or to register  
Please call the Centre, email or drop in  
**5025 50 Street, Vegreville.**  
**1-780-631-1471 or email [bsutherland@employabilities.ab.ca](mailto:bsutherland@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 



Lakeland  
EMPLOYMENT SERVICES

# IN-PERSON WORKSHOPS

## April WORKSHOP SCHEDULE

April 3, 2024	Interview Skills
April 10, 2024	Job Search Online and Traditional
April 17, 2024	Internet Safety
April 24, 2024	Stretching Your Food Dollars

## 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)

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





# EMPLOYMENT SKILLS WORKSHOPS



April 2024 Calendar	
April 3, 2024	Boundaries
April 10, 2024	Building Relationships
April 17, 2024	Communication Skills
April 24, 2024	Resume Development

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 [rnicol@employabilities.ab.ca](mailto:rnicol@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)



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.





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!



# ASIST

## Applied Suicide Intervention Skills Training

**Suicide first-aid. A two-day, skills-based workshop for intervening with a person at risk of suicide.**

Sponsored by the  
Rural Mental Health Network  
And the Demeria Memorial Fund

Learning objectives:

- Recognize that caregivers and persons at risk are affected by personal and societal attitudes about suicide
- Discuss suicide with a person at risk in a direct manner
- Identify risk alerts and develop a safe plan related to them
- Demonstrate the skills required to intervene with a person at risk of suicide

## April 20-21, 2024

9am-5pm

Limited Seats  
Preregistration Required

Mallaig Curling Club

3009 Park Avenue Mallaig, Alberta

Cost: \$60.00 (includes lunch). (Please let us know if you have dietary restrictions)

Contact: Rae Michaud  
780-210-9355  
[demeria.memorial@gmail.com](mailto:demeria.memorial@gmail.com)



centre for  
suicide prevention

Centre for Suicide Prevention  
T 403 245 3900  
[csp@suicideinfo.ca](mailto:csp@suicideinfo.ca)

