



INSIDE THIS ISSUE:

November

2024 NEWSLETTER

Interagency

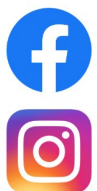
Welcome to
St Paul Regional
FCSS Interagency.
We promote the free exchange
of information, concerns and
solutions among human service
organizations in our community.
We will act as a body to
facilitate collaboration among
members with common goals.

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



Prevention & Awareness

- P2... World Kindness Day
- P3... Learn to Urban Pol
- P4... Fall Prevention
- P5... Flip the Script
- P6... Seniors Festival
- P7... Safe & Sweet Halloween Thank-you
- P8... Youth Programs Hosted at Glen Avon
- P9... Ladies Let's Talk
- P10... Men Let's Talk
- P11... Credit Counselling Society
- P12... Interagency Connection
- P13... Friendly Welcome Program
- P14... Baby Wise Bundle
- P15... Support for Caregivers
- P16... Youth Drop in & Calendar
- P17... Action for Happiness Calendar
- P18... LFRN Calendar St Paul
- P19-30... St Paul November Events
- P32... LFRN Calendar Elk Point
- P33-40... Elk Point November Events
- P41... Tot Time in Mallaig

Stay Informed

- P42... County Communicator
- P43... Community Survey
- P44... St Paul Affordable Housing Society
- P45... 211 Alberta
- P46-47... Alberta Family Resolution Hub

Health & Wellness

- P48... City University Edmonton Counselling Service
- P49... Alzheimer Society
- P50-54... Alberta Health Services
- P55... ADHD Coffee Chat
- P56... Mental Health Literacy
- P57-58... Seniors Without Walls

For Your Development

- P59 Eastern Alberta Regional Victim Serving Society
- P60... Alberta Government Non-Profit Learning Centre
- P61... Community Futures Virtual Workshop
- P62... Portage College CAEC Prep
- P63-64... Elk Point Library English Conversation & Digital Skill
- P65... Public Legal Education Events
- P66... Cyber Seniors
- P67... Labour Force Link
- P68... Rural Roots Academy
- P69... The Garage
- P70... Leadership Essentials Workshop
- P71... Women Building Futures
- P72-73... Lakeland Employment Services
- P74-75... Rural Family Law Help

Ways to Connect

- P76... Town of St Paul Community Guide
- P77... Town of St Paul App
- P78... Elk Point Remembrance Day
- P79... Mallaig Christmas Farmers Market
- P80-82... Franco-accueil
- P83-85... Visual Arts Centre
- P86... Explore Mallaig & District Museum
- P87... Chase the Ace Fundraiser
- P88... Elk Point Dinner Theatre
- P89-90... Ashmont Farmers Market & Christmas Market
- P91... Mallaig Legion Bingo
- P92... Mallaig Curling Club Bonspiels
- P93... SAGE Haven
- P94... Mannawanis Native Friendship Centre Society Girls Support Group
- P95... Chamber of Commerce
- P96-109... St Paul Library Events
- P110-112... St Paul & District Arts Foundation

World KINDNESS DAY

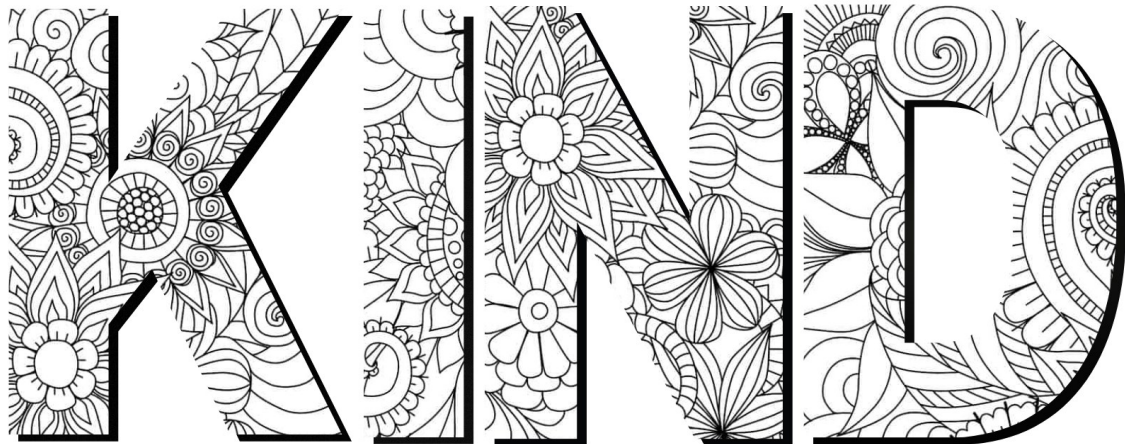
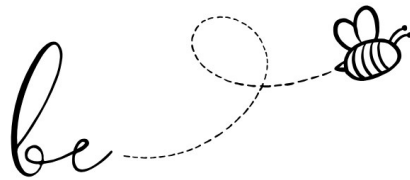
Wednesday
Nov 13, 2024

Sprinkle some kindness
everywhere your go,
it's FREE!



Connecting community
through kindness.

In a world where you can be anything,





Take action

to prevent falls during Fall Prevention Month. You have a role in preventing falls. Join us to learn how to use Urban Poles.

Urban Poling is proven to improve balance, posture, cardio & to strengthen your core.

More fall prevention activities can be found on the Fall Prevention website www.fallpreventionmonth.ca

promoting connection through movement

Tuesday

Nov 19, 2024

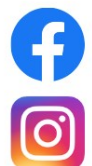
2PM-3PM

@ FCSS

(5002-51 Ave, St Paul)

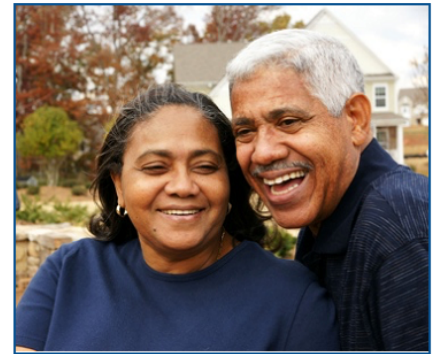
FREE TO REGISTER

Call 780-645-5311



Staying Independent

Falls are the main reason why older people lose their independence.



Are you at risk? Check each statement that is true for you.

Check your risk of falling	Actions to staying independent
<input type="checkbox"/> (2) I have fallen in the last 6 months	Learn more on how to reduce your fall risk, as people who have fallen are more likely to fall again.
<input type="checkbox"/> (2) I use or have been advised to use a cane or walker to get around safely.	Talk with a physiotherapist about the most appropriate walking aid for your needs.
<input type="checkbox"/> (1) Sometimes, I feel unsteady when I am walking.	Exercise to build up your strength and improve your balance, as this is shown to reduce the risk for falls.
<input type="checkbox"/> (1) I steady myself by holding onto furniture when walking at home.	Incorporate daily balance exercises and reduce home hazards that might cause a trip or slip.
<input type="checkbox"/> (1) I am worried about falling.	Knowing how to prevent a fall can reduce fear and promote active living.
<input type="checkbox"/> (1) I need to push with my hands to stand up from a chair.	Strengthening your muscles can reduce your risk of falling and being injured.
<input type="checkbox"/> (1) I have some trouble stepping up onto a curb.	Daily exercise can help improve your strength and balance.
<input type="checkbox"/> (1) I often have to rush to the toilet.	Talk with your primary healthcare professional or incontinence specialist about solutions to decrease the need to rush to the toilet.
<input type="checkbox"/> (1) I have lost some feeling in my feet.	Talk with your primary healthcare professional or podiatrist, as numbness in the feet can cause stumbles and falls.
<input type="checkbox"/> (1) I take medicine that sometimes makes me feel light-headed or more tired than usual.	Talk with your primary healthcare professional or pharmacist about medication side effects that may increase the risk of falls.
<input type="checkbox"/> (1) I take medicine to help me sleep or improve my mood.	Talk with your primary healthcare professional or pharmacist about safer alternatives for a good night's sleep.
<input type="checkbox"/> (1) I often feel sad or depressed.	Talk with your primary healthcare professional about symptoms of depression and help with finding positive solutions.
TOTAL	Add up the number of points in parentheses beside each checkbox you checked. If you scored 4 points or more, you may be at risk for falling. Discuss this brochure with your primary healthcare professional to find ways to reduce your risk.

For more information, please visit:

- Parachute: <https://parachute.ca/seniorsfalls>



This checklist was developed by the Greater Los Angeles VA Geriatric Research Education Clinical Center and affiliates and is a validated fall risk self-assessment tool (Vivrette, Rubenstein, Martin, Josephson & Kramer, 2011). Adapted with permission of the authors.

NOVEMBER IS CHILDREN'S GRIEF AWARENESS MONTH.
JOIN US AS WE FLIP THE SCRIPT ON SUPPORTING
YOUNG PEOPLE WHO ARE GRIEVING.

