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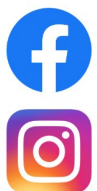
January 2025 NEWSLETTER Interagency

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, Feb 10th in Elk Point
780-724-3800
4906-48 St, Elk Point



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Community

CHRISTMAS HAMPER 2024

May the holidays bring you plenty of
love and joy.

We would like to express appreciation to our
community for supporting the
2024 Community Christmas Hampers.

A special thanks to Cornerstone Co-op,
Sobeys, Lenora's No Frills, Santa's Elves,
Town of St Paul, St Paul Dodge
and ALL Community members
who donated at our partner locations!

This Year we are able to support 187 **families**,
with just under **\$9,000.00** in donations.

Thank-you



Helping low income individuals, families & seniors complete their BASIC tax returns.



**Need HELP
with your TAXES?**

We can help!

Are you eligible?

Do you have a
MODEST INCOME

(single income under \$35,000 or
family income under \$45,000*)

*Threshold increases \$2500/child
for family income.

AND a simple tax situation?

If YES, we can help.

What is the next step?

Once you have **ALL** your tax
documents visit us at FCSS
with your papers &
valid identification.

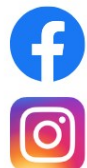
Mar 3 - April 30

8:30AM - 4:30PM

**we close for lunch
12:30pm-1:30pm**

FREE

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





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.

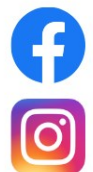
Learn, grow,
share & connect.

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

Third Tuesday
every month
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.

2025 St Paul Meeting Dates:

- January 14th
- March 11th
- May 13th
- Sept 9th
- Nov 4th

2025 Elk Point Meeting Dates:

- Feb 10th
- April 14th
- June 9th
- October 6th
- Dec 8th

Mondays

In Elk Point

4906A-48 Street

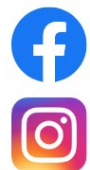
Tuesdays

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



Happier January 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Find three things to look forward to this year

2 Make time today to do something kind for yourself

3 Do a kind act for someone else to help brighten their day

4 Write a list of things you feel grateful for and why

5 Look for the good in others and notice their strengths

6 Take five minutes to sit still and just breathe

7 Learn something new and share it with others

8 Say positive things to the people you meet today

9 Get moving. Do something active (ideally outdoors)

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

11 Switch off all your tech at least an hour before bedtime

12 Connect with someone near you - share a smile or chat

13 Take a different route today and see what you notice

14 Eat healthy food which really nourishes you today

15 Get outside and notice five things that are beautiful

16 Contribute positively to your local community

17 Be gentle with yourself when you make mistakes

18 Get back in contact with an old friend

19 Focus on what's good, even if today feels tough

20 Go to bed in good time and allow yourself to recharge

21 Try out something new to get out of your comfort zone

22 Plan something fun and invite others to join you

23 Put away digital devices and focus on being in the moment

24 Take a small step towards an important goal

25 Decide to lift people up rather than put them down

26 Choose one of your strengths and find a way to use it today



27 Challenge your negative thoughts and look for the upside

28 Ask other people about things they've enjoyed recently

29 Say hello to a neighbour and get to know them better

30 See how many people you can smile at today

31 Write down your hopes or plans for the future



ACTION FOR HAPPINESS

Happier · Kinder · Together

2025

St Paul LOCATION

January

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

MON

TUE

WED

THU

FRI



01
 CLOSED
 NEW YEARS DAY

02
 Story & Craft
 10am-12pm
DROP IN
 Youth Board
 Games
 2pm - 4pm
DROP IN

03
 Youth Winter Art
 Class
 2pm-4pm
DROP IN

06
 Little Readers
 18 months - 3yrs
 10am-11am
REGISTER
 Rainbows
 ages 12-14
 3:45pm-4:45pm
REGISTER

07
 Mallaig Tot Time
 9:30am-11:30am
DROP IN
 Run, Jump, Skip
 10am - 12pm
DROP IN

08
 Ashmont After
 School
 3:30pm - 5:30pm
REGISTER

09
 Teen Triple P
 Online
 6:30pm-7:30pm
REGISTER

10
 Triple P Tip sheet
 Independent
 Eating
 10am-11am
REGISTER

13
 Little Readers
 18 months - 3yrs
 10am-11am
REGISTER
 Rainbows
 ages 12-14
 3:45pm-4:45pm
REGISTER

14
 Mallaig Tot Time
 9:30am-11:30am
DROP IN

15
 Ashmont After
 School
 3:30pm - 5:30pm
REGISTER
 Dungeons &
 Dragons
 6pm-8pm
REGISTER

16
 Home Alone
 ages 10yrs+
 3:30pm-5:30pm
REGISTER
 Teen Triple P
 Online
 6:30pm-7:30pm
REGISTER

17

 Saturday 18 is
 Dad-urday
 SEE POSTER FOR DETAILS
 10am-12pm

20
 Little Readers
 18 months - 3yrs
 10am-11am
REGISTER
 Rainbows
 ages 12-14
 3:45pm-4:45pm
REGISTER

21
 Mallaig Tot Time
 9:30am-11:30am
DROP IN

22
 Rhymes that Bind
 10am-12pm
DROP IN
 Ashmont After
 School
 3:30pm - 5:30pm
REGISTER

23
 No Program

24
 No Program

27
 Off on the
 Right Foot @
 Ecole du Sommet
 See poster for details
 Rainbows
 ages 12-14
 3:45pm-4:45pm
REGISTER

28
 Mallaig Tot Time
 9:30am-11:30am
DROP IN
 Traditional
 Teachings
 10am - 11:30am
REGISTER

29
 Ashmont After
 School
 3:30pm - 5:30pm
REGISTER

30
 Run, Jump, Skip
 6pm - 7:30pm
DROP IN
 Teen Triple P
 Online
 6:30pm-7:30pm
REGISTER

31
 PD Day
 Youth Program
 9am -3:30pm
REGISTER



FAMILY RESOURCE NETWORK

5002 - 51 Ave
 St Paul AB TOA 3A0
 Call: 780-645-5311
 Text: 780-614-1941
 Web: stpaulfcss.ca



st.paul_fcsc



St. Paul Regional
 FCSS & Family
 Resource Network

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.



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

January 09, 16, 30
February 06

6:30pm - 7:30pm

CALL TO REGISTER
780-645-5311

FREE



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.





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

Mondays
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



Need a couple of hours to yourself?

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

Fun activities and a pancake brunch provided.



AGES 0-10YRS

LFRN St Paul 5002-51 Ave

DAD - urday

Saturday **18**
January

10am - 12pm

DROP IN

780-645-5311



Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





AGES 0-6

ACFA Gym 4617-50 Ave

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

Run, Jump, Skip

Tuesday 07
January

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.