[suicideinfo.ca](http://suicideinfo.ca)  
@cspyyc

# 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 Mannawans 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

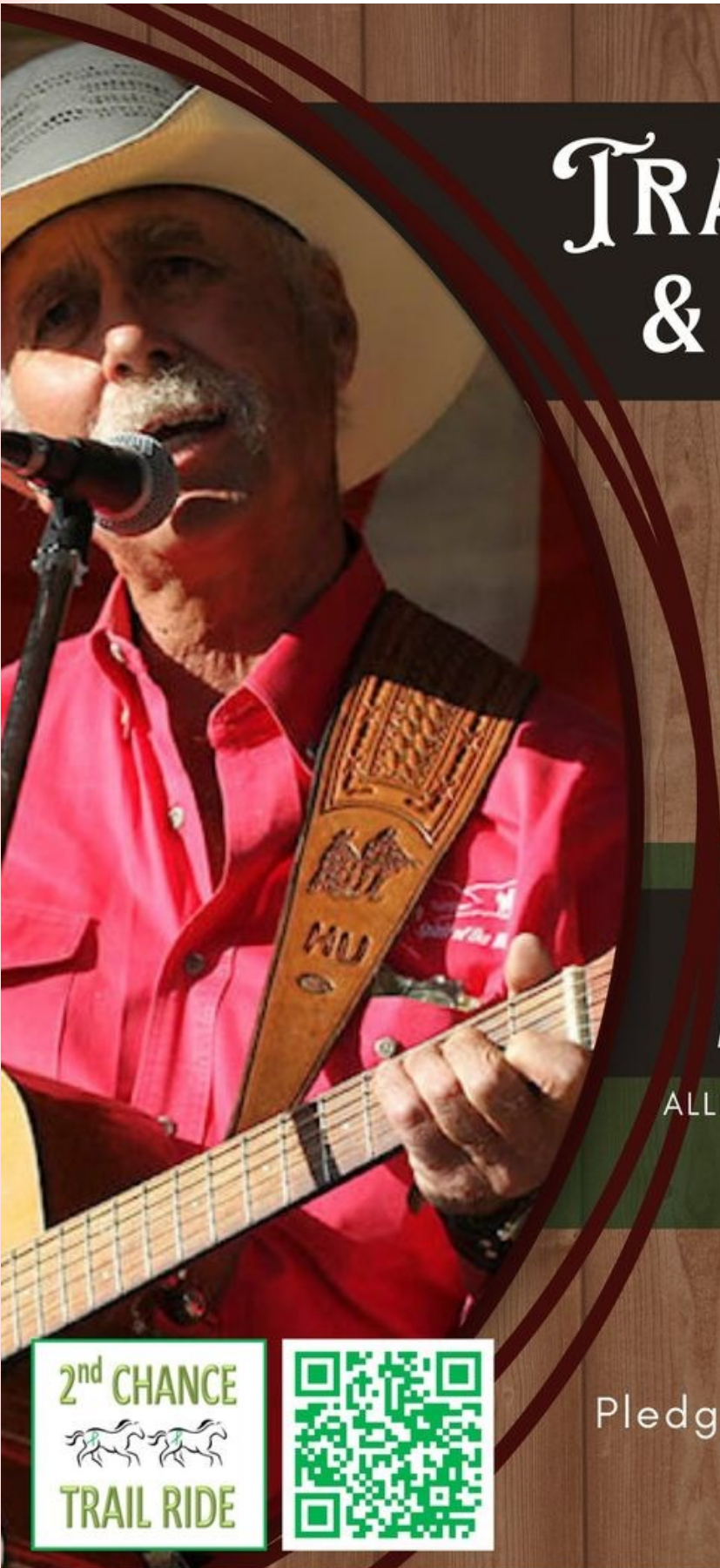
Time: 3:15 - 5:15pm

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!



# 13th Annual TRAIL RIDE & DINNER

SATURDAY  
**MAY 11th, 2024**

REGISTRATION STARTS AT  
**09:00 AM**

WHERE  
**Lindbergh Staging  
Area to Elk Point  
Staging Area**

FEATURING

**HUGH  
McLENNAN**

ALLIED ARTS & LEISURE CENTRE,  
**ELK POINT**  
DOORS OPEN 5PM

**TICKETS**

Riders \$50

Pledges over \$50 ride free

Dinner \$40

with entertainment



**support organ & tissue donation**

**55ÈME**

**DEPUIS 1969**

# CABANE À SUCRE

**Promenade à chevaux  
Marché locale  
Tire d'érable  
Repas chauds  
Et plus...**

**Horse Wagon pulls  
Local Market  
Maple Taffy  
Hot Meal  
And more...**

**7 avril  
2024**

**4617-50 Ave  
Saint-Paul**

**12h00 -  
15h00**

**Centre Communautaire  
780-645-4800**



**ACFA**

Régionale de Saint-Paul



Conseil scolaire  
Centre-Est

**Canada**

St. Paul & District

Chamber  
*of* Commerce



**GOLF TOURNAMENT**

**ST. PAUL GOLF COURSE**

**SAVE THE DATE!!**

**JUNE 7, 2024**

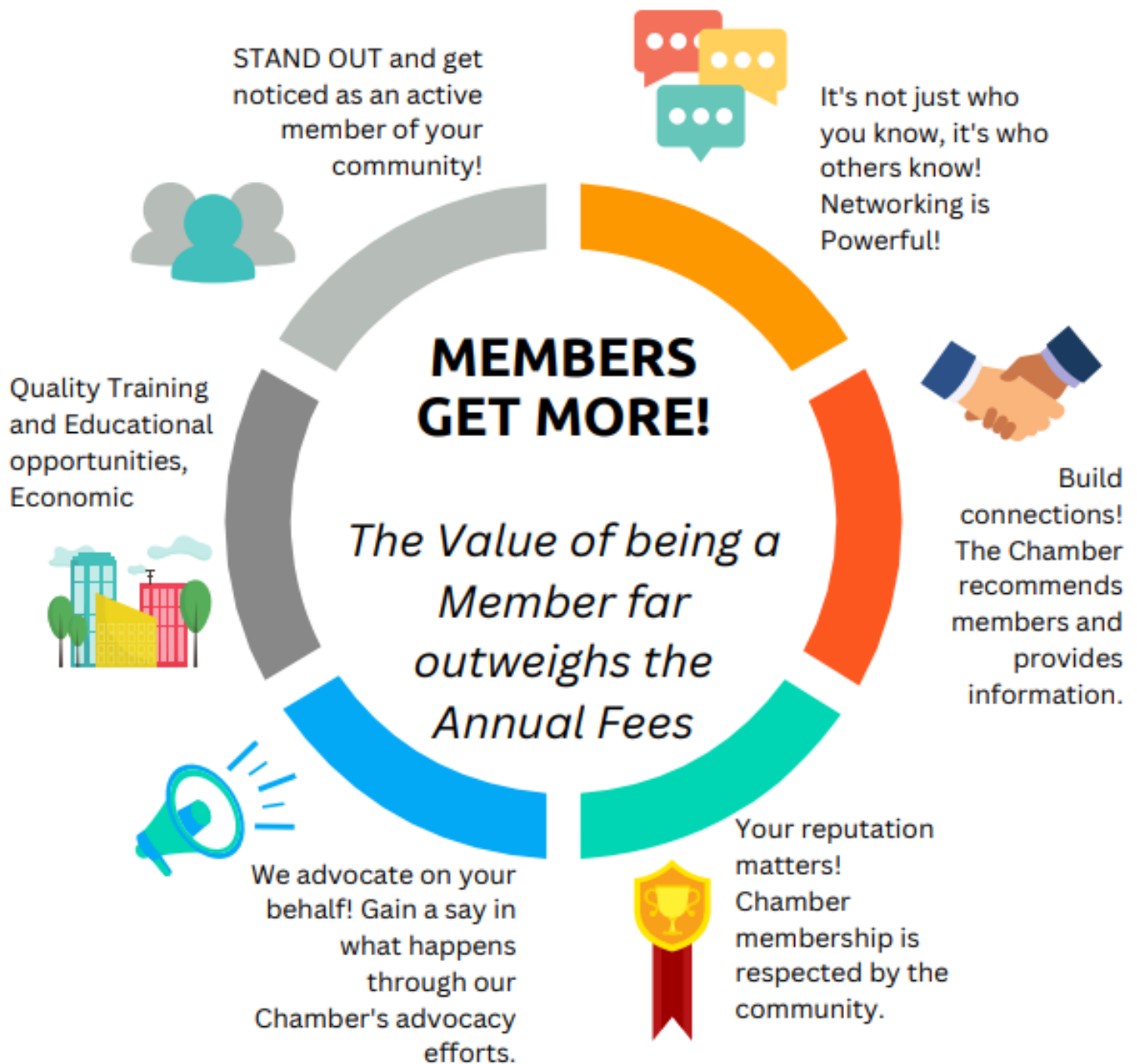
*Join fellow businesses and community members  
to support, celebrate and network*

