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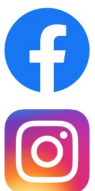
August 2024 NEWSLETTER Interagency

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, Oct 7th in **Elk Point**
780-724-3800
4906-48 St, Elk Point



Prevention & Awareness

- P2... Experience St Paul
- P3... Camp Sunshine Thank-you
- P4... Caregiver Workshops
- P5... Regional Block Party
- P6... Movie Night
- P7... Color Wars in Elk Point
- P8... Babysitting Course
- P9... Urban Pole Walking
- P10... You've Been Flocked
- P11... Kids Summer Camps
- P12... Community Awareness
- P13... Interagency Connection
- P14... Friendly Welcome Program
- P15... Baby Wise Bundle
- P16... Support for Caregivers
- P17-18... Youth Drop in & Calendar
- P19... Action for Happiness Calendar
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- P40... Tot Time in Mallaig
- P41... LFRN Calendar Elk Point
- P42-55... Elk Point April Events
- P56... You're a great dad

Stay Informed

- P57... County Communicator
- P58... St Paul Affordable Housing Society

Health & Wellness

- P59-61... Alberta Health Services
- P62... Mental Health Literacy
- P63-64... Seniors Without Walls

For Your Development

- P65... Weaving Wichitownin
- P66... Portage College Learning Event
- P67... Alberta Government Non-Profit Learning Centre
- P68... Summer of love for Non-Profits Crowd Funding
- P69-70... FASD Conference
- P71... École Mallaig Preschool
- P72... Cyber Seniors
- P73... Rural Roots Academy
- P74... Labour Force Link
- P75... The Garage
- P76... Leadership Essentials Workshop
- P77-78... Chamber of Commerce
- P79-80... Lakeland Employment Services
- P81-82... Rural Family Law Help

Ways to Connect

- P83... Town of St Paul Community Guide
- P84... Town of St Paul App
- P85-86... FASD Mock-tail Event
- P87... Mallaig Library Events
- P88... Kids Summer Camps
- P89... Summer BBQ in Ashmont
- P90... Haying in the 30's in Mallaig
- P91... Together We're Better
- P92... Ashmont Farmers Market
- P93... Live Comedy Lisa Baker
- P94... Mallaig Antique Tractor & Car Show
- P95... Chamber of Commerce Rodeo Week Kick off Party
- P96... St Paul Rodeo Mile
- P97... Canada-Alberta Job Grant info Session
- P98... St Paul Slow Pitch Tournament
- P99... Iron Horse Ultra
- P100... Elk Point Ultra 60KM
- P101... Career Connections
- P102... SAGE Haven
- P103... Chamber of Commerce
- P104-110... St Paul Library Events

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 & Take) 13 Town & Country: 10% off clothing	14 Lakeland Brewing Company: 10% off 15 Cornerstone Co-op Gas: FREE 5 litre refill 16 Nest F.E. Gift: \$5 17 Twist'd Fork: 10% off food	18 Catalyst Pharmacy: FREE Ice Cream or Pop. New Comers 30% off 19 Lakeland Family: 10% off (see details) 20 Shoppers Drug Mart: 10% OFF regular priced merchandise. 21 Bears: BMX & B5 20% OFF 22 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.



Camp Sunshine

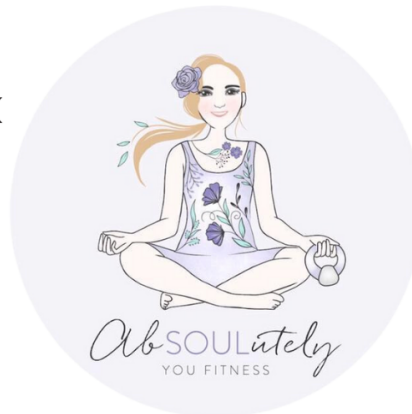
"Where HOPE outshines grief"

**Thank-you for
supporting our camp.**

Lakeland

FAMILY RESOURCE NETWORK

ATCO Electric



Twisted fork
LOCALLY INSPIRED CUISINE

- * The Quilting Bees
- * Stella the Dog
- * Caroline Yewchin
- * The Glen Horses - Equine Assisted Learning

TOWN OF
ST. PAUL



fcSS
St. Paul Regional
Family and Community
Support Services

Helping community become confident caregivers.

CAREGIVER WORKSHOPS

FREE

Are you a family Caregiver?

Join us for educational sessions aimed at enhancing your ability to assist your loved ones. Learn about the Health Care System to gain insight into its structure and improve your navigation skills. Acquire effective communication strategies to provide the best possible support to those under your care.

Let us help you help them.

REGISTER

Call 780-645-5311

Aug 28th

10AM - 12pm

EFFECTIVE COMMUNICATION: GUIDANCE FOR THE CAREGIVER

SENIOR CITIZENS' CENTRE

4809 - 47 ST

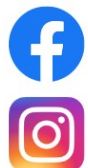
Aug 29th

1PM - 3PM

NAVIGATING THE HEALTH CARE SYSTEM

SENIOR CENTENNIAL CLUB

5114 - 49 ST



ST PAUL REGIONAL
FAMILY & COMMUNITY SUPPORT SERVICES

free event

Block Party

AUGUST 16/24
11AM - 2PM
RAIN OR SHINE

AND
MOVIE NIGHT
at the Cap
Arena

food, games & fun

ST PAUL SPLASH PARK

LAGASSE PARK, 4501 LAKESHORE DRIVE

call 780-645-5311 for more info

Promoting positive relationships & connections
for families to their community.



Lakeland

FAMILY RESOURCE NETWORK



St. Paul Regional
Family and Community
Support Services

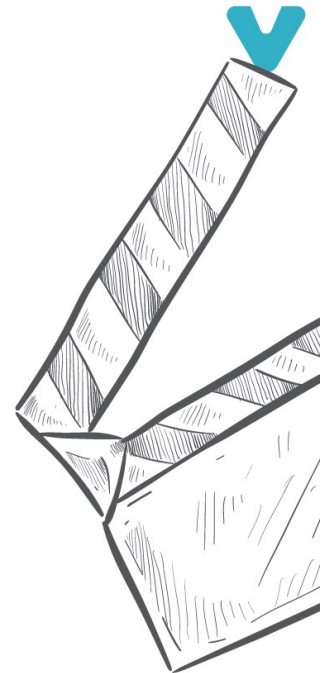




MOVIE NIGHT



CONCESSION
AVAILABLE



"ELEMENTAL"

The movie will take place at the Cap Arena in St. Paul

FRIDAY, AUGUST 16

Starts at 7:00 PM

Please bring your own lawn chairs



FOR MORE INFORMATION
CONTACT THE OFFICE AT
780-645-5311



COLOUR WARS

Join us in **Elk Point**
for an afternoon full of fun!!!

Saturday, Aug 17th

1 pm-3 pm

Elk Point Splash Park

5501 - 51 St

Compete against your
colour rival in a series of
family friendly games!

TEAMS WILL BE ASSIGNED UPON ARRIVAL.

Call 780-724-3800
for more information.





Babysitting COURSE

improving time management,
boosting creativity, increasing patience
and building confidence.

\$50

per student, includes
course book & light snack.
Please send a nut free lunch.

Course topics include; babysitter
responsibilities, how to take care
of a baby, feeding techniques,
common emergency situations,
first aid & more.

*Participants must be
12 years of age

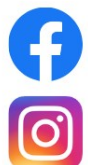
Cash or cheque only
made payable to:
St. Paul Regional FCSS

Tuesday August 20, 2024 9AM-3:30PM

@ FCSS
5002-51 Avenue, St Paul

REGISTER

Call 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

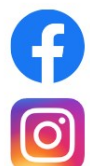
@ FCSS

(5002-51 Ave, St Paul)



REGISTER

Call 780-645-5311



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.

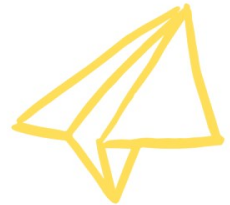
Weekdays
May - September
9AM - 4PM

CALL TO
RESERVE

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



KIDS AGED 7-12 SUMMER CAMP



MALLAIG

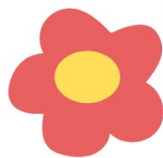
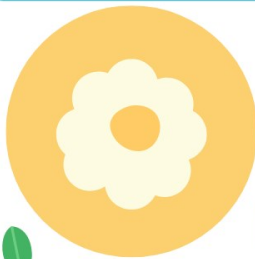
- AT THE MALLAIG HALL
- STARTING JULY 2 UNTIL AUGUST 15
- EVERY TUESDAY AND THURSDAY
- FROM 10AM TO 2PM

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



Fostering community connections and promoting a feeling of belonging.

COMMUNITY AWARENESS 2024 NIGHT

Join us

for an exciting evening where organizations are on hand to promote, register members and discuss their role in our community. Community Awareness Night is FREE to attend and open to all.

**Call 780-645-5311 or
780-724-3800**

for more information
or to reserve your community
organization table.

Wednesday

Sept 4th, in Elk Point

6:30 PM-8:30 PM

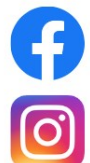
ALLIED ARTS CENTRE
4605-57 AVE

Wednesday

Sept 11th, in St Paul

5 PM-8 PM

ST PAUL REC CENTRE
4802-53 ST





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

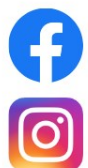
Tuesdays

In St Paul

5002-51 Ave

10AM - 11AM

Call 780-645-5311 for more info.





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





*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





Scan for our calendar.

YOUTH DROP-IN

Let's dive into some summertime fun!



July & August
MONDAY-
THURSDAY



4PM- 6PM



See Calendar
for locations!



FCSSyouth@town.stpaul.ab.ca



780-614-1941



FREE

This summer, we're basking in all the gorgeous sunshine outdoors! Take a peek at our calendar for exciting happenings and to find our daily spot! And, if rain crashes our party, we'll be waiting for you at FCSS, 5002 51 Ave!

Explore our programming on Facebook and Instagram!



