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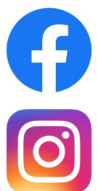
June 2024 NEWSLETTER Interagency

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, Sept 10th 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

- P2... Experience St Paul
- P3... Seniors' Week
- P4... You've Been Flocked
- P5... Camp Sunshine
- P6... Urban Poling
- P7... St Paul Men Let's Talk
- P8... St Paul Women Let's Talk
- P9... Friendly Welcome Program
- P10... Interagency Connection
- P11... Baby Wise Bundle
- P12... Support for Caregivers
- P13... Mallaig Tot Time
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- P16... Youth Drop in Calendar
- P17... Action for Happiness Calendar
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- P37... LFRN Calendar Elk Point
- P38-45... Elk Point April Events

Stay Informed

- P46... County Communicator
- P47... Coffee with a Cop

Health & Wellness

- P48-54... Alberta Health Services
- P55... Alzheimer Society Support Group
- P56... Survivors Support
- P57-58... Seniors Without Walls

For Your Development

- P59... Cyber Seniors
- P60... Rural Roots Academy
- P61... Labour Force Link
- P62... Portage College Public Legal Education
- P63-66... FASD Events
- P67... Youth Teepee Summit
- P68... Treaty Status Registration
- P69... Lemonade Day
- P70... The Garage
- P71-73... Employabilities North
- P74-75... Lakeland Employment Services
- P76... Digital Literacy
- P77... CRA Webinars
- P78-79... Rural Family Law Help
- P80... Ecole Mallaig Preschool Registration
- P81... Foreign Workers Workshop

Ways to Connect

- P82... Town of St Paul Community Guide
- P83... Town of St Paul App
- P84... Elk Point Ultra
- P85... Iron Horse Ultra
- P86... Musee St Paul Museum
- P87... Rainbow Rendezvous
- P88... SAGE Haven
- P89-93... Chamber of Commerce Event's & Info
- P94... The Village App
- P95... Ashmont & District Ag Society Heritage Days
- P96... Ashmont Legion Summer BBQ's
- P97 Franco accueil
- P98... Musee St Paul Museum Open House
- P99-108... St Paul Library Events
- P1089-111... 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



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



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

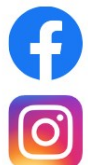
@ FCSS

(5002-51 Ave, St Paul)



REGISTER

Call 780-645-5311





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.

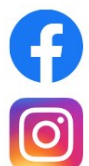
Meeting once a month on the
3rd Tuesday of each month.
Facilitated to men, by men.

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

June 11, 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

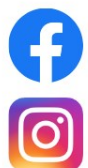
Tuesdays

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.

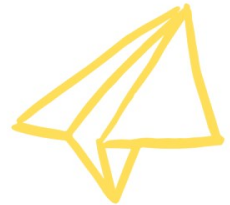
For more info call 780-645-5311



Lakeland

FAMILY RESOURCE NETWORK

KIDS AGED 7-12 SUMMER CAMP



MALLAIG

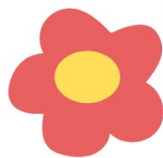
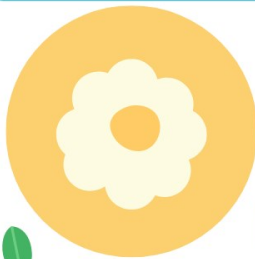
- AT THE MALLAIG HALL
- STARTING JULY 2 UNTIL AUGUST 15
- EVERY TUESDAY AND THURSDAY
- FROM 10AM TO 2PM

ASHMONT

- AT THE ASHMONT AGRIPLEX
- STARTING JULY 3 UNTIL AUGUST 19
- EVERY MONDAY AND WEDNESDAY
- FROM 10AM TO 2PM

ELK POINT

- LOCATION MAY VARY DEPENDING ON WEATHER
- ONLY JULY 5, 19, 26, AND AUGUST 9
- FROM 1PM TO 3PM



To register please contact Brooke or Emma at 780-645-5311 or by email at bdechaine@town.stpaul.ab.ca before June 30





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

June

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.

LEARNERS EDUCATION @THE GARAGE IN ELK POINT 3 4 5			Tennis @ Golf Course courts 6	Movie Night & popcorn <u>ONLINE OPTION</u> 7
Peer Study 10	quesadilla 11	REGISTER PROGRAMMING IN Ashmont 12	PICKLE BALL @ Kinsman PARK 13	Movie Night & popcorn <u>ONLINE OPTION</u> 14
Peer Study 17	stuffed peppers 18	REGISTER PROGRAMMING IN Ashmont 19	Ice cream in the park @ Kinsman PARK 20	Movie Night & popcorn <u>ONLINE OPTION</u> 21
YEAR END PARK PARTY Kinsman Park ~ Near high School Games ~ Summer programming INFO Ice cream 24 25 26			Skate Park Hangout 27	Movie Night & popcorn <u>ONLINE OPTION</u> 28



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St. Paul Regional
 FCSS & Family
 Resource Network

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

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

Joyful June 2024



ACTION FOR HAPPINESS

Happier · Kinder · Together

MONDAY



3 Re-frame a worry and try to find a helpful way to think about it

TUESDAY



4 Take a photo of something that brings you joy and share it

WEDNESDAY



5 Think of 3 things you're grateful for and write them down

THURSDAY



6 Get out into green space and feel the joy that nature brings

FRIDAY



7 Do something healthy which makes you feel good

SATURDAY

1 Decide to look for what's good every day this month

SUNDAY

2 Say positive things in your conversations with others



10 Bring joy to others by doing something kind for them

11 Eat good food that makes you happy and really savour it

12 Write a gratitude letter to thank someone

13 Take a light-hearted approach. Choose to see the funny side

14 Share a happy memory with someone who means a lot to you

15 Look for something to be thankful for where you least expect it

16 Speak to others in a warm and friendly way

17 Take time to notice things that you find beautiful

18 Look for something good in a difficult situation

19 Get outside and find the joy in being active

20 Rediscover and enjoy a fun childhood activity

21 Send a positive note to a friend who needs encouragement

22 Watch something funny and enjoy how it feels to laugh

23 Create a playlist of uplifting songs to listen to

24 Bring to mind a favourite memory you feel grateful for

25 Show your appreciation to people who are helping others

26 Make time to do something playful, just for the fun of it

27 Be kind to you. Do something that brings you joy

28 Notice how positive emotions are contagious between people

29 Share a friendly smile with people you see today

30 Make a list of the joys in your life (and keep adding to it)

2024

St Paul LOCATION

JuNe

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



03 Home School Hang-out <i>Create a Creature</i> 2pm-4pm REGISTER	04 Mallaig Tot Time 9:30am-11:30am DROP IN Run, Jump, Skip 10am - 12pm DROP IN	05 Ashmont Afterschool 3:30pm - 5:30pm FULL	06 Icky, Sticky, Messy 10am-12pm DROP IN Buggies on the Block 1:30pm - 3:30pm DROP IN	07 Triple P Tipsheet "Potty Training" w/ childcare 10am-11am DROP IN
10 Father's Day Activity 10am-12pm DROP IN	11 Mallaig Tot Time 9:30am-11:30am DROP IN	12 Ashmont Afterschool 3:30pm - 5:30pm FULL	13 Buggies on the Block 1:30pm - 3:30pm DROP IN	14 PD Day Youth Program REGISTER
Home School Hang-out <i>Father's Day Activity</i> 2pm-4pm REGISTER	Kids Have Stress Too <i>Childcare Available</i> 2pm-3pm REGISTER	Father's Day Activity 3:30pm-5:30pm REGISTER	Home Alone 3:30pm-5:30pm REGISTER	
17 ASQ Screening 10am-12pm REGISTER	18 Mallaig Tot Time 9:30am-11:30am DROP IN	19 Ashmont Afterschool 3:30pm - 5:30pm FULL Home Alone 3:30pm - 5:30pm REGISTER Dungeons & Dragons 6pm - 8pm REGISTER	20 Buggies on the Block 1:30pm - 3:30pm DROP IN Dad & Me Trout Pond Fishing 6pm - 7:30pm <i>See poster for details</i> REGISTER	21 Car Seat Check 10am - 12pm Bring your vehicle manual & seat manual REGISTER
24 Home School Hang-out <i>Outdoor Games & Paper Bag Kites</i> 2pm-4pm REGISTER	25 Mallaig Tot Time 9:30am-11:30am DROP IN	26 Little Chefs 10am - 12pm REGISTER	27 Buggies on the Block 1:30pm - 3:30pm DROP IN Run, Jump, Skip 6pm-7:30pm DROP IN	28 Rhymes Bind 10am-12pm DROP IN