evening

Run, Jump, Skip

Thursday 30
January

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

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





AGES 0-6

LFRN St Paul 5002-51 Ave

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

Storytime & Craft

Monday
January 02
10am-12pm

DROP IN
780-645-5311



Lakeland

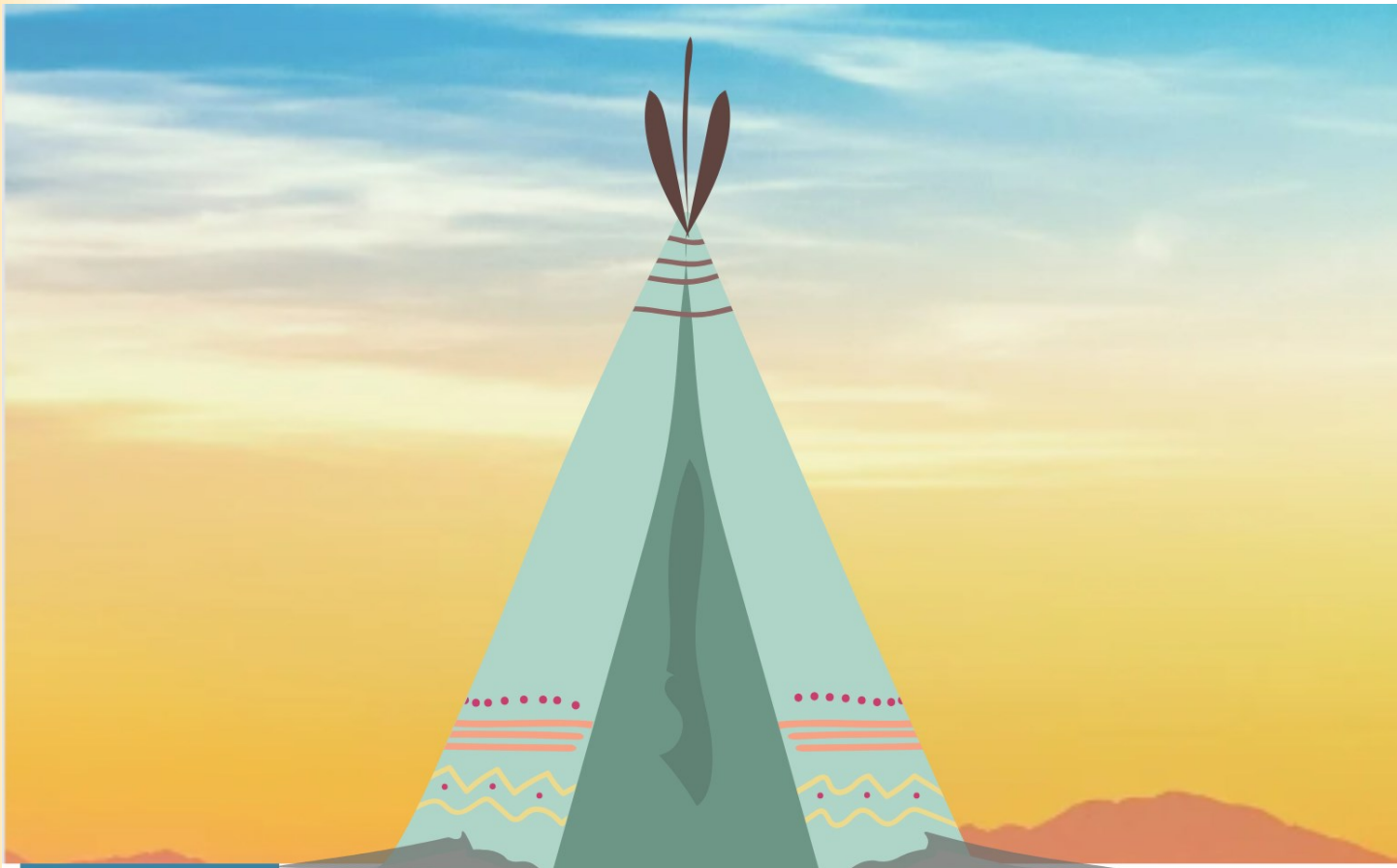
FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





AGES 0-6

LFRN St Paul 5002-51 Ave

Traditional Teaching

with Jan Tailfeathers

Tuesday **28**
January

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.



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

AGES 0-6

LFRN St Paul 5002-51 Ave

Helping promote healthy family relationships.

Rhymes that Bind

Winter Edition

Wednesday
January 22



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.





YOUTH 7+

LFRN St Paul 5002-51 Ave

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

Youth Board Games

Monday 02
January
2pm-4pm

DROP IN
780-645-5311

FREE

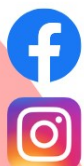
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FAMILY RESOURCE NETWORK

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 January 15

6pm-8pm

CALL TO REGISTER

780-645-5311

FREE

Lakeland

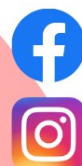
FAMILY RESOURCE NETWORK

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.



***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

Thursday January **16**

3:30pm-5:30pm

\$10 REGISTRATION FEE

CALL TO REGISTER
780-645-5311

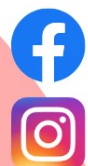
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FAMILY RESOURCE NETWORK

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.



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



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

KINDERGARTEN-GRADE 6
LFRN St Paul 5002-51 Ave

PD Day Youth Program

Friday 31
January

9am - 3:30pm

FOR MORE INFORMATION
CALL 780-645-5311

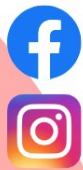
This program is for working parents who do not have childcare available.

Must bring their own nut free snacks & lunch.

Lakeland

FAMILY RESOURCE NETWORK

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





Join us in creating winter themed art.

YOUTH 7+

LFRN St Paul 5002-51 Ave

Winter Art Class

Friday 03
January

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.



Encouraging listening skills, attention span and creativity.



Triple P Positive Parenting Program helps you:

- Raise happy, confident kids
- Manage misbehaviour
- Set rules and routines
- Encourage positive behaviour
- Take care of yourself as a parent
- Feel confident you're doing the right thing

CAREGIVERS

LFRN St Paul 5002-51 Ave

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

Triple P Tip Sheet

Independent Eating

Friday
January **10**
10am - 11am

CALL TO REGISTER
780-645-5311

FREE



Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





NEW

TEEN CONNECT



MONTHLY
EVENTS!



Town of St. Paul &
County of St Paul



AGE 13-18yrs

Calling all teens ages 13-18!

Join us for monthly events packed with fun activities, new friends and great memories. Be apart of the excitement!

Stay tuned for dates, locations, and details. Bring your friends and let's have a blast!

Call: 780-645-5311

Email: FCSSyouth@town.stpaul.ab.ca

Web: stpaulfcss.ca



SPYC20 and [st.paul_fcss](https://www.instagram.com/st.paul_fcss)



St. Paul Regional FCSS & Family Resource Network



SATURDAY
JANUARY
25TH



3:30PM-
5:30PM



Lagasse Park
Tobogganing Hill



AGE 13-18yrs



FREE

Snowbound Hangout

Bring Your Own Skates or Sled!
We will bring the Marshmallows & Bonfire!

Call: 780-645-5311

Email: FCSSyouth@town.stpaul.ab.ca

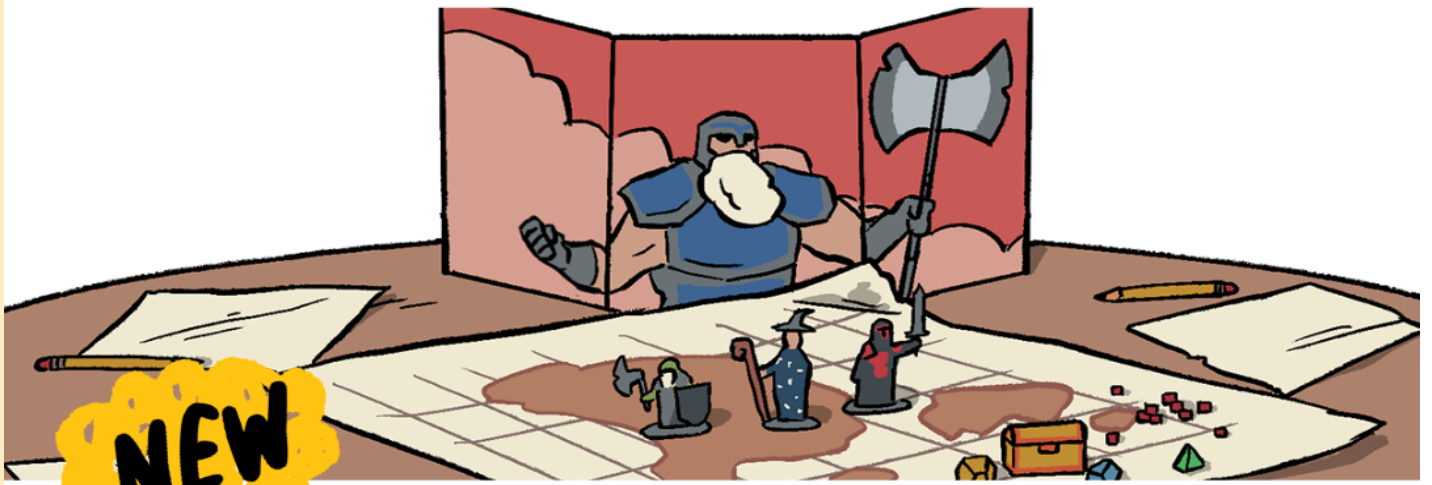
Web: stpaulfcss.ca



SPYC20 and st.paul_fcsc




St. Paul Regional FCSS & Family Resource Network




NEW

TEEN CONNECT

 FIRST FRIDAY EVERY MONTH!