SPYC20 OR st.paul_fcsc



St. Paul Regional FCSS & Family Resource Network

2024 YOUTH DROP IN

August Ages 13-18

HOSTED IN
St Paul
 5002 - 51 Ave
 Use the SPYC Door
 4pm - 6pm

MON TUE WED THU FRI

	4-6Pm AGES 13-15 6-8PM AGES 16-18 8-10pm AGES 19-25		Yoga @Rogerson Park OR FCSS IF RAINING 1	Take a Walk! YDI CLOSED 2
Check The Town App For Community Events YDI CLOSED 5	Tuesday Bonfire and Hangout 6	Murder Mystery Call FCSS to Register \$5 Fee FCSS Urban Poling @1:30PM 7	Pokémon go @ Fish Pond Gazebo 8	Aquatic Center Public Swim! YDI CLOSED 9
Check out Champions For Change Art Walk YDI CLOSED 12	Check The Town App For Community Events YDI CLOSED 13	Check out St. Paul Municipal Library! Carboard Go Kart FCSS Urban Poling @1:30PM YDI CLOSED 14	Check Out The Splash Park & Cool Off! YDI CLOSED 15	FCSS Community Block Party! YDI CLOSED 16
Go To The St. Paul Museum YDI CLOSED 19	FCSS Babysitting Course YDI CLOSED 20	Check out St. Paul Municipal Library! Crafternoon FCSS Urban Poling @1:30PM YDI CLOSED 21	Check The Town App For Community Events YDI CLOSED 22	Back To School Shopping Time! YDI CLOSED 23
Stress Less Workshop 26	Yoga @Rogerson Park OR FCSS IF RAINING 27	School Anxiety Workshop FCSS Urban Poling @1:30PM 28	Healthy & Tasty School Lunch Workshop 29	Take a Walk! YDI CLOSED 30



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

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

Altruistic August 2024



ACTION FOR HAPPINESS

Happier · Kinder · Together

MONDAY



5 Spend time wishing for other people to be happy and well

TUESDAY



6 Smile and be friendly to the people you see today

WEDNESDAY



7 Give time to help a project or cause you care about

THURSDAY

1 Set an intention to be kind to others (and yourself) this month

FRIDAY

2 Send an uplifting message to someone you can't be with

SATURDAY

3 Be kind and supportive to everyone you interact with

SUNDAY

4 Ask someone how they feel and really listen to their reply

8 Make some tasty food for someone who will appreciate it

9 Thank someone you're grateful to and tell them why

10 Check in with someone who may be lonely or feeling anxious

11 Share an encouraging news story to inspire others

12 Contact a friend to let them know you're thinking of them

13 No plans day! Be kind to yourself so you can be kind to others too

14 Take an action to be kind to nature and care for our planet

15 If someone annoys you, be kind. Imagine how they may be feeling

16 Make a thoughtful gift as a surprise for someone

17 Be kind online. Share positive and supportive comments

18 Today do something to make life easier for someone else

19 Be thankful for your food and the people who made it possible

20 Look for the good in everyone you meet today

21 Donate unused items, clothes or food to help a local charity

22 Give people the gift of your full attention

23 Share an article, book or podcast you found helpful

24 Forgive someone who hurt you in the past

25 Give your time, energy or attention to help someone in need

26 Find a way to 'pay it forward' or support a good cause

27 Notice when someone is down and try to brighten their day

28 Have a friendly chat with someone you don't know very well

29 Do something kind to help in your local community

30 Give away something to help those who don't have as much as you

31 Share Action for Happiness with other people today



2024

St Paul LOCATION

August

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 Rhymes That Bind 10am-12pm DROP IN	02 Paint a Canvas Tote Bag 2pm-4pm REGISTER
				Buggies on the Block 1:30pm-3:30pm DROP IN	
05 CLOSED	06 Story and Craft 10am-12pm DROP IN	07 Car seat Check 2pm-4pm REGISTER	08 No Program	09 No Program	
	Kids in the Kitchen 2pm-4pm REGISTER				
12 ASQ Screening 10am-12pm REGISTER	13 Teddy Bear Picnic at Desjardin Park 10am-12pm DROP IN	14 Diamond Dot Coaster 2pm-4pm REGISTER	15 Buggies on the Block 1:30pm-3:30pm DROP IN	16 Community Block Party See Poster	
	Home Alone 2pm-4pm REGISTER	Dungeons & Dragons 6pm-8pm ages 12-18yrs REGISTER			
19 Triple P Tip sheet <i>Separation Anxiety</i> 10am-11am REGISTER	20 Dinosaur Dig at St. Paul Elem. School 10am-12pm DROP IN	21 Old Ye Maclean Hobby Farm Tour 10am-12pm REGISTER	22 Buggies on the Block 1:30pm-3:30pm DROP IN	23 Chalk Art & Ice Cream 1:30pm-3pm DROP IN	
Mindful Matters 2pm-4pm REGISTER			Mom's Matter Paint Door Mat 6:30pm-8pm REGISTER		
26 Create Healthy Back To School Snacks 2pm-4pm REGISTER	27 Kids Have Stress Too 10am-11am REGISTER	28 No Program (Alternate date for Farm Tour)	29 Bug Hunt at Lagasse Park 10am-12pm DROP IN	30 Loose Parts Play 10am-12pm DROP IN	
			Buggies on the Block 1:30pm-3:30pm 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

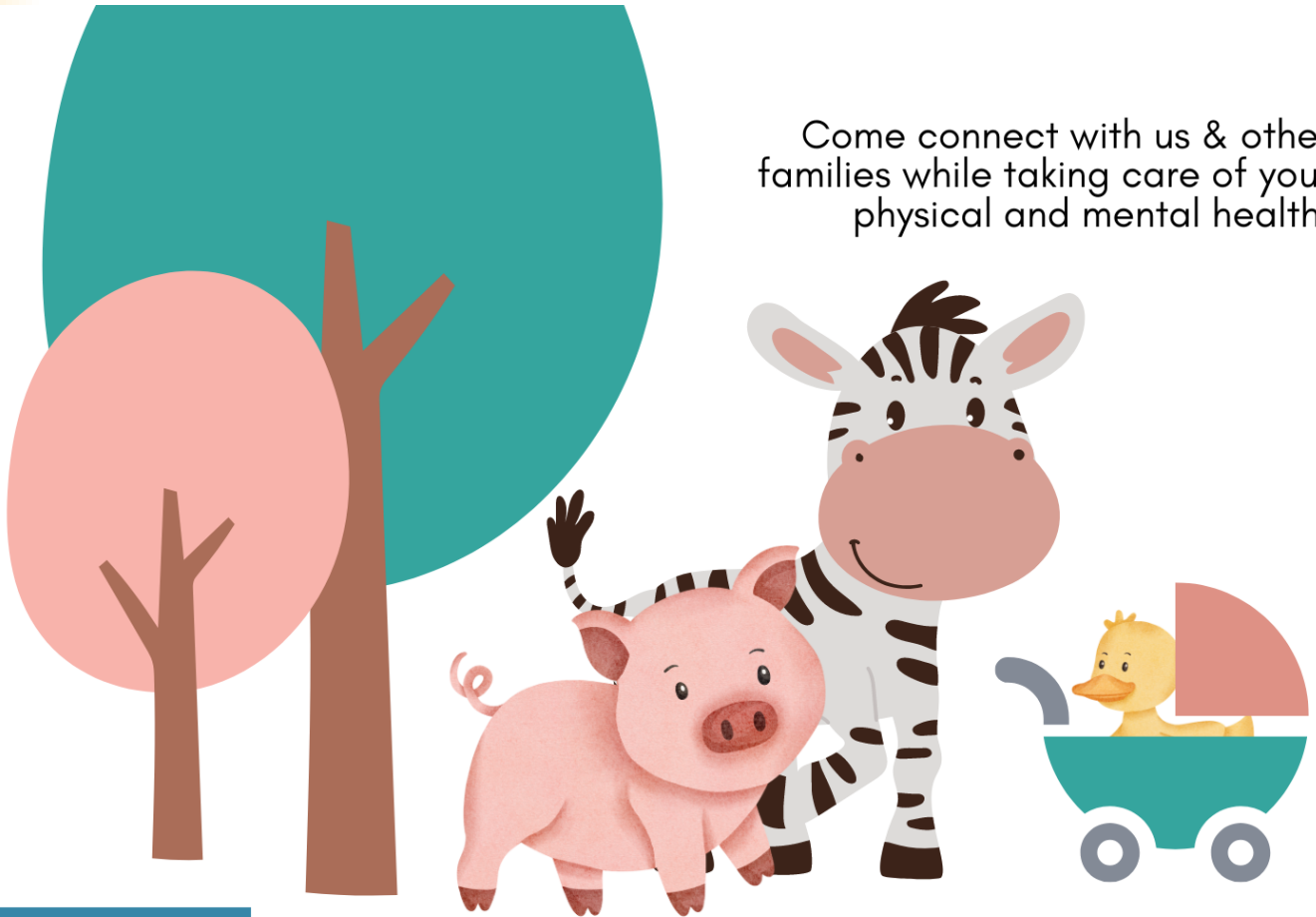


st.paul_fcsc



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

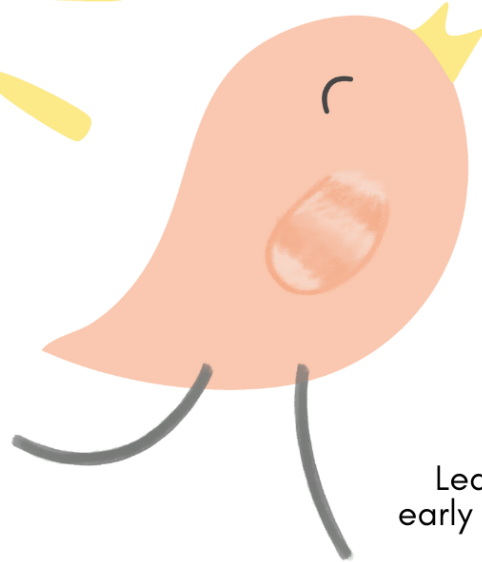
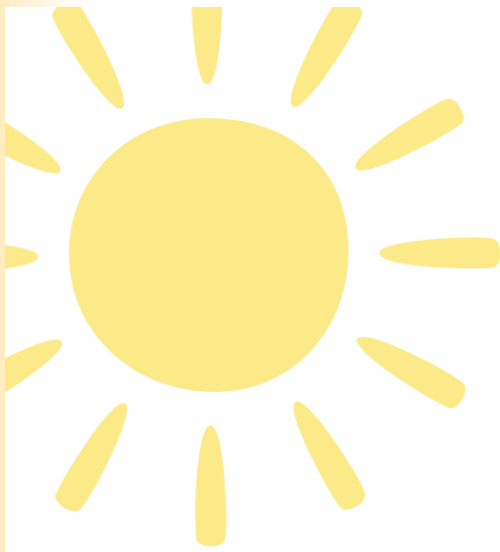
FAMILY RESOURCE NETWORK

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.





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

AGES 0-6

LFRN St Paul 5002-51 Ave

Helping promote healthy family relationships.

Rhymes that Bind

Thursday 01
August

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.





**Meet some new
friends and get
creative!**

**Join us in painting
your very own tote
bag!!**

YOUTH 7+

LFRN St Paul 5002-51 Ave

Paint a Canvas Tote Bag

Friday
August 02

2pm-4pm

CALL TO REGISTER

780-645-5311

FREE

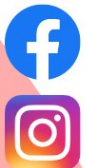
Lakeland

FAMILY RESOURCE NETWORK

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





AGES 0-6

LFRN St Paul 5002-51 Ave

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

Storytime & Craft

Tuesday
August **06**
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.





