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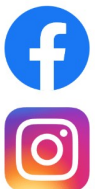
Sept 2024 NEWSLETTER Interagency

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... Community Awareness
- P3... Fall Clothing Exchange
- P4... Suicide Prevention
- P5... Buddy UP
- P6... Ladies Let's Talk
- P7... Men Let's Talk
- P8... Experience St Paul
- P9... National Day for Truth and Reconciliation
- P10... Interagency Connection
- P11... Friendly Welcome Program
- P12... Baby Wise Bundle
- P13... Support for Caregivers
- P14-15... Youth Drop in & Calendar
- P16... Action for Happiness Calendar
- P17... LFRN Calendar St Paul
- P18-30... St Paul April Events
- P31... LFRN Calendar Elk Point
- P22-42... Elk Point April Events
- P43... Tot Time in Mallaig
- P44... Ashmont Youth Program
- P45... Join Gateway Holistic

Stay Informed

- P46... County Communicator
- P47... St Paul Affordable Housing Society
- P48... Chamber Business Support Network

Health & Wellness

- P49-55... Alberta Health Services
- P56... Mental Health Literacy
- P57-58... Seniors Without Walls

For Your Development

- P59... Water Smart Advocate
- P60... Portage College Learning Event
- P61... Alberta Government Non-Profit Learning Centre
- P62... Scholarship Awards
- P63-64... FASD Conference
- P65... Fire Are Safety Course
- P66... Referee Clinics
- P67... AgKNow
- P68-69... Child Safety Seats & Home Safety Course
- P70... Ecole Mallaig Preschool
- P71... Cyber Seniors
- P72... Rural Roots Academy
- P73... Labour Force Link
- P74... The Garage
- P75... Leadership Essentials Workshop
- P76... Chamber of Commerce Health Benefits
- P77-79... Lakeland Employment Services
- P80-81... Rural Family Law Help

Ways to Connect

- P82... Town of St Paul Community Guide
- P83... Town of St Paul App
- P84... LRA Finals Schedule
- P85-86... FASD Mock-tail Event
- P87... Explore Mallaig & District Museum
- P88... Summer BBQ in Ashmont
- P89... Ashmont Farmers Market
- P90-94... Visual Arts Events
- P94... Canada-Alberta Job Grant Info Session
- P95... St Paul Slow Pitch Tournament
- P96... Iron Horse Ultra
- P97... Elk Point Ultra 60KM
- P98... Career Connections
- P99... SAGE Haven
- P100... Chamber of Commerce
- P101-105... St Paul Library Events
- P106-111... St Paul & District Arts Foundation –Meet the Teacher
- P112... Elk Point Library

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

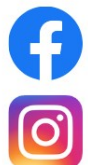
ALLIED ARTS CENTRE
4605-57 AVE

Wednesday

Sept 11th, in St Paul

5 PM-8 PM

ST PAUL REC CENTRE
4802-53 ST



RECREATION CENTRE 4802-53 ST.

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

Please call 780-645-5311
for more information

FALL CLOTHING EXCHANGE

Donation Drop Off Time:

Tues. Sept. 10 1pm-8pm

Doors Open:

Wed. Sept. 11 1pm-8pm

Thurs. Sept. 12 9am-12pm

**COST IS FREE!
BRING YOUR OWN BAG!**

Lakeland

FAMILY RESOURCE NETWORK



Sept 10

WORLD SUICIDE PREVENTION DAY



HELP AVAILABLE 24/7

1-833-456-4566



TEXT 45645



suicideprevention.ca



MEN HAVE A SUICIDE RATE 3x HIGHER THAN WOMEN. GUYS, HERE'S WHAT YOU CAN DO.



1 - PAY ATTENTION

Any noticeable change in his behaviour is a warning sign your friend might not be doing well. These changes could include:

- Drinking more than usual
- Appearing tired or distant
- Talking about how much life sucks
- Being more irritable or angry



2 - START A CONVERSATION

Choose a comfortable setting.

- Over the phone
- Over drinks at a favourite hang out
- While driving in the car
- While working on a project

Mention what you've noticed.

- "I haven't seen you around much these days. Is everything okay?"
- Don't blame or shame him.



3 - KEEP IT GOING

Ask questions and listen to what he's saying.

- "The other day you said your life sucks... what's that like for you?"
Avoid instantly problem-solving.
- Don't make it seem like he's overreacting, and don't change the subject.
- Back him up and acknowledge his feelings: "That sounds really hard."
- If you're still worried about him, ask: "Are you thinking about suicide?" If he says yes, don't panic.
- Let him know you're there for him: "Thanks for telling me. That's really hard to do. Can you tell me more about it? I'm here for you."



4 - STICK TO YOUR ROLE

You're a friend, not a counsellor.

- Ask if he has others he can reach out to for support, and ensure he contacts them.
- Call Crisis Services Canada together: 1-833-458-4566.
- Following the conversation, check in with him often.
- If he has imminent plans to die, contact 911 and ensure he is not left alone.





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.

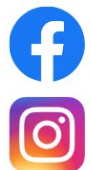
Learn, grow,
share & connect.

Meeting once a month on the
2nd Tuesday of each month.
Facilitated to women,
by women.

Tuesday
Sept 10, 2024
7:30 PM

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

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





Connecting **MEN** through
conversation



Find our group on facebook, scan the QR.

St Paul Men, Let's Talk

Come out for casual,
open conversation.

Meet other like minded men
to chat about whatever
is on your mind.

Learn, grow,
share & connect.

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

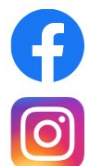
Tuesdays

September 17, 2024 & October 15, 2024

7:30 PM

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

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



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.



NATIONAL DAY FOR
TRUTH AND RECONCILIATION
Learn more online at Canada.ca



ANNEX A

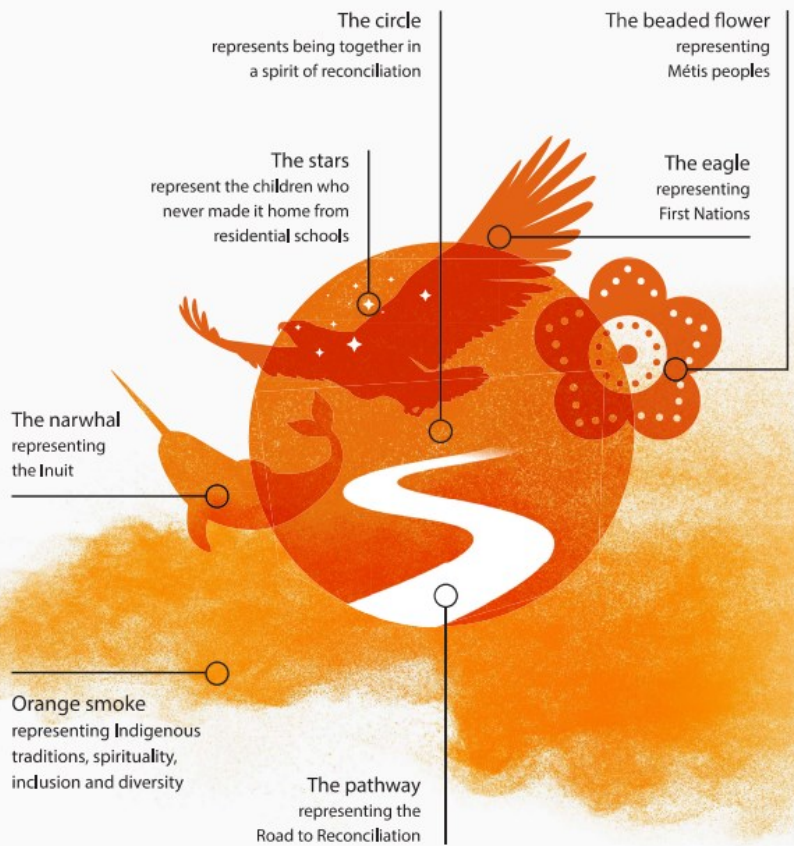
NATIONAL DAY FOR
TRUTH AND RECONCILIATION
**DESCRIPTION OF
VISUAL ELEMENTS**

Among the various visual elements illustrating Indigenous cultures, the circle is at the center which represents being together in a spirit of reconciliation. The orange colour represents truth-telling and healing. The First Nations, Inuit and Métis are represented in the image.

*Smoke is used in different ways by all three Indigenous groups in Canada. Whether it is to smoke fish and meat, to burn sage and tobacco or for sacred ceremonies, it is a significant symbol in Indigenous culture.

DESCRIPTION OF THE THREE ICONS

-  The eagle to represent the First Nations
-  The narwhal to represent the Inuit
-  The beaded flower to represent the Métis peoples





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

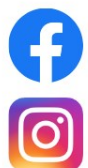
Tuesdays

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 events calendar.

YOUTH DROP-IN



MONDAY
- FRIDAY



3:30PM-
5:30PM



FCSS
5002-51 AVE
Use the SPYC Door



FCSSyouth@town.stpaul.ab.ca



FREE

"Drop in, Hang out, & Chill!"

Swing by the ultimate teen hangout for ages 13-18! Whether you're here to chill, study, grab snacks, or just say hey, our diverse programs have you covered. Don't miss out on the action!

Explore our programming on Facebook and Instagram!