Lakeland
 FAMILY RESOURCE NETWORK

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

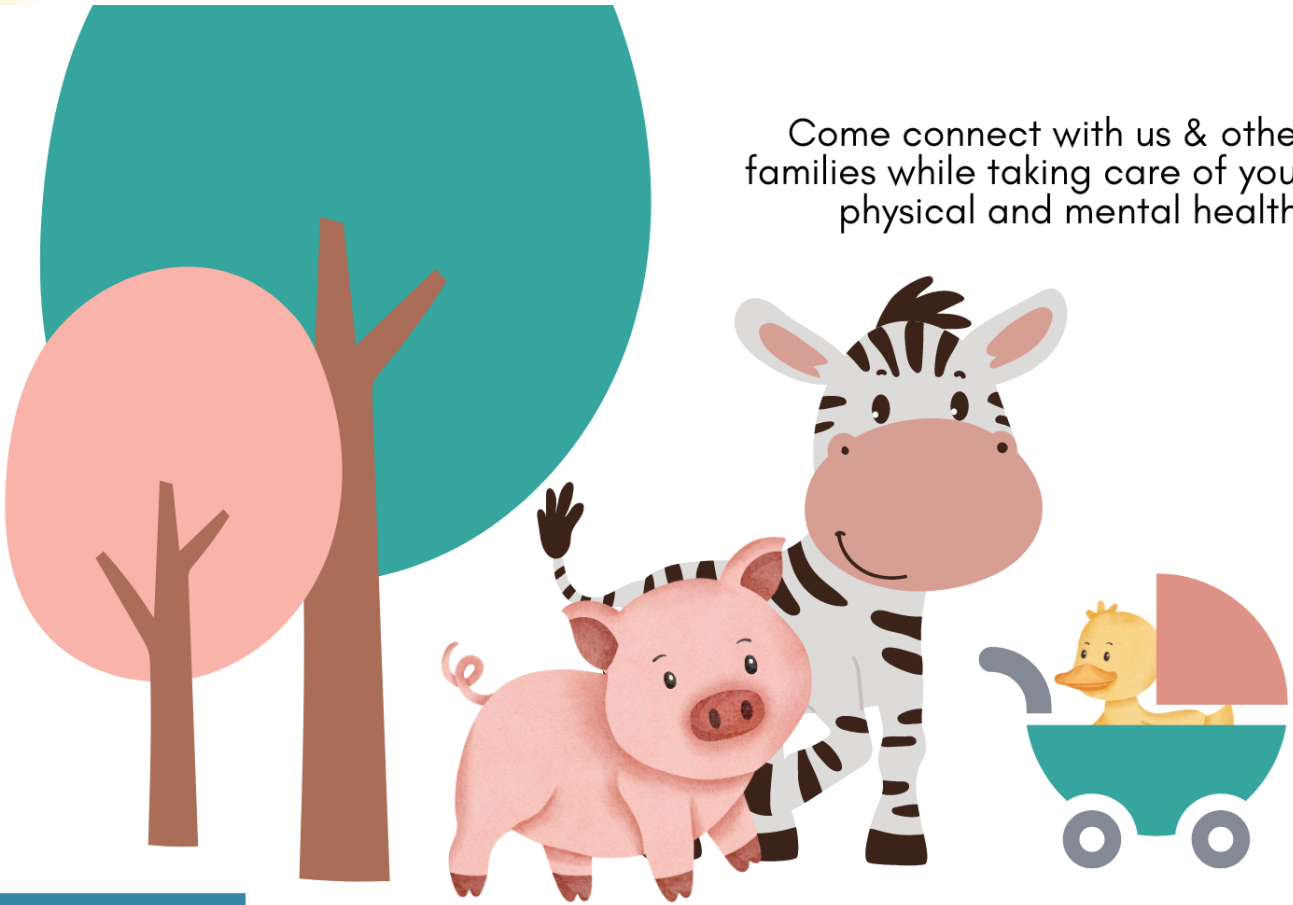


st.paul_fcsc



St. Paul Regional
 FCSS & Family
 Resource Network

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



0-18 MONTHS

Lagasse Park, East parking lot

Buggies on the Block

Weather Permitting
(Watch social media for updates)

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.





Tot Time

WITH
Parents &
Caregivers

Connecting & learning through play.

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

Mothers, fathers, grandparents & caregivers are all welcome.



DROP IN

Light snack provided.

For more info call 780-645-5311

**Mallaig
Tuesdays**

9:30AM-11:30AM

@ Mallaig Seniors Hall



Lakeland

FAMILY RESOURCE NETWORK



YOUTH 6+

LFRN St Paul 5002-51 Ave

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

Home School Hangout

Mondays in June
03, 10, 17 & 24

2pm - 4pm

CALL TO REGISTER
780-645-5311

FREE

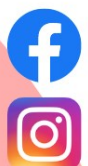
Lakeland

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.





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 June 04

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.





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 06
June

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.





Childcare Available

Triple P Positive Parenting Program helps you:

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

CAREGIVERS

LFRN St Paul 5002-51 Ave

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

Triple P Tip Sheet

Potty Training

Friday 07
June
10am - 11am

CALL TO REGISTER
780-645-5311

FREE



Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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



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

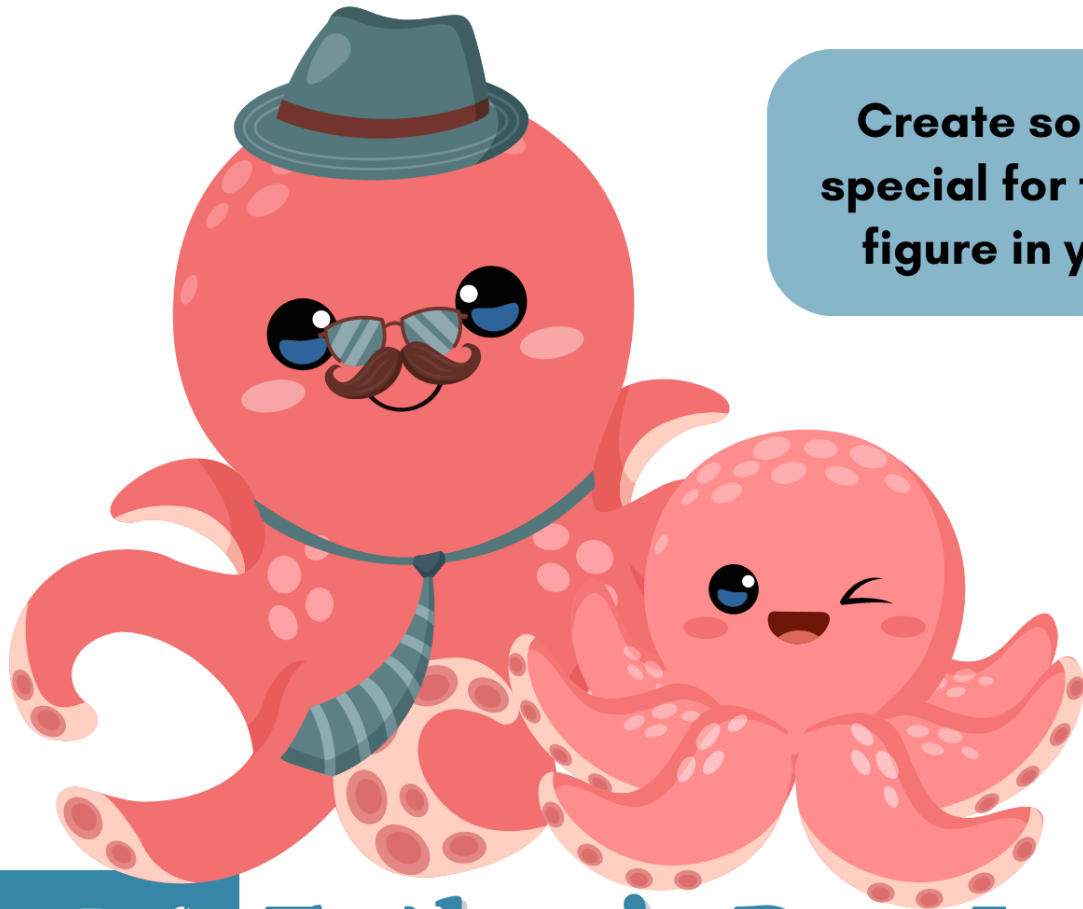
Toddler Topics
Sharing
Hurting Others
Wandering
Disobedience I
Tantrums
Language
Independent Eating
Bedtime Problems
Whining
Toilet Training

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



Create something special for the father figure in your life!