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

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

Car Seat Check

Wednesday August 07

2pm-4pm
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.





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 August 12

10am-12pm

CALL TO REGISTER

780-645-5311

FREE

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

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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

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





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

Tuesday August **13**
2pm - 4pm

\$10 REGISTRATION FEE

CALL TO REGISTER
780-645-5311

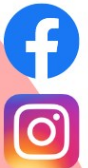
Lakeland

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.

Join us for a very special picnic at the park!

You bring your Teddy Bear and we provide the picnic!



AGES 0-6

Desjardin Park 5524 - 50 street

Teddy Bear Picnic

Tuesday August 13

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.





**Dungeon Master
in attendance**
Snacks Provided

YOUTH 12-18

LFRN St Paul 5002-51 Ave

Dungeons & Dragons

Wednesday August 14

6pm-8pm

CALL TO REGISTER

780-645-5311

FREE

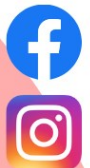
Lakeland

FAMILY RESOURCE NETWORK

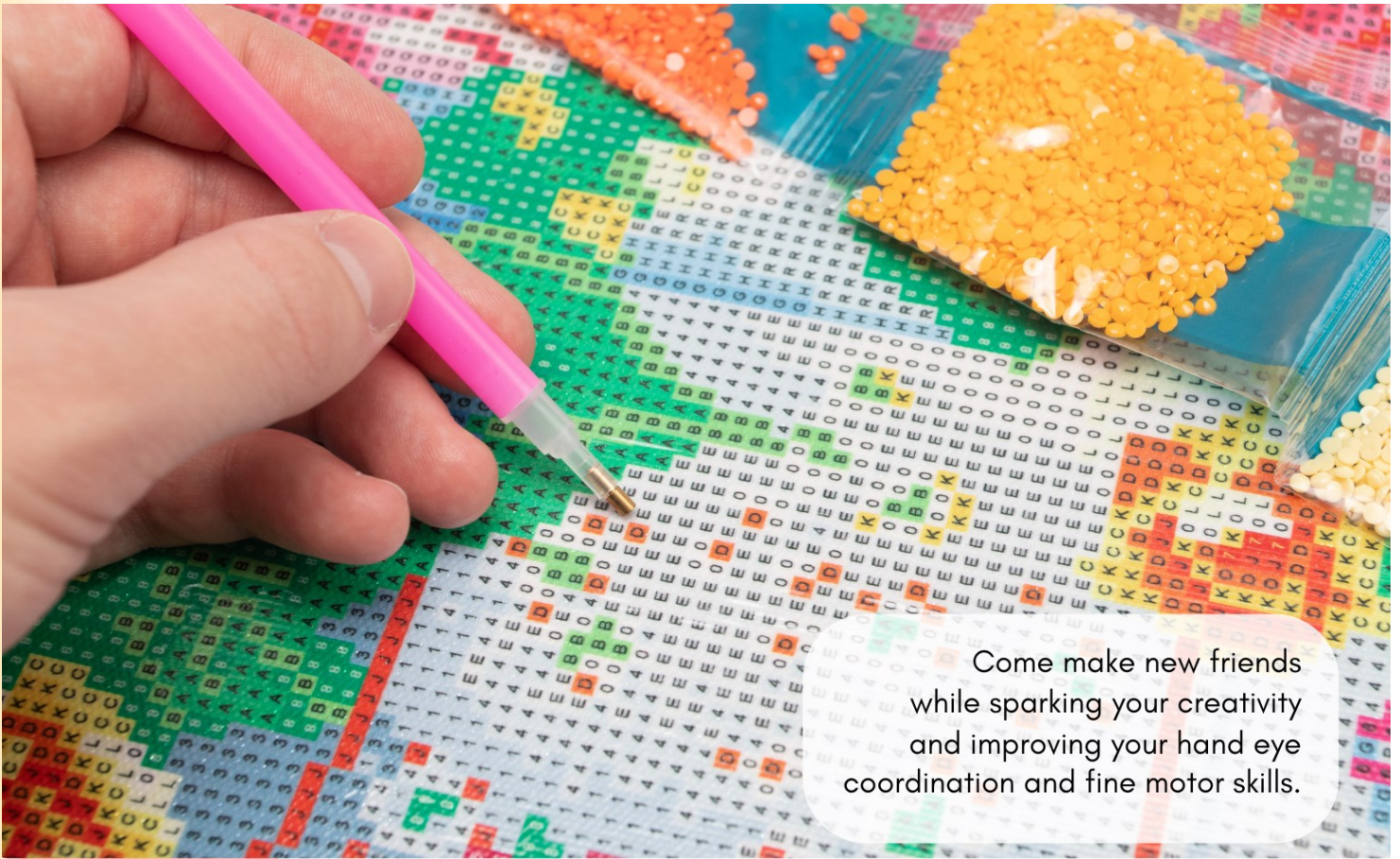
Connect with us for more information.

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.



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

YOUTH 7+
LFRN St Paul 5002-51 Ave

Diamond Dot Coaster Art

Wednesday August **14**
2pm-4pm

CALL TO REGISTER
780-645-5311

FREE

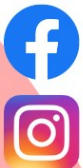
Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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



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



Topics may include

- Mindfulness
- Emotion Regulation
- Gratitude
- Self love
- Friendships
- Empathy
- Problem Solving
- Community Minded

YOUTH 7+

LFRN St Paul 5002-51 Ave

Mindful Matters

Monday August 19

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.





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

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

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

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

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

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

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

CAREGIVERS
LFRN St Paul 5002-51 Ave

Triple P Tip Sheet

Separation Anxiety

Monday August 19
10am - 11am

CALL TO REGISTER
780-645-5311

FREE

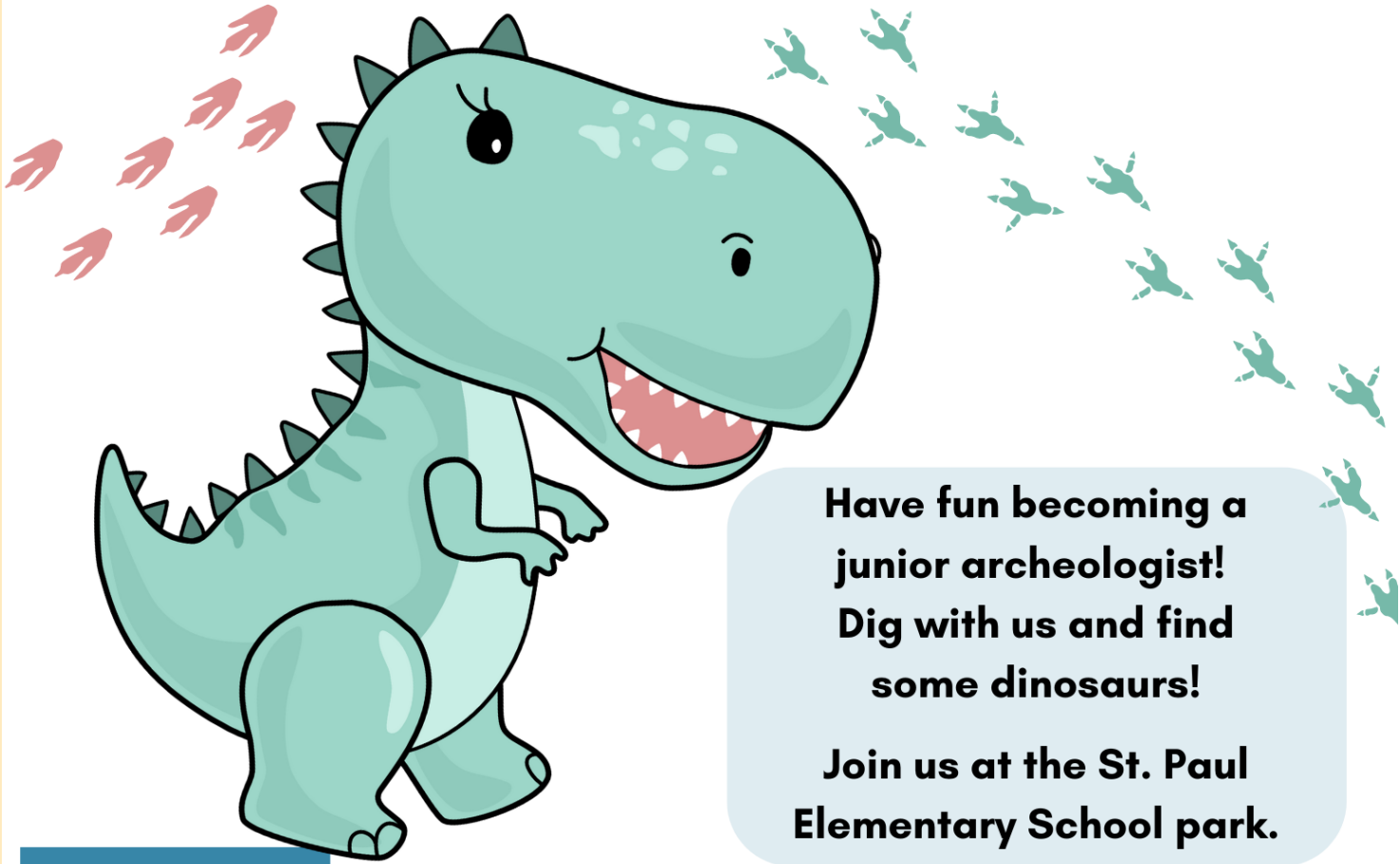


Lakeland
FAMILY RESOURCE NETWORK

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.



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



Have fun becoming a junior archeologist! Dig with us and find some dinosaurs!

Join us at the St. Paul Elementary School park.

AGES 0-6
St. Paul Elementary School Park
4520-48 ave

Dinosaur Dig

Tuesday August **20**

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.





Payment is \$15/guest
 *includes meeting the animals,
 an adventure and a treat.
 Meet us there or at FRN Centre
 for 9am sharp and we drive
 following each other.
 Spaces are limited

AGES 0-10YRS

MD of Bonnyville 45015- Township Road 613

Ye Olde MacLean Hobby Farm

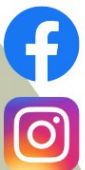
Wednesday August **21**
10am - 12pm
 CALL TO REGISTER
 780-645-5311

Parents pay the fees, we supply the picnic!

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.





CAREGIVERS

LFRN St Paul 5002-51 Ave

Mom's Matter Paint Door Mat

Thursday **22**
August

6:30pm-8pm

CALL TO REGISTER

FREE

780-645-5311

Take some time
away to do somethin
fun and creative.

Join us in
customizing your
own door mat.

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.





I Scream! You Scream!
We All Scream for Ice Cream!

Get creative, meet new
people and cool off with
some ice cream.

