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October 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, Nov 5th in **St Paul**

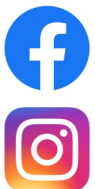
780-645-5311

5002-51 Ave, St Paul

Mon, Oct 7th in **Elk Point**

780-724-3800

4906-48 St, Elk Point



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- P85... The Joe Show Fundraising Event
- P86... Health & Harvest Fair
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HALLOWEEN

SAFE & SWEET

FREE EVENT

OCTOBER 31

5PM-7PM

TRICK OR TREAT

@ THE RECREATION CENTRE

4802-53 Street, St Paul

featuring games for children aged **0-12 yrs** & their families!

BRING YOUR OWN PUMPKIN for painting. All necessary supplies will be provided.

8:30PM

HALLOWEEN MOVIE

@ ELITE THEATRE

4938-50 Ave, St Paul

Ghostbusters: Afterlife (2021)

13 yrs+ enjoy the spirit at Elite Theatre with friends & family.

FREE entry. Doors open at 8pm. Limited seating. Concession available for purchase.

Sponsored by local businesses, organizations & community members.

Visit St Paul FCSS @ 5002-51 Ave
or call [780-645-5311](tel:780-645-5311) for more information.



NEW FORMAT

see
details
above



SAFE & SWEET HALLOWEEN DONATION REQUEST

The Town of St. Paul, St. Paul Regional FCSS and Lakeland Family Resource Network have once again partnered to host a Halloween event for children and families of St. Paul and area.

We are asking community members, organizations and businesses to contribute candy, treats, or a donation for this year's event.

Our spooktacular event, hosted at the St. Paul Recreation Centre, brings together hundreds of children and their families. This year, we will be hosting families for a Halloween celebration featuring costumes, games, and pumpkin decorating, all enhanced by the delicious treats from your generous donations. Later in the evening, we invite teens and their families to enjoy a thrilling Halloween-themed movie at the Elite Theatre. This fun filled evening wouldn't be possible without our contributors who will be recognized in a community-wide thank-you.

If this interests you, your donation can be brought to either St Paul or Elk Point Regional FCSS offices, no later than Friday Oct. 25th. Once your donation is brought to the office you will receive a sponsor poster to put in your window informing "trick or treaters" of your support of this years Safe and Sweet event.

We thank you for your consideration in this family connection event and look forward to hearing from you.

Visit St Paul FCSS @ 5002-51 Ave
or call [780-645-5311](tel:780-645-5311) for more information.



Connecting youth in our community.



YOUTH program

HOSTED AT GLEN AVON

Youth Program
Hosted at Glen Avon
If you're in grades 7-9, join us for fun after school at Glen Avon! 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 & to register @ 780-645-5311

Tuesdays
Starting **October 8**
3:30PM-5:30PM
@ Glen Avon School

FREE TO REGISTER CALL **780-645-5311**
GRADES 7-9
15 SPOTS AVAILABLE



Connecting youth in our community.



ASHMONT youth PROGRAM

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

FREE **Wednesdays**
September 18, 25
October 2, 9, 16, 23, 30
3:30PM-5:30PM
@ the Ashmont Community Library

TO REGISTER CALL **ASHMONT SCHOOL** at **780-726-3777**
AGES 6-12
15 SPOTS AVAILABLE
FIRST COME, FIRST SERVE



Connecting youth in our community.



YOUTH program

HOSTED AT ECOLE RACETTE SCHOOL

Youth Program
Hosted at **Ecole Racette School**
If you're in grades 7-9, join us for fun after school at Racette! 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 & to register @ 780-645-5311

Mondays
Starting **October 21**
3:30PM-5:30PM
@ Ecole Racette School

FREE TO REGISTER CALL **780-645-5311**
GRADES 7-9
15 SPOTS AVAILABLE



Connecting youth in our community.



YOUTH program

HOSTED AT SPECS

Youth Program
Hosted at **SPECS**
If you're in grade 4 or 5, join us for fun after school at Ecole Elementaire St. Paul Elementary School! 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 & to register @ 780-645-5311

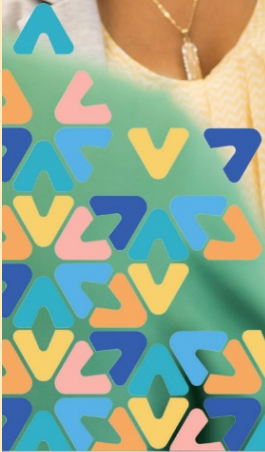
Thursdays
Starting **October 17**
3:30PM-5:30PM
@ Ecole Elementaire St. Paul Elementary School

FREE TO REGISTER CALL **780-645-5311**
GRADES 4 & 5
10 SPOTS AVAILABLE





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.
Facilitated to women,
by women.

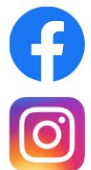
Wednesday

October 16, 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.

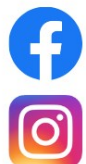
Tuesdays

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 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~~ → **NEW DATE Nov 5th**

2024 Elk Point Meeting Dates:

- Feb 12th
- April 8th
- June 10th
- October 7th
- Dec 9th

Mondays
In Elk Point

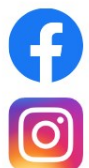
4906A-48 Street

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.

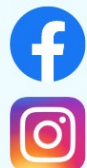
St Paul
780-645-5311
5002-51 Avenue

Elk Point
780-724-3800
4904 48 Street



St. Paul Regional FCSS & Family Resource Network

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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



2024 YOUTH DROP IN October

3:30pm - 5:30pm

Ages 13-18
Drop IN! Programming

Registered
Programming


MON

TUE

WED

THU

FRI

<p>SPYC Meeting & Elections Sunday 6th @5PM</p>	<p>Board Games 7</p>	<p>Registered Programming Glen Avon 8</p>	<p>Registered Programming Ashmont 9</p>	<p>Bullet Journaling 10</p>	<p>Weekly Movie Fridays! FREE Popcorn</p> 
	<p>Registered Programming Racette Grades 7-9</p>	<p>Registered Programming Glen Avon Grades 7-9</p>	<p>Registered Programming Ashmont Ages 6-12 yrs</p>	<p>Registered Programming SPECS Grades 4 & 5</p>	

EVERY WEEK (Excluding PD Days)





Safe & Sweet
@ Rec Center
5-7PM
31

YOU Choose the movie each week!
@ FCSS Office Youth Room!

Call: 780-645-5311
Email: FCSSyouth@town.stpaul.ab.ca
Web: stpaulfcss.ca



 SPYC20 OR st.paul_fcss
 St. Paul Regional FCSS & Family Resource Network

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

St Paul LOCATION

October

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

*Grateful
and
Thankful*

	<p>01 Mallaig Tot Time 9:30am-11:30am DROP IN</p> <p>Rhymes That Bind 10am - 12pm DROP IN</p>	<p>02 Ashmont After School 3:30pm - 5:30pm REGISTER</p> <p>Triple P Fearless 6:45pm-7:45pm REGISTER</p>	<p>03 Making Music 10am - 12pm DROP IN</p>	<p>04 ASQ Screening 10am-12pm REGISTER</p>
<p>07 Read & Roll 10am-11am @ the Library REGISTER</p> <p>Homeschool Hang-out 2pm-4pm REGISTER</p>	<p>08 Mallaig Tot Time 9:30am-11:30am DROP IN</p> <p>Run, Jump, Skip 10am - 12pm DROP IN</p>	<p>09 Ashmont After School 3:30pm - 5:30pm REGISTER</p> <p>Triple P Fearless 6:45pm-7:45pm REGISTER</p>	<p>10 Little Chefs 10am - 12pm REGISTER</p>	<p>11 PD Day Youth Program 9am -3:30pm REGISTER</p>
<p>14 CLOSED Thanksgiving What are you thankful for?</p>	<p>15 Mallaig Tot Time 9:30am-11:30am DROP IN</p> <p>Traditional Teaching 10am - 11:30am REGISTER</p>	<p>16 Ashmont After School 3:30pm - 5:30pm REGISTER</p> <p>Triple P Fearless 6:45pm-7:45pm REGISTER</p>	<p>17 Mom's Matter 6:30pm-8pm REGISTER</p>	<p>18 No Program</p>
<p>21 Read & Roll 10am-11am @ the Library REGISTER</p> <p>Homeschool Hang-out 2pm-4pm REGISTER</p>	<p>22 Mallaig Tot Time 9:30am-11:30am DROP IN</p>	<p>23 Ashmont After School 3:30pm - 5:30pm REGISTER</p> <p>Triple P Fearless 6:45pm-7:45pm REGISTER</p>	<p>24 Icky Sticky Messy <i>Halloween Edition</i> 2pm - 3:30pm DROP IN</p> <p>Run Jump Skip 6pm-7:30pm DROP IN</p> <p>Dungeons & Dragons 6pm - 8pm REGISTER</p>	<p>25 Parenting: Your Kids and Healthy Eating 10am-11am REGISTER</p>
<p>28 Read & Roll 10am - 11am @ the Library REGISTER</p> <p>Homeschool Hang-out 2pm-4pm REGISTER</p>	<p>29 Mallaig Tot Time 9:30am-11:30am DROP IN</p>	<p>30 Ashmont After School 3:30pm - 5:30pm REGISTER</p> <p>Triple P Fearless 6:45pm-7:45pm REGISTER</p>	<p>31 Halloween at Sunnyside Manor 10:15am-11:15am REGISTER</p> <p>SAFE & SWEET HALLOWEEN  SEE POSTER</p>	