FLIP THE SCRIPT

LISTEN ACTIVELY

GET MOVING - GRIEF IS PHYSICAL, NOT JUST EMOTIONAL

EMPOWER YOUNG PEOPLE'S VOICES

LISTEN ACTIVELY BE PRESENT PRESS PAUSE ON THE ADVICE LISTEN ACTIVELY LISTEN ACTIVELY BE PRESENT

BE PRESENT

CULTIVATE A SUPPORTIVE ENVIRONMENT FOR SHARING

RECOGNIZE THE UNIQUENESS OF EACH PERSON'S GRIEF

PRESS PAUSE ON THE ADVICE

ACTIONS SPEAK LOUDER THAN WORDS

CHILDREN'S GRIEF AWARENESS MONTH
WWW.NACG.ORG/FLIPTHESCRIPT





St Paul Regional FCSS
PRESENTS,

Seniors Festival

Come out to connect and celebrate the holiday season. Entertainment, information and a nutritious meal will be provided. Featuring Julie Matthews, consumer protection expert, to share with us how to be alert when it comes to scams!

MERRY CHRISTMAS!

WEDNESDAY
NOVEMBER 20, 2024
11AM-2PM

FREE

UKRAINIAN
ORTHODOX CHURCH
5601 51 ST, ST. PAUL

LIMITED SEATING
RESERVATIONS

NOV 1 TO 13TH UNTIL FULL

780-645-5311

DOORS OPEN AT 10:30AM



St. Paul Regional
Family and Community
Support Services

WWW.STPAULFCSS.CA





Sponsored by local businesses, organizations & community members, serving 100's of families in our region. We could not make this event as successful as it is without you!

THANK-YOU

Anderson Family
ATB Financial
B & D Industrial Services
Cornerstone Co op
Community Futures
Grace Gardens Funeral Chapel
Denis & Micheline Hebert
Home Hardware
Impact Health
Iron Horse Ultra
Lakeland Communications
Lakeland Fire & Safety
Lakeland Chevrolet, Buick GMC
Money Crunchers
Myrnam Insurance

New Beginning Law
Lenora's No Frills
Nutrien Ag Solutions
Saik Insurance Services
Sharon Wright
Shirleys Trays & Odd Catering
Sobeys
St Paul Glass Lock & Key
St Paul Towing
Sunshine Game & Hobby
TD Canada Trust
Twisted Fork
Welcome Home Furniture
Yaremko-Galas Counselling
Zarowny Motors



Connecting youth in our community.



YOUTH

program

HOSTED AT GLEN AVON

Youth Program

Hosted at Glen Avon

If you're in grade 4-6, 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

Mondays

Starting Nov 4th

3:30PM-5:30PM

@ Glen Avon School
(no program Nov 11th)



TO REGISTER CALL

780-645-5311

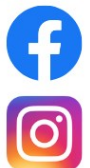
GRADES 4-6

8 SPOTS AVAILABLE



Lakeland

FAMILY RESOURCE NETWORK





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.

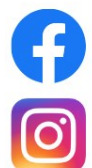
Wednesday

November 20, 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.

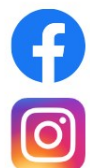
Tuesdays

November 19, 2024 & December 17, 2024

7:30 PM

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

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



strengthening financial literacy for individuals and families



ASK US ANYTHING!

Ask us Anything: Money Edition

Get all your money, credit, debt, & budgeting questions answered by experts in this live Ask Us

Anything Financial Literacy Month event!

View other online financial education courses at nomoredebts.org

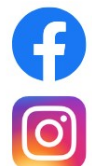
Tuesday

Nov 5, 2024

10AM or 11:30AM or 1PM

REGISTER

online: eventbrite.ca





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

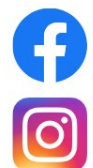
Tuesdays

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_fcsc





*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



2024 YOUTH DROP IN November

3:30pm - 5:30pm

Ages 13-18
Drop IN! Programming

Registered
Programming

MON

TUE

WED

THU

FRI

SPYC
Meeting
&
Elections

Sunday
3rd @5PM

Registered
Programming
Glen Avon
Grades 5 & 6

Registered
Programming
Glen Avon
Grades 7-9

Registered
Programming
Ashmont
Ages 6-12 yrs

Registered
Programming
SPECS
Grades 5 & 6

SPYC
Murder Mystery
Call to Register
Fri. 8th @6PM

Weekly
Movie Fridays!

EVERY WEEK (Excluding PD Days)



-Crafts -
Bracelets
T-shirt Bags
Dream Catcher

Board Games

Movie Night
(DATE CHANGE
FROM FRIDAY)



SPYC
Murder Mystery
Call to Register
Fri. 15th @330PM

SCHOOL FALL BREAK 11th to 15th

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_fcsc

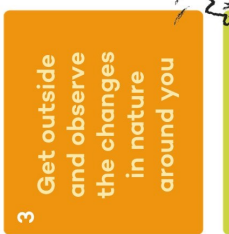


St. Paul Regional FCSS & Family Resource Network

New Ways November 2024



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY



4 Sign up to join a new course, activity or online community

5 Change your normal routine today and notice how you feel

6 Try out a new way of being physically active

7 Be creative. Cook, draw, write, paint, make or inspire

8 Plan a new activity or idea you want to try out this week

9 When you feel you can't do something, add the word "yet"

10 Be curious. Learn about a new topic or an inspiring idea

11 Choose a different route and see what you notice on the way

12 Find out something new about someone you care about

13 Do something playful outdoors - walk, run, explore, relax

14 Find a new way to help or support a cause you care about

15 Build on new ideas by thinking "Yes, and what if..."

16 Look at life through someone else's eyes and see their perspective

17 Try a new way to practice self-care and be kind to yourself

18 Connect with someone from a different generation

19 Broaden your perspective: read a different paper, magazine or site

20 Make a meal using a recipe or ingredient you've not tried before

21 Learn a new skill from a friend or share one of yours with them

22 Find a new way to tell someone you appreciate them

23 Set aside a regular time to pursue an activity you love

24 Share with a friend something helpful you learned recently

25 Use one of your strengths in a new or creative way

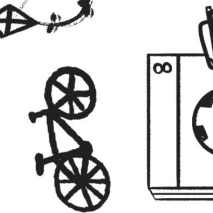
26 Try out a different radio station or new TV show

27 Join a friend doing their hobby and find out why they love it

28 Discover your artistic side. Design a friendly greeting card

29 Enjoy new music today. Play, sing, dance or listen

30 Look for new reasons to be hopeful, even in tough times



ACTION FOR HAPPINESS

Happier · Kinder · Together



2024

St Paul LOCATION

November

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



Let's We Forget

01

No Program

04

Read & Roll
10am - 11am
@ the Library
REGISTER

Homeschool
Hang-out
2pm-4pm
REGISTER

05

Mallaig Tot Time
9:30am-11:30am
DROP IN

06

Ashmont After
School
3:30pm - 5:30pm
REGISTER

07

No Program

08

Triple P Tip sheet
Potty Training
2pm-3pm
REGISTER

11

CLOSED



12

Mallaig Tot Time
9:30am-11:30am
DROP IN

Run, Jump, Skip
10am - 12pm
DROP IN

13

Home Alone
9am-11am
10yrs+
REGISTER

No Ashmont
After School
Program

14

Youth Board
Games
2pm-4pm
DROP IN

15

Loose Parts
10am-12pm
DROP IN

18

Read & Roll
10am - 11am
@ the Library
REGISTER

Homeschool
Hang-out
2pm-4pm
REGISTER

19

Mallaig Tot Time
9:30am-11:30am
DROP IN

Traditional
Teaching
10am - 11:30am
REGISTER

20

Ashmont After
School
3:30pm - 5:30pm
REGISTER

Dungeons &
Dragons
6pm-8pm
ages 12-18yrs
REGISTER

21

Dragonfly
Presentation
6:30pm-8pm
**SEE POSTER FOR
DETAILS**

22

NEW
Saturday 23 is
Dad-urday
SEE POSTER FOR DETAILS
10am-12pm

25

Read & Roll
10am - 11am
@ the Library
REGISTER

Homeschool
Hang-out
2pm-4pm
REGISTER

26

Mallaig Tot Time
9:30am-11:30am
DROP IN

Kids Have Stress
Too
2pm-3pm
REGISTER

27

Ashmont After
School
3:30pm - 5:30pm
REGISTER

28

Run, Jump, Skip
6pm - 7:30pm
DROP IN

29

ASQ Screening
10am-12pm
REGISTER

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



YOUTH 6+

LFRN St Paul 5002-51 Ave

Home School Hangout

November 04, 18 & 25

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.

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



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

Triple P Tip Sheet

Potty Training

Friday 08
November 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.



CAREGIVERS
LFRN St Paul 5002-51 Ave

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



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
November 12

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.