YOUTH 7+
LFRN St Paul 5002-51 Ave

Chalk Art & Ice Cream

Friday August **23**

1:30PM-3PM

DROP IN

780-645-5311

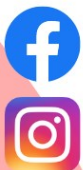
FREE



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.





Learn how to create your own healthy snacks for your school lunches.

YOUTH 7+

LFRN St Paul 5002-51 Ave

Healthy School Snacks

Monday August **26**

2pm-4pm

CALL TO REGISTER

780-645-5311

FREE

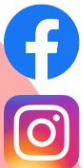
Lakeland

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.



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
August 27

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.





Lets your kiddos explore the world around them all while practicing observation, investigation, and problem solving skills.

AGES 0-6

White Gazebo at Lagasse Park Corner of 44 Street and Lakeshore Drive

Going on a Bug Hunt

Thursday August 29

10am-12pm

DROP IN

780-645-5311



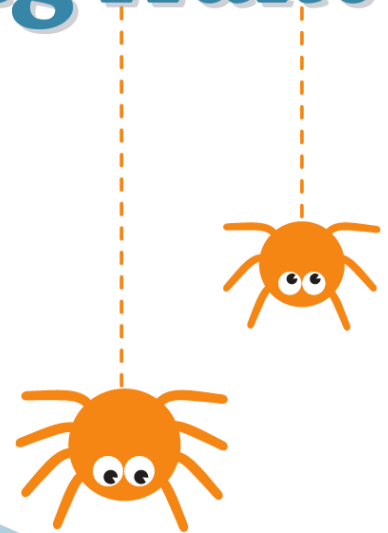
Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





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

2024 **Elk Point LOCATION**
August

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 Youth Group Frisbee @ the park 2pm-4pm REGISTER	02 Craft & Treat 10am-12pm REGISTER Buggies on the Block 1:30pm-3:30pm DROP IN
05 CLOSED CIVIC HOLIDAY	06 Office OPEN 8:30am-12:30pm 1:30pm-4:30pm	07 Office OPEN 8:30am-12:30pm 1:30pm-4:30pm	08 Youth Group Tye Dye 2pm-4pm REGISTER Growing Minds Big Life Journal 10am-12pm REGISTER	09 Bubbles @ the Spray park 10am-12pm DROP IN Buggies on the Block 1:30pm-3:30pm DROP IN
12	13 Office OPEN 8:30am-12:30pm 1:30pm-4:30pm	14 Office OPEN 8:30am-12:30pm 1:30pm-4:30pm	15 Youth Group Games & Ice Cream Sundaes 2pm-4pm REGISTER Growing Minds Big Life Journal 10am-12pm REGISTER	16 lcky, Sticky, Messy 10am-12pm REGISTER Buggies on the Block 1:30pm-3:30pm DROP IN
19 Growing Minds Big Life Journal 10am-12pm REGISTER	20 Office OPEN 8:30am-12:30pm 1:30pm-4:30pm	21 Office OPEN 8:30am-12:30pm 1:30pm-4:30pm	22 Youth Group Back to School Activities 2pm-4pm REGISTER Growing Minds Big Life Journal 10am-12pm REGISTER	23 COME VISIT US AT THE COMMUNITY CHILI CHALLENGE SEE POSTER FOR DETAILS
26 Growing Minds Big Life Journal 10am-12pm REGISTER	27 Office OPEN 8:30am-12:30pm 1:30pm-4:30pm	28 Office OPEN 8:30am-12:30pm 1:30pm-4:30pm	29 LFRN Popup @ the Spray Park 4pm-6pm DROP IN	30 Glow Bug Craft 10am-12pm DROP IN Buggies on the Block 1:30pm-3:30pm 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

Sharing happiness within the community



**Share the
Sunshine**

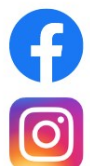
This Summer

Would you like to brighten someone's day with a card of Sunshine? FCSS is here to help you do just that! Stop by our office to pick up your set of Sunshine cards and start distributing. You never know who's day you will change with one Sunshine card.

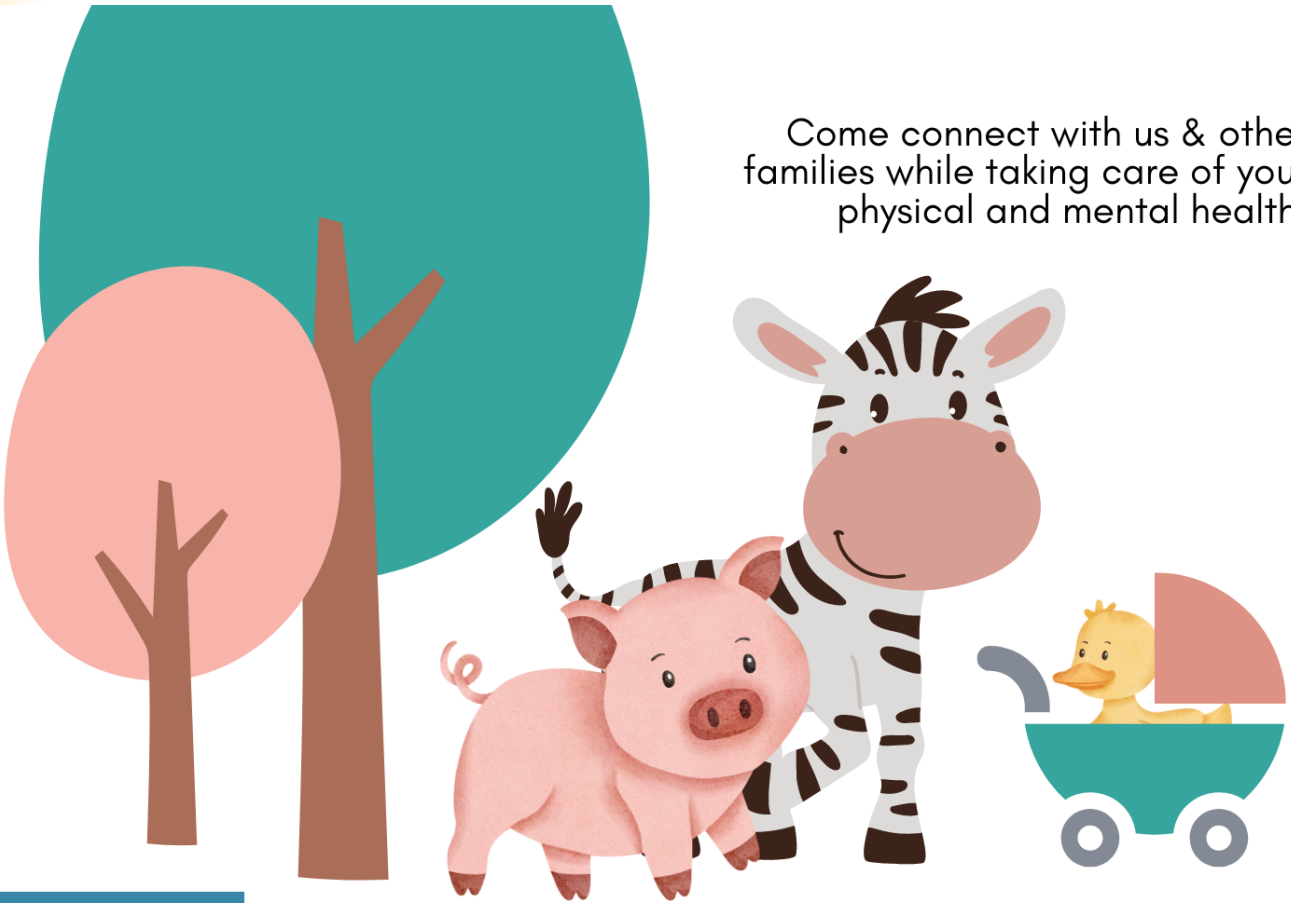
**July & August
Tuesday &
Wednesday**

8:30AM-4:30PM

**STOP BY OUR ELK POINT
OFFICE @ 4906 48ST
and grab your FREE
set of Sunshine Cards.**



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

There will be no Buggies on the Block from July 12th-26th.

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.





Let's meet at the park, come decorate your very own frisbee and practice your skills with friends. Limited supply of frisbees.

YOUTH 7+

Elk Point Elementary School Park

Frisbee at the Park

Thursday August 01

2pm-4pm

CALL TO REGISTER
780-724-3800

Enjoy outdoor activity and socialize with peers.

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.





AGES 0-6

LFRN Elk Point 4906-48 St

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

Summer Craft & Treat

Friday August **02**

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.





YOUTH 7+

LFRN Elk Point 4906-48 St

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

Board Games Play

WITH ICE CREAM TREAT

Thursday August 15

2pm-4pm

DROP IN

780-724-3800

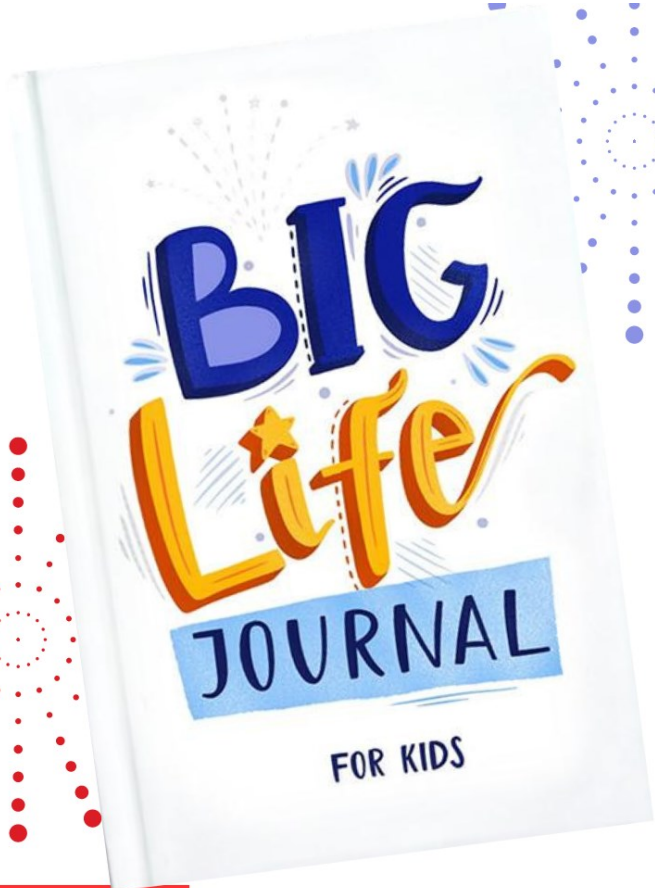
Lakeland

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



- ▶ **SESSION ONE**
BELIEVE IN YOURSELF;
MISTAKES HELP YOU GROW
- ▶ **SESSION TWO**
BE PRESENT;
BE GRATEFUL
- ▶ **SESSION THREE**
BE UNIQUE, BE YOU;
CHALLENGES MAKE YOU STRONGER
- ▶ **SESSION FOUR**
EFFORT IS KEY;
LOVE LEARNING
- ▶ **SESSION FIVE**
BE KIND;
MAKE A DIFFERENCE IN THE WORLD

Created specifically for 7 to 10 year-olds.
5 sessions that teaches children how to develop a growth mindset through inspiring stories, colorful illustrations and engaging guided activities.

