



INSIDE THIS ISSUE:

December

2024 NEWSLETTER

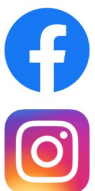
Interagency

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, Jan 14th in **St Paul**
780-645-5311
5002-51 Ave, St Paul

Mon, Dec 9th in **Elk Point**
780-724-3800
4906-48 St, Elk Point



Prevention & Awareness

- P2... Christmas Tree Lighting
- P3... Community Christmas Hampers
- P4... Santa's Elves
- P5... Closed Hours
- P6... Snow Angels
- P7... Men, Let's Talk
- P8... Interagency
- P9... Friendly Welcome
- P10... Baby Wise Bundle
- P11... Support for Caregivers
- P12... Youth Drop in & Calendar
- P13... Action for Happiness Calendar
- P14... LFRN Calendar St Paul
- P15-27... St Paul November Events
- P29... LFRN Calendar Elk Point
- P30-35... Elk Point November Events
- P36... Tot Time in Mallaig

Stay Informed

- P37... County Communicator
- P38... 211
- P39... MDP Review
- P40... Coffee with a Cop
- P41... Crime Reporting

Health & Wellness

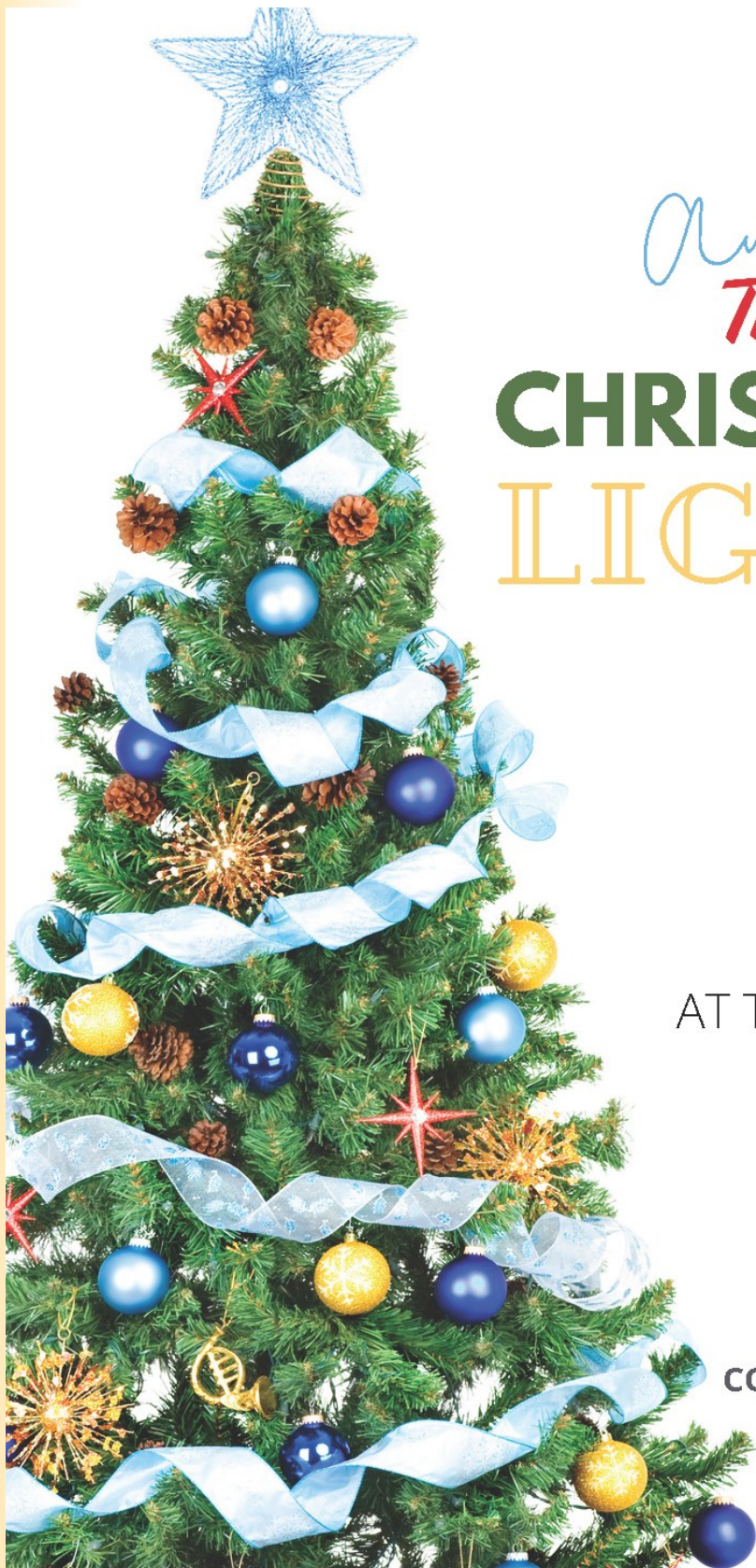
- P42... Alzheimer Society
- P43-46... Alberta Health Services
- P47... Mental Health Literacy
- P48-49... Seniors Without Walls

For Your Development

- P50 Eastern Alberta Regional Victim Serving Society
- P51... Portage College CALP
- P52... Portage College CAEC Prep
- P53-54... Elk Point Library English Conversation & Digital Skill
- P55... Rural Roots Academy
- P56... Public Legal Education Events
- P57-58... Labour Force Link
- P59... The Garage
- P60... FASD Employment Workshops
- P61-62... Leadership Essentials Workshops
- P63... Employee Safety & Communication Training
- P64... Intercultural Educations
- P65... Chamber of Commerce Member Mixer

Ways to Connect

- P66... Town of St Paul Community Guide
- P67... Town of St Paul App
- P68... Light up Elk Point
- P69... A Community Christmas
- P70... Santa's Food Drive
- P71... The Big Christmas Craft Sale
- P72-77... Franco-accueil
- P78... Rock the Sock Fundraiser
- P79... ACFA Christmas Tree Light Up.
- P80... Holiday Hope
- P81... Dashing through the Snow
- P82... Explore Mallaig & District Museum
- P83... Shop Local
- P84... Christmas Business Decorating Challenge
- P85... Elk Point Dinner Theatre
- P86... Ashmont Christmas Market
- P87... Ashmont Farmers' Market
- P88... Annual Buck of the Season
- P89... Gymnastics Drop Ins
- P90... Chamber of Commerce
- P91-105... St Paul Library Events
- P106-107... St Paul & District Arts Foundation



7th Annual
Tim Hortons

CHRISTMAS TREE LIGHTING

Friday
Dec 6, 2024

7PM-8PM

AT THE ST PAUL MUSEUM

FREE

Timbits, Hot Chocolate,
Inflatables, Santa & More.
FREE Museum admission
(donations accepted)

CONNECT WITH US & WELCOME
IN THE HOLIDAY SEASON.



*Please watch social media for changes due to inclement weather.





Community

CHRISTMAS HAMPER 2024

May the holidays bring you plenty of love and joy.

Community Christmas hampers give members of our community the opportunity to build connection with their loved ones while sharing a meal over the holiday season. We supply all the fixings and Santa's Elves provides a gift to each child registered at no cost to them.

you can help...

to DONATE:

Food Hamper monetary/cash donations can be made in person at St Paul Regional FCSS, Cornerstone CO-OP, Sobeys or Lenora's No Frills.

Santa Elves donations can be made in person at St Paul Regional High School, by mail to 4701-44 street St. Paul Ab, TOA 3A3 or by e-transfer santaselves.sprhs@gmail.com

Monetary/cash donations in lieu of toys/clothing/books, etc are appreciated.

to REGISTER:

Residents of the Town or County of St Paul.

If you or someone you know would like to receive a hamper please connect with us.

Call on or before Dec 11/24 @ 4PM

780-645-5311

Hamper PICK UP: Dec 19/24

@ the St Paul Rec Centre

(4802-53 Street, St Paul, AB)

You must be in person, with picture ID to pick up.



Santa's Elves

TOY DRIVE 2024



St. Paul Regional High School is Santa's Elves workshop HEADQUARTERS 2024!

We are in need of donations for the Santa's Elves workshop. Here at Regional we will be collecting, wrapping and joining St. Paul Regional FCSS with their Community Christmas Hamper Program. This helps families in our community who are in need at Christmas.

This year, we are kindly asking for the communities support in providing **monetary donations** in lieu of toys/clothing/books etc. We will gladly take ANY donations however monetary donations allows us to purchase specific items that fill the gap of our community children's needs.

