



INSIDE THIS ISSUE:

February 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, Mar 11th in St Paul

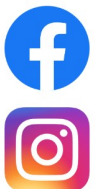
780-645-5311

5002-51 Ave, St Paul

~~Mon, Feb 10th in Elk Point~~

(CANCELLED) 780-724-3800

4906-48 St, Elk Point



Prevention & Awareness

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2025
St. Paul

Shiver Fest



TOWN OF
ST. PAUL
A People Kind of Place

Celebrate Family **February 14-17th!**
Family friendly activities all weekend long.

ALL WEEKEND EVENTS

Tobogganing

Lagasse Park Hill
44th St & Lakeshore Dr, St Paul

Outdoor Rinks

- Lagasse Park 47 St & Lakeshore Dr, St Paul Central and **NEW** East location
- Crescent Park 4034-46 Ave, St Paul
- Lions Park 4838-50 Ave, St Paul
- Lingin Park 5409 52 Ave, St Paul
- Spring Creek Park 4413-58 St, St Paul

Sunday, February 16th

- \$3 Public Swimming

1:00pm-4:00pm @ St Paul Aquatic Centre
4702-53rd St, St Paul

- Town of St Paul **FREE** Family Movies

Dennis the Menace & The Mask
4:30pm @ Elite Theatre 4938-50 Ave, St Paul
Doors open at 3:45pm concession available

- St Paul Visual Arts Center

1:00pm-4:00pm @ Visual Arts Center
4613-53st, St Paul

Open house with a variety of demonstrations.

Friday, February 14th

-Family Curling

7:00pm-9:00pm @ St Paul Curling Club
4802-53 St, St Paul

Mandatory clean indoor shoes, equipment provided.

-Family Shinny

10:45am-11:30am @ Clancy Richard Arena
5306-48 Ave, St Paul

-Public Skating

12:45pm-1:45pm @ Clancy Richard Arena
5306-48 Ave, St Paul

-Shinny Hockey

2:00pm-3:30pm @ Clancy Richard Arena
5306-48 Ave, St Paul

Monday, February 17th

-FCSS Family Fun

11:00am-3:00pm @ Reunion Station
4112-53 Ave, St Paul

\$3 chill and a bun, sleigh rides, snow painting, bonfire, s'mores, hot chocolate, tattoos, photo booth, scavenger hunt, snow shoeing, games, crafts and more.

- Alphonse Tremblay Memorial Fish Derby

St Paul Fish & Game Association
10:00am-4:00pm @ St Paul Trout Pond
(Willie's Pond) 4012-53 Ave, St Paul

Hot dogs, hot chocolate & PRIZES!
No license required for Family Day weekend.

- Family Skating

12:00pm-2:00pm @ Clancy Richard Arena
5306-48 Ave, St Paul

- Shinny Hockey

12:00pm-2:00pm @ Cap Arena
5314-48 Ave, St Paul

- \$3 Public Swimming

1:00pm-4:00pm @ St Paul Aquatic Centre
4702-53rd St, St Paul

-Family Day Skate & Play in Elk Point with FCSS

11:00am-2:00pm @ AG Ross Arena
5326-51 St, Elk Point

Public skating, burgers, hot drinks, games, crafts, photo booth and more.

Saturday, February 15th

- \$3 Public Swimming

1:00pm-4:00pm @ St Paul Aquatic Centre
4702-53rd St, St Paul

- Children GT Races

12:00pm @ AG Corral
5322-48 Ave, St Paul

-Wild West Skijoring

1:00pm @ AG Corral (registration at 11:00am)
5322-48 Ave, St Paul

-St. Lina Ag Society Family Dance

Doors open @ 5:00pm, supper @ 6:00pm
(Donation entry) 200, 10326 Twp Rd 614 St. Lina

ALL events are **FREE** unless priced.

Thanks to all our Partners & Volunteers

Do not have to be 18 to attend if accompanied by a parent or guardian.



Lakeland

FAMILY RESOURCE NETWORK



Connecting Families and Community



**FCSS FAMILY FUN
in ST PAUL**

Join us Family Day Monday
for Family Day Fun !

Come for a sleigh ride or stand by
the fire eating delicious s'mores.
There's snow shoeing and snow
painting outside. Inside enjoy \$3 chili
and a bun. Warm up with hot
chocolate, games, crafts, and
temporary tattoos. Don't forget to
get a family photo in our photo
booth and work together to
complete the scavenger hunt!
So much for all to do!

Monday

Feb 17th

11AM-3PM

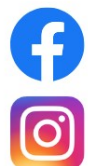
DROP IN

**@Reunion Station
4112-53 Ave**

Please note that some events may be cancelled if
the weather is -20C with or without the wind chill.



Lakeland
FAMILY RESOURCE NETWORK



Promoting a sense of community and belonging.

YOU'VE BEEN FLOCKED



Is there someone you wish to celebrate or want to let know that you're thinking about them?

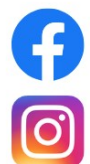
**Let us help
you out...**

Call us to book your "flock of happy pink flamingos"! We will set up and take down the flock safely at the town location of your choice along with a personalized door hanger explaining why your person has been flocked. The flock will stay for about 24 hours then they'll be picked up to return to their home.

Weekdays
Winter Edition
9AM - 4PM

CALL TO
RESERVE

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



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.

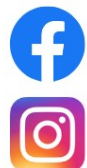
Mar 3 - April 30

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



Engaging women in more authentic conversations.



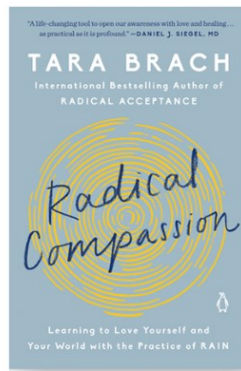
Behind THE MASK

Behind The Mask -Women's Edition

Join us monthly, as we tap into the idea that many of us wear a figurative "mask" to hide our true feelings. Together we will focus on discussing personal struggles, emotions and vulnerabilities.

This is a safe, guided space that provides opportunity to break down barriers that we otherwise hide behind.

Each month we will engage in different topics or activities that help you navigate your journey.



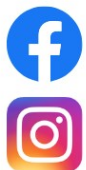
Tuesday
February 11th
7:30PM

@ FCSS 5002-51 Ave

**RADICAL COMPASSION
BY INTERNATIONAL
BESTSELLING AUTHOR
TARA BRACH**

Learning to LOVE Yourself and
Your WORLD with the practice
of RAIN Meditation.

FOR MORE INFORMATION
Call 780-645-5311



Engaging men in more authentic conversations.

Behind THE MASK

Behind the Mask -Men's Edition

Join us monthly, as we tap into the idea that many of us wear a figurative "mask" to hide our true feelings. Together we will focus on discussing personal struggles, emotions and vulnerabilities.

This is a safe, guided space that provides opportunity to break down barriers that we otherwise hide behind.

Each month we will engage in different topics or activities that help you navigate your journey.



Tuesday
February 18th
7:30PM

@ FCSS 5002-51 Ave

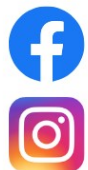
**FRIENDLY REMINDERS
BY AUTHOR SCOTT TATUM**

Join this Nature Explorer as he walks you through a unique healing journey with many reminders to help you meet life in the present moment.

FOR MORE INFORMATION

Call 780-645-5311

Find our group
on facebook,
scan the QR.



PINK SHIRT DAY

FEBRUARY 26 2025



COOL TO BE KIND



If you're a young person in need of support, you can reach out to **KIDS HELP PHONE**, a confidential and **FREE** service available 24/7. By texting "CONNECT" to 686868. You'll be connected to a trained volunteer crisis responder who can provide support and guidance.

It's a safe space to talk about **ANYTHING** on your mind, whether it's stress, anxiety, relationship issues, or any other challenge you're facing. Remember, **YOU'RE NOT ALONE**, and help is just a text away.



ONE IN THREE STUDENTS REPORT BEING BULLIED IN THE LAST THREE MONTHS



Kids Help Phone is a valuable resource offering **FREE**, confidential support to young people in Canada. By calling 1-800-668-6868, children and teenagers can speak with trained counsellors about various issues. Including mental health, bullying, relationships, or any personal concerns they might face. This service is available 24/7, ensuring that help is always accessible when needed.





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 CANCELLED
- 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



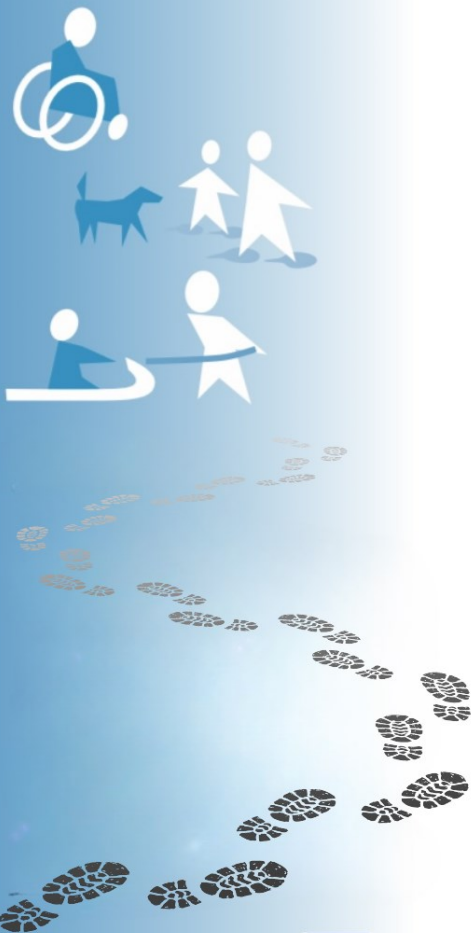
St. Paul Regional FCSS &
Family Resource Network



st.paul_fcss



WEDNESDAY FEBRUARY 5, 2025



*Open the door
and go for it!*

Get more active outdoors this winter.