AGES 0-6

LFRN St Paul 5002-51 Ave

Father's Day Activity

Monday June 10

10am-12pm

DROP IN

780-645-5311



Supporting family connection and appreciation through creativity.

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.





Childcare
Available

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

CAREGIVERS

LFRN St Paul 5002-51 Ave

Kids Have Stress Too

Tuesday June 11

2pm - 3pm

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.





YOUTH 7+

LFRN St Paul 5002-51 Ave

Father's Day Activity

Wednesday June 12

3:30pm-5:30pm

CALL TO REGISTER
780-645-5311

FREE

Lakeland

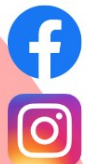
FAMILY RESOURCE NETWORK

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.

Supporting family
connection and
appreciation
through creativity.





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

Thursday June 13

3:30pm - 5:30pm

\$10 REGISTRATION FEE

CALL TO REGISTER
780-645-5311

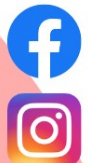
Lakeland

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.



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

Monday June 17

10am-12pm

CALL TO REGISTER

780-645-5311

FREE

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

Lakeland

FAMILY RESOURCE NETWORK

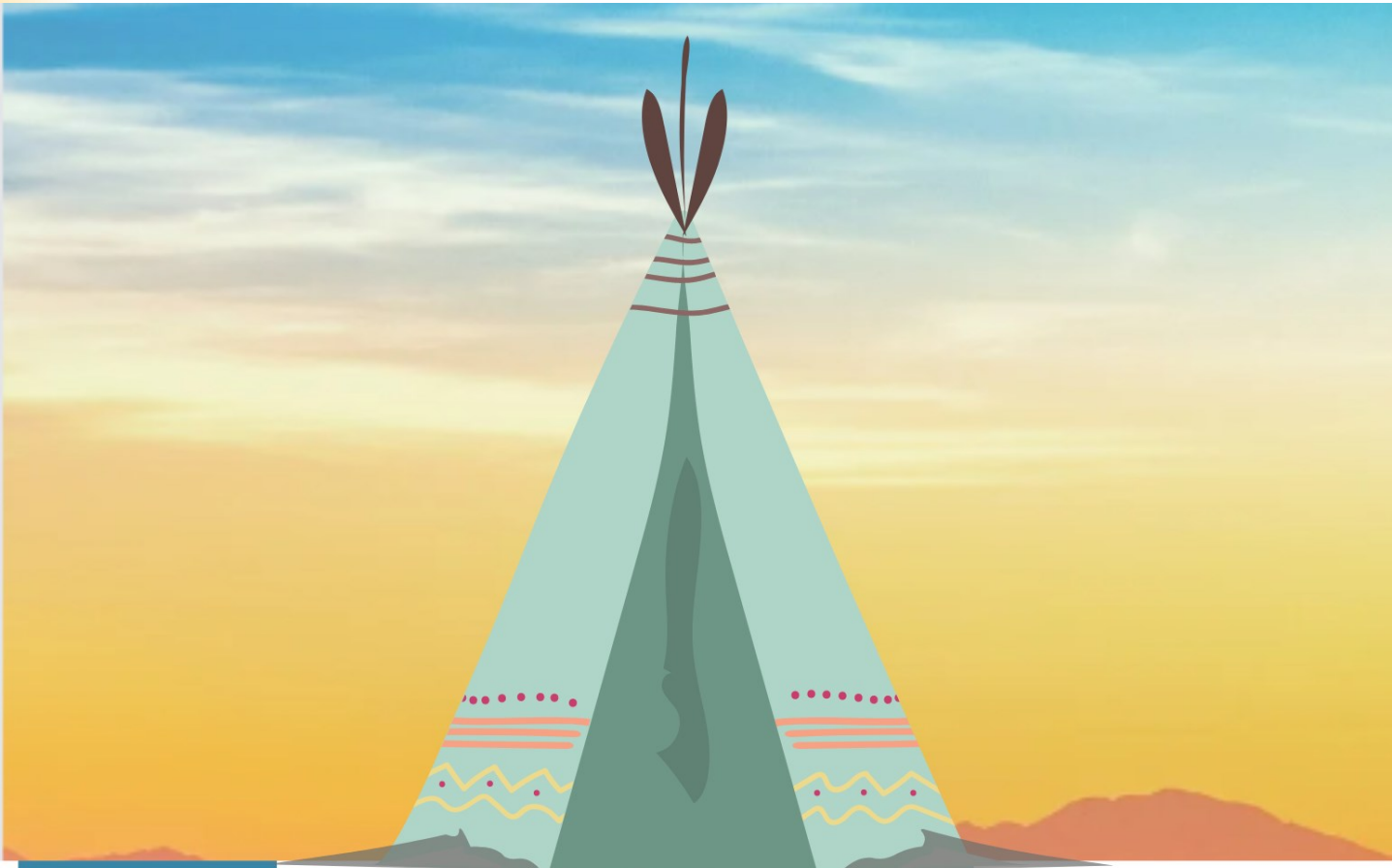
Connect with us for more information.

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.



AGES 0-6

LFRN St Paul 5002-51 Ave

Traditional Teaching

with Jan Tailfeathers

Tuesday June 18

10am-11:30am

CALL TO REGISTER
780-645-5311



Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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



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



**Dungeon Master
in attendance**
Snacks Provided

YOUTH 12-18

LFRN St Paul 5002-51 Ave

Dungeons & Dragons

Wednesday June 19

6pm-8pm

CALL TO REGISTER

780-645-5311

FREE

Lakeland

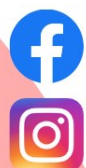
FAMILY RESOURCE NETWORK

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.





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 June 19

3:30pm - 5:30pm

\$10 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.



We invite you away from the hustle and bustle of everyday to fish with the father figure in your life.

LICA will have an interactive hands-on station with skulls and pelts.

St. Paul Fish and Game will have club program information.

Free hot dogs
*for those fishing

FOR ALL AGES

Trout Pond (53ave 40street)

Dad & Me Fishing

at the

TROUT POND

Thursday June 20

6pm - 7:30pm

CALL TO REGISTER

780-645-5311

FREE

Don't have a rod?
We have a limited supply to use.

St. Paul Fish & Game Association



LICA
ENVIRONMENTAL STEWARDS

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 June 21

10am-12pm

CALL TO REGISTER

780-645-5311

FREE



St. John Ambulance



Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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



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



AGES 0-6

LFRN St Paul 5002-51 Ave

Little Chefs

Wednesday June 26

10am-12pm

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.

Little hands learn how to mix and make yummy treats while practicing fine motor skills.





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

AGES 0-6

LFRN St Paul 5002-51 Ave

Helping promote healthy family relationships.

Rhymes that Bind

Friday June 28

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.