Please submit donations to Regional High School at the main office in person, by mail to 4701-44 street St. Paul AB, T0A 3A3 or **etransfer** santaselves.sprhs@gmail.com before **December 13, 12pm.**

Group donations are welcome too. Set up a donation box or collect money within your office or organization and donate it to the school for purchasing gifts.

For more information you can contact Dawn at
St. Paul Regional High School **780-645-4491.**





Closed

MONDAY DEC 23 - TUESDAY JAN 1
ENJOY CONNECTION
WITH FRIENDS AND FAMILY
DURING THE HOLIDAYS





Snow Angels

The Neighbourly Thing to Do

Helping people makes our world a better place!

If you see a Snow Angels sign, please be kind and shovel this persons' walkway, they are unable to do it themselves.



If you **need** a sign, visit one of our offices.
If you **lend a hand**, let us know, we love to celebrate volunteers.

780-645-5311
5002-51 Ave, St Paul

780-724-3800
4906A-48 St, Elk Point





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.

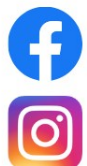
Tuesdays

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.





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

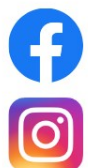
4906A-48 Street

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

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 December

3:30pm - 5:30pm

Ages 13-18
Drop IN! Programming

Registered
Programming

MON

TUE

WED

THU

FRI

SPYC
Meeting

Sunday
1st @5PM

Registered
Programming
Glen Avon
Grades 4-6

Ends 9th

Registered
Programming
Glen Avon
Grades 7-9

Ends 10th

Registered
Programming
Ashmont
Ages 6-12 yrs

Ends 11th

Registered
Programming
SPECS
Grades 4 & 5

Ends 5th

Annual Tree Lighting
@ Museum 7PM
6th

Weekly
Movie Fridays!

FREE Popcorn

YOU Choose
the movie
each week!



LAST ONE OF THE
YEAR ON 20th

Make
Christmas
Cards

16

Christmas
Tree Book
Craft

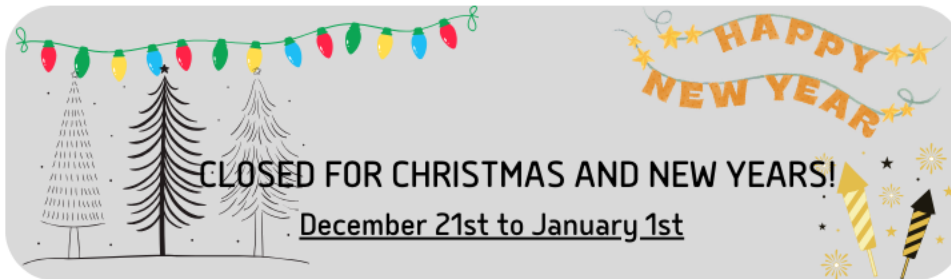
17

Cookie
Baking

18

Christmas
Mystery
Cold Case

19



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

December Kindness 2024



SUNDAY **MONDAY** **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY** **SATURDAY**

1 Spread kindness and share the December calendar with others

2 Contact someone you can't be with to see how they are

3 Offer to help someone who is facing difficulties at the moment

4 Support a charity, cause or campaign you really care about

5 Give a gift to someone who is homeless or feeling lonely

6 Leave a positive message for someone else to find

7 Give kind comments to as many people as possible today

8 Do something helpful for a friend or family member

9 Notice when you're hard on yourself or others and be kind instead

10 Listen wholeheartedly to others without judging them

11 Buy an extra item and donate it to a local food bank

12 Be generous. Feed someone with food, love or kindness today

13 See how many different people you can smile at today

14 Share a happy memory or inspiring thought with a loved one

15 Say hello to your neighbour and brighten up their day

16 Look for something positive to say to everyone you speak to

17 Give thanks. List the kind things others have done for you

18 Ask for help and let someone else discover the joy of giving

19 Contact someone who may be alone or feeling isolated

20 Help others by giving away something that you don't need

21 Appreciate kindness and thank people who do things for you

22 Congratulate someone for an achievement that may go unnoticed

23 Choose to give or receive the gift of forgiveness

24 Bring joy to others. Share something which made you laugh

25 Treat everyone with kindness today, including yourself!

26 Get outside. Pick up litter or do something kind for nature

27 Call a relative who is far away to say hello and have a chat

28 Be kind to the planet. Eat less meat and use less energy



ACTION FOR HAPPINESS



Happier · Kinder · Together

2024

St Paul LOCATION

December

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

MON	TUE	WED	THU	FRI
02 No Program	03 Mallaig Tot Time 9:30am-11:30am DROP IN	04 Fine Motor Fun 10am-12pm DROP IN Ashmont After School 3:30pm - 5:30pm REGISTER	05 Moms Matter DIY Bath Bombs & Sugar Scrub 6:30pm-8pm REGISTER	06 Tree Lighting 7pm-8pm See poster 
09 Icky, Sticky, Messy 10am-12pm DROP IN	10 Mallaig Tot Time 9:30am-11:30am DROP IN Run, Jump, Skip 10am - 12pm DROP IN	11 Ashmont After School 3:30pm - 5:30pm REGISTER Dungeons & Dragons 6pm-8pm ages 12-18yrs REGISTER	12 Youth Christmas Ornament 3:30pm-5:30pm REGISTER	13 Triple P Parenting Managing Holiday Stress 2pm-3pm REGISTER
16 Little Chefs 10am-12pm REGISTER ASQ Screening 2pm-4pm REGISTER	17 Mallaig Tot Time 9:30am-11:30am DROP IN Traditional Teachings 10am - 11:30am REGISTER	18 No Ashmont After School Program	19 Run, Jump, Skip with The Grinch 6pm - 7:30pm DROP IN	20 No Program
23 CLOSED	24 CLOSED	25 CLOSED	26 CLOSED	27 CLOSED
30 CLOSED	31 CLOSED	<p>MERRY </p> <p>AND HAPPY NEW YEAR</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

Mallaig Tot Time



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.

Teddy Bear Picnic

Tuesday
December 03

9:30am-11:30am

@ MALLAIG SENIORS HALL



DROP IN

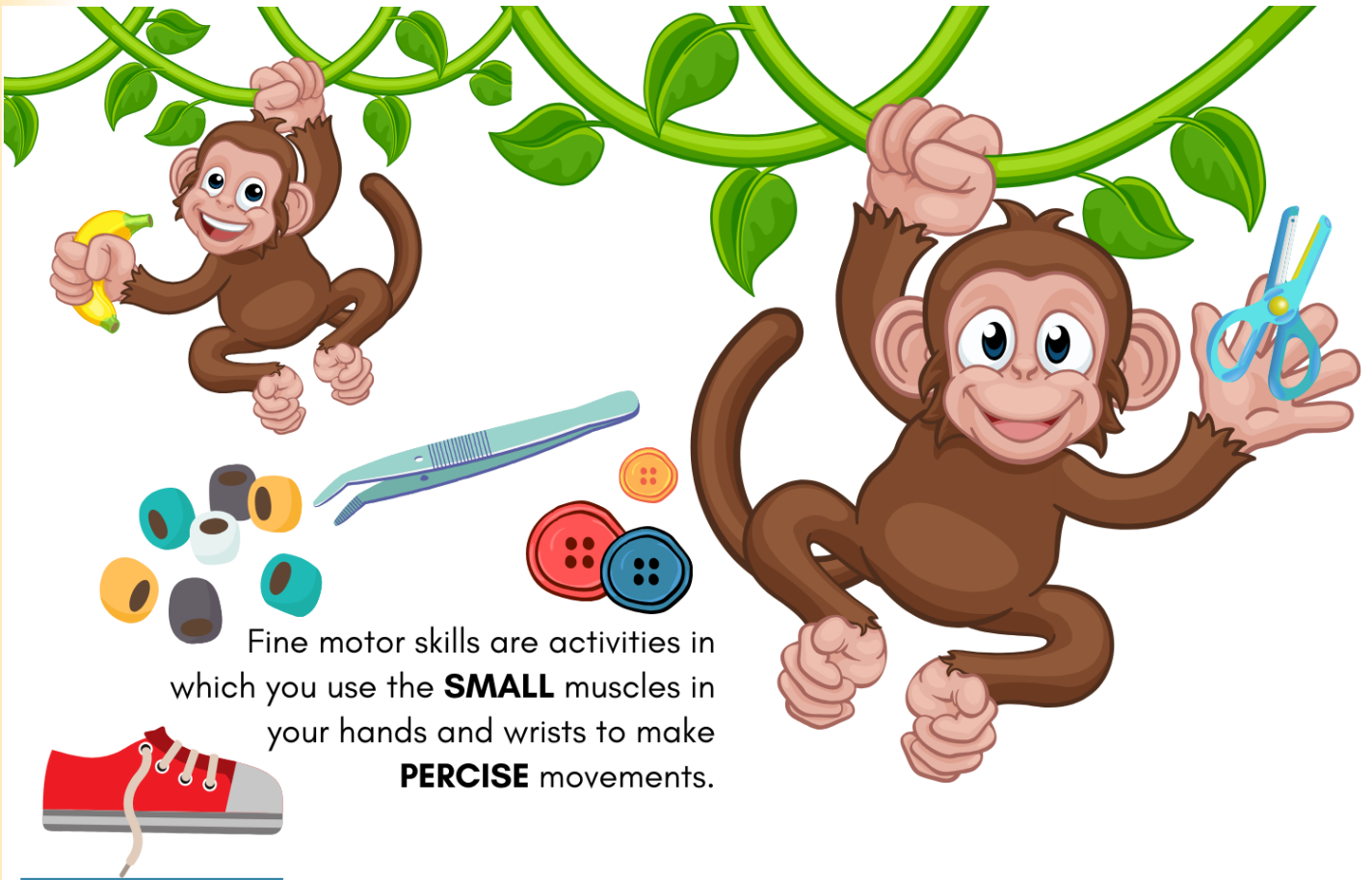
Light snack provided.