 4:00 PM-5:30 PM

 St. Paul Municipal Library

 AGE 13-18yrs

 FREE



Board Game Night



Enjoy our collections from board games to cards



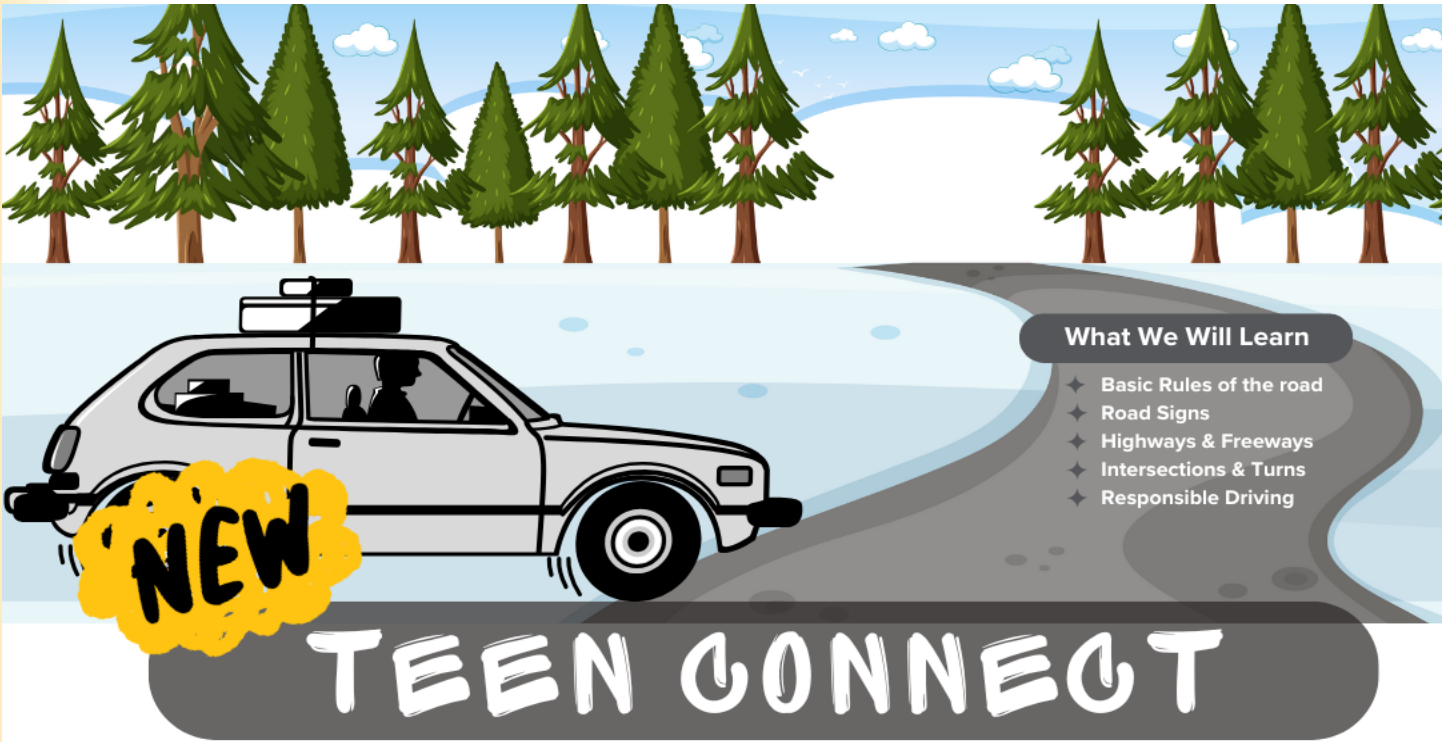
Call: 780-645-5311
Email: FCSSyouth@town.stpaul.ab.ca
Web: stpaulfcss.ca



SPYC20 and st.paul_fcsc



St. Paul Regional FCSS & Family Resource Network



What We Will Learn

- ◆ Basic Rules of the road
- ◆ Road Signs
- ◆ Highways & Freeways
- ◆ Intersections & Turns
- ◆ Responsible Driving

NEW

TEEN CONNECT



MONDAY
JAN 27TH
FEB 3RD
FEB 10TH



3:30PM-
5:30PM



Ashmont School



13-18yrs



FREE

Learners Education Class

Learn the basics and get ready for your Learner's written test!
 We do not provide the test just the course material and study guides!
 This is one group hosted over three Mondays!
 Call FCSS St. Paul Office to Register!

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



SPYC20 and st.paul_fcsc



St. Paul Regional FCSS & Family Resource Network



MASTER CHEF

*express your
Culinary Skills*

SPYC EDITION

Register by January 6th



FRIDAY
JAN 10TH
2025



4:00PM -
6:00PM



St Paul Regional
High School
Foods Room
4701-44 St



\$10 Refundable fee



@SPYC_20

The St. Paul Youth Council invites youth in grades 7-12 to strut their stuff in the Master Chef - SPYC edition! Gather your squad of 4 or come solo (you'll be teamed up) to battle it out against 3 other teams to whip up, cook, and flaunt your edible masterpieces. Zero experience required, all tools and ingredients are supplied. Hurry, spots are limited, call now to register!

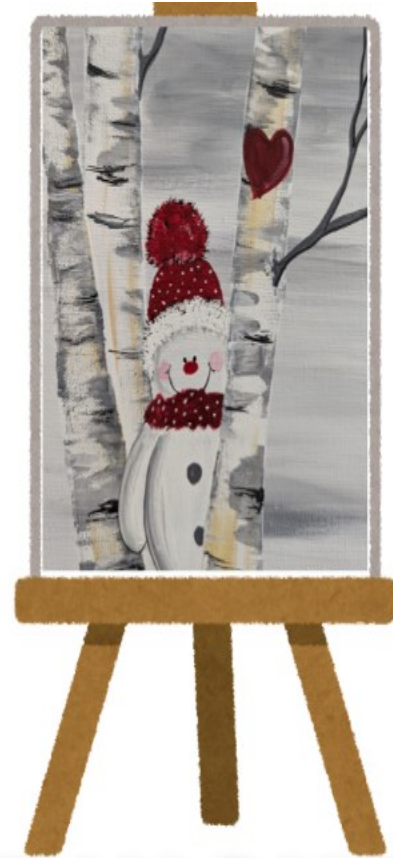
Scan to Register!



S.P.Y.C.

St. Paul Youth Council

The Power of our Voice



YOUTH PAINT NIGHT

"Young Picasso Paint Party!"



WEDNESDAY
FEBRUARY
12TH



3PM - 5PM



FCSS
5002 51 Ave



\$5

The St. Paul Youth Council invites youth in grades 7-12 to partake in an instructor-led paint night! All supplies will be provided, ensuring that anyone can unleash their creativity! Depart with a stunning canvas masterpiece crafted by your own hands!

RSVP 780-645-5311 OR Scan



S.P.Y.C.
St. Paul Youth Council
The Power of our Voice




2025

Elk Point LOCATION

January

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

MON	TUE	WED	THU	FRI
		01 OFFICE CLOSED Happy New Year	02 Always search for a RAY of SUNSHINE! Youth Group Board Games 2pm - 4pm DROP IN	03 Fine Motor Fun 10am - 12pm DROP IN
		06 Youth Group Mindful Matters Community Minded 3:30pm - 5:30pm REGISTER	07 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	08 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm
13 Youth Group Slime Fun 3:30pm - 5:30pm REGISTER	14 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	15 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	16 Teen Triple P Online 6:30pm-7:30pm REGISTER	17 Icky Sticky Messy Play 10am- 12pm DROP IN
20 Youth Group Winter Art Fun 3:30pm - 5:30pm REGISTER Moms Matter Self Care 6:30pm - 8:00pm REGISTER	21 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	22 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	23 Laugh often! It releases feel good chemicals.	24 Rhymes That Bind 10am- 12pm DROP IN
27 Youth Group Board Games 3:30pm - 5:30pm DROP IN	28 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	29 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	30 Reach out and be a SNOW ANGEL! Teen Triple P Online 6:30pm-7:30pm REGISTER	31 PD Day Youth Program 9am -3:30pm REGISTER



Lakeland
 FAMILY RESOURCE NETWORK

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



st.paul_fcsc



St. Paul Regional FCSS & Family Resource Network



Take some time
away to do
something for
yourself.

Join us in creating
Bath Bombs and
Sugar Scrubs.