***NEW age
requirement
is 10 yrs+**



Various topics include:

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

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

YOUTH 10+

LFRN St Paul 5002-51 Ave

Home Alone Course

Wednesday
November **13**
9am-11am

\$10 REGISTRATION FEE

CALL TO REGISTER
780-645-5311

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

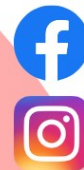
Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





YOUTH 7+

LFRN St Paul 5002-51 Ave

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

Youth Board Games

Thursday
November **14**
2pm-4pm

DROP IN
780-645-5311

FREE

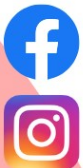
Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





Loose Parts Play

Friday
November 15
10am-12pm

DROP IN
780-645-5311



AGES 0-6

LFRN St Paul 5002-51 Ave

Express creativity and imagination skills with common everyday items.

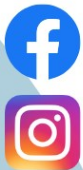
Lakeland

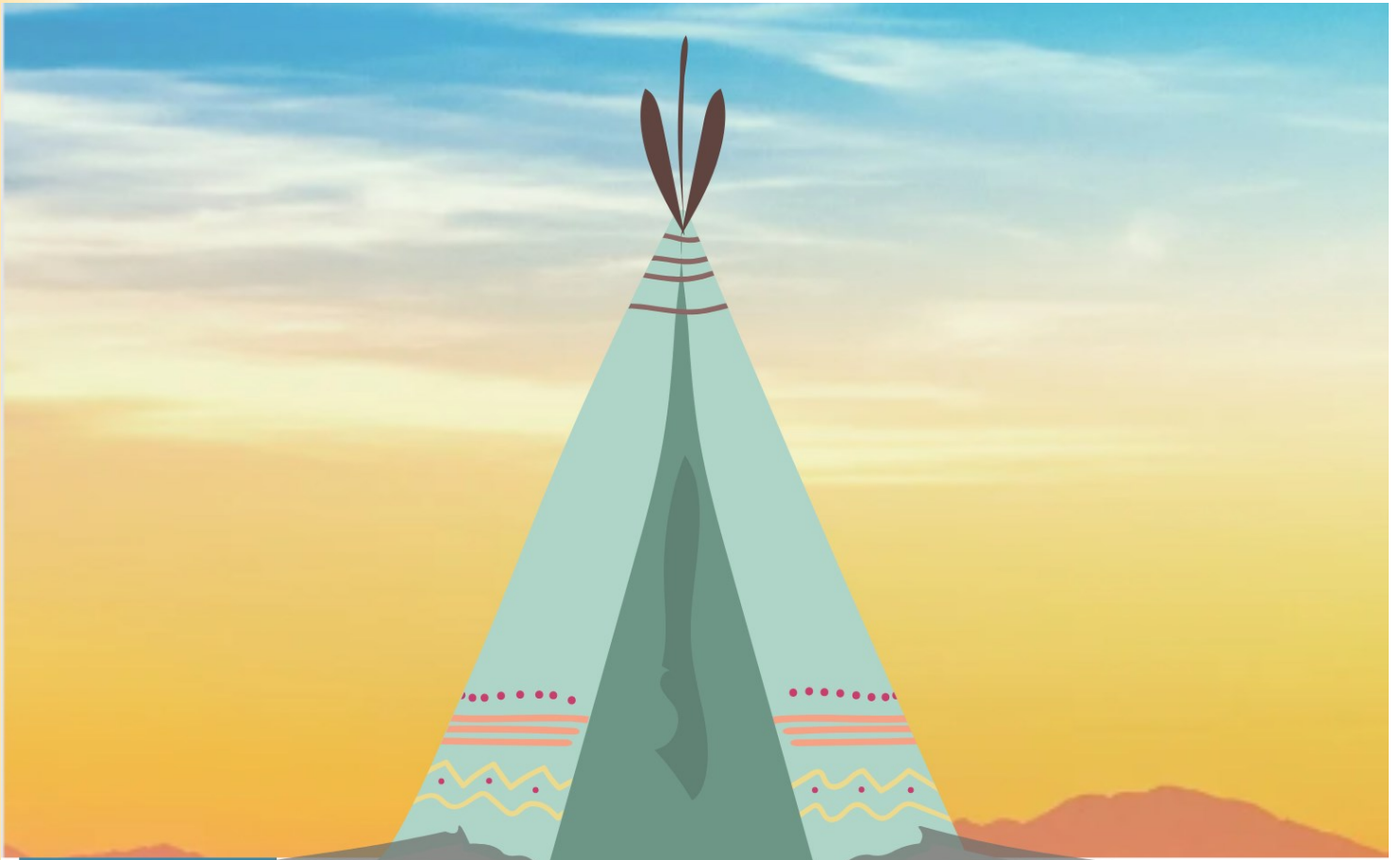
FAMILY RESOURCE NETWORK

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

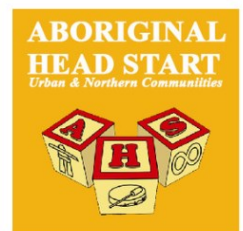
Traditional Teaching

with Jan Tailfeathers

Tuesday November 19

10am-11:30am

CALL TO REGISTER
780-645-5311



Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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



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



**Dungeon Master
in attendance**
Snacks Provided

YOUTH 12-18

LFRN St Paul 5002-51 Ave

Dungeons & Dragons

Wednesday
November **20**

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.



How to talk to your child about sexual abuse

This supportive workshop helps caregivers navigate tough conversations about sexual abuse with confidence.

You'll learn how to talk to your child about body safety, boundaries, and recognizing unsafe situations in a way that fosters trust and open communication.

If you require childcare, please call to register

Join us for practical tips and resources to keep your child safe, all in a warm and welcoming environment. This workshop is for parents and caregivers.

**Thursday, November 21st,
6: 30 pm- 8:00 pm
5002- 51 Ave St.Paul**

For more information please call
(780) -645-5311



Lakeland
FAMILY RESOURCE NETWORK

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.



DAD - urday

Saturday **23**
November

10am - 12pm

DROP IN

780-645-5311



AGES 0-10YRS

LFRN St Paul 5002-51 Ave

Lakeland

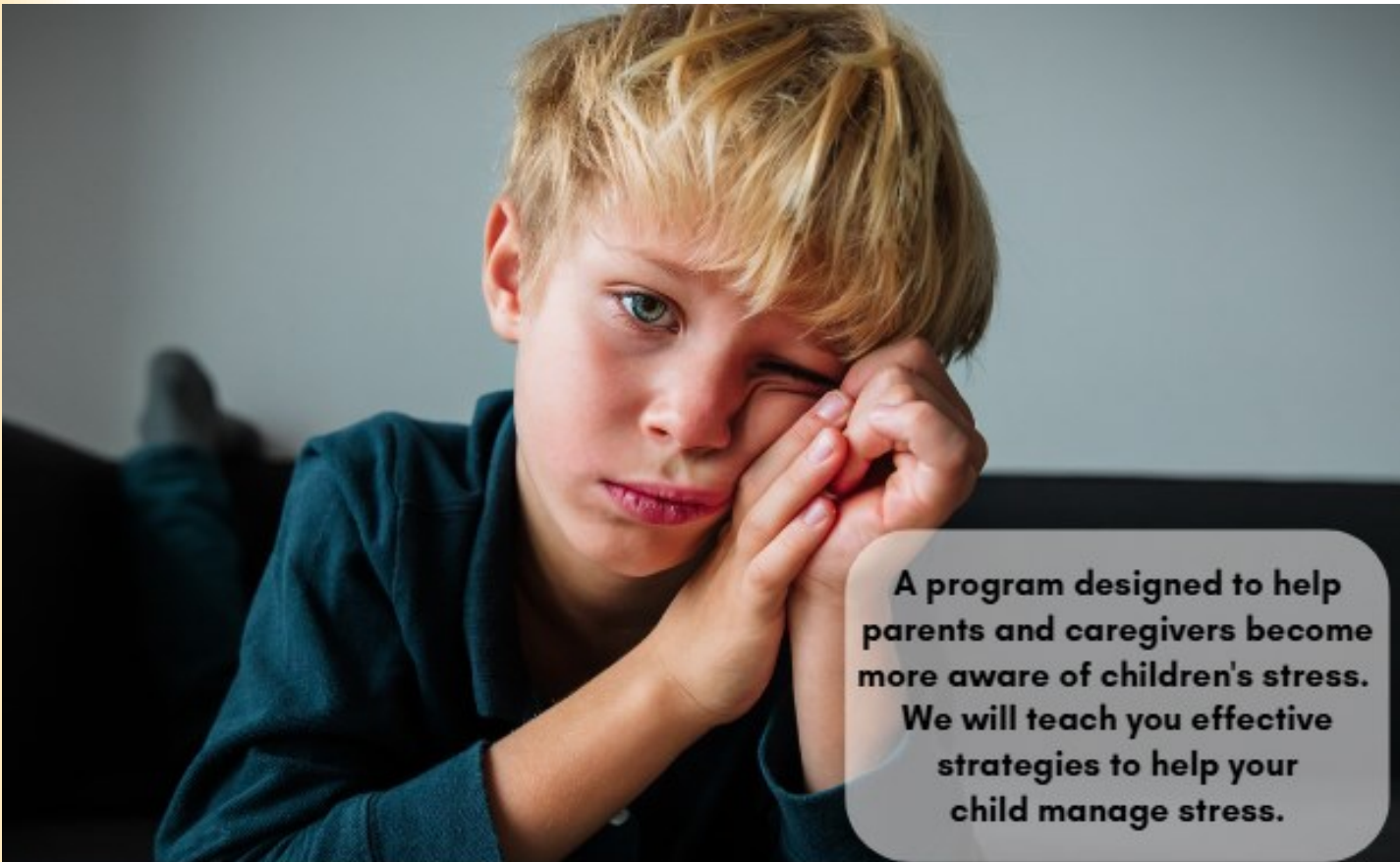
FAMILY RESOURCE NETWORK

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.