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



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

Tuesday 01
October

10am-12pm

DROP IN

780-645-5311



Lakeland

FAMILY RESOURCE NETWORK

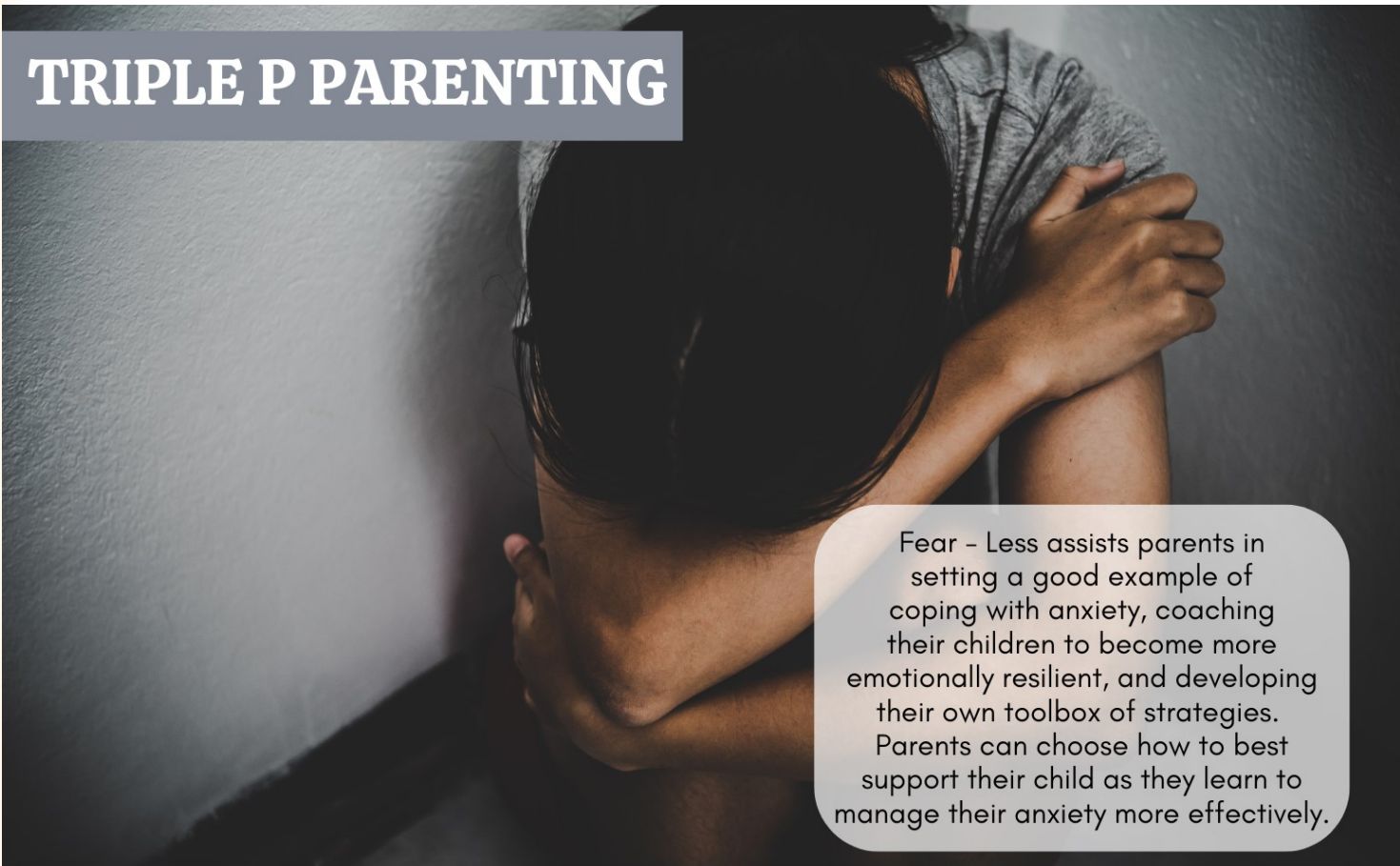
Connect with us for more information.

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

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



TRIPLE P PARENTING



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

CAREGIVERS
LFRN St Paul 5002-51 Ave

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

FEAR - LESS

*consists of 5 sessions

Wednesdays in October

02, 09, 16, 23 & 30

6:45pm - 7:45pm

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.





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

AGES 0-6

LFRN St Paul 5002-51 Ave

Making Music

Thursday 03
October

10am-12pm

DROP IN

780-645-5311



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 **780-645-5311** 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

Friday
October 04

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.





Read and Roll

A Parent/Child interactive program for 3 and 4 year olds.

Read books together and then roll with activities to explore the concepts of each story. Snack /Childcare Provided

**Mondays - at the Library!
6 week Program**

10:00am - 11:00am / Max 6 kids

Keep the fun going at home
with our take home activities!

FREE!



To register
or for more
information call
780-645-5311

**SESSION RUNNING
October 7, 21 & 28
November 4, 18 & 25**



Lakeland

FAMILY RESOURCE NETWORK



YOUTH 6+

LFRN St Paul 5002-51 Ave

Home School Hangout

October 07, 21 & 28

2pm - 4pm

CALL TO REGISTER
780-645-5311

FREE

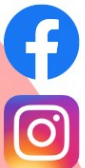
Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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



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



AGES 0-6

ACFA Gym 4617-50 Ave

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

Run, Jump, Skip

Tuesday 08
October

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.





AGES 0-6

LFRN St Paul 5002-51 Ave

Little Chefs

Thursday October 10

10am-12pm

CALL TO REGISTER
780-645-5311



Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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

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





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 11
October

9am - 3:30pm

FOR MORE INFORMATION
CALL 780-645-5311

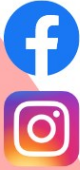
This program is for working parents who do not have childcare available.

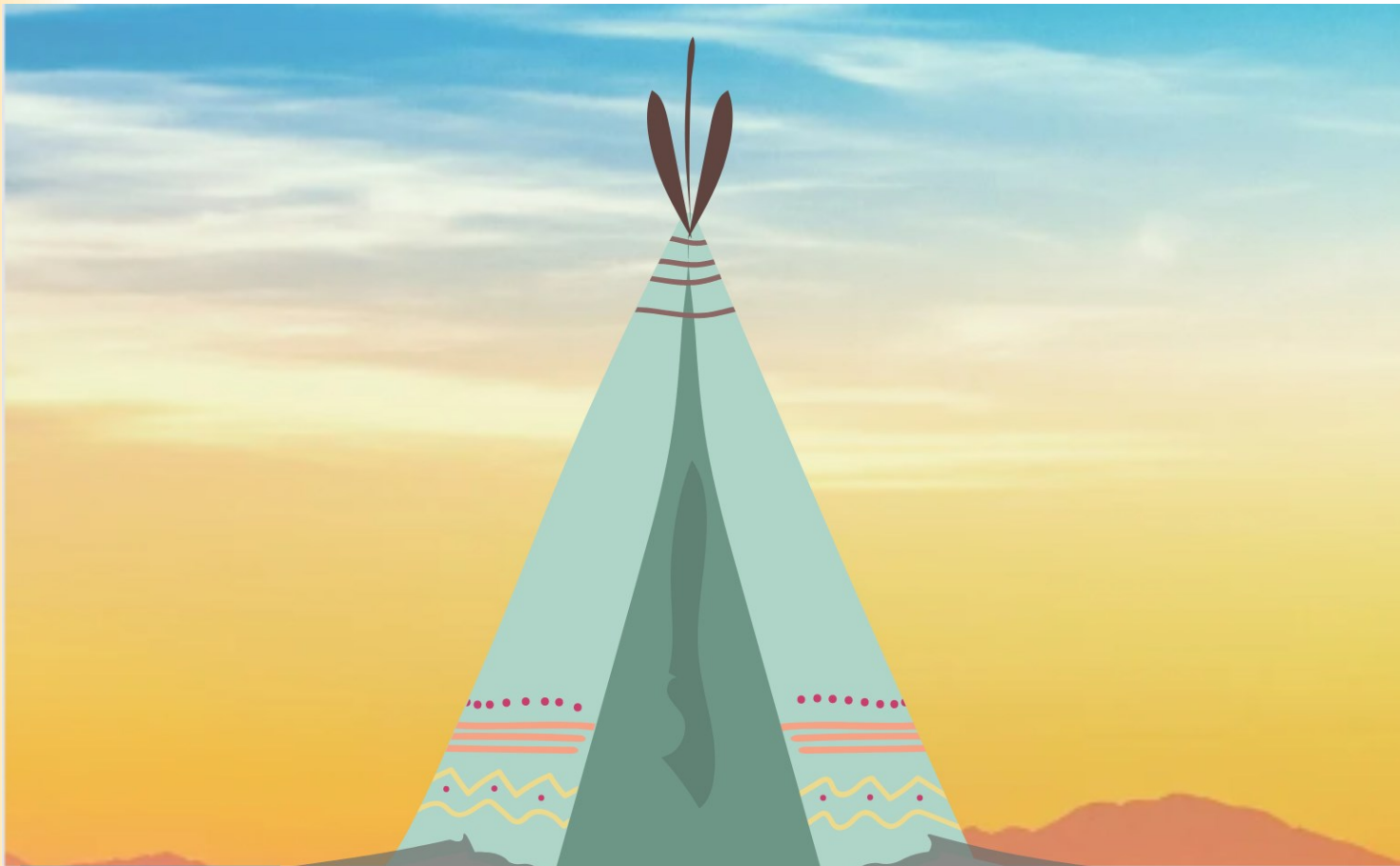
Must bring their own nut free snacks & lunch.

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.





AGES 0-6

LFRN St Paul 5002-51 Ave

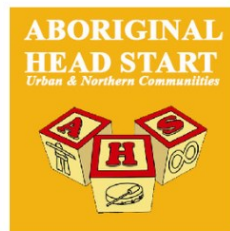
Traditional Teaching

with Jan Tailfeathers

Tuesday October 15

10am-11:30am

CALL TO REGISTER
780-645-5311



Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

Call **780-645- 5311** or visit our website at **stpaulfcss.ca**
Providing services and support for ages 0-18yrs, parents and caregivers.



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



CAREGIVERS

LFRN St Paul 5002-51 Ave

Mom's Matter Book Pumpkin

Thursday 17
October

6:30pm-8pm

CALL TO REGISTER
780-645-5311

FREE

Take some time away
to do something fun
and creative.
Join us in creating a
book pumpkin!