CAREGIVERS

LFRN Elk Point 4906 48st

Moms Matter

Monday
January **20**

6:30pm-8pm

CALL TO REGISTER
780-724-3800

Lakeland

FAMILY RESOURCE NETWORK

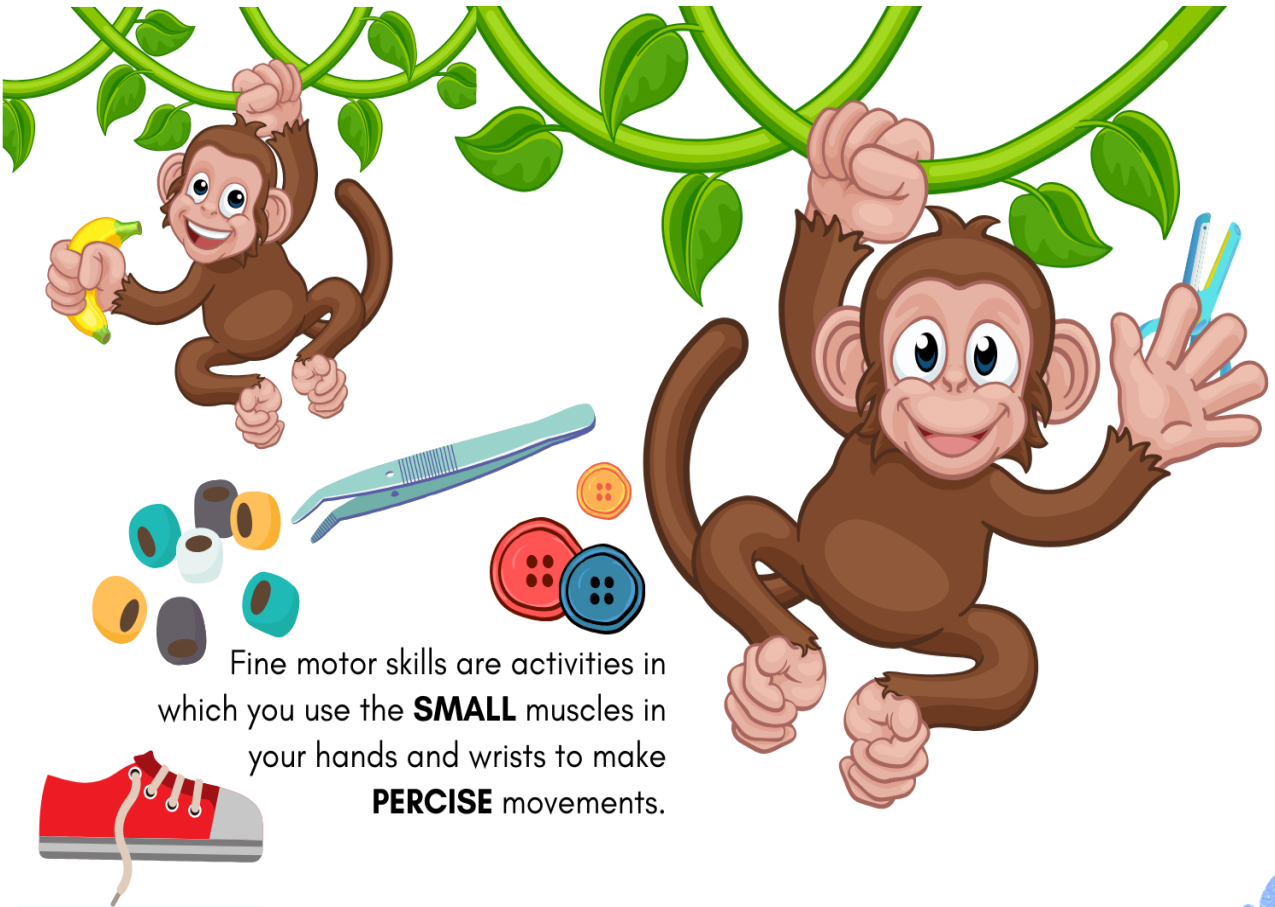
Connect with us for more information.

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





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 Elk Point 4906-48 St

Developing fine motor skills through play.

Fine Motor Fun

Friday
January 03

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.





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 17
January

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.





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

AGES 0-6

LFRN Elk Point 4906-48 St

Helping promote healthy family relationships.

Rhymes that Bind

Friday January **24**

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.





AGES 0-6

LFRN Elk Point 4906-48 St

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

Storytime & Craft

Friday
January 10

10am-12pm

DROP IN

780-724-3800



Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





YOUTH 7+

LFRN Elk Point 4906-48 St

Encouraging listening skills, attention span and creativity.

Winter Art Fun

Monday 20
January

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.





Topics may include

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

YOUTH 7+

LFRN Elk Point 4906 48ST

Mindful Matters

Community Minded

Monday 06
January

3:30pm-5:30pm

CALL TO REGISTER

780-724-3800

FREE

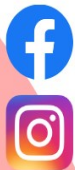
Lakeland

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 **27**
January

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.





YOUTH 7+

LFRN Elk Point 4906-48 St

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

Board Games Play

Thursday **02**
January

2pm-4pm

DROP IN

780-724-3800

Lakeland

FAMILY RESOURCE NETWORK



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



Join us to make
gooey slime.

YOUTH 7+
LFRN Elk Point 4906-48 St

Providing positive spaces for peer interactions and connections.

Slime Fun

Monday 13
January

3:30pm-5:30pm

CALL TO REGISTER

FREE 780-724-3800

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





8 spaces available.

\$25 CASH refundable deposit per child.

Registration is not secured until deposit & registration form is received.

Registration and payment to be made at the FCSS office during our office hours Tuesday and Wednesday (8:30am-12:30pm, 1:30pm-4:30pm).

First come first served.

KINDERGARTEN-GRADE 6

LFRN Elk Point 4906 48 St

PD Day Youth Program

Friday
January 31

9am - 3:30pm

FOR MORE INFORMATION
CALL 780-724-3800

**Must bring
their own
nut free
snacks & lunch.**

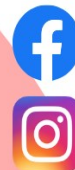
Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





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 PLOW NAMING CONTEST

Get creative and earn some bragging rights!

Submit by January 10 

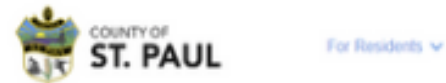
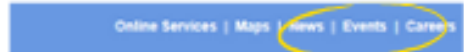
Submit as an individual or as a group 

Final names will be voted on by the public 

Click or scan the link or visit our 'Public Works' webpage to submit your names!



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



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



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

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

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

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

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

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

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

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

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

DIVISION 6, LOUIS DECHAIINE
ldechaine@county.stpaul.ab.ca
780-210-0487

CHIEF ADMINISTRATIVE OFFICER
jwellsmith@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

Coffee With a Cop

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.

A&W St. Paul
4241 50 Avenue

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>	

North Zone Prenatal Education Classes

AHS Public Health offers free prenatal education classes with information about pregnancy, labour & delivery, breastfeeding, and after birth & newborn care.

Prenatal classes are available in the following communities:

All North Zone residents:

- Join from any location in the AHS North Zone.
- Virtual classes are offered once a month on Saturday (9 a.m. to 4 p.m.).
- To register, visit [North Zone Online Prenatal Class Registration Form](#).

Barrhead:

- In-person classes are offered quarterly on Saturday (9:30 a.m. to 4 p.m.).
- For class dates and to register, call Barrhead Public Health: 780-674-3408.

Edson:

- In-person group classes available between September and June. Call Edson Public Health to inquire.
- Individual sessions are available, as requested.
- For class dates and to register, call Edson Public Health: 780-725-6083 (ext. 4).

Fairview:

- In-person classes are available upon request. Daytime, evening, and weekend availability.
- To register, call Fairview Public Health: 780-835-4951.

Fort McMurray:

- In-person drop-in classes are offered on Wednesday (5:30 p.m. to 7:30 p.m.) at Fort McMurray Community Health Services (113 Thickwood Blvd).
- Registration is not required.

Grande Prairie:

- In-person classes are offered on certain Saturdays (1:00 p.m.).
- For upcoming classes and to register, visit [Grande Prairie Public Health Prenatal Class Series](#).

High Level:

- In-person classes are available upon request.
- To register, call High Level Public Health: 780-841-3230.

Hinton:

- In-person classes offered quarterly (Tuesdays, 7 p.m. to 9 p.m.)
- To register, call Hinton Public Health: 780-865-2277

La Crete:

- In-person classes are available upon request.
- To register, call La Crete Public Health: 780-928-6800.

Lac La Biche:

- In-person classes are available upon request.
- To register, call Lac La Biche Public Health: 780-623-4471 (extension 0).

Manning:

- In-person classes are available upon request. Daytime and evening availability.
- To register, call Manning Public Health: 780-836-7361.

McLennan

- In-person classes offered three times a year in evening sessions.
- To register, call McLennan Public Health: 780-324-3750

Peace River/Grimshaw:

- In-person and virtual Zoom classes are offered every three months. Daytime, evening, and weekend availability.
- To register, call Peace River Public Health: 780-624-7260.

Slave Lake

- In-person classes available upon request.
- To register, call Slave Lake Public Health at 780-849-3947.

St. Paul:

- In-person classes are offered in the evening (Day TBD, 6:30 p.m. to 8:30 p.m.).
- To register, call St. Paul Public Health at 780-645-3396.