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

CAREGIVERS

LFRN St Paul 5002-51 Ave

Kids Have Stress Too

Tuesday November **26**

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.





evening

Run, Jump, Skip

Thursday November 28

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.





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
November **29**

10am-12pm

CALL TO REGISTER

780-645-5311

FREE

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

Lakeland

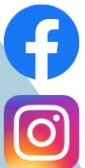
FAMILY RESOURCE NETWORK

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.






2024 Elk Point LOCATION November

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



*Lest We
Forget*

04 Youth Group Paint Night 3:30pm - 5:30pm REGISTER	05 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	06 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	07 	01 Story & Craft 10am - 12pm DROP IN
11 OFFICE CLOSED REMEMBRANCE DAY 	12 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	13 OFFICE CLOSED	14 OFFICE CLOSED	15 OFFICE CLOSED
18 Mindful Matters Problem Solving 3:30pm - 5:30pm REGISTER	19 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	20 Office Closed	21 	22 OFFICE CLOSED
25 Youth Group Games 3:30pm - 5:30pm DROP IN	26 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	27 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	28 Moms Matter Christmas Craft 6:30pm-8pm REGISTER	29 Making Music 10am - 12pm DROP IN Extravaganza 4pm-6pm DROP IN SEE POSTER FOR DETAILS. Run, Skip, Jump Saturday, Nov 30 10am-12pm See Poster for more details. DROP IN



Lakeland
 FAMILY RESOURCE NETWORK

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



st.paul_fcsc



St. Paul Regional
 FCSS & Family
 Resource Network



AGES 0-6

LFRN Elk Point 4906-48 St

Storytime & Craft

Friday
November 01

10am-12pm

DROP IN

780-724-3800



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

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





Join us and we will get our creativity flowing with paints.

YOUTH 7+

LFRN Elk Point 4906-48 St

Paint Night

Monday 04
November

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.





Help your child explore the world through their senses & encourage their curiosity. They learn through play & **WE** take care of the mess!!

AGES 0-6
LFRN Elk Point 4906-48 St
Encouraging sensory development, and helps build social-emotional skills.

Icky, Sticky, Messy

Friday **08**
November
10am-12pm
DROPP 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

Problem Solving

Monday
November 18

3:30pm-5:30pm

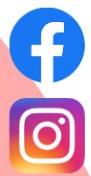
CALL TO REGISTER
780-724-3800

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.





YOUTH 7+

LFRN Elk Point 4906-48 St

Board Games Play

Monday
November **25**

3:30pm-5:30pm

DROP IN
780-724-3800

Lakeland

FAMILY RESOURCE NETWORK



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

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.



Take some time away to do something fun and creative.
Join us in creating Christmas Decor. Designs may not be as in picture.

CAREGIVERS

LFRN Elk Point 4906 48st

Moms Matter

Christmas sign

Thursday November **28**

6:30pm-8pm

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.



For moms or caregivers of children 0-18yrs

Stop by for hot chocolate, popcorn and check out our space!



FOR ALL AGES

Elk Point FCSS 4906 48 St

Extravaganza Open House

Friday
November **29**

4pm - 6pm

DROP IN

780-724-3800

FREE

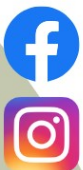
Lakeland

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.





AGES 0-6
Elk Point Elementary Gym

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

Run, Jump, Skip

Saturday November 30

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

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

SNOW FLAGS

Still available for purchase!



Purchase from the Public Works Shop or from the Town of Elk Point admin office.

Ratepayers with 2023 flags or older must bring them in to be replaced.

Purchase by December 15 for \$400!

Landlords can purchase a flag complete a Snowplow Agreement for renters.

Who qualifies for a free snow flag?

- Seniors
- Widows whose spouse was a senior (and are not senior themselves)
- Persons with disabilities

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

Online Services | Maps | News | Events | Careers



COUNTY OF ST. PAUL

For Residents ▾

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

Subscribe to calendar ▾

SUBMIT EVENT

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

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

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

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

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

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

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

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

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

DIVISION 6, LOUIS 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



Community Survey & Focus Groups

We are doing research and want
to hear from *individuals, employers*
and *organizations* about
adult learning needs
in your community.

Enter to win an iPad

by taking our 10-minute survey



Receive a \$10 gift card

by participating in our focus groups

OR

https://norquest.ca1.qualtrics.com/jfe/form/SV_OT9WYw9grWVY59A



University of Alberta Ethics ID: Pro00134316
Version: July 25, 2024





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

Alberta Family Resolution Hub

Guiding you to the most suitable options to resolve your family matters.

The **Alberta Family Resolution Hub (the Hub)** is an online digital tool designed to give you relevant family law information and guide you to appropriate resources to help you resolve your family dispute.

Features of the hub

- Information on dispute resolution options offered by the Government of Alberta and the courts
- Information on the family court processes for the Alberta Court of Justice and Court of King's Bench of Alberta
- A detailed checklist, which you can download, print or email, that sets out step-by-step instructions to help you resolve your family law matters
- Options to connect with Alberta government or court staff for further guidance or assistance

Topic areas covered

- Dispute resolution options
- Divorce
- Parenting and child support
- Guardianship and contact
- Spousal or partner support
- Financial disclosure
- Protection orders and restraining orders involving family members



Access the Hub online,
anywhere, from any device.
familyresolution.alberta.ca/getting-started

Alberta

Alberta Family Resolution Hub

The Alberta Family Resolution Hub (the Hub) is an online digital tool designed to give you relevant family law information and guide you to appropriate resources to help you resolve your family dispute.

Who is the Hub for?

The Hub is for anyone wanting to learn more about options to resolve their family disputes, especially people who don't have lawyers (also called self-represented litigants).

If you have an **urgent** matter, go to your nearest courthouse or Resolution Services office, or call the CJS Contact Centre at 1-855-738-4747.

What topic areas are covered?

The Hub can give you information about filing for a divorce, parenting, guardianship, contact, child support and spousal support. There is also information about family-related protection or restraining orders.

You will get information about court processes in both the Alberta Court of Justice and the Court of King's Bench of Alberta. **This includes information about the new pre-court mandatory requirements under the Alberta Family Justice Strategy.**

How does the Hub work?

You will be guided through a series of questions. Based on your answers, you will receive a curated checklist with information about dispute resolution options, information and options for court (including any mandatory requirements), and any relevant court forms.

Can I file my court documents on the Hub?

No, the Hub is not a filing service. You will get a curated checklist that will include links to the appropriate forms for your situation. You can download those forms, complete them and file at the courthouse or through the digital filing service where applicable.

How do I access the Hub?