2024

Elk Point LOCATION

June

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



<p>03</p> <p>Get outside and enjoy the SUNSHINE!</p>	<p>04 Office OPEN</p> <p>8:30am - 12:30pm 1:30pm - 4:30pm</p>	<p>05 Office OPEN</p> <p>8:30am - 12:30pm 1:30pm - 4:30pm</p>	<p>06</p> <p>Outdoor Games @ The Garage 3:30pm - 5:30pm DROP IN</p>	<p>07</p> <p>Father's Day Craft 10am - 12pm DROP IN Buggies on the Block 1:30pm DROP IN</p>
<p>10</p> <p>Plan a get together with FRIENDS!</p>	<p>11 Office OPEN</p> <p>8:30am - 12:30pm 1:30pm - 4:30pm</p>	<p>12 Office OPEN</p> <p>8:30am - 12:30pm 1:30pm - 4:30pm</p>	<p>13</p> <p>Youth Group Fathers Day 3:30pm - 5:30pm REGISTER</p>	<p>14</p> <p>CLOSED</p>
<p>17</p> <p>Visit the LOCAL Farmer's Markets!</p>	<p>18 Office OPEN</p> <p>8:30am - 12:30pm 1:30pm - 4:30pm</p>	<p>19 Office OPEN</p> <p>8:30am - 12:30pm 1:30pm - 4:30pm</p>	<p>20</p> <p>Youth Group Easy Summer Snacks 3:30pm - 5:30pm REGISTER</p>	<p>21</p> <p>Icky Sticky Messy Play 10am- 12pm DROP IN Buggies on the Block 1:30pm DROP IN</p>
<p>24</p> <p>Try something NEW this week!</p>	<p>25 Office OPEN</p> <p>8:30am - 12:30pm 1:30pm - 4:30pm</p>	<p>26 Office OPEN</p> <p>8:30am - 12:30pm 1:30pm - 4:30pm</p>	<p>27</p> <p>Babysitters Busy Kit 3:30pm - 5:30pm REGISTER</p>	<p>28</p> <p>Rhymes That Bind 10am - 12pm DROP IN Buggies on the Block 1:30pm DROP IN</p>



Lakeland
FAMILY RESOURCE NETWORK

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



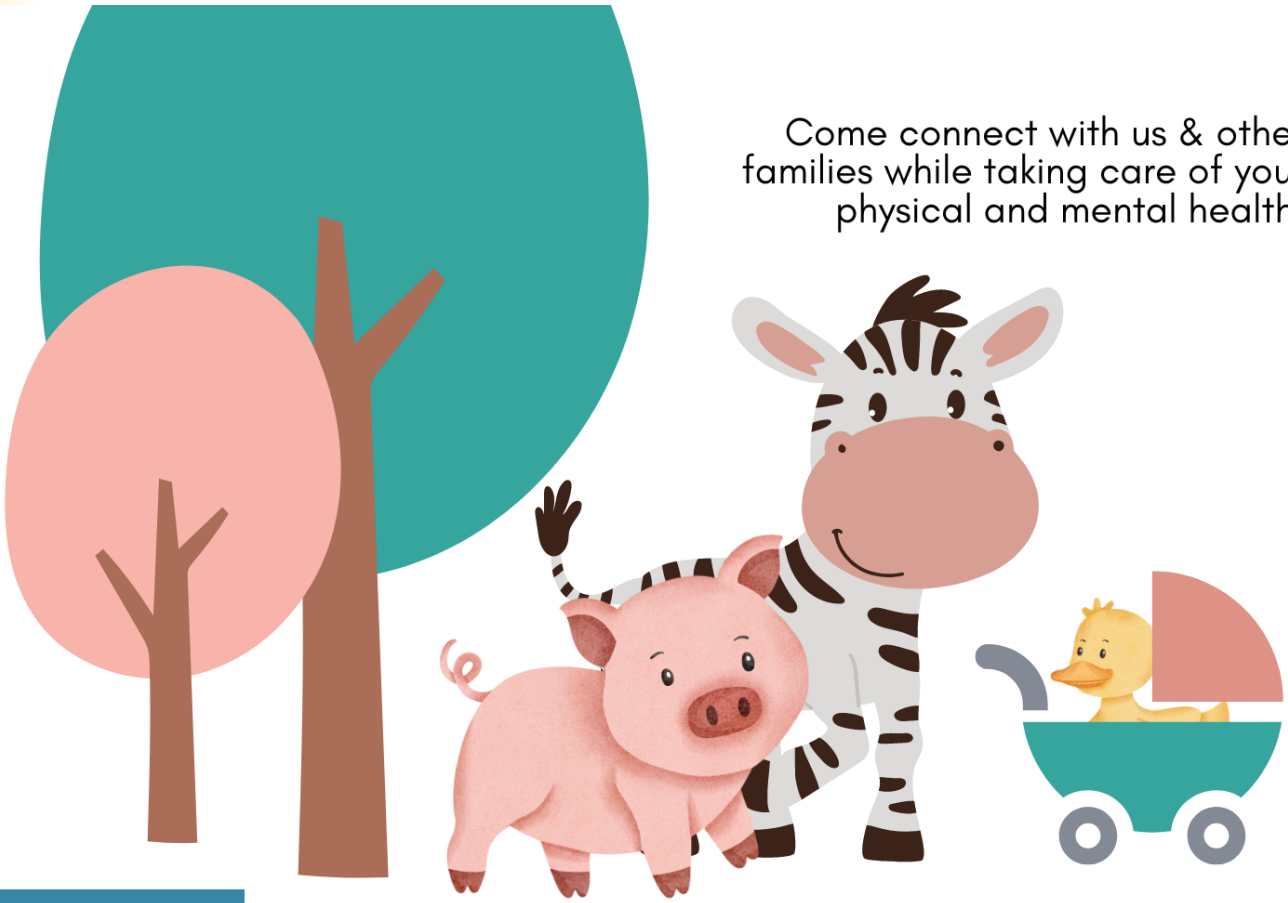
st.paul_fcsc



St. Paul Regional
FCSS & Family
Resource Network

Elk Point Location

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



0-18 MONTHS

Stafford Park, Centennial Drive

Buggies on the Block

Weather Permitting
(Watch social media for updates)

Fridays
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



Have fun and learn a new game!

Join us at The Garage to play our variety of outdoor games..

YOUTH 11+

4826 Railway Ave

Outdoor Game Fun

Thursday June 06

3:30pm-5:30pm

FREE

780-724-3800



The Garage

Youth Unlimited™

Hang out,
connect with
peers and meet
new friends!

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

Father's Day Craft

Friday
June **07**

10am-12pm

DROP IN

780-724-3800



Create a craft for
your special
person.

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.



Happy Father's Day

Let us help you celebrate
the special person in your
life who fulfills this role for you.

YOUTH 7+

LFRN Elk Point 4906-48 St

Father's Day

Thursday
June 13

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



YOUTH 7+

LFRN Elk Point 4906-48 St

Encouraging connection with others, fostering a sense of responsibility and promoting healthy eating.

Easy Summer Snacks

Thursday June **20**

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



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
June 21

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

**Fine Motor
Fun**

**Matching
Games**

**Coloring
Pages**

**Action
Songs**



YOUTH 11+

LFRN Elk Point 4906 48 St

Babysitter Busy Kit

Thursday June 27

3:30pm-5:30pm

CALL TO REGISTER

780-724-3800

FREE

Join us in
creating your
own kit!

Activities and
suggestions that
can help build
your babysitting
skills.

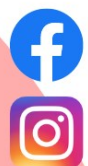
Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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



Elk Point Location



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

AGES 0-6

LFRN Elk Point 4906-48 St

Helping promote healthy family relationships.

Rhymes that Bind

Friday
June 28

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.





COUNTY COMMUNICATOR

Our Mission is to Create Desirable Rural Experiences

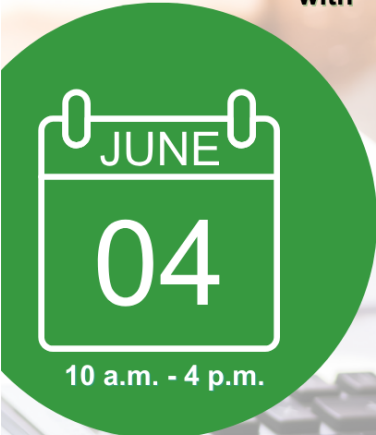
HOW'S THE COUNTY'S COMMUNICATION?

Scan to take this short survey!
Closes June 30



You're Invited! ASSESSMENT OPEN HOUSE

with



10 a.m. - 4 p.m.

Call 587-465-1506 or email tax@county.stpaul.ab.ca to book an appointment.

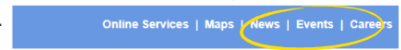
Held at the County Admin Office! Bring your Property Assessment (from your Tax Notice) and your questions.



Taxes are due and payable on or before June 30

WEBSITE SUBMISSIONS - EVENTS CALENDAR

1 Open our 'Events' webpage, in the top header.



For Residents ▾

2 Scroll down to the 'Submit Event' button, below the first page of listed events.



3 Complete the Event Form with your event info. Click off on the CAPTCHA and waiver boxes before selecting 'Submit'.

4 As the form does not include an upload section for images or posters, attachments can be sent separately by email to countysp@county.stpaul.ab.ca

Include the Event Name and Organization Name in the Subject Line of the email.