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)

# Why Become a Chamber Member



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

# 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**



# 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.



THE  
**Village**  
APP

LESS LIKES. MORE LIFE.

## CONNECT LOCALLY

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



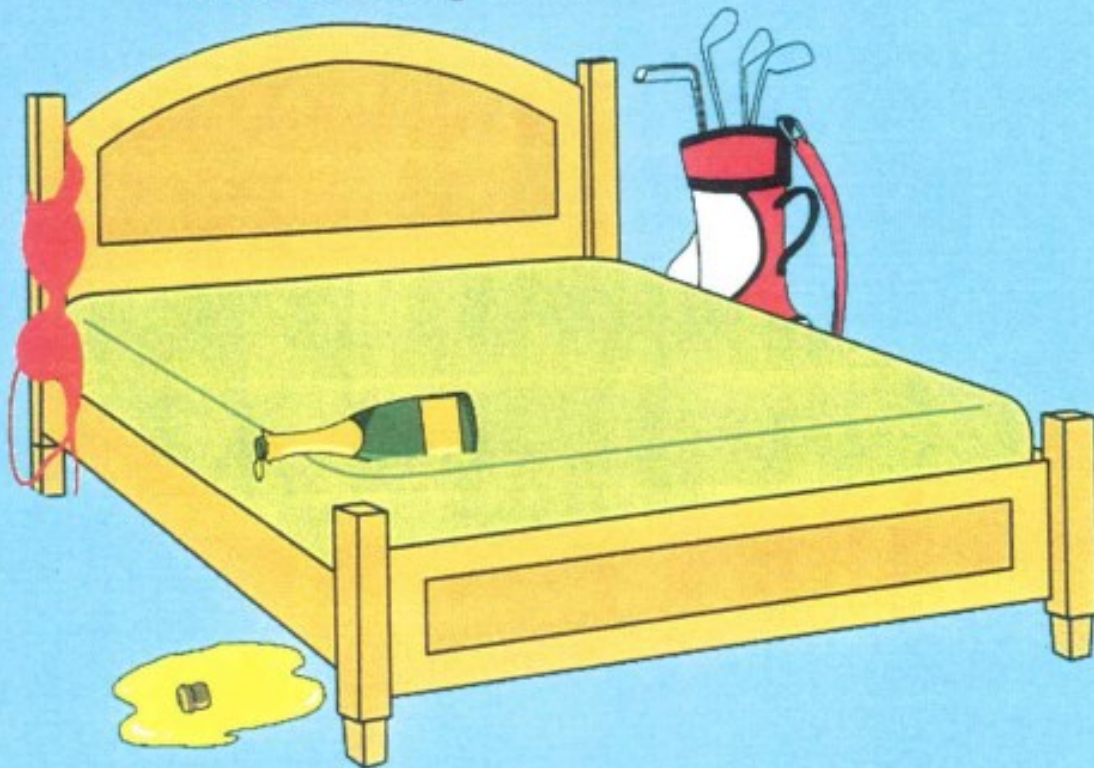
[WWW.THEVILLAGEAPP.CO](http://WWW.THEVILLAGEAPP.CO)