Access the Hub online, anywhere, from any device.
<https://familyresolution.alberta.ca/getting-started>





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>	

Nov 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

Nov 5 Tue Afternoon 1:30-4pm
Nov 14 Thurs Evening 5:30-8pm

Nutrition

Nov 12 Tue Afternoon 1:30-3pm
Nov 21 Thurs Evening 5:30-7pm

Ongoing Care

Nov 19 Wed Afternoon 1:30-4pm
Nov 28 Thurs Evening 5:30-8pm

Foot Care & Seated Exercise

Nov 21 Thurs Afternoon 1:30-2:30pm

Heart & Stroke Education

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

Overview & Prevention

Nov 14 Thurs Evening 5:30-8pm
Nov 27 Wed Afternoon 1:30-4pm

Nutrition

Nov 28 Thurs Evening 5:30-7pm

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 1:30-2:30pm

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

Nov 5, 19, & 26 Tue Afternoons 1:30-4pm
Nov 21, 28, & Dec 5 Thurs Evenings 5:30-8pm

Series 2—Classes 2.1, 2.2, & 2.3

Nov 5, 19, & 26 Tue Mornings 9:30-12pm

Series 3—Classes 3.1 & 3.2

Nov 13 & 20 Wed Evenings 5:30-8pm
Nov 26 & Dec 3 Tue Mornings 9:30-12pm

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 --

November 14 - December 19

Tuesdays & Thursdays
Mornings @ 10:00-11:30am

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

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



To register for a Zoom class call:

1-877-349-5711

Or

<https://www.healthylivingprogram.ca>



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

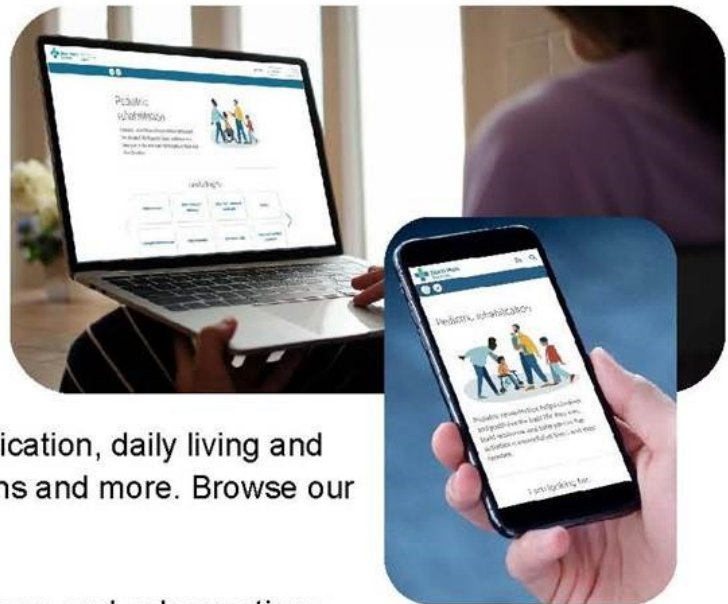
Caregivers, parents, and those who work with children and youth from birth to age 18 are invited to explore an exciting new platform to learn directly from Alberta-based pediatric rehabilitation experts:

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

November/December 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.

Caregiver Education Sessions

Parenting Teens in the 21st Century *Respectful Limit Setting for Adolescents*

For parents and caregivers supporting teens in grades 7-12.

Part 1:

Wednesday, November 13
12:00 – 1:00 pm

Part 2:

Wednesday, November 20
12:00 – 1:00 pm

Building Executive Functioning Skills *Supporting Success in Learning*

For parents and caregivers of children in grades K-6

Part 1:

Monday, December 2
12:00 – 1:00 pm

Part 2:

Monday, December 9
12:00 – 1:00 pm

Adult Education Sessions

Wellness Exchange Series

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

Part 5 - Healthy Connections:

Wednesday, November 6
6:00 – 7:30 pm

More than Just a Bad Day *Understanding Depression*

For adults supporting their own wellness or the wellness of youth (grades 7-12)

Tuesday, November 26
12:00 – 1:00 pm

Adult Education Sessions

Silver Linings

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

Part 1:

Thursday, December 5
12:00 – 1:00 pm

Part 2:

Thursday, December 12
12:00 – 1:00 pm

Participant Feedback

"Thank you for a well-structured, informative session. It was a great reflection."

"Great information on an important topic!"



Professional Practice & Education Services
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca



Parents of children presenting with ADHD, please join us for an informal time of sharing, learning, and supporting one another.



Rolling with ADHD

Provides practical strategies to deal with the day to day parenting of a child with ADHD.

The program best supports parents of children with ADHD between the ages of 6 and 12 years old.

DATE: November 13, 2024

TIME: 7:00-8:30 p.m.

**LOCATION: 4714-48 street
Bonnyville, AB
or by zoom**

**For more information,
please call
780-826-2120**

Parent Child Centre
4714-48 street
Bonnyville, AB T9N 2J7

Lakeland

FAMILY RESOURCE NETWORK



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.

NOVEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4</p> <p>9:30am: Nostalgia Moment 11am: Exercise 1pm: The Big Picture 3pm: Sunshine Sketches Pt. 4</p>	<p>5</p> <p>11am: Imagination Circle 1pm: Guy Fawkes Day 3pm: SCWW Advisory Group</p>	<p>6</p> <p>9:30am: Mystery Chronicles 11am: US Election Results 1pm: Would You Rather? 1pm: Finding Your Joy 3pm: Exercise</p>	<p>7</p> <p>9:30am: Gratitude 11am: Weird and Wonderful 1pm: Next Stop: Cambodia 3pm: Coffee Chat 4:30pm: Dinner Theatre</p>	<p>1</p> <p>9:30am: Acapella Music Hour 11am: Chair Yoga 1pm: Writing for Fun 3pm: Norman Kwong</p>
<p>11</p> <p>Remembrance Day</p> <p>No Programs</p>	<p>12</p> <p>11am: Mindfulness with Carol 1pm: Sexuality 101 3pm: Coffee Chat 4:30pm: Trivia</p>	<p>13</p> <p>9:30am: Crime & Justice 11am: Where in the World? 1pm: In the Headlines 1pm: Finding Your Joy 3pm: Exercise</p>	<p>14</p> <p>No Morning Programs</p> <p>1pm: Some Good News 3pm: Worldviews</p>	<p>8</p> <p>9:30am: Patriotic Music Hour 11am: Exercise 12pm: Canadian Connections 1pm: Let's Talk About 3pm: Let We Forget</p>
<p>18</p> <p>9:30am: Ponder This 11am: Exercise 1pm: Canadian Institutions 3pm: Short Stories</p>	<p>19</p> <p>11am: Imagination Circle 1pm: North American Battles 3pm: Nutrition & Planning for One</p>	<p>20</p> <p>9:30am: Brain Games 11am: EPL Presents! 1pm: Let's Talk About 1pm: Finding Your Joy 3pm: Exercise</p>	<p>21</p> <p>9:30am: Gratitude 11am: Coffee Chat 1pm: For Your Body 3pm: Working Through Grief 4:30pm: Broadway Musicals</p>	<p>22</p> <p>9:30am: Name that Tune 11am: Exercise 1pm: Global Events 3pm: Animal Spotlight</p>
<p>25</p> <p>9:30am: Dr. Leroy Little Bear 11am: Exercise 1pm: Coffee Chat 3pm: LeVar Burton Reads</p>	<p>26</p> <p>11am: Mindfulness 1pm: ABBA 3pm Readers' Corner 4:30pm: Finish the Phrase/Slogan</p>	<p>27</p> <p>9:30am: In the Headlines 11am: Wheel of Fortune 1pm: History Of.... 1pm: Finding Your Joy 3pm: Exercise</p>	<p>28</p> <p>9:30am: Gratitude 11am: Safety with EPS 1pm: GeriActors- Audio 3pm: Art Appreciation</p>	<p>29</p> <p>9:30am: All Request Music Hour 11am: Exercise 1pm: Writing for Fun 3pm: BINGO</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!

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

Coming soon! Virtual Workshop



Facilitator, Ian McCormack

How to Make the Most of Your Board Experience....

There are many jokes about boring board meetings that make people want to run away and never come back, but the truth is that boards are a very important part of the life and direction setting of any non-profit or governmental organization. A group of people who share a common vision, shared goals, and a desire to make things better for their community can make a board extremely effective.

This virtual workshop introduces topics such as:

- Why people join boards, and why they leave them.
- Expectations of yourself and your board colleagues.
- Participating in meetings and other organizational events.

To register email visionsnorth@visionsnorth.com or call 1-306-425-2612. When registering please include your email address, telephone number and the number attending in your group.

There is no registration fee to attend.

Once registered the link to join the workshop will be emailed to you closer to the date of the virtual workshop.

Date and Time: January 24, 2025 from 9 am to 12 noon (SK time)

Hosted by,



Supported by/Avec l'appui de,



Prairies Economic
Development Canada

Développement économique
Canada pour les Prairies

Canada



Meeting expectations is good.
Exceeding expectations is better.



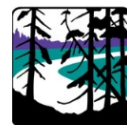
Canadian Adult Education Credential* (CAEC) Prep

*The CAEC has replaced the GED
See your local CALP site for more information

English, Math, Science & Social Studies



COMMUNITY ADULT
LEARNING PROGRAM



PORTAGE
COLLEGE

**ELK POINT
LIBRARY**

5123 50 AVE

THURSDAY MORNINGS 9:30 - 10:30

**CONTACT SANDIE AT
780 614 6368 FOR
MORE INFORMATION**

ENGLISH CONVERSATION

Improve your English speaking skills



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

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>





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.