winterwalkday.ca



WinterWalkDay



@WinterWalkDay

#WinterWalkDay



Friendly February 2025

MONDAY



3 Do an act of kindness to make life easier for someone

TUESDAY



4 Invite a friend over for a 'tea break' (in person or virtual)

WEDNESDAY



5 Make time to have a friendly chat with a neighbour

THURSDAY



6 Get back in touch with an old friend you've not seen for a while

FRIDAY



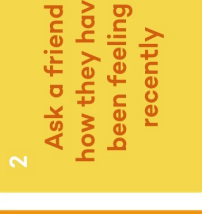
7 Show an active interest by asking questions when talking to others

SATURDAY



1 Send a message to let someone know you're thinking of them

SUNDAY



2 Ask a friend how they have been feeling recently

9 Thank someone and tell them how they made a difference for you

8 Share what you're feeling with someone you really trust

15 Support a local business with a positive online review or friendly message

22 Give sincere compliments to people you talk to today

16 Check in on someone who may be struggling and offer to help

23 Be gentle with someone who feel inclined to criticise

10 Look for good in others, particularly when you feel frustrated with them

11 Send an encouraging note to someone who needs a boost

18 Respond kindly to everyone you talk to today, including yourself

25 Thank three people you feel grateful to and tell them why

14 Tell a loved one or friend why they are special to you

21 Really listen to what people say, without judging them

28 Give positive comments to as many people as possible today

17 Appreciate the good qualities of someone in your life

20 Make a plan to connect with others and do something fun

26 Make uninterrupted time for your loved ones

27 Call a friend to catch up and really listen to them



24 Tell a loved one about the strengths that you see in them

19 Share something you find inspiring, helpful or amusing

13 Smile at the people you see and brighten their day

20 Make a plan to connect with others and do something fun

21 Really listen to what people say, without judging them

22 Give sincere compliments to people you talk to today

23 Be gentle with someone who feel inclined to criticise

ACTION FOR HAPPINESS

Happier · Kinder · Together

2025

St Paul LOCATION

February

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

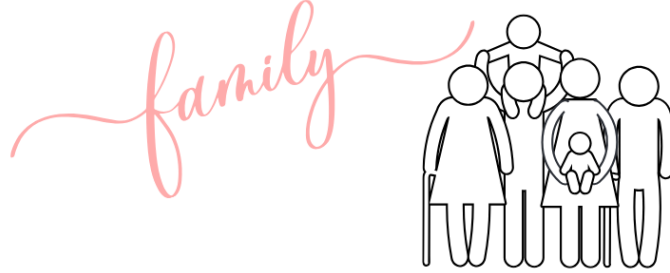
MON

TUE

WED

THU

FRI



<p>03</p> <p>Little Readers 10am-11am ages 18m-3yrs REGISTER</p>	<p>04</p> <p>Mallaig Tot Time 9:30am-11:30am DROP IN</p>	<p>05</p> <p>Ashmont After School 3:30pm-5:30pm REGISTER</p> <p>Emotion Coaching ONLINE *SEE POSTER FOR DETAILS 6:45pm-7:45pm REGISTER</p>	<p>06</p> <p>Icky, Sticky, Messy 10am-12pm DROP IN</p> <p>Youth Lego Challenge 3:30pm-5:30pm REGISTER</p>	<p>07</p> <p>Triple P Tipsheet Tidying Up 10am-11am REGISTER</p>
<p>10</p> <p>Little Readers 10am-11am ages 18m-3yrs REGISTER</p>	<p>11</p> <p>Mallaig Tot Time 9:30am-11:30am DROP IN</p>	<p>12</p> <p>Valentine Craft @ Sunnyside Manor 10:15am-11:30am REGISTER</p>	<p>13</p> <p>PD Day Youth Program 9am -3:30pm REGISTER</p>	<p>14</p> <p>No Program</p>
<p>Bake & Create 3:30pm-5pm REGISTER</p>	<p>Run, Jump, Skip 10am - 12pm DROP IN</p>	<p>Emotion Coaching ONLINE *SEE POSTER FOR DETAILS 6:45pm-7:45pm REGISTER</p>		
<p>17</p> <p>Closed Shiverfest *SEE POSTER FOR DETAILS</p>	<p>18</p> <p>Mallaig Tot Time 9:30am-11:30am DROP IN</p>	<p>19</p> <p>Ashmont After School 3:30pm-5:30pm REGISTER</p>	<p>20</p> <p>Youth Board Games 3:30pm-5pm DROP IN</p>	<p>21</p> <p>Car Seat Check 10am-12pm Bring your vehicle manual & car seat manual REGISTER</p>
	<p>Traditional Teachings 10am - 11:30am REGISTER</p>	<p>Dungeons & Dragons 6pm-8pm ages 12-18 REGISTER</p> <p>Emotion Coaching ONLINE *SEE POSTER FOR DETAILS 6:45pm-7:45pm REGISTER</p>	<p>Mom's Matter Yoga & Mindfulness 6:30pm - 8pm REGISTER \$10/person</p>	
<p>24</p> <p>Little Readers 10am-11am ages 18m-3yrs REGISTER</p>	<p>25</p> <p>Mallaig Tot Time 9:30am-11:30am DROP IN</p>	<p>26</p> <p>Ashmont After School 3:30pm-5:30pm REGISTER</p> <p>Emotion Coaching ONLINE *SEE POSTER FOR DETAILS 6:45pm-7:45pm REGISTER</p>	<p>27</p> <p>Run, Jump, Skip 6pm - 7:30pm DROP IN</p> <p>Mindful Matters Yoga & Mindfulness ages 10-15 6pm-7:30pm REGISTER \$10/PERSON</p>	<p>28</p> <p>No Program</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



Get your car seat checked
by a certified technician.

Learn how to properly
install your child's
car seat or booster seat.

Find out if it's
time for a change.

CAREGIVERS

LFRN St Paul 5002-51 Ave

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

Car Seat Check

Friday
February 21

10am-12pm

CALL TO REGISTER
780-645-5311

FREE



St. John Ambulance



St. Paul Regional
Family and Community
Support Services

Lakeland

FAMILY RESOURCE NETWORK

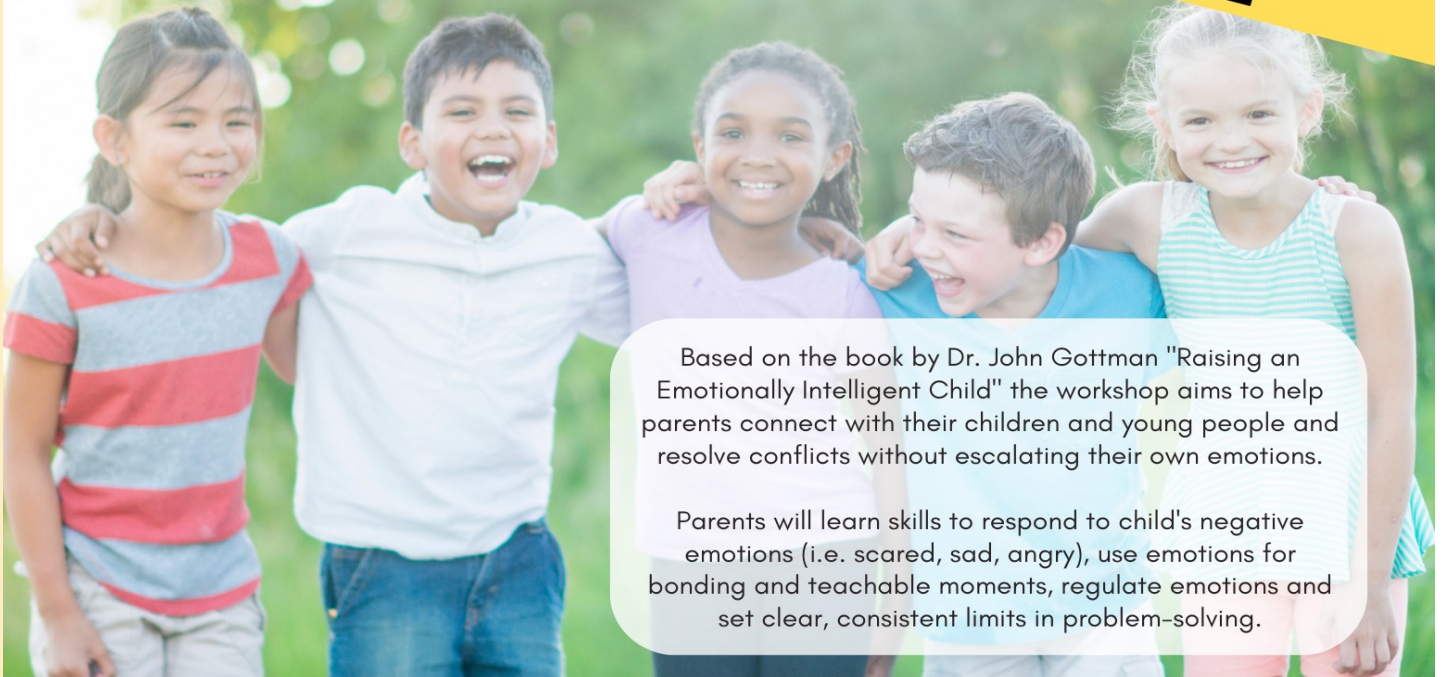
Connect with us for more information.

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

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



ONLINE



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

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

CAREGIVERS

LFRN St Paul 5002-51 Ave

Emotion Coaching

5 week course

FEB 5, 12, 19, 26

MAR 5

6:45pm-7:45pm

CALL TO REGISTER
780-645-5311

FREE

Lakeland

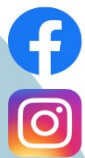
FAMILY RESOURCE NETWORK

Connect with us for more information.