SPYC20 OR st.paul_fcsc



St. Paul Regional FCSS & Family Resource Network


2024 YOUTH DROP IN

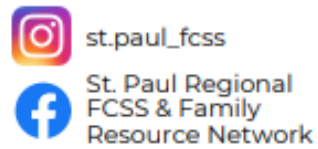
September

Ages 13-18

HOSTED IN
St Paul
 5002 - 51 Ave
 Use the SPYC Door
 3:30pm - 5:30pm

MON TUE WED THU FRI

Check The Town App For Community Events YDI CLOSED 2	Board Games 3	Stay A-Float This Year <u>Root Beer Floats & Setting goals for this School year!</u> 4	Stress Ball Craft 5	Come Spill The TEA! <u>Come Vent & relax with treats & a hot drink!</u> 6
Popcorn & Movie 9	Journaling 10	Community Awareness Night @ Rec Center! 5-7PM YDI CLOSED Clothing Exchange @ Rec Center 11	Pokémon Go @ Fish Pond Gazebo 12	Slice Of Trivia <u>Pizza & Trivia!</u> 13
Yoga @Rogerson Park OR FCSS IF RAINING 16	Learners Education @ Mallaig Public Library 17 18 19			DONUT Stress <u>Grab a dounut Chill & Chat</u> 20
ADULTING 101 <u>Moving Out</u> 23	ADULTING 101 <u>Maintaining my Home</u> 24	REGISTERED PROGRAMMING ASHMONT 25	ADULTING 101 <u>Communication</u> 26	ADULTING 101 <u>Safety & Security</u> 27
Dream Catcher Craft <u>Wear Orange!</u> 30				



Call: 780-645-5311 Email: FCSSyouth@town.stpaul.ab.ca
 Text: 780-614-1941 Web: stpaulfcsc.ca

Self-Care September 2024



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

- 1 Find time for self-care. It's not selfish, it's essential
- 2 Notice the things you do well, however small
- 3 Let go of self-criticism and speak to yourself kindly
- 4 Plan a fun or relaxing activity and make time for it
- 5 Forgive yourself when things go wrong. Everyone makes mistakes
- 6 Focus on the basics: eat well, exercise and go to bed on time
- 7 Give yourself permission to say 'no'
- 8 Be willing to share how you feel and ask for help when needed
- 9 Aim to be good enough, rather than perfect
- 10 When you find things hard, remember it's ok not to be ok
- 11 Make time to do something you really enjoy
- 12 Get active outside and give your mind and body a natural boost
- 13 Be as kind to yourself as you would to a loved one
- 14 If you're busy, allow yourself to pause and take a break
- 15 Find a caring, calming phrase to use when you feel low
- 16 Leave positive messages for yourself to see regularly
- 17 No plans day. Make time to slow down and be kind to yourself
- 18 Ask a trusted friend to tell you what strengths they see in you
- 19 Notice what you are feeling, without any judgement
- 20 Enjoy photos from a time with happy memories
- 21 Don't compare how you feel inside to how others appear outside
- 22 Take your time. Make space to just breathe and be still
- 23 Let go of other people's expectations of you
- 24 Accept yourself and remember that you are worthy of love
- 25 Avoid saying 'I should' and make time to do nothing
- 26 Find a new way to use one of your strengths or talents
- 27 Free up time by cancelling any unnecessary plans
- 28 Choose to see your mistakes as steps to help you learn
- 29 Write down three things you appreciate about yourself
- 30 Remind yourself that you are enough, just as you are








ACTION FOR HAPPINESS

Happier · Kinder · Together

2024 September

St Paul LOCATION

WHICH PROGRAM IS FOR ME?
 child development & well being
ages 0-6 (blue)
ages 7-18 (red)
 caregiver support, building, classes
all ages (Grey)
 community events
all ages (White)

MON	TUE	WED	THU	FRI
02 CLOSED	03 Run, Jump, Skip 10am-12pm DROP IN	04 ASQ Screening 2pm-4pm REGISTER	05 Storytime & Craft 10am - 12pm DROP IN	06 Icky Sticky Messy  Fall Edition 10am-12pm DROP IN
09 Making Music 10am - 12pm DROP IN	10  DROP OFF 1pm - 8pm @ Rec Centre	11 Community Awareness Night @ the Rec Center 5pm - 8pm SHOP 1pm-8pm FREE	12  SHOP 9am - 12pm FREE	13 No Program
16 Homeschool Hang-out 2pm - 4pm REGISTER	17 No Program	18 Ashmont After School 3:30pm - 5:30pm REGISTER	19 Car Seat Check 1:30pm - 3:30pm REGISTER	20 Teen Triple P Parenting ONLINE or IN PERSON Rudeness and Disrespect 2pm - 3pm REGISTER
23 Homeschool Hang-out 2pm - 4pm REGISTER	24 Mallaig Tot Time 9:30am-11:30am DROP IN	25 Ashmont After School 3:30pm - 5:30pm REGISTER Dungeons & Dragons 6pm-8pm ages 12-18yrs REGISTER	26 Kids Have Stress Too 1:30pm-2:30pm REGISTER Run, Jump, Skip 6pm-7:30pm DROP IN	27  Saturday 28 is Dad-urday SEE POSTER FOR DETAILS 10am-12pm
30 Recognizing National Day For Truth & Reconciliation w/Jan Tailfeather for ages 0-12yrs 9am-10am National Truth & Reconciliation Staff Development				

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



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 03
September

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.





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

Wednesday 04
September

2pm-4pm

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

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

Storytime & Craft

Thursday
September **05**
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

Fall Edition

Friday
September **06**
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.





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

AGES 0-6

LFRN St Paul 5002-51 Ave

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

Making Music

Monday 09
September

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.





15 spaces available.
\$25 CASH refundable deposit per child.
Registration is not secured until deposit & registration form is received.
Registration and payment to be made at the FCSS office during our office hours (8:30am-12:30pm, 1:30pm-4:30pm).
First come first served.

KINDERGARTEN-GRADE 6
LFRN St Paul 5002-51 Ave

PD Day Youth Program

Friday October 11

9am - 3:30pm

FOR MORE INFORMATION
CALL 780-645-5311

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

Must bring their own nut free snacks & lunch.

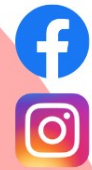
Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





YOUTH 6+

LFRN St Paul 5002-51 Ave

Home School Hangout

September 16 & 23

2pm - 4pm

CALL TO REGISTER
780-645-5311

FREE

Lakeland

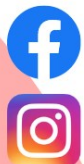
FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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

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





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

Thursday
September 19

1:30pm-3:30pm

CALL TO REGISTER
780-645-5311

FREE



St. John Ambulance



St. Paul Regional
Family and Community
Support Services

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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



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

Available
Online OR In Person



Teen

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

Triple P Tip Sheet

Rudeness & Disrespect

Friday
September **20**
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.



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

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

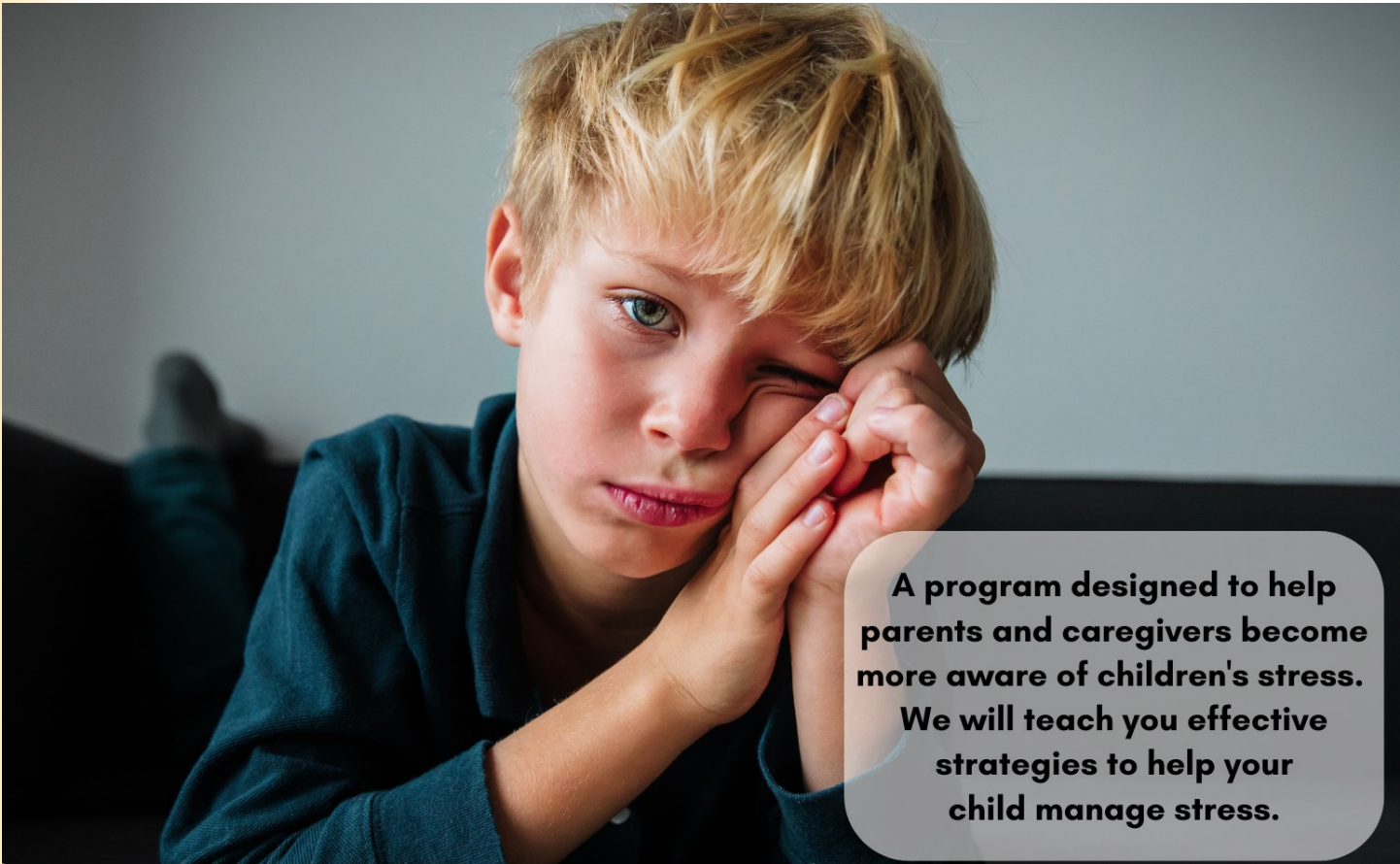
Behavior at School
Being Bullied
Chores
Homework
Fears
Bedwetting
Stealing
Self-Esteem
Lying
ADHD
Creativity
Sport
Swearing

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



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

Thursday September 26

1:30pm-2:30pm

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.



Need a couple of hours to yourself?

DAD-urday is a morning for dads/father figures and their children to spend together out of your hair and in our center.

Fun activities and a pancake brunch provided.