Westlock:

- Virtual Zoom classes are offered every four months on Sundays (9 a.m. to 4 p.m.).
- To register, call Westlock Public Health at 780-349-3316.

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.



January 2025 Workshops Alberta Healthy Living Program



Be Supported on your Journey to Better Health
– Virtual classes by Zoom

Managing Diabetes

Workshops for those newly diagnosed with diabetes or pre-diabetes, or as a refresher for those living with diabetes.

Overview

Jan 14	Tue Afternoon	1:30-4pm
Jan 22	Wed Morning	9:30-12pm

Nutrition

Jan 21	Tue Afternoon	1:30-3pm
Jan 29	Wed Morning	9:30-11am

Ongoing Care

Jan 28	Tue Afternoon	1:30-4pm
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Foot Care & Seated Exercise

Jan 14	Tues Morning	9:30-10:30am
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Heart & Stroke Education

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

Overview & Prevention

Jan 7	Tues Afternoon	1:30-4pm
Jan 30	Thurs Evening	5:30-8pm

Nutrition

Jan 14	Tues Afternoon	1:30-3pm
Feb 6	Thurs Evening	5:30-7pm

Managing Stress

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

Jan 9 & 16	Thurs Afternoons	1:30-2:30pm
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Moving Matters

Learn to get moving safely and how it can help you. Make a plan to get started, stay motivated and have fun.

Jan 30	Thurs Afternoon	1:30-2:30pm
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Weight Management

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

Jan 9, 16, & 23	Thursday	9:30am-12pm
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Series 2—Classes 2.1, 2.2, & 2.3

Jan 8, 15, & 22	Wednesday	5:30-8pm
Jan 30, Feb 6, & 13	Thursday	9:30am-12pm

Series 3—Classes 3.1 & 3.2

Jan 7 & 14	Tuesday	1:30-4pm
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Supervised Exercise Program -Virtual Classes-

This program meets 2 times per week, 1.5 hours/ session for 6 weeks to exercise in a group setting with people with a variety of health conditions.

Jan 13 - Feb 24, Mon/Wed @ 1-2:30pm

Jan 13 - Feb 24, Mon/Wed @ 6-7:30pm

Feb 4 - Mar 13, Tue/Thurs @ 10-11:30am

Better Choices, Better Health

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

Living with a Chronic Condition

Feb 25 - Apr 1 Tue Mornings 9:30am-12pm

Living with Chronic Pain

Jan 15 - Feb 19 Wed Evenings 6-8:30pm

Help using Zoom is available!



To register for a Zoom class call:

1-877-349-5711

Or

<https://www.healthylivingprogram.ca>



**Alberta Health
Services**

Alberta Healthy Living
Program

Caregiver Education Team Newsletter

January / February 2025



Recovery Alberta is proud to offer FREE online programming to caregivers of school-age children and youth as well as adults in the community who want to learn more about addiction and mental health topics.

Sessions are offered online through the Zoom conferencing application. A link to access the online session will be sent by email to those who have registered for the session.

Adult Education Sessions

Understanding Anxiety Series

For adults supporting their own wellness or supporting the wellness of children and teens

**Part 1:
An Introduction**
Wednesday, February 5
12:00 – 1:00 pm

**Part 2:
Calming Our Bodies**
Wednesday, February 12
12:00 – 1:00 pm

**Part 3:
Settling Our Minds**
Wednesday, February 19
12:00 – 1:00 pm

**Part 4:
Overcoming Avoidance**
Wednesday, February 26
12:00 – 1:00 pm

Adult Education Sessions

Sleeping Your Way to Better Mental Health

For adults supporting their own wellness or the wellness of others

Wednesday, January 15
12:00 – 1:00 pm

Journey Together Ways to Support Mental Health in Everyday Interactions

For adults supporting their own wellness or the wellness of others

Wednesday, January 22
12:00 – 1:00 pm

Caregiver Education Sessions

Body Image and Eating Disorders

For parents and caregivers supporting adults or teens (grades 7-12)

Wednesday, January 22
6:00 – 7:30 pm

Technology and the Teenage Brain

For parents and caregivers of teens (grades 7-12)

Wednesday, February 19
6:00 – 7:30 pm

Participant Feedback

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



Professional Practice & Education Services
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca



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.

JANUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>To join by phone, call: 1-855-703-8985 and enter meeting ID: 225-573-6467#</p>				
<p>6 📺 9:30am: Now and Then 📺 11am: Exercise 📺 1pm: Wonders of the Sky 📺 3pm: Phantom of the Opera Part 1</p>	<p>7 📺 11am: Imagination Circle 📺 1pm: Let's Talk About 📺 3pm: People- Susan Aglukark 📺 4:30pm: Trivia</p>	<p>1 📺 Happy New Year!</p> <p>8 📺 9:30am: Short Stories 📺 11am: Avalanches in Canada 📺 1pm: Global Events 📺 3pm: Exercise</p>	<p>2 📺 9:30am: Gratitude 📺 11am: Program Preview 📺 1pm: In the Headlines 📺 3pm: Animal Spotlight</p> <p>9 📺 No morning programs 📺 1pm: Unique Communities 📺 3pm: Coffee Chat</p>	<p>3 📺 9:30am: All Request Music 📺 11am: Exercise 📺 1pm: Writing for Fun 📺 3pm: Coffee Chat</p> <p>10 📺 9:30am: Rock Music Hour 📺 11am: Exercise Chair Yoga 📺 1pm: Finish the Phrase 📺 3pm: Who Why When</p>
<p>13 📺 9:30am: Ponder This 📺 11am: Exercise 📺 1pm: The Big Picture 📺 3pm: Phantom of the Opera Part 2</p>	<p>14 📺 11am: Mindfulness with Carol 📺 1pm: Science Savvy 📺 3pm: Readers' Corner</p>	<p>15 📺 9:30am: Mystery Chronicles 📺 11am: History Of... 📺 1pm: Coffee Chat 📺 3pm: Exercise</p> <p>22 📺 9:30am: NPR Tiny Desk Concerts 📺 11am: Who Why When 📺 1pm: Brain Games 📺 1pm: Finding Your Joy 📺 3pm: Exercise</p> <p>29 📺 9:30am: Vinyl Cafe 📺 11am: Alzheimer Society 📺 1pm: Chinese New Year 📺 1pm: Finding Your Joy 📺 3pm: Exercise</p>	<p>16 📺 9:30am: Gratitude 📺 11am: Some Good News 📺 1pm: Crime and Justice 📺 3pm: Working Through Grief 📺 4:30pm: Dinner Theatre</p> <p>23 📺 9:30am: Gratitude 📺 11am: Let's Talk About 📺 1pm: For Your Body 📺 3pm: Ask Us: Alison</p> <p>30 📺 9:30am: Gratitude 📺 11am: SCWW Advisory Group 📺 1pm: All Request Music 📺 3pm: People- Harry Houdini 📺 4:30pm: Broadway Musicals</p>	<p>17 📺 9:30am: Disco Music Hour 📺 11am: Exercise 📺 1pm: Writing for Fun 📺 3pm: Food Culture</p> <p>24 📺 9:30am: Symphonies Music Hour 📺 11am: Exercise 📺 1pm: Art Appreciation 📺 3pm: Coffee Chat</p> <p>31 📺 9:30am: Songs of Faith 📺 11am: Exercise 📺 1pm: Would You Rather? 📺 3pm: BINGO</p>
<p>20 📺 9:30am: Looking Forward To 📺 11am: Exercise 📺 1pm: Next Stop 📺 3pm: Chicken Soup for the Soul</p>	<p>21 📺 11am: Imagination Circle 📺 1pm: Worldviews 📺 1pm: Chronic Pain 📺 3pm: Nutrition for Health 📺 4:30pm: Name That Tune</p> <p>28 📺 11am: Music Meditation 📺 1pm: Coffee Chat 📺 1pm: Chronic Pain 📺 3pm: Person Place or Thing</p>	<p>25 📺 9:30am: All Request Music 📺 11am: Exercise 📺 1pm: Writing for Fun 📺 3pm: Coffee Chat</p> <p>32 📺 9:30am: Rock Music Hour 📺 11am: Exercise Chair Yoga 📺 1pm: Finish the Phrase 📺 3pm: Who Why When</p>	<p>26 📺 9:30am: Now and Then 📺 11am: Exercise 📺 1pm: Wonders of the Sky 📺 3pm: Phantom of the Opera Part 1</p>	<p>33 📺 11am: Imagination Circle 📺 1pm: Let's Talk About 📺 3pm: People- Susan Aglukark 📺 4:30pm: Trivia</p>

📞 **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



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



Want to learn how to use an iPad, iPhone or Computer?