YOUTH 7-10
LFRN Elk Point 4906 48 ST

Snacks & your very own Big Life Journal included.

Growing Minds Junior Edition

August 08,15,19,22,26

10 am-12 pm

CALL TO REGISTER

780-724-3800

FREE

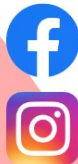
Lakeland

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.





Create your unique pattern and show it off for all to see.

YOUTH 7+
LFRN Elk Point 4906-48 St

Tye Dye

Thursday August **08**
2pm - 4pm
FREE TO REGISTER
780-724-3800

Please provide a shirt to tye dye.

Exploring creativity with different techniques.

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.





Join us for fun at the spray park.

AGES 0-6

Elk Point Spray Park

Bubbles at the Spray Park

Friday August 09

10am-12pm

DROP IN

780-724-3800



Will move to FCSS office if weather is unsuitable.

Explore your senses with textures from outside.

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 seniors connect in the community and find resources to access



Seniors Tea

Drop by our Elk Point office for tea and conversation. Let's chat about services offered to senior's and learn how we can help you.

Bring your current Notice of Assessment if you are curious about Alberta Seniors Benefit.

Monday

August 12, 2024

10AM-12PM

DROP IN

Elk Point FCSS
4906-48st





YOUTH 7+

LFRN Elk Point 4906-48 St

Board Games Play

WITH ICE CREAM TREAT

Thursday August 15

2pm-4pm

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.



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 August 16

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.





Have fun before school starts back up. Join us for fun activities and crafts.

YOUTH 7+

LFRN Elk Point 4906-48 St

BACK TO SCHOOL

Thursday August **22**

2 pm - 4 pm

FREE TO REGISTER

780-724-3800

Lakeland

FAMILY RESOURCE NETWORK

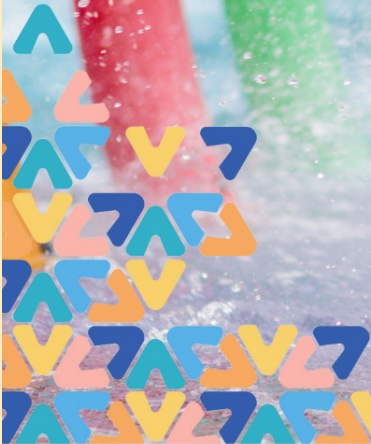
Connect with us for more information.

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

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



Connecting with families and community



Summer Pop Up Event

You're invited to come connect. We are the Lakeland Family Resource Network for the region of St. Paul.

We deliver parenting classes and programming for all families with children aged 0-18 years.

Come say hello, play some games, win a prize and pick up a copy of our calendar!

Thursday
August 29, 2024
4PM-6PM
DROP BY
 Elk Point Splash Pad

Watch social media for changes due to weather.





AGES 0-6

LFRN Elk Point 4906-48 St

Glow Bug Craft

Friday August 30

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.



You're A Great Dad!

4-WEEK FREE PROGRAM

- Impact of a Dad - August 22
- Communication - August 29
- Positive Parenting - September 5
- Family/Work Life - September 12

All sessions will take place online
6:00 - 7:30 PM



How to register? Email frnspoke@town.bonnyville.ab.ca or call 780-826-2120

What is this program about? This program promotes the significance of involving fathers in their children's lives, fostering robust father engagement, promoting the strengths inherent in fathers, and encouraging and honoring men in their roles as dads.

Lakeland
FAMILY RESOURCE NETWORK





COUNTY COMMUNICATOR

Our Mission is to Create Desirable Rural Experiences

WEBSITE SUBMISSIONS - EVENTS CALENDAR

Jump in to camping season!



Floatingstone

One of Alberta's Top 13 Beaches to visit



Lac Bellevue

Spacious beach and a brand-new playground

Stoney Lake

Easy access to the lake with convenient boat launch



Westcove

Find all your outdoor and summer sports



Book today through campreservations.ca



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

Online Services | Maps | News | Events | Careers



COUNTY OF ST. PAUL

For Residents ▾

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

Subscribe to calendar ▾

SUBMIT EVENT

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

dyoungmans@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 DECHAIINE

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



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

AFFORDABLE HOUSING OPPORTUNITY

The SPACH Society is now accepting applications from families for the affordable rent-to-own home scheduled for construction. The property is a (3) bedroom home to be located in the town of St Paul. Eligibility requirements are as follows:

1. Applicants will be required to participate in a home ownership training webinar (date to be determined).
2. Applicants must currently reside in the St Paul region.
3. Applicants must be able to achieve mortgage payments of \$1,250.00 per month plus taxes and utilities.
4. Applicants must be willing to assume responsibility for maintaining the property to an acceptable standard. (subject to inspection)
5. During the rental period, pets will not be allowed.
6. Applicants will be required to contribute 500 hours of community service.

Applicants must agree to the following:

- Interviews with SPACH Society members and their agents (ie: financial advisors)
- Rental reference checks
- Personal reference checks
- Financial means assessment
- Disclosure of the names and ages of family members who will occupy the home
- Submission of any and all plans to guarantee their success in this program, personal, social and financial
- Sharing information regarding previous home ownership experience

For more information contact:

Zan Reilly @ (780) 645-0799
Email: spachsociety@gmail.com

Applications for selection for the affordable rent-to-own home are available at:

St Paul Regional FCSS Office, 5002-51 Ave, St Paul, AB
Servus Credit Union 4738-50 Ave, St Paul, AB
Musée St Paul Museum 5209-50 Ave, St Paul, AB

July 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

Jul 4	Thurs Morning	9:30-12:00pm
Jul 25	Thurs Evening	5:30-8:00pm
Aug 6	Tues Afternoon	1:30-4:00pm
Aug 15	Thurs Morning	9:30-12:00pm

Nutrition

Jul 11	Thurs Morning	9:30-11:00am
Aug 1	Thurs Evening	5:30-7:00pm
Aug 13	Tues Afternoon	1:30-3:00pm

Ongoing Care

Ju1 18	Thurs Morning	9:30am-12:00pm
Aug 8	Thurs Evening	5:30-8:00pm

Heart & Stroke

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

Overview & Prevention

Jul 17	Wed Morning	9:30am-12:00pm
Aug 7	Wed Morning	9:30am-12:00pm

Nutrition

Jul 24	Wed Morning	9:30am-12:00pm
Aug 14	Wed Morning	9:30am-11:00am

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.

Aug 19 - Mon Morning - 9:30am - 12:00pm

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

Jul 9, 16, & 23	Tues Morning	9:30am-12:00pm
Aug 6, 13, & 20	Tues Afternoon	1:30-4:00pm

Series 2—Classes 2.1, 2.2, & 2.3

Aug 15, 22, 29	Thurs Morning	9:30am-12:00pm
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Series 3—Classes 3.1 & 3.2

Jul 9 & 16	Tues Morning	9:30am-12:00 pm
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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.

June 25-Aug 1, Tues/Thurs 10am-11:30am

Managing Stress

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

July 16 & 23 Tue Afternoons 1:30am-4:00pm

Better Choices, Better Health

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

Living with a Chronic Condition

July 24 - Aug 28 - Wed Mornings 9:30am - 12:00pm

Living with Chronic Pain

July 3 - August 7 - Wed Mornings - 9:30pm - 12:00pm



To register for a Zoom class call:

1-877-349-5711

Or

<https://www.healthylivingprogram.ca>



**Alberta Health
Services**

Alberta Healthy Living
Program

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.



Learn More About Pediatric Rehabilitation: Child and Youth Development Resources

Caregivers, parents, and those who work with children and youth from birth to age 18 are invited to explore an exciting new platform to learn directly from Alberta-based pediatric rehabilitation experts:

AHS.ca/PedRehab

AHS.ca/PedRehab offers information and advice on a wide range of child development topics including communication, daily living and gross motor skills, behaviours, emotions and more. Browse our resources or use the site to:

- Register for webinars to learn more and ask questions about the most common challenges identified by parents and caregivers.
- Find a call-in advice line for parents and caregivers.
- Connect to local services for children and youth.

All AHS resources are available at no cost.



Pediatric Rehabilitation helps children and youth live well, build resiliency, and take part in activities meaningful to them and their families.

Visit AHS.ca/PedRehab today



mentalhealthliteracy.org

[@mh_literacy](https://twitter.com/mh_literacy)

youtube.com/c/MHLiteracy

facebook.com/MHLiteracy

[@mhliteracy](https://instagram.com/mhliteracy)

mhliterate@gmail.com

Mental health awareness in Canada is growing, yet awareness isn't enough. It's time to utilize the best available scientific evidence to take meaningful action.

It's time to #GetLiterate

Understanding Mental Health Literacy

Mental health literacy is part of health literacy and includes four key components:

- Build skills to get and stay mentally healthy
- Improve understanding of common mental disorders and treatments
- Reduce stigma
- Increase effective help-seeking

Learning About the Stress Response

Mental health is the capacity to successfully adapt to life's challenges. It includes a wide range of thoughts and feelings, as well as the stress response. By learning how to handle daily stressors, we can strengthen our problem-solving skills and build resilience.

The Stress Response video



bit.ly/MHL_stress1

Understanding Stress (and what to do about it) poster



bit.ly/MHL_stress2

Evidence-Based Medicine framework video



Want to feel empowered in making decisions about health and mental health care? Learn how the Evidence-Based Medicine framework can help.

bit.ly/MHL_evidencebased

Becoming Media and Website Savvy video



Overwhelmed with all the health information out there? Learn how to sift through misinformation and get evidence-based answers with this video.

bit.ly/MHL_mediasavvy

Communicating With Your Health Provider handout



Prepare for your appointment with your health care provider. Feel empowered and take action with an informed conversation.

bit.ly/MHL_ask

MHL Pyramid poster



bit.ly/MHL_Pyramid1

MHL Pyramid Explained video



bit.ly/MHL_Pyramid2

Adolescent Development

Parenting Your Teen booklet



bit.ly/MHL_parent2teen

Teening Your Parent booklet



bit.ly/MHL_teenprimer

The Big 5 (+1) for Mental Health poster

Research continues to support a handful of basic lifestyle factors that help keep us mentally healthy.



bit.ly/MHL_big5

Check out the Mental Health Literacy Toolbox to learn more!



bit.ly/MHL_toolbox



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.