AGES 0-10YRS

LFRN St Paul 5002-51 Ave

DAD - urday

Saturday **28**
September
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
September **25**

6pm-8pm

CALL TO REGISTER
780-645-5311

FREE

Lakeland

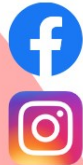
FAMILY RESOURCE NETWORK

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.





evening

Run, Jump, Skip

Thursday
September 26

6pm-7:30pm

DROP IN

780-645-5311



AGES 0-6

ACFA Gym 4617-50 Ave

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

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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



2024

Elk Point LOCATION

September

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>02 CLOSED Labour Day</p>	<p>03 Office OPEN 8:30am-12:30pm 1:30pm-4:30pm</p>	<p>04 Office OPEN 8:30am-12:30pm 1:30pm-4:30pm Community Awareness Night 6:30-8:30pm @ Allied Arts FREE</p>	<p>05</p>	<p>06 Story & Craft 10am-12pm DROP IN</p>
<p>09 Youth Group Wall Hanging 3:30pm-5:30pm REGISTER</p>	<p>10 Office OPEN 8:30am-12:30pm 1:30pm-4:30pm</p>	<p>11 Office OPEN 8:30am-12:30pm 1:30pm-4:30pm</p>	<p>12</p>	<p>13 Making Music 10am-12pm DROP IN Baby Bunch 1:30pm-2:30pm DROP IN</p>
<p>16 Youth Group Yoga 3:30pm-5:30pm REGISTER</p>	<p>17 Office OPEN 8:30am-12:30pm 1:30pm-4:30pm</p>	<p>18 Office OPEN 8:30am-12:30pm 1:30pm-4:30pm</p>	<p>19 Kids Have Stress Too! 10am-12pm REGISTER</p>	<p>20 Get Moving Activity Cube 10am-12pm DROP IN</p>
<p>23 Mindful Matters Friendships 3:30PM-5:30PM REGISTER</p> <p>Emotion Coaching 5 Sessions 6:30pm-7:30pm REGISTER</p>	<p>24 Office OPEN 8:30am-12:30pm 1:30pm-4:30pm</p>	<p>24 Office OPEN 8:30am-12:30pm 1:30pm-4:30pm</p>	<p>26 Mom's Matter Too Paint Door Mat 6:30pm-8pm REGISTER</p>	<p>27 Rhymes That Bind 10am-12pm DROP IN Baby Bunch 1:30pm-2:30pm DROP IN</p>
<p>30 National Truth & Reconciliation Staff Development</p> <p>Emotion Coaching 5 sessions 6:30pm-7:30pm REGISTER</p>				



FAMILY RESOURCE NETWORK

4906 - 48 St

Elk Point AB TOA 1A0

Call: 780-724-3800

Text: 780-614-1941

Web: stpaulfcss.ca



st.paul_fcss



St. Paul Regional
 FCSS & Family
 Resource Network

September

Events

13-Sensory Bags

27-Baby Massage

Please register for both these events.

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

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



0-18 MONTHS

LFRN ELK POINT 4906 48ST

Baby Bunch

Fridays

1:30pm

REGISTER

780-724-3800



Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

Call **780-724-3800** or visit our website at **stpaulfcss.ca**
Providing services and support for ages 0-18yrs, parents and caregivers.





AGES 0-6

LFRN Elk Point 4906-48 St

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

Storytime & Craft

Friday
September **06**
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.





Explore your creativity & use your imagination to create your own masterpiece!

YOUTH 7+
LFRN Elk Point 4906-48 St
Encouraging listening skills, attention span and creativity.

Wall Hanging

Monday
September 09

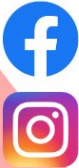
3:30pm-5:30pm

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.





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

AGES 0-6
LFRN Elk Point 4906-48 St

Making Music

Friday
September **13**
10am-12pm
DROPP IN
780-724-3800



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

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.
Call **780-724-3800** or visit our website at **stpaulfcss.ca**
Providing services and support for ages 0-18yrs, parents and caregivers.





Learn basic yoga moves that you can do in your own bedroom.

YOUTH 7+

LFRN Elk Point 4906-48 St

Yoga

Monday September 16

3:30pm-5:30pm

FREE TO REGISTER
780-724-3800

Please bring a yoga mat if you have one.

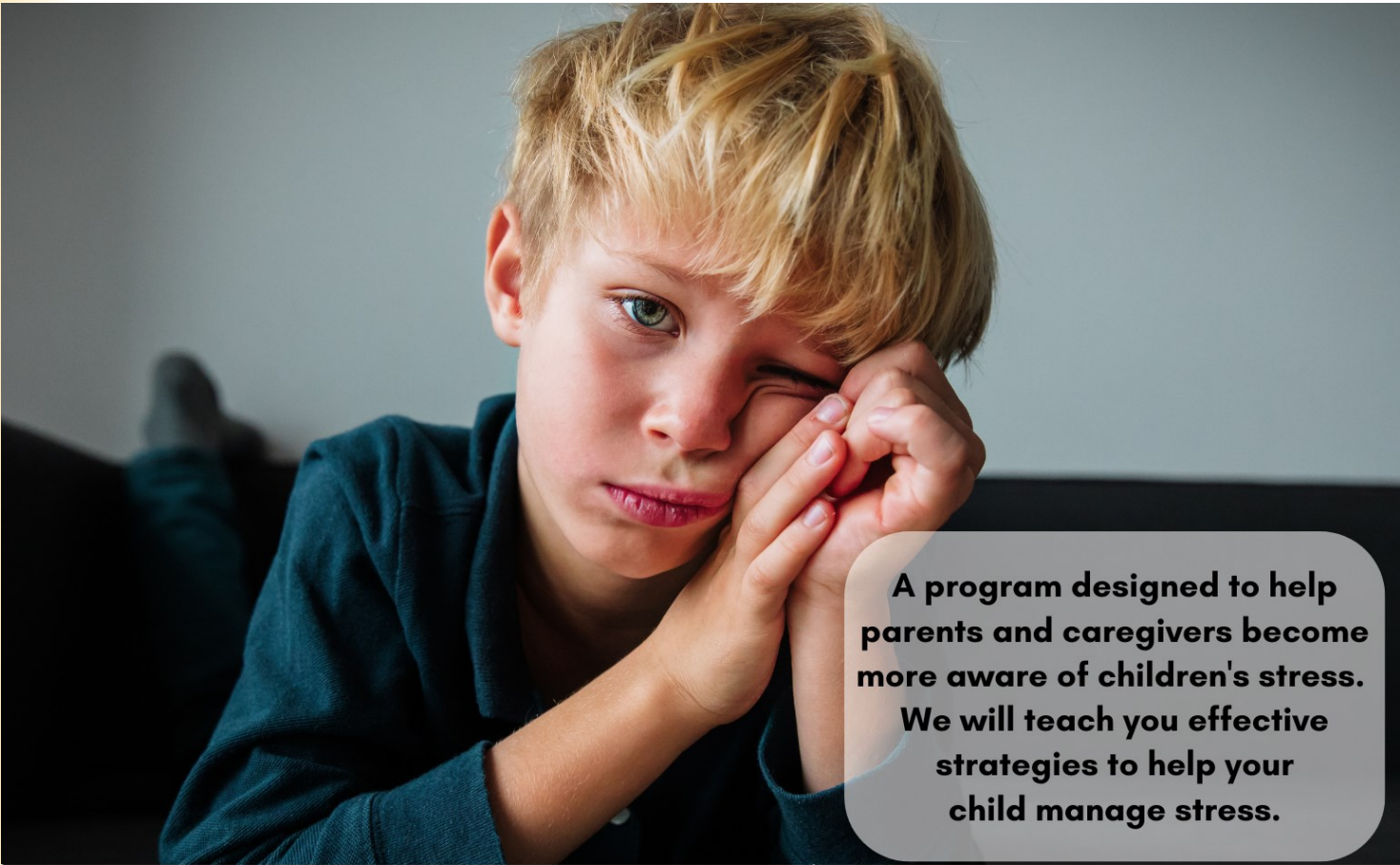
Learn ways to move your body that you can do at home.

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.





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

Elk Point LFRN 4906 48 ST

Kids Have Stress Too

Thursday
September 19

10am-12pm

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.





Let's create a movement cube that you can make and take with you to continue the fun at home!



AGES 0-6

LFRN Elk Point 4906-48 St

Get Moving

Friday September **20**

10am-12pm

DROP IN

780-724-3800



Encourage natural movement to help develop gross motor 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.





Topics may include

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

YOUTH 7+

LFRN Elk Point 4906 48ST

Mindful Matters

Friendships

Monday
September **23**

3:30pm-5:30pm

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.





Based on the book by Dr. John Gottman "Raising an Emotionally Intelligent Child" the workshop aims to help parents connect with their children and young people and resolve conflicts without escalating their own emotions.

Parents will learn skills to respond to child's negative emotions (i.e. scared, sad, angry), use emotions for bonding and teachable moments, regulate emotions and set clear, consistent limits in problem-solving.