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

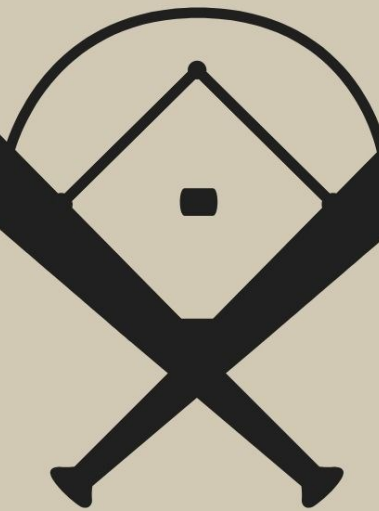
Brunch at 12:30 show to follow

For Tickets call 780-614-0204

★ St. Paul ★

**FRIDAY**

*Night*



# Slo-Pitch League

May to July

**ALL GAMES ARE ON FRIDAY'S AT 7:00PM**

**\$400.00/team**

Email: [fnspleague@gmail.com](mailto:fnspleague@gmail.com)

MALLAIG AG SOCIETY PRESENTS

# MINI STRIKERS SOCCER CLUB

COACH

**ODETTE  
GERVAIS**

**MAY 1-JUNE 12  
2024**

WEDNESDAYS  
6:30PM-7:30PM

**\$35**

PER CHILD

ALL PRACTICES WILL BE HELD AT

## MALLAIG SCHOOL FIELDS

MIX

**U-5**

YEARS OLD



REGISTRATION

- FORMS @ MALLAIG SCHOOL
- REGISTRATION PDF FORMAT ON SCHOOL WEBSITE
- REGISTRATION CUT OFF APRIL 24, 2024



MIX

**U-7**

YEARS OLD



WHAT TO BRING

- WATER BOTTLE
- SHORTS + T-SHIRT
- CLEATS OR RUNNERS
- SHIN GUARDS + SOCKS

MIX

**U-9**

YEARS OLD

FOR INFORMATION

ODETTE: 780.646.2714  
EMAIL: OBAUER15@GMAIL.COM

# INTRODUCTION TO POTTERY FOR AGES 18+



This **7 WEEK** adult course runs on **WEDNESDAY EVENINGS** from **6:00 pm - 9:00 pm** on the following dates  
**April 3, 10, 17, 24 & May 1, 8, & 22<sup>nd</sup>, 2024**  
*\*You must be able to attend all classes\**

You will learn basic hand building & wheel throwing with a focus on simple forms, trimming, making & attaching handles, waxing and glazing. Your instructors are Rosanne & Brock.

Course cost is **\$300** per person and includes all materials.

Limit of 6 spots. Please contact **Rosanne** to register between the hours of 10 a.m. - 8 p.m. at **1-250-702-0794** Leave your name and number and Rosanne will return your call during those hours. Your position is not guaranteed until full payment has been made to **spvac@telus.net** after registering with Rosanne.

The **St. Paul Visual Arts Centre** is located just south of the swimming pool at **4613-53 Street**  
Facebook **@StPaulVisualArtsCentre** [www.spvac.com](http://www.spvac.com)



# Paint Party Afternoon!



**Windy  
Chickadee**  
with Guest Artist  
**Denise Lefebvre!**  
for Ages 13 & Up

**Saturday, April 6, 2024**

Time: **1:00-3:00 pm** Level: **Beginner** Cost: **\$60**

@ the **St. Paul Visual Arts Centre**

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

You will be guided step by step thorough this fun project by professional artist and instructor Denise Lefebvre! This acrylic painting will be done on a 10"x10" pre-drawn canvas. Juice and snacks provided, bring your friends and family out for a fun afternoon of painting! 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 name and date* 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)





# Spring Pottery & Art Show & Sale



**Thursday, April 25 ~ 4 - 8 PM**  
**Friday, April 26 ~ 4 - 8 PM**  
**Saturday April 27 ~ 10 AM - 4 PM**

## St. Paul Visual Arts Centre

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

*Find something special for  
Mother's or Father's Day 2024*

**Handmade pottery, art,  
glass fusion, crafts & more!**

Uniquely made by local  
Artists & Makers



**www.spvac.com**  
**Find us on Facebook:**  
**@StPaulVisualArtsCentre**



# ENGLISH

# CONVERSATION CIRCLE



**THURSDAYS**  
**DROP-IN**



**TIME**  
**5:30 - 7 P.M.**



**VENUE**  
**ST PAUL**  
**LIBRARY**

**FREE, DROP-IN**  
**NO NEED TO**  
**REGISTER**

**ALL LEVELS WELCOME**  
**STARTING SEP 14, 2023**

For more information, contact us  
[SPMultiCC@gmail.com](mailto:SPMultiCC@gmail.com)