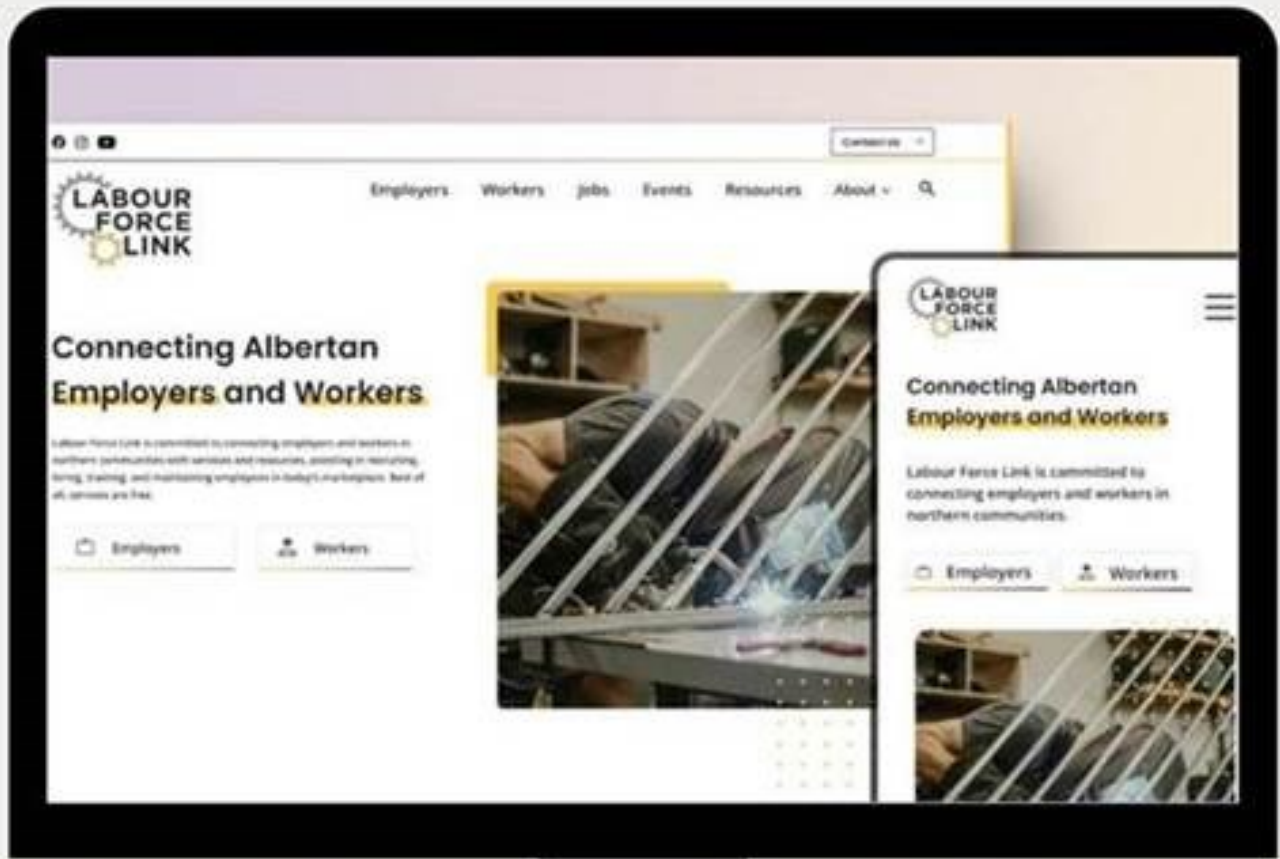
THURSDAYS
ONLINE

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



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



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!

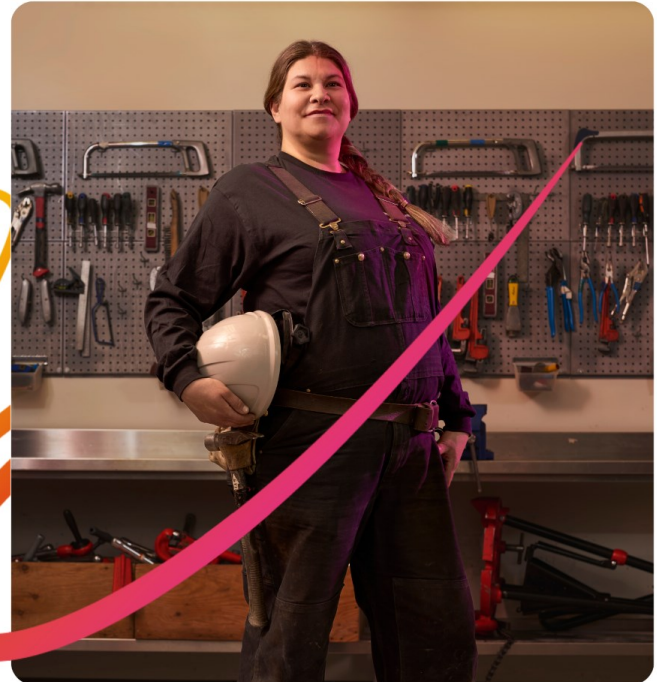
Free or discounted fees for Chamber Events

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





Lakeland
EMPLOYMENT SERVICES

IN-PERSON WORKSHOPS

NOVEMBER WORKSHOP SCHEDULE

November 6, 2024	Interview Skills
November 13, 2024	Job Search Online and Traditional
November 20, 2024	Resume Development
November 27, 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



November 2024 Calendar	
November 6, 2024	Basic Computer Skills
November 13, 2024	Email
November 20, 2024	Word
November 27, 2024	Smart Devices

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

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

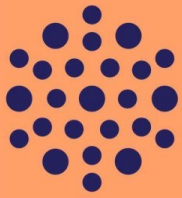
Cold Lake 587-491-2028 or email cbrant@employabilities.ab.ca
Bonnyville 780-343-0924 or email rnicoll@employabilities.ab.ca
Lac La Biche 587-201-0562 or email kevans@employabilities.ab.ca
St. Paul 780-646-6729 or email ehilligas@employabilities.ab.ca
Vegreville 780-631-1471 or email bsutherland@employabilities.ab.ca



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!

winter 2025 COMMUNITY GUIDE



*Scan
& Access*

Download Our App & Connect

Google Play



App Store



NOVEMBER 11, 2024

REMEMBRANCE DAY

"LEST WE FORGET"

- 10:45AM** PARADE STARTING AT SENIORS CENTRE
- 11:00AM** 2 MINUTES OF SILENCE IN HONOUR OF OUR FALLEN SOLDIERS, WITH THE WREATH LAYING CEREMONY TO FOLLOW. Please note, ceremony is outdoors.
- 11:20AM** LIGHT LUNCH AT SENIORS CENTRE

SPONSOR AND PLACE A WREATH:

All proceeds going to Canadian Legion

\$30 WREATH


\$50 WREATH

\$100 WREATH

TO SPONSOR:

EMAIL RECREATION@ELKPOINT.CA
CALL CAITLYN 780-573-6175





CHRISTMAS FARMERS MARKET , CRAFT AND VENDOR SHOW
SATURDAY, NOVEMBER 16 & SUNDAY, NOVEMBER 17, 2024

MALLAIG LEGION HALL
10:00 AM - 4:00 PM

ACCEPTING VENDORS

CONTACT DAVID INSCHO FOR INFORMATION OR TO REGISTER
780-646-2107
INSCHODAVID@GMAIL.COM

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.



Aidons

**CEUX QUI SONT DANS LE
BESOIN**

Let's Help

**THOSE IN
NEED**



LE 13 NOVEMBRE
AU 6 DECEMBRE

NOVEMBER 13TH TILL
DECEMBER 6TH

Dons de nourriture non périssable

Non-perishable food donation

Apportez vos dons à Franco-accueil situé à l'École du Sommet

Bring donations to Franco-accueil in École du Sommet



4609 40 street

 **1.780.645.5050**





Groupe de jeux

OU / WHERE
ÉCOLE DU SOMMET

QUAND /WHEN
9H30 À 11H30

6 novembre: Jeu sensoriel - Sensory play

13 novembre: N'oublions pas - Lest we forget

20 novembre: La physique appliquée - Hands on physics

27 novembre: La ferme - The farm

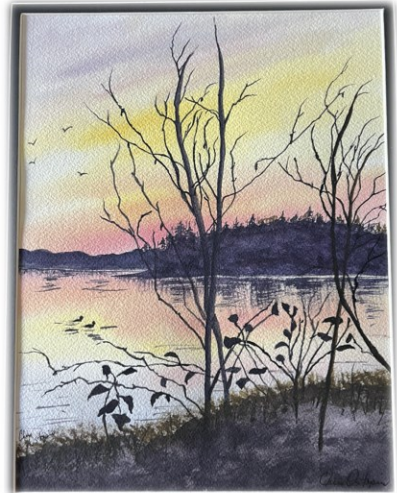
*Visite spéciale: Monique Poulin de la Bibliothèque Municipale avec la machine à bouton
Special visit: Monique Poulin from the Municipal Library with the button machine.*



Play hard, play smart, play together, have fun!

Jouer dur, jouer bien, jouer ensemble, jouer pour s'amuser !

“Lagasse Park”
Watercolour Class
with Christine Ostapiw
for Adults & Teens 16+
2nd DATE ADDED!