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

Halloween Edition

Thursday
October **24**

2pm-3:30pm

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.





evening

Run, Jump, Skip

Thursday
October 24

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.





**Dungeon Master
in attendance**
Snacks Provided

YOUTH 12-18
LFRN St Paul 5002-51 Ave

Dungeons & Dragons

Thursday October **24**

6pm-8pm

CALL TO REGISTER

780-645-5311

FREE

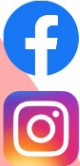
Lakeland

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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.



CAREGIVERS

LFRN St Paul 5002-51 Ave

Your Kids & Healthy Eating

Friday
October **25**

10am-11am

CALL TO REGISTER
780-645-5311

FREE

Join us in an
informative
discussion on
healthy eating
for your kids.

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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



Join us in creating a
Halloween craft and
visiting with the
Seniors at
Sunnyside Manor.

Come in your costumes!



AGES 0-6

Sunnyside Manor, 4522 47 Ave

Halloween Craft at Sunnyside Manor

Thursday
October 31

10:15am-11:15am

CALL TO REGISTER
780-645-5311



Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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



Promoting
intergenerational
and community
connection.

2024

Elk Point LOCATION

October

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

*Be Thankful
 Be Grateful
 Be Blessed*

01
 Office
OPEN
 8:30am - 12:30pm
 1:30pm - 4:30pm

02
 Office
OPEN
 8:30am - 12:30pm
 1:30pm - 4:30pm



04
 Icky Sticky
 Messy Play
 Fall Painting
 10am - 12pm
DROP IN
 Baby Bunch
 1:30pm-2:30pm
DROP IN

07
 Thanksgiving Family
 Gratitude Kit
 3:30pm - 5:30pm
REGISTER
 Emotion
 Coaching
 5 sessions
 6:30pm - 7:30pm
REGISTER

08
 Office
OPEN
 8:30am - 12:30pm
 1:30pm - 4:30pm

09
 Office
OPEN
 8:30am - 12:30pm
 1:30pm - 4:30pm

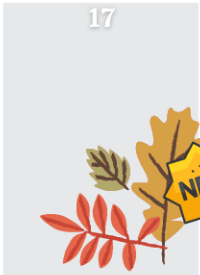
10
 ASQ Screening
 2pm-4pm
REGISTER

11
 PD Day
 Youth Program
 9am -3:30pm
REGISTER

14
 Closed
 Thanksgiving
 What are you
 thankful for?

15
 Office
OPEN
 8:30am - 12:30pm
 1:30pm - 4:30pm

16
 Office
OPEN
 8:30am - 12:30pm
 1:30pm - 4:30pm



18
 Matching Pattern
 Games
 10am - 12pm
DROP IN
**Saturday
 Oct 19 is
 Dad-urday**
 SEE POSTER FOR DETAILS
10am-12pm

21
 Mindful Matters
 Self Love
 3:30pm - 5:30pm
REGISTER
 Emotion
 Coaching
 5 sessions
 6:30pm - 7:30pm
REGISTER

22
 Office
OPEN
 8:30am - 12:30pm
 1:30pm - 4:30pm

23
 Office
OPEN
 8:30am - 12:30pm
 1:30pm - 4:30pm

24
 HOME ALONE
 3:30PM-5:30PM
REGISTER

25
 Halloween
 10am - 12pm
DROP IN
 Baby Bunch
 1:30pm-2:30pm
DROP IN

28
 Halloween
 3:30pm - 5:30pm
REGISTER
 Emotion
 Coaching
 5 sessions
 6:30pm - 7:30pm
REGISTER

29
 Office
OPEN
 8:30am - 12:30pm
 1:30pm - 4:30pm

30
 Office
OPEN
 8:30am - 12:30pm
 1:30pm - 4:30pm



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_fcss



St. Paul Regional
 FCSS & Family
 Resource Network



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.

Baby Bunch Fridays

1:30pm

REGISTER
780-724-3800



0-18 MONTHS
LFRN ELK POINT 4906 48ST

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.





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

Icky, Sticky, Messy

Fall Painting

Friday October **04**

10am-12pm

DROP IN

780-724-3800



Encouraging sensory development, and helps build social-emotional 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.





Join us and create your very own Thanksgiving Gratitude Kit. Have fun with your family and friends this Thanksgiving.

YOUTH 7+

LFRN Elk Point 4906-48 St

Family connection through togetherness, fun and play.

Thanksgiving

Make & Takes

Monday October **07**

3:30pm-5:30pm



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.





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 Elk Point 4906-48 St

ASQ Screening

Thursday October **10**

2pm-4pm

CALL TO REGISTER

780-724-3800

FREE

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

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

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.





8 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 Tuesday and Wednesday (8:30am-12:30pm, 1:30pm-4:30pm).
 First come first served.

KINDERGARTEN-GRADE 6
 LFRN Elk Point 4906 48 St

PD Day Youth Program

Friday 11
October

9am - 3:30pm

FOR MORE INFORMATION
CALL 780-724-3800

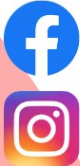
This program is for working parents who do not have childcare available.

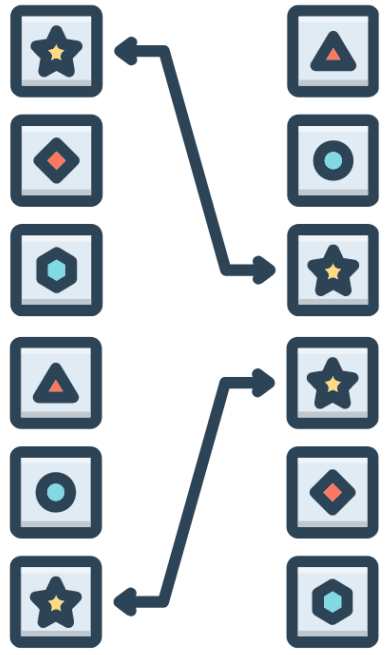
Must bring their own nut free snacks & lunch.

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.
 Call **780-724-3800** 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

Matching Patterns

Friday
October 18

10am-12pm

DROP IN

780-724-3800



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

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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



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 light snack provided.



AGES 0-10YRS

LFRN Elk Point 4906 48 St

DAD - urday

Saturday **19**
October

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.





Topics may include

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

YOUTH 7+

LFRN Elk Point 4906 48ST

Mindful Matters

Self Love

Monday
October 21

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.





Various topics include:

- the responsibility of staying alone
- basic safety tips
- fires
- simple first aid
- what to do in case of an emergency

***Participants must be at least 10 years old**

YOUTH 10+
LFRN Elk Point 4906-48 St

Home Alone Course

Thursday October **24**

3:30pm-5:30pm

CALL TO REGISTER
780-724-3800

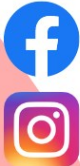
\$10 REGISTRATION FEE

This course is for young people who are beginning to stay home alone.

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 Halloween fun and activities. Wear your costume. Dress for messy play.

AGES 0-6

LFRN Elk Point 4906-48 St

Developing positive relationships between children and parental figures.

Halloween Fun

Friday October **25**

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.





Join us for some Halloween fun.
Wear your costume,
play games, decorate cookies

YOUTH 7+

LFRN Elk Point 4906-48 St

Halloween Fun

Monday
October **28**

3:30pm-5:30pm

CALL TO REGISTER
780-724-3800



Providing positive spaces for peer interactions and connections.

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

Mallaig
Tuesdays

9:30AM-11:30AM

@ Mallaig Seniors Hall



Lakeland

FAMILY RESOURCE NETWORK



COUNTY COMMUNICATOR

Our Mission is to Create Desirable Rural Experiences

WEBSITE SUBMISSIONS - EVENTS CALENDAR

We're seeking a

MEMBER-AT-LARGE

for the **County Library Board**

The Board provides financial management and policy direction for the County Libraries.

Meetings are held monthly, except during the months of July and August.

The Member-at-Large will be elected for a two-year term and paid a per diem, as well as mileage, to attend meetings.

If you are interested...

Submit a letter outlining reason of interest and relevant experience by **October 18:**

- **by mail** to 5015 49 Avenue, St. Paul AB, T0A 3A4
- **by email** to pcorbiere@county.stpaul.ab.ca
- **delivered** to the Admin Office

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



COUNTY OF ST. PAUL

For Residents ▾

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



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

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

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

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

DIVISION 1, DARRELL YOUNGHANS
dyoungghans@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



TOURISM DEVELOPMENT

Info-sharing for Entrepreneurs



OCTOBER 15, 2024
4 pm – 7 pm



CANALTA HOTEL, ST. PAUL
5008 43 Street

Drop in for introductions, information, and resources – no formal presentations!

Connect one-on-one to learn more about Travel Alberta’s Tourism Development Zones, Destination Development, Funding, as well as the exciting work taking place within the region with tourism partners.



Travel Lakeland



STEP

St. Paul / Elk Point
Economic Development Alliance

QUESTIONS?

Linda Sallstrom, STEP
lsallstrom@stepeconomicdevelopment.ca

Marianne Janke, Travel Lakeland
adventure@travellakeland.ca

Chris Down, Travel Alberta
chris.down@travelalberta.com



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



Alberta[®]

- Connects people to a full range of community, government, health, and human services
- Operates 24 hours a day, 7 days a week
- Offered in over 170 languages (connection in less than 2 minutes)
- Free service to the public
- Confidential
- 211 shares the same data base as 811 (Alberta Health Services)



Dial 2-1-1



Text INFO to 211



ab.211.ca



Live Chat



Search

FREE | CONFIDENTIAL | AVAILABLE 24/7 | 170+ LANGUAGES

General Inquiries

Email: info@ab.211.ca

Database Team

Email: database@ab.211.ca

Mel Kuprowsky

Community Engagement &
Resource Specialist

Northeastern Alberta

Cell: 587-591-2812

Email: mkuprowsky@ab.211.ca

Provided in Partnership By:



United Way
Alberta Capital Region



Canadian Mental
Health Association
Edmonton
Mental health for all



DISTRESS CENTRE
24 HOUR SUPPORT | COUNSELLING | RESOURCES



Offering Free Professional Counselling Sessions

The **City University in Canada, Edmonton Counselling Clinic** offers free, effective professional counselling (psychosocial interventions) to clients via in-person and secure video conferencing. Counseling is available to anyone in Alberta through secure video conferencing (telepsychology). In-person counseling is also available on a limited schedule. Services are provided by Master of Counselling Internship Students in the final year of their graduate degree, and are under the direction of a Registered Psychologist.

