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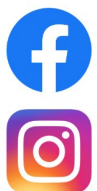
May 2024 NEWSLETTER Interagency

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, June 10th in **Elk Point**
780-724-3800
4906-48 St, Elk Point



Prevention & Awareness

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- P4... Feeding our Farmers
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- P54... Computer Sills Classes in Elk Point
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- P82... The Village App
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- P84... Mini Strikers Soccer Club
- P85... Ashmont & District Ag Society Heritage Days
- P86-88 Franco accueil
- P89... NEMA Spring Concert
- P90... Elk Point Library Family Scavenger Hunt
- P91-100... St Paul Library Events
- P101-104... St Paul & District Arts Foundation

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



EXPERIENCE ST PAUL Connect Card
June 1st - Sep 30th 2024

ATTRACTIONS	ACTIVITIES	GOOD EATS	SHOP & STAY
1 Musée St. Paul Museum Did you know the "Landing Pad" was built in 1967 where everyone is welcome!	10 Aquatic Centre: 52 Swims on Tuesdays 11 St. Paul Golf Course: 10% off club house merchandise 12 St. Paul Library: FREE! (New & Used) Tapes 13 Town & Country: ngo collection	14 Lakeland Brewing Company: 15% off 15 Twisted Fork: 15% off 16 Nest: F.E. Gift with purchase \$25 and over 17 Twisted Fork: 15% off	18 Catalyst Pharmacy: FREE Ice Cream or Pop, New Comers 30% off 19 Landing Hill & Commerce Centre: 10% OFF (see for details) 20 Lakeland Family Eye Care: Kids sun glasses \$20 OFF, adult sunglasses (visit for details) 21 Shoppers Drug Mart: 10% OFF regular priced merchandise. 22 Bears: BMX & B5 20% OFF 23 Chamber of Commerce: FREE pass

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 this connect card. Snap a selfie of you diving into the community vibes for a shot at winning a fabulous prize! Photo submission indicates social media use approval.

Send selfies to fcss@town.stpaul.ab.ca
Draw Date Oct 1st

Send selfies to
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.



Let's
CELEBRATE

SENIORS' WEEK



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JUNE 3	JUNE 4	JUNE 5	JUNE 6	JUNE 7
ST PAUL	HEINSBURG	MALLAIG	ELK POINT	ASHMONT
REC CENTRE	SENIORS CENTRE	SENIORS CENTRE	SENIORS CENTRE	LEGION

Inviting all Seniors (55+) to celebrate "you" during our Seniors' Week. Come connect, laugh & learn with St. Paul Regional FCSS & Guests.

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

11 am-1 pm
REGISTER
Call 780-645-5311



FEEDING OUR farmers

connecting community to resources for
better mental health and well-being

We are here to help!

FCSS is here for our community!
Connecting, supporting and in this case,
delivering a meal.

We know you are busy, worried and
stressed! We also know you overcome
challenges, prevail and are very proud.
Let us come to you to feed your mind, soul
and most importantly STOMACH!
If you are a farmer or know a farmer who
would enjoy a visit with FCSS nominate
them today!

We will bring a meal to the farmer and
farm hands in the field with supports and
resources, we will ask some questions and
have conversation to learn what your
specific needs are. We are NOT farmers
so you may need to lead us in direction or
text us a pin to your location!

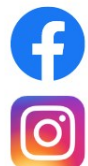


your field

May 27-31st
SCHEDULE A
TIME

FREE TO REGISTER
Call 780-645-5311

Call our office to register. Please provide
number of servings required, preferred date &
time, county division & contact information.
Location can be updated morning of.



Promoting a sense of community.

YOU'VE BEEN FLOCKED



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

**Let us help
you out...**

Call us to book your "flock of happy pink flamingos"! We will set up and take down the flock safely at the town location of your choice along with a personalized door hanger explaining why your person has been flocked. The flock will hang out for about 24 hours then they'll be picked up to return to their home.

Weekdays

May - September

9AM - 4PM

CALL TO
RESERVE

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





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

Join Us!

1:30PM

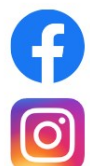
@ FCSS

(5002-51 Ave, St Paul)



REGISTER

Call 780-645-5311





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.

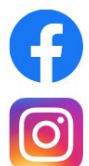
Meeting once a month on the
3rd Tuesday of each month.
Facilitated to men, by men.

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.

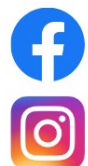
Tuesday

May 14, 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

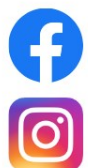
Tuesdays

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.

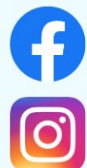
St Paul
780-645-5311
5002-51 Avenue

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

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



COMIC BOOK DAY

discover an adventure today!



SATURDAY
MAY 4
2024



10:00 AM -
5:00 PM



St Paul Library
4802-53 St



FREE



Fantastic opportunity for comic fans in grades 7-12! Swing by the St Paul Library to grab your **FREE** Comic book from a St Paul Youth Council member and a movie **DISCOUNT COUPON** for Elite Movie Theatre. It's a great way to discover new comic titles and genres while enjoying an action-packed day. Have fun exploring the world of comics!

Call for details 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



2024 YOUTH DROP IN May 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

FREE To Attend & Snacks

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.

		DROP IN & CHILL 1	PERSONAL BANANA BREAD 2	MOVIE NIGHT & POPCORN <u>ONLINE OPTION</u> 3
BOARD GAME 6	PERSONAL PIZZA 7	DROP IN & CHILL @ 4227 50AVE PLEASE REGISTER 8	GOLF SIMULATOR 9	MOVIE NIGHT & POPCORN <u>ONLINE OPTION</u> 10
DROP IN & CHILL 13	SOFT PRETZELS 14	REGISTER PROGRAMMING IN ASHMONT 15	SKATE PARK HANGOUT 16	MOVIE NIGHT & POPCORN <u>ONLINE OPTION</u> 17
CLOSED 20	OUTDOOR GAMES @ UFO LANDING PAD 21	DROP IN & CHILL @ RACETTE COURTS 22	FREESTYLE BASKETBALL 23	MOVIE NIGHT & POPCORN <u>ONLINE OPTION</u> 24
DROP IN & CHILL 27	BAKING MUFFINS 28	REGISTER PROGRAMMING IN ASHMONT 29	OUTDOOR GAMES @ SOCCER FIELDS 30	MOVIE NIGHT & POPCORN <u>ONLINE OPTION</u> 31