CAREGIVERS

LFRN Elk Point 4906 48st

Emotion Coaching

5 week **ONLINE** course

Monday's

23, 30, 7, 21 & 28

6:30pm-7:30pm

FREE

CALL TO REGISTER
780-724-3800

Lakeland

FAMILY RESOURCE NETWORK

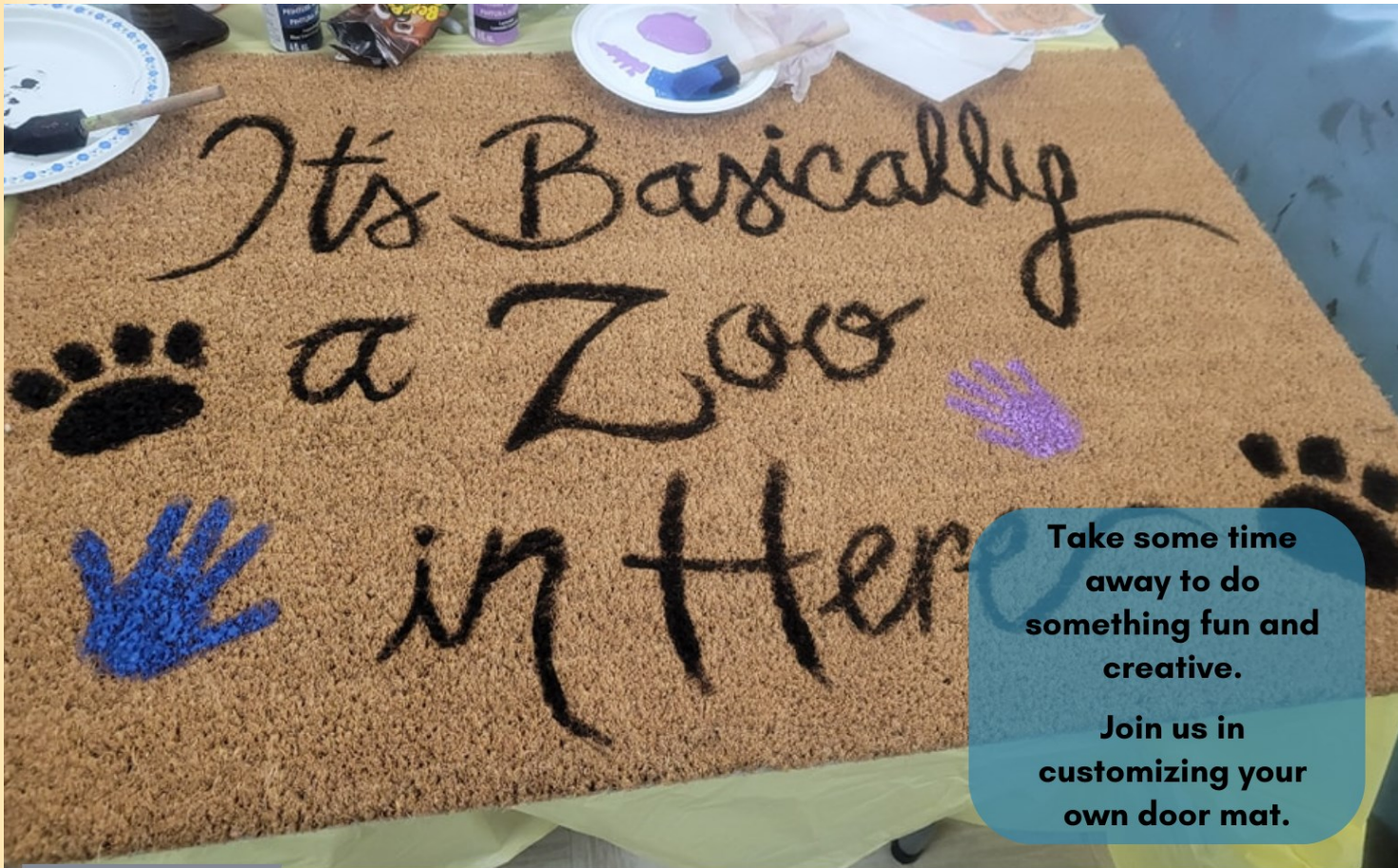
Connect with us for more information.

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

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



FIVE STEPS for building emotional intelligence in your child.



Take some time away to do something fun and creative.

Join us in customizing your own door mat.

CAREGIVERS

LFRN Elk Point 4906 48st

Mom's Matter Paint Door Mat

Thursday
September **26**

6:30pm-8pm

CALL TO REGISTER

FREE 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.





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
 September **27**
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.





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

Starts SEPTEMBER 24

Mallaig
Tuesdays

9:30AM-11:30AM

@ Mallaig Seniors Hall



Lakeland

FAMILY RESOURCE NETWORK

Connecting youth in our community.



Ashmont

Youth Program

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

Parent registration/ consent to be completed prior to start.

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

ASHMONT

youth

PROGRAM

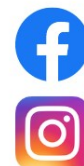
Wednesdays

Starting September 18

3:30PM-5:30PM

@ the Ashmont Community Library

FREE AGES 6-12!





Lakeland

FAMILY RESOURCE NETWORK



Gateway Holistic

Care Group

JOIN GATEWAY HOLISTIC

LEARN HOW GATEWAY HOLISTIC
SUPPORTS CAREGIVERS
OF CHILDREN WITH
DEVELOPMENTAL DISABILITIES.

Learn How to Access Supports

- Respite Services
- Community Access
- Behavioural Support
- Personal Care

REGISTER NOW

frnspoke@town.bonnyville.ab.ca
or call 780-826-2120

**SEPTEMBER
11, 2024**

7:00 p.m.

4714-48 Street
Bonnyville, AB
or virtual



COUNTY COMMUNICATOR

Our Mission is to Create Desirable Rural Experiences

WEBSITE SUBMISSIONS - EVENTS CALENDAR

PUBLIC HEARING

Re: Bylaw 2024-11
on September 10th at 11 a.m.



For the purpose of **Rezoning SE 21 58 9 4** from Agriculture (A) District to Light Industrial / Residential (IR) District to allow for a Transportation Service Provider (Busing).

To speak For or Against the proposed bylaw:

- **For in person**, request meeting admittance by emailing brichard@county.stpaul.ab.ca before September 6
- **For written submissions**,
 - **mail** to 5015 49 Avenue, St. Paul AB, T0A 3A4
 - **email** devpermits@county.stpaul.ab.ca
 - **deliver** to the Admin Office

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



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
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

Business Support Network Meeting



Thursday, Sept 12, 2024

11:30am – 1:30pm

******Canalta Meeting Room******

Lunch Provided by: MCSNet

Guest Speaker: Sam Stordy

Chambers of Commerce - Group Insurance Plan

Mission Statement:

The Business Support Network is an ongoing group of businesses, business support organizations and government which identify and address local current business and human resources issues.

Network Purpose:

Through the bi-monthly meetings, Alberta Labour will provide the opportunity for local businesses to support organizations and government to come together to provide roundtable updates and listen to guest speakers on relevant topics.



St. Paul & District
Chamber
of Commerce

St. Paul & District Chamber of Commerce
4802 50 Avenue - PO Box 887
St. Paul, AB - T0A 3A0
executivedirector@stpaulchamber.ca
Office 780-645-5820 or
Cell 780-210-5820 (call/text)

Sept 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

Sept 3	Tues Afternoon	1:30-4pm
Sept 12	Thurs Morning	9:30am-12pm
Sept 18	Wed Evening	5:30pm-8pm

Nutrition

Sept 10	Tues Afternoon	1:30-4pm
Sept 19	Thurs Morning	9:30am-12pm
Sept 11	Wed Evening	5:30pm-8

Ongoing Care

Sept 17	Tues Afternoon	1:30-4pm
Sept 26	Thurs Morning	9:30am-12pm
Sept 25	Wed Evening	5:30pm-8

Heart & Stroke Education

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

Overview & Prevention

Sept 11	Wed Morning	9:30am-12pm
Sept 19	Thurs Evening	5:30pm-8
Sept 25	Wed Afternoon	1:30-4pm

Nutrition

Sept 18	Wed Morning	9:30am-12pm
Sept 26	Thurs Evening	5:30pm-8
Oct 2	Wed Afternoon	1:30-4pm

Managing Stress

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

Sept 9 & 16	Mon Evenings	6pm-7pm
-------------	--------------	---------

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

Sept 4, 11, & 18 Wed Evenings 5:30pm-8

Series 2—Classes 2.1, 2.2, & 2.3

Sept 12, 19, & 26 Thurs Afternoons 1:30-4pm

Series 3—Classes 3.1 & 3.2

Sept 5 & 12 Thurs Mornings 9:30am-12pm

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.

September 10 to Oct 17

Tuesdays & Thursdays

Mornings 10-11:30am or Afternoons 1-2:30pm

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.

Sept 11 Wed Evening 5:30pm-8pm

Better Choices, Better Health

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

Living with a Chronic Condition

Sept 25 to Oct 30 Wed Evenings - 6-8:30pm

Living with Chronic Pain

Sept 19 to Oct 24 Thurs Evenings – 6-8:30pm



To register for a Zoom class call:

1-877-349-5711

Or

<https://www.healthylivingprogram.ca>



Alberta Healthy Living
Program

Supervised Exercise Program: Hip and Knee Pain

Experience the Health Benefits!

Exercise can help prepare for an upcoming surgery, or recover if you've recently had one. It can even prevent the need to have surgery at all!

If you are an adult living with hip or knee concerns and have one more chronic health conditions, join this FREE, safe, fun and interactive small-group class.

- For people with hip & knee concerns
- Tailored to your fitness level
- Learn to exercise safely at home
- No extra equipment required



Virtual Workshop meets twice/week for 6 weeks

September 10-October 17 - 1:00 - 2:30pm

Register Here: <https://healthylivingprogram.ca/supervised-exercise-program>

Call 1-877-349-5711 for more information



**Alberta Health
Services**

Alberta Healthy Living
Program

Living with Diabetes: Seated Exercise and Foot Care

Seated Exercise & Footcare

Exercise helps to manage blood sugar levels, improve your overall health and boost mood while reducing stress.

Diabetes can impact your nerves and blood vessels as well as your ability to heal, so your feet need extra care and attention. While exercise offers many benefits when managing diabetes, it can be challenging to be on your feet.



Fortunately, exercise can be done from a chair and receive the same great benefits!