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

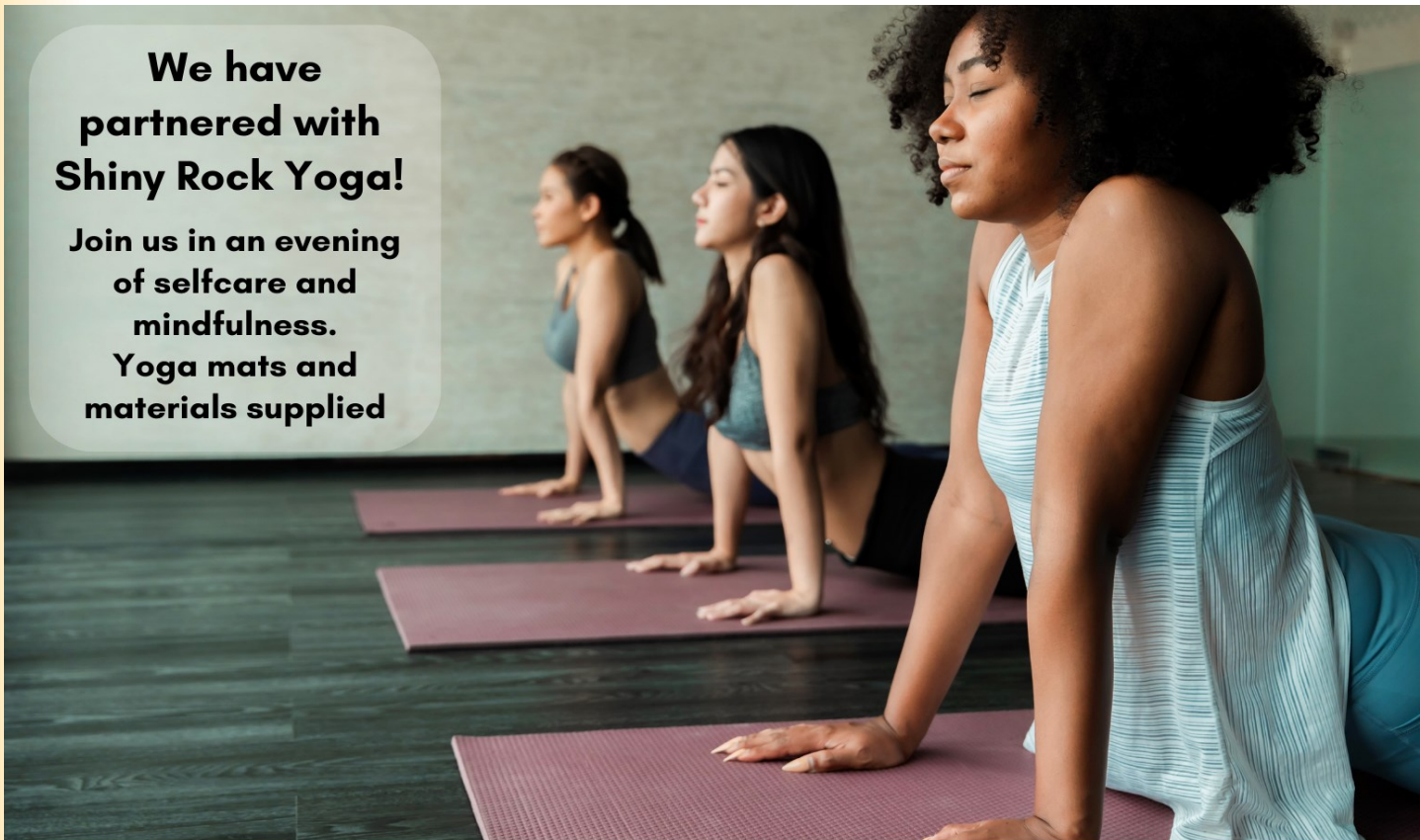
Providing services and support for ages 0-18yrs, parents and caregivers.

FIVE STEPS for
building
emotional
intelligence in
your child.



**We have
partnered with
Shiny Rock Yoga!**

**Join us in an evening
of selfcare and
mindfulness.
Yoga mats and
materials supplied**



CAREGIVERS

LFRN St Paul 5002-51 Ave

Mom's Matter Yoga

Thursday February **20**
6:30pm-8pm

CALL TO REGISTER
780-645-5311



\$10/Person

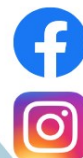
Lakeland

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.



For moms or
caregivers of
children 0-18yrs



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

Tidying Up

Friday 07
February

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.



Interested in a Tip Sheet?

General Topics
Preparing Your Child for a New Baby
Feeling depressed After the Birth of Your Baby
Home Safety
Coping With Stress
Balancing Work and Family
Being a Parent
Supporting Your Partner

Infant Topics
Sleeping Patterns
Crying
Promoting Development
Separation Anxiety

Toddler Topics
Sharing
Hurting Others
Wandering
Disobedience I
Tantrums
Language
Independent Eating
Bedtime Problems
Whining
Toilet Training

Preschooler Topics
Mealtime Problems
Nightmares and Night Terrors
Separation Problems
Tidying Up
Travelling in the Car
Interrupting
Having Visitors
Going Shopping
Fighting and Aggression
Disobedience II

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

Teenager Topics
Friends and Peer Relationships
Coping with Depression
Taking Drugs
Money and Work
Drinking Alcohol
Coping with Anxiety
Fads and Fashion
Sexual Behavior and Dating
Eating Habits
Rudeness and Disrespect
Smoking
Tuancy

Triple P Caregiver Capacity Building Sessions
Family Transitions - Managing Separation and Divorce
Fear Less - Managing Your Child's Anxiety
Primary Care - Developing Parenting Plans



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

Thursday 06
February

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.



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 03, 10 & 24
February

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.





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 **11**
February

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 February 27

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!

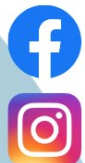
Lakeland

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.





Join us in creating a
Valentine's craft and
visiting with the
Seniors at
Sunnyside Manor.

AGES 0-6

Sunnyside Manor, 4522 47 Ave

Valentine Craft at Sunnyside Manor

Wednesday 12
February

10:15am-11:30am

CALL TO REGISTER
780-645-5311



Lakeland

FAMILY RESOURCE NETWORK

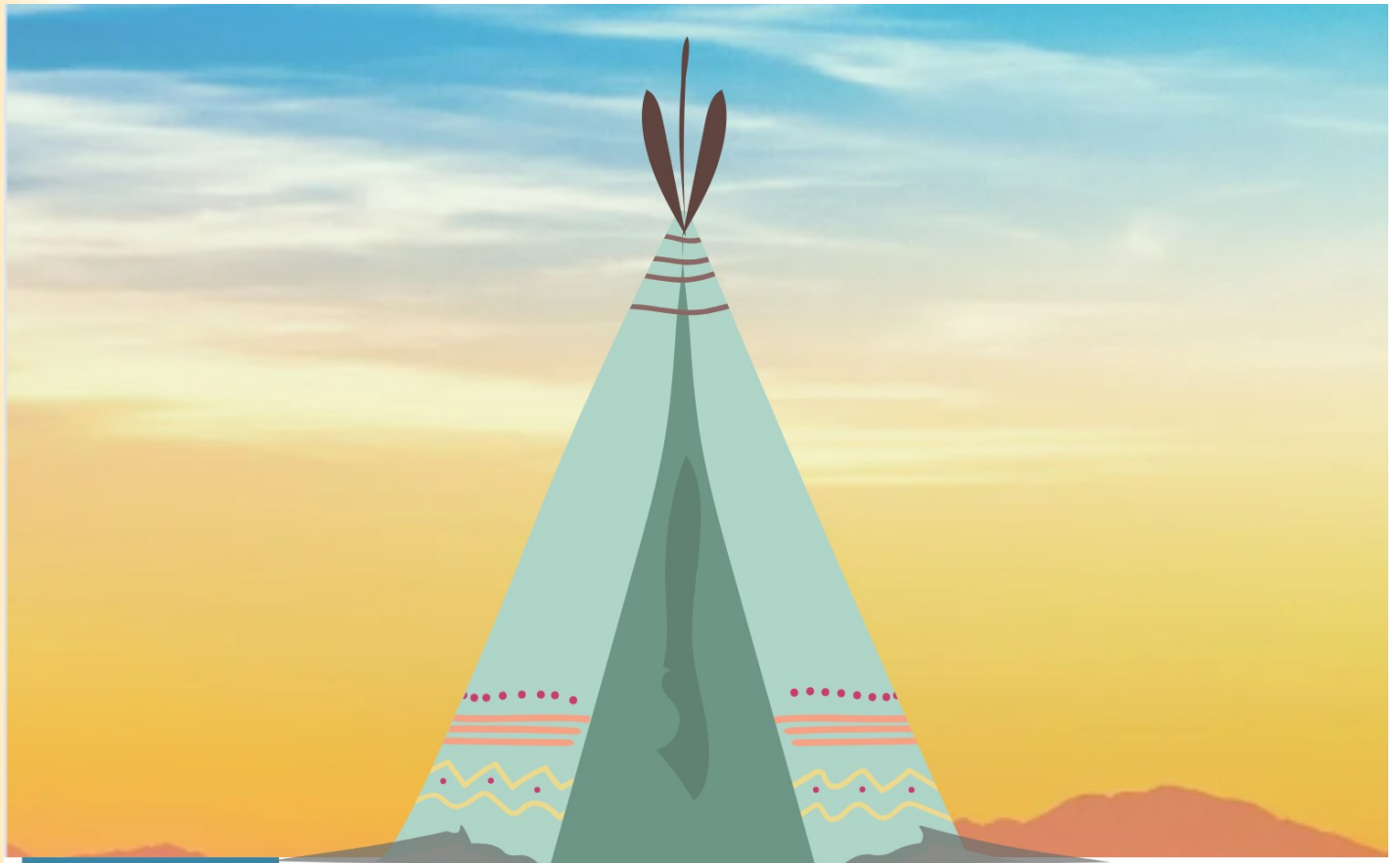
Connect with us for more information.

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

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



Promoting
intergenerational
and community
connection.



AGES 0-6

LFRN St Paul 5002-51 Ave

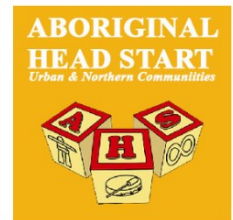
Traditional Teaching

with Jan Tailfeathers

Tuesday February **18**

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.