For more info call 780-645-5311



Lakeland

FAMILY RESOURCE NETWORK



Fine motor skills are activities in which you use the **SMALL** muscles in your hands and wrists to make **PERCISE** movements.

AGES 0-6

LFRN St Paul 5002-51 Ave

Developing fine motor skills through play.

Fine Motor Fun Christmas Edition

Wednesday December 04

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.



Limited spaces



This **THREE WEEK** program is designed to introduce children 18 months - 3 years old to the joy of reading. Connect with your child in reading and fun activities that encourage fine motor, speech and language skills.



AGES 18months-3yrs

LFRN St Paul 5002-51 Ave

Little Readers

Monday 06, 13, 20
January

10am-11am

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.





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 Christmas Edition

Monday 09
December

10am-12pm

DROP IN
780-645-5311



Encouraging sensory development and helping build social-emotional skills.

Lakeland

FAMILY RESOURCE NETWORK

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



ONLINE



Teen Triple P Positive Parenting Program helps you:

- encourage positive behavior
- set rules and routines

find ways to support your teen in

- problem solving
- conflict resolution
- self regulation

CAREGIVERS

LFRN St Paul 5002-51 Ave

Triple P Teen

Thursday 09, 16,
January 23 & 30

6:30pm - 7:30pm

CALL TO REGISTER
780-645-5311

FREE



for every parent

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

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

ACFA Gym 4617-50 Ave

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

Run, Jump, Skip

Tuesday
December 10

10am-12pm

DROP IN

780-645-5311



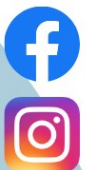
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FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





**Dungeon Master
in attendance**
Snacks Provided

YOUTH 12-18
LFRN St Paul 5002-51 Ave

Dungeons & Dragons

Wednesday 11
December

6pm-8pm

CALL TO REGISTER

780-645-5311

FREE

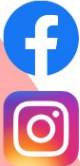
Lakeland

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.



Join us in creating a variety of Christmas ornaments.

YOUTH 7+

LFRN St Paul 5002-51 Ave

Christmas Ornaments

Thursday December 12

3:30pm-5:30pm

CALL TO REGISTER
780-645-5311

FREE



Lakeland

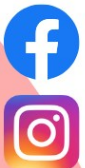
FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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

Encouraging listening skills, attention span and creativity.





Is the stress of the holidays too much?
Feeling overwhelmed and exhausted?
Join us for a group discussion that gives
positive parenting suggestions to help you
through the holiday season.

CAREGIVERS

LFRN St Paul 5002-51 Ave

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

Managing Holiday Stress

Friday
December **13**

2pm-3pm

CALL TO REGISTER
780-645-5311

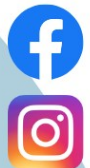
FREE

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.





AGES 0-6

LFRN St Paul 5002-51 Ave

Little Chefs Christmas Edition

Monday
December 16

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.



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 December **16**

2pm-4pm
CALL TO REGISTER
780-645-5311

FREE

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

Lakeland

FAMILY RESOURCE NETWORK

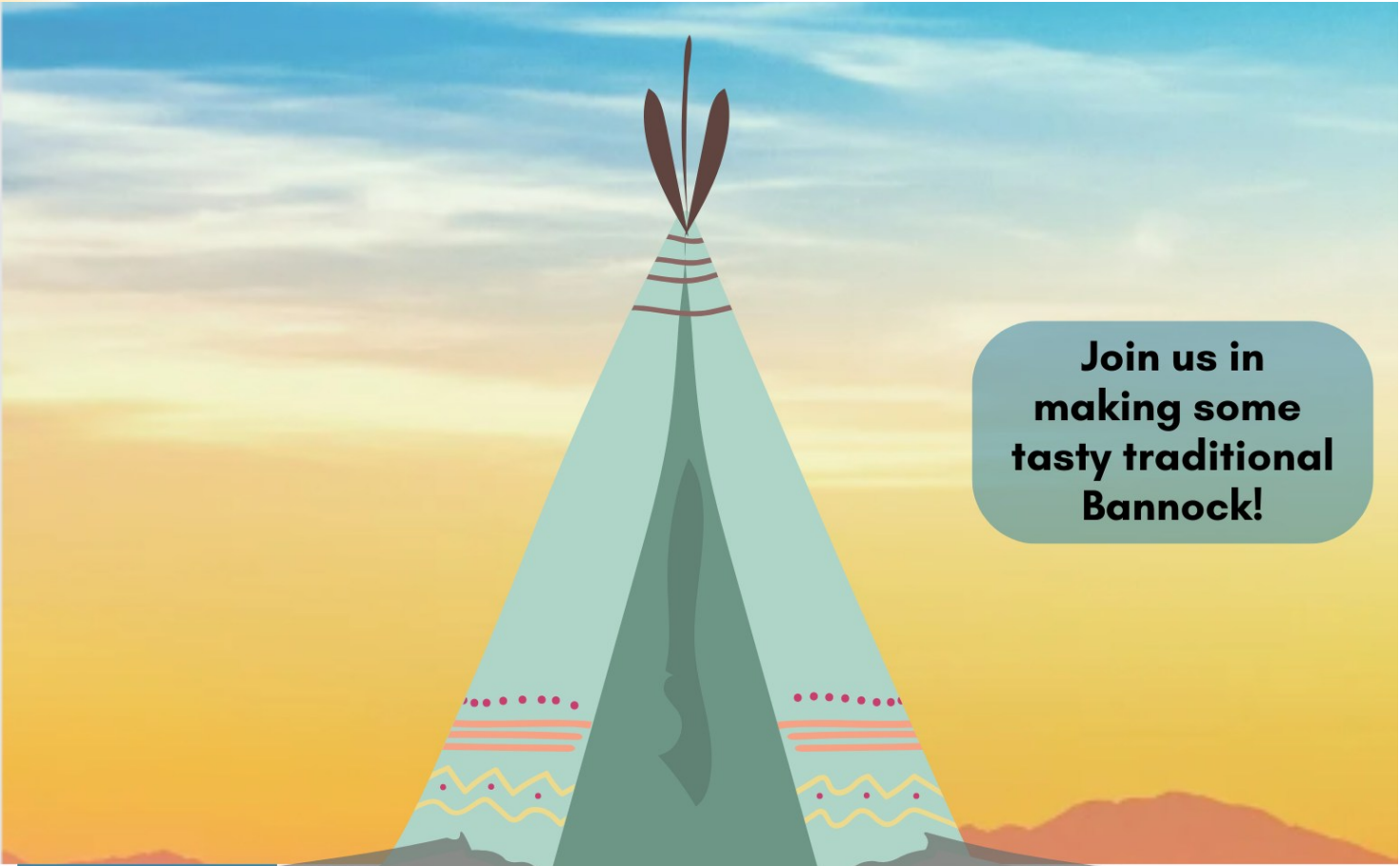
Connect with us for more information.

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

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

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





Join us in making some tasty traditional Bannock!

AGES 0-6

LFRN St Paul 5002-51 Ave

Traditional Teaching

with Jan Tailfeathers

Tuesday December 17

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.



evening

Run, Jump, Skip Christmas Edition

Thursday December 19 with
THE GRINCH

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.