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

Meaningful May 2024

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

6 Look for people doing good and reasons to be cheerful

7 Make a list of what matters most to you and why

8 Set yourself a kindness mission to help others today

9 What values are important to you? Find ways to use them today

10 Be grateful for the little things, even in difficult times

11 Look around for things that bring you a sense of awe and wonder

12 Listen to a favourite piece of music and remember what it means to you

13 Find out about the values or traditions of another culture

14 Get outside and notice the beauty in nature

15 Do something to contribute to your local community

16 Show your gratitude to people who are helping to make things better

17 Find a way to make what you do today meaningful

18 Send a hand-written note to someone you care about

19 Reflect on what makes you feel valued and purposeful

20 Share photos of 3 things you find meaningful or memorable

21 Look up at the sky. Remember we are all part of something bigger

22 Find a way to help a project or charity you care about

23 Recall three things you've done that you are proud of

24 Make choices that have a positive impact for others today

25 Ask someone else what matters most to them and why

26 Remember an event in your life that was really meaningful

27 Focus on how your actions make a difference for others

28 Do something special and revisit it in your memory tonight

29 Today do something to care for the natural world

30 Share a quote you find inspiring to give others a boost

31 Find three reasons to be hopeful about the future

5 Let someone know how much they mean to you and why

4 Send your friend a photo from a time you enjoyed together

3 Take a step towards an important goal, however small



ACTION FOR HAPPINESS




Happier · Kinder · Together

2024

St Paul LOCATION

May

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 Ashmont Afterschool 3:30pm - 5:30pm FULL	02 Buggies on the Block 1:30pm - 3:30pm DROP IN	03 Triple P Parenting FEAR LESS 10am-11am REGISTER
		06 Home School Hang-out 2pm-4pm REGISTER	07 Mallaig Tot Time 9:30am-11:30am DROP IN	08 Mother's Day Craft at SunnySide 10:15am-11:15am REGISTER Ashmont Afterschool 3:30pm - 5:30pm FULL Youth Mother's Day Activity 3:30pm-5:30pm REGISTER
13 Home School Hang-out 2pm-4pm REGISTER	14 	15 Clothing Exchange 		17 Triple P Parenting FEAR LESS 10am-11am REGISTER
	16 Buggies on the Block 1:30pm - 3:30pm DROP IN	DROP OFF 1pm - 8pm @ Rec Centre	SHOP 1pm - 8pm FREE	
20 CLOSED	21 Mallaig Tot Time 9:30am-11:30am DROP IN	22 Afternoon Story & Craft 2pm-3:30pm DROP IN	23 Buggies on the Block 1:30pm-3:30pm DROP IN	24 ASO Screening 10am-12pm REGISTER
	Traditional Teaching 10am - 11:30am REGISTER	Ashmont Afterschool 3:30pm - 5:30pm FULL	Dungeons & Dragons 6pm-8pm REGISTER	Triple P Parenting FEAR LESS 10am-11am REGISTER
27 Home School Hang-Out 2pm-4pm REGISTER	28 Mallaig Tot Time 9:30am-11:30am DROP IN	29 Ashmont Afterschool 3:30pm-5:30pm FULL	30 Buggies on the Block 1:30pm - 3:30pm DROP IN	31 Triple P Parenting FEAR LESS 10am-11am REGISTER
			Run, Jump, Skip 6pm - 7:30pm DROP IN	Triple P Primary Care 2pm-3:30pm REGISTER

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

RECREATION CENTRE 4802-53 ST.

Accepting good, CLEAN, used clothing
and shoes for **ALL AGES**

Please call 780-645-5311
for more information

SPRING CLOTHING EXCHANGE

Donation Drop Off Time:

Tues. May 14 1pm-8pm

Doors Open:

Wed. May 15 1pm-8pm

Thurs. May 16 9am-12pm

COST IS FREE!

BRING YOUR OWN BAG!

Lakeland

FAMILY RESOURCE NETWORK



fcss

St. Paul Regional
Family and Community
Support Services

Come connect with us & other families while taking care of your physical and mental health.



Buggies on the Block

Weather Permitting
(Watch social media for updates)

Thursdays 1:30pm

DROP IN
780-645-5311



0-18 MONTHS

Lagasse Park, East parking lot

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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



TRIPLE P PARENTING

Fear - Less assists parents in setting a good example of coping with anxiety, coaching their children to become more emotionally resilient, and developing their own toolbox of strategies. Parents can choose how to best support their child as they learn to manage their anxiety more effectively.

CAREGIVERS

LFRN St Paul 5002-51 Ave

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

FEAR - LESS

*consists of 5 sessions

FRIDAYS IN MAY

03, 10, 17, 24 & 31

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.





YOUTH 6+

LFRN St Paul 5002-51 Ave

Home School Hangout

Monday
May 06, 13 & 27
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.



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 May 07

10am-12pm

DROP IN

780-645-5311



Lakeland

FAMILY RESOURCE NETWORK

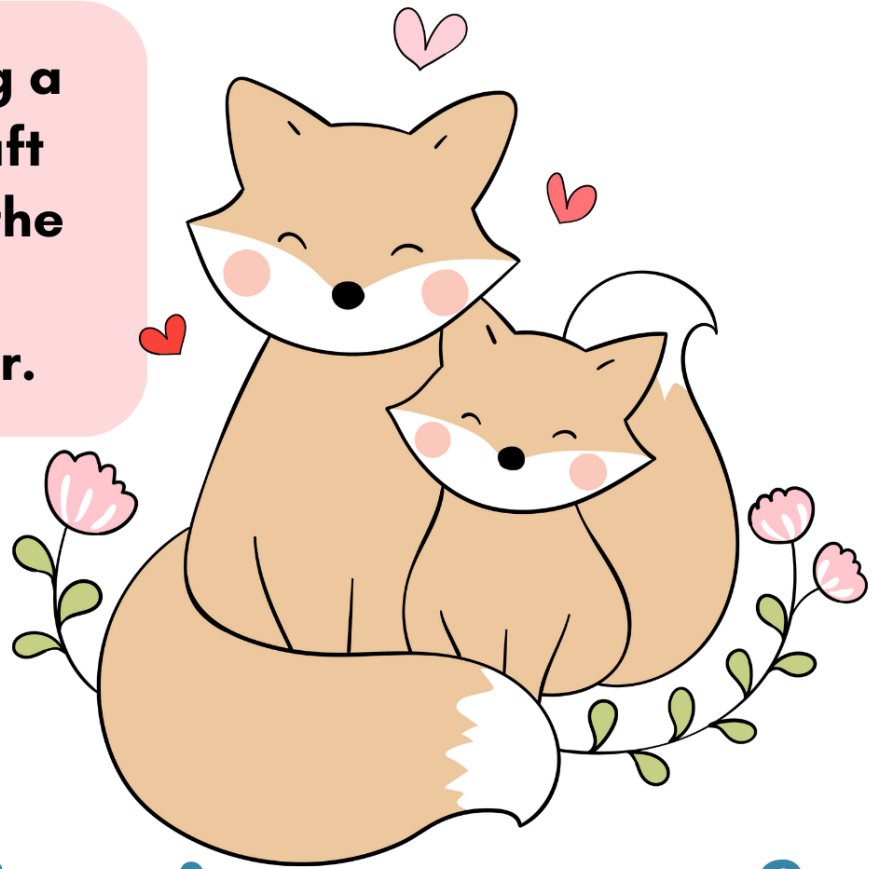
Connect with us for more information.

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

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



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



AGES 0-6

Sunnyside Manor, 4522 47 Ave

Mother's Day Craft

at Sunnyside Manor

Wednesday
May **08**

10:15am-11:15am

CALL TO REGISTER
780-645-5311



Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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

Promoting
intergenerational
and community
connection.





Join us in creating something from the heart for your mom or caregiver this Mother's Day!