Introducing youth to basic baking skills, promoting creativity and having a fun, beginner-friendly, hands-on experience in the kitchen.

YOUTH 7+
LFRN St Paul 5002-51 Ave

Encourages creativity, teamwork and life skills.

Bake & Create

Monday February 10

3:30pm-5pm

CALL TO REGISTER
780-645-5311

FREE



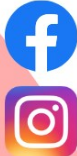
Lakeland

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.





YOUTH 7+

LFRN St Paul 5002-51 Ave

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

Youth Board Games

Thursday February **20**
3:30pm-5pm

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.





**Dungeon Master
in attendance**
Snacks Provided

YOUTH 12-18

LFRN St Paul 5002-51 Ave

Dungeons & Dragons

Wednesday February 19

6pm-8pm

CALL TO REGISTER

780-645-5311

FREE

Lakeland

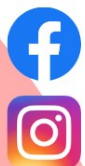
FAMILY RESOURCE NETWORK

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.





Explore your creativity and build your confidence! Come meet new people and participate in a number of different individual and team challenges.

YOUTH 7+

LFRN St Paul 5002-51 Ave

Youth Lego Challenge

Thursday 06
February

3:30pm-5:30pm



CALL TO REGISTER

FREE 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.

Encourages creativity, communication, patience and confidence.





Yoga fosters a sense of creativity, mindfulness and connection with your body.

Join us with Leslie from Shiny Rock Yoga for an evening of fun and selfcare.

Youth 10-15yrs

LFRN St Paul 5002-51 Ave

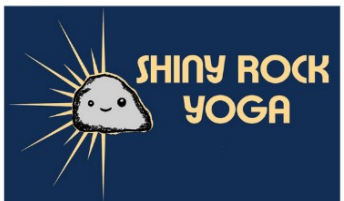
Mindful Matters

with Shiny Rock Yoga

Thursday February **27**

6pm-7:30pm

CALL TO REGISTER
780-645-5311

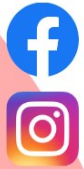


\$10/Person

Lakeland

FAMILY RESOURCE NETWORK

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





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

KINDERGARTEN-GRADE 6
LFRN St Paul 5002-51 Ave

PD Day Youth Program

Thursday
February 13

9am - 3:30pm

FOR MORE INFORMATION
CALL 780-645-5311

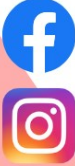
This program is for working parents who do not have childcare available.

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.





Read and Roll

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

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

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

10:00 - 11:00 am / Max 6 kids
Keep the fun going at home
with our take home activities!

FREE!



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


**SESSION RUNNING
Mar 03, 10, 17, 24, 31
Apr 07, 14**




Lakeland
FAMILY RESOURCE NETWORK



 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





1ST FRIDAY
MONTHLY!



3:30PM-
5:30PM



ST PAUL MUNICIPAL
LIBRARY



13-18yrs



FREE

Board Game Night!

Join us on the first Friday of each month at the St. Paul Library to test your luck with our variety of board games, trivia, card games, and much more.

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



PAINT NIGHT



WEDNESDAY
FEBRUARY
12TH



3:00PM -
5:00PM



FCSS
5002-51 Ave



\$5



@SPYC_20

"Young Picasso Paint Party!"

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 the QR Code**



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

2025

Elk Point LOCATION

February

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

MON

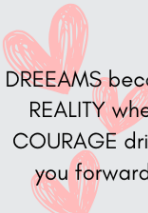
TUE

WED

THU

FRI



<p>03 Youth Group Clay Creations 3:30pm - 5:30pm REGISTER</p>	<p>04 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm</p>	<p>05 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm Emotion Coaching ONLINE <small>*SEE POSTER FOR DETAILS</small> 6:45pm-7:45pm REGISTER</p>	<p>06  Your efforts, however small, contribute to shaping a better world.</p>	<p>07 Loose Parts Play 10am- 12pm DROP IN</p>
<p>10 NO PROGRAM</p>	<p>11 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm</p>	<p>12 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm Emotion Coaching ONLINE <small>*SEE POSTER FOR DETAILS</small> 6:45pm-7:45pm REGISTER</p>	<p>13 PD Day Youth Program 9am -3:30pm REGISTER</p>	<p>14 Valentines Activities 10am - 12pm DROP IN</p>
<p>17 Closed Family Day see poster for events happening in our community.</p>	<p>18 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm</p>	<p>19 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm Emotion Coaching ONLINE <small>*SEE POSTER FOR DETAILS</small> 6:45pm-7:45pm REGISTER</p>	<p>20  DREEAMS become REALITY when COURAGE drives you forward.</p>	<p>21 Fine Motor Fun 10am-12pm DROP IN Run, Skip, Jump Saturday, Feb 22 10am-11:30am See Poster for more details. DROP IN</p>
<p>24 HOME ALONE Ages 10+ 3:30pm - 5:30pm REGISTER</p>	<p>25 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm</p>	<p>26 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm Emotion Coaching ONLINE <small>*SEE POSTER FOR DETAILS</small> 6:45pm-7:45pm REGISTER</p>	<p>27  Enjoy the small moments as much as the big moments!</p>	<p>28 Story & Craft 10am-12pm DROP IN</p>



Lakeland
FAMILY RESOURCE NETWORK

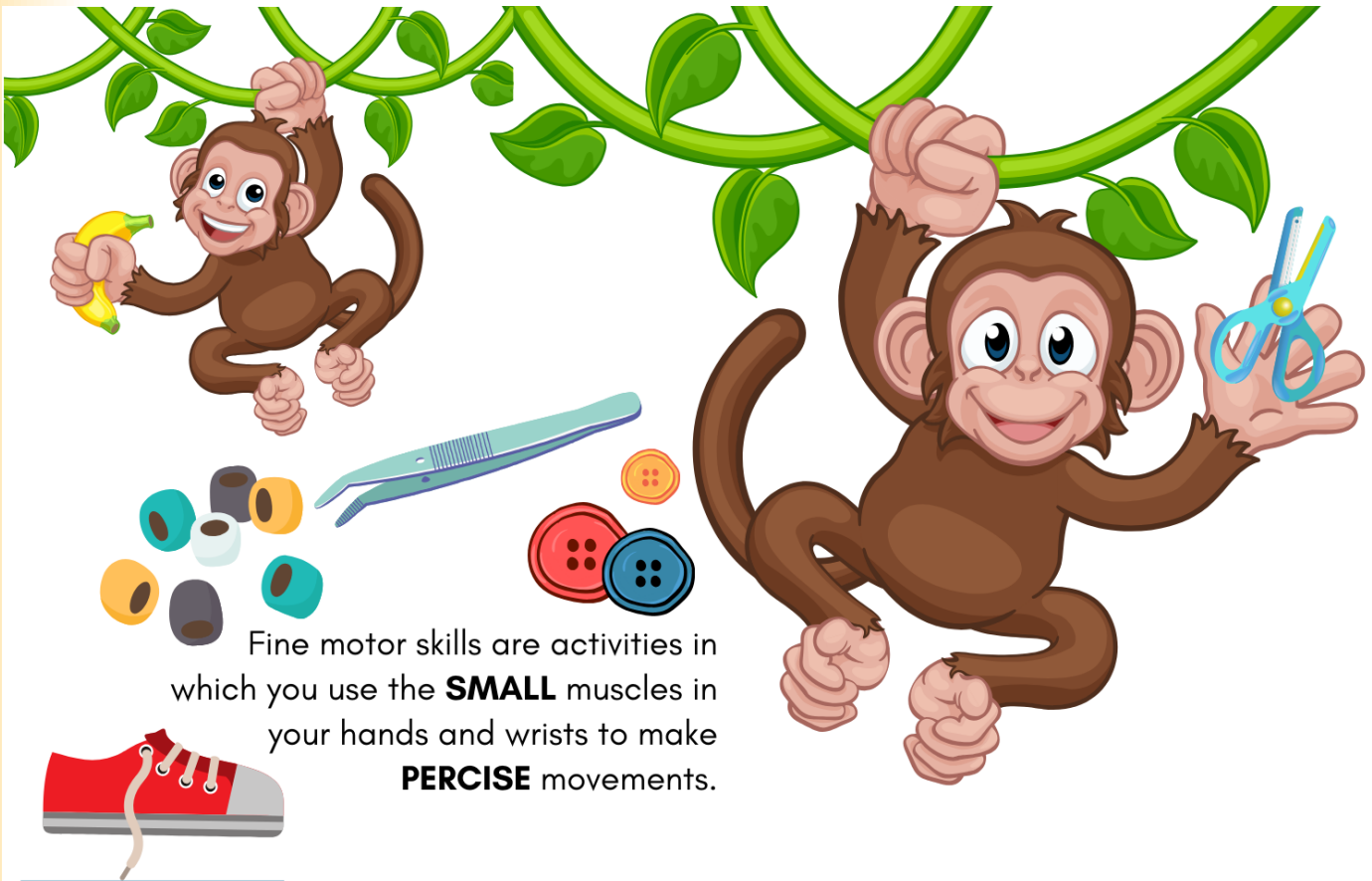
4906 - 48 St
Elk Point AB T0A 1A0
Call: 780-724-3800
Text: 780-614-1941
Web: stpaulfcss.ca



st.paul_fcsc



St. Paul Regional
FCSS & Family
Resource Network



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 February **21**

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 February **28**

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.





Various topics include:

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

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

YOUTH 10+
LFRN Elk Point 4906-48 St

Home Alone Course

Monday February **24**

3:30pm-5:30pm

CALL TO REGISTER
780-724-3800

\$10 REGISTRATION FEE

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.



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



Join us and create with clay. Make a funny animal, a cute rainbow or use your imagination to create your own unique project.

YOUTH 7+

LFRN Elk Point 4906-48 St

Providing positive spaces for peer interactions and connections.

Clay Creations

Monday February 03

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.