REEVE, GLEN OCKERMAN
gockerman@county.stpaul.ab.ca
780-210-1025

DIVISION 1, DARRELL YOUNGHANS
dyounghans@county.stpaul.ab.ca
780-645-8513

DIVISION 2, KEVIN WIRSTA
kwirsta@county.stpaul.ab.ca
780-614-5959

DIVISION 3, ROSS KREKOSKI
rkrekoski@county.stpaul.ab.ca
780-614-8295

DIVISION 4, MAXINE FODNESS
mfodness@county.stpaul.ab.ca
780-645-4778

DIVISION 5, DALE HEDRICK
dhedrick@county.stpaul.ab.ca
780-210-0889

DIVISION 6, LOUIS DECHAINE
ldechaine@county.stpaul.ab.ca
780-210-0467

CHIEF ADMINISTRATIVE OFFICER
jwallsmith@county.stpaul.ab.ca
780-646-6742

ADMIN OFFICE: 780-645-3301

Community at the Core | Accountability in Action | Lead and Succeed | Unwavering Integrity | Innovate to Elevate

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

SCREEN TEST

Mobile Mammography Screening is coming to:

St. Paul

July 2 to 11, 2024

Community Health Services



Appointments are required. Call to book:

1-800-667-0604 (toll free)

To learn more visit: screeningforlife.ca

*Thank you for supporting Screen Test for over 30 years.
Together we are saving lives, one community at a time.*



**SCREENING
FOR LIFE.CA**



Post until: Jul. 11, 2024

Stress Online Workshop

This **free**, interactive workshop includes a basic discussion of stress and how we can recognize when it becomes a problem for our health. Participants will come away with a personal stress reduction action plan, which may include stress management techniques introduced in the workshop.

Upcoming Workshops



Wednesday, June 5, 2024



10:00 am - 11:30 am



[Register Here](#)

Join Carolyn and Sarah in this engaging online workshop to learn practical tools to help reduce the effects of stress on the mind and body.



Trouble with registration, email: Sarah.Cole@ahs.ca or carolyn.evancio@ahs.ca



Requirements

- Internet connection
- Audio (headset with microphone preferred)
- Access to MS Teams or Zoom (workshop link will be sent before the workshop)

Mental Health Promotion & Illness Prevention
Email: mentalhealthpromotion@ahs.ca
Version: 01. 2023-11.
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Alberta Health
Services

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

June 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

Jun 5	Wed Morning	9:30-12:00pm
Jun 5	Wed Evening	5:30-8:00pm
Jun 13	Thurs Afternoon	1:30-4:00pm

Nutrition

Jun 12	Wed Morning	9:30-11:00am
Jun 12	Wed Evening	5:30-7:00pm
Jun 20	Thurs Afternoon	1:30-3:00pm

Ongoing Care

Jun 19	Wed Morning	9:30am-12:00pm
Jun 19	Wed Evening	5:30-8:00pm
Jun 27	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

Jun 19	Wed Morning	9:30am-12:00pm
Jun 26	Wed Evening	5:30-8:00pm

Nutrition

Jun 19	Wed Evening	5:30-7:00pm
Jun 27	Thurs Morning	9:30-11:00am

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
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Help using
Zoom is
available!

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

Jun 25, 18, Jul 2	Tue Evening	5:30-8:00pm
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Series 2—Classes 2.1, 2.2, & 2.3

Jun 4, 11, 18	Tues Afternoon	1:30-4:00pm
Jun 13, 20, 27	Thurs Morning	9:30-12:00pm

Series 3—Classes 3.1 & 3.2

Jun 5 & 12	Wed Evening	5:30-8pm
Jun 6 & 13	Thurs Afternoon	1:30-4pm

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
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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
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Better Choices, Better Health

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

Living with Chronic Pain

Jun 13 – July 18	Thurs Evening	6:00-8:30pm
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To register for a Zoom class call:

1-877-349-5711

Or

<https://www.healthylivingprogram.ca>



**Alberta Health
Services**

Alberta Healthy Living
Program

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

Free Exercise Program

Alberta Healthy Living Program

Education that supports your health and your life



Upcoming Sessions:

June 3 - July 15, Mon/Wed	1:00pm-2:30pm
June 3 - July 15, Mon/Wed	6:00pm-7:30pm
June 25 - Aug 1, Tues/Thurs	10am-11:30am

- 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



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



Living with Stroke Support Group

A group to provide stroke survivors and their families with educational and emotional support following a stroke. This group will offer a place for survivors and caregivers to come together virtually and share their experiences with others.

Discussion topics may include:

- Post-Stroke Fatigue
- Mood and Cognition
- Healthy Eating
- Physical Activity
- Stress Management
- Stroke Prevention

When: 2nd Thursday of every month at 3:00pm

Where: Offered online via **Zoom Video Conferencing**

FREE!

Pre-registration required

Available for residents of communities in the North Zone



To register and receive the Zoom link visit:

<https://redcap.link/strokesupport>



Or for more information: Ph - 780-402-8166




Healthy Albertans.
Healthy Communities.
Together.



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>	

ALBERTA BRAIN INJURY NETWORK

SURVIVORS SUPPORT



GROUPS!



WHEN & WHERE?

Tuesday June 11 from 1 – 2 pm
Online via Zoom

Tuesday June 18
at the St. Paul Municipal Library from 1 – 2 pm

WHO?

All community members who have an acquired brain injury and looking to make connections with supports and community!!!

FOR MORE INFO CALL: 780-645-3441 EXT. 232



Or E-MAIL abin@spanet.ab.ca





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.

JUNE 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:30am: Nostalgia Moment 11am: Exercise 1pm: The Big Picture 3pm: Secret Garden 9	4 11am: Imagination Circle 1pm: In the Headlines 3pm: Paul McCartney 4:30pm: Jeopardy	5 9:30am: Crime and Justice 11am: Let's Talk About... 1pm: Middle East History 1pm: Estranged Relationships 3pm: Exercise	6 9:30am: Gratitude 11am: Who Why When 1pm: Would You Rather? 3pm: Person Place or Thing 4:30pm: Phantom of the Opera 3	7 9:30am: Classical Music Hour 11am: Exercise 1pm: Writing for Fun 3pm: Coffee Chat
10 9:30am: Funny Bone 11am: Exercise 1pm: Global Agriculture 3pm: Secret Garden 10	11 11am: Mindfulness 1pm: Science Savvy 3pm: Readers' Corner 4:30pm: Name That Tune	12 9:30am: Lost Cities 11am: Marvelous Minds 1pm: Coffee Chat 1pm: Estranged Relationships 3pm: Exercise	13 NO PROGRAMS	14 9:30am: All Request Music 11am: Exercise 1pm: Animal Spotlight 3pm: Some Good News
17 9:30am: Ponder This 11am: Exercise 1pm: Let's Talk About... 3pm: Next Stop: Iceland	18 11am: Imagination Circle 1pm: Indigenous Activists 3pm: Nutrition for Health 4:30pm: Trivia	19 9:30am: Canada's Milestones 11am: EPL Presents! 1pm: In the Headlines 1pm: Estranged Relationships 3pm: Exercise	20 9:30am: Gratitude 11am: Unexplained 1pm: For Your Body 3pm: Coffee Chat	21 9:30am: Songs of Faith 11am: Exercise 1pm: Writing for Fun 3pm: BINGO
24 11am: Finish the Phrase	25 11am: Mindfulness	26 11am: Animal Spotlight	27 11am: Gratitude	28 11am: Coffee Chat

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

www.labourforcelink.ca



Empower Your Workforce with Labour Force Link: Your Complete Solution for Customized Support and Expert Guidance

FREE support for employers:

- **Recruitment Strategies:** Tips and tools to find and keep great employees.
- **Links to Workers:** Connect to job-seekers via our website, social media, and organized hiring events.
- **Help You Grow:** Improve your employee's skills, plan for the future, and create a diverse and inclusive workplace.
- **Job Market Support:** Smart advice on dealing with local job shortages so your business stays strong.
- **Information & Referrals:** Links to helpful resources and assist with applying for government-funded programs.