AUGUST 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>To join by phone, call: 1-855-703-8985 Enter meeting ID: 225-573-6467#</p>				
<p>5</p> <p>NO PROGRAMS</p> <p>HAPPY HERITAGE DAY!</p> <p>12 9:30am: Ponder This 11am: Exercise 1pm: The Big Picture 3pm: Treasure Island Pt 4</p> <p>19 9:30am: The 1970s 11am: Exercise 1pm: Marina Nemat 3pm: Treasure Island Pt 5</p> <p>26 9:30am: Ponder This 11am: Exercise 1pm: Animal Spotlight 3pm: Treasure Island Pt 6</p>	<p>6</p> <p>11am: Imagination Circle 1pm: Olympics 3pm: Readers' Corner 4:30pm: Brain Games</p> <p>13 11am: Mindfulness 1pm: Olympics 3pm: Some Good News 4:30pm: Name That Sound</p> <p>20 11am: Imagination Circle 1pm: Endangered Animals 3pm: Nutrition: Eating for Energy 4:30pm: Don't Quote Me</p> <p>27 11am: Mindfulness 1pm: Let's Talk About... 3pm: Crime and Justice 4:30pm: Trivia</p>	<p>7</p> <p>9:30am: Mystery Chronicles 11am: Purple Heart 1pm: Coffee Chat 3pm: Exercise</p> <p>14 9:30am: All Request Music 11am: Who Why When 1pm: Worldviews 3pm: Exercise</p> <p>21 9:30am: From John to Justin 11am: EPL Presents! 1pm: Would You Rather? 3pm: Exercise</p> <p>28 9:30am: Vinyl Café 11am: In The Headlines 1pm: Canada's Milestones 3pm: Exercise</p>	<p>1</p> <p>9:30am: Gratitude 11am: SCWW Advisory Group 1pm: For Your Body 3pm: Science Savvy</p> <p>8 NO MORNING PROGRAMS 1pm: Edmonton Folk Festival 3pm: Aging in Place 4:30pm: Dinner Theatre</p> <p>15 9:30am: Gratitude 11am: Edmonton Blues Festival 1pm: Indigenous Teachings 3pm: Working Through Grief</p> <p>22 9:30am: Gratitude 11am: Short Stories 1pm: Coffee Chat 3pm: Weird and Wonderful</p> <p>29 9:30am: Gratitude 11am: Government 101 1pm: Wheel of Fortune 3pm: Coffee Chat 4:30pm: Broadway Musicals</p>	<p>2</p> <p>9:30am: Classical Music Hour 11am: Exercise 1pm: Smokey The Bear 3pm: Person Place or Thing</p> <p>9 9:30am: Folk Song Favourites 11am: Exercise Chair Yoga 12pm: Canadian Connections 1pm: Writing for Fun 3pm: In The Headlines</p> <p>16 9:30am: Blues Music 11am: Exercise 1pm: Let's Talk About... 3pm: Great Wall of China</p> <p>23 9:30am: Name That Tune 11am: Exercise 1pm: Writing for Fun 3pm: Klondike Gold Rush</p> <p>30 9:30am: Songs of Faith 11am: Exercise 1pm: Who Why When 3pm: BINGO</p>

Pre-registration required

Special Events

Conversations

Health & Wellness

Learn & Discover

Just for Fun!

Mannawanis Native Friendship Centre



WEAVING WICHITOWIN LEARNING YOUTH EDUCATION

Program

Starting July

Every Tues 5pm to 7pm

Every Thurs 5pm to 7pm

Ages 6 to 12

Ages 13 to 18

Program Includes:

Cultural Based Teachings

Budgeting

Nutrition

Mental Health

Medicine Wheel
Teachings

Sports Program

Gift cards
&
Prize Incentives
will be given

To register please contact
Twila at 780-645-4630

THINGS TO DO ONCE YOUR LOVED ONE HAS DIED

ASK A LAWYER

Once your spouse has passed away, there are several important tasks to attend to. Christina L. Tchir from MORROW TCHIR LLP will go over considerations such as making funeral arrangements, seeking financial advice, checking for benefits, filing insurance claims, updating legal documents, and avoiding fraud. Other tips include keeping the original Will, refraining from major decisions, and updating emergency contacts.



**SEPT
26 TH
2024**

IN PERSON SEATING IS LIMITED. REGISTER EARLY.

A HYBRID PRESENTATION
10:30 AM- 12:00 PM
ST. PAUL SENIOR CITIZENS' CENTRE
ADDRESS TBD

This event will be offered in-person and via Zoom. Call Ruth Snyder at 780-614-6345 to register for free.

PARTNERS IN PROVIDING PUBLIC LEGAL EDUCATION:



Non-profit learning centre

Find online courses and training resources on non-profit governance to support board members of non-profit organizations.

Introduction

The Alberta non-profit learning centre provides resources on important concepts in governance of non-profits to support their role in the delivery of their programs and services in their communities.

These learning resources are intended to:

- empower non-profits, their board members and volunteers through training
- provide educational and training support in governance of non-profits
- make it easier to find and access various types of resources that meet the specific needs of individual learners



Online courses

Find online courses related to governance of non-profits.



Live webinars

Find live webinars related to governance of non-profits.



Documents and guides

Find documents and guides related to governance of non-profits.

Contact www.alberta.ca/non-profit-learning-centre

Connect with the Community Development Unit if you have questions about the resources or services:

Hours: 8:15 am to 4:30 pm (open Monday to Friday, closed statutory holidays)

Phone: [780-963-2281](tel:780-963-2281)

Toll free: [310-0000](tel:310-0000) before the phone number (in Alberta)

Email: communitydevelopment@gov.ab.ca



Summer of love for Alberta's non-profits | Il y a de l'amour dans l'air cet été pour les organismes sans but lucratif

This summer through Crowdfunding Alberta, Albertans can donate to a cause they care about.

Non-profits play a critical role in supporting and building vibrant communities across the province and through the Crowdfunding Alberta platform, Alberta's government is making it easier than ever to donate to projects that matter to you.

Crowdfunding Alberta is available to non-profits year-round, making it easier for them to raise much-needed funds when they need them. Alberta's government matches 50 per cent of funds raised by an eligible campaign, up to \$5,000 annually, making every donation even more impactful.

"I encourage all Albertans and non-profits to take advantage of the Crowdfunding Alberta platform. The critical work of non-profits never stops. From kids' camps to animal rescue, donations through Crowdfunding Alberta help non-profits achieve their community goals."

-Tanya Fir, Minister of Arts, Culture and Status of Women

All campaigns on Crowdfunding Alberta are pre-screened to ensure donations are going to legitimate and credible Alberta-based organizations. Since it launched in 2021, 220 non-profit organizations have used Crowdfunding Alberta to raise almost \$1.2 million, including more than \$230,000 in matching funds from Alberta's government.

Make sure to check out the crowdfunding campaigns that matter to you, and let's make summer 2024 the summer of love for non-profits in Alberta.

Quick facts: Alberta has the highest donation tax credit of any province or territory in Canada. Albertans are eligible for a 60 per cent tax credit on the first \$200 donated to a charity registered with the Canada Revenue Agency, and a 21 per cent tax credit on each additional dollar donated.

[crowdfunding.alberta.ca](https://www.crowdfunding.alberta.ca)

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





AUGUST EMPLOYMENT WORKSHOPS

FIRST STEPS TO EMPLOYMENT

10AM-12PM

4707-50 Ave St Paul AB
Virtual option available

WEEKLY TOPICS

August 6 , 2024

Filled with Affirmations

August 12, 2024

Resume Skills

August 19, 2024

Interview Skills

August 26, 2024

No Group this week

CONTACT



780-815-0166



admin@lcfasd.com



www.lcfasd.com



4707 50 Ave St Paul



WHO: Individuals with FASD or possible FASD

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

WHEN: 10:00am to 12:00pm

WHERE: 4707-50 Ave St Paul *Virtual option available*

FOR MORE INFORMATION PLEASE CONTACT:

780-815-0166

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





St. Paul Education

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





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**

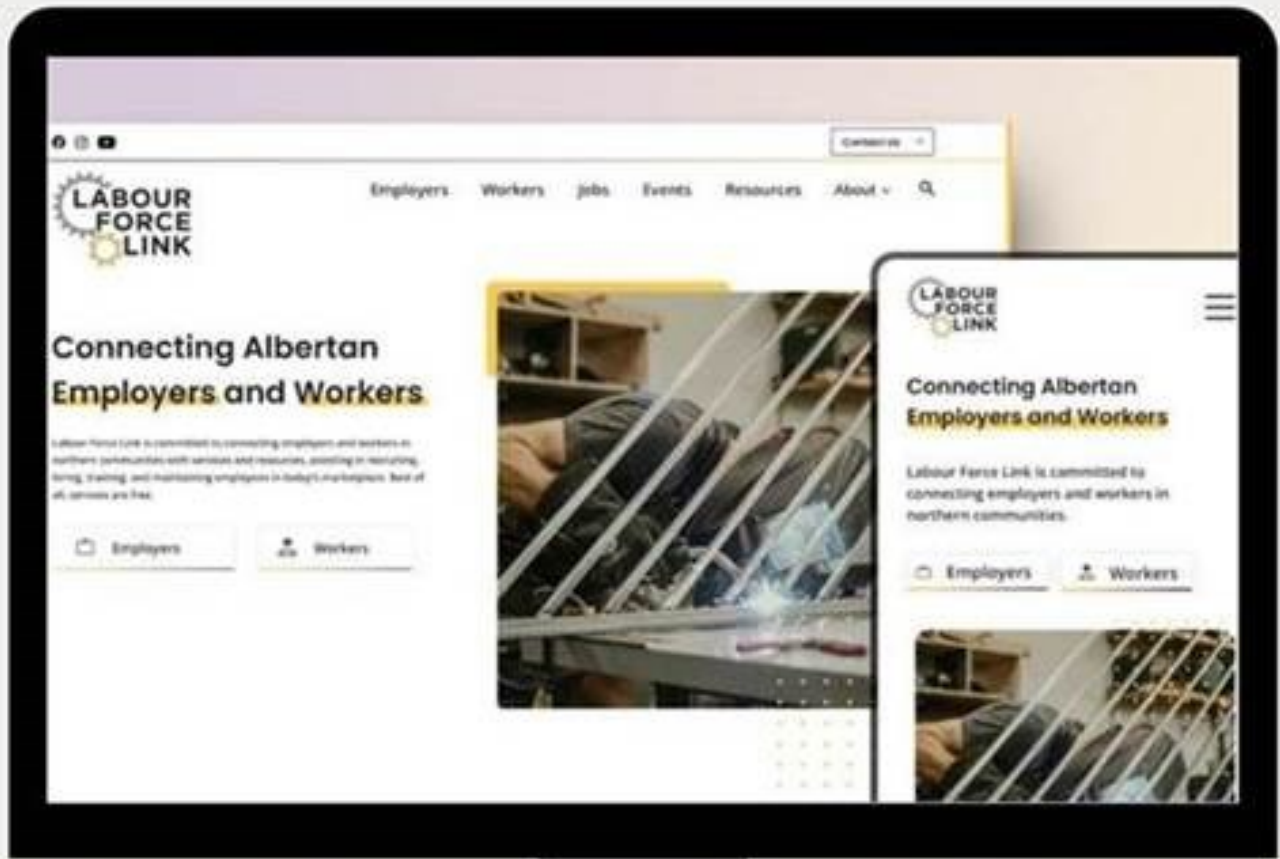


**REGISTRATION
NOW
OPEN**

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

Follow us on Facebook and Instagram

OUR NEW WEBSITE IS NOW LIVE!



www.labourforcelink.ca

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



LEADERSHIP ESSENTIALS

WORKSHOP



Canada Alberta Job Grant

Employers, potentially receive up to 2/3 of Training Cost reimbursed

- Module 1:** Self Aware Leader
- Module 2:** Leadership Development
- Module 3:** Communication Essentials

Workshop Dates 9am-4pm

October 30, 2024 (Module 1)
 November 6, 2024 (Module 2)
 November 13, 2024 (Module 3)

Registration:

\$1,900 + GST

Includes workshop, ongoing leadership site, tools, training, handouts & certification.