Presented by:





# Groupe de jeux

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

3 avril Pâques/Easter

10 avril Les insectes/Bugs

17 avril Le printemps/Spring

24 avril Les oiseaux/Birds





# Histoire entre amis

**ST. PAUL MUNICIPAL LIBRARY**

**LE 4 ET 11 AVRIL**

**@ 16H15**

**APRIL 4 AND 11**

**@ 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**





# Crafternoon at the St. Paul Library

Bring your knitting,  
crocheting, painting,  
scrapbooking or other projects.  
Work, chat and get it done.



Tuesdays  
12pm to 4pm

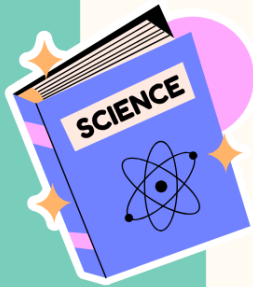


St. Paul Municipal Library

# STEAM Program

Wednesday  
April 3rd  
1pm

AGES  
6-10



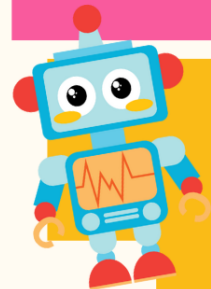
## WHAT'S HAPPENING

- Explore and learn about air pressure



Registration required  
Limited Space

\*home school initiative



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)





# Disney Dayz

**SATURDAY, APRIL 27TH**

**10:30AM**

**AGES: 6-12**

**HIDDEN  
MICKEY  
HUNT**

**CHARACTER  
CRAFT**

**REGISTRATION REQUIRED**



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)

# ADULT BOARDGAME NIGHT

18+

**MONDAY APRIL 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)**



# BABY 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

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)



# ACCESSIBLE ACTIVITY

PROGRAM FOR ADULTS WITH DISABILITIES

Wednesday April 17th 1pm  
at the St Paul Municipal Library



## WIND CHIMES

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)

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

APRIL 9TH  
TO MAY 17TH

COME CHECK OUT THE AMAZING  
ART FROM OUR COMMUNITY!



# Family Story-time

At the Library

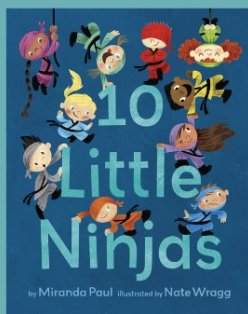
Fridays at 10:30am



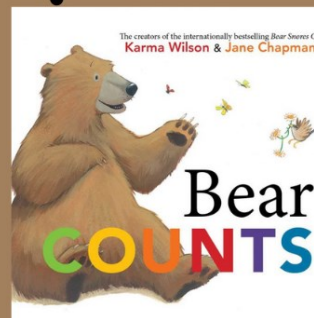
A story, song or activity and craft geared for kids 4 and under (all ages welcome)

\*Registration required for kids participating in the craft.

April 5th



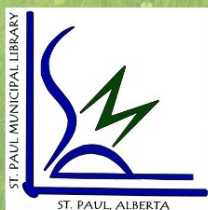
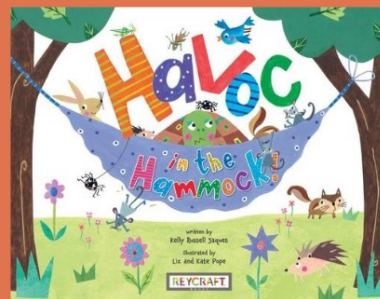
April 12th



April 19th



April 26th



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)



**TUESDAY APRIL 23RD AT 6PM**

WEAR YOUR PAJAMA'S AND COME ENJOY A  
BEDTIME STORY. BRING A STUFFED ANIMAL THAT  
YOU ARE WILLING TO LEAVE OVERNIGHT FOR  
THEIR OWN LIBRARY SLEEP OVER.

REGISTRATION REQUIRED  
(ONLY STUFFED ANIMALS CAN STAY OVER NIGHT).



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)

APRIL 27TH 1:00 PM  
WITH THE ST. PAUL  
LIBRARY



# NATURE KIDS BUTTERFLIES AND LADYBUGS



**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)