AGES 0-6

LFRN Elk Point 4906-48 St

Loose Parts Play

Pipe cleaner animals

Friday
February **07**

10am-12pm

DROP IN

780-724-3800



Express creativity and imagination skills with common everyday items.

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





AGES 0-6

Elk Point Elementary Gym

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

Run, Jump, Skip

Saturday February 22

10am-11:30am

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.





HAPPY
Valentine's
Day

Join us and celebrate
Valentines day.

AGES 0-6
LFRN Elk Point 4906-48 St

Valentine Craft

Friday
February 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.





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

Thursday
February 13

9am - 3:30pm

FOR MORE INFORMATION
CALL 780-724-3800

Must bring their own nut free snacks & lunch.

Please bring appropriate outdoor clothing as we will be going outside.

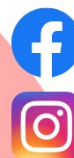
Lakeland

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

LET'S BUILD THE ELECTOR REGISTER!

Register, update, or verify your information for the municipal election: www.voterlink.ab.ca

A resident is eligible to vote if they meet the following criteria:

- ✓ is at least 18 years of age
- ✓ is a Canadian citizen, and
- ✓ resides in Alberta and their place of residence is in the County of St. Paul on election day.

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

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

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

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

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

DIVISION 6, LOUIS DECHAINE
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

Let's Talk Housing!

The County of St. Paul, the Town of St. Paul, the Town of Elk Point, and the Summer Village of Horseshoe Bay have engaged ISL Engineering and Land Services Ltd. (ISL) to better understand the current housing situation in the region to identify current and anticipated needs and create a Regional Housing Strategy. The Strategy will support the development of affordable and diverse housing types to meet the identified needs of residents of all ages and abilities. Residents and interested and affected parties will have a key role in this work.

Community Workshop (Drop-In)

WORKSHOP #1

Wednesday, February 5, 2025
Multi-Purpose Room - Recreation Centre
4802 53 Street
St. Paul, AB | T0A 3A4
4:00 pm to 6:00 pm

WORKSHOP #2

Thursday, February 6, 2025
Elk Point Pioneer Circle
5010 48 Street
Elk Point, AB | T0A 3A2
5:00 pm to 7:00 pm

Provide your feedback and ideas on housing gaps, opportunities, and priorities in the region by attending one of our drop-in Community Workshops or completing the online survey by starting **February 3, 2025 and open until February 21, 2025**. The same information will be shared at both workshops.

Complete the Online Survey

(starting February 3, 2025)



Scan the QR code

Or visit:

<https://www.surveymonkey.ca/r/StPaulRegionalHousing>



For more information about the project visit www.StPaulRegionalHousing.com or contact:

403-254-0544

Info@slengineering.com

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.



February 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 a refresher for those living with diabetes.

Overview

Feb 4	Tue Evening	5:30pm-8pm
Feb 11	Tue Morning	9:30-12pm

Nutrition

Feb 11	Tue Evening	5:30-7pm
Feb 18	Tue Morning	9:30-11am

Ongoing Care

Feb 5	Wed Morning	9:30-12pm
Feb 18	Tue Evening	5:30pm-8pm
Feb 25	Tue Morning	9:30-12pm

Foot Care & Seated Exercise

Feb 20	Thurs Afternoon	1:30-2:30pm
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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

Feb 13	Thurs Morning	9:30-12pm
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Nutrition

Feb 6	Thurs Evening	5:30-7pm
Feb 20	Thurs Morning	9:30-11am

Managing Stress

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

Feb 4 & 11	Tue Mornings	9:30-10:30am
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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

Feb 5, 12, & 19	Wednesday	5:30pm-8pm
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Series 2—Classes 2.1, 2.2, & 2.3

Feb 26, Mar 5, & 12	Wednesday	5:30pm-8pm
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Series 3—Classes 3.1 & 3.2

Mar 6 & 13	Thursday	9:30-12pm
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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.

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

Feb 4 - Mar 13, Tue/Thurs @ 1-2:30pm

Mar 24 - Apr 30, Mon/Wed @ 1-2:30pm

Mar 24 - Apr 30, Mon/Wed @6-7:30pm

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
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Living with Chronic Pain

Feb 6 - Mar 13	Thurs Afternoons	1:30-4pm
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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

Peer Coaching for Healthy Living

You can reach
your best health
with the help of a coach!



- Solve your problems, set action plans, and achieve your goals
- Stay on track
- Make decisions towards healthy habits
- Find programs and services in your community
- Feel supported with social and emotional connection
- 30 minute telephone call - every week - for 3 months
- Talk to trained peers who may have similar experiences
- There is no medical advice
- **Get a coach - It's free!**

To register:
North Zone: 1-877-349-5711
Edmonton Zone: 825-404-7460 (press 3)



Peer Coaching
for Healthy Living

Alberta Healthy Living Program

Education that Supports your Health and Your Life



Better Choices Better Health® Group Support for living with a long-term health condition

- Connect with others living with chronic conditions (Diabetes, Weight, Heart conditions, Anxiety)
- Discuss anger, fear & frustration
- Try strategies to improve your sleep
- Explore healthy eating choices
- Better manage medications
- Solve problems and set goals
- Attend with a friend or family member

**Next 6-week workshop runs:
Thursday afternoons
Feb 6, 13, 20, 27, Mar 6, & 13
1:30 - 4:00 p.m.
Join Online by zoom**

Chronic Pain Group Support Better Choices Better Health®

- Connect with others experiencing long-term pain
- Hear how others manage pain & fatigue
- Discuss anger, fear & loss
- Try strategies to improve your sleep
- Explore how food influences pain
- Better manage medications
- Practice a gentle movement program
- Solve problems and set goals

**Next 6-week workshop runs:
Wednesday evenings
Jan 15, 22, 29, Feb 5, 12, & 19
6:00 - 8:30 p.m.
Join Online by zoom**



Register at:
www.healthylivingprogram.ca
1-877-349-5711

 **Alberta Health
Services**
Alberta Healthy Living
Program

Exercise Program

Experience the health benefits!

Learn to exercise safely while living with a health condition.

Upcoming Sessions:

February 4th - March 13th, 2025

Tuesday and Thursday 10:00-11:30am

Free Zoom Exercise Program

- Tailored to your fitness level
- Led by exercise therapist
- 2 times per week for 6 weeks
- No equipment needed!
- Learn to exercise safely through Zoom in your own home.



Visit www.healthylivingprogram.ca
Or [Click here to connect](#) with our
exercise team

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



For more information call
1-877-349-5711



**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.

FEBRUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>9:30am: Now and Then 11am: Exercise 1pm: Black History Month 3pm: Phantom of the Opera Part 4</p> <p>10</p> <p>9:30am: Ponder This 11am: Exercise 1pm: The Big Picture 3pm: Phantom of the Opera Part 5</p> <p>17</p> <p>Happy Family Day!</p> <p>24</p> <p>9:30am: Trivia 11am: Exercise Q&A 1pm: Next Stop 3pm: Phantom of the Opera Part 6</p>	<p>4</p> <p>11am: Imagination Circle 1pm: Crime and Justice 1pm: Chronic Pain 3pm: Let's Talk About 4:30pm: Don't Quote Me</p> <p>11</p> <p>11am: Mindfulness with Carol 1pm: People- Gladys West 1pm: Chronic Pain 3pm: Readers' Corner</p> <p>18</p> <p>11am: Imagination Circle 1pm: Who Why When 1pm: Chronic Pain 3pm: Nutrition for Health 4:30pm: Wheel of Fortune</p> <p>25</p> <p>11am: Mindfulness 1pm: Coffee Chat 1pm: Chronic Pain 3pm: Art Appreciation</p>	<p>5</p> <p>9:30am: Coffee Chat 11am: Ask Us: Andrea 1pm: Global Events 1pm: Finding Your Joy 3pm: Exercise</p> <p>12</p> <p>9:30am: From John to Justin 11am: Coffee Chat 1pm: Brain Games 1pm: Finding Your Joy 3pm: Exercise</p> <p>19</p> <p>9:30am: All Request Music 11am: Unique Communities 1pm: Let's Talk About 1pm: Finding Your Joy 3pm: Exercise</p> <p>26</p> <p>9:30am: Mystery Chronicles 11am: Would You Rather? 1pm: History Of... 1pm: Finding Your Joy 3pm: Exercise</p>	<p>6</p> <p>9:30am: Gratitude 11am: Black History Month 1pm: Mindful Colouring 3pm: Alberta Craft Council</p> <p>13</p> <p>No morning programs 1pm: Some Good News 3pm: Wonders of the Sky 4:30pm: Dinner Theatre</p> <p>20</p> <p>9:30am: Gratitude 11am: Science Savvy 1pm: For Your Body 3pm: Working Through Grief</p> <p>27</p> <p>9:30am: Gratitude 11am: In the Headlines 1pm: Scams and Frauds 3pm: Worldviews 4:30pm: Broadway Musicals</p>	<p>7</p> <p>9:30am: Bollywood Music Hour 11am: Exercise 1pm: Writing for Fun 3pm: Next Stop</p> <p>14</p> <p>9:30am: Love Songs 11am: Exercise Chair Yoga 1pm: Animal Spotlight 3pm: Person Place or Thing</p> <p>21</p> <p>9:30am: Opera Music Hour 11am: Exercise 1pm: Writing for Fun 3pm: Coffee Chat</p> <p>28</p> <p>9:30am: Samba Music Hour 11am: Exercise 1pm: People- The Van Doos 3pm: BINGO</p>

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



All visits are 100% covered by Alberta Health

1.888.342.4822

AIVCC.ca

**3
EASY
STEPS**



**Alberta Indigenous
Virtual Care Clinic
(AIVCC)**

HOW OUR **VIRTUAL CLINIC WORKS**

1



Call 1-888-342-4822 and a Medical Office Assistant will **register** you and **book** your appointment.

2



Speak to a Doctor by telephone or video using your preferred device.

3



Our office will fax **prescriptions, requisitions** and more where you would like them to go.

