

We are **Family & Community Support Services.**

We design and deliver support programs that focus on
PREVENTION and **AWARENESS** to
enhance social well being in our community.

Programs

We facilitate ongoing programs from both St Paul & Elk Point offices that include Interagency, Meals on Wheels, Home Alone, Friendly Welcome, Snow Angels, St Paul Youth Council (SPYC), Community Counselling, Volunteer Income Tax, Volunteer Supports, Senior Assistance, Camp Sunshine, Rainbows Grief/Loss Program, Youth Drop-In & Tot Time in Mallaig.

Partners

We partner with provincial, municipal and community organizations and help you find the resources and supports you need.

Limitations

Family & Community Support Services (FCSS) regulations do NOT provide funding for food, clothing, shelter, arts or recreation.

Belief

We believe that by helping build strong people we are in turn building strong communities.

Funding

With 80% funding from the province and 20% funding from the municipality, we are able to help build the resilience needed to strengthen individuals and encourage a sense of belonging to our community.

Events

Monthly awareness campaigns, annual community events and partnerships for ALL ages are arranged by Family & Community Support Services (FCSS).

Support

We are able to provide support to VOLUNTEERS who help in areas beyond our regulations and partner with those organizations for promotion and awareness of community needs.

Online

Instagram: [st.paul_fcss](#)

Facebook: [St. Paul Regional FCSS](#)

& Family Resource Network

Website: [lakelandfrn.ca](#)

Email: FRN@town.stpaul.ab.ca



Elk Point



St Paul



We are the **Lakeland Family Resource Network**

-St. Paul Region

We deliver parenting classes (**CAREGIVER CAPACITY BUILDING**)
and programming for ages 0-18 years
(**CHILD DEVELOPMENT AND WELLBEING**)

Parenting Classes

Triple P Parenting; 0-18 years including
Infant, Child, Teen, Family Transitions (Coping
with Divorce & Separation), Fearless,
(managing child anxiety)
Kids Have Stress Too
Emotion Coaching
The Affect of Technology in Families
Car Seat/Booster Seat checks
Ages & Stages Questionnaires
Potty Training

Child Development & Well-being Programs

Baby Bunch 0-18 months
Buggies on the Block (Stroller age)
Rhymes That Bind 0-6 years
Read & Roll 3-4 years
Home Alone Course 8-10 years
Youth Programming 7-18 years

Partners

We partner with the Native Counselling
Services of Alberta, Cold Lake FRN, Bonnyville
FRN and many other agencies in our area.
Referral forms can be found and completed
on our website.

Our Mission

We aim to strengthen families within our
community through family centered one-
on-one visits or group programming. All
of our services are free of charge and
confidential to enable families to access
support for their various challenges.

Funding

Our funding is provided through the
Ministry of Children's Services which
aims to build resiliency, improving
child and youth development and
foster well-being.

Support

We serve ALL families in our community and
those in the surrounding areas.

Online

Instagram: [st.paul_fcsc](#)

Facebook: [St. Paul Regional FCSS](#)

& Family Resource Network

Website: [lakelandfrn.ca](#)

Email: FRN@town.stpaul.ab.ca



CONNECT WITH US

CALL **780-645-5311/780-724-3800** OR TEXT **780-614-1941**

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