Contact Us:

- Athabasca & Lac La Biche 780-404-4496
- Bonnyville & Cold Lake 587-201-4858
- St. Paul & Vegreville 780-242-2484

Lauren Houle



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

Canada

Alberta



UPCOMING EVENTS



Employment Inclusion Webinar

Mon, Jun 3, 2024

1:00 PM - 3:00 PM MDT



Planning for the Future: Wills & Estate Matters in Alberta (webinar)

Tue, Jun 4, 2024

1:30 PM - 3:30 PM MDT

To Register

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



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



Change a life

SPONSOR A KID TO GO TO CAMP
Donate Today

Cost to send a
child to camp
\$500 per child
\$100 = 1 Day



LCFASD can
provide a
charitable tax
receipt

Lakeland Centre for FASD
www.lcfasd.com




Caregiver Support Night

In person session:
Lakeland Centre for FASD (Cold Lake)
June 10th, 7-8pm
4823 50st Cold Lake

Virtual Session:
June 17th, 7-8pm via Teams

Topic: Compassion Fatigue & Burnout

- **Connect with other Caregivers and Parents**
- **FASD Best Practices**
- **Light snacks and refreshments**
- **For more information or to register please email admin@lcfasd.com or contact your Outreach Coordinator for the link**

 780-594-9905

 lcfasd.com

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





EMPLOYMENT WORKSHOP

FIRST STEPS TO EMPLOYMENT

Thursday From 10am-12pm
4823 50th Street, Cold Lake

WEEKLY TOPICS

June 6, 2024

Budgeting and Meal Planning

June 13, 2024

Resume Building

June 20, 2024

Interviewing Skills

June 27, 2024

Work Readiness

CONTACT



780-594-9905



admin@lcfasd.com



www.lcfasd.com



4823 5th Street, Cold Lake



WHO: Individuals with FASD or possible FASD

WHAT: Enhance skills, pursue appropriate employment goals, increase self-reliance and community participation

WHEN: Thursday from 10am-12pm

WHERE: 4823 50th Street, Cold Lake

FOR MORE INFORMATION PLEASE CONTACT:

780-594-9905

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

Canada

Alberta




FIRST NATIONS
HEALTH CONSORTIUM



2024 YOUTH TEEPEE SUMMIT

July 29 - 31, 2024

Reconciliation to Reconcili-ACTION

 **North East River Valley Event Center, Edmonton**

903 - 153 Ave NE - Edmonton, Alberta T5Y 6K8

Register Now!



Stay tuned for more announcements!



**FIRST NATIONS
HEALTH CONSORTIUM**



TRANSITIONING INTO ADULTHOOD & TREATY STATUS REGISTRATION



**Did you know?
First Nations Health Consortium staff
work with First Nations families on
treaty status registration assistance
as well as advising youth
during their journey to adulthood.**



**Find out more:
1-844-558-8748
www.abfnhc.com/support-services**



**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



Lakeland
EMPLOYMENT SERVICES

IN-PERSON WORKSHOPS

JUNE WORKSHOP SCHEDULE

June 5, 2024	Resume Development
June 12, 2024	Communication Skills
June 19, 2024	Skills & Interests
June 26, 2024	Interview Skills

WEDNESDAY AFTERNOONS – 1:30 PM

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

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

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

Canada  Alberta 

EMPLOYMENT SKILLS WORKSHOPS



June 2024 Calendar	
June 5, 2024	Basic Computer Skills
June 12, 2024	Email
June 19, 2024	Word
June 26, 2024	Smart Devices

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 rnicoll@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			



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!



ÉCOLE MALLAIG PRESCHOOL

*is now accepting registrations
for the 2024-25 school year!*

3 CLASSES
PER WEEK
ONLY \$37.00
A MONTH!

THIS PROGRAM INCLUDES:

- ✓ Children aged 3.5 - 5
- ✓ 3 days/week: Mon/Wed/Fri
- ✓ 8:30 - 11:30 AM
- ✓ Reduced registration fees due to government affordability funding!

For more information or to register for our preschool program, please contact us at the school.

📞 780-635-3858 ✉️ handkell@sperd.ca

Note: Program subject to sufficient enrollment





Temporary Foreign Workers and Work Permit Holders Employee Rights Training Workshop

with Lisa de Gara from
Action for Healthy Communities

Tuesday
June 11, 2024
10:45 am
(approx. half day
session)

Location: Portage College St. Paul Campus, Room #141
5205 - 50 Ave. St. Paul

Campus Directory: <https://www.portagecollege.ca>

Are you in Canada on a work permit? Are you a TFW? Interested in learning more about Canadian laws and Permanent Residency? STEP invites you to come to our session at Portage College Campus in St. Paul on June 11. This is a safe, private, and worker-focused workshop that will provide an overview of Employment Standards, Occupational Health and Safety, Reporting, Temporary Foreign Worker Information, and Permanent Residency.

For additional information, contact Linda Sallstrom: 780-646-2975 or lsallstrom@stepeconomicdevelopment.ca

Christine Warkentin, CALP Settlement Worker
780-614-6369 christine.warkentin@portagecollege.ca



summer 2024 COMMUNITY GUIDE



TOWN OF

ST. PAUL

A People Kind of Place



*Scan
& Access*



Download Our App & Connect

Google Play

App Store



TOWN OF

ST. PAUL

Elk Point Ultra - 60KM



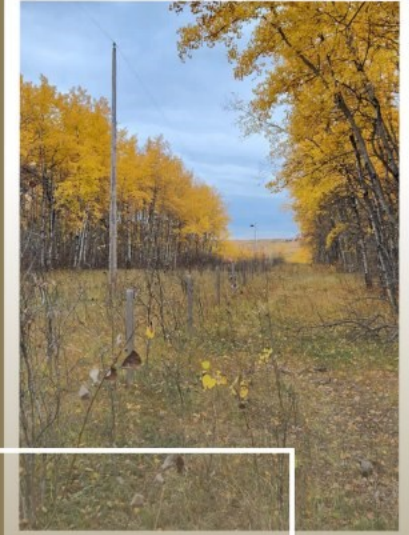
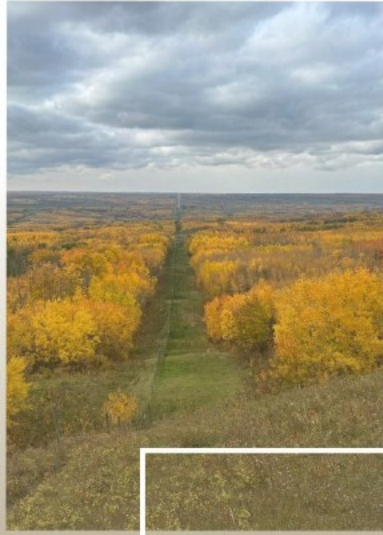
WHEN: OCTOBER 5, 2024

START TIME: 12:00PM

REGISTER AT;

[WWW.IRONHORSEULTRA.COM/
ELK-POINT-ULTRA-60](http://WWW.IRONHORSEULTRA.COM/ELK-POINT-ULTRA-60)





REGISTRATION

2024

IRON HORSE ULTRA

Early Bird

\$100/Runner
December 15th to
January 31st

Regular

\$150/runner
February 1 to
June 30th

Late

\$200/Runner
July 1st to
September 15th

Register now and find out more

through our website

www.ironhorseultra.com

Iron Horse



Ultra 100

Race Weekend: October 4th, 5th and 6th
Race Starts: 7:00 AM Saturday, October 5th

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!





Pride St. Paul Presents:

RAINBOW REND & ZZYVOUS

2024

June 2nd, 2024

12pm-4pm

**Mannawanis Native
Friendship Centre
(4901 50th St, St. Paul, AB)**

**JOIN US FOR A FAMILY FRIENDLY PRIDE EVENT AS WE
CELEBRATE THE EVER GROWING DIVERSITY AND
CONNECTION IN OUR COMMUNITY!**

**Whether you want to do some shopping at our vendor market,
get your face painted, play bingo, enjoy a BBQ, take in a story
in the reading corner, dance the afternoon away or listen to
stories from our panel speakers, there is something for everyone
to enjoy!**



**Admission to the event is by cash donation with all proceeds
going to the St. Paul Food Bank
(Donations of non-perishables also accepted)**

All media representatives must check in with an event organizer upon arrival

S.A.G.E Haven

A support group and safe space for anyone who identifies as a member or ally of the 2SLGBTQIA+ community.

(Participation is confidential)


Families and youth welcome!