Hours of Operation: Appointments are available Monday through Saturday, 9:00 a.m. – 8:00 p.m.

Cost to Clients: Counselling Sessions are free

Clients Served: Adults, Youth, Children (6+), Couples, and Families

Problems Addressed: Mood (i.e. depression) and anxiety disorders, simple trauma, grief and loss, behavioral challenges, parenting issues, relationship/attachment issues, addictions, or education/career related concerns.

Intervention Modalities: The Intern Counsellors are trained to help clients through the use of many different types of intervention. Some of the interventions that may be used include: cognitive behavior therapy, interpersonal therapy, narrative therapy, solution focused therapy, acceptance and commitment therapy, psychodynamic approaches, psychoeducation, motivational interviewing, exposure based therapies, and trauma informed practices. Couples and family systems therapy may also be provided.

Technology Requirements: Clients engaging in telepsychology will need access to a private (passworded) and reliable internet connection and a laptop/smart phone/tablet that can facilitate video calls (like FaceTime or Skype, only more secure).

How to Request an Appointment: Self-referral. Clients are asked to please go to the Clinic website [Edmonton – CityU Counselling Clinic \(cityuniversity.ca\)](http://Edmonton – CityU Counselling Clinic (cityuniversity.ca)) and then click on the “Request an Appointment” button. Requests will be reviewed within 72 hours. The Clinical Director or your Intern Counsellor will contact you to review your request and/or book an appointment.

Clinic Contact Information:



Website: [Edmonton – CityU Counselling Clinic \(cityuniversity.ca\)](http://Edmonton – CityU Counselling Clinic (cityuniversity.ca))


Email: EdmontonClinic@cityu.edu

Phone: 587 328 6996

2024-2025 CARE PARTNER SUPPORT GROUPS

All group meetings are on a drop-in basis. No registration is required.

For further information please call: 1-866-950-5465 (Alzheimer Society) or
780-645-1188 Ext.2 (Terry Sims - Lakeland Primary Care Network)

ST. PAUL	ELK POINT
<p>Where: Lakeland Primary Care Network (Boardroom) St. Paul Wellness Centre #101 – 4801 – 39 Street</p> <p>Time: 6:30 - 8:30 pm</p> <p>When: 3rd Wednesday of each month</p> <p>Dates:</p> <ul style="list-style-type: none"> September 18, 2024 October 16, 2024 November 20, 2024 December 18, 2024 January 15, 2025 February 19, 2025 March 19, 2025 April 16, 2025 May 21, 2025 June 18, 2025 	<p>Where: Elk Point Healthcare Centre (Board Room) 5310 – 50 Avenue</p> <p>Time: 6:30 - 8:30 pm</p> <p>When: 3rd Tuesday of each month</p> <p>Dates:</p> <ul style="list-style-type: none"> September 17, 2024 October 15, 2024 November 19, 2024 December 17, 2024 January 21, 2025 February 18, 2025 March 18, 2025 April 15, 2025 May 20, 2025 June 17, 2025
<p>The Care Partner Support Group is designed for family members, friends, & caregivers of someone living with Alzheimer’s/Dementia who want to meet others experiencing similar situations with a chance to share experiences, learn new information, receive peer support, and help each other cope more effectively.</p>	

Oct 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

Oct 1	Tue Evening	5:30-8pm
Oct 15	Tue Afternoon	1:30-4pm
Oct 16	Wed Morning	9:30-12pm

Nutrition

Oct 8	Tue Evening	5:30-7pm
Oct 22	Tue Afternoon	1:30-3pm
Oct 23	Tue Morning	9:30-11am

Ongoing Care

Oct 15	Tue Evening	5:30-8pm
Oct 29	Tue Afternoon	1:30-4pm
Oct 30	Tue Morning	9:30-12pm

Foot Care & Seated Exercise

Oct 10	Thurs Afternoon	1:30-4pm
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Heart & Stroke Education

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

Overview & Prevention

Oct 17	Thurs Morning	9:30-12pm
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Nutrition

Oct 2	Wed Afternoon	1:30-3pm
Oct 24	Thurs Morning	9:30-11am

Managing Stress

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

Nov 6 & 13	Wed Evening	6-7pm
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Help using Zoom is available!

Weight Management

Learn effective weight management strategies and how to build healthier habits. Understand ways that thinking patterns, sleep, physical activity and nutrition impact your goals.

Series 1—Classes 1.1, 1.2, & 1.3

Oct 2, 9, & 16	Wed Afternoons	1:30-4pm
Oct 10, 17, & 24	Thurs Mornings	9:30-12pm

Series 2—Classes 2.1, 2.2, & 2.3

Oct 17, 24, & 31	Thurs Mornings	9:30-12pm
Oct 23, 30, & Nov 6	Wed Evenings	5:30-8pm

Series 3—Classes 3.1 & 3.2

Oct 10 & 17	Thurs Afternoon	1:30-4pm
-------------	-----------------	----------

Supervised Exercise Program -Virtual Classes-

Exercise in a group setting with people with a variety of health conditions. -- 2 times per week, 1.5 hours/session for 6 weeks --

October 28 - December 9

Monday & Wednesdays

- ◆ Afternoons @ 1:00-2:30pm
- ◆ Evenings @ 6:00-8:30pm

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.

Nov 28	Thurs Afternoon	1:30-4pm
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Better Choices, Better Health

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

Living with Chronic Pain

Nov 5 to Dec 10	Tue Afternoons	1:30-4pm
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To register for a Zoom class call:

1-877-349-5711

Or

<https://www.healthylivingprogram.ca>



**Alberta Health
Services**

Alberta Healthy Living
Program

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

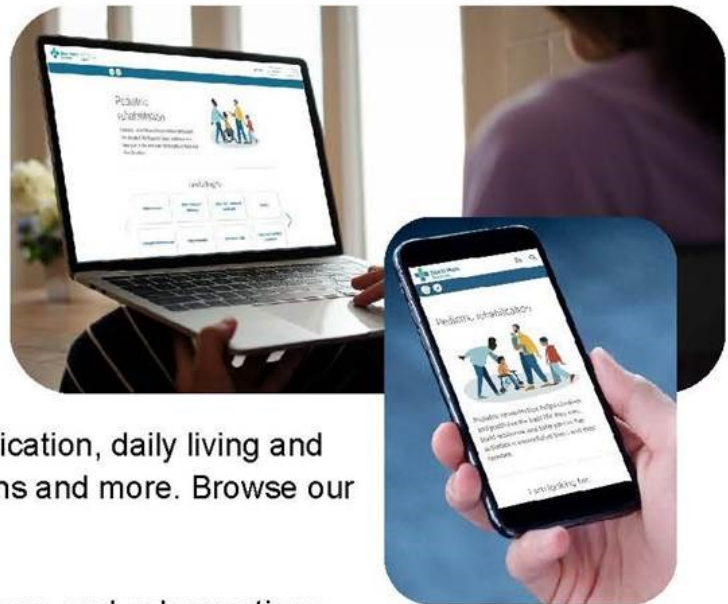
Caregivers, parents, and those who work with children and youth from birth to age 18 are invited to explore an exciting new platform to learn directly from Alberta-based pediatric rehabilitation experts:

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:

Oct 28– Dec 9 Mon/Wed 1:00-2:30pm

Oct 28– Dec 9 Mon/Wed 6:00-7:30pm

Nov 14– Dec 19 Tues/Thurs 10:00-11:30am

- Tailored to your fitness level
- Twice per week for 6 weeks
- No equipment needed
- Learn to exercise safely
- Use Zoom in your own home

If you are an adult living with one or more chronic health conditions, join this **FREE, safe, fun and interactive** small-group setting.

Experience the Health Benefits

**Free
Virtual Exercise Program**

Register at:

www.healthylivingprogram.ca



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



**Alberta Health
Services**

Alberta Healthy Living
Program

Caregiver Education Team Newsletter

October 2024



Recovery Alberta (formerly a part of 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.

Lunch & Learn Sessions

Understanding Anxiety Series

For adults supporting their own wellness or supporting the wellness of children and youth.

**Part 1:
An Introduction**
Tuesday, October 8
12:00 – 1:00 pm

**Part 2:
Calming Our Bodies**
Tuesday, October 15
12:00 – 1:00 pm

**Part 3:
Settling Our Minds**
Tuesday, October 22
12:00 – 1:00 pm

**Part 4:
Overcoming Avoidance**
Tuesday, October 29
12:00 – 1:00 pm

Evening Sessions

Wellness Exchange Series

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

Part 3: Managing Reactions
Wednesday, October 9
6:00 – 7:30 pm

Part 4: Helpful Thinking
Wednesday, October 23
6:00 – 7:30 pm

Participant Feedback:

"I am really enjoying these sessions and am finding them helpful."

"I like the virtual delivery. It's 100% effective & efficient!"

"Nice session! Thanks for offering!"

"The balance of direct instruction and interaction through a chat that minimized stress was excellent."

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

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.

OCTOBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <ul style="list-style-type: none"> 11am: Imagination Circle 1pm: Program Preview 3pm: Unusual Jobs 4:30pm: Where in the World? 	<p>2</p> <ul style="list-style-type: none"> 9:30am: Mystery Chronicles 11am: Who Why When 1pm: Coffee Chat 3pm: Exercise 	<p>3</p> <ul style="list-style-type: none"> 9:30am: Gratitude 11am: Trivia 1pm: Next Stop: France 3pm: Worldviews 	<p>4</p> <ul style="list-style-type: none"> 9:30am: Albertan Musicians Hour 11am: Chair Yoga 1pm: Writing for Fun 3pm: Weird and Wonderful 	
<p>7</p> <ul style="list-style-type: none"> 9:30am: Nostalgia Moment 11am: Exercise 1pm: The Big Picture 3pm: Sunshine Sketches Pt. 1 	<p>8</p> <ul style="list-style-type: none"> 11am: Mindfulness with Carol 1pm: History Of... 3pm: Readers' Corner 	<p>9</p> <ul style="list-style-type: none"> 9:30am: Crime & Justice 11am: Let's Talk About 1pm: North American Battles 3pm: Exercise 	<p>10</p> <p>No Morning Programs</p> <ul style="list-style-type: none"> 3pm: Animal Spotlight 	
<p>14</p> <p>Happy Thanksgiving</p>  <ul style="list-style-type: none"> 9:30am: Ponder This 11am: Exercise 1pm: Canadian Institutions 3pm: Sunshine Sketches Pt. 2 	<p>15</p> <ul style="list-style-type: none"> 11am: Imagination Circle 1pm: Science Savvy 3pm: Nutrition for Bone Health 4:30pm: Don't Quote Me 	<p>16</p> <ul style="list-style-type: none"> 9:30am: From John to Justin 11am: EPL Presents! 1pm: Coffee Chat 3pm: Exercise 	<p>17</p> <ul style="list-style-type: none"> 9:30am: Gratitude 11am: Funny Bone 1pm: For Your Body 3pm: Working Through Grief 	
<p>21</p> <ul style="list-style-type: none"> 9:30am: Ponder This 11am: Exercise 1pm: Canadian Institutions 3pm: Sunshine Sketches Pt. 2 	<p>22</p> <ul style="list-style-type: none"> 11am: Mindfulness 1pm: Let's Talk About 3pm: Ask a Farmer Podcast 	<p>23</p> <ul style="list-style-type: none"> 9:30am: Some Good News 11am: Would You Rather? 1pm: Picture This 1pm: Finding Your Joy 3pm: Exercise 	<p>24</p> <ul style="list-style-type: none"> 9:30am: Gratitude 11am: Global Events 1pm: Art Appreciation 3pm: In the Headlines 4:30pm: Dinner Theatre 	
<p>28</p> <ul style="list-style-type: none"> 9:30am: In the Headlines 11am: Exercise 1pm: Person, Place or Thing 3pm: Sunshine Sketches Pt. 3 	<p>29</p> <ul style="list-style-type: none"> 11am: Music Meditation 1pm: Let's Talk About 3pm: Alfred Hitchcock 4:30pm: Brain Games 	<p>30</p> <ul style="list-style-type: none"> 9:30am: Halloween Music 11am: Sleepy Hollow Pt. 1 1pm: Unusual Jobs 1pm: Finding Your Joy 3pm: Exercise 	<p>31</p> <ul style="list-style-type: none"> 9:30am: Gratitude 11am: Sleepy Hollow Pt. 2 1pm: Weird and Wonderful 3pm: Coffee Chat 	
<p>25</p> <ul style="list-style-type: none"> 9:30am: All Request Music Hour 11am: Exercise 1pm: Coffee Chat 3pm: BINGO 				
<p>To join by phone, call: 1-855-703-8985</p> <p>Enter Meeting ID: 225-573-6467#</p>				



WE ARE HIRING

MUSIC INSTRUCTORS



Piano Instructor

If you are interested please forward your resume to

nemasboard@gmail.com

Lesson times are late afternoon to early evening
with flexible schedule days

Lessons are in St. Paul, AB for 2024/2025 season

Music *Lessons*

We have a few lesson spots available for
the 2024/2025 music season!

Please msg or contact us for more information
nemasboard@gmail.com

*Brandon - Guitar - Tuesdays
5:30pm or 6:00pm*

*John - Violin - Wednesdays
4:30pm or 5:30pm*

You Can Have a Meaningful Impact



**Eastern Alberta
Regional Victim
Serving Society**

Become a Volunteer Advocate

About Us The Eastern Alberta Regional Victim Serving Society provides a broad range of services under the Victims of Crime and Public Safety Act and Regulation, and in partnership with the Government of Alberta, the Alberta RCMP, community-based victim serving organizations, municipalities, and other local agencies.

Role Description Advocates provide non-judgmental, practical, and emotional assistance. They provide information, support, and referrals to available services for people undergoing loss and tragic circumstances.

Essential Functions Volunteer Advocates provide victims of crime or tragedy with non-judgmental, practical, and emotional assistance through follow-up or immediate crisis intervention at the request of the RCMP and other community agencies. They provide direct crisis intervention and court support while maintaining strict confidentiality. Services are always responsive, trauma-informed, culturally appropriate, inclusive, respectful, and client-centered.

You are at least 18 years of age, a Canadian Citizen, have no criminal convictions, are able to communicate fluently in English, and be willing to regularly volunteer for a minimum 1-year commitment.

Apply Today For a complete Volunteer Advocate job description go to www.earvss.ca/volunteer. We are committed to having an accessible, diverse, inclusive, and barrier-free work environment where everyone can reach their full potential. We encourage all qualified persons to apply by email with their resume and cover letter, describing their experience and motivation for wanting to join the Eastern Alberta Regional Victim Serving Society, to

info@earvss.ca

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

A W A R D S

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 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



UPCOMING EVENTS!



- Oct 8 @ 11AM - Wills & Estates (In-person in Bonnyville and Virtual)
- Oct 15 @ Noon - Jordan's Principle (Virtual)
- Oct 21 @ Noon - Treaty Right to Health, NIHB Benefits (In-person in St. Paul and Virtual)
- Oct 22 @ 1 PM - Legal Research 101 (In-person in St. Paul and virtual)
- Oct 23 @ Noon - Alberta Employment Standards (Virtual)
- Oct 28 @ Noon - PLE Connection: Edmonton Community Legal Centre - Legal resources they offer in our area (Virtual)
- Nov 4 @ Noon - PLE Connection: Office of the Federal Ombudsperson for Victims of Crime (Virtual)
- Nov 5 @ 1 PM - Exercising Your Rights as a Tenant (Virtual)

SCHOOL PRESENTATIONS - VIRTUAL

- Oct 16 @ 1 PM - Understanding My Personal Safety - Grades 4-6
- Oct 24 @ 1 PM - Youth Initiatives (RCMP)
- Oct 30 @ 1 PM - Sexual Harrasment & Bystander Intervention - Grades 7-9



To Register

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





CAREER CONNECTIONS REGIONAL JOB FAIR

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



THURSDAY, 17 OCTOBER 2024



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. 30 for Early Bird Discount!

- 8X8 Booth Space
- Lunch Included



<https://stpaulchamber.ca>
[Vendor Registration](#)



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



\$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>





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.

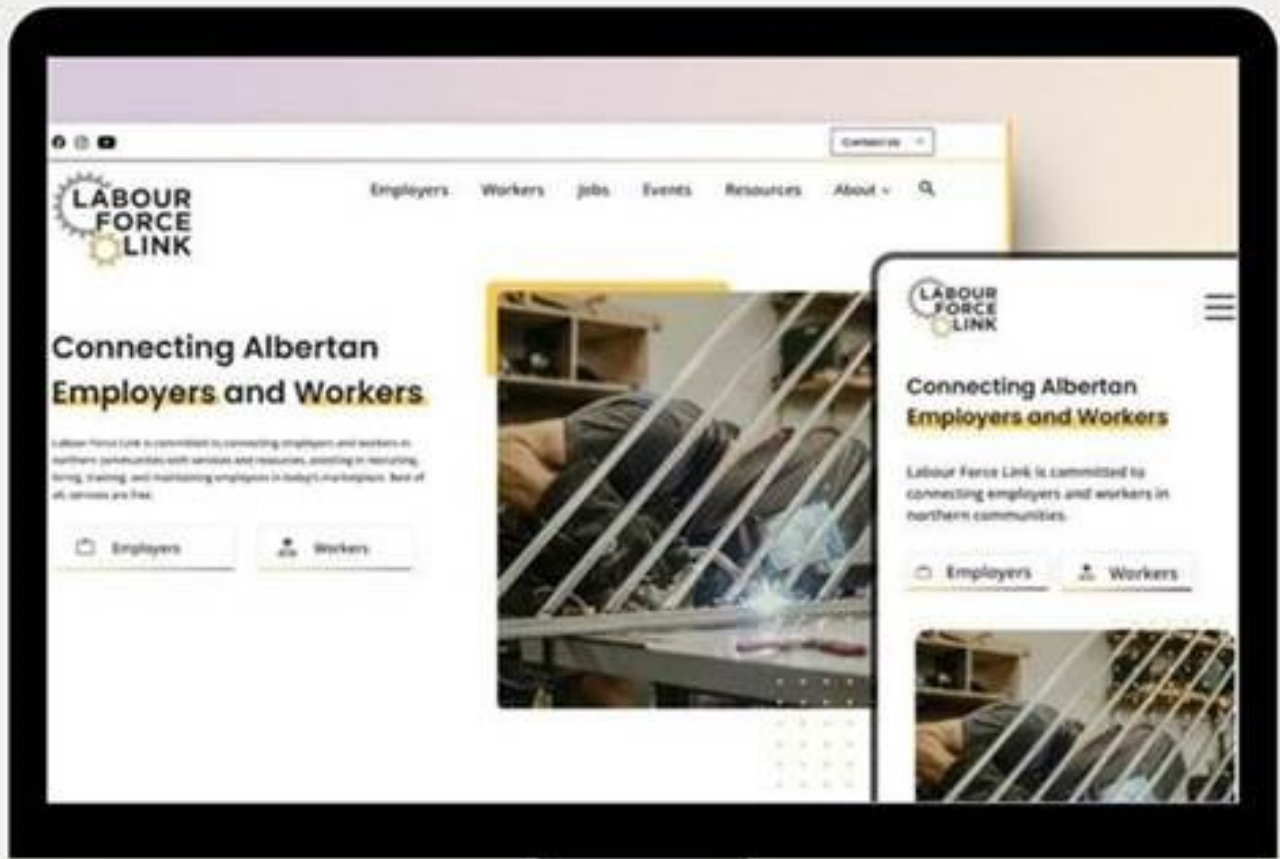
THURSDAYS
ONLINE

12:00 - 2:00 PM


To register visit:

cyberseniors.org/webinars/

OUR NEW WEBSITE IS NOW LIVE!



www.labourforcelink.ca

 YOUR EDUCATION HUB FOR
THE LAKELAND!
4703 50 Ave St.Paul, AB.