**OPEN
7 DAYS
A WEEK**

MONDAY, WEDNESDAY **OPEN LATE**
TUESDAY, THURSDAY, FRIDAY
SATURDAY, SUNDAY AND SOME HOLIDAYS

8:30AM - 8:30PM
8:30AM - 4:30PM
12:30PM - 4:30PM

You Can Have a Meaningful Impact



Eastern Alberta
Regional Victim
Serving Society

Become a Volunteer Advocate

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

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

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

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

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

info@earvss.ca

February 2025 Events

M

T

W

TH

F

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7

CRA: ADULTS 65+
VIRTUAL
12- 1:30 PM

10

11

12

13

♥♥♥♥ 14

AISH
BENEFITS
VIRTUAL
12- 1:30 PM

17

Family Day

18

PREVENT IT!
WORKSHOP
VIRTUAL
10 AM- 1:00 PM

19

20

CRA: PROTECT
FROM SCAMS
VIRTUAL
12- 1:30 PM

21

24

25



26

HATE HURTS!
GRADE 7-12
VIRTUAL
1 - 2:00 PM

27

WORKPLACE
SAFETY &
REPETITIVE
STRAIN INJURY
VIRTUAL
12- 1:30 PM

28



*Register &
Join us!*

or email: ruth.snyder@portagecollege.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.



CHANGING LIVES THROUGH ADULT FOUNDATIONAL LEARNING IN CONNECTED COMMUNITIES



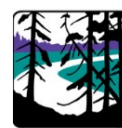
Canadian Adult Education Credential* (CAEC) Prep

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

English, Math, Science & Social Studies



COMMUNITY ADULT
LEARNING PROGRAM



PORTAGE
COLLEGE

**ELK POINT
LIBRARY**

5123 50 AVE

THURSDAY MORNINGS 9:30 - 10:30

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

ENGLISH CONVERSATION

Improve your English speaking skills



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




PORTAGE COLLEGE PUBLIC LEGAL EDUCATION

JOIN OUR TEAM!


We are hiring an Outreach & Community Engagement Facilitator!

What You Will Do:

- Build connections with Indigenous communities and Portage students.
- Coordinate engaging law-related workshops and webinars.
- Collaborate with agencies to provide impactful legal resources.

 Flexible work location
(home office + campus)

 See full job ad at
portagecollege.ca/careers

 This competition will remain open
until a suitable candidate is found.



This Role Offers the chance to make a meaningful impact in Alberta communities. If you are passionate about community engagement and building meaningful connections, we encourage you to apply!

portagecollege.ca/careers



THANKS TO THE GENEROUS SUPPORT OF A LOCAL FAMILY & COMPANY, WE ARE EXCITED TO ANNOUNCE THAT WE HAVE FUNDING AVAILABLE TO HELP STUDENTS ACCESS SUPPORT!

Apply to receive up to \$500 in tutoring support!

ELGIBILITY: ANY SCHOOL AGED CHILD SEEKING EDUCATIONAL SUPPORT. OPEN TO CURRENT AND NEW STUDENTS!

How to apply: submit a letter indicating how this funding support will help your child and family to laura@ruralrootsacademy.com by

February 18, 2025.

Reading Meeting

BOOK CLUB

Join us for reading, discussion,
and activities focused on a book
every month!

February/March Book: *Charlotte's Web*

Tuesdays from 10-12

February 4, 11, and 25

March 4, 11, and 18

Ages 6-9

Registration: \$35. Includes all supplies and
snacks

To register, or for more information

contact Laura:

laura@ruralrootsacademy.com/780-

614-8985



OSL DAYS

OFFERING A FUN AND SAFE OPTION FOR KIDS ON NO SCHOOL DAYS.

AGES 6-10

**FEB
13 & 14**

8:30 AM - 12:30 PM

Join us for crafts and games.
Snacks & supplies included. **\$35 PER DAY**

8:30 AM - 4:30 PM

CRAFTS, GAMES, ACTIVITIES. LUNCH, SNACKS, AND SUPPLIES INCLUDED. **\$50**

FEB 18

**MAR
10**

8:30 AM - 4:30 PM

CRAFTS, GAMES, ACTIVITIES. LUNCH, SNACKS, AND SUPPLIES INCLUDED. **\$50**

FAMILY RATES AVAILABLE. DISCOUNTS AVAILABLE FOR
MULTI - SESSION REGISTRATIONS
TO REGISTER, CONTACT LAURA:

laura@ruralrootsacademy.com/780-614-8985

MORE INFO:

WWW.RURALROOTSACADEMY.COM

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 Northern Alberta Development Bursary Program

The Northern Alberta Development (NAD) Bursary Program provides return of service bursaries to students who agree to live and work within the program boundary in their field of studies after they graduate.

Students need to apply for a bursary for each year they want to be considered. Students can apply for more than one bursary but can only accept one bursary in an academic year.

The Northern Alberta Development Bursary (NADB)

Students entering a program of studies that is one or two years long or students entering the last two years of their program of studies can access up to \$7,000 per year.

Specialty Bursaries

- Medical or Dentistry Student - \$14,000/year.
 - Funding available for up to 4 years of program.
- Nurse Practitioner Student - \$10,500/year.
 - Funding available for up to 3 years of program.
- Pharmacy Student - \$7,000/year.
 - Funding available for up to 4 years of program.
- Veterinary Student - \$7,000/year.
 - Funding available for up to 4 years of program.



Application Dates: January 2 – April 30.

The First Nations, Métis and Inuit (FNMI) Bursary

Students in a certificate or diploma program can access up to \$7,000 per year for their studies. Students in a bachelor's, master's or PhD program can access up to \$11,500 per year for any year of their studies.

Application Dates: First intake February 1 to June 1.
Second intake from June 5 to November 15.

Bursary Partnership Program (BPP) Bursary

Students are sponsored by a business, organization, or municipality. The NAD program does not find a sponsor for students.

- The NAD program will match the sponsor's bursary amount up to \$3,500.00 per student per year.
- Higher matching funds are available for:
 - Medical or Dentistry students can access up to \$28,000/year.
 - Nurse Practitioner can access up to \$21,000/year.
 - Pharmacy or Veterinary students can access up to \$14,000/year.

Deadline for sponsors to provide NAD with required documents is November 30.

For more details visit: [Northern Alberta Development Bursary Program | Alberta.ca](#)





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

Clay Birdhouse



Hand-Building Class

with Rosanne & Brock
for Ages 18+

Sunday, February 23 &
Saturday, March 8, 2025

Times: 12:30 pm - 4:30 pm

Cost: \$155

Learn to make your very own hand-built birdhouse! **SUN FEB 23:** You will learn to smooth, emboss, cut and join clay pieces to create your house. **SAT MAR 8:** Return for Part 2 to glaze. We will carefully dry, bisque & glaze fire your house to completion. Cost includes all materials, project care and firings. The Centre accepts various forms of payment including e-transfers to spvac@telus.net cash, cheque or credit card **once you've registered with Rosanne**. Please include the **class date and name** in the e-transfer note.

Please text or call instructor **Rosanne** between the hours of 10 a.m. & 6 p.m. to register by **February 19** at 1-250-702-0794

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)



WATERCOLOUR CLASS



“Sun, Snow & Sledding”

with **Janine Huber**

for Adults & Teens 16+

Saturday, February 15, 2025

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

In this watercolour class you will learn different techniques to create this 11” X 14” watercolour painting. Drawing templates will be available. Some experience with watercolour techniques would be helpful, but the painting can be modified to accommodate beginners. You will be walked through it step by step! All materials are supplied including a 16x20 mat. The Centre accepts various forms of payment including e-transfers to spvac@telus.net cash, cheque or credit card *once you have registered with Janine.

Register by contacting Janine at:

780-614-4833 (cell) or **780-726-2444** (landline)

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

RURAL EMPLOYERS' AWARENESS ON DIVERSITY AND INCLUSION (READI) TRAINING

The Rural Development Network invites you to participate in a free training program to support your business sustainability through successful hiring, onboarding & retention practices of newcomer employees.



BENEFITS FOR EMPLOYERS

- ✓ Address ongoing labour shortages
- ✓ Increased understanding of how to meet the needs of immigrant employees
- ✓ Access to a toolkit of important resources and information
- ✓ Improved hiring practices
- ✓ Customized training tailored to your workplace needs

REQUIREMENTS:

We invite employers across AB to participate in this free workplace training - virtually or in-person.



REGISTER NOW



For more information, email:
Soheila Homayed, Program Manager
soheilah@ruraldevelopment.ca

EMPLOYMENT SKILLS WORKSHOPS



February 2025 Calendar	
February 5, 2025	Marketing Yourself
February 12, 2025	Interview Skills
February 19, 2025	Interview Questions
February 26, 2025	Employer Expectations

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.





Lakeland
EMPLOYMENT SERVICES

IN-PERSON WORKSHOPS

FEBRUARY WORKSHOP SCHEDULE

February 5, 2025	Resume Development
February 12, 2025	Communication Skills
February 19, 2025	Skills & Interests
February 26, 2025	Interview Skills

WEDNESDAY AFTERNOONS – 1:30 PM

4701 50Ave 2nd
floor, Northstar
Complex
St. Paul
780-646-6729

For more information or to register,
please call the Centre or email
ehilligas@employabilities.ab.ca

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

Canada  Alberta 



Skier Sign-in

Signing in is important for your safety, insurance and statistics.

Access the sign-in:

<https://forms.gle/2AbpZStdBi4TutB4A>

Scan the QR code with the camera feature on your phone. Click the banner web page that appears on the screen.



Ski at your own risk.
If you are skiing alone please let someone know.
Thank you and enjoy the trails.

winter 2025 COMMUNITY GUIDE



*Scan
& Access*

Download Our App & Connect

Google Play



App Store



Coming Feb. 2025!