Rainbows
GUIDING KIDS THROUGH LIFE'S STORMS

Building resilience through sharing and learning.

Rainbows

Join us in this fun, interactive 7 week program for youth ages 12-14. Get tools, knowledge, and skills to practice self-care and learn healthy ways to cope when life seems overwhelming.

Sessions assist with Adverse Childhood Experience's (ACE's) like death, separation/divorce, significant illness, deployment, incarceration and immigration.

Learn more at
rainbows.ca

starting January 6
for ages 12-14 years
3:45PM-4:45PM

St. Paul Regional FCSS, 5005 51 Ave.

FREE TO REGISTER
Call 780-645-5311



2024

Elk Point LOCATION

December

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

MON

TUE

WED

THU

FRI

02
 Youth Group
 Christmas
 Ornaments
 3:30pm - 5:30pm
REGISTER

03
 Office
OPEN
 8:30am - 12:30pm
 1:30pm - 4:30pm

04
 Office
OPEN
 8:30am - 12:30pm
 1:30pm - 4:30pm

05


 Mail a handwritten
 card to an old
 friend!

06
 Icky, Sticky,
 Messy
 10am - 12pm
DROP IN

09
 Youth Group
 Paint Night
 3:30pm - 5:30pm
REGISTER

10
 Office
OPEN
 8:30am - 12:30pm
 1:30pm - 4:30pm

11
 Office
OPEN
 8:30am - 12:30pm
 1:30pm - 4:30pm

12
 Take in the
 Christmas lights.



13
 Story & Craft
 10am - 12pm
DROP IN


**Saturday
 Dec 14 is
 Dad-urday
 SEE POSTER FOR DETAILS
 10am-12pm**

16
 Youth Group
 Christmas Activities
 3:30pm - 5:30pm
REGISTER

17
 Office
OPEN
 8:30am - 12:30pm
 1:30pm - 4:30pm

18
 Office
OPEN
 8:30am - 12:30pm
 1:30pm - 4:30pm

19

 Take a
 wintry hike with
 family or friends!

20
OFFICE CLOSED

23
OFFICE CLOSED

24
OFFICE CLOSED

25
OFFICE CLOSED

26
OFFICE CLOSED

27
OFFICE CLOSED

30
OFFICE CLOSED

31
OFFICE CLOSED



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



Join us to create your very own unique Christmas Ornament

YOUTH 7+

LFRN Elk Point 4906-48 St

Christmas Ornament

Monday
December 02

3:30 pm-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.



Providing positive spaces for peer interactions and connections.



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

Friday December **06**

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 we will get our creativity flowing with paints.

YOUTH 7+
LFRN Elk Point 4906-48 St

Providing positive spaces for peer interactions and connections.

Christmas Paint Night

Monday 09
December

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.





AGES 0-6

LFRN Elk Point 4906-48 St

Storytime & Craft

Friday December **13**

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.



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 December **14**
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 fun Christmas activities

YOUTH 7+

LFRN Elk Point 4906-48 St

Christmas Fun Activities

Monday December **16**

3:30 pm-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

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
dyoungmans@county.stpaul.ab.ca
780-645-8513

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

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

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

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

DIVISION 6, LOUIS DECHAIINE
ldechaine@county.stpaul.ab.ca
780-210-0467

CHIEF ADMINISTRATIVE OFFICER
jwallsmith@county.stpaul.ab.ca
780-646-6742

ADMIN OFFICE: 780-645-3301

Community at the Core | Accountability in Action | Lead and Succeed | Unwavering Integrity | Innovate to Elevate



New Process for Listing Agencies and Programs

We are no longer asking you to use the “Suggest A New Listing” application on the 211 website.

If your agency would like to be listed in the Alberta 211 Database and appear on the ab.211.ca website, then please:

- Call me at 587-591-2812 or email me at mkuprowsky@ab.211.ca
- I will send you an “Agency Listing Form” and a “Program Listing Form”
- Please complete the Agency Listing form and a separate Program Listing form for each program you provide. If you have any questions, please call me.
- Return the completed forms to me at mkuprowsky@ab.211.ca
- I will work with our Database staff to facilitate your entry into our database.

From beginning to end, the process will take between 2 to 4 weeks.

Thank you for your understanding. It was suggestions from the Interagency meetings that led to this streamlining. If you have any comments to share about Alberta 211, please call me.

Mel Kuprowsky,

Community Engagement and Resource Specialist-Northeast

November 19, 2024



MDP REVIEW HOW WE GROW



SURVEY
NOV. 27 - DEC 18
**WE WANT TO
HEAR FROM YOU!**

EMAIL ADDRESS
pd@town.stpaul.ab.ca

WEBSITE
www.stpaul.ca

PHONE NUMBER
780-645-8540

Coffee With a Cop

A&W St. Paul
4241 50 Avenue

St. Paul RCMP

Bringing police officers and the community together in a casual environment where they can discuss important issues and connect on a personal level.

Upcoming Dates:

November 26

January 28

February 25

9:00-10:00



ONLINE CRIME REPORTING

is now available



Report it online!



- ✓ **YOU CAN FILE A REPORT IF:**
 - You have lost something that costs less than \$5000
 - Someone has stolen something from you that costs less than \$5000
 - Someone has vandalized your property or vehicle and it will cost less than \$5000 to repair it
 - The crime happened within the jurisdiction of the Alberta RCMP
 - Thefts over \$5,000 are accepted from oil, telecommunications, and utility companies
- ✗ **YOU CANNOT USE ONLINE CRIME REPORTING IF:**
 - There is a witness or suspect
 - There are lost or stolen items involving personal identity, firearms, licence plates or decals



All crimes reported online to the Alberta RCMP will be followed up with a phone call from a police officer within five business days.


[HTTPS://OCRE-SIELC.RCMP-GRC.GC.CA/ALBERTA](https://ocre-sielc.rcmp-grc.gc.ca/alberta)



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 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.



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



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.

DECEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <ul style="list-style-type: none"> 9:30am: Nostalgia Moment 11am: Exercise 1pm: The Big Picture 3pm: Christmas Carol Pt. 1 	<p>3</p> <ul style="list-style-type: none"> 11am: Imagination Circle 1pm: Coffee Chat 3pm: North American Battles 	<p>4</p> <ul style="list-style-type: none"> 9:30am: Mystery Chronicles 11am: Food Culture 1pm: Trivia 1pm: Finding Your Joy 3pm: Exercise 	<p>5</p> <ul style="list-style-type: none"> 9:30am: Gratitude 11am: Rankin Family 1pm: Next Stop: Japan 3pm: Winter Delights 4:30pm: Broadway Musicals 	<p>6</p> <ul style="list-style-type: none"> 9:30am: One Hit Wonders Hour 11am: Chair Yoga 1pm: Who Why When 3pm: Let's Talk About
<p>9</p> <ul style="list-style-type: none"> 9:30am: Global Events 11am: Exercise 1pm: Coffee Chat 3pm: Christmas Carol Pt. 2 	<p>10</p> <ul style="list-style-type: none"> 11am: Mindfulness with Carol 1pm: Worldviews 3pm: Readers' Corner 4:30pm: Name that Tune 	<p>11</p> <ul style="list-style-type: none"> 9:30am: Crime & Justice 11am: Lance Armstrong 1pm: Some Good News 1pm: Finding Your Joy 3pm: Exercise 	<p>12</p> <p>No Morning Programs</p> <ul style="list-style-type: none"> 1pm: For Your Body 3pm: In the Headlines 	<p>13</p> <ul style="list-style-type: none"> 9:30am: Classical Music Hour 11am: Exercise 1pm: Writing for Fun 3pm: Art Appreciation
<p>16</p> <ul style="list-style-type: none"> 9:30am: Ponder This 11am: Exercise 1pm: Canadian Institutions 3pm: Christmas Carol Pt. 3 	<p>17</p> <ul style="list-style-type: none"> 11am: Imagination Circle 1pm: History Of... 3pm: Nutrition Myth Busting 	<p>18</p> <ul style="list-style-type: none"> 9:30am: Let's Talk About 11am: EPL Presents! 1pm: Animal Spotlight 1pm: Finding Your Joy 3pm: Exercise 	<p>19</p> <ul style="list-style-type: none"> 9:30am: Gratitude 11am: Coffee Chat 1pm: Science Savvy 3pm: Working Through Grief 4:30pm: Broadway Musicals 	<p>20</p> <ul style="list-style-type: none"> 9:30am: Holiday Music Hour 11am: Exercise 1pm: In the Headlines 3pm: BINGO
<p>23</p> <ul style="list-style-type: none"> 9:30am: Coffee Chat 11am: Exercise 1pm: Weird and Wonderful 3pm: Christmas Carol Pt. 4 	<p>24</p> <ul style="list-style-type: none"> 11am: The Shepherd <p>No Afternoon Programs</p>	<p>25</p> <p>Happy Holidays</p> 	<p>26</p> <p>Boxing Day</p>	<p>27</p> <p>No Programs</p>
<p>30</p> <ul style="list-style-type: none"> 11am: Coffee Chat 	<p>31</p> <ul style="list-style-type: none"> 11am: Year In Review 	<p>To join by phone, call: 1-855-703-8985 Enter Meeting ID: 225-573-6467#</p>		

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



The Portage College Community Adult Learning Programs (CALPs) are award-winning community-based programs funded by Alberta Advanced Education. We offer support for learners in **reading, writing, math, computers, or English language** learning to improve their daily lives.