- 30 minutes learning how and why footcare is important
- 30 minutes of guided exercise from your chair
- no extra equipment required

1-Hour Virtual Workshop

September 18 - 1:30 - 2:30pm

Register Here <https://healthylivingprogram.ca/managing-diabetes#footcare-exercise>

Call 1-877-349-5711



**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

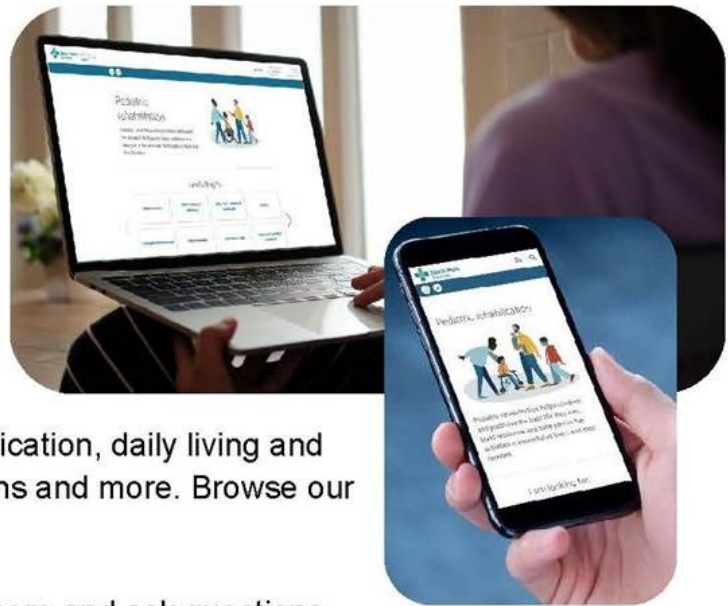
Caregivers, parents, and those who work with children and youth from birth to age 18 are invited to explore an exciting new platform to learn directly from Alberta-based pediatric rehabilitation experts:

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

Free Exercise Program

Alberta Healthy Living Program

Education that supports your health and your life



Upcoming Sessions:

Sep 10-Oct 17 Tue/Thu 10:00-11:30am

Oct 28– Dec 9 Mon/Wed 1:00-2:30pm

Oct 28– Dec 9 Mon/Wed 6:00-7:30pm

- 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



**Alberta Health
Services**

Alberta Healthy Living
Program

Caregiver Education Team Newsletter

September 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

Wellness Exchange Series

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

Part 1: Problem Solving
Wednesday, September 11
6:00 – 7:30 pm

Part 2: Positive Activities
Wednesday, September 25
6:00 – 7:30 pm

Parts 3, 4 & 5 to be offered in October and November

Caregiver Education Sessions

Parenting Strategies for Positive Mental Health

For parents and caregivers of children in grades K-6

Part 1:
Tuesday, September 17
12:00 – 1:00 pm

Part 2:
Tuesday, September 24
12:00 – 1:00 pm

Participant Feedback:

"Very easy to understand and follow. Respectful, easy to open up with. [The facilitators] both seem genuinely interested in helping others."

"Session leads were great. The info shared was VERY helpful."

"This was an excellent session...Really liked the simplicity and practicality of the session. Much appreciated."

"Keep these courses coming."

Sessions at a Glance



Professional Practice & Education Services
Addiction & Mental Health
Edmonton

For more information, visit www.cyfcaregivereducation.ca



mentalhealthliteracy.org

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

[youtube.com/c/MHLiteracy](https://www.youtube.com/c/MHLiteracy)

facebook.com/MHLiteracy

[@mhliteracy](https://www.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.

SEPTEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>NO PROGRAMS HAPPY LABOUR DAY!</p> <p>9:30am: Ponder This 11am: Exercise 1pm: The Big Picture 3pm: Treasure Island Pt 7</p> <p>16</p> <p>9:30am: The 1980s 11am: Exercise 1pm: Crime and Justice 3pm: Discuss Treasure Island</p> <p>23</p> <p>11am: Coffee Chat</p> <p>30</p> <p>NO PROGRAMS NATIONAL DAY OF TRUTH AND RECONCILIATION</p>	<p>3</p> <p>11am: Imagination Circle 1pm: Person Place or Thing 3pm: Readers' Corner 4:30pm: Name That Tune</p> <p>10</p> <p>11am: Mindfulness 1pm: Weird and Wonderful 3pm: Coffee Chat 4:30pm: Wheel of Fortune</p> <p>17</p> <p>11am: Imagination Circle 1pm: Klondike Gold Rush 3pm: Worldviews 4:30pm: Jeopardy</p> <p>24</p> <p>11am: Animal Spotlight</p>	<p>4</p> <p>9:30am: Mystery Chronicles 11am: Agri-Labs 1pm: All Request Music 1pm: Estranged Relationships 3pm: Exercise</p> <p>11</p> <p>9:30am: Who Why When 11am: Funny Bone 1pm: Extinct Animals 1pm: Estranged Relationships 3pm: Exercise</p> <p>18</p> <p>9:30am: Coffee Chat 11am: EPL Presents! 1pm: Alice Munro 1pm: Estranged Relationships 3pm: Exercise</p> <p>25</p> <p>11am: Eric's Churchill Adventures</p>	<p>5</p> <p>9:30am: Gratitude 11am: Brain Games 1pm: In The Headlines 3pm: Ronnie Hawkins 4:30pm: Broadway Musicals</p> <p>NO MORNING PROGRAMS</p> <p>1pm: Rose City of Petra 3pm: Some Good News 4:30pm: Broadway Musicals</p> <p>12</p> <p>19</p> <p>9:30am: Gratitude 11am: Let's Talk About... 1pm: Beatles Music Hour 3pm: Working Through Grief</p> <p>26</p> <p>11am: Gratitude</p>	<p>6</p> <p>9:30am: Classical Music Hour 11am: Exercise 1pm: Writing for Fun 3pm: Coffee Chat</p> <p>13</p> <p>9:30am: One Hit Wonders 11am: Exercise Chair Yoga 1pm: Science Savvy 3pm: Would You Rather?</p> <p>20</p> <p>9:30am: All Request Music 11am: Exercise 1pm: Writing for Fun 3pm: BINGO</p> <p>27</p> <p>11am: Don't Quote Me</p>

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

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



Water Smart® Advocate

Designed around water safety awareness and injury prevention concepts and practices, this course gives learners the knowledge and skills to stay safe and be Water Smart® in, on, and around aquatic and ice environments.

Enroll for free

Course curriculum

- 1 Session 1: Welcome
- 2 Session 2: Being Water Smart® in Water
- 3 Session 3: Being Water Smart® on and around Water
- 4 Session 4: Water Smart® Practices
- 5 Session 5: Course Closure

The cost? It's free!

Registration includes access to the online course materials. Learners who successfully complete the course will become certified Water Smart® Advocates!

<https://courses.lifesaving.org/courses/water-smart-advocate>

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
4809 - 47 STREET, ST. PAUL.**

This event will be offered in-person and via Zoom. Contact Ruth Snyder at 780-614-6345 or by email at Ruth.Snyder@portagecollege.ca You can also use the QR code to register on Eventbrite.



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



SCHOLARSHIP

AWARDS

APPLICATIONS NOW OPEN

NOMINATE A STUDENT WHO HAS DEMONSTRATED LEADERSHIP!

The Alberta Association of Agricultural Societies have

7 Scholarship Awards

that will be given to outstanding post-secondary students continuing their education, who have volunteered their time and energy to their communities and agricultural societies.



Application Deadline

October 31st, 2024

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

F A S D C O N F E R E N C E 2 0 2 4

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



Lakeland Centre for

FASD

Fetal Alcohol Spectrum Disorder

Caregiver Support Night



In person session: (Bonnyville)
Bonnyville Centennial Centre
2nd Floor, FASD Centre
September 26th, 7-8pm



Topic: Grieving all of it

- **Connect with other Caregivers and Parents**
- **Learn about grief and processing a diagnosis**
- **Light snacks and refreshments**
- **For more information or to register please email admin@lcfasd.com or contact your Outreach Coordinator**



780-594-9905



lcfasd.com



Non Restricted Firearm Safety Course

ATTENTION NEW HUNTERS

150\$ PER PERSON

Must E-transfer to be registered

September 21 & 22 9am-4pm



4402 54ave Bonnyville AB



www.beaverriverfishandgame.ca

**Must be fully
paid to be
registered**



REFEREE CLINICS

Mallaig, October 12th

St. Paul, October 13th

****Registration is now open at:**

<https://register.hockeycanada.ca/clinics>

****New to officiating? FIRST fill in the prerequisite form:**

<https://page.spordle.com/ha/clinics/1ef28f90-b661-6d4a-8b56-02278fe9e5d9>

****In order to attend the clinics, please ensure a criminal record check is completed.****





UPCOMING EVENTS

AGKNOW

ALBERTA FARM MENTAL HEALTH NETWORK



\$65

SEPTEMBER 10 OR NOVEMBER 13 INTRO TO SUICIDE PREVENTION FOR AG WEBINAR 1 - 3 PM MST

This agriculture-specific suicide awareness and prevention workshop is a 120-minute webinar that will provide participants with a general understanding of suicide risk in the community and workplace. This workshop provides four (4) steps for on-the-farm/on-the-job suicide prevention. The trainer will provide information, tools, resources, and scenarios relevant to the agriculture industry. After this workshop, participants will have the basic tools to know how to prepare, respond, inform, and debrief when interacting with a person with thoughts of suicide in the community or their workplace.

THE BRAINSTORY AND RESILIENCE SCALE FRAMEWORK WITH SPEAKER NANCY MANNIX, PALIX FOUNDATION CEO & CHAIR



FREE

Join the Alberta Family Wellness Initiative and AgKnow to learn about the Brain Story and Resilience Scale Framework.

WEDNESDAY, SEPTEMBER 25 BRAINSTORY ORIENTATION, 1 - 2 PM

Get an introduction to the Palix Foundation and the Brain Story Certification course. Learn about the Resilience Scale and what to expect from the full Resilience Scale Masterclass.



FREE

WEDNESDAY, OCTOBER 23 RESILIENCE SCALE MASTERCLASS, 1 - 3:30PM

Resilience can be defined as the ability to respond positively in the face of adversity. The Resilience scale metaphor depicts how our positive and negative experiences interact to influence lifelong health outcomes. Learn how the Resilience Scale Framework can be applied to improve the well-being of individuals, families, and communities.

For more information, contact hello@agknow.ca or contact@palixfoundation.com



LEARN MORE & REGISTER
WWW.AGKNOW.CA/EVENTS

FREE Online Workshops

Child Safety Seats

for Families



Confused about child safety seats?

This interactive workshop will provide information and answer questions about choosing, installing and using child safety seats, booster seats and seat belts for children ages 0-13 years.

This workshop is available for parents and caregivers within Alberta, Canada.

Time: 1 Hour

Location: Online (Zoom)

Register and view all workshops at: <https://EZ-HealthPromotion.eventbrite.com>



FREE Online Workshops

Home Safety



for Infants & Toddlers

This interactive workshop will explore the common causes of childhood injury, including falls, poisoning, burns, and breathing emergencies.

Parents and caregivers will have the opportunity to ask questions and learn simple strategies for building a safe home for the whole family.

This workshop is available for parents and caregivers within Alberta, Canada.