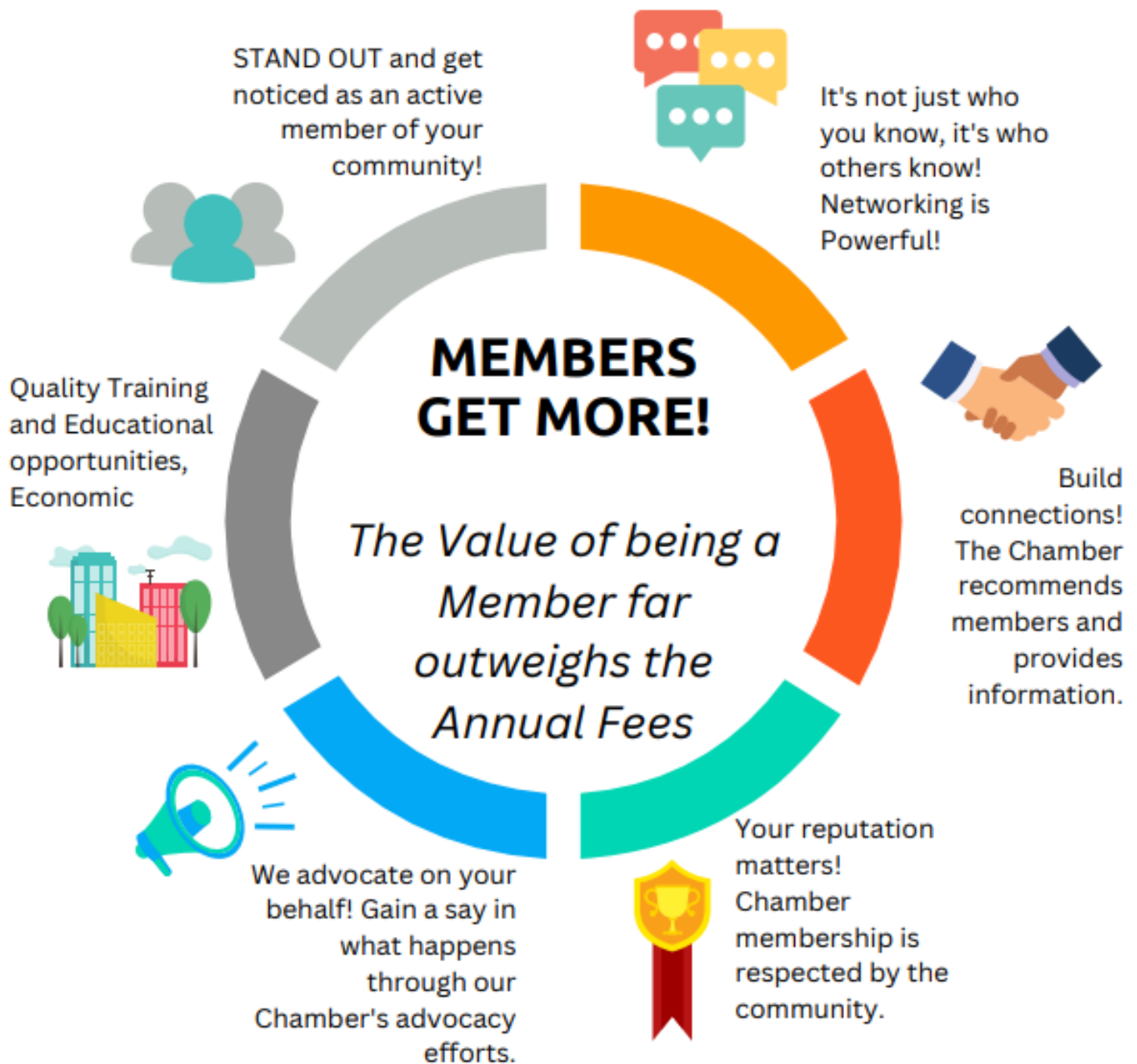
**1st & 3rd Saturday every month
10am - 4pm
St.Paul Senior Citizen's Club**

All vendor types welcome!

For information or to register:

StPaulWeekendMarket@gmail.com

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



**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)

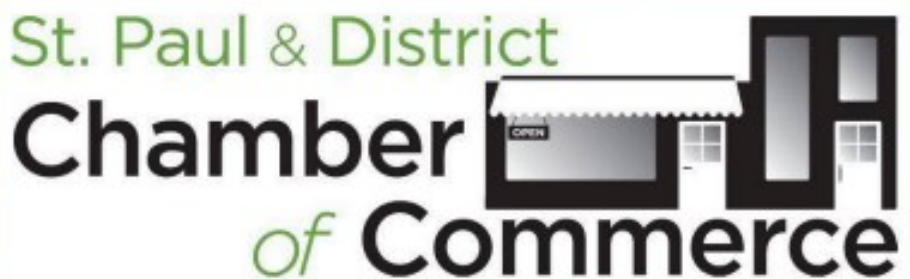
CAREER CONNECTIONS

February 20 2025
11:00am - 6:00pm

REGIONAL JOB FAIR - ST. PAUL REC CENTRE
HELPING BUSINESSES & JOB SEEKERS CONNECT



Employers Register
Here



Business Support Network Meeting



Thursday, March 13, 2025

11:30am – 1:30pm

****Canalta Meeting Room****

Lunch Provided by: TBD

Guest Speaker: Utility Consumer Advocate

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)

Apprendre par le jeu



Ou / Where?

Centre Communautaire - l'ACFA

4617 50 Avenue

Quand / When?

Le 16 janvier - 9h30 à 11h30

Le 20 février - 9h30 à 11h30

Le 20 mars - 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.



ACFA
Régionale de Saint-Paul



Aventures dans les livres d'histoires

Storybook Adventures

Ce programme permet aux enfants et aux adultes qui les accueillent d'explorer ensemble la magie de la lecture, en favorisant l'apprentissage de la littérature chez les jeunes enfants et en leur donnant le goût de la lecture pour la vie.

A program where children and caregivers explore the magic of story time together, fostering early literacy skills and a lifelong love of reading.



GROUPE DE JEUX



ÉCOLE DU SOMMET
4609 40 STREET
9H30 À 11H30

LE 12 FÉVRIER / FEBRUARY



BRICOLAGE POUR LA SAINT-VALENTIN - INVITÉE SPÉCIALE: JESSICA DAVIS
VALENTINS DAY CRAFT - SPECIAL GUEST: JESSICA DAVIS

LE 19 FÉVRIER / FEBRUARY



LE 26 FÉVRIER / FEBRUARY
DÉCOUVRIR LE CENTRE DE RESSOURCE
DISCOVERING THE RESOURCE CENTER





ACFA
Régionale de Saint-Paul

saint-paul@acfa.ab.ca
780-645-4800
4617-50 Ave

Canada 



Mini tente de lecture
Reading Tent
11 février 2025
10 - 12pm



13 fév 2025
agora

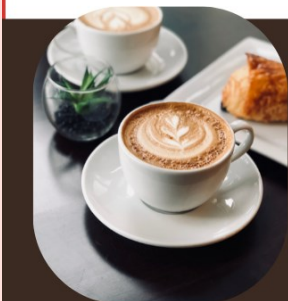
5 à 7
St Valentin

APJ (Apprendre par le jeu)
GYM
20 février 2025
9h30 - 11h30



22 - 23
fév
2025

CASINO



Café Causerie

25 février 10h- 11h
agora ACFA



Alberta
Foundation
for the **Arts**



Conseil scolaire
Centre-Est

Canada  3



KAIROS BLANKET EXERCISE



KEVIN JOHN

KEVIN, IS A PLAINS CREE TREATY MEMBER OF ONION LAKE, SASKATCHEWAN, AND CO-FOUNDER OF ASOKANIHKEWAK-THEYBUILDBRIDGES, ALONG SIDE HIS SISTER, DEBBIE SEMENIUK. THEYBUILDBRIDGES IS A TRUTH AND RECONCILIATION GROUP COMMITTED TO GUIDING INDIVIDUALS OF ALL AGES TOWARD A HEALTHY UNDERSTANDING IN THE IMPORTANCE OF RECONCILIATION.

FEBRUARY 1, 2025
11:30 AM - 4:00 PM
ELK POINT SENIORS HALL

EXPLORE THE NATION-TO-NATION RELATIONSHIP BETWEEN INDIGENOUS AND NON-INDIGENOUS PEOPLES WITHIN CANADA. UNDERSTAND HOW THIS RELATIONSHIP HAS BEEN DAMAGED OVER THE YEARS AND HOW WE CAN WORK TOWARD RECONCILIATION TOGETHER.

SPEND AN AFTERNOON WITH KEVIN JOHN AND THE NEW DAWN WOMENS SOCIETY IN AN IMMERSIVE EXPERIENCE WITH THE BLANKET EXERCISE AND LEAVE WITH NEW LEARNINGS.