READ MORE →



CONTACT US

- Portage College Building, Saddle Lake
- portagecollege.ca
- danielle.mcarthur@portagecollege.ca
- Office: 780-614-3478



Community Adult Learning Program



Courses offered or supported through CALP:

- Computer Skills for Edlers (Computers, iPads, and Phones)
- English (Reading and Writing)
- Math
- CAEC (Canadian Adult Education Credential, formerly known as GED)
- Literacy for Daily Living, (such as filling out forms or applications)
- Pathways to Employment Program (life skills, academic upgrading to complete high school, job placement)



Important Updates:

Canadian Adult Education Credential

The Canadian Adult Education Credential (CAEC) is a Canadian education credential that meets industry standards as a replacement for the General Educational Development (GED). The CAEC tests offer adults a way to obtain a high school equivalency diploma recognized by Alberta Education.

MORE INFO →



CHANGING LIVES THROUGH ADULT FOUNDATIONAL LEARNING IN CONNECTED COMMUNITIES



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



**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

★ **RURAL ROOTS ACADEMY PRESENTS:** ★
SATURDAY, JANUARY 11

STUDY STRATEGIES & ESSAY WRITING!

★ **JOIN US FOR A DAY OF TIPS AND
STRATEGIES YOU CAN APPLY
NOW!** ★

WHAT TO EXPECT:

9-11:30 - STUDY TIPS AND GUIDES, TEST TAKING STRATEGIES, READING COMPREHENSION SUPPORT

1-3:30 - ESSAY WRITING TIPS, STRATEGIES, AND PRACTICE FOR SOCIAL & ENGLISH.

REGISTER BY DEC. 20! EMAIL LAURA -
LAURA@RURALROOTSACADEMY.COM

RURAL ROOTS
ACADEMY 4703
50 AVE ST. PAUL

INSTRUCTORS: LAURA
SLOAN & RAEDEAN
WASHBURN

LIMITED SPACE AVAILABLE!
**\$45 PER SESSION OR \$85 FOR
BOTH SESSIONS**

AGES 14-18

UPCOMING EVENTS!



- Dec 3 @ Noon - PLE Connection: Office of the Child and Youth Advocate (Virtual)
- Dec 4 @ 1 PM - Telus WISE: Digital Safety Information for Parents & Guardians (Virtual)
- Dec 10 @ Noon - Discrimination: What Can I Do About It? (Virtual)
- Dec 12 @ Noon - Protect Yourself from Fraud and Scams: Wise Owls, Alberta Rural Crime Watch (Virtual)
- Dec 13 @ 2 PM - Community Connection Table (In Person at the St. Paul Municipal Library)
- Jan 8 @ 1 PM - Clare's Law: The Disclosure to Protect Against Domestic Violence (Virtual)
- Jan 14 @ Noon - PLE Connection: Legal Aid Alberta (Virtual)
- Jan 15 & 22 @ 1 PM - Creating a Classroom Charter of Rights: Classroom Session for Grades 5-9 (Virtual)
- Jan 21 @ Noon - PLE Connection: Alberta Resolution Services - Intro to the Family Law Hub (Virtual)
- Jan 28 @ 6 PM - Public Legal Education Program - BINGO (In Person at the St. Paul Municipal Library)

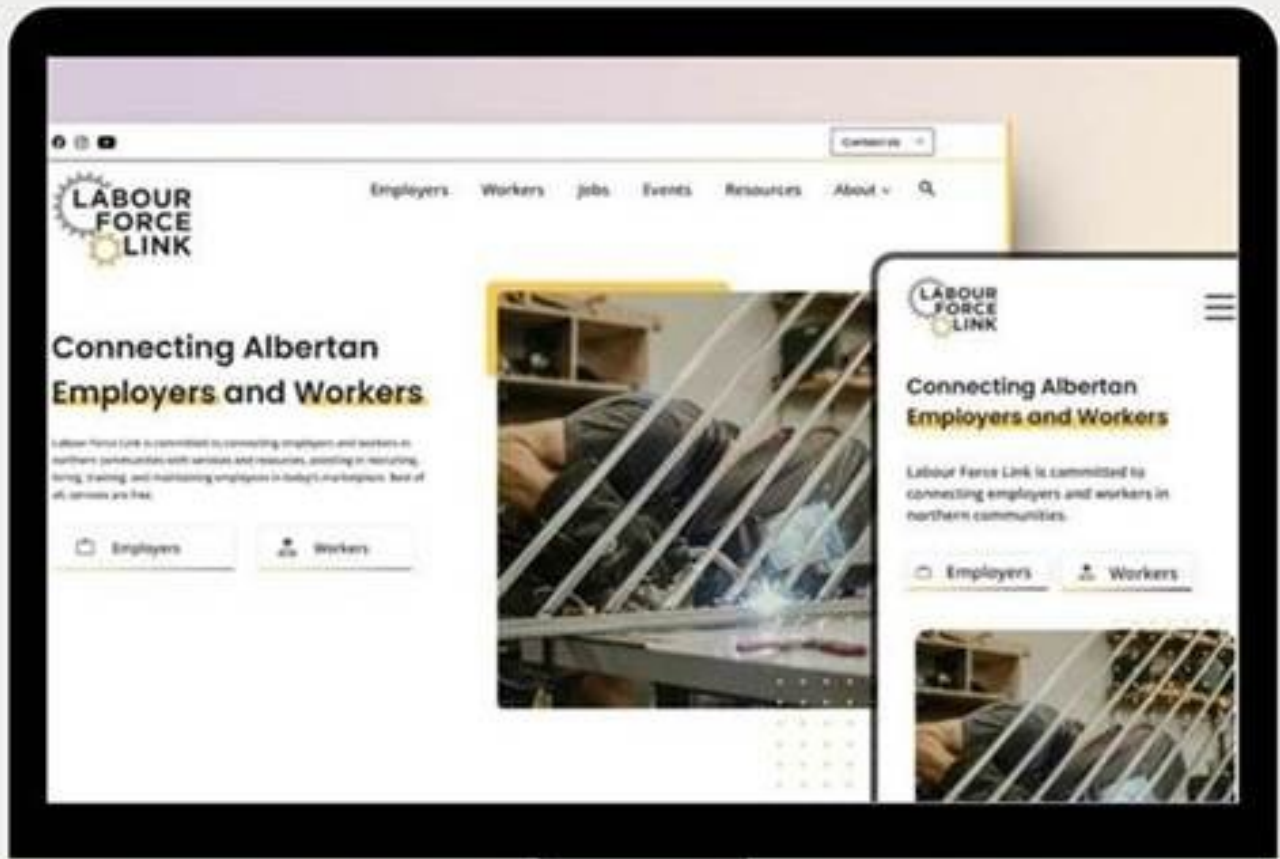


To Register

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



OUR NEW WEBSITE IS NOW LIVE!



www.labourforcelink.ca

www.labourforcelink.ca



Empower Your Workforce with Labour Force Link: Your Complete Solution for Customized Support and Expert Guidance

FREE support for employers:

- **Recruitment Strategies:** Tips and tools to find and keep great employees.
- **Links to Workers:** Connect to job-seekers via our website, social media, and organized hiring events.
- **Help You Grow:** Improve your employee's skills, plan for the future, and create a diverse and inclusive workplace.
- **Job Market Support:** Smart advice on dealing with local job shortages so your business stays strong.
- **Information & Referrals:** Links to helpful resources and assist with applying for government-funded programs.