Sunday, November 3, 2024

Time: **1:00pm - 4:00pm**

Cost: **\$40**

at the St. Paul Visual Arts Centre

4613-53 Street, St. Paul, AB

In this beginner watercolour class, you will learn different techniques to create a sunset and shadows in the water.

You will be walked through it step by step! All materials are supplied including a mat and frame. The Centre accepts various forms of payment including e-transfers to **spvac@telus.net**, cash, cheque or credit card

*once you have registered with Christine.

Register by contacting Chris at: 780-646-3675

Visit us at www.spvac.com or on

Facebook [@StPaulVisualArtsCentre](https://www.facebook.com/StPaulVisualArtsCentre)





Trio of Trees Hand-Building Clay Class



with Rosanne & Brock for Ages 18+

Monday, November 4, 2024

Time: 6:00 pm - 9:00 pm

Level: **Beginner** Cost: **\$90**

at the *St. Paul Visual Arts Centre*

4613-53 Street, St. Paul, AB

Create a cute trio of 6, 8 & 10 inch trees! You will learn to cut, emboss, shape, and join clay pieces to create your trees. Choice of white or green glaze. We will bisque fire, wax, glaze, and glaze fire your trio for you! Your finished pieces will be ready 2 to 3 weeks after the class.

Cost includes all materials, project care and firings. The Centre accepts various forms of payment including credit card, cheque, or e-transfers which can be sent to spvac@telus.net **once you've registered with Rosanne**. Please include the **class date and name** in the e-transfer

note. **Register by contacting Rosanne between the**

hours of 10:00 am - 8:00 pm at: 1-250-702-0794

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



The BIG POTTERY & ART Sale 2024

St. Paul Visual Arts Centre

4613-53 Street (South of the Pool)



THURS. Nov. 28th 4:00 pm - 8:00 pm

FRI. Nov. 29th 4:00 pm - 8:00 pm

SAT. Nov. 30th 10:00 am - 4:00 pm

3 DAYS ONLY!

**HANDMADE POTTERY, PAINTINGS,
GLASS FUSION & MORE!**

Uniquely made by SPVAC Artisans

Facebook @StPaulVisualArtsCentre www.spvac.com



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.

Elk Point Christmas Dinner Theatre Proudly Presents:



Not a
Creature
Was Stirring
Not Even a
Moose
A Farce by Pat Cook

Nov 29 & 30, Dec 6 & 7 | Tickets: \$50

Dinner at 6:30 & Show to Follow

Dec 1 | Tickets: \$45

Brunch at 12:30 & Show to Follow

For Tickets Call: 780-614-0204



PERFORMANCES | EVENTS | VENUE RENTALS

For Event Listings, Tickets & Rentals please visit: elkpointalliedartscentre.ca



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

**ASHMONT & DISTRICT AG. SOCIETY
FARMERS MARKET**

Christmas MARKET

**WE ARE EXCEPTING
BOOKINGS
FOR THIS SPECIAL EVENT
BOOK EARLY!!!!**

DEC 14

10:00AM - 2:00 PM

**JOIN US FOR OUR
LAST FARMERS
MARKET OF THE
YEAR**

CALL

SHARON 780-614-4849

LEANNE 780-210-2352

TO BOOK YOUR TABLE

**4019 AGRIPLEX ROAD
ASHMONT, AB
T0A 0C0**

**ASHMONT
&
DISTRICT
AG
SOCIETY**

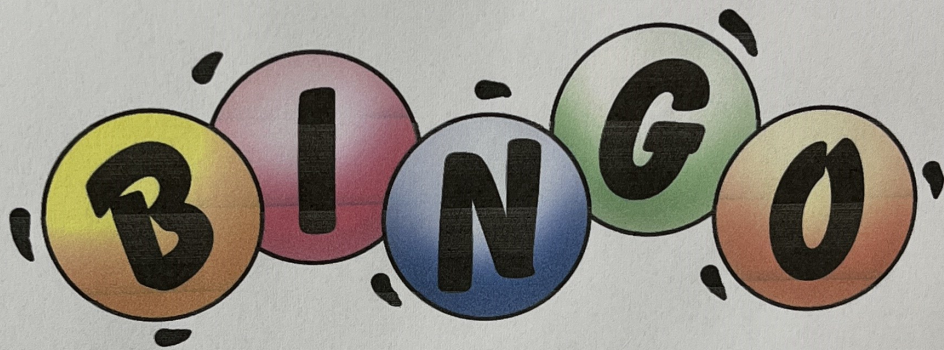
EST. 1991



**Farmers'
Market**

MALLAIG LEGION

CASH BINGO



FRIDAY, NOVEMBER 1 2024

Door Open: 5 P.M.

Games Start: 6 P.M.

KIDS CAN PLAY

=> *25 Go-Go Games*

=> *Early Bird Game*

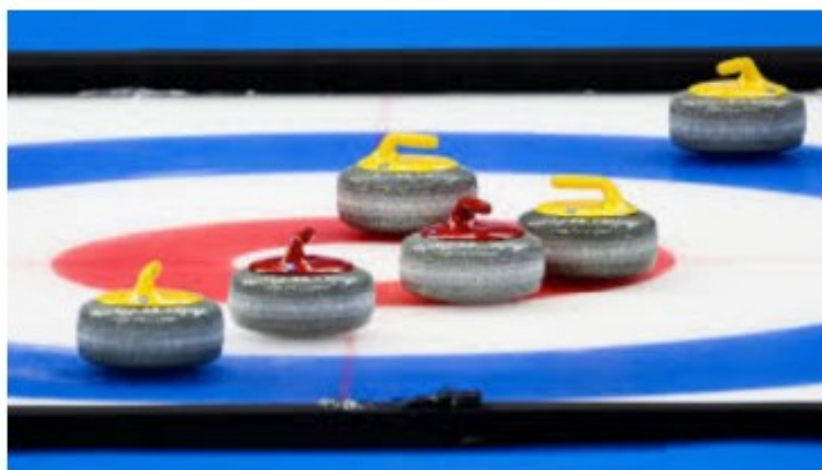
=> *Bonanza*

=> *Zip*

=> *Concession*

Mallaig Curling Club Bonspiels

2024/25



LADIES SPIEL

Season opener!
November 8/9

Contact: Rae @ 780 210 9355

MENS SPIEL

IN THE

NEW YEAR

Jan 24-26

Contact: Marc @ 780 210 6272

or

Armand @ 780 614 1338

Farmers Spiel

March 14-16

Contact: Henri @ 780 210 0581

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 





Mannawanis Native Friendship Centre Society Girls Support Groups (Networks Program)

Weekly Youth Nights for girls between the ages of 10 to 17. The night of the week will be dependent on age. The topics in the groups will also depend on the needs of the group members.

When: Tuesday nights - for ages 10 to 13
Wednesday nights - ages 14 to 17

Time: 6:00 to 8:00 pm

Where: Upstairs At the Mannawanis Native Friendship Centre (use entrance to Oriental Wok – 4924 49 Ave. St. Paul)

Program Length: From late October 2024 to June 2025

The program creates a safe supportive environment for girls to focus on their strengths and capabilities while learning new skills and making new friends. The first hour of every session is composed of working on improving self-awareness, coping techniques, emotional regulation, relaxation exercises, healthy life choices and so forth. Every weekly girl's night will be enhanced with fun activities such as painting, drawing, beading, rattle making, ribbon skirt designing, traditional teachings, moccasin making, dance, games and other learning activities. The activities are all geared to the ages of the participants. **The program is free of charge as are all materials and supplies**

The program is **inclusive** and is available to **all** girls who meet the age requirements and have a need or interest in self-improvement and development.