Attend in person or online!


Access resources!

Connect with others!

For more information regarding dates/times/locations and online options to attend, please contact us via email or Facebook Messenger.

 pridestpaul@gmail.com

 Pride St. Paul - Alberta

We're here to help, we're here to listen,
& there are more of us than you realize 



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.

St. Paul & District Chamber of Commerce Rodeo Week Kick off Party



FUN MONEY
Casino Games
8-11 pm

18+ ADULTS ONLY



August 28, 2024

St. Paul Rec Centre

**Join us to celebrate local businesses and all they
do to support our community**



\$60 per person | \$450 for a table for 8



**Treat your staff,
co-workers or a
group of friends
for a fun evening
of networking**

**Cocktails @ 5:30pm
Supper @ 6:00pm**

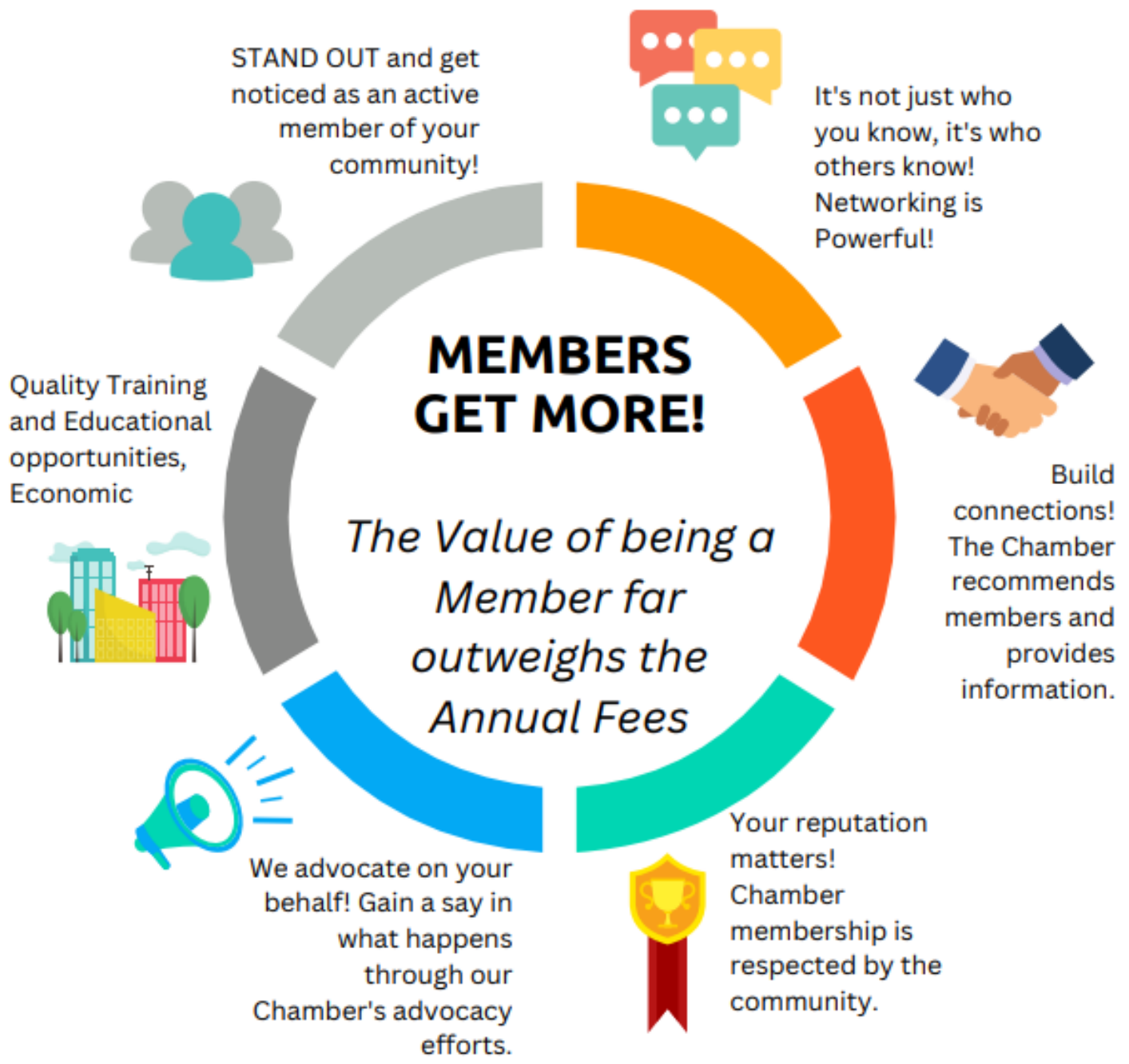


**\$20.00 per team with
cash payouts**

St. Paul & District
Chamber of Commerce

Tickets available online at: www.stpaulchamber.ca
For more information contact Chamber of Commerce at:
Phone: 780-645-5820 or Cell (text) 780-210-5820
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
Website: www.stpaulchamber.ca



CAREER CONNECTIONS

REGIONAL JOB FAIR

Join us for a day of networking and connect with jobseekers in the area!



THURSDAY, 17 OCTOBER 2024



Optional workshop:
10:00am - 11:00am

Gate Open:
12:00 PM - 07:00 PM



St. Paul Rec Centre
4802 53 St, St. Paul, AB T0A 3A4



Early Bird rate : \$75.00
Regular rate: \$100.00

Register by Sept. 15 for Early Bird Discount!

Includes:

- Workshop by Workforce Consultant from Labour and Workforce Strategies
- 8X8 Booth Space
- Lunch



[Register](#)





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



ASHMONT & DISTRICT AG SOCIETY



HERITAGE DAYS & FARMERS' MARKET

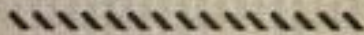
JULY 27-28



COME OUT TO THE ASHMONT
AGRIPLEX GROUNDS

MORE DETAILS COMING SOON

Summer
BBQ



\$22

Steak Plate

OR

\$10

Hamburger
Plate

*Brought to you
by the
Ashmont Legion*

*All profits will continue
to support community
projects!*



FRIDAY NIGHT BBQS

June 7

July 5

Aug 2

Sept 6

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

Ashmont Legion Hall

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!

**TAKE A
WALK
THROUGH
TIME!**

**A Unique &
Interactive
Experience!**

ADMISSION

Adults . . . \$10

Students . . . \$5

JUNE 23 - FREE!

***DONATIONS
APPRECIATED***



MUSÉE ST. PAUL MUSEUM

presents

Updated Displays & Youth Programming

*Expanded Ukrainian Heritage Exhibit & Sneak Peek at
the Newly Added Willingdon Canadian Pacific Railway Station!*

Join us throughout the Summer and for our

2024 OPEN HOUSE!!

SUNDAY, JUNE 23rd NOON - 4:00 p.m.

**Live Music & Entertainment, Barbecue, Dessert,
Beverages and 50/50 Raffle Tickets!**

**Then OPEN DAILY 10:00 a.m. - 4:00 p.m.
until Labour Day Weekend**

Guided Tours - Visites Guidées Geocache Tour - Géocache tour

Children's Scavenger Hunt - Chasse au trésor photographique

Find the Thimble Contest - Concours "Trouvez le dé à coudre"

Tel: 780-645-5562 www.stpaulmuseum.ca

Facebook: Musée St. Paul Museum

5409-50 Ave, St. Paul, West of the UFO Landing Pad

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:



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





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.**





Crafternoon at the St. Paul Library

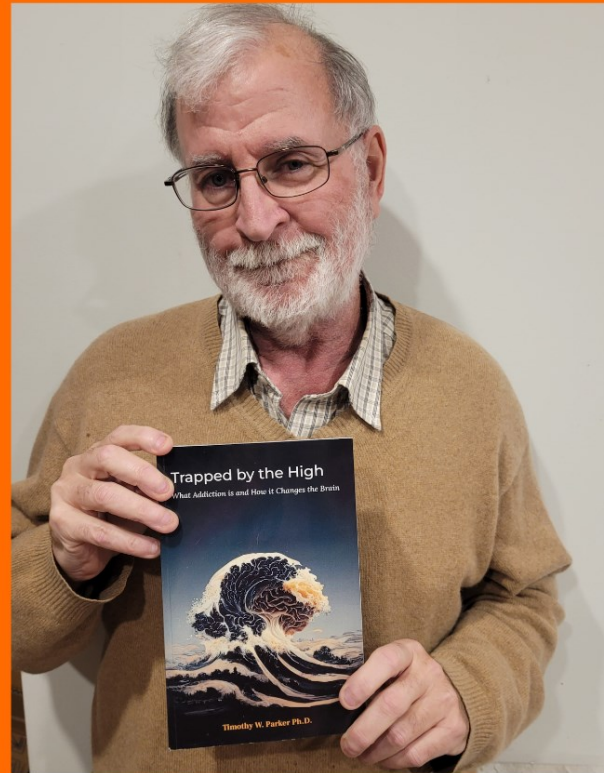
Bring your knitting,
crocheting, painting,
scrapbooking or other projects.
Work, chat and get it done.