Contact Us:

- | | |
|----------------------------|--------------|
| ▪ Athabasca & Lac La Biche | 780-404-4496 |
| ▪ Bonnyville & Cold Lake | 587-201-4858 |
| ▪ St. Paul & Vegreville | 780-242-2484 |



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



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



DECEMBER EMPLOYMENT WORKSHOPS

FIRST STEPS TO EMPLOYMENT

FROM 10AM-12PM
4707-50 Ave St Paul AB
Virtual option available

WEEKLY TOPICS

- December 2, 2024
Give Like Santa, Save Like Scrooge
- December 10, 2024
Stress Management
- December 16, 2024
Eat Better, Stress Less
- December 23, 2024
Filled With Affirmations
- December 30, 2024
Goal Setting

CONTACT



780-815-0166



bcampeau@lcfasd.com



www.lcfasd.com



4707 50 Ave St Paul



WHO: Individuals with FASD or possible FASD

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

WHEN: 10:00am to 12:00pm

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

FOR MORE INFORMATION PLEASE CONTACT:

780-815-0166

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





Lakeland
EMPLOYMENT SERVICES

IN-PERSON WORKSHOPS

DECEMBER WORKSHOP SCHEDULE

December 4, 2024

Interview Skills

December 11, 2024

Job Search Online and Traditional

December 18, 2024

Resume Development

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



December 2024 Calendar	
December 4, 2024	Ways to Handle Stress
December 11, 2024	Mental Health & Self Care
December 18, 2024	Christmas Trivia / Open Forum

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

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

Cold Lake 587-491-2028 or email cbrant@employabilities.ab.ca
 Bonnyville 780-343-0924 or email rnicoll@employabilities.ab.ca
 Lac La Biche 780-627-3071 or email lkovalik@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.



Employee Safety & Communication Training

The course focuses on de-escalation, different ways of influence and how to set firm boundaries, plus some self-defence concepts. There is much discussion to share life experiences and to work together as a business community team.

Date/Time

Feb 3 & 4

9:00am - 4:30pm

Location

Canalta Hotel

www.stpaulchamber.ca

Secure Your Seat Here!



St. Paul & District
Chamber
of **Commerce**

A stylized black and white icon of a building with a sign that says 'OPEN'.

Intercultural Education

January 16

11:00am - 1:00pm

Canalta Hotel

Our main goal is to assist businesses to create productive and inclusive working environments.



Register Here:
www.stpaulchamber.ca
Scan Here

St. Paul & District
Chamber
of Commerce

The logo for the St. Paul & District Chamber of Commerce, featuring a stylized building icon to the right of the text.

Intercultural Education benefits include:

- Improved productivity
- Improved customer service
- Greater attraction and retention of newcomer employees
- Increases in team work and collaboration
- Improved workplace communication
- Greater financial returns
- understand the complexity of culture
- communication styles across different cultures
- navigate conflict in a diverse workplace



Together
We Can!

MEMBER MIXER

DECEMBER 12 5:00pm - 7:00pm

Hosted By:
Canalta Hotel

Don't miss this opportunity to build new/old professional relationships and broaden your network.

Engage in meaningful conversations with fellow businesses.

Learn about upcoming events and plans around the community.

Contact the Chamber if you would like to host a Member Mixer

Please Register at:
stpaulchamber.ca/events

Snacks &
Beverages
Provided



Bi-Monthly
Business
Networking

winter 2025 COMMUNITY GUIDE



*Scan
& Access*

Download Our App & Connect

Google Play



App Store



Light Up Elk Point



SHOW THE LAKELAND THAT ELK POINT HAS THE BEST CHRISTMAS SPIRIT BY DECORATING YOUR HOME OR BUSINESS FOR A CHANCE TO WIN!

CONTEST DETAILS:

- SUBMIT A PHOTO OF YOUR OUTDOOR-ONLY DECORATIONS BY DECEMBER 6, 2024
- FOLLOW THE ELK POINT FACEBOOK PAGE FROM DEC 7-20 WHERE ALL PARTICIPANTS WILL HAVE A CHANCE TO PROMOTE THEIR PHOTO FOR THE MOST LIKES.
- THE TOP 3 MOST LIKED PHOTOS BY DECEMBER 20 WILL RECEIVE A \$50 LOCAL GIFTCARD.

PHOTO'S MUST BE SUBMITTED THROUGH MESSENGER ON OUR TOWN OF ELK POINT FACEBOOK PAGE OR BY EMAIL TO RECREATION@ELKPOINT.CA NO LATER THAN DEC 6, 2024

A COMMUNITY Christmas 2024

FRIDAY, DECEMBER 6

4pm - 8pm

Christmas Market • St. Paul Legion
Hosted by St. Paul Elks 465

7pm - 8pm

Annual Tree Lighting • St. Paul Museum
Hosted by St. Paul Regional FCSS & St. Paul Museum

SATURDAY, DECEMBER 7

10am - 1pm

Candy Cup Fun • Kids Club Activity
Hosted by Cornerstone Co-op Food Store

10am - 3pm

Santa Paws • Cornerstone Co-op
Bring your pet for a pic with Mrs. Claus with donations going directly to the St. Paul Animal Shelter.
Hosted by Co-op Home Centre

10am - 4pm

Ornament Painting • St. Paul Library
Drop In Event, Limited Supplies
Hosted by St. Paul Municipal Library

10am - 4pm

Christmas Market • St. Paul Legion
Hosted by St. Paul Elks 465

10am - 4:30pm

The BIG Craft Sale • Recreation Centre
Hosted by St. Paul Visual Arts Centre

10am - 4:30pm

Small Business Market • Curling Rink

11am - 1pm

Cookie Decorating • Portage College
Hosted by Portage College

Santa Claus & Mrs. Claus • Portage College

Bring your camera to snap your pic.
Sponsored by St. Paul Eyecare

2:30pm - 4pm & 7pm - 8:30pm

The Nutcracker Ballet • Ukrainian Culture Centre
Hosted by St. Paul & District Arts Foundation

4pm - 5:50pm

National Lampoons Christmas Vacation (1989)
How The Grinch Stole Christmas (2000)
FREE Entry with donation of non perishable item to the food bank.

Sponsored by the Town of St. Paul & Elite Theatre

6pm

Santa's Food Drive Parade • New Route for 2024
5th Annual Parade collecting food & monetary donations being accepted for the local food bank.

Hosted by Fashion for the Foodbank

6pm - 8pm

Wiener Roast • Lion's Park
Hosted by St. Paul Lions Club



Join Us For



Santa's Food Drive

Spread holiday cheer
and make a difference
in our community!

DEC 7, 2024

6:00PM

HOW CAN YOU HELP?

- DONATE NON-PERISHABLE FOOD
- MONETARY DONATIONS
- VOLUNTEER YOUR TIME
- CREATE A FLOAT

Spread the Joy!

Follow our Page to see the
map, and where you can see
us!



Fashion for the Foodbank



THE BIG
Christmas Craft Sale!

ST. PAUL RECREATION CENTRE
53 ST. & 48 AVE, ST. PAUL
IN THE MAIN HALL

41st Annual Sale Hosted by
The St. Paul Visual Arts Committee

SAT DEC 7, 2024
10:00 AM - 4:30 PM

FREE ADMISSION!
FOOD BANK DONATIONS WELCOME
HOT LUNCH CONCESSION

Handmade Creations!

CRAFTS, POTTERY, ART, GLASS,
SEWING, JEWELRY, DECOR,
WOODCRAFTS

RESIN &
MORE!



Cornerstone



Alberta
Foundation
for the Arts



Facebook: @StPaulVisualArtsCentre www.spvac.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.



GROUPE DE JEUX

ÉCOLE DU SOMMET
4609 40 STREET
9H30 À 11H30

11 DEC - HIVER / WINTER

18 DEC - NOEL / CHRISTMAS



IL N'Y AURA PAS LE GROUPE DE JEUX
LE 2 DÉCEMBRE, 25 DÉCEMBRE ET LE 1 JANVIER

AU PLAISIR DE VOUS REVOIR LE 8 JANVIER.

THERE WILL BE NO GROUPE DE JEUX
DECEMBER 2ND, DECEMBER 25TH AND JANUARY 1ST.