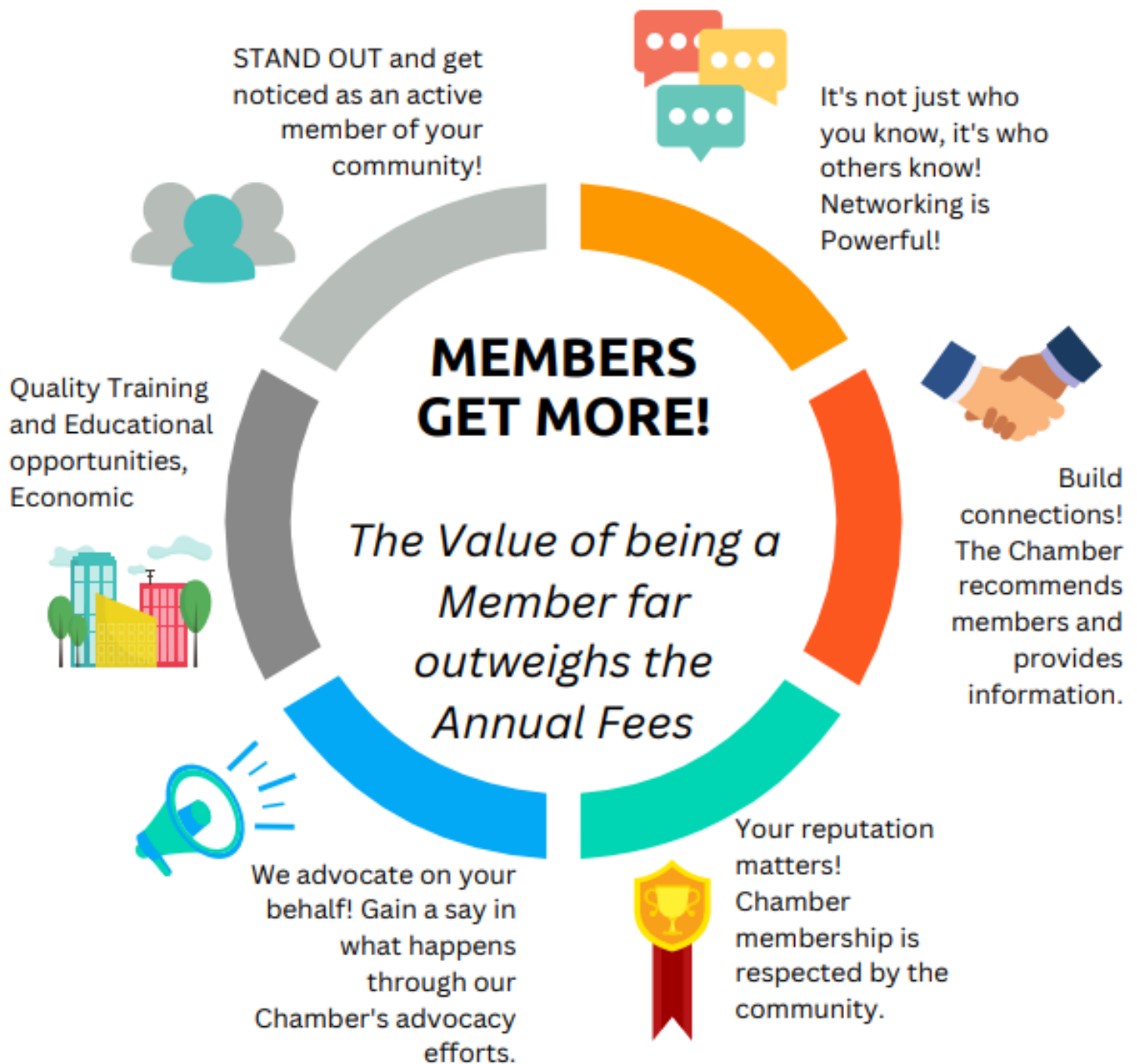
Individual counselling and family support are available upon request.

Spaces are limited - For more information and registration, please call the direct program line at **(780) 646-2963**.

These are some projects completed projects by girls in the program.



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:



At the St Paul Library



ST. PAUL MUNICIPAL LIBRARY'S BOOK *Sale*



November 19th to 23rd



4802 - 53rd Street St Paul AB

Nov 2024

www.stpaulfcss.ca

Interagency 97

At the St Paul Library

Gift it! Ornament Painting at the St. Paul Library

**Saturday December
7th**

10:30am to 4:00pm

While supplies last

**Fun for the whole
family. Drop in, pick
and paint an ornament.**



At the St Paul Library



ACCESSIBLE ACTIVITY

A PROGRAM FOR ADULTS WITH
DISABILITIES

Thursday November 7th at 1 pm
in the St. Paul Municipal Library



Join us for a
interactive Wild live
discover presentation.
(there will be no live
animals)



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

ST. PAUL LIBRARY'S

READING CAFE

*homeschool indicative, everyone is welcome

AGES 6 TO 12
REGISTRATION REQUIRED

November 15th

11:45am to 12:45pm

Story and activity

Encouraging young readers
with themed story and
activity 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

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:
Let's take a look

November 1st

November 8th

November 15th

November 22nd

November 29th



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

At the St Paul Library



ST. PAUL MUNICIPAL LIBRARY'S DINO ON A SHELF

EVERY WEEK IN
NOVEMBER, A
DINOSAUR WILL BE
HIDING IN THE LIBRARY.
TAKE A SELFIE WITH IT
AND SEND IT TO US TO
GET ENTERED INTO OUR
DRAW!

**SEND YOUR SELFIE TO
PROGRAMS@STPAULLIBRARY.AB.CA**

**YOUR PHOTO WILL BE USED ON OUR SOCIAL
MEDIA UNLESS YOU LET US KNOW NOT TO.**



THIS SPACE RESERVED FOR SOCIAL HUB



**THURSDAYS
6:30 TO 7:30**

**JOIN IN MEET NEW PEOPLE,
LEARN ABOUT THINGS
HAPPENING IN OUR COMMUNITY,
JOIN IN ON THE EASY GROUP
PROJECT OF THE EVENING OR
JUST SIT AND CHAT.**



Community Connection at St Paul Municipal Library

COME GRAB A COFFEE
AND CHAT WITH

Portage College Public Legal Education

Find out how they can
help with:

- Understanding the law
- Accessing legal resources
- Navigating legal systems

DECEMBER 13TH
2PM TO 4PM




Alberta **LAW**
FOUNDATION

 **PORTAGE
COLLEGE**



St Paul Municipal Library

4802 - 53rd Street St Paul Alberta

 780-645-4904

 www.stpaullibrary.ab.ca

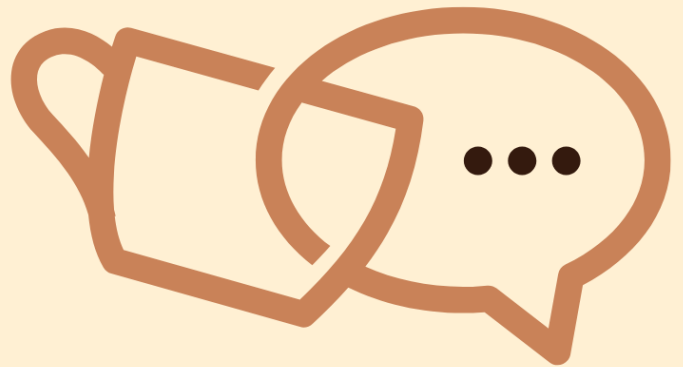
At the St Paul Library

Community Connection at St. Paul Municipal Library



**WE WANT
TO PROMOTE
YOU!**

**SET UP AT ONE OF OUR
TABLES TO INTERACT
WITH OUR PATRONS,
AND SHARE WHAT YOU
DO FOR OUR
COMMUNITY.**



**FOR MORE INFORMATION PLEASE
CONTACT MONIQUE BY EMAILING
PROGRAMS@STPAULLIBRARY.AB.CA**



St Paul Municipal Library

4802 - 53rd Street St Paul Alberta



780-645-4904



www.stpaullibrary.ab.ca

ADULT BOARDGAME NIGHT

A circular icon with a purple border containing the text "18+" in a yellow and orange gradient font.

FRIDAY NOVEMBER 1ST & 15TH
AT 6PM
LIBRARY AFTER DARK

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

At the St Paul Library

**St. Paul Municipal
Library
Presents:
Wildlife
Discovery**



**AFTER SCHOOL
PROGRAM WITH**



**THURSDAY NOVEMBER
7 AT 4PM**

**Ages 6 +
Registration
Required**

Students will be introduced to animals that live within our watershed and the adaptations that help them to survive. Students will then match images of local wildlife with our collection of pelts, skulls, tracks, and scat.



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

Letters for Santa

At the St. Paul Library

Santa letter writing kit available
November 16th to December 7th

Make sure to drop off your letter
before December 8th!

Santa's reply letters will be available
for pick up December 12th to 14th.

Any letters that are not picked up will
be send to you by mail.



Lettre pour le Père Noël

La Bibliothèque Municipale de Saint-Paul

Un ensemble pour écrire une
lettre au Père Noël Noël, disponible
du 15 novembre au 7 décembre
Assurez-vous de déposer votre lettre
avant le 8 décembre!

Récupérez votre lettre du Père Noël
du 12 au 14 décembre.

Les lettres non récupérées vous
seront envoyées par courrier.





St. Paul District Arts Foundation

Hula Flow

with Cora-Les Krekoski

Ages 6+ Intro to hula dance. No experience required. Hula hoops supplied.

2-3PM | November 9, 2024 | \$10
4822 50 Ave, St. Paul

E-transfer

mpdowntownartsstudio@outlook.com

to book your spot

DIRECTED BY
ANNA PRATCH

THE NUTCRACKER BALLET

DECEMBER, 2024

SATURDAY

7

At 2:30pm
& 7:00pm

SUNDAY

8

At 2:30pm

5601 51 ST, ST PAUL AB

\$15

Students
& Seniors

\$24

General
Public

FREE

3 & Under



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 8:00 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 8:00 to 8:45pm

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/>