



INSIDE THIS ISSUE:

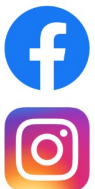
March 2025 NEWSLETTER Interagency

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, Apr 14th in Elk Point
780-724-3800
4906-48 St, Elk Point



Prevention & Awareness

- P1...Inside this issue—Table of contents
- P2...Tax Time—2025 Volunteer Income Tax Program
- P3...CRA My Account—Drop In Clinic
- P4...Babysitting Course
- P5...Behind the Mask—Women's Edition
- P6...Behind the Mask—Men's Edition
- P7...Interagency Connection
- P8...You've Been Flocked—Winter Edition
- P9...Snow Angels—The Neighbourly thing to do
- P10...Friendly Welcome—Come Connect
- P11...Hello New Baby—Baby Wise Bundle
- P12...Support for Caregivers—Caregivers Support Package
- P13...Action for Happiness Calendar
- P14...LFRN St Paul Calendar
- P15-32...St Paul March Events
- P33...LFRN Elk Point Calendar
- P34-45...Elk Point March Events
- P46-51...Teen Connect & SPYC March Events
- P52...Tot Time in Mallaig

Stay Informed

- P53...St Paul—County Communicator
- P54...Coffee with a Cop
- P55...RCMP Online Crime Reporting

Health & Wellness

- P56...PCN—Alzheimer Society Support Groups
- P57-58...AHS—Prenatal Education Classes
- P59...AHS—Living with Stroke Support Group
- P60-62...AHS—Alberta Healthy Living Program Workshops
- P63...AHS—Peer Coaching for Healthy Living
- P64...AHS—Alberta Healthy Living Program Chronic Pain
- P65...AHS—Exercise Program
- P66...Recovery Alberta—Caregiver Education Team Newsletter
- P67-68...Seniors Without Walls Information and Calendar
- P69...Alberta Indigenous Virtual Care Clinic
- P70-71...Alberta Brain Injury Network—Survivors Support Groups
- P72-73...Foundations Counselling—Birth & Reproductive Trauma Workshop
- P74...Horses for Healing—Equine Retreat—Save the Date

For Your Development

- P75...Eastern Alberta Regional Victim Serving Society
- P76...Portage College Events Calendar
- P77-78...Portage College Community Adult Learning Program
- P79...Portage College Canadian Adult Education Credential Prep
- P80...Portage College—Elk Point Library—English Conversation
- P81-82...Rural Roots Academy
- P83...Labour Force Link
- P84...Northern Alberta Development Bursary Program
- P85...The Garage—Elk Point
- P86-89...St.Paul Visual Arts Center
- P90...St Paul & District Chamber of Commerce—Cultural Awareness Training
- P91...Rural Development Network Training
- P92-93...Lakeland Employment Services—Employment Skills Workshops
- P94...Lakeland Cross Country Ski Club—Skier Sign In
- P95...Royal Canadian Legion— Let's fill those seats—Will & Estate Educational Seminar
- P96...Agknow—Women and Intergenerational Transfer of Family Farms Webinar

Ways to Connect

- P97... Town of St Paul Winter 2025 Community Guide
- P98... Town of St Paul App
- P99...St Paul Senior Citizens Club—St Paul Weekend Market
- P100-102...St Paul & District Chamber of Commerce
- P103...St Paul District Hospital Foundation Gala
- P104...St Paul Fish and Game Supper & Live Silent Auction
- P105-110...ACFA Regionale de Saint-Paul
- P111...Community Futures—Lemonade Day
- P112...Elk Point—Photo Calendar Contest
- P113...St Jean de Brebeuf Catholic Church—Shrove Tuesday
- P114-129...St Paul Municipal Library Events
- P130...St Paul & District Arts Foundation

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.

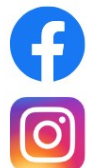
Mar 3 - April 30

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



Building a stronger community.



CRA

My Account

 Government of Canada  Gouvernement du Canada

MY ACCOUNT Clinic

Let us help you get connected to a Canada Revenue Agency (CRA) MY ACCOUNT. A secure online space you can view and manage your own personal income tax and benefit information. NO appointment needed and NO fee associated.

Benefits of a MY ACCOUNT include:

- Track your tax returns and notices.
- View and update personal information.
- Access and download tax documents.
- Direct deposit setup and updates.
- View tax benefits.
- And MORE!

What do you NEED to bring?
Valid Government Issued Photo ID
and your Social Insurance Card



Tuesday

March 11, 2025

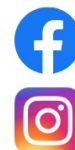
11AM-3PM

DROP IN

Call 780-645-5311

@ FCSS 5002 51 Ave St Paul

For more info, scan the QR code or visit canada.ca and search "about my account"





Babysitting COURSE

improving time management,
boosting creativity, increasing patience
and building confidence.

\$50

per student, includes
course book & light snack.
Please send a nut free lunch.

Course topics include; babysitter
responsibilities, how to take care
of a baby, feeding techniques,
common emergency situations,
first aid & more.