Date: Wednesdays

Time: Drop in any time between 1:00 and 3:30PM

Location: Elk Point Library 5123 50 Ave, Elk Point, AB

Contact Sandie at 780-614-6368 for more information.

If you don't have a device, iPads and laptops are available for use.



COMMUNITY ADULT
LEARNING PROGRAM



PORTAGE
COLLEGE

CAEC Information Session: Canadian Adult Education Credential

(Replacing GED)

The CAEC is a way for adults to obtain a high school diploma.



JANUARY 14TH, 2025 | 6:00-7:30 PM
LOCATION: ELK POINT LIBRARY

**To register or for more information contact:
Sandie at 780 614 6368 or visit the 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 EVENT



REGISTER HERE

<https://bit.ly/PLEclares>





UPCOMING EVENTS

JAN 14



Legal Aid Alberta
ADVOCATING FOR ALBERTANS
Affordable and trusted legal services since 1973

14 January 2025 | Virtual Session



JAN 21




ALBERTA RESOLUTION SERVICES

AN INTRODUCTION TO THE ALBERTA FAMILY RESOLUTION HUB
Learn how the Alberta Family Resolution Hub can help you navigate family law issues and find the right support and resources.



JAN 16

CANADA REVENUE AGENCY
NEW TO CANADA
Benefits, credits, and taxes for newcomers information session



Offered in partnership with Portage College Public Legal Education



JAN 23

CRIMINAL RECORDS & PARDONS)
RECORD SUSPENSIONS

Understand what it takes to successfully apply for and obtain a record suspension (pardon).



REGISTER NOW >



WWW.PLEONLINE.CA

PLE BINGO!



**JOIN US AT THE
ST. PAUL MUNICIPAL LIBRARY
TUESDAY, JANUARY 28, 2025
6:00 - 7:30 PM**

- Learn about available legal resources
- Find out how to evaluate legal resources
- Discover how to obtain the legal resources you need
- Have fun and win prizes while you learn
- Invite a friend and join us!



To Register

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



Partners in Providing Public Legal Education



**PORTAGE
COLLEGE**

**Alberta LAW
FOUNDATION**

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.





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
3:30 - 5:30pm***

**Elk Point
Youth Centre
4826 Railway Ave
Elk Point**

***Want to know more about how you can help support
youth in Elk Point? Contact Payton at:***

payton@yfcad.com



@the_garage_yu



The Garage-Yu

Mandala Rock Painting



with Kim McOuat
for Adults & Teens 16+
Saturday,
January 25, 2025

Time: 1:00 pm - 4:00 pm
Level: Beginner **Cost:** \$30

Join instructor Kim McOuat for a relaxing afternoon of easy creativity, friendship and some post-Christmas decompression time. You will learn the basic techniques of using dotting tools and acrylic paints to make your very own Mandala style painted rock. *After registering at the number listed below** the Centre will accept cheque, cash or credit card, or e-transfers to spvac@telus.net Please include the **class name and date** in the e-transfer note.

Register by contacting one of our SPVAC
volunteers at 780-614-7821

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

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





Winter Landscape Wet Felting Class with Barb Maile for Adults & Teens 16+

Saturday, January 18, 2025

Time: 10:00 am - 4:00 pm ~ 45 minutes for lunch break
(bring a bag lunch) **Cost: \$120** and includes all supplies!

No prior experience is necessary! Create a landscape 'picture' approximately 40 cm x 25 cm (15.75" x 9.84") of a winter scene of trees and animals using wet felting techniques. Learn to handle unspun merino wool and lay the fibres to create your picture. Then wet felt - a process of using warm soapy water and agitation - to turn your design into a strong and beautiful piece of felted fabric! Sample felted pieces will be available for inspiration and at the end of the workshop, participants will be given ideas for displaying the finished work. Wear short sleeves or a fitted shirt.

Students may want to bring a notebook to jot things down.

After registering with Barb* the Centre will accept cheque, cash or credit card, or e-transfers to spvac@telus.net

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

Contact Barb at 780-646-3346 to register

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

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



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

The logo for the Chamber of Commerce, featuring a stylized 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

Cultural Awareness Training

PÊ-WÎTATOSKÊMITOTÂN

*Come, let's work
together*

3 sessions to choose from
Session 1 & 2 - Beginners
Session 3 - Next Level



2 Day Workshops at

University nuxethot'jne thaa?ehots'j nistameyimâkanak
Blue Quills



Register on our website:
www.stpaulchamber.ca

Scan Here

St. Paul & District
Chamber
of Commerce



Take and Make

DIY KITS TO GO

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

FREE!

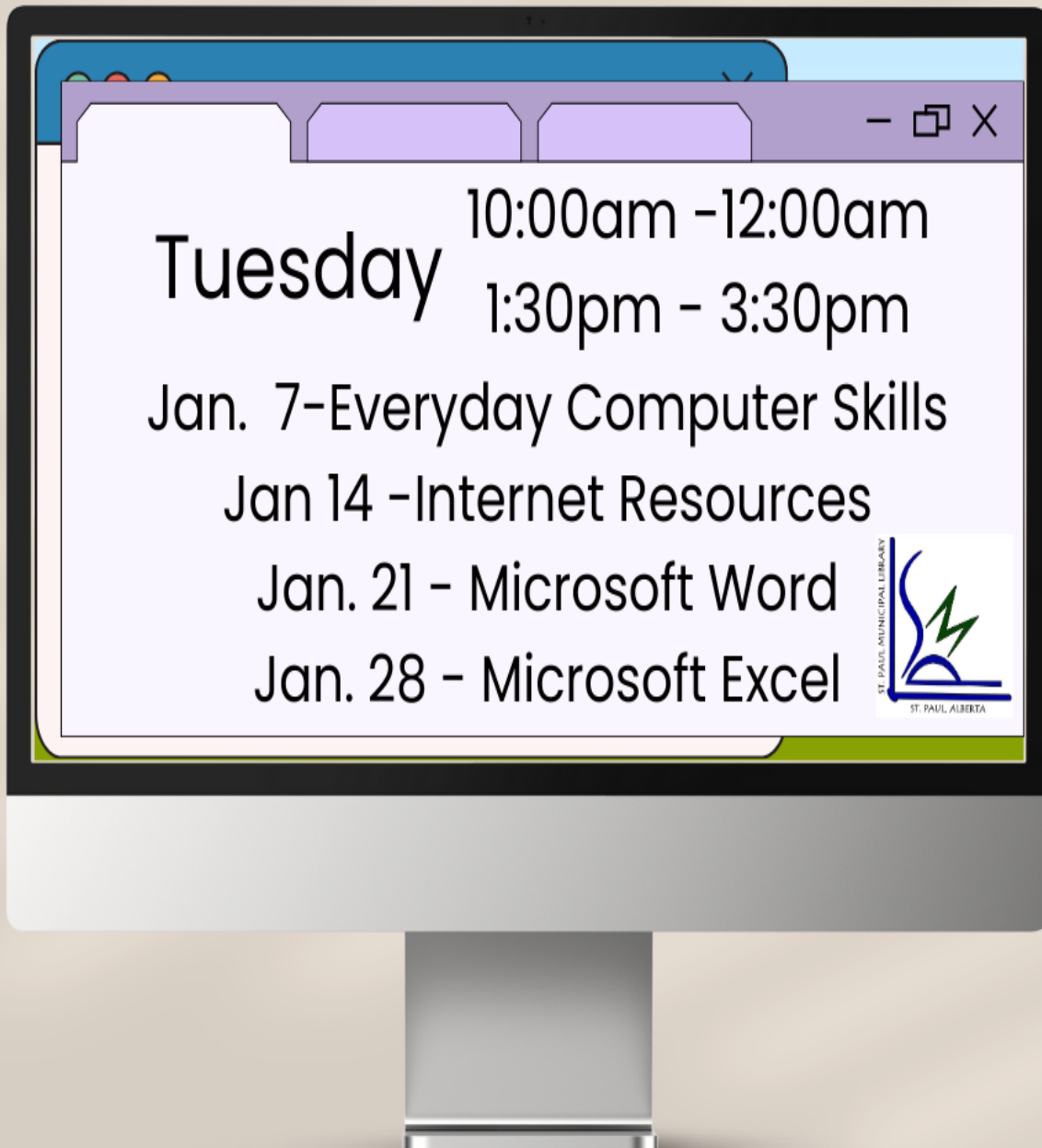
**Have some fun with a craft
to make at home**