YOUTH 7+

LFRN St Paul 5002-51 Ave

Mother's Day Activity

Wednesday
May **08**

3:30pm-5:30pm

CALL TO REGISTER
780-645-5311

FREE

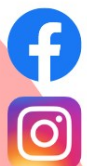
Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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



Promoting connection and creativity



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

Thursday May 09

10am-12pm

DROP IN

780-645-5311



Encouraging sensory development and helping build social-emotional skills.

Lakeland

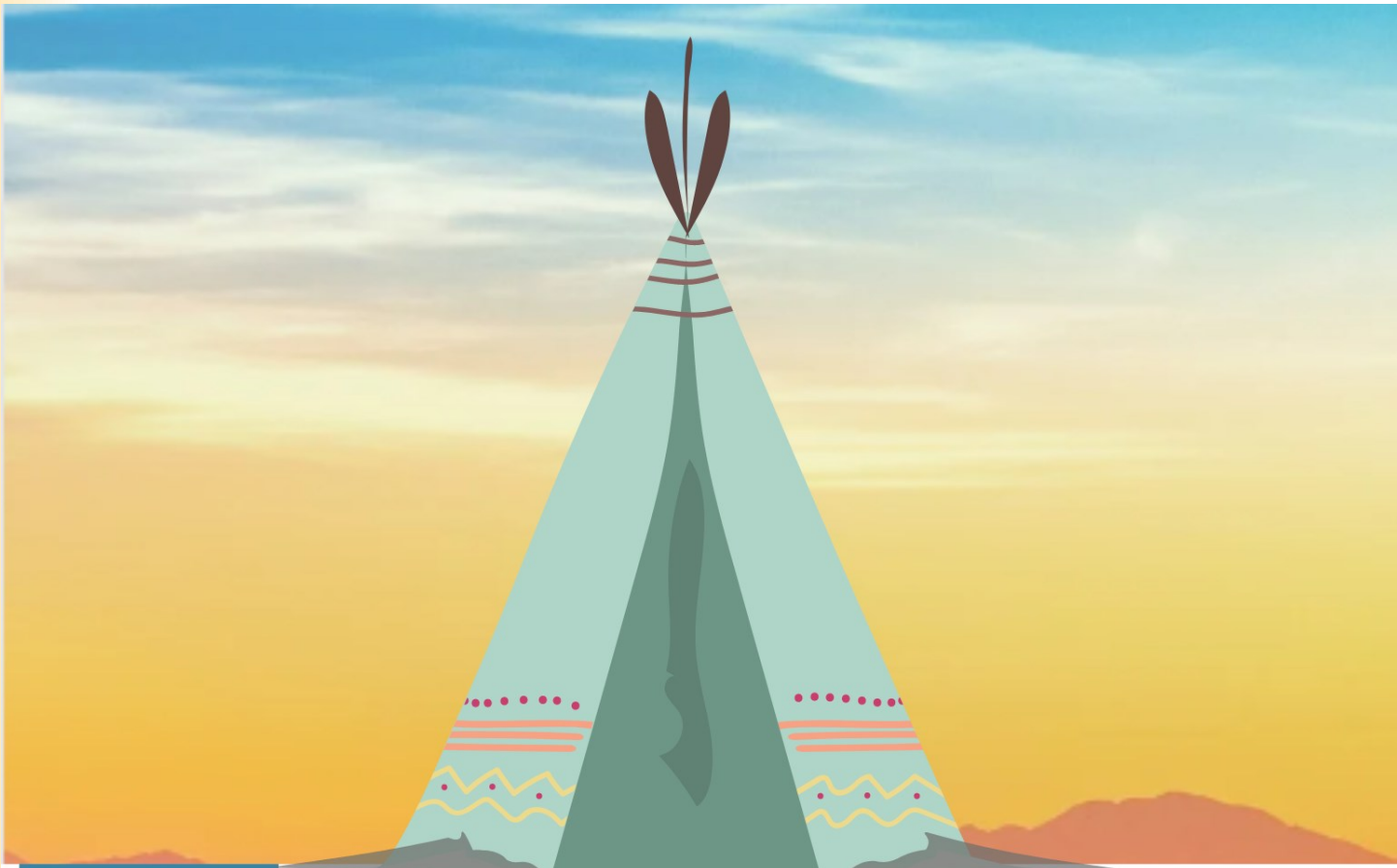
FAMILY RESOURCE NETWORK

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.





AGES 0-6

LFRN St Paul 5002-51 Ave

Traditional Teaching

with Jan Tailfeathers

Tuesday
May **21**

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.



AGES 0-6

LFRN St Paul 5002-51 Ave

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

AFTERNOON

Storytime & Craft

Wednesday
May **22**

2pm-3:30pm

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.





**Dungeon Master
in attendance**
Snacks Provided

YOUTH 12-18

LFRN St Paul 5002-51 Ave

Dungeons & Dragons

Thursday
May **23**

6pm-8pm

CALL TO REGISTER

780-645-5311

FREE

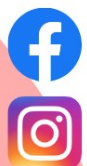
Lakeland

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.



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
May **24**

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.



evening

Run, Jump, Skip

Thursday May 30

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.





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

CAREGIVERS

LFRN St Paul 5002-51 Ave

Triple P Primary Care

Friday
May 31

2pm - 3:30pm

CALL TO REGISTER
780-645-5311

FREE



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

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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




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



2024 May

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
		01 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	02 RAINBOWS 4pm-5pm REGISTER	03 Matching Pattern Games 10am - 12pm DROP IN
		06 Mother's Day Make & Take 3:30pm-5:30pm REGISTER	07 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	08 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm
13	14 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm 	15 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	16 RAINBOWS 4pm-5pm REGISTER	17 Making Music 10am - 12pm DROP IN
 Clothing Exchange See Poster for Details				
20 CLOSED Victoria Day	21 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	22 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	23 RAINBOWS 4pm-5pm REGISTER	24 Icky, Sticky, Messy 10am-12pm DROP IN Baby Bunch 1:30pm REGISTER
27 YOUTH GROUP GAMES 3:30PM-5:30PM DROP IN	28 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	29 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	30 RAINBOWS 4pm-5pm REGISTER	31 Rhymes That Bind 10am - 12pm DROP IN



Lakeland
 FAMILY RESOURCE NETWORK

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



st.paul_fcsc



St. Paul Regional
 FCSS & Family
 Resource Network

Elk Point Location

May Events

10-Mommy and me craft
24-Sensory Make & Take
**Please register for both
these events.**