 **RURAL ROOTS ACADEMY**
We're here to help **EVERYONE!**

- Homework Help
- 1-1 Tutoring (in person & virtual)
- Interactive Sessions
- High School Planning
- Post Secondary & Career Planning

**AGES 6 &
UP**

RATES:

\$15 AFTER SCHOOL

FULL DAY - \$40

HALF DAY - \$25

1-1 TUTORING - \$45/SESSION

**Reach out for information regarding monthly
specialty sessions!**

Registration Open Now! Check out our website:

www.ruralrootsacademy.com

Follow us on Facebook and Instagram





RURAL ROOTS ACADEMY PRESENTS:

**DAYTIME & AFTER SCHOOL SESSIONS
DATES & DETAILS:**

EVERY TUESDAY AND WEDNESDAY IN OCTOBER!

TUESDAY DAYTIME: 10 AM - 12PM. AGES 10-13

WEDNESDAY DAYTIME: 10AM - 12PM. AGES 6-9

CHILDREN WILL ENGAGE IN HANDS ON ACTIVITIES THAT ARE FUN AND FOCUSED ON LITERACY AND NUMERACY.

\$25/SESSION OR \$100 FOR ALL 5. FAMILY RATES AVAILABLE.

TUESDAY 4-5:30 PM. GRADES 1-6. STORY AND CRAFT TIME

WEDNESDAY 4 - 5:30 GRADES 1-.6 MATH AND SCIENCE GAMES & EXPERIMENTS.

\$20/SESSION. FAMILY RATES AVAILABLE.

LIMITED SPACE AVAILABLE!

TO REGISTER: SEND ETRANSFER TO RURALROOTSED@GMAIL.COM. PLEASE INCLUDE CHILD(REN) NAMES AND AGE/GRADE IN THE MESSAGE.

OSL DAYS!

(OUT OF SCHOOL LEARNING)

RURAL ROOTS ACADEMY

DETAILS :

2 AGE GROUPS: 6-9 & 10-13

THURSDAY, OCT. 10 & FRIDAY, OCT. 11
9 AM-4 PM .

WHAT TO EXPECT: GAMES, CRAFTS,
EXPERIMENTS, LAUGHTER, & FUN!

WHERE: 4703 50 AVE ST.PAUL

**LUNCH
INCLUDED!**

\$40 PER DAY

SIGN UP FOR ONE OR BOTH DAYS
LIMITED SPACE AVAILABLE

To Register:

Email Laura -

laura@ruralrootsacademy.com

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!

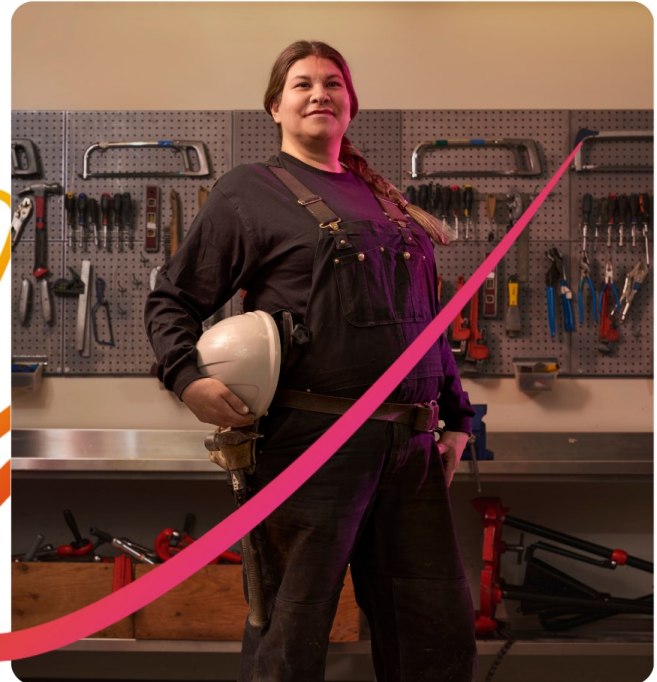
Free or discounted fees for Chamber Events

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



GET YOUR RESUME READY FOR THE JOB FAIR!

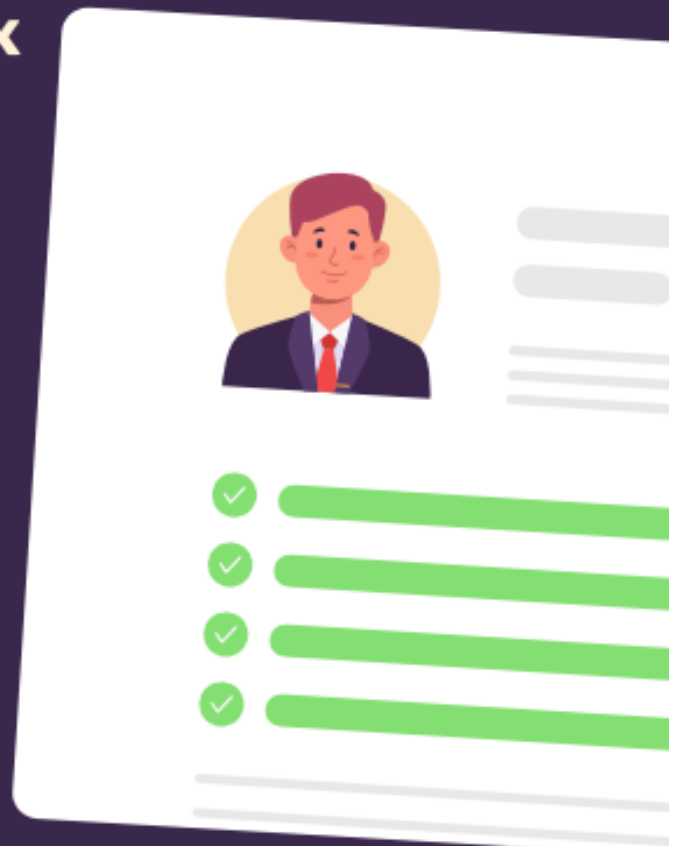
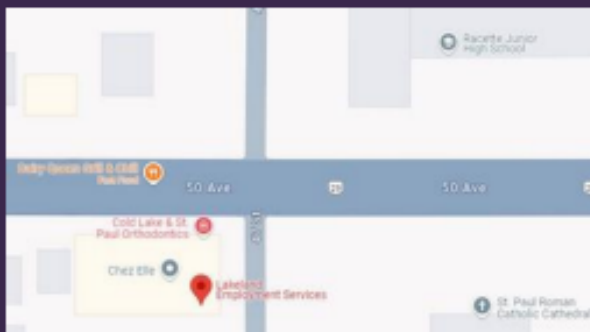
RESUME WORKSHOP

October 7 & 10

1:30pm - 3:30pm

At the Lakeland Employment Service
Center

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



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

OCTOBER WORKSHOP SCHEDULE

October 2, 2024	Skills and Interests
October 9, 2024	Interview Skills
October 16, 2024	Job Search Online and Traditional
October 23, 2024	Resume Development
October 30, 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 

EMPLOYMENT SKILLS WORKSHOPS



October 2024 Calendar	
October 2, 2024	Internet Safety
October 9, 2024	Stretching Your Food Dollars
October 16, 2024	How to Setup a Bank Account
October 23, 2024	How to Apply for ID Cards
October 30, 2024	How to Apply for your Treaty Card

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

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

- Cold Lake 587-491-2028 or email cbrant@employabilities.ab.ca
- Bonnyville 780-343-0924 or email rnicoll@employabilities.ab.ca
- Lac La Biche 587-201-0562 or email kevans@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.





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



Portage College Presents

A TASTE OF CULTURE

Experience the diverse flavors of the world right in St. Paul, Alberta. Come and join us to taste delicious dishes and gain insight into various cultures .

WEDNESDAY
OCTOBER 2
5-8 PM

EVENT CENTRE, ST PAUL CAMPUS

EVERYONE
WELCOME
Free
ADMISSION &
FOOD
SAMPLES



**PORTAGE
COLLEGE**

Alberta



To book your table or for more
information contact

Edna at 780-210 5104

edna.gervais@portagecollege.ca

Family event!

FUNDRAISING FOR THE
ST. PAUL FAMILY DAYHOMES

THE JOE SHOW



Family fun of comedy, magic,
illusions, ventriloquism, face painting

Join us October 18th at the
St. Paul recreation center @ 6:30 P.M

no debit machine on site, cash needed for purchases

TICKETS \$5 PER PERSON

Call (780) 645-1984 for more information

Purchase tickets at



Saddle Lake Health Care
Centre Presents:

HEALTH & HARVEST FAIR

Wednesday, October 02, 2024

SLCN Powwow Arbor
9:00 a.m. - 4:00 p.m.

PROGRAM DISPLAYS, PRESENTATIONS &
INFORMATION BOOTHS

REGISTRATION:

9:00 am

LUNCH:

12 noon - 1:00 p.m.