Time: 1 Hour

Location: Online (Zoom)

Register and view all workshops at: <https://EZ-HealthPromotion.eventbrite.com>





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**

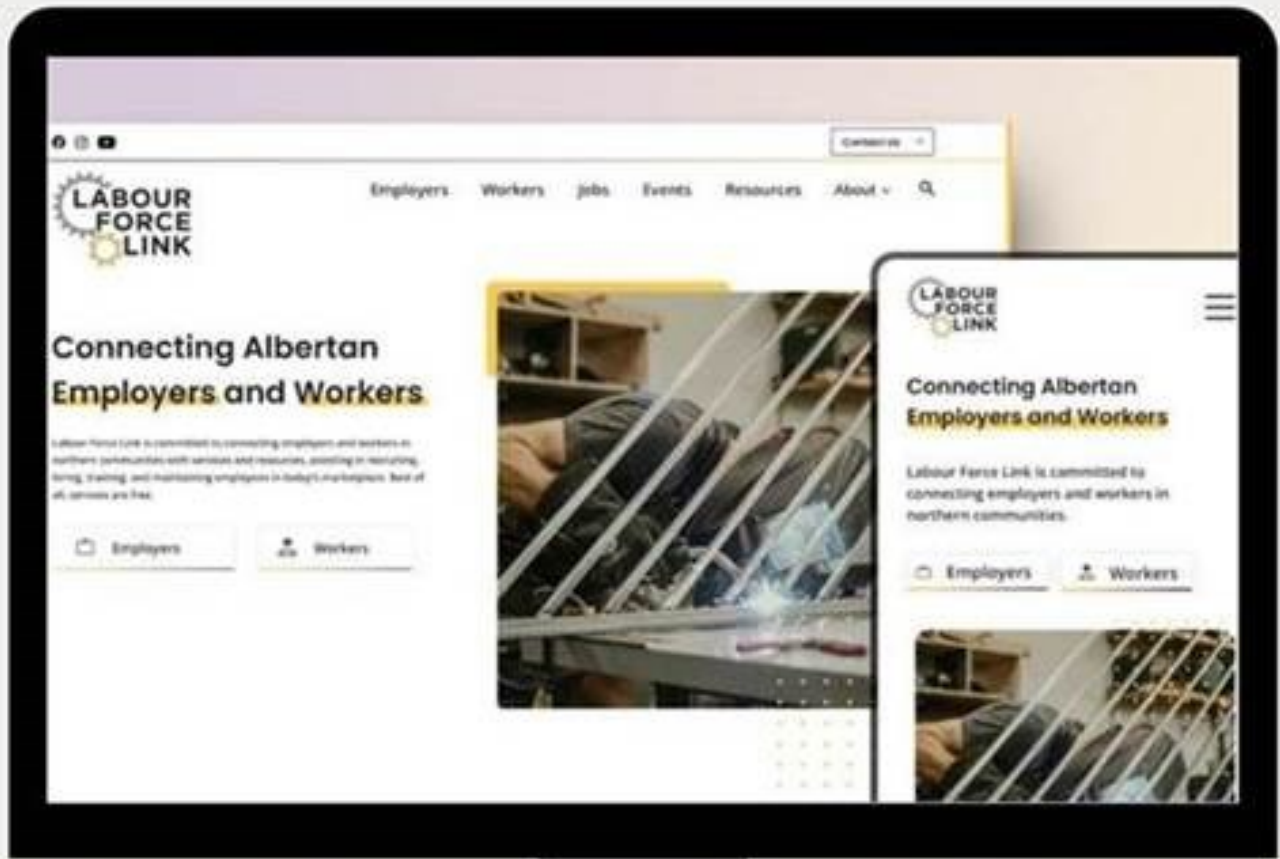


**REGISTRATION
NOW
OPEN**

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





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!

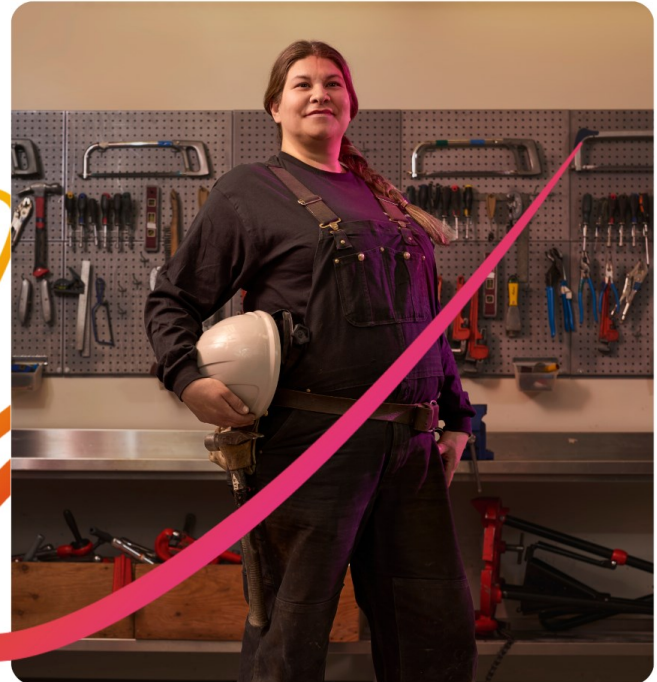
Free or discounted fees for Chamber Events

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!



Women Building Futures workshop: A career in the skilled trades or transportation

Women Building Futures is a non-profit organization based in Edmonton, Alberta. Attend a workshop to learn about our free skills training and support services for women and gender-diverse individuals that helps them explore and connect to careers that pay above a living wage.

Dates

Oct. 22, 2024 (10 a.m. - 11:30 a.m.)

VEGREVILLE
5025 50 Street
Vegreville, AB

Oct. 23 (10 a.m. - 11:30 a.m.)

Bonnyville
5110A 54 Avenue
Bonnyville, AB

Oct. 24, 2024 (10 a.m. - 11:30 a.m.)

Lac La Biche
10263-101 Avenue
Lac La Biche, AB

Oct. 22, 2024 (1:30 p.m. - 3 p.m.)

St. Paul
Northstar Complex
2nd floor, 4701 50 Avenue
St. Paul, AB

Oct. 23, 2024 (1:30 p.m. - 3 p.m.)

Cold Lake
5412 55 Street – Unit B
Cold Lake AB



EMPLOYMENT SKILLS WORKSHOPS



September 2024 Calendar	
September 4, 2024	Applying Online & Traditional
September 11, 2024	Time Management
September 18, 2024	Goal Setting
September 25, 2024	Overcoming Barriers

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 ronicoll@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

SEPTEMBER WORKSHOP SCHEDULE

September 4, 2024	Interview Skills
September 11, 2024	Job Search Online & Traditional
September 18, 2024	Resume Development
September 25, 2024	Communication Skills

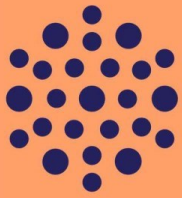
WEDNESDAY AFTERNOONS – 1:30 PM

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 



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



LRA FINALS



Schedule of Events August 25th – September 1st, 2024 St. Paul, AB

SUNDAY, AUGUST 25

Ranch Rodeo
1:00 pm, Clancy Richard Arena
Free Admission
For info: Paul 780-645-9459

WEDNESDAY, AUGUST 28

Burgers-on-the-Grill
(\$5 Min Donation)
11:00 am - 1:30 pm,
Servus Credit Union Parking Lot
(Proceeds to Haying in the 30's)

Rodeo Week Kick Off Party
5:30 pm, St. Paul Rec Centre
Tickets: \$60 / \$450 Table of 8
St. Paul Chamber of Commerce
Yvonne Weinmeier 780-645-5820

PLATINUM SPONSORS



Rodeo Clown
Ricky Ticky Wandchuk



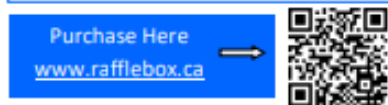
Video Replay Scorelock



Host Hotels



Video Replay Scorelock



THURSDAY, AUGUST 29

27th Pancake Breakfast

7:00 am - 10:00 am, ATCO Electric
5010-50 St.
(Proceeds to MD of St. Paul Foundation)

Chili Cook-Off

11:30 am - 1:30 pm, Cornerstone Coop Common
Cornerstone Coop/Ntn Source
Register at mad.chase@cornerstone.crs
(Proceeds to St. Paul Gymnastics)

Love Local Vendor's Market

5:00 pm - 9:00 pm
The Landing Hotel & Conference Centre
Contact Stephanie 780-227-5512

LRA SHOWDOWN - 1st Performance

6:45 pm, Clancy Richard Arena
DQ Mutton Bustin' (Pre-Register 780-645-4373)

FRIDAY, AUGUST 30

Pancake Breakfast

7:00 am - 10:00 am, Legion Hall
St. Paul Legion Branch 100

Bar-B-Que

11:00 am - 2:00 pm, Home Hardware Parking Lot
St. Paul Home Hardware
(Proceeds to St. Paul Legion Branch 100)

Free Movies

2:00 pm, Elite Theatre
Sponsored by B & D Industrial

\$3 Beef-on-a-Bun Supper

4:30 pm, St. Paul Rec Centre
Hosted by Town & County of St. Paul
Sponsored by Alberta Day grant

LRA SHOWDOWN - 2nd Performance

Tough Enough to Wear Pink (Cancer Support)
6:45 pm, Clancy Richard Arena
Wild Pony Races

SATURDAY, AUGUST 31

Famous Pancake Breakfast (\$5 Min Donation)
8:00 am, Cornerstone Co-op Common
(Proceeds to the People's Museum Society)

Parade (Assemble at soccer fields)

Theme: **'RCAF CENTENNIAL'**
7:00 am, Assembly
10:00 am, Parade
(Parade Manual available at www.stpaulagsociety.com)

Rodeo Mile

10:00 am, Main Street St Paul (prior to parade)
Proceeds to St Paul Parent Athletic Assoc
Register: Tim Penner at 780-614-7747

Ukrainian Lunch

11:30 am, St. Paul Rec Centre
\$20/plate - \$10/kids plate - \$5 hot dog
Catered by Shirley's Catering

AG Social House

11:30 am, Curling Rink
Beer Garden

Smitty's Family Fun Zone

11:30 am, Curling Rink
Petting Zoo, Agland Tractor Pull, Bouncy House, Face
Painting, Glitter Tattoos, etc.