WE LOOK FORWARD TO SEEING EVERYONE ON JANUARY 8TH



Congé de Noël

Christmas Holidays

Nous serons fermé pour les congés de Noël
du 23 décembre au 3 janvier

We will be closed for the holidays from
December 23rd till January 3rd



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



**École
du Sommet**

Partir du bon pied

Journée de plaisir et de découverte
pour les enfants de 2 à 5 ans

le lundi 27 janvier 2025
au gymnase de l'École du Sommet
4609 40^e rue
9h à 14h

**Consultations gratuites de
professionnels en santé et éducations.**

- ◆ Questionnaires « Ages & Stages »
- ◆ Professionnels en petite enfance
- ◆ Orthophoniste
- ◆ Ergothérapeute

**Organismes communautaires et
Informations pour le bien-être familial.
Service de garde**

**Veillez-vous inscrire
780-645-5050**



Cette activité est rendue possible grâce au fond de l'Agence de santé publique du Canada

pageborders.org

Off on the Right Foot

A day of fun & discovery for children 2 to 5

Monday, January 27, 2025

École du Sommet Gymnasium

4609 40th St.

9:00 a.m. to 2:00 p.m.

**Free consultations from Health &
Educational Professionals**

- ◆ « Ages & Stages » Questionnaires
- ◆ Early Childhood Professionals
- ◆ Speech & Language Pathologist
- ◆ Occupational Therapist

**Community organizations &
information on family well-being.
Childcare service onsite.**

**Call 780-645-5050
to book your appointment**



This event is made possible due to funds from the Public Health Agency of Canada

pageborders.org



ROCK THE SOCK FUNDRAISER

Giving Tuesday

FRIDAY DECEMBER 6TH, 2024

The Lakeland Centre for FASD is collecting donations to fill stockings with gifts for individuals with FASD, spreading holiday cheer to those who might not otherwise receive a Christmas surprise.

Donations may include but are not limited to:

Gift Cards

Gloves

Socks

Toiletries

Make-up

Snacks

Toques

Books



Donations can be dropped off by Friday, November 29th, 2024
at 4823 50th Street, Cold Lake

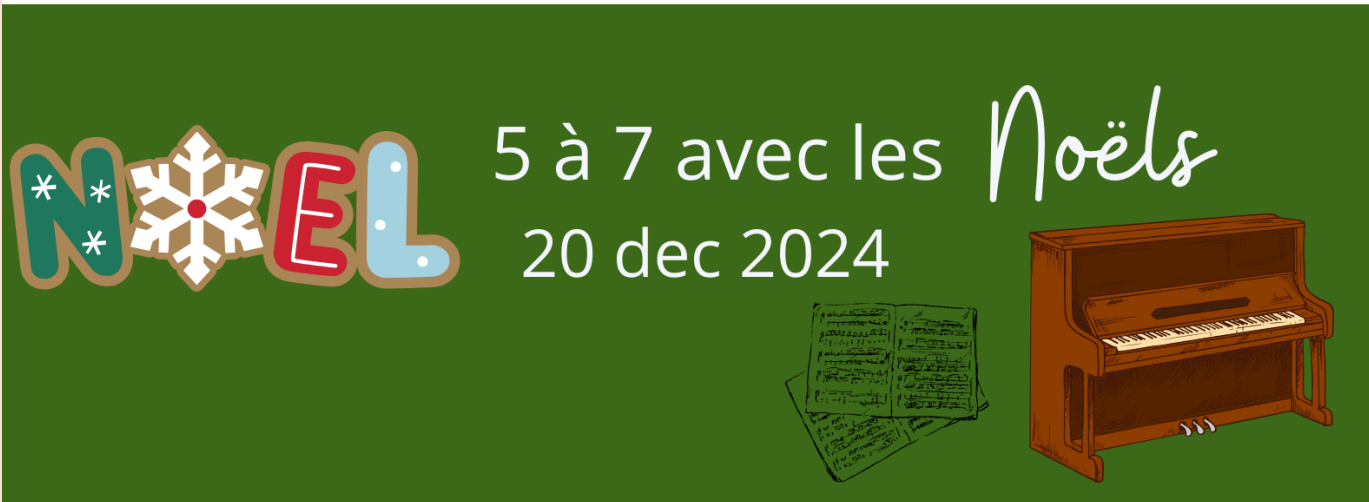
OR by Dec 4th in St Paul, 4707 50 St



5 à 7
Christmas Tree Light Up
 28 nov Décor Sapin de Noël



APJ (Apprendre par le Jeu)
19 déc 9h30 - 11h30
gym d'ACFA



Canadian Heritage

Patrimoine canadien



ACFA
 Régionale de Saint-Paul

4617-50 Ave St Paul, AB
 780-645-4800
 saint-paul@acfa.ab.ca

Rural Roots Academy Presents:

KIDS CAN HELP TOO! GIVING
KIDS A CHANCE TO SPREAD
SOME HOLIDAY CHEER!

HOLIDAY ALL PARTICIPANTS
HOPE WILL BE ENTERED
OPEN TO KIDS 6 & UP INTO A DRAW FOR PRIZES!
FOOD BANK FUNDRAISER!

Decorate a gingerbread house for Charity! All decorated gingerbread houses will be put up for auction. All proceeds will go to St. Paul's Food Bank.

We are taking donations (decorating supplies, cash to purchase supplies and prizes for participants) until **December 6**. Entries must be in by **December 3**. Please email laura@ruralrootsacademy.com to register.

DECEMBER 9, 4-6 PM: GINGERBREAD DECORATING AT RURAL ROOTS ACADEMY - 4703 50TH AVE ST. PAUL

DECEMBER 10-13: ONLINE AUCTION OF GINGERBREAD HOUSES (THROUGH OUR FACEBOOK PAGE)

For more information, contact
Laura: 780-614-8985 or
laura@ruralrootsacademy.com

Stay up to date! Follow us on
Facebook and Instagram.
Check out our website:
www.ruralrootsacademy.com

Dashing through the Snow



Musée St. Paul Museum
5409 50th Ave
St. Paul

Saturday December 21, 2024
1:00-3:00 pm

Special Guest appearance:

Santa and Mrs. Claus

Children's craft activities in the museum
Tractor Hay Ride (weather permitting)
Warm Up with Hot Chocolate or Apple Cider

Bring your camera to capture the memories
Regular admission applies

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



SHOP LOCAL

ST. PAUL & DISTRICT

DECEMBER 1 - DECEMBER 31

Draw Date: January 6, 2025

PRIZES

To be determined by Business Participation

1. Scan the QR Code

2. Fill in the form

**3. Send picture of
your receipt**

**4. Get your name
entered into the
draw!!**

For every \$20
spent at
participating
businesses, you
will get one entry
into the draw



St. Paul & District Chamber of Commerce
executivedirector@stpaulchamber.ca
780-645-5820 or call/text 780-210-5820



CHRISTMAS



Business Decorating Challenge

*Let's celebrate the
Season and make our
town beautiful*



Submit your photos by Dec 31
executivedirector@stpaulchamber.ca

OR

Tag the St. Paul Chamber on Social Media

St. Paul & District

Chamber 
of **Commerce**

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 & DISTRICT AG. SOCIETY
FARMERS MARKET**

Christmas MARKET

**WE ARE EXPECTING
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**



FASHMONT 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



43rd ANNUAL BUCK OF THE SEASON

GENERAL
ADMISSION
\$5.00

HEAD
ENTRY
\$20.00

-ASHMONT AGRI PLEX-

DECEMBER 7, 2024

11:00am-4:00pm

UNOFFICIAL BOONE
AND CROCKET
SCORING

\$500
CATEGORY
PRIZES

\$250
PEOPLE'S
CHOICE
AWARD

\$250 HEAD
ENTRY
DRAW

DOOR
PRIZES

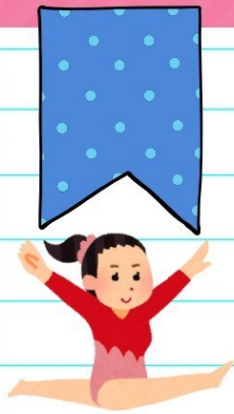
ICE
FISHING
RAFFLE

SILENT
AUCTION

CATEGORIES:

- TYPICAL WHITE TAIL
- NON-TYPICAL WHITE TAIL
- TYPICAL MULE DEER
- NON-TYPICAL MULE DEER
- BULL MOOSE
- BULL ELK
- YOUTH AND LADIES PRIZES FOR
WHITETAIL AND MULE DEER