COMMUNITY CONTESTS

- Best Pie
- Chili Cookoff
- Bake off
- Best Decorated Pumpkin
- Jigging
- Tea & Bannock
- Nail Pounding
- Traditional Baby

ACTIVITIES

- Pony & Wagon Rides
- Face Painting
- Photo Booth
- Foot Races
- Autumn Crafts

Saddle Lake Health Care Centre assumes no liability for any
loss, theft, damage or injury to property or persons

*For more information or contest entries, please see the Saddle
Lake Health Care Centre FaceBook page or call 780-726-3930*



Conseil scolaire
Centre-Est



ACFA

Régionale de Saint-Paul



CAMP DE CONGÉ SCOLAIRE SCHOOL PD DAY CAMP

\$30 par jour / day

8:30-4:00 pm

September 27 septembre

October 11 octobre

2024

Centre Communautaire de l'ACFA

4617-50 Ave, St Paul

saint-paul@acfa.ab.ca

<https://saint-paul@acfa.ab.ca>

780-645-4800

GROUPE DE JEUX

OU / WHERE
ÉCOLE DU SOMMET

QUAND /WHEN
9H30 À 11H30

2 OCT.: MUSIQUE - MUSIC

9 OCT.: HOPITAL - HOSPITAL

16 OCT.: ACTION DE GRÂCE - THANKSGIVING

23 OCT.: AUTOMNE - FALL

30 OCT.: HALLOWEEN



Apprendre par le jeu

Ou / Where?

**Centre Communautaire - l'ACFA
4617 50 Avenue**

Quand / When?

Le 17 octobre - 9h30 à 11h30

Le 21 novembre - 9h30 à 11h30

Le 19 décembre - 9h30 à 11h30

**Venez explorer et jouer avec vos enfants pendant la matinée!
Aucune inscription exigée. .**

**Come explore and play with your kids for the morning.
No registration needed.**



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

CHASE THE ACE

You could win up to

\$10,000.00

Weekly Winner

has an opportunity to

draw for the

Ace of Spades

and win

50% of the

progressive pot

1 ticket
for \$5



Tickets can be purchased by:

1. scan the QR Code
2. www.e-clubhouse.org/sites/stpaulab
3. www.stpaulchamber.ca



*Serving a
World in
Need*



Lions Mission:

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



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

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)



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.

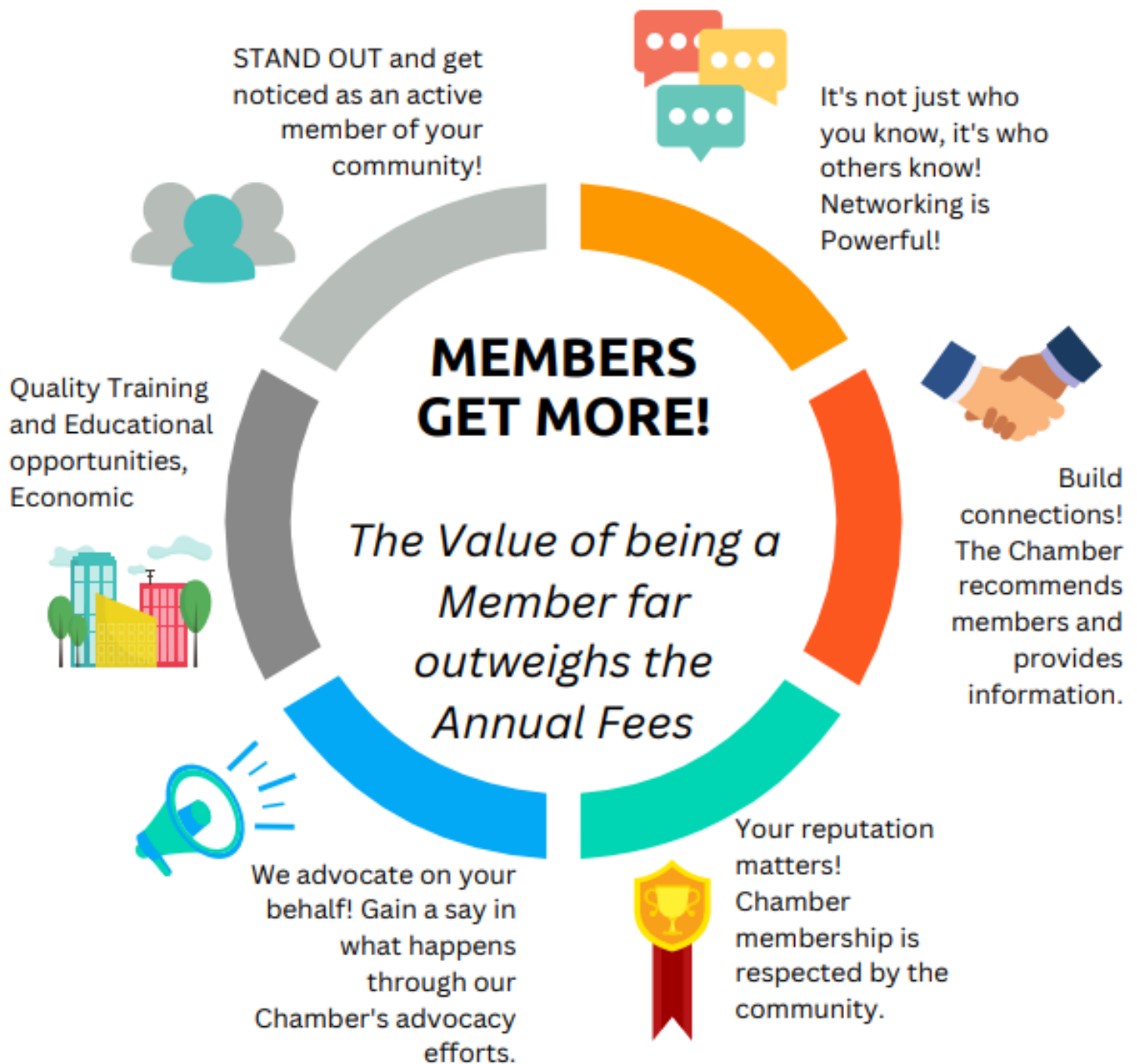
 pridestpaul@gmail.com

 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 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.