LUNCH WILL BE PROVIDED

REGISTER ONLINE FOR MORE INFORMATION

[HTTPS://FORMS.GLE/VQID7YJQSPDA2WUFA](https://forms.gle/VQID7YJQSPDA2WUFA)

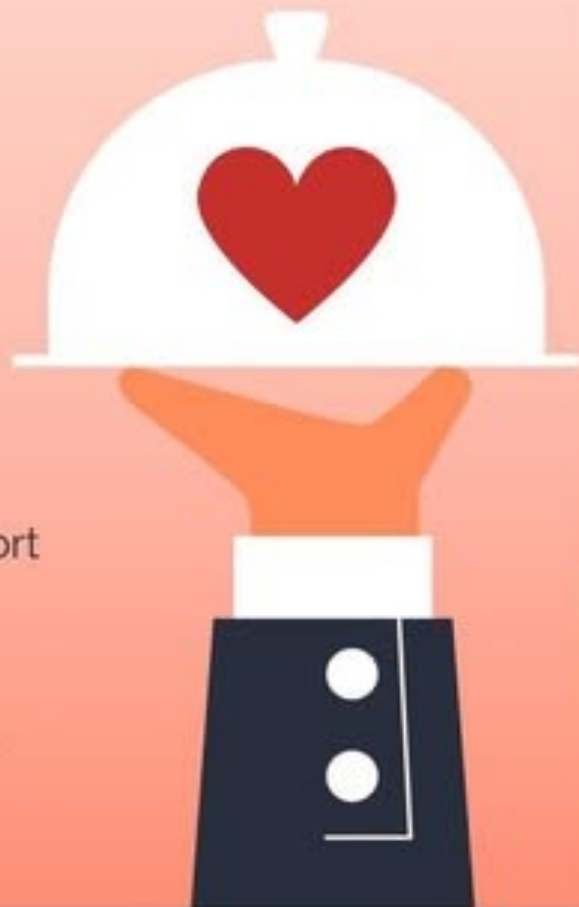
EMAIL GINA LEVASSEUR
NEWDOWNREGION2@GMAIL.COM




St. Paul Affordable Community Housing Society

‘Love Finds a Home’ Valentine's Day Dinner & Show

\$50
per person



Comedy by Ryan the Short

Four Course Dinner by
Comfort Kitchen

Doors open 5:30
Dinner at 6:30
Show to follow



February 14, 2025
St. Paul Rec. Centre
Silent Auction
Safe Ride Home Available

More info and tickets:

780-645-0975 (Ray)

780-227-0025 (Guy)

spachsociety.ca

WILD WEST SKIJORING



February 15, 2025
AG Corral
St. Paul, AB

BEER
GARDEN
&
CONCESSION
ON SITE

PLEASE NOTE: EVENT WILL BE POSTPONED IF WINDCHILL FACTOR IS BELOW -20

Everyone Welcome!

St. Lina Ag Society Family Dance

200, 10326 Twp Rd 614

Saturday, February 15, 2025



Music by
Silhouette DJ
Service

Doors Open @ 5:00 p.m.

Supper @ 6:00 p.m.

Entry Fee: **By Donation**

Raffle Prize Table

(to donate a raffle prize contact Mike Vallee, Denis Jodoin or Dave Dechaine)

Proceeds donated to: **Ronald McDonald
House**

ENGLISH CONVERSATION CIRCLE

 **THURSDAYS**
DROP-IN

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

 **VENUE**
ST PAUL
LIBRARY

FREE, DROP-IN
NO NEED TO
REGISTER

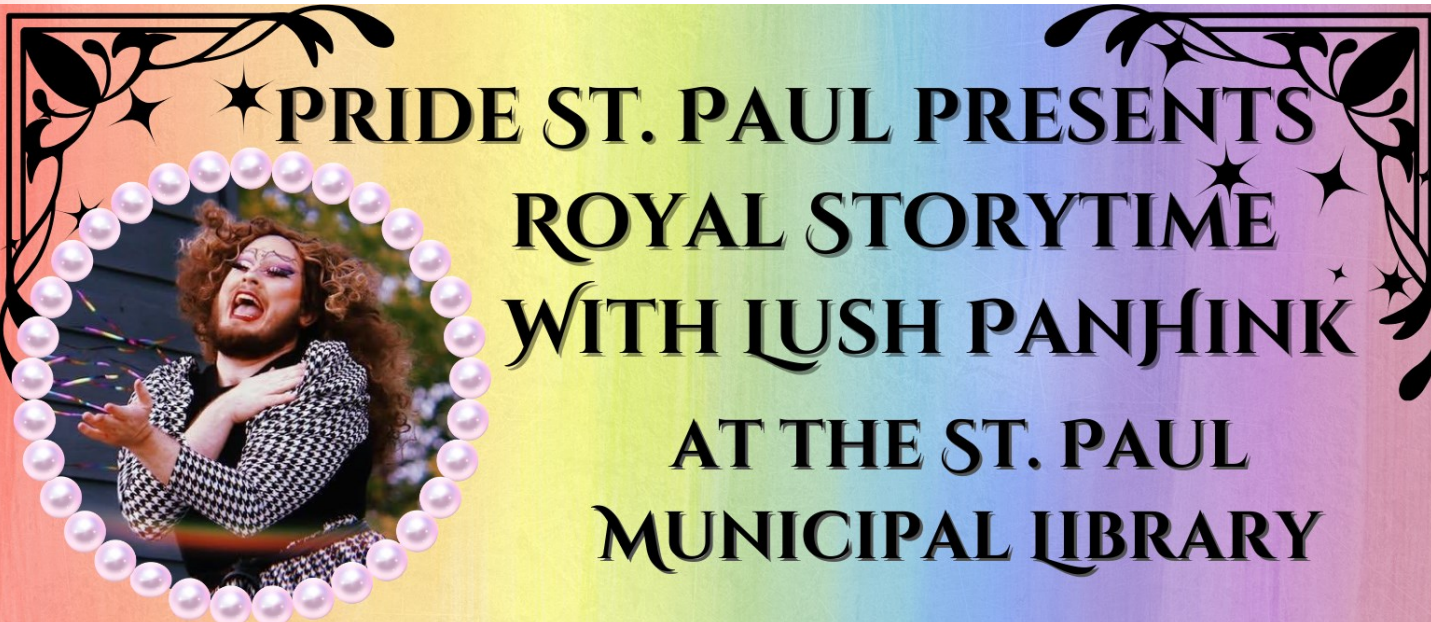
ALL LEVELS WELCOME
STARTING SEP 19th, 2024

For more information, contact us
SPMultiCC@gmail.com



Presented by:





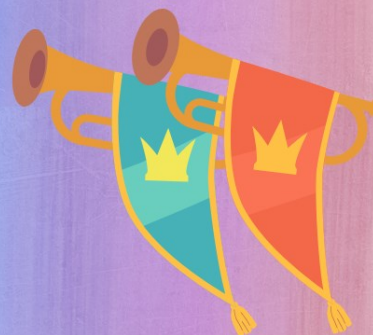
**PRIDE ST. PAUL PRESENTS
ROYAL STORYTIME
WITH LUSH PANHINK**

**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**



Take and Make

DIY KITS TO GO



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



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

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



ADULT BOARDGAME NIGHT

18+

FIRST AND THIRD FRIDAY OF
THE MONTH AT 6PM
LIBRARY AFTER DARK

TO REGISTER VISIT THE PROGRAMS TAB ON OUR
WEBSITE WWW.STPAULLIBRARY.AB.CA OR EMAIL
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 the St. Paul Municipal Library



**COME GRAB A COFFEE
AND CHAT WITH**

Labour Force Link

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


- **Supporting small and medium-sized businesses, as well as non-profits, in recruiting, hiring, training, and retaining employees**
- **Offering free services to help navigate today's competitive marketplace**
- **Visit www.labourforcelink.ca for more information**

**FEBRUARY 5TH
2PM TO 4PM**



St Paul Municipal Library

4802 - 53rd Street St Paul Alberta

 780-645-4904

 www.stpaullibrary.ab.ca

LAST WEDNESDAY OF THE MONTH BOOK CLUB

6:30pm at the St Paul Library

Want to join, or need more information?
E-mail Programs@stpaullibrary.ab.ca



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





**LAKELAND
REGIONAL
SCIENCE FAIR**

**INFORMATION SESSION AT THE ST. PAUL
MUNICIPAL LIBRARY
WEDNESDAY FEBRUARY 5TH 5:30 TO 7:30**

Drop in to find out more about the
Lakeland Regional Science Fair.

- How to register
- Project Ideas
- How to help
- More



Presentation starts at 5:40pm

Q&A and Idea sharing
after presentation



**FOR MORE INFORMATION ON THE LAKE LAND REGIONAL
SCIENCE FAIR CHECK OUT OUR WEBSITE:**

<https://spdss.ca/lrsf-2025/>





ACCESSIBLE ACTIVITY

A PROGRAM FOR ADULTS WITH
DISABILITIES

Thursday February 6th at 1 pm
in the St. Paul Municipal Library

Join us in making a
fun bendable doll
that you can take
home and keep as a
friend.



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

Family Story-time

At the Library

Fridays at 10:30am

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

*Registration required for kids participating in the craft.

This months Theme:
Emotions!

February 7th

February 14th

February 21th

February 28th



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


St. Paul Municipal Library's
Crafting Evening
"String Hearts"

Tuesday February 11th
6:30pm to 7:30pm

Ages 13 +
Registration
Required



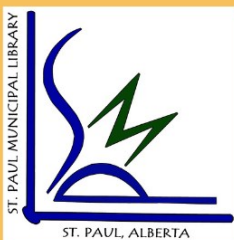
To register go to our website's registration page at
www.stpaullibrary.ab.ca or contact us by email at
programs@stpaullibrary.ab.ca



HOMESCHOOL PAINT CLASS AT THE ST. PAUL MUNICIPAL LIBRARY



**TUESDAY FEBRUARY 11TH 1PM
LIMITED SPACE. REGISTRATION REQUIRED**



**TO REGISTER GO TO OUR WEBSITE'S REGISTRATION
PAGE AT WWW.STPAULLIBRARY.AB.CA/EVENTS
OR CONTACT US BY EMAIL AT
PROGRAMS@STPAULLIBRARY.AB.CA
FOR MORE INFORMATION**

ST. PAUL LIBRARY'S

READING CAFE

*homeschool indicative, everyone is welcome

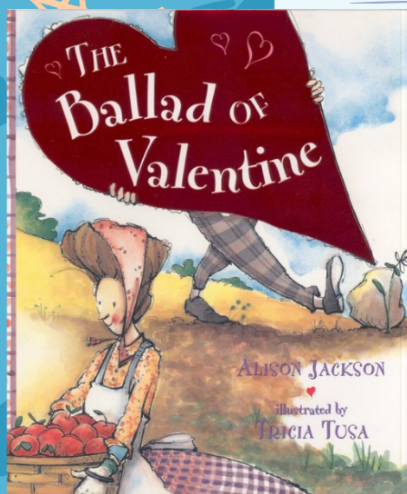
AGES 6 TO 12
REGISTRATION REQUIRED

February 14th

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



St. Paul's District Arts Foundation

2024/25 Season

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

Private Guitar Ages 7 and up - Tuesdays and Wednesdays

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

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

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

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

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

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

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

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

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

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