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

Fridays

1:30pm

REGISTER

780-724-3800



Lakeland

FAMILY RESOURCE NETWORK

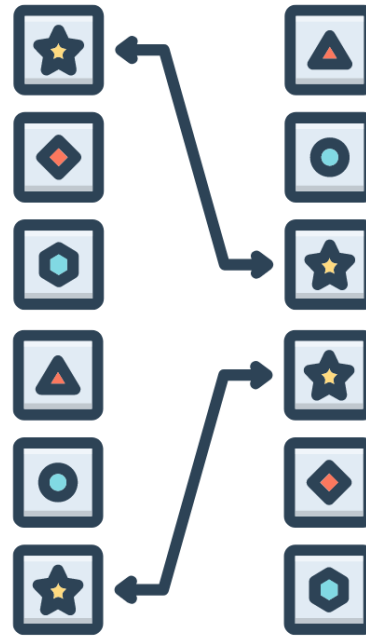
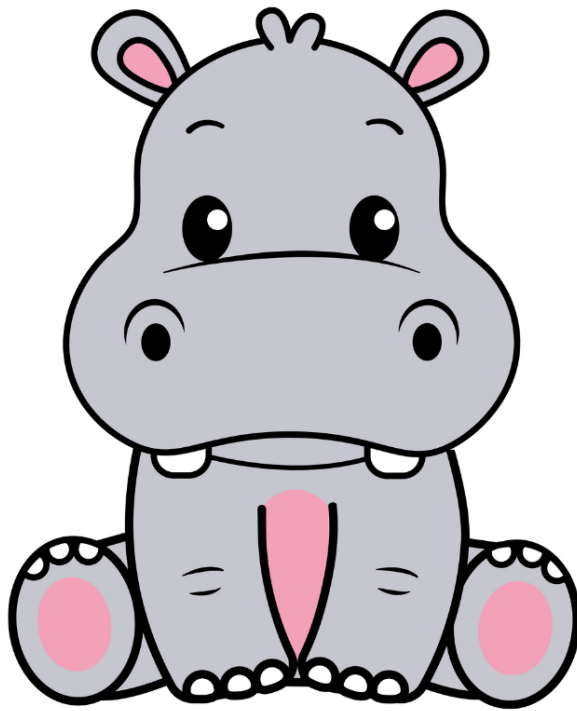
Connect with us for more information.

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

Matching Patterns

Friday
May **03**

10am-12pm

DROP IN

780-724-3800



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

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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



Elk Point Location



Come create a gift of love to share with your special person.

YOUTH 7+

LFRN Elk Point 4906-48 St

Mothers Day

Monday
May 06

Make & Take

3:30pm-5:30pm

FREE TO REGISTER
780-724-3800

Celebrate your special person who fulfills this role in your life.

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

Storytime & Craft

Friday
May **10**

Mother's Day

10am-12pm

DROP IN

780-724-3800



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

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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



Elk Point Location



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

AGES 0-6

LFRN Elk Point 4906-48 St

Making Music

Friday **17**
May

10am-12pm

DROP IN

780-724-3800



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

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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



Elk Point Location



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

AGES 0-6

LFRN Elk Point 4906-48 St

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

Icky, Sticky, Messy

Friday
May 24

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
May **27**

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.

Elk Point Location



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

AGES 0-6

LFRN Elk Point 4906-48 St

Rhymes that Bind

Friday
May **31**

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.

Helping promote healthy family relationships.



ST. PAUL RCMP

COFFEE WITH A COP



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



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

**LOCATION:
A&W LOCATED AT
4241 50 AVENUE,
ST PAUL**

**DATES & TIMES:
APRIL 30, MAY 28
& JUNE 25, 2024
BETWEEN 9-10:30 AM**

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

**THURSDAY
MAY 2, 2024**

6:30 - 8:30 p.m.

St. Paul Regional High School
FINE ARTS THEATRE

4701-44 St

Ariel Haubrich, M.Ed Psych

Knowledge is Power
Consulting & Wellness Services

what am I MISSING?

A session designed for parents of children of all ages to learn about:

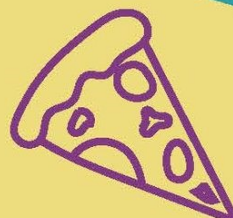
- ✓ Impact of social media & the internet (anxiety & conflict)
- ✓ What's happening in kids brains? (typical development & behaviour)
- ✓ The continuum of mental health challenges through to mental illness (What's the difference?)

***Please note this session is intended for an adult audience.**



**Registration is not required;
however, we do want to know if
you will be joining us for pizza?**

Please let us know by going to this link:
<https://bit.ly/4amnOGc>



St. Paul Education

Caregiver Education Team Newsletter

May/June 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.

Adult Education Sessions

Understanding Anxiety Series

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

Part 1:
An Introduction
Wednesday, May 1
12:00 – 1:00 pm

Part 2:
Calming Our Bodies
Wednesday, May 8
12:00 – 1:00 pm

Part 3:
Settling Our Minds
Wednesday, May 22
12:00 – 1:00 pm

Part 4:
Overcoming Avoidance
Wednesday, May 29
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 3: Managing Reactions
Wednesday, May 1
6:00 – 7:30 pm

Part 4: Helpful Thinking
Wednesday, May 15
6:00 – 7:30 pm

Part 5: Healthy Connections
Wednesday, May 29
6:00 – 7:30 pm

Caregiver Education Sessions

Test Anxiety *Strategies for Success*

For parents and teens (grades 7-12) to attend together

Monday, June 3
6:00 – 7:30 pm

Adult Education Sessions

Silver Linings

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

Part 1:
Tuesday, June 4
12:00 – 1:00 pm

Part 1:
Tuesday, June 11
12:00 – 1:00 pm



Professional Practice & Education Services
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca

May 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

May 8 - Wed Morning - 9:30am-12:00pm

May 9 - Thurs Afternoon - 1:30-4:00pm

Nutrition

May 15 - Wed Morning - 9:30am-11:00am

May 16 - Thurs Afternoon - 1:30-3:00pm

Ongoing Care

May 22 - Wed Morning - 9:30am-12:00pm

May 23 - Thurs Afternoon - 1:30-4:00pm

Heart & Stroke

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

Overview & Prevention

May 15 - Wed Morning - 9:30am-12:00pm

May 22 - Wed Afternoon - 1:30-4:00pm

Nutrition

May 2 - Thurs Evening - 5:30-7:00pm

May 22 - Wed Morning - 9:30am-11:00am

May 30 - Thurs Afternoon - 1:30-3:00pm

Managing Stress

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

May 28 & Jun 4 - Tue Morning - 9:30am-12:00pm

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

Living with Chronic Pain

Jun 13 – July 18-Thurs Evening-6-8:30pm

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

May 7, 14, & 21 – Tues Afternoon - 1:30 - 4:00pm

May 9, 16, 23 – Thurs Morning - 9:30am - 12:00pm

Series 2—Classes 2.1, 2.2, & 2.3

May 1, 8, 15 – Wed Evening - 5:30 - 8:00pm

May 2, 9, 16 – Thurs Morning - 9:30am - 12:00pm

May 9, 16, 23 – Thurs Afternoon - 1:30-4:00pm

Series 3—Classes 3.1 & 3.2

May 30 & Jun 6 – Thurs Morning - 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.

May 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.

May 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 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
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)

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



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

Video will not be used for any SCWW programs.