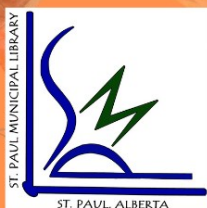
This months Theme:
Fall Fun

October 4th

October 11th

October 18th

October 25th



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



St. Paul Municipal Library
3D GHOST
hunt

**30 3D GHOST WILL BE HIDING
AROUND THE LIBRARY.**

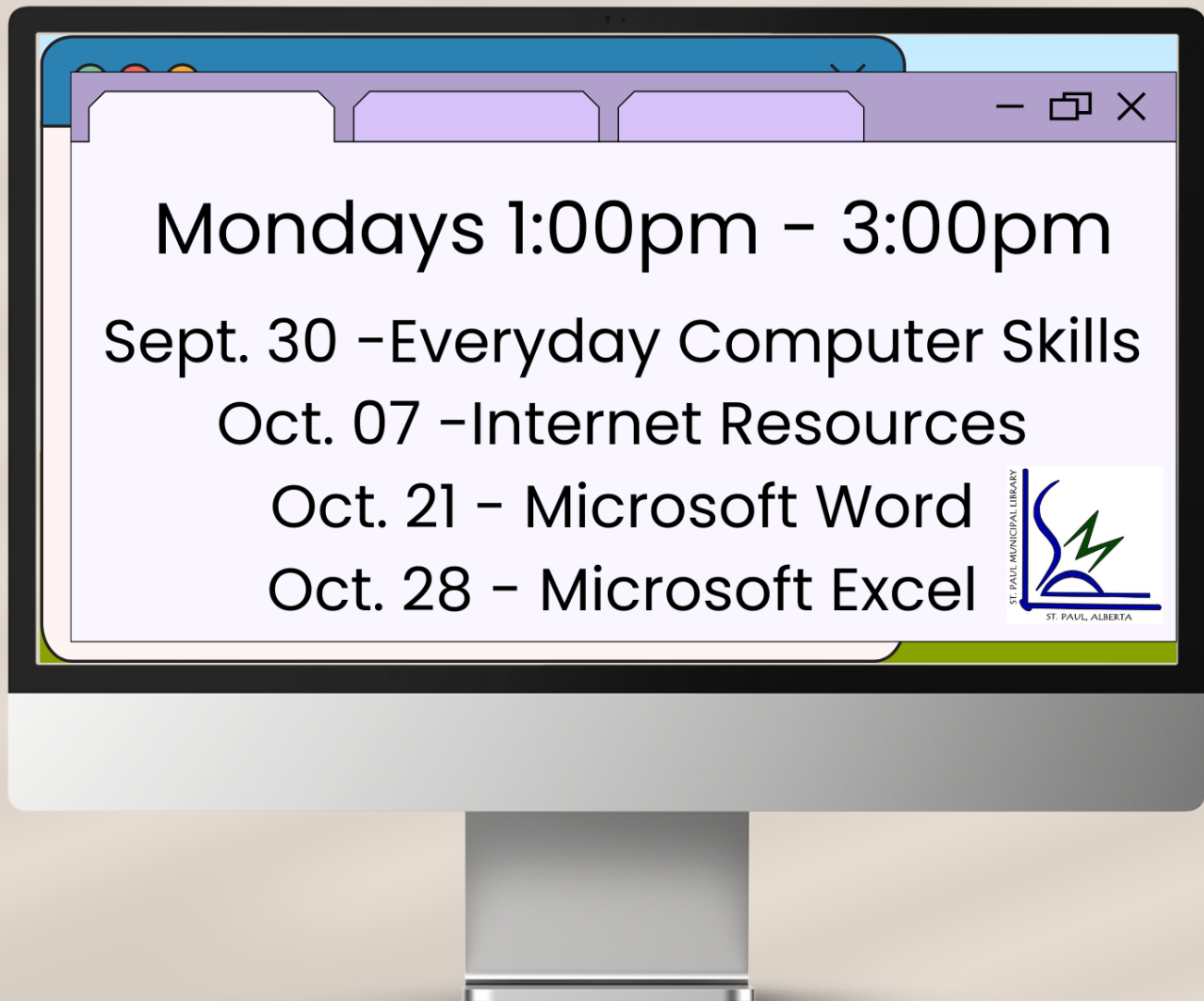
STARTING SATURDAY OCTOBER 26TH

**FIND ONE AND BRING IT TO THE FRONT
DESK SO WE KNOW WHO HAS BEEN FOUND.**

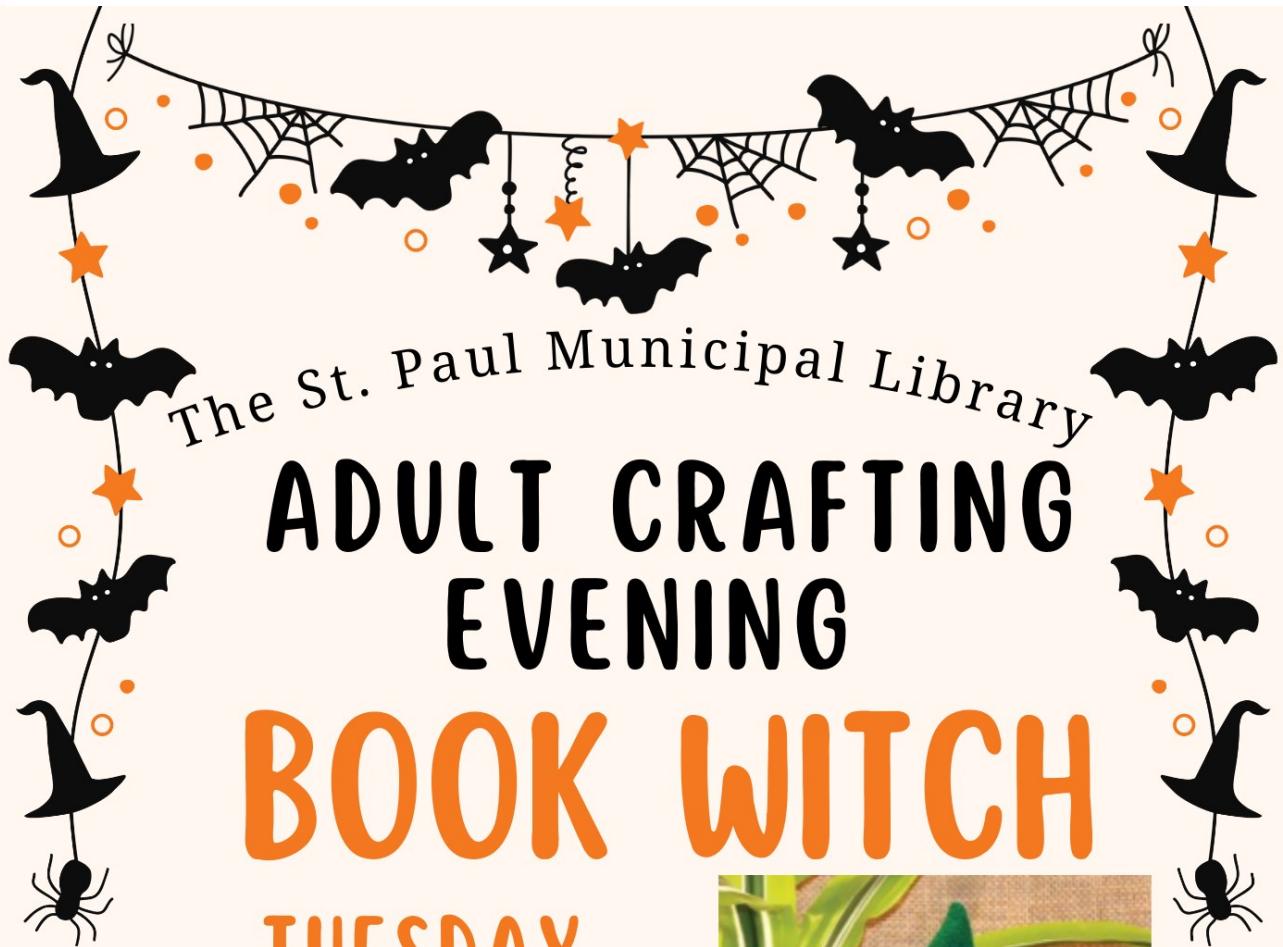
SHARE THE FUN! ONE PER PERSON

Basic Computer Skills At the St. Paul Library

Join us at the library lessons on
basic computer usage!



REGISTER ONLINE AT
WWW.STPAULLIBRARY.AB.CA/EVENTS
OR CALL 780-645-4904 OR AT THE
FRONT DESK



The St. Paul Municipal Library

ADULT CRAFTING EVENING

BOOK WITCH

TUESDAY

OCTOBER

★ 22ND 6:30PM

REGISTRATION
REQUIRED



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

ADULT BOARDGAME NIGHT

18+

FRIDAY OCTOBER 18TH
AT 6PM

LIBRARY AFTER DARK

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



ACCESSIBLE ACTIVITY

A PROGRAM FOR ADULTS WITH
DISABILITIES

Thursday October 24th at 1 pm
in the St. Paul Municipal Library

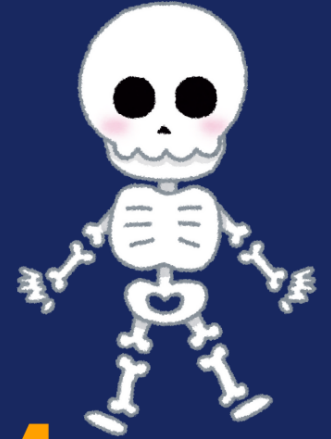
GHOSTS!



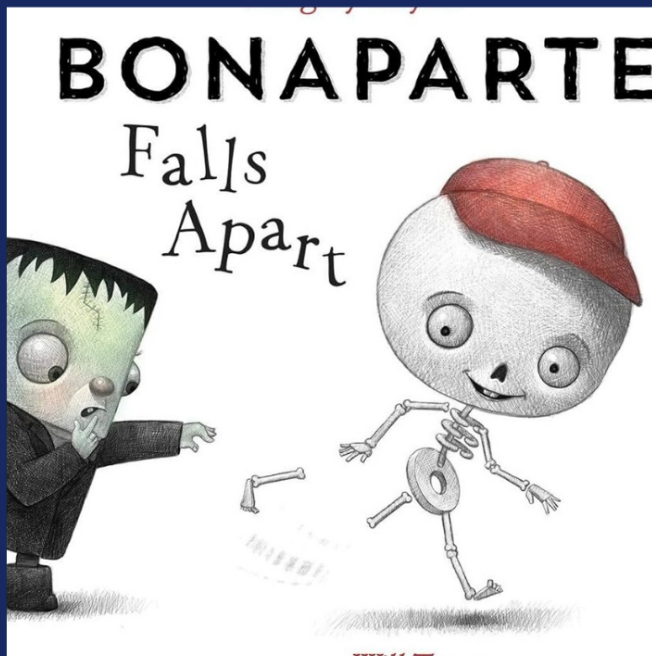
To register go to our website's registration page at
www.stpaullibrary.ab.ca/programs
or contact us by email at programs@stpaullibrary.ab.ca



HALLOWEEN **STORYTIME**



OCT 26TH 10:30 AM



**STORY AND
A CRAFT**

**REGISTRATION
REQUIRED
AGES 5 AND UP**

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

The poster is framed by various autumn-themed illustrations including maple leaves, oak leaves, acorns, and ferns in shades of orange, red, brown, and green. The text is centered in a dark brown, serif font.

COME INTO THE
ST. PAUL LIBRARY AND
CHECK OUT OUR TREE
OF KINDNESS.

‘LEAF’ A KIND
OR GRATEFUL
COMMENT
ON OUR TREE

OCTOBER 1ST
TO NOVEMBER 16TH

CELEBRATE
WORLD KINDNESS DAY
NOVEMBER 13TH



St. Paul's District Arts Foundation

2024/25 Season

Art Art 1: Ages 6 to 8 - Thursdays from 4:30 to 5:45pm
Art 2: Ages 9 to 12 - Thursdays from 6:00 to 7:30pm
Adult Art: Ages 18 and up - Mondays from 6:00 to 7:30pm

Private Guitar Ages 7 and up - Tuesdays and Wednesdays

Beading Ages 7 and up - Tuesdays from 6:45 to 7:30pm

Creative Movement Hip Hop Creative Movement: Ages 4 to 8 -
Wednesdays from 4:00 to 4:30pm
Ballet Creative Movement: Ages 4 to 8 - Thursdays
from 4:00 to 4:30pm

Tot & Me Ages 0 to 5 (plus a caregiver) - Tuesdays from 5:30 to 6:00pm

Pow-Wow Ages 7 and up - Tuesdays from 6:00 to 6:45pm

Ballet Ballet 1: Ages 6 to 9 - Wednesdays from 4:30 to 5:15pm
Ballet 2: Ages 10 to 14 - Thursdays from 4:30 to 5:30pm
Ballet 3: Ages 15 and up - Thursdays from 5:30 to 6:30pm

Hip Hop Hip Hop 1: Ages 6 to 9 - Wednesdays from 6:00 to 6:45pm
Hip Hop 2: Ages 10 to 14 - Wednesdays from 6:45 to 7:30pm
Hip Hop 3: Ages 15 and up - Wednesdays from 7:30 to 8:15pm

Jazz Jazz 1: Ages 7 to 11 - Wednesdays from 5:15 to 6:00pm
Jazz 2/3: Ages 10 and up - Thursdays from 6:30 to 7:15pm

**Contemporary/
Lyrical** Ages 10 and up - Thursdays from
7:15 to 8:00pm

Full Year is from September 9 to April 20. Half year of programming is also available - Session 1 from September 9 to December 21 and Session 2 from January 6 to April 26. Financial Assistance is available, please initiate that conversation by emailing us. All questions and concerns can be sent to info@artfoundation.ca

<https://www.artfoundation.ca/>