**New kits every Friday
While supplies last.**



Basic Computer Skills

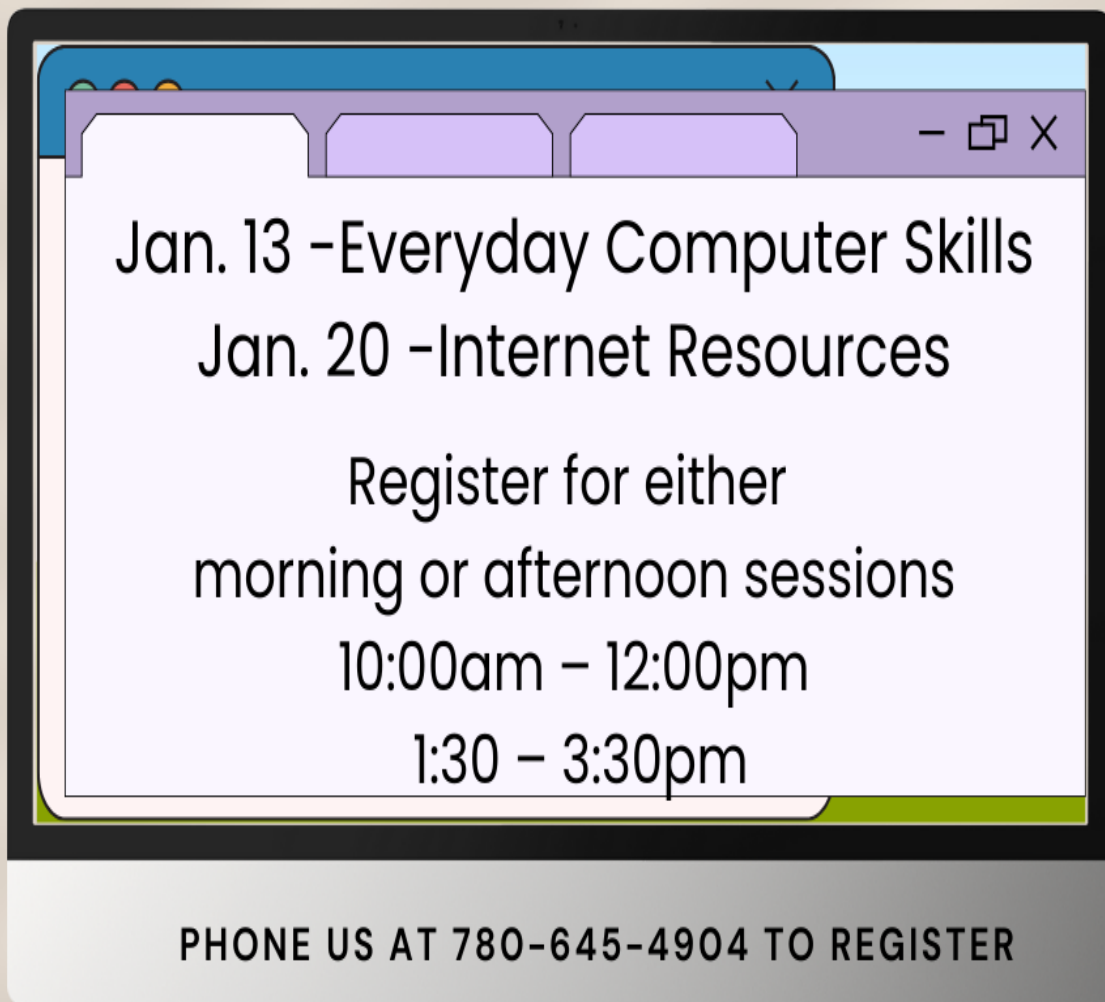
Join us at the library lessons on
basic computer usage!



REGISTER ONLINE AT
WWW.STPAULLIBRARY.AB.CA/EVENTS OR
PHONE US AT 780-645-4904

Basic Computer Skills for Métis Seniors

Join us at the library lessons on
basic computer usage!



ST. PAUL LIBRARY'S

READING CAFE

*homeschool indicative, everyone is welcome

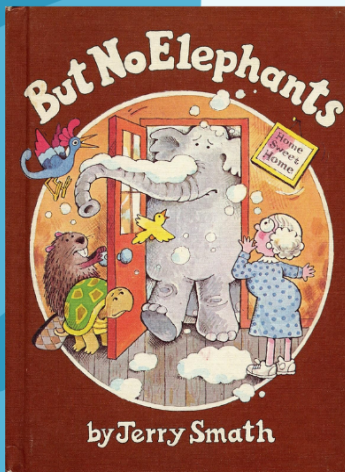
AGES 6 TO 12
REGISTRATION REQUIRED

January 31st

11:45am to 12:45pm

Story and an activity

Encouraging young readers
with themed story and
activities focusing on
comprehension, accuracy,
fluency and expanding
their 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

FRIDAY FABLES

AT THE LIBRARY

- DECEMBER 27TH
- JANUARY 3RD

AGES
6 TO 10

1:00
PM

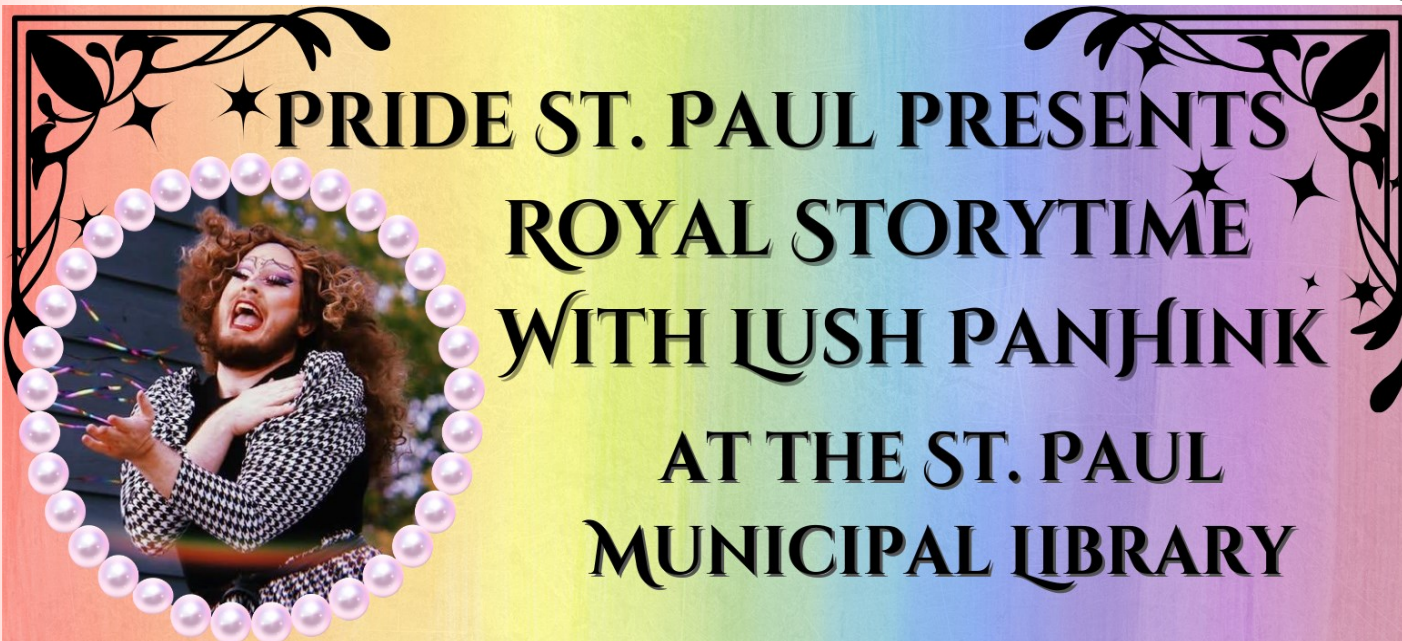


Kids ages 6 to 10 will enjoy a fun themed story and a craft or an activity at the St. Paul Municipal Library

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



**PRIDE ST. PAUL PRESENTS
ROYAL STORYTIME
WITH LUSH PANHINK**

**AT THE ST. PAUL
MUNICIPAL LIBRARY**

SATURDAY FEBRUARY 1ST 10:30AM



**WEAR YOUR
FAVORITE DRESS,
ROBE, OR OTHER
ROYAL ATTIRE.**



STORY AND CRAFT FOR ALL AGES.

COME CELEBRATE THE

DIFFERENCES THAT MAKE US

STRONGER TOGETHER.