MAY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>To join by phone, call: 1-855-703-8985 enter meeting ID: 225-573-6467#</p>	<p>1</p> <p>9:30am: Crime and Justice 11am: Mystery Chronicles 1pm: Would You Rather? 1pm: Estranged Relationships 3pm: Exercise</p>	<p>2</p> <p>9:30am: Gratitude 11am: SCWW Advisory Group 1pm: Funny Bone 3pm: Sigmund Freud 4:30pm: Dinner Theatre</p>	<p>3</p> <p>9:30am: Classical Music Hour 11am: Exercise 1pm: Animal Spotlight 3pm: Story Slam</p>	
<p>6</p> <p>9:30am: Nostalgia Moment 11am: Exercise 1pm: The Big Picture 3pm: Secret Garden 6</p>	<p>7</p> <p>11am: Imagination Circle 1pm: In the Headlines 3pm: Next Stop: Patagonia 4:30pm: Jeopardy</p>	<p>8</p> <p>9:30am: Vinyl Café 11am: Science Savvy 1pm: Let's Talk About... 1pm: Estranged Relationships 3pm: Exercise</p>	<p>9</p> <p>NO MORNING PROGRAMS 1pm: Coffee Chat 3pm: Middle East History</p>	
<p>13</p> <p>9:30am: Ponder This 11am: Exercise 1pm: Government 101 3pm: Secret Garden 7</p>	<p>14</p> <p>11am: Mindfulness 1pm: Marvelous Minds 3pm: Readers' Corner 4:30pm: Don't Quote Me</p>	<p>15</p> <p>9:30am: Lost Cities 11am: EPL Presents! 1pm: Coffee Chat 1pm: Estranged Relationships 3pm: Exercise</p>	<p>16</p> <p>9:30am: Gratitude 11am: Acadian Music History 1pm: For Your Body 3pm: Person Place or Thing</p>	
<p>20</p> <p>VICTORIA DAY</p>	<p>21</p> <p>11am: Imagination Circle 1pm: Julie Andrews 3pm: Nutrition for Health 4:30pm: Trivia</p>	<p>22</p> <p>9:30am: From John to Justin 11am: Waste Management 1pm: Unexplained 1pm: Estranged Relationships 3pm: Exercise</p>	<p>23</p> <p>9:30am: Gratitude 11am: Hoarding Disaster 1pm: In the Headlines 3pm: Who Why When 4:30pm: Phantom of the Opera 1</p>	
<p>27</p> <p>9:30am: Ponder This 11am: Exercise 1pm: Global Agriculture 3pm: Secret Garden 8</p>	<p>28</p> <p>11am: Mindfulness 1pm: Censorship 3pm: Stories of the Sky 4:30pm: Brain Games</p>	<p>29</p> <p>9:30am: Canada's Milestones 11am: Wheel of Fortune 1pm: Coffee Chat 1pm: Estranged Relationships 3pm: Exercise</p>	<p>30</p> <p>9:30am: Gratitude 11am: Guinness World Records 1pm: Climate Change 3pm: Let's Talk About... 4:30pm: Phantom of the Opera 2</p>	
<p>24</p> <p>9:30am: Name That Tune 11am: Exercise 1pm: Writing for Fun 3pm: Coffee Chat</p>	<p>25</p> <p>9:30am: Middle Eastern Music 11am: Exercise 1pm: Seniors' Benefits 3pm: BINGO</p>	<p>26</p> <p>9:30am: All Request Music 11am: Exercise 1pm: Writing for Fun 3pm: Who Why When</p>	<p>27</p> <p>9:30am: Acadian Music 11am: Exercise 1pm: Some Good News 3pm: Next Stop: Baifin Island</p>	

 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/



RURAL ROOTS ACADEMY

A FUN AND FLEXIBLE APPROACH
TO EDUCATION



OFFERING:

A Supervised drop off centre for students to access teacher support for homeschooling and alternate schooling

High School & Career Planning guidance

Supplemental course material for all students

After school support for students enrolled in local schools

***YOUR HOMESCHOOLING AND ALTERNATE
EDUCATION HUB FOR THE LAKELAND!***

AGES 8+

FEES:

\$40/Day (open 8:30am-5:30pm)

\$25/ half day (8:30 -1:00 or 1:00-5:30)

\$15 after school (anytime after 3)

High School Planning: **\$75 one time fee**

Career & Post Secondary Planning: **\$150 one time fee**



**REGISTRATION
NOW
OPEN**

Contact Laura: 780-614-8985 (call or text)
ruralrootsed@gmail.com, www.ruralrootsacademy.com

Follow us on Facebook and Instagram

Business Support Network Meeting



Thursday, May 9, 2024

11:30am – 1:30pm

******St. Paul Co-op Food Store******

North Star Conference Room

(Enter through the hallway between Bakery & Deli)

Lunch Provided by: St. Paul Co-op

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)



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





UPCOMING EVENTS

- Little Warriors Prevent It! Online Workshop
- Planning for the Future: Wills & Estate Matters in Alberta (webinar)
- Indigenous Justice Lunch & Learn sessions
- Developing Healthy Relationships (grades 7-9 classroom presentation)
- National AccessAbility Week sessions
- PLE Events, News and Resources



Various Dates

May - June 2024



For Registration

Scan this barcode or visit <https://bit.ly/PLEregisterNOW>



PORTAGE COLLEGE
PUBLIC LEGAL EDUCATION

WEBINAR

PLANNING FOR THE FUTURE:
WILLS & ESTATE MATTERS IN ALBERTA

June 4, 2024 | 1:30 - 3:30 PM

MT MORROW TCHIR LLP



YOUR CLASS IS INVITED

TO JOIN US FOR A DRAGONFLY CENTRE SPECIAL PRESENTATION:

DEVELOPING HEALTHY RELATIONSHIPS

May 29, 2024 | 1:00 - 2:00 PM

Join us for a virtual presentation for grades 7-9. This session prepares youth for having healthy relationships, understanding consent, coercion, assertive communication, independence, and the balance of power in relationships. We also discuss teen dating violence, the cycle of violence and where to get help.



Visit **pleonline.ca** for details and to register.

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 for more information
or email us at pardonme@efry.com or call us at 604.520.1166.



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

Beyond THE SPECTRUM

FASD CONFERENCE 2024

HOSTED BY THE LAKELAND CENTRE FOR FASD

OCTOBER 22ND & 23RD, 2024

RADISSON HOTEL &
CONVENTION CENTRE

4520 76 AVENUE NW,
EDMONTON, ALBERTA

beyondthespectrum@lcfasd.com

Ticket Prices

Early Bird (May - July) - \$300.00

Regular (August - October) - \$350.00

STAY
INFORMED



Keynotes

KEITH
DA SILVA

DDS, MSC, FRCDC

ASSISTANT PROFESSOR
UNIVERSITY OF SASKATCHEWAN



KATHERINE
FLANNIGAN

PHD, R. PSYCH

RESEARCH ASSOCIATE
CANFASD



AUDREY
MCFARLANE

B.CR, MBA

EXECUTIVE DIRECTOR
CANFASD



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

Join us for Employment Supports in your local area!