DEADLINE FOR ENTRIES IS 3:00 PM



GYMNASTICS DROP INS

01 Wednesdays

Dec. 4, Dec. 11

- 1-2 pm
- \$10/person

4637 45

Ave

SW parking
lot

Preschool Drop Off

02

December 12

- 1-3 pm - Ages 3-5

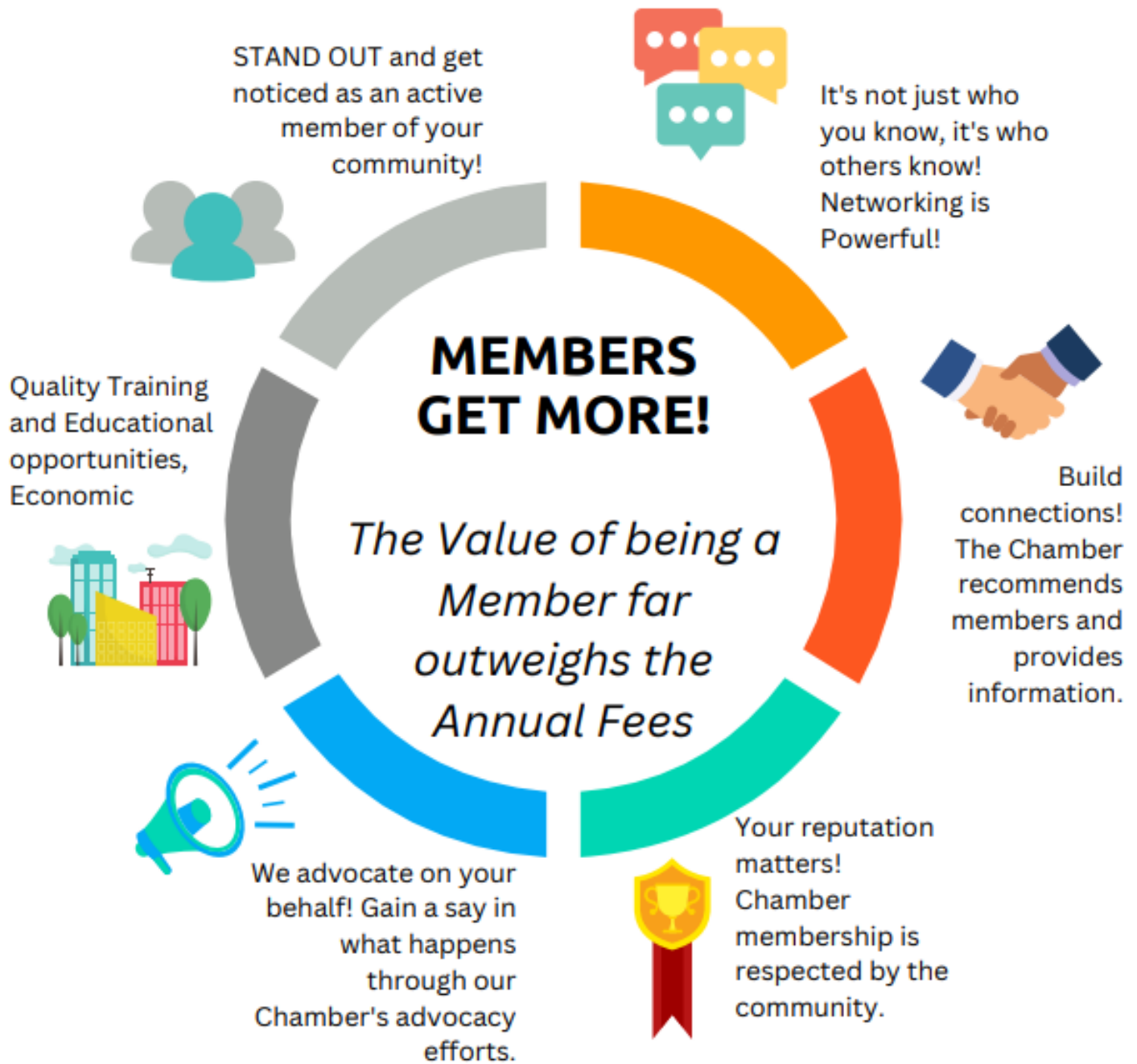
\$20 - gymnastics, games, crafts



Please bring your own nut free snack

Limited spots - RSVP to Sarah @ 780-645-0583

Why Become a Chamber Member



St. Paul & District
Chamber
of Commerce



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

ENGLISH CONVERSATION CIRCLE

 **THURSDAYS**
DROP-IN

 **TIME**
5:30 - 7 P.M.

 **VENUE**
ST PAUL
LIBRARY

FREE, DROP-IN
NO NEED TO
REGISTER

ALL LEVELS WELCOME
STARTING SEP 19th, 2024

For more information, contact us
SPMultiCC@gmail.com



Presented by:



ADULT BOARDGAME NIGHT

18+

FRIDAY DECEMBER 6TH & 20TH
AT 6PM

LIBRARY AFTER DARK

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

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:

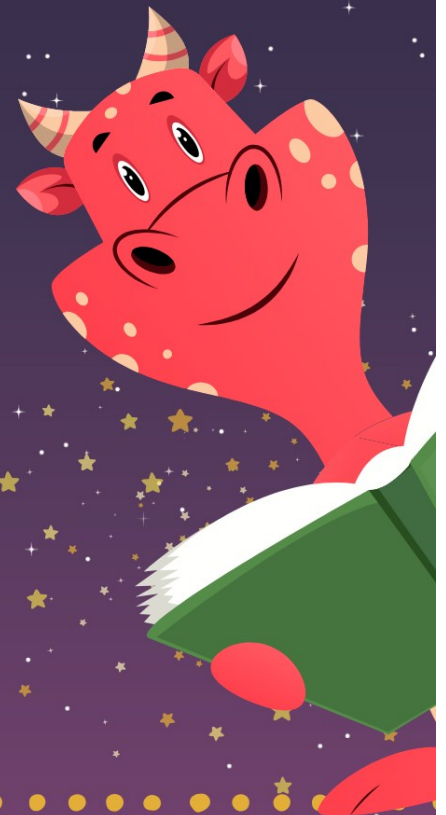
★ Night Time ★

December 6th

December 13th

December 20th

December 27th



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

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.





ACCESSIBLE ACTIVITY

A PROGRAM FOR ADULTS WITH
DISABILITIES

Wednesday December 11th at 1 pm
in the St. Paul Municipal Library

Join Ms. Donna and
make a painting
using different
tools to create your
own masterpiece.



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



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 the St. Paul Municipal Library



**COME GRAB A COFFEE
AND CHAT WITH**

Lakeland Centre for FASD

**Find out how they can
help with:**


- What is FASD
- Supports within Lakeland Centre for FASD
- How to reduce the stigma about FASD

**THURSDAY
DECEMBER
5TH
2PM TO 4PM**



St Paul Municipal Library

4802 - 53rd Street St Paul Alberta

 780-645-4904

 www.stpaullibrary.ab.ca

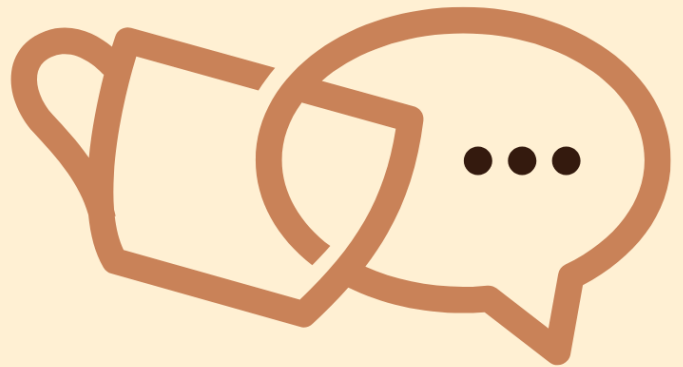
At the St Paul Library

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

At the St Paul Library



CHRISTMAS FAMILY STORY-TIME AT THE ST. PAUL LIBRARY

SATURDAY DECEMBER 21ST

10:30 AM

NO REGISTRATION REQUIRED.

ST PAUL MUNICIPAL LIBRARY

4802 - 53RD STREET ST PAUL ALBERTA

780-645-4904 WWW.STPAULLIBRARY.AB.CA



SANTA'S AT THE LIBRARY

COME JOIN US.
SATURDAY DECEMBER 14TH
FROM 11:00AM TO 1:30PM



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.



FRIDAY FABLES

AT THE LIBRARY

- DECEMBER 27TH
- JANUARY 3RD

AGES
6 TO 10

1:00
PM



Kids ages 6 to 10 will enjoy a fun themed story and a craft or an activity at the St. Paul Municipal Library

Registration Required / Limited Space



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 STEAMPUNK TEA PARTY



SATURDAY JANUARY 11TH
2:00PM TO 4:00PM

FREE FOR ALL!

TEA AND ACTIVITIES FOR ALL AGES.

STEAMPUNK ATTIRE ENCOURAGED BUT OPTIONAL



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 Catholic 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/>