LRA SHOWDOWN - 3rd "Kids Day"

Stollery Children's Hospital Recognition (Purple)
12:30 pm, Clancy Richard Arena
Wild Pony Races

LRA SHOWDOWN - 4th Performance

RCAF Centennial Salute (Blue Day)
7:00 pm, Clancy Richard Arena
Daring Divas Trick Riders

Beerfest

Music by Brandon Lorenzo
9:00 pm, St. Paul Rec Centre
Tkts: \$20 Adv/\$25 Door

SUNDAY, SEPTEMBER 1

Cowboy Worship Service

10:00 am, AG Corral Upstairs
Adele Johnson (780) 614-5857

LRA SHOWDOWN - 5th Performance

Leif Pederson Memorial Day (Orange Day)
1:00 pm, Clancy Richard Arena
Daring Divas Trick Riders

Summer POTTERY & ART Sale
Thurs & Fri: 4 pm - 8 pm
Sat: 12 pm - 4 pm
St. Paul Visual Arts Centre
4613 - 53 St

RODEO TICKETS
Adult: \$20 Adv / \$25 Door
Youth: \$13 Adv / \$15 Door (9-17 yrs)
Child: Free (-8 yrs)

BEERFEST TICKETS
\$20 Adv / \$25 Door
(Adults only)

Scan QR code to purchase tickets

Rodeo 5-pak
Adults: \$100 Adv / \$125 Door
Youth: \$65 Adv / \$75 Door

www.stpaulagsociety.com

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

Explore

MALLAIG & DISTRICT MUSEUM

TUESDAYS TO THURSDAYS

10 AM - 4 PM

Open on Special Request

- Contact: Raymond Amyotte 780-635-3804, Georgette Corbiere 780-635-2112, Roberta Dallaire 780-614-4544.
- Summer Curator: Rae 780-210-9355
- mallaigdistrictmuseum.curator@gmail.com



Pancake Breakfast: Sunday August 24, 2024

8:30 am - 11:00 am

By Donation

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



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





Chunky Knit Blanket Class!

with instructor
Hannan Cadieux
for **Adults &
Youth 12+**

Sunday, September 15, 2024

Time: 1:00 pm - 4:00 pm Cost: \$145

at the **St. Paul Visual Arts Centre**
4613-53 Street, St. Paul, AB

Join instructor Hannan and learn how to hand knit a chunky blanket from start to finish! No needles required! You will select a yarn colour which Hannan will pre-order and provide at class.

Registration, payment & yarn order deadline is Sept. 6th.

All participants should come in comfortable, lightweight clothing and bring a snack and water bottle. Arrive 10-15 mins early so the class can start on time. ***After you've registered with Hannan***

payment can be made to the St. Paul Visual Arts Centre by cheque, cash, or e-transfer at spvac@telus.net

Please include the class date & name in the e-transfer memo.

A minimum of 48 hrs notice is required for cancellations.

Contact Hannan at 780-614-5536 to register

**Visit us at www.spvac.com or on
Facebook @StPaulVisualArtsCentre**





Design Your Own Suncatcher!

Glass Fusion Class
with Rosanne Hale
for Ages 18+

Saturday, September 21, 2024

1:00 pm - 4:00 pm

at the **St. Paul Visual Arts Centre**
4613-53 Street, St. Paul, AB

Class cost is **\$60** per person. All materials, tools, and safety glasses are provided for you. Please bring a pair of lightweight garden gloves if you like. Come create a 5x10 inch suncatcher. **No experience necessary!** In this beginner class you will learn how to design your project, cut glass safely, assemble your project, create and place hanging hooks as well as learn about the properties of glass and the fusing process. We accept e-transfers via spvac@telus.net once registered, as well as cheque or cash.

**Please text or call instructor Rosanne to
Register by September 18th at 1-250-702-0794**

Visit us at www.spvac.com or on
Facebook [@StPaulVisualArtsCentre](https://www.facebook.com/StPaulVisualArtsCentre)





MOUNTAIN MEADOW

Watercolour Class
with Janine Huber
FOR ADULTS & TEENS 16+

2nd Date Added! Sunday, September 29, 2024

Time: 1:00 pm - 4:00 pm. Cost: \$40

This watercolour class is for **all levels** including beginners. You will be guided step-by-step to paint an 11" X 14" mountain scene with selected colours using wet-on-wet and wet-on-dry techniques, colour blending, and spattering to create interest and contrast. All supplies will be provided including a 16"x20" mat. **After registering with Janine, we will accept cheque, cash, or e-transfers to spvac@telus.net*

Please include the **class name and date** in the e-transfer note.

Register by Contacting:

Janine at 780-726-2444 BEFORE Aug. 31st

Renee at 780-614-7821 AFTER Sept 1st.

The St. Paul Visual Arts Centre is located just south of the swimming pool at **4613-53 Street**

Visit us www.spvac.com or on Facebook [@StPaulVisualArtsCentre](https://www.facebook.com/StPaulVisualArtsCentre)



INTRODUCTION TO POTTERY FOR TEENS



WEDNESDAYS AFTER SCHOOL
6 Week Introduction to Pottery for Teens
Ages 13-17

This 6 week Fall course runs on Wednesdays from 5:30 pm - 8:30 pm
You will learn basic hand building & wheel throwing with a focus on simple forms, trimming, making & attaching handles, waxing and glazing.

WEDNESDAY CLASS DATES FOR SEPT & OCT 2024:

September 11, 18, 25 & October 2, 9, 23. Oct. 9th is the final day for wheel throwing, no class on Oct. 16th and Oct 23rd is glazing & final class.

Your instructors are Rosanne & Brock. Course cost is **\$200** per teen and includes all materials and use of tools. Limit of 6 students. Please make sure to leave your name and number and Rosanne will return your call. Your position is not guaranteed until full payment has been made. Students must be able to attend all classes as one class builds onto the next and clay projects are time sensitive with drying, trimming and firing. No long nails, loose sleeves or jewellery, and long hair will need to be tied up.

To register please text or call instructor Rosanne **ON OR AFTER AUGUST 27th at **1-250-702-0794** between the hours of 10am & 6pm**

Visit us at www.spvac.com or on Facebook [@StPaulVisualArts](https://www.facebook.com/StPaulVisualArts)
E-mail spvac@telus.net





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

Men's &
Ladies
Homerun
Derby

Camping
available
nearby

Entry Fee - \$400

Co-ed - 6/4 with EH

Umpires for Playoffs

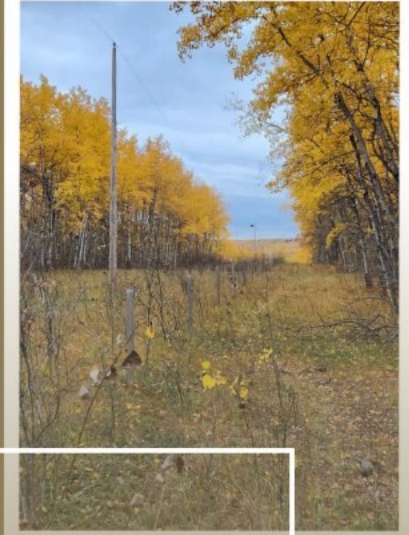
CASH PRIZES!!

Beer Gardens
& Concession
on site

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

**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.

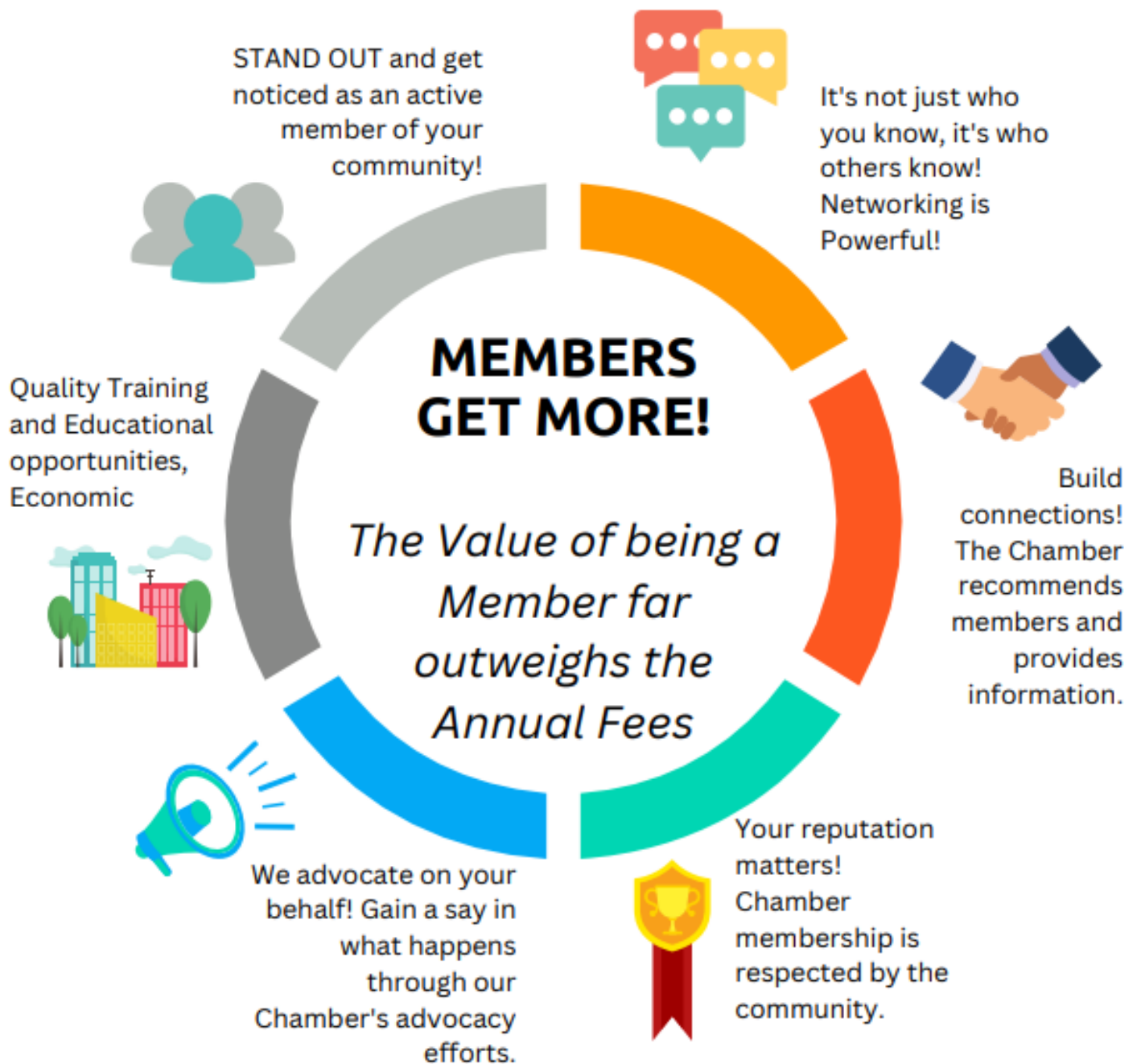
 pridestpaul@gmail.com

 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



St. Paul & District
Chamber
of Commerce



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

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 19th, 2024

For more information, contact us
SPMultiCC@gmail.com



Presented by:



Family Story-time

At the Library

Fridays at 10:30am

Enjoy monthly themed stories, song and activities geared for kids 4 and under (all ages welcome)

*Registration required for kids participating in the craft.