For more information, or to register please contact Yvonne at St. Paul Chamber:
executivedirector@stpaulchamber.ca
 780-645-5820
<https://stpaulchamber.ca>

This 3-part workshop focuses on the learning and development of effective leaders. The program's goal is for learners to understand effective leadership and communication basics, as well as develop and apply these necessary skills to their organization, and commit to continuous improvement.



Lead Instructor
 SARA HURTUBISE
 Director, CPHR, B.Comm
 Lakeland HR Solutions

Proud Partnership
 St. Paul & District
 Chamber of Commerce





Entrepreneur



ARE YOU A **SMALL BUSINESS,** **SELF EMPLOYED, OR** **FARMER/RANCHER?**

**Do you need health benefits,
disability insurance, critical
illness or life insurance?**

Chamber of commerce is a non-profit, volunteer organization of Members for the purpose of promoting the growth of the community.

Become a member and you will receive our support in advertising, networking, and growing your business and added health benefits!

Additional Perks!

Free or discounted fees for Chamber Events

Opportunity to have your Logo on Chamber Correspondance

Promote your business on all of our Social Media Accounts

Contact us for more information
4802 50 Avenue (inside Community Futures)
PO Box 887 St. Paul, Alberta T0A 3A0
Phone: 780 645 5820
Email: executivedirector@stpaulchamber.ca
Website: www.stpaulchamber.ca

Become a Chamber Member!

RODEO WEEK KICK OFF PARTY


St. Paul Affordable Community Housing Society

St. Paul & District
Chamber
of Commerce 

In
Partnership

Wednesday, August 28
St. Paul Rec Centre
(Must 18 years of age or older)

SPONSORSHIP OPPORTUNITY

Need a way to market your business and network with others?

**Any Purchase or Sponsorship over
\$500.00**

*Your Business will get your name & logo placed at the table
and also entered in to a draw for a
MEDIA PACKAGE Valued at*

\$5500.00

SPONSORED
BY:



SPONSORED
BY:



Please contact the Chamber office at executivedirector@stpaulchamber.ca

EMPLOYMENT SKILLS WORKSHOPS



August 2024 Calendar	
August 7, 2024	Interview Skills
August 14, 2024	Interview Questions
August 21, 2024	Employer Expectations
August 28, 2024	Success in the Workplace

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.





Lakeland
EMPLOYMENT SERVICES

IN-PERSON WORKSHOPS

AUGUST WORKSHOP SCHEDULE

August 7, 2024

Internet Safety

August 14, 2024

Stretching Your Food Dollars

August 21, 2024

Communication Skills

August 28, 2024

Skills and Interests

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 



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!

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

You are Hereby Invited
to the LCFASD's 2024
FASD Day Mocktail
Event

Come out to watch or enter a team to compete!
All events from 12pm-1pm

September 5th, St. Paul

Co-Op Home & Agro Centre 5017 42nd St, St. Paul

September 9th, Cold Lake

Lakeland Centre for FASD 4823 50th St, Cold Lake

September 16th, Bonnyville

Town Hall Parking Lot 4917 49th Ave, Bonnyville

September 23rd, Lac La Biche

Lakeland Centre for FASD 10117 102 Ave, Lac La Biche

For any questions or to RSVP your team

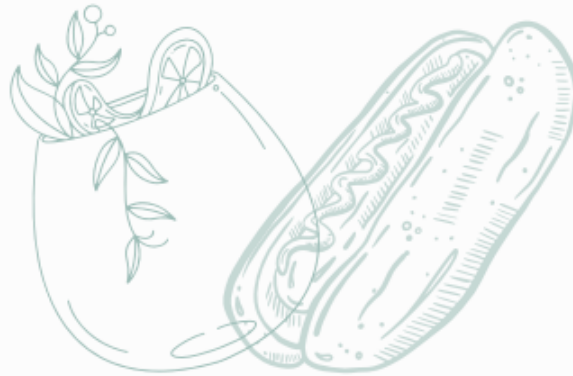
Call 780-594-9905 or

Email admin@lcfasd.com





2024 FASD DAY EVENT
FREE BBQ AND 1st ANNUAL MOCKTAIL
CHALLENGE
SEPTEMBER 5TH, 2024



Come enjoy a hotdog and watch local teams compete in our mocktail challenge

@ The St. Paul Co-op Home & Agro Centre
5017 42nd St, St. Paul

AUGUST 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Decorating Challenge Story and Craft 10:30am	2	3
4	5	6 Come in and enjoy a book! 3:30-6:30	7 Come in and enjoy a book! 3:30-8:30	8 Stepping Stones Story and Craft 10:30am	9	10
11	12	13 Come in and enjoy a book! 3:30-6:30	14 Family Movie Night 6:30pm	15 Decorate Pencil Case Story and Craft 10:30am	16	17
18	19	20 Come in and enjoy a book! 3:30-6:30	21 Come in and enjoy a book! 3:30-8:30	22 Tea Party and snacks 11:00am	23	24
25	26	27 Back to regular hours 8:00am-6:30pm	28 Back to regular hours 8:00am-8:30pm	29 Back to regular hours 8:00am-6:30pm	30	31

KIDS SUMMER CAMP

TIME: 9AM - 4PM
AGE: 5 - 12 YEARS OLD
COST: \$250.00/WEEK

Week 1: July 2 - 5 (*short week \$200)
Week 2: July 8 - July 12
Week 3: July 15 - July 19
Week 4: July 22 - July 26
Week 5: July 29 - Aug 2
Week 6: Aug 6 - Aug 9 (*short week \$200)
Week 7: Aug 12th - Aug 16
Week 8: Aug 19th - Aug 23
Week 9: Aug 26th - Aug 30

REGISTER AT:
ST. PAUL AQUATIC CENTRE
780 645 3388



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

HAYING IN THE 30'S



**FOR SAFETY ISSUES
NO OPEN CAMPFIRE
NO DOGS
ALLOWED ON GROUNDS**

AUGUST 3 - 4, 2024

**MALLAIG, AB
RAIN OR SHINE**



MEMORIES OF THE PAST

**NO ADMISSION
DONATIONS ACCEPTED**



- HORSE DRAWN EQUIPMENT DEMO
- TOUR THE VILLAGE
- LIVE MUSIC ALL DAY
- SATURDAY NIGHT HOE-DOWN
- KIDS GAMES
- VIEWING ZOO
- FACE PAINTING
- ROPE MAKING
- NUMEROUS ATTRACTIONS & DISPLAYS



SCHEDULE OF EVENTS

SATURDAY

10:00am OPENING CEREMONIES PARADE TO FOLLOW

11:00am - 5:00pm

DEMO AND ATTRACTIONS

6:00 pm BEEF ON A BUN

9:00 pm OLD FASHION HOE DOWN

SUNDAY

9:00 am INTER-FAITH CHURCH

9:30 am PANCAKE BREAKFAST

DEMO AND ATTRACTIONS

11:30 am to 4:00 pm

**100% OF ALL DONATIONS GO TO SUPPORT THOSE
WHO ARE UNDERGOING CANCER TREATMENTS**

For more information:

CONTACT:

780-210-9523

780-210-9527

www.hayinginthe30s.com

Haying in the 30's

Box 35

Mallaig, AB

TOA 2K0



Together We're Better Camprground Drop-ins Tuesdays - Fridays

Floating Stone Lake Day Use Area

July 2 - 5th
July 9 - 12th

1 p.m. -
4 p.m.

Lac Bellevue Day Use Area

July 30 - Aug 2nd
Aug 6th - 9th

- Crafts
- Games
- Stories
- Activities



CALL LILY AT 780-872-4596 FOR MORE INFORMATION

*All days are Weather Dependent. Watch Facebook for notifications: <https://www.facebook.com/TWBMHCSt.Paul>



Together We're Better





ASHMONT FARMERS MARKET

Dates

!!! May 18 - *Special Event - *Grand Opening !!!

June 22- Regular Market

July 27 *Special Event *-Heritage Days*

Aug 24- Regular Market


Sept 28- Regular Market

Oct 26- Regular Market

Nov 23- Regular Market

Dec 7 *Special Event*-Buck of the Season*

Saturdays 10:00am-2:00pm



LIVE COMEDY

LISA BAKER

AUG 24 • MALLAIG, AB
MIKEY MAC'S

7:30PM



**CABRINI PARK
CHALLENGE CUP**

**Bean Bag
Championship**



&

**Mallaig Antique
Tractor & Car Show**

August 24, 2024

Mallaig, Alberta

Breakfast at Mallaig & Dist. Museum
8:30 a.m. to 11:00 a.m.

Car & Tractor Registrations
10:00 a.m. to 12:00 p.m.

Prizes for People's choice and different categories

Tractor Parade @ 1:00 p.m.

Bean Bag Tournament

10:00 a.m. at ball diamonds, Cabrini Park

Parking Lot Pickleball 11:00 a.m. to 5:00 p.m.

***Beer Gardens *Food and Refreshments *Tons of FUN**



CONTACTS

Car Show
Henri Amyotte
780-635-3817/780-210-0581
Laurier Dechaine
780-635-3057/780-210-3056

Tractor Show
Raymond Amyotte
780-635-3804
Neil Lilje
780-614-5819

Bean Bag Tournament
Laurier Jodoin
780-210-7309
Ryan Berg
780-210-7309

Parking Lot Pickleball
Denis Lamoureux
780-645-1502

Proceeds to

Mallaig Museum, Mallaig Arena
Project and Mallaig Minor Hockey

Sponsors

Mallaig & Dist. Museum, Mallaig Chamber of Commerce,
Mallaig & Dist. Ag Society, Mallaig Minor Hockey

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**



**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**

St. Paul
RODEO
MILE



AUGUST 31, 2024*

***BEFORE the Rodeo Parade**

U9 (1/4 Mile) begins at 9:45am - \$20

Full 1 Mile begins at 10:00am - \$30

(Cost includes T-Shirt)

Stay tuned for more information on how to register on social media or
contact Tim Penner at penntim@spcrd.ca



Brought to you by:



Canada-Alberta Job Grant Information Session

Private Business including Sole Proprietors & Partnerships, Non-Profit sector employers, First Nation & Metis Settlements

The Canada-Alberta Job Grant is a training program where an employer applies on behalf of their present or future employees for eligible training costs. Employers decide who gets training and what type of training may be needed for their employees.