AVAILABLE SERVICES

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

March 21st – Elk Point 10 - 1 pm

Elk Point Municipal Library
5123 50 Ave

April 04th – Vilna 10 - 1 pm

Vilna Municipal & District Library
5431 50 St

May 16th – Ashmont 9 - 12 pm

Ashmont Public Library
Main St, Ashmont

June 06th – 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



Lakeland
EMPLOYMENT SERVICES

IN-PERSON WORKSHOPS

MAY WORKSHOP SCHEDULE

May 1, 2024	Resume Development
May 8, 2024	Communication Skills
May 15, 2024	Skills & Interests
May 22, 2024	Interview Skills
May 29, 2024	Job Search Online and Traditional

WEDNESDAY AFTERNOONS – 1:30 PM

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

For more information or to register,
please call the Centre or email
ehilligas@employabilities.ab.ca

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



EMPLOYMENT SKILLS WORKSHOPS



May 2024 Calendar	
May 1, 2024	Internet Safety
May 8, 2024	Stretching Your Food Dollars
May 15, 2024	How to Setup a Bank Account
May 22, 2024	How to Apply for ID Cards
May 29, 2024	How to Apply for Your Treaty Card

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

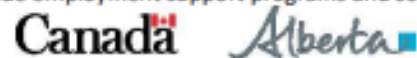
FOR MORE INFORMATION, OR TO REGISTER FOR ANY OR ALL OF THESE ONLINE SESSIONS, PLEASE CONTACT:

Cold Lake 587-491-2028 or email cbrant@employabilities.ab.ca
 Bonnyville 780-343-0924 or email rnicol@employabilities.ab.ca
 Lac La Biche 780-627-3071 or email rfraser@employabilities.ab.ca
 St. Paul 780-646-6729 or email ehilligas@employabilities.ab.ca
 Vegreville 780-631-1471 or email bsutherland@employabilities.ab.ca



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

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



Get connected & feel confident online.

Learn how with the Digital Literacy Program

START YOUR FREE TRAINING

(888) 839-9239

alberta.ca/DigitalLiteracy



Funded in part by the
Government of Canada's
Skills for Success Program

Canada

Alberta



FREE CRA WEBINARS DURING ALBERTA SENIORS WEEK

Join the Canada Revenue Agency for virtual information sessions.

The Canada Revenue Agency is offering free online information sessions during Alberta Seniors Week. To register for any (or all) of the webinars, send an email to the address below with your name and the session(s) you would like to attend. We will email you to join the webinar via Microsoft Teams.

DATE (in English)	Monday June 03, 2024 10:00 AM MT	Tuesday June 04, 2024 10:00 AM MT	Thursday June 06, 2024 10:00 AM MT
TOPIC	Be Scam Smart	Seniors Benefits & Credits	Be Scam Smart
Virtual Platform	MS Teams	MS Teams	MS Teams
Register now by emailing: OUTREACHABG@CRA-ARC.GC.CA			

2024 North-Central Regional Gathering

Bonnyville, AB



Join other Community-Based Seniors Serving professionals in your area for a day of learning and connection.

Monday, May 27, 2024

10:00 am - 4:00 pm

Bonnyville Seniors Drop In Centre

(4813 47 Ave, Bonnyville, AB T9N 1M4)

Speakers and Workshops:

The Healthy Aging Framework

Connecting People & Community for Living Well

Men's Sheds Alberta

Funded Partner - Age Friendly Cold Lake

[REGISTER HERE](#)

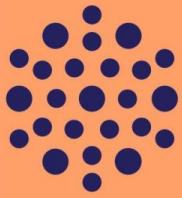
Lunch provided, registration is free! Spaces are limited.

Travel subsidies are available for individuals who are travelling more than 100 km.
More information is available here.



A network of community allies for older adults.

For more information on this gathering please reach out to Michael at michael.procinsky@healthyagingalberta.ca



Edmonton
Community
Legal Centre

Accessible Legal Advice and Information for Rural Alberta



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

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

CONTACT US



780 702 1725



intake@eclc.ca



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



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



Edmonton
Community
Legal Centre

☎ 780 702 1725
✉ intake@eclc.ca

Rural Family Law Help

Do you need help with a family law matter?

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

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



We can help with the following:

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

WE ARE UNABLE TO ASSIST WITH CHILD WELFARE MATTERS.



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



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



Indigenous Version

Prevent It!™

A little warriors program

little. warriors

**MAY 31, 2024 |
9:00 AM-12:00 PM**

Portage College PLE Program and Little Warriors are partnering to offer a free online Prevent It! workshop via Zoom, to educate adults to help prevent and respond to child sexual abuse. This session explores historical and colonial trauma and its intergenerational impacts on Indigenous children and families.

Participants receive a workbook and certificate.

**To Register or
learn more...**

Scan this QR code or visit
bit.ly/ple-prevent



Partners in providing public legal education:



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 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!

Musée St. Paul Museum



MUSÉE
ST. PAUL
MUSEUM

Open on Wednesday and Thursday.

We are also open by appointment any other day of the week.

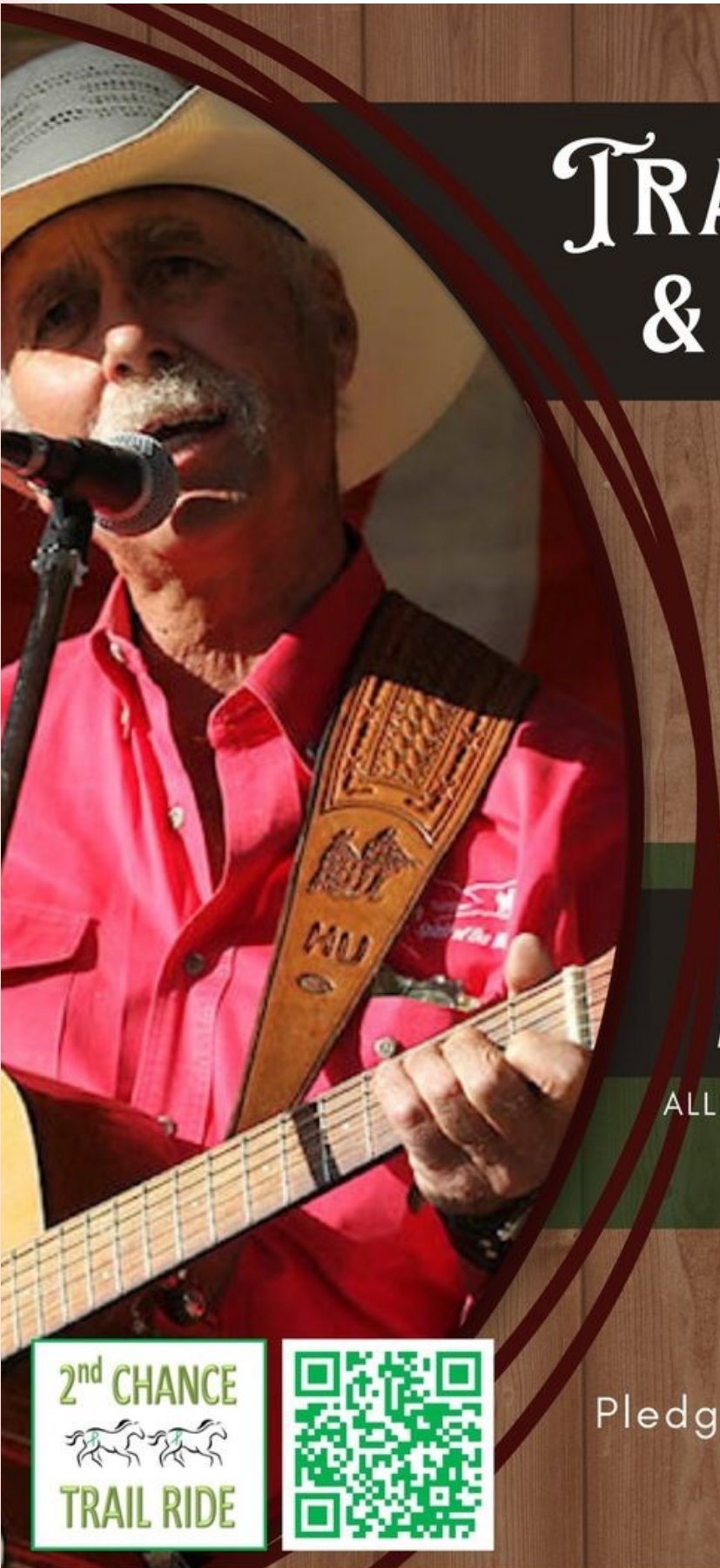
Call us at 780-645-5562 and leave a message for us to contact you to arrange your visit.