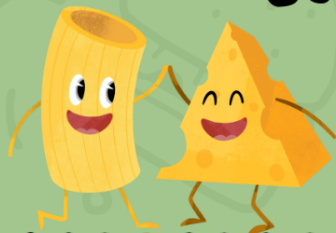
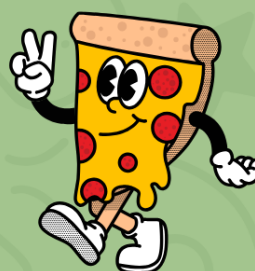
This month's Theme: Fun with Food!

September 6th

September 13th

September 20th

September 27th



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

ST. PAUL LIBRARY'S

READING CAFE

*homeschool indicative, everyone is welcome

AGES 6 TO 12
REGISTRATION REQUIRED

11:45am

September 6th

September 20th

October 4th

October 18th

Encouraging young readers
with themed books and crafts
focusing on Comprehension,
Accuracy, Fluency and
Expanding vocabulary.



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



Take and Make

DIY KITS TO GO

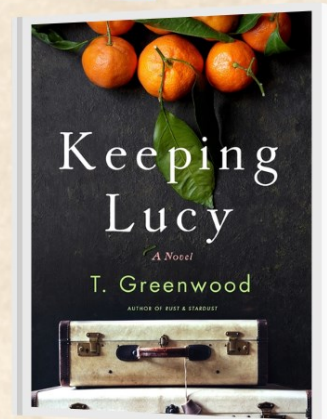
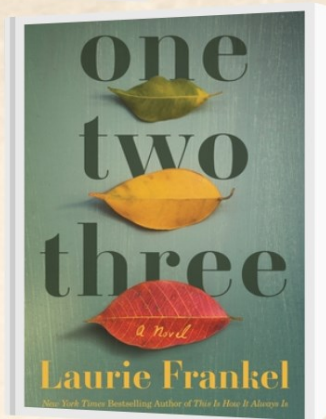
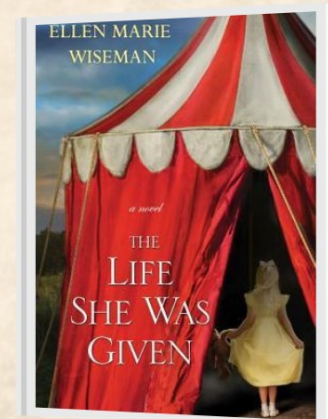
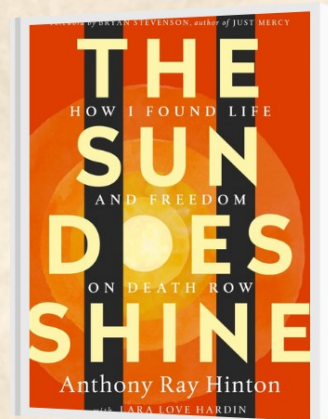
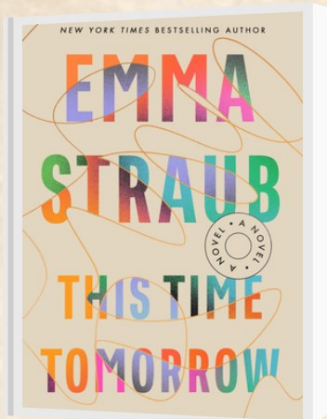
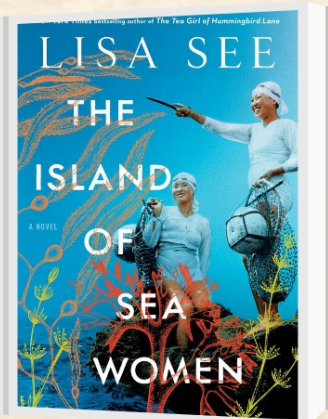
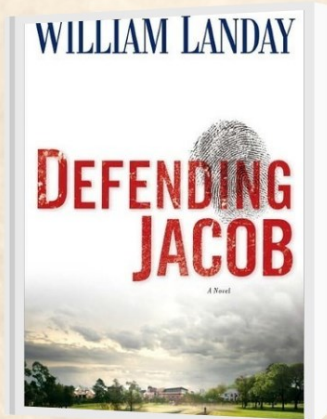
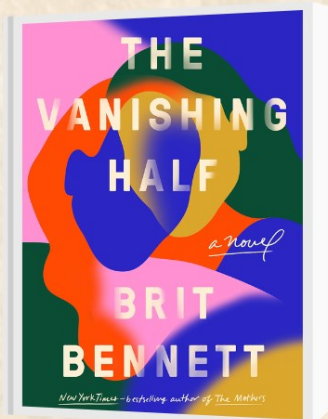
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**THERE'S A NEW
CRAFT AVAILABLE
EVERY WEEK**

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



St Paul Municipal Library
Last Wednesday of the Month Book Club
2024/25 selection



For more information and to join please e-mail
programs@stpaullibrary.ab.ca

ST. PAUL & DISTRICT ARTS FOUNDATION



MEET THE TEACHER

2024/25 REGISTRATION

SEPTEMBER 5, 2024 FROM 5 - 7:30 PM

Volunteering and fundraising are not required

Non-competitive programs

Half-Year and Full-Year Programming Options

CLASSES COMMENCE SEPTEMBER 9, 2024

4822 - 50 AVE ST. PAUL



Learn more at <http://artfoundation.ca/register/>
mpdowntownartsstudio@outlook.com · 780-645-2781



MISS OLIVIA
MEET



Hello
everyone!

We are thrilled to welcome Miss Olivia as our new dance instructor. Starting her dance journey at age 7, Olivia has a deep passion for lyrical and ballet. She's earned top awards at the Vivid and Showcase Dance Festivals and is passionate about mentoring young dancers. Olivia is eager to share her love for dance with our students, and we're confident she'll be a great addition to our program.

MISS RANDI
MEET



*Hello
everyone!*

Miss Randi, who hails from Bigstone Cree Nation, Treaty 8 territory, is passionate about cultural dancing and contemporary beading projects. Beading is not only a creative outlet for her but also a way to connect with her heritage and take care of herself. She deeply values sharing her creations with others, helping them to express their inner beauty and pride. Miss Randi is excited to bring her skills and cultural knowledge to our beading, Pow Wow, and Tot and Me classes.

MR. MITCHELL
MEET



Hello
everyone!

Mitchell brings over 20 years of guitar playing and 15 years of teaching experience to our program. His deep understanding of the instrument, combined with a patient and step-by-step approach, makes him an excellent instructor for students of all levels. Whether you're a beginner or looking to refine your skills, Mitchell is here to help you achieve your musical goals. We're excited to have him share his expertise with our students.

MS. DANA
MEET



*Hello
everyone!*

Art has always been a part of Ms. Dana. From a young age, Dana was constantly imagining and creating, seizing every opportunity to bring ideas to life. She spent much of her life marveling at the beauty around her, curious about what things could become.

Sharing her passion for endless possibilities is what drives her. Whether through a pencil, a paintbrush, or even a blade of grass, Dana is fascinated by the magic of creating something from nothing. Ms. Dana is eager to guide others in exploring their own imaginations and discovering where an idea can take them.

MISS ORIANE
MEET



Hello
everyone!

Oriane is currently a grade 11 student at École du Sommet. Art has always been a significant part of their life, whether it's drawing, painting, or exploring other creative forms. She has a deep passion for expressing themselves through art and are incredibly excited to share that passion with others, inspiring creativity and artistic exploration in those around them. Oriane is eager to continue developing their skills and contributing to the vibrant artistic community.



Elk Point

Municipal Library

Digital Skills

Learn to use your smartphone, iPad, or computer at any of these classes offered at Elk Point Municipal Library by the Community Adult Learning Program. Take one class, or take them all! Classes are on Wednesdays from 1:00 - 2:00 p.m. Check out the calendar below for topics:

SEPT 25 1 PM - 2 PM <i>Get to Know Your Smart Phone</i>	OCT 02 1 PM - 2 PM <i>Settings on Devices</i>	OCT 09 1 AM - 2 AM <i>"Just" Google It</i>	OCT 16 1 PM - 2 PM <i>Digital Playtime</i>
OCT 23 1 PM - 2 PM <i>Windows 10 Part 1</i>	OCT 30 1 PM - 2 PM <i>Windows 10 Part 2</i>	NOV 06 1 PM - 2 PM <i>Digital Playtime</i>	NOV 13 1 PM - 2 PM <i>PDF/Adobe Documents</i>
NOV 20 1 PM - 2 PM <i>Travel with your Smartphone</i>	NOV 27 1 PM - 2 PM <i>Keeping Track</i>	DEC 04 1 PM - 2 PM <i>Sources for Digital Learning</i>	DEC 11 1 PM - 2 PM <i>Digital Playtime</i>

WEDNESDAYS 2:00 - 3:30

Digital Drop-in

If you don't need classes, but have a digital question, drop in with your device any Wednesday between 2:00 and 3:30.

Contact Sandie at 780 614 6368 or at Elk Point Library