**DROP IN
NO REGISTRATION
REQUIRED**



winter 2025 COMMUNITY GUIDE



*Scan
& Access*

Download Our App & Connect

Google Play



App Store



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

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

The logo for Ashmont Farmers Market is centered at the top in a stylized, purple, blocky font. The background is a light green with various illustrations of fresh produce and farm items. In the top left, there are yellow sunflowers and a purple eggplant. In the top right, there is a basket of pink peaches and a watermelon. In the middle left, there is a head of broccoli and a carrot. In the middle right, there is a red tomato and a bunch of green grapes. In the bottom left, there is a basket of corn, pumpkins, and leafy greens. In the bottom center, there is a bottle of olive oil and a jar of honey. In the bottom right, there is a potted plant with colorful flowers.

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

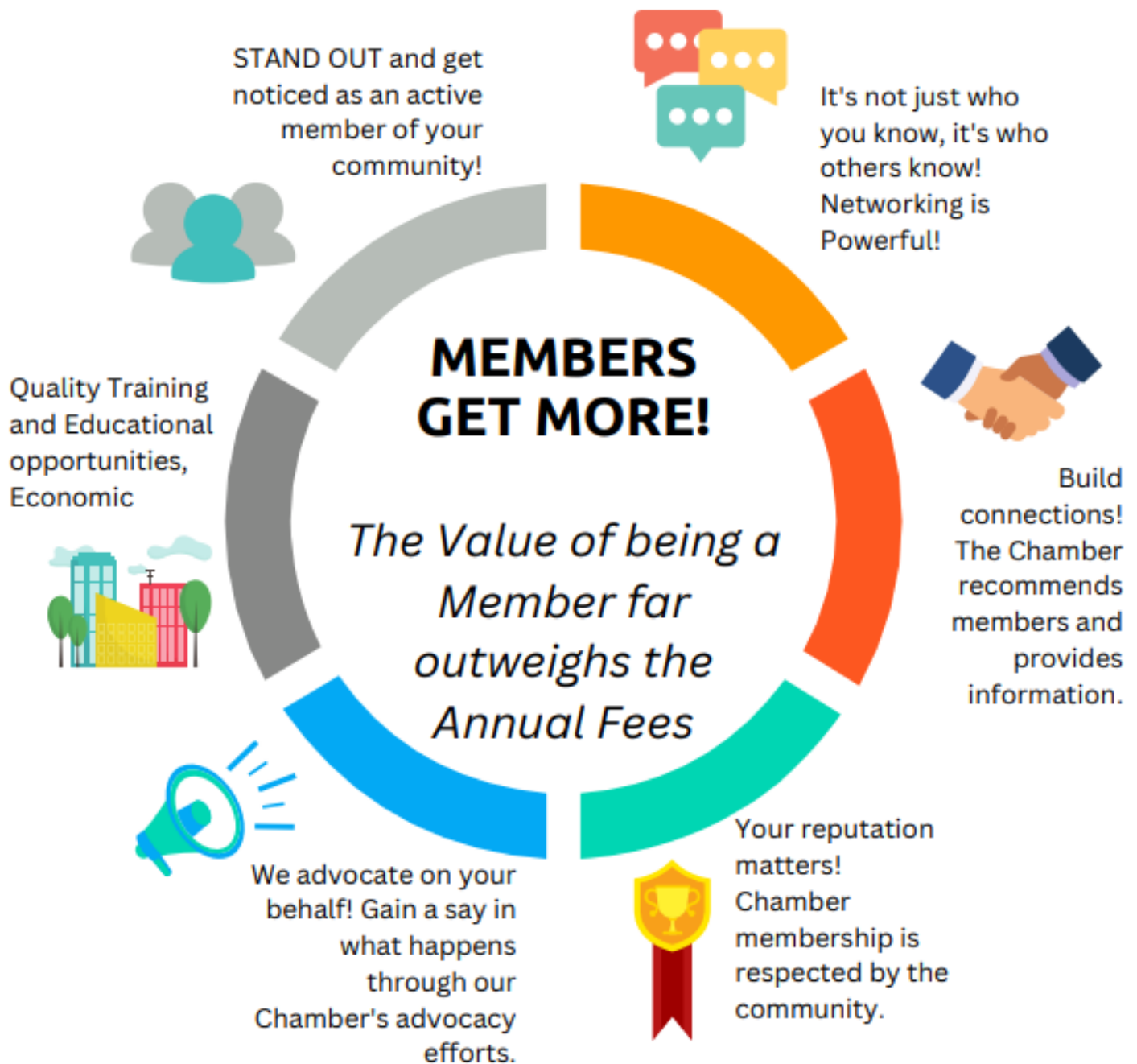
Oct 26- Regular Market

Nov 23- Regular Market

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

Saturdays 10:00am-2:00pm

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

**YOU'RE
INVITED!!**

ANNUAL GENERAL MEETING

February 19, 2025

5:00pm - 7:00pm

Canalta Hotel Meeting Room - St. Paul AB

The following positions are open for the 2025 - 2027 Term:

President

Treasurer

**Director
X 3
positions**

**To nominate someone for one of the above
positions, please attend the meeting or contact the
office to complete a Nomination Form**

For more information or if you would like to join virtually, please contact:

St. Paul & District Chamber of Commerce

4802 50 Avenue - PO Box 887, St. Paul, AB - T0A 3A0

executivedirector@stpaulchamber.ca

Office 780-645-5820 or Cell 780-210-5820 (call/text)

CAREER CONNECTIONS

February 20
2025

REGIONAL JOB FAIR - ST. PAUL, AB
HELPING BUSINESSES & JOB SEEKERS CONNECT



Business Support Network Meeting



Thursday, January 9, 2025

11:30am – 1:30pm

****Canalta Meeting Room****

Lunch Provided by: Community Futures

Mission Statement:

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

Network Purpose:

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



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

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

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 JANUARY 3RD & 17TH
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:
Let's take a look**

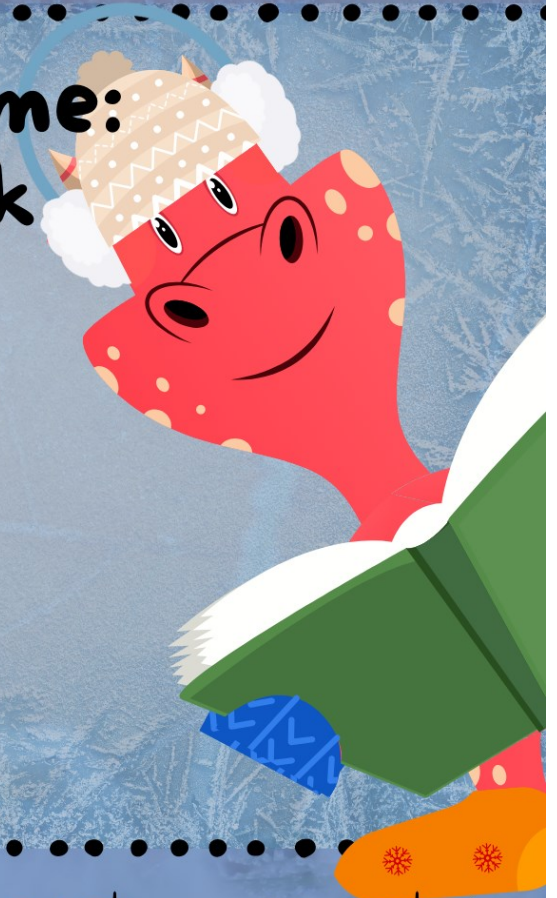
January 3rd

January 10th

January 17th

January 24th

January 31st



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

ST. PAUL LIBRARY SOCIAL HUB



THURSDAYS
6:30 TO 7:30



**COME IN AND 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.**

HSt Paul Library 4802 53rd Street

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



FAMILY LITERACY DAY BAGS!

FUN AND INFORMATIVE BAGS FOR THE WHOLE FAMILY.

**Register before January 15th to
guarantee you get a bag**

<https://www.stpaullibrary.ab.ca/Events>

Bag pick up - January 24th

**Stuff for everyone: toddlers to teenagers!
Bag will be tailored to match the age group
in your family!**



February Food for Fines

St. Paul Municipal Library will waive up to \$10.00 in late fees in exchange for canned goods & other non perishable donations to the St. Paul Food Bank.

Each non-perishable item or canned food product over six ounces / 6 oz (170 grams), that is not damaged or expired will redeem 1.00\$ of your current fines*.

To participate, bring your donation and library card to the circulation desk and we will waive your fines.

*not applicable to fines on lost / unreturned books.



St Paul Municipal Library
4802 53rd street St Paul AB





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





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/>