New this year: We've created a fundraising gift shop in our lobby. We have Margo Lagasse pottery, art prints and original paintings for sale. In addition, we have St. Paul history books and local author books for sale. Beautiful stuff that must be seen to be appreciated!



Come visit us!





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

Jayman
BUILT
MS WALK

ST. PAUL

**Take action and
create impact.**



Sunday, May 26, 2024
Register at mswalks.ca

MS Canada



GOLF TOURNAMENT

ST. PAUL GOLF COURSE

JUNE 7, 2024

REGISTRATION STARTS AT 9:00AM

SHOTGUN START @ 10:00AM

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

Golf Registration Required: www.stpaulchamber.ca

*******EARLY BIRD PRICING*******

Available until 11:59pm June 2

Individual Player - \$115

Team of 4 golfers - \$450

*******LATE REGISTRATIONS*******
June 3- June 6 (cut off at 2:00pm)
Individual Player - \$135
Team of 4 golfers - \$525

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

Sponsorship Opportunities

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

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
3. www.stpaulchamber.ca



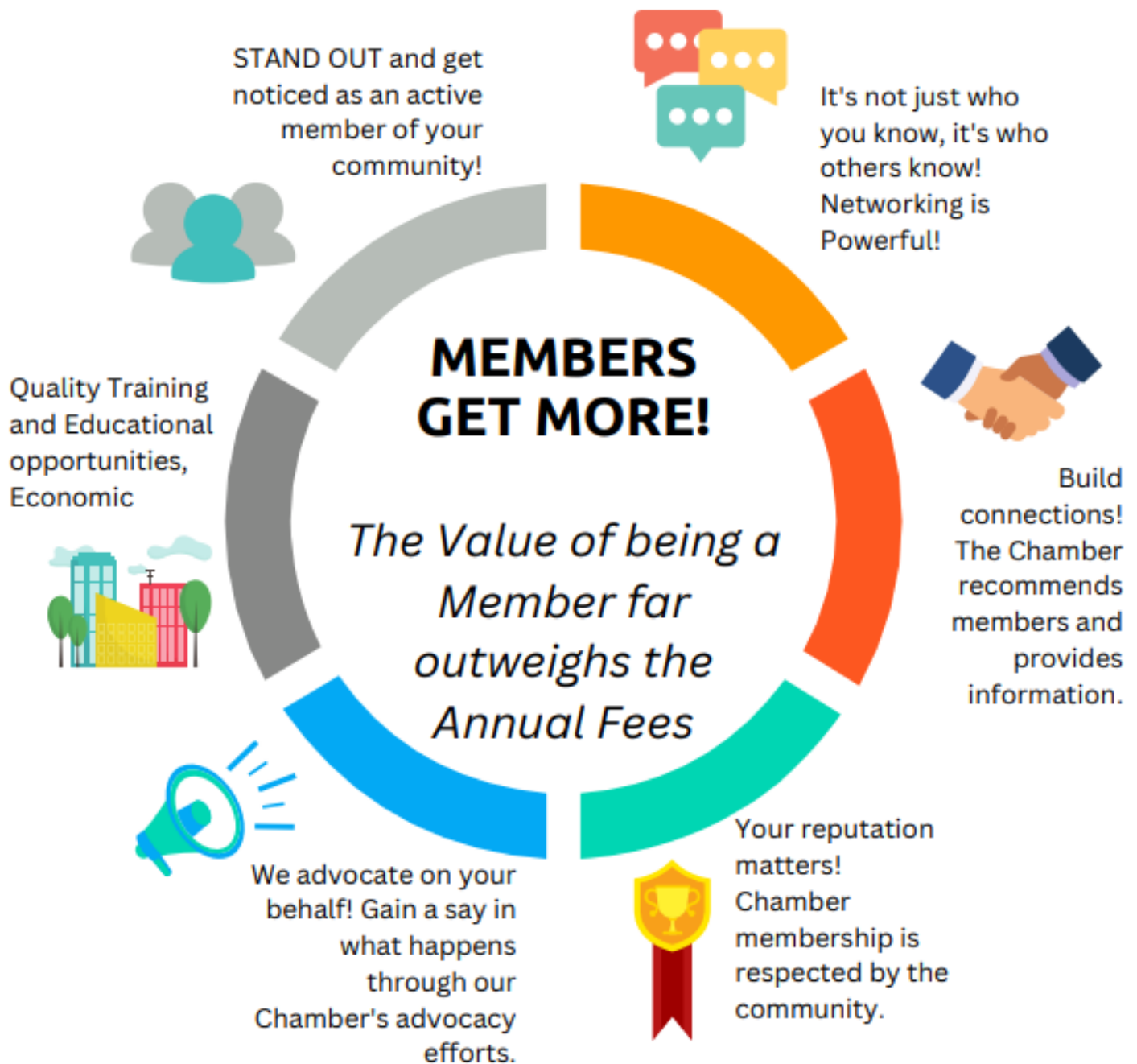
*Serving a
World in
Need*



Lions Mission:

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

Why Become a Chamber Member



St. Paul & District
Chamber
of Commerce



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
Website: www.stpaulchamber.ca



Join us for an open house at our main office in Bonnyville at 4808A 50 Ave

Drop-in, learn about our services, resources, and supports, learn how you can help, win some door prizes, and have some snacks & refreshments.

This event is open to families and community members.

We look forward to seeing you there!



Like us @thedragonflycentre.com

Dragonfly Centre

(they/them)

Sexual Violence Services

Toll Free: 1-866-300-4325

Office: 780-812-3174

info@dragonflysac.ca

www.TheDragonflyCentre.com

In the spirit of respect and truth, Dragonfly Centre wishes to take a step towards reconciliation by acknowledging the land on which we are situated today. Dragonfly Centre acknowledges the meeting grounds, gathering places, and traveling routes of the people of the Treaty 6 and 8 regions in Northern Alberta, which includes the Cree, and Dene (De-nay) people. This is also the Homeland of the Métis people.