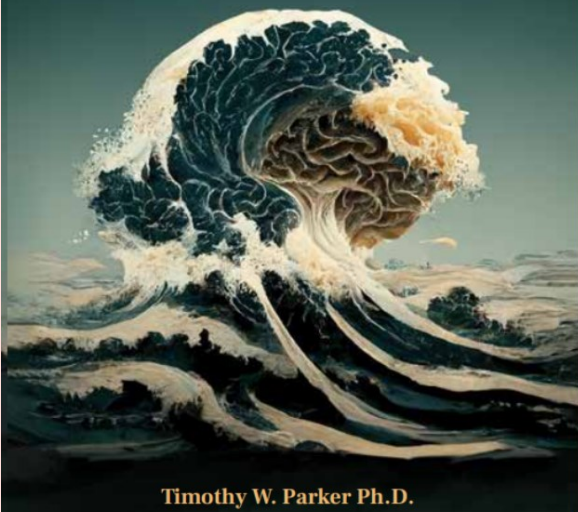
Tuesdays
12pm to 4pm

Timothy W. Parker Author presentation

Wednesday June 19th
6:00 pm – 7:30 pm
at the St. Paul Municipal
Library
Registration required through our
website
www.stpaullibrary.ab.ca/events



Trapped by the High
What Addiction is and How it Changes the Brain



This free presentation is an accessible account of what addiction is, and why it changes the brain to the point where recovering addicts often display cognitive impairments. Followed by a Q & A session and an opportunity to purchase the book.



www.stpaullibrary.ab.ca
4802 53rd Street St. Paul AB T0A 3A0
780-645-4904
programs@stpaullibrary.ab.ca



ACCESSIBLE ACTIVITY

PROGRAM FOR ADULTS WITH DISABILITIES

Thursday June 27th 1pm
at the St Paul Municipal Library

LANTERNS



Free
Registration required
Limited Space



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



St. Paul Municipal Library



Language Program



Tuesday
June 11th
1pm

**PARENTS
AND
CHILDREN**

WHAT'S HAPPENING

- an interactive read out loud
- activity
- information and Q&A with Speech-Language Pathologist from St. Paul Community Health Service



**Registration required
Limited Space**

*home school initiative



To register visit the Programs tab on our website

www.stpaullibrary.ab.ca

programs@stpaullibrary.ab.ca

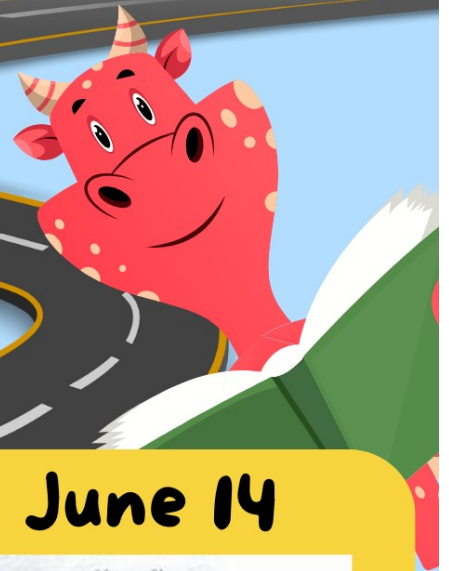


Family Story-time

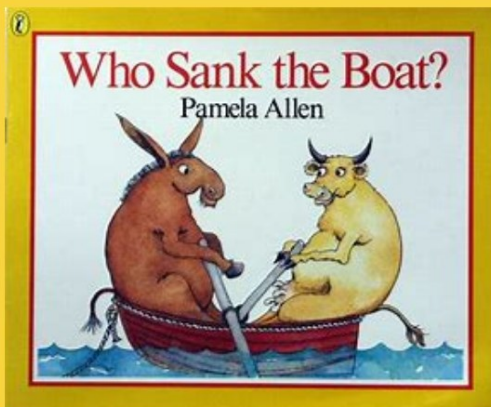
At the Library
Fridays at 10:30am

Register under the programs tab on our website at www.stpaullibrary.ab.ca or

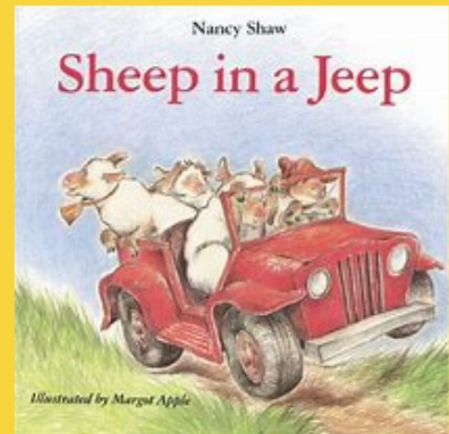
E-mail us at programs@stpaullibrary.ab.ca



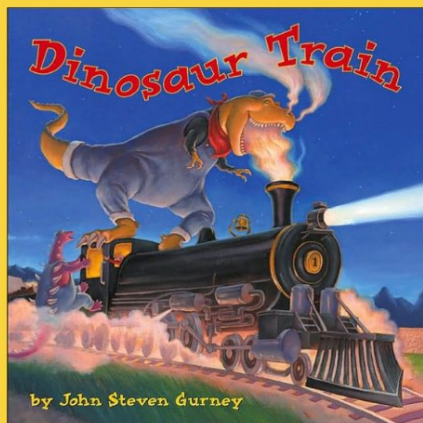
June 7



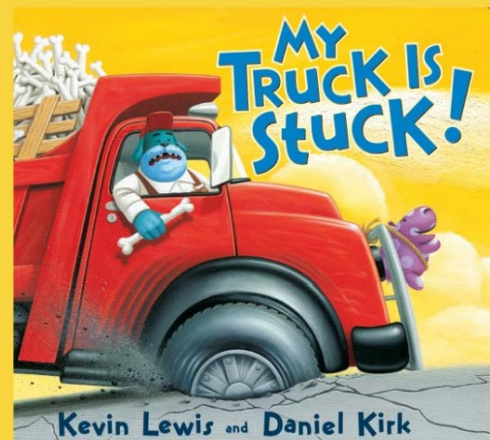
June 14



June 21



June 28





Terracotta Pot Painting

Tuesday June 25th 6:30pm

*Adult program, registration required
All supplies provided.
bring your imagination.*



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

Where will reading take you?

COMING
SOON!

READ

BEYOND THE
BEATEN PATH

SUMMER READING PROGRAM 2024
July - August

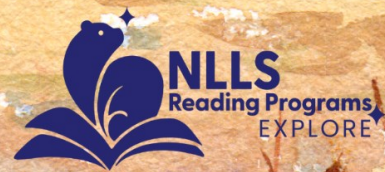
SCIENCE LAND

FANTASY CASTLE

ROMANTIC GETAWAY

ADVENTURE LANE

THE LIBRARY



CA Theatre IMP

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

ETTRANSFER 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.



4822 50 AVE, ST. PAUL

St. Paul District Arts Foundation

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



4822 50 AVE, ST. PAUL

Financial aid may be available. Email info@artfoundation.ca for more information.

June 2024

www.stpaulfcss.ca

Interagency 110

ST. PAUL & DISTRICT ARTS FOUNDATION PRESENTS:



FRAGMENTS: THE YOUNG ARTISTIC PROCESS

A LOCAL ART EXHIBIT

12-20
JUNE

2:00PM – 7:00PM
5822 50TH AVE ST. PAUL
PAY WHAT YOU CAN

FEATURING
LOCAL
YOUTH
ARTISTS



St. Paul & District Arts Foundation