*Participants must be
12 years of age

Cash or cheque only
made payable to:
St. Paul Regional FCSS

Thursday March 27, 2025

9AM-3:30PM

@ FCSS
5002-51 Avenue, St Paul

REGISTER

Call 780-645-5311



St. John Ambulance



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.

Every 2nd Tuesday of the month we will engage in different topics or activities that help you navigate your journey.

Tuesday
March 11
7:30PM

@ FCSS 5002-51 Ave

**MARCH 11TH
RADICAL COMPASSION**

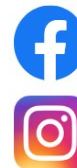
Discuss how the RAIN process by Tara Brach benefits our health.


**COMING UP ON APRIL 8TH
DISCUSSION ABOUT LOSS**

Come share about our grief, separation, and divorce.

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.

Every 3rd Tuesday of the month we will engage in different topics or activities that help you navigate your journey.

Tuesday
March 18
7:30PM

@ FCSS 5002-51 Ave
MARCH 18TH

NAVIGATE LIFE WITH SCOTT TATUM

Discuss how this outdoor enthusiast hiked his way to more peace and happiness.

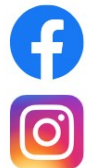
COMING UP ON APRIL 15TH
DISCUSSION ABOUT LOSS

Come share about our grief, separation, and divorce.

FOR MORE INFORMATION

Call 780-645-5311

Find our group
on facebook,
scan the QR.





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

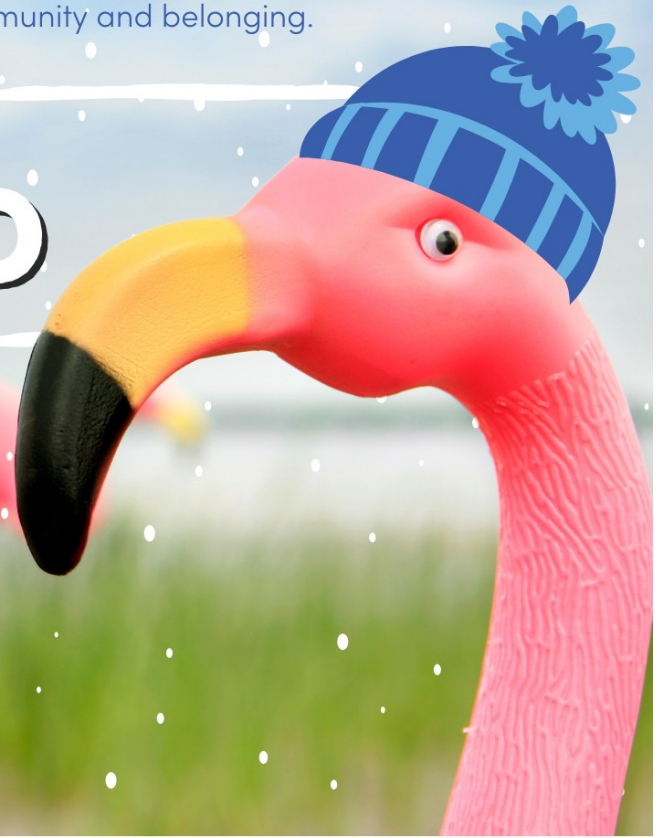
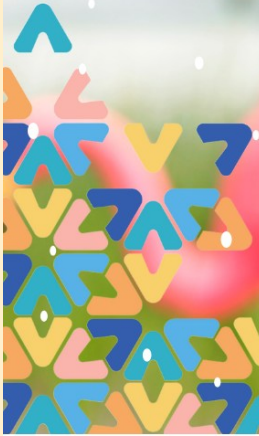
10AM - 11AM

Call 780-645-5311 for more info.



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





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





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



Mindful March 2025



SATURDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture and smell of your food

15 Stop. Breathe. Notice. Repeat regularly

22 Notice something that is going well, even if today feels difficult

29 Choose a different route today and see what you notice

SUNDAY

2 Notice three things you find beautiful in the outside world

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune into your feelings, without judging or trying to change them

30 Mentally scan your body and notice what it is feeling

MONDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot three things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Discover the joy in the simple things of life

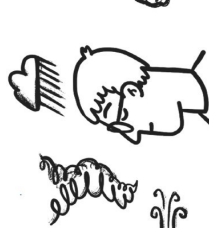
TUESDAY

4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 Have a 'no plans' day and notice how that feels

25 Focus your attention on the good things you take for granted



WEDNESDAY

5 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Choose to spend less time looking at screens today



THURSDAY

6 If you find yourself rushing, make an effort to slow down

13 Pause to watch the sky or clouds for a few minutes today

20 Focus on what makes you and others happy today

27 Appreciate nature around you, wherever you are



FRIDAY

7 Take three calm breaths at regular intervals during your day

14 Find ways to enjoy any chores or tasks that you do

21 Listen to a piece of music without doing anything else

28 Notice when you're tired and take a break as soon as possible



ACTION FOR HAPPINESS



Happier · Kinder · Together

2025

St Paul LOCATION

March

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
03 Read & Roll 10am-11am @ the Library ages 3yrs-4yrs REGISTER	04 Mallaig Tot Time 9:30am-11:30am DROP IN Run, Jump, Skip 10am-12pm DROP IN	05 Ashmont After School 3:30pm-5:30pm REGISTER Emotion Coaching ONLINE <small>*SEE POSTER FOR DETAILS</small> 6:45pm-7:45pm REGISTER	06 Rhymes That Bind 10am-12pm DROP IN	07 PD Day Youth Program for Ecole du Sommet 9am-3:30pm REGISTER Saturday 08 is Dad-urday <small>SEE POSTER FOR DETAILS</small> 10am-12pm 
10 PD Day Youth Program 9am-3:30pm REGISTER	11 Mallaig Tot Time 9:30am-11:30am DROP IN	12 Ashmont After School 3:30pm-5:30pm REGISTER	13 lcky, Sticky, Messy 10am-12pm DROP IN	14 Kids Have Stress Too 10am-11am REGISTER
17 Read & Roll 10am-11am @ the Library ages 3yrs-4yrs REGISTER	18 Mallaig Tot Time 9:30am-11:30am DROP IN Traditional Teachings 10am-11:30am REGISTER	19 Ashmont After School 3:30pm-5:30pm REGISTER Dungeons & Dragons ages 12yrs-18yrs 6pm-8pm REGISTER	20 Making Music 10am-12pm DROP IN	21 ASQ Screening 10am-12pm REGISTER
24 Read & Roll 10am-11am @ the Library ages 3yrs-4yrs REGISTER	25 Mallaig Tot Time 9:30am-11:30am DROP IN	26 Youth Board Games 10am-12pm DROP IN Story & Craft 2pm-3:30pm DROP IN	27 Babysitters Course 9am-3:30pm ages 12yrs+ REGISTER Run, Jump, Skip 6pm-7:30pm DROP IN	28 Youth Spring Art 2pm-4pm DROP IN
31 Read & Roll 10am-11am @ the Library ages 3yrs-4yrs REGISTER				

Lakeland
 FAMILY RESOURCE NETWORK

5002 - 51 Ave
St Paul AB T0A 3A0
 Call: 780-645-5311
 Text: 780-614-1941
 Web: stpaulfcss.ca



st.paul_fcsc



St. Paul Regional
 FCSS & Family
 Resource Network

!!!
POP-UP
PROGRAM



Loose Parts Play

Monday 03
March

10am-12pm

DROP IN

780-645-5311



AGES 0-6

LFRN St Paul 5002-51 Ave

Express creativity and imagination skills with common everyday items.

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





AGES 0-6

ACFA Gym 4617-50 Ave

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

Run, Jump, Skip

Tuesday
March 04

10am-12pm

DROP IN

780-645-5311



Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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



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.





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

AGES 0-6

LFRN St Paul 5002-51 Ave

Rhymes that Bind

Thursday **06**
March

10am-12pm

DROP IN

780-645-5311



Helping promote healthy family relationships.

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.

MUST HAVE A MINIMUM OF 5 CHILDREN TO RUN

KINDERGARTEN-GRADE 6

LFRN St Paul 5002-51 Ave

Ecole du Sommet PD Day Youth Program

**Friday 07
March**

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**

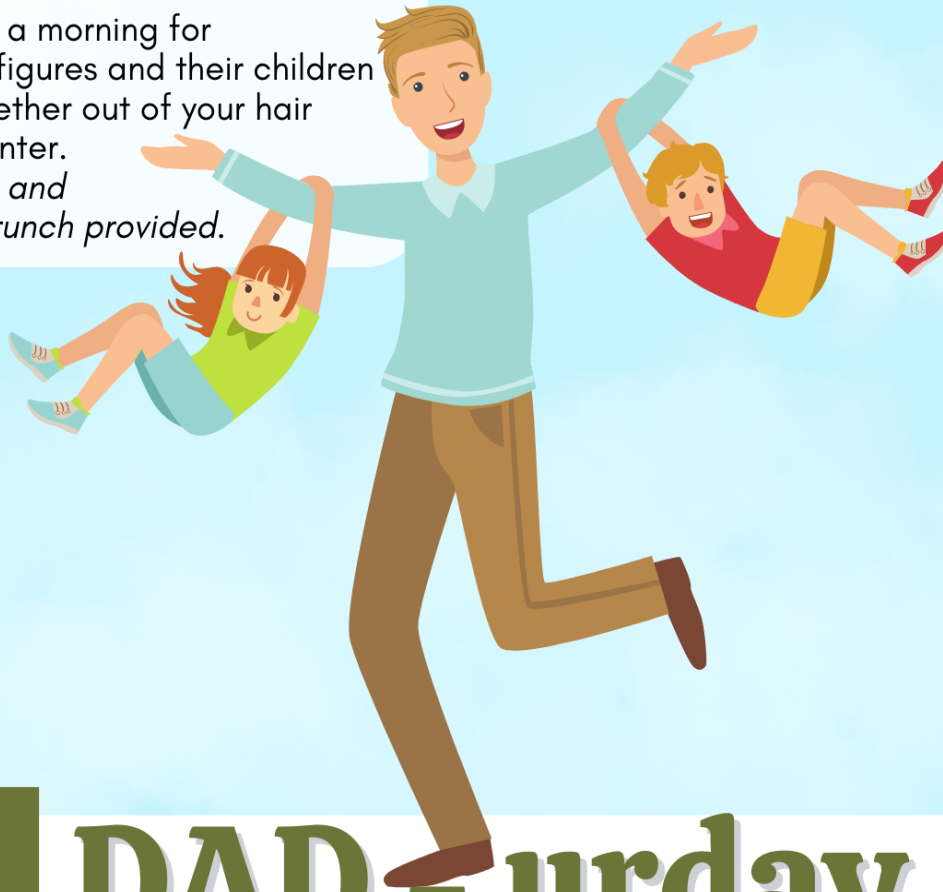
Providing services and support for ages 0-18yrs, parents and caregivers.



Need a couple of hours to yourself?

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

Fun activities and a pancake brunch provided.



DAD - urday

Saturday **08**
March

10am - 12pm

DROP IN

780-645-5311



AGES 0-10YRS

LFRN St Paul 5002-51 Ave

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





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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

Monday 10
March

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.





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 **13**
March

10am-12pm

DROP IN

780-645-5311



Encouraging sensory development and helping build social-emotional skills.

Lakeland

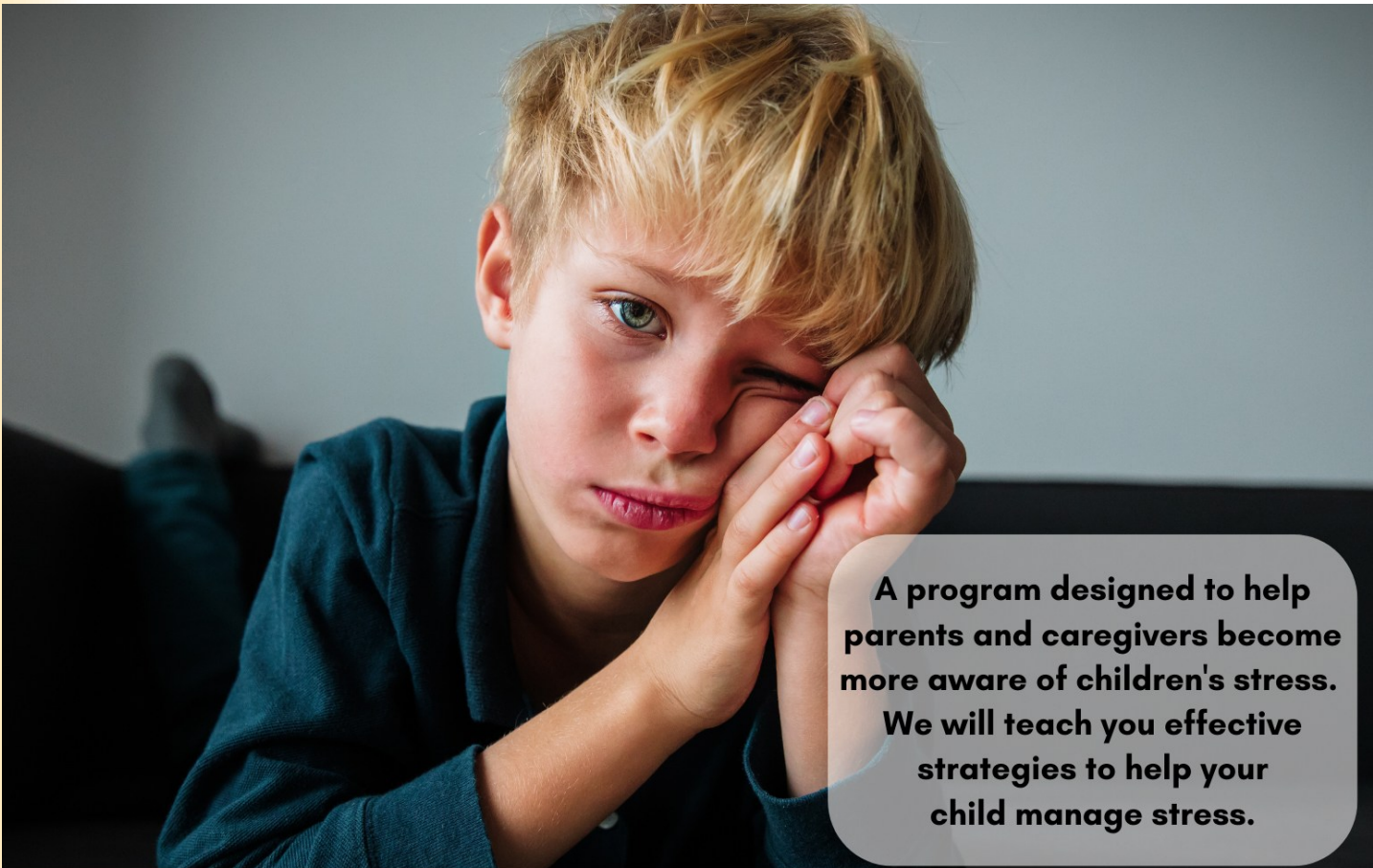
FAMILY RESOURCE NETWORK

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.





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

CAREGIVERS

LFRN St Paul 5002-51 Ave

Kids Have Stress Too

Friday
March 14

10am-11am

CALL TO REGISTER

780-645-5311

FREE



Lakeland

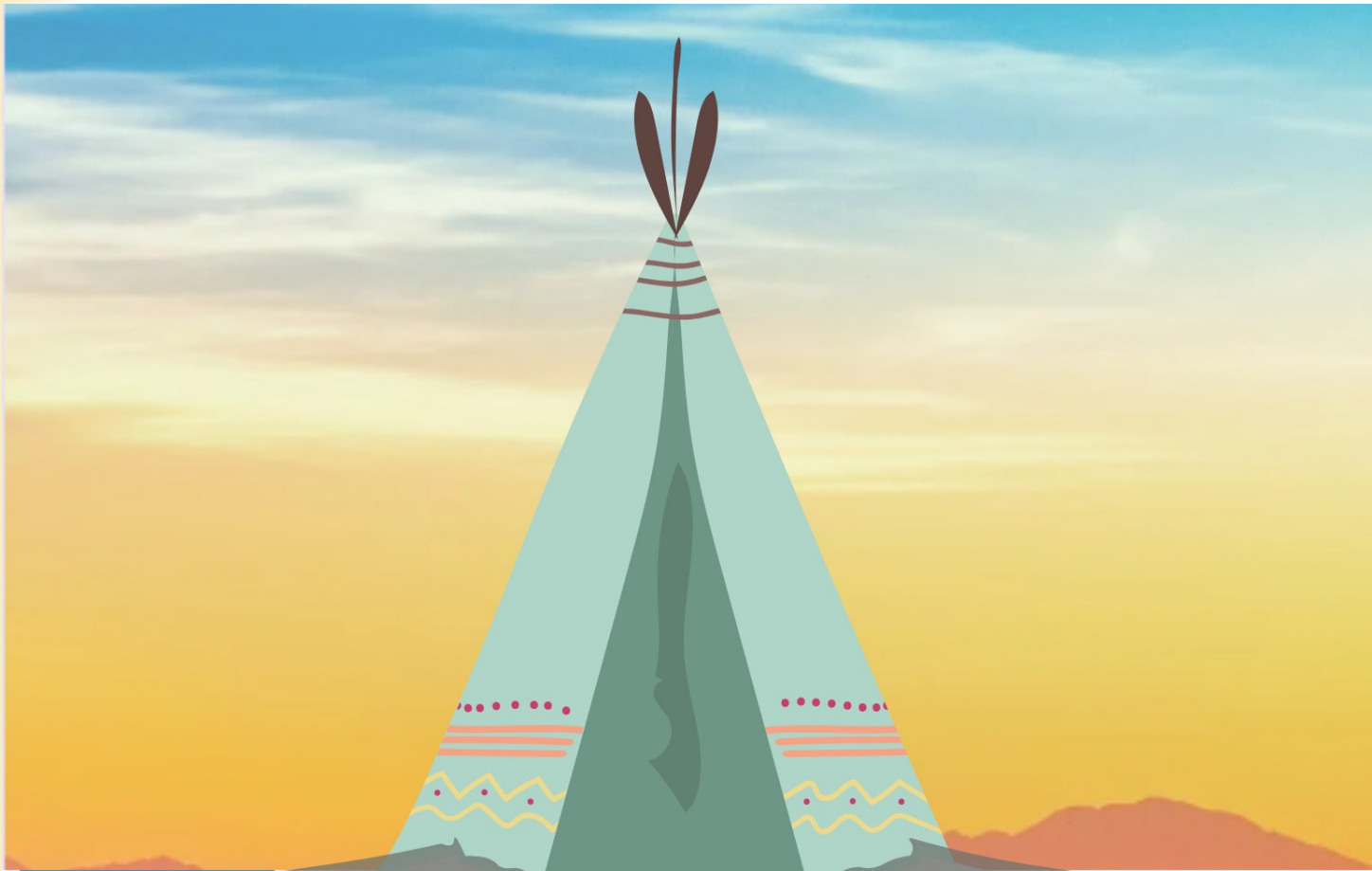
FAMILY RESOURCE NETWORK

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.





AGES 0-6

LFRN St Paul 5002-51 Ave

Traditional Teaching

with Jan Tailfeathers

Tuesday
March **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.



**Dungeon Master
in attendance**
Snacks Provided

YOUTH 12-18

LFRN St Paul 5002-51 Ave

Dungeons & Dragons

Wednesday
March 19

6pm-8pm

CALL TO REGISTER

780-645-5311

FREE

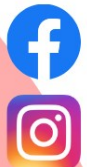
Lakeland

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.



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

AGES 0-6

LFRN St Paul 5002-51 Ave

Making Music

Thursday
March **20**

10am-12pm

DROP IN

780-645-5311



Singing and making music supports speech & language development, encourages socialization and builds self-esteem.

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





Is your child meeting the developmental milestones?

Make an appointment to fill out the Ages & Stages Questionnaire, receive information, referrals & access other programs we offer.

CAREGIVERS

LFRN St Paul 5002-51 Ave

ASQ Screening

Friday
March **21**

10am-12pm

CALL TO REGISTER

780-645-5311

FREE

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

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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

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





YOUTH 7+

LFRN St Paul 5002-51 Ave

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

Youth Board Games

Wednesday **26**
March
10am-12pm

DROP IN
780-645-5311

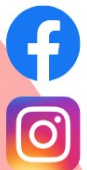
FREE

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.





AGES 0-6

LFRN St Paul 5002-51 Ave

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

AFTERNOON

Storytime & Craft

Wednesday
March **26**

2pm-3:30pm

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 **27**
March

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!

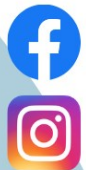
Lakeland

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.





YOUTH 7+

LFRN St Paul 5002-51 Ave

Encouraging listening skills, attention span and creativity.

Spring Art Class

Friday
March **28**
2pm - 4pm
DROP IN
780-645-5311

FREE

JOIN US IN
CREATING SPRING
THEMED ART.

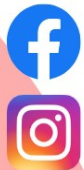
Lakeland

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.





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

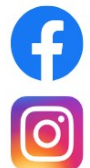
Mondays
starting March 3
for ages 12-14 years
March 3, 10, 17, 31,
April 7, 14, 21

6:00PM-7:00PM

St. Paul Regional FCSS, Elk Point Office
4906 48 Street

FREE TO REGISTER

Call 780-724-3800





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, 17, 24, 31
Apr 07, 14, 28








Lakeland

FAMILY RESOURCE NETWORK

2025 March

Elk Point LOCATION

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
03 Youth Group Keychains 3:30pm - 5:30pm REGISTER RAINBOWS 6pm-7pm REGISTER	04 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	05 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	06 	07 Making Music 10am - 12pm DROP IN
10 PD Day Youth Program 9am - 3:30pm REGISTER RAINBOWS 6pm-7pm REGISTER	11 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	12 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	13 	14 St. Patricks Day Activities 10am- 12pm DROP IN
17 St. Patricks Day Activities 3:30pm-5:30pm REGISTER RAINBOWS 6pm-7pm REGISTER	18 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	19 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm Moms Matter Games 6:30pm-8pm REGISTER	20 Kids have Stress too 11am-12pm REGISTER 	21 Rhymes That Bind 10am - 12pm DROP IN
24 Youth Group Board Games 2pm - 4pm DROP IN	25 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	26 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	27 	28 Get Moving 10am-12pm DROP IN
31 Youth Group Mindful Matters Ages 13+ 3:30pm - 5:30pm REGISTER RAINBOWS 6pm-7pm REGISTER Gym Night 7:15pm-8:30pm AGES 13-18 DROP IN				



Lakeland

FAMILY RESOURCE NETWORK

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



st.paul_fcsc



St. Paul Regional
 FCSS & Family
 Resource Network



Let's get together and create a keychain to add to your backpack or favorite bag.

YOUTH 7+
LFRN Elk Point 4906-48 St

Providing positive spaces for peer interactions and connections.

Keychains

Monday 03
March

3:30pm-5:30pm

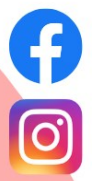
CALL TO REGISTER
780-724-3800



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.





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

AGES 0-6
LFRN Elk Point 4906-48 St

Making Music

Friday
March **07**

10am - 12pm

DROP IN

780-724-3800



Singing and making music supports speech & language development, encourages socialization and builds self-esteem.

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

Call **780-724-3800** 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

Monday
March 10

9am - 3:30pm

FOR MORE INFORMATION
CALL 780-724-3800

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

Must bring their own nut free snacks & lunch.

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





Come join us for fun
St. Patrick's Day activities!.

AGES 0-6

LFRN Elk Point 4906-48 St

St. Patrick's Day Fun

Friday
March 14

10am-12pm

DROP IN

780-724-3800



Connecting with
us and other
families in a fun
environment.

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

Providing positive spaces for peer interactions and connections.

St. Patrick's Day Fun

Monday **17**
March

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.





Take some time
away to do
something for
yourself.
Join us for a evening
of games!

CAREGIVERS

LFRN Elk Point 4906 48st

For moms or
caregivers of
children 0-18yrs

Moms Matter

Wednesday
March 19

6:30pm-8pm

CALL TO REGISTER
780-724-3800

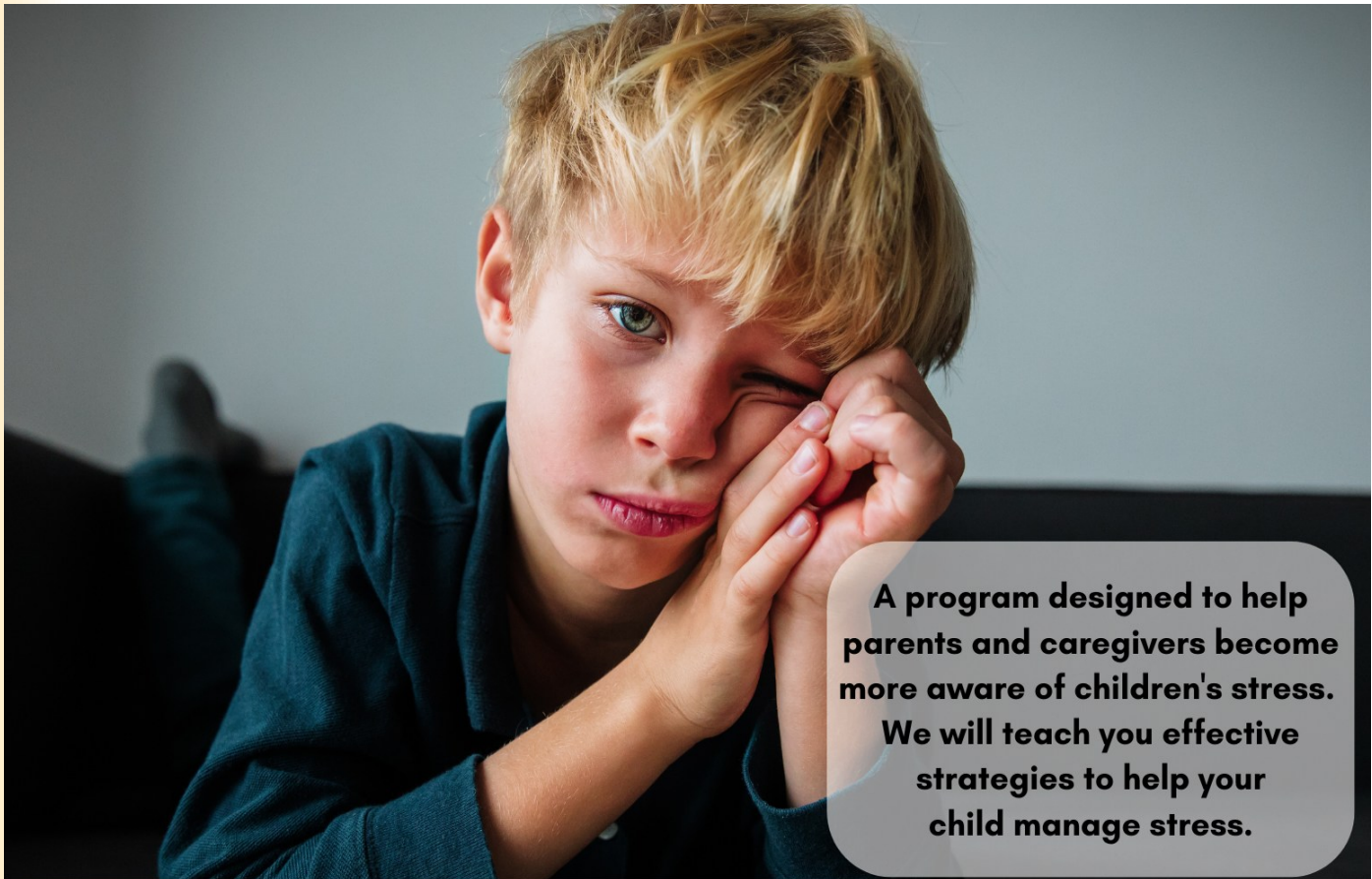
Lakeland

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.





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

CAREGIVERS

Elk Point LFRN 4906 48 ST

Kids Have Stress Too

Thursday
March **20**

11am-12pm

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.





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

AGES 0-6

LFRN Elk Point 4906-48 St

Rhymes that Bind

Friday
March **21**

10am-12pm

DROP IN

780-724-3800



Helping
promote
healthy family
relationships.

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
March **24**

3:30pm-5:30pm

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.



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



AGES 0-6

LFRN Elk Point 4906-48 St

Encourage natural movement to help develop gross motor skills.

Get Moving

Friday
March **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.





Topics may include

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

YOUTH 13+

LFRN Elk Point 4906 48ST

Mindful Matters

Monday
March **31**

Goal
Setting

3:30pm-5:30pm

CALL TO REGISTER

780-724-3800

FREE

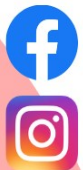
Lakeland

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.






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

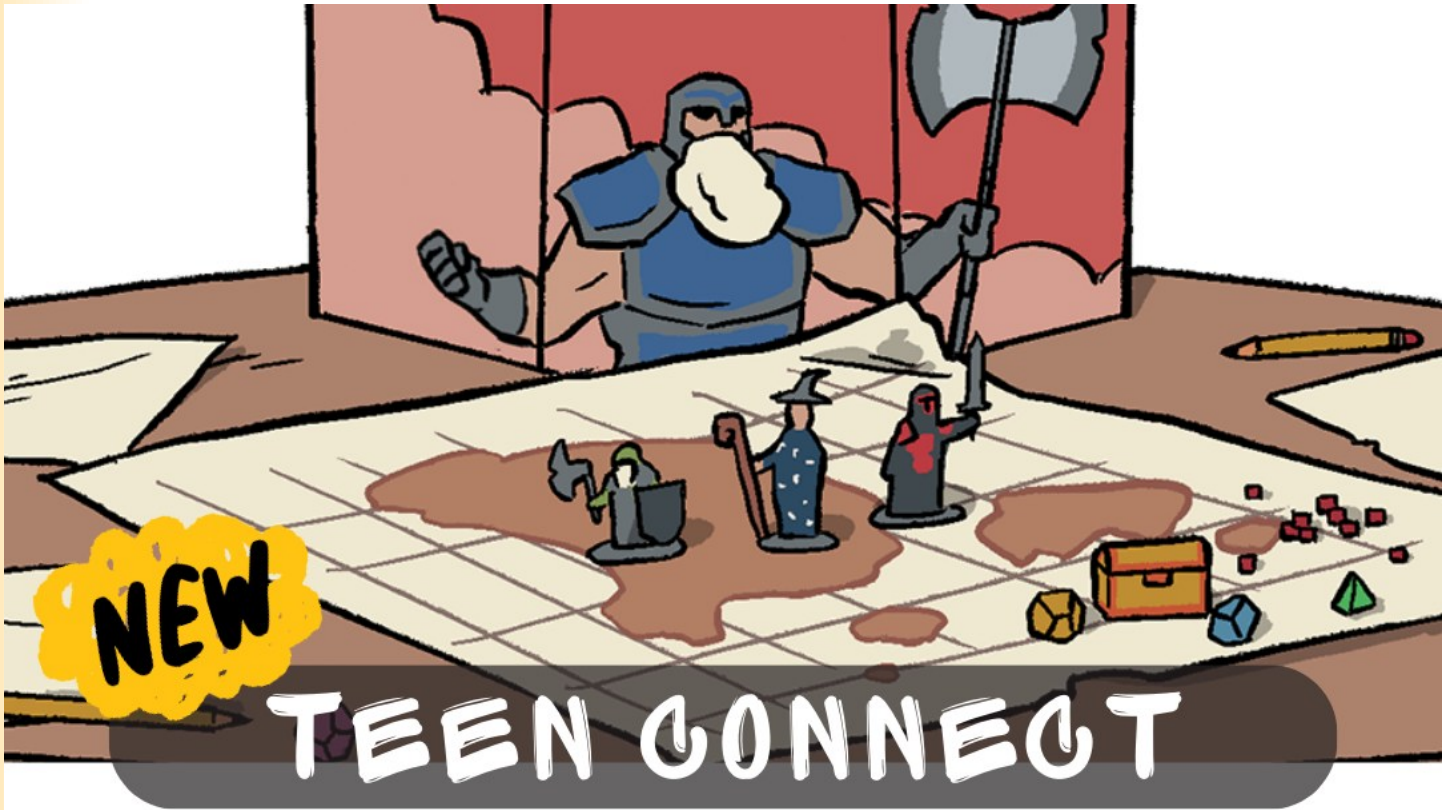


St. Paul Regional FCSS & Family Resource Network

March 2025

www.stpaulfcss.ca

Interagency 46



MARCH
7TH



4:00PM-
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



TEEN CONNECT



MARCH
21ST



4:30 PM-
6:00 PM



LAGASSE PARK
TOBOGGANING HILL



13-18yrs



FREE

Spring Break Kick-Off Bonfire!

Join us for a true Canadian Spring Break kick-off bonfire!
Enjoy roasting marshmallows, sipping hot cocoa, and
engaging in great conversations around the fire!

Call: 780-645-5311

Email: FCSSyouth@town.stpaul.ab.ca

Web: stpaulfcss.ca



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



St. Paul Regional FCSS &
Family Resource Network



MARCH
31ST



7:15 PM-
8:30 PM



FG MILLER JR/SR
HIGHSCHOOL
ELK POINT ALBERTA



13-18yrs



FREE

Open Gym Night!

Grab your friends and join us for a fun-filled
Open Gym Night at FG Miller in Elk Point! 🏀🔥

Shoot some hoops, dodge like a pro in dodgeball, or smash the birdie in
badminton! No matter your game, it's all about having a blast! 🎯🌟

Call: 780-645-5311

Email: FCSSyouth@town.stpaul.ab.ca