Join us and Luke Groenen from the Ministry of Jobs, Economy, and Trade to learn how CAJG can help your business with financial support for employee training.

Attend via in person or virtually

Two Sessions to choose from:

Thursday, September 5 - 8:30am-10:00am

OR

Wednesday, September 18 - 12:00pm-1:30pm

Funding provided by the Government of Canada through the Workforce Development Agreement.

Please register by email:

executivedirector@stpaulchamber.ca

or Phone: 780-645-5820





SLO-PITCH TOURNAMENT

SEPTEMBER 7/8, 2024

St. Paul, AB

Camping
available
nearby

Entry Fee - \$400

Co-ed - 6/4 with EH

Umpires for Playoffs

CASH PRIZES!!

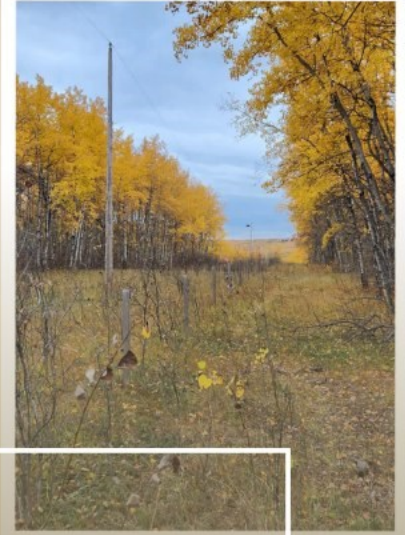
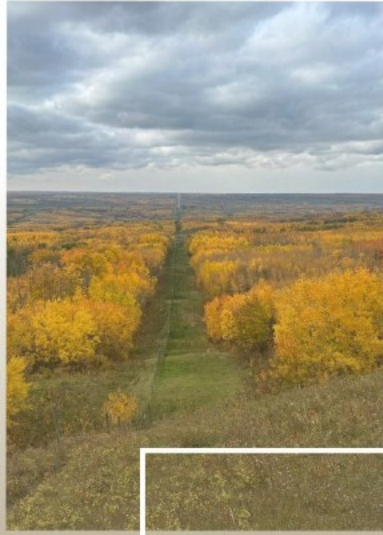
Beer Gardens
& Concession
on site

Contact Yvonne:
780-645-1097 or
cordexsam@gmail.com

Men's &
Ladies
Homerun
Derby

**24
TEAMS**





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

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)





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](#)



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.

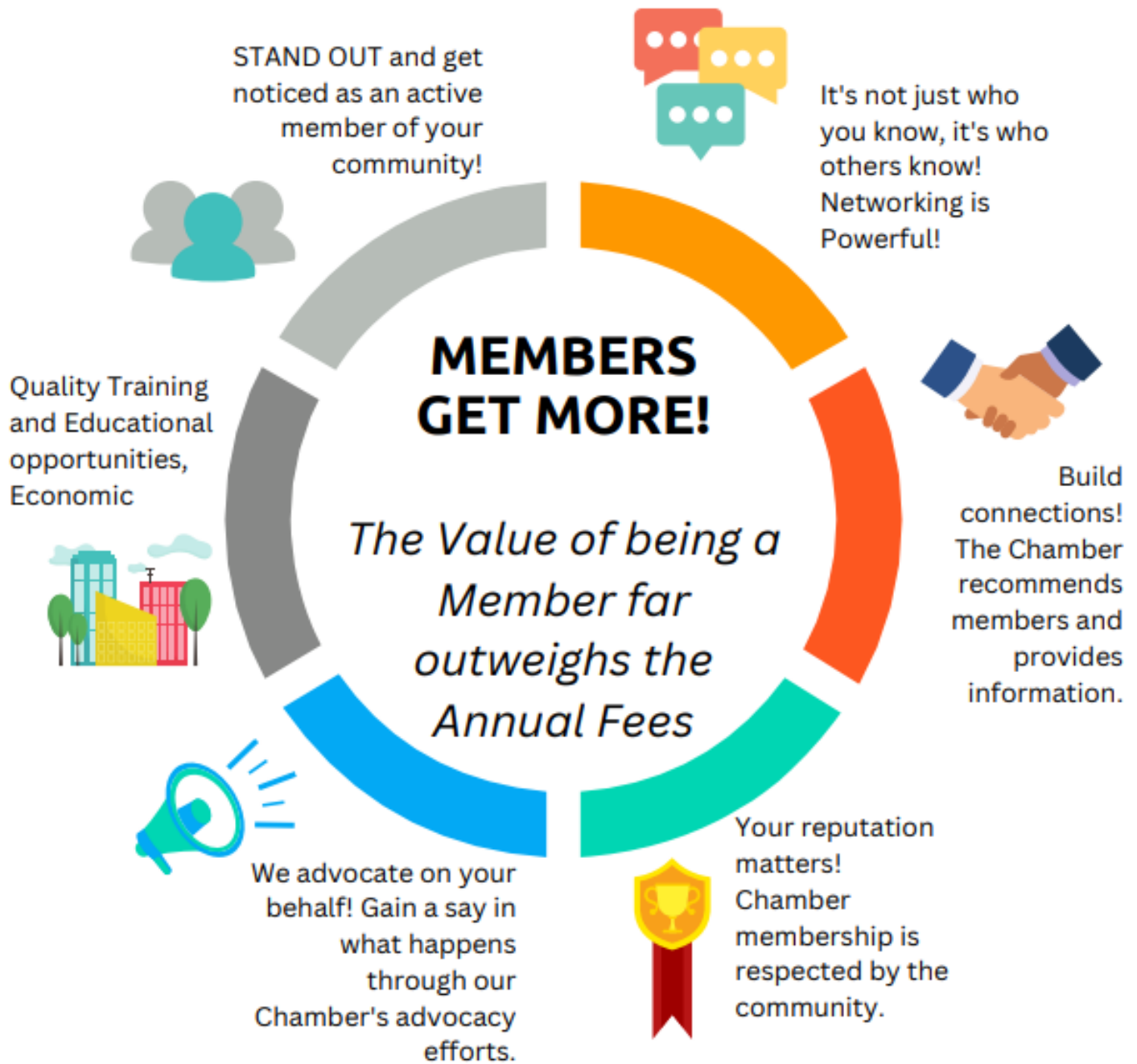
 pridestpaul@gmail.com

 Pride St. Paul - Alberta

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



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

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:





St. Paul
Municipal
Library
2024

August Summer Reading Program

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1 • 5-7 program 10:15-11:45 am • 8 and up program 2-3:30pm	2 • Family Story Time 10:30-11am	3 Library Closed	4 Library Closed
5 Library Closed	6 • 5-7 program 10:15-11:45 am • 8 and up program 2-3:30pm	7 • Summer Movie afternoon 1-4pm	8 • 5-7 program 10:15-11:45 am • 8 and up program 2-3:30pm	9 • Family Story Time 10:30-11am	10 Library Closed	11 Library Closed
12	13 • 5-7 program 10:15-11:45 am	14 • Cardboard Go Cart Challenge 6pm	15 • 5-7 program 10:15-11:45 am • 8 and up program 2-3:30pm	16 • Family Story Time 10:30-11am	17 Library Closed	18 Library Closed
19	20 • 5-7 program 10:15-11:45 am	21 Histoire entre amis 10:00-11:30 am • Crafternoon 2-4pm	22 • 5-7 program 10:15-11:45 am • 8 and up program 2-3:30pm	23 • Family Story Time 10:30-11am	24 Library Closed	25 Library Closed
26	27 Histoire entre amis 10:00-11:30 am	28 Histoire entre amis 10:00-11:30 am	29 Histoire entre amis 10:00-11:30 am	30 • Family Story Time 10:30-11am	31 Library Closed	

How to register:

- Go to www.stpaullibrary.ab.ca
- Click on the programs and events tab
- Click the event you wish to register for on the calendar
- Fill in the form and submit

Notes

- Family event (registration required)
- Drop in afternoons (no registration)
- Kids Programs (Registration Required)
- Drop in Family Story (no registration)



www.stpaullibrary.ab.ca
4802 53rd Street St. Paul AB
780-645-4904
ajubinville@stpaullibrary.ab.ca



Programming for Ages: 8 and up

July and August

2:00 pm to 3:30 pm

READY FOR SOME SUMMER FUN?

**TUESDAYS AND THURSDAYS
JULY 2ND THROUGH
AUGUST 20TH**

**Register for one or
all programs
through our
website**

**These programs are free thank to our
sponsors:**



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





Programming for Ages: 5* - 7

*Must have completed kindergarden

July and August

10:15 am to 11:45am

READY FOR SOME SUMMER FUN?

Register for
one or all
programs
through our
website



**These programs are free thank to our
sponsors:**



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





Summer
MOVIE AFTERNOON

Join us for an exciting Summer Movie afternoon at the Library! Snacks and crafts included. Drop in for FREE. All ages welcome!

WEDNESDAY, AUGUST 7TH AT 1:00 PM
ST. PAUL MUNICIPAL LIBRARY
4802 53rd St St. Paul AB

Don't miss out on this fun summer movie experience!

780-645-4904
 www.stpaullibrary.ab.ca
 ajubinville@stpaullibrary.ab.ca



ST. PAUL MUNICIPAL LIBRARY

CRAFTERNOON

August 21st

2:00 - 4:00 pm

JOIN US AT THE LIBRARY FOR AN
AFTERNOON OF CRAFTING FUN!

ALL AGES WELCOME!

FREE DROP IN

www.stpaullibrary.ab.ca

4802 53rd St St. Paul AB

780-645-4904

ajubinville@stpaullibrary.ab.ca



SUMMER READING PROGRAM 2024

READ
BEYOND THE
BEATEN PATH



ST. PAUL MUNICIPAL LIBRARY PRESENTS

RUBBER DUCK HUNT



FIND A DUCK AROUND TOWN AND
ENTER TO WIN A PRIZE

AUGUST 10TH - 21ST

PRIZE DRAW ON
AUGUST 21ST 2024

HOW TO ENTER:

Find a duck and send a selfie picture of it to
ajubinvill@stpaullibrary.ab.ca
with your name and phone number to be entered
in to win a prize! You can keep your duck.



4802 53rd St St. Paul AB T0A 3A0

www.stpaullibrary.ab.ca

ajubinvill@stpaullibrary.ab.ca 780-645-4904