We are grateful to live, work, play, and find our purpose here.



OPEN HOUSE

Come tour our centre and join us for this special event

Date: May 3, 2024 Time: 10 am - 1 pm

For our community partners

FREE

DIGITAL PARENTING

MAY 2

4 - 5 pm & 5 - 6 pm

Dragonfly Centre Bonnyville

A SESSION DESIGNED FOR CAREGIVERS OF CHILDREN OF ALL AGES TO LEARN ABOUT

- COMMUNICATION A STRATEGIES TO ENCOURAGE DIGITAL SAFETY
- SEXUALITY ONLINE: STRANGERS, SEXTING, SEXTORTION AND PORNOGRAPHY
- HOW TO KNOW IF YOUR CHILD HAS A PROBLEM ONLINE?

 **Sexual Violence Awareness Month**





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



★ 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

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

ASHMONT & DISTRICT AG SOCIETY



HERITAGE DAYS & FARMERS' MARKET

JULY 27-28



COME OUT TO THE ASHMONT
AGRIPLEX GROUNDS

MORE DETAILS COMING SOON

LA TENTE DE LECTURE READING TENT

Venez écouter une histoire
Come listen to a story

À la Bibliothèque Municipale
At the Municipal Library

Vendredi le 17 mai 2024
Friday May 17 2024

10h30 - Histoire en français pour les jeunes 0-5 ans

11h00 - English story for ages 0-5 years

12h00 - Histoire en français pour les jeunes 6 et plus

12h30 - English story for ages 6 and up

Registration not required
Un inscription n'est pas obligatoire



Pique-nique fin d'année!

Le 5 juin, 2024

**Au parc aquatique Lagassé
9h30 - 11h30**

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

Au menu: hotdogs, melon d'eau et gâteries

N'oubliez pas vos maillots, serviettes, crème solaire et un chapeau!



Year end picnic!

June 5th 2024

**At Lagassé water park
9:30 - 11:30**

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

On the menu: hotdogs, watermelon and treats

Do not forget your bathing suit, towel, sunscreen and hat!

GROUPE DE JEUX

OU / WHERE: ÉCOLE DU SOMMET

QUAND / WHEN: 9H30 À 11H30

LE 1 MAI - LA NATURE/NATURE

LE 8 MAI - FÊTE DES MÈRES/MOTHER'S DAY

LE 15 MAI - SANTÉ DENTAIRE/DENTAL HEALTH

**LE 22 MAI - NOS ÉMOTIONS/OUR FEELINGS
(ACTIVITÉ SPÉCIALE / SPECIAL ACTIVITY)**

**LE 29 MAI - LES MICROBES/GERMS
(PETITS SCIENTIFIQUES / LITTLE SCIENTIST)**



NEMA

SPRING Concert

Students & Instructors

Piano • Violin • Guitar

May

SUNDAY

5

2024

2pm

Portage College

5205 50 Ave, St. Paul

Admission by donation • beverage & snacks



**ELK POINT
MUNICIPAL LIBRARY**
Family Scavenger Hunt

Rock Painting

KICK-OFF PARTY!!

WHEN: FRIDAY MAY 10 4-7PM

WHERE: TOWN OFFICE PARKING LOT

WHO: YOU & THE WHOLE FAMILY

WHAT: KICK OFF THIS EVENT WITH A
FUN ACTIVITY AND COLLECT YOUR
FIRST CLUE!



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



Presented by:



MURDER MYSTERY NIGHT

18+

**FRIDAY MAY 24TH
6PM**

LIBRARY AFTER DARK

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

Family Story-time

At the Library

Fridays at 10:30am



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

*Registration required for kids participating in the craft.

May 3rd



May 10th



May 17th

Reading Tent Day



No registration required

May 24th



May 30th



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

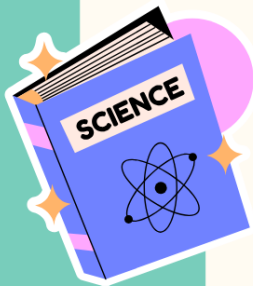


St. Paul Municipal Library

STEAM Program

Tuesday May 28th 1pm

AGES 6-12



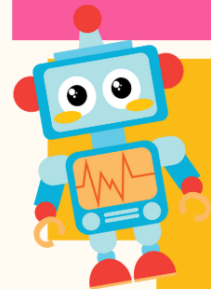
WHAT'S HAPPENING

- Fantastic Mathematic Games



Registration required Limited Space

*home school initiative



To register visit the Programs tab on our website

www.stpaullibrary.ab.ca

programs@stpaullibrary.ab.ca



Teen/Parent

Greeting Card Paint night

Wednesday May 8th 6pm

Limited space must be 13 years of age or older



Teens and parents will learn some watercolor techniques and make some beautiful cards.

Each person will get 2 cards



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

LAST WEDNESDAY OF THE MONTH BOOK CLUB

6:30pm at the St Paul Library

Want to join, or need more information?
E-mail Programs@stpaullibrary.ab.ca





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



Take and Make

DIY KITS TO GO

.....

**THERE'S A NEW
CRAFT AVAILABLE
EVERY WEEK**

**Have some fun with a craft
to make at home
New kits every Friday
While supplies last.**





ACCESSIBLE ACTIVITY

PROGRAM FOR ADULTS WITH DISABILITIES

Thursday May 16th 1pm
at the St Paul Municipal Library



BALLOON PAINTING

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

**MAY 25TH 1:00 PM
WITH THE ST. PAUL
LIBRARY**

**NATURE KIDS
GET OUT SIDE AND
HAVE SOME FUN!**



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



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

CA Theatre MPP

GAMES - STORY TELLING - VISUAL ARTS - IMPROV - CHARACTER DEVELOPMENT - PARTNER AND GROUP EXERCISES - PHYSICAL COMEDY - SOLO PERFORMANCE PRACTICE

\$400 FOR THE WEEK - FOR AGES 15 - 18

ETRANSFER MPDOWNTOWNARTSSTUDIO@OUTLOOK.COM TO REGISTER



JULY 15-19
9AM - 5PM
WITH CHRISTINE LESIAK

With a Master of Fine Arts in Drama from the University of Alberta, a Bachelor of Science in Physics, and extensive experience teaching in universities, workshops, private and public schools.

CAMP ROCK



\$400 JULY 8-12
9AM - 5PM

***AGES 13 - 20**
music experience required



WITH LEVON VOKINS

Music Degree, Audio Engineer & Professional Musician

Etransfer mpdowntownartsstudio@outlook.com to register



St. Paul & District Arts Foundation

4822 50 AVE, ST. PAUL

Mother's Day Paint Night

May 3rd, 6:30 to 8:30pm

\$35/participant

4822 50 Ave, St. Paul



etransfer

mpdowntownartsstudio@outlook.com

to book your spots



St. Paul District Arts Foundation



St. Paul & District Arts Foundation

**ST. PAUL AND DISTRICT
ARTS FOUNDATION
PRESENTS**



Festival

OF THE



ARTS

MAY 11TH | 4PM



**UKRANIAN CULTURAL CENTER
5601 51 ST, ST. PAUL, AB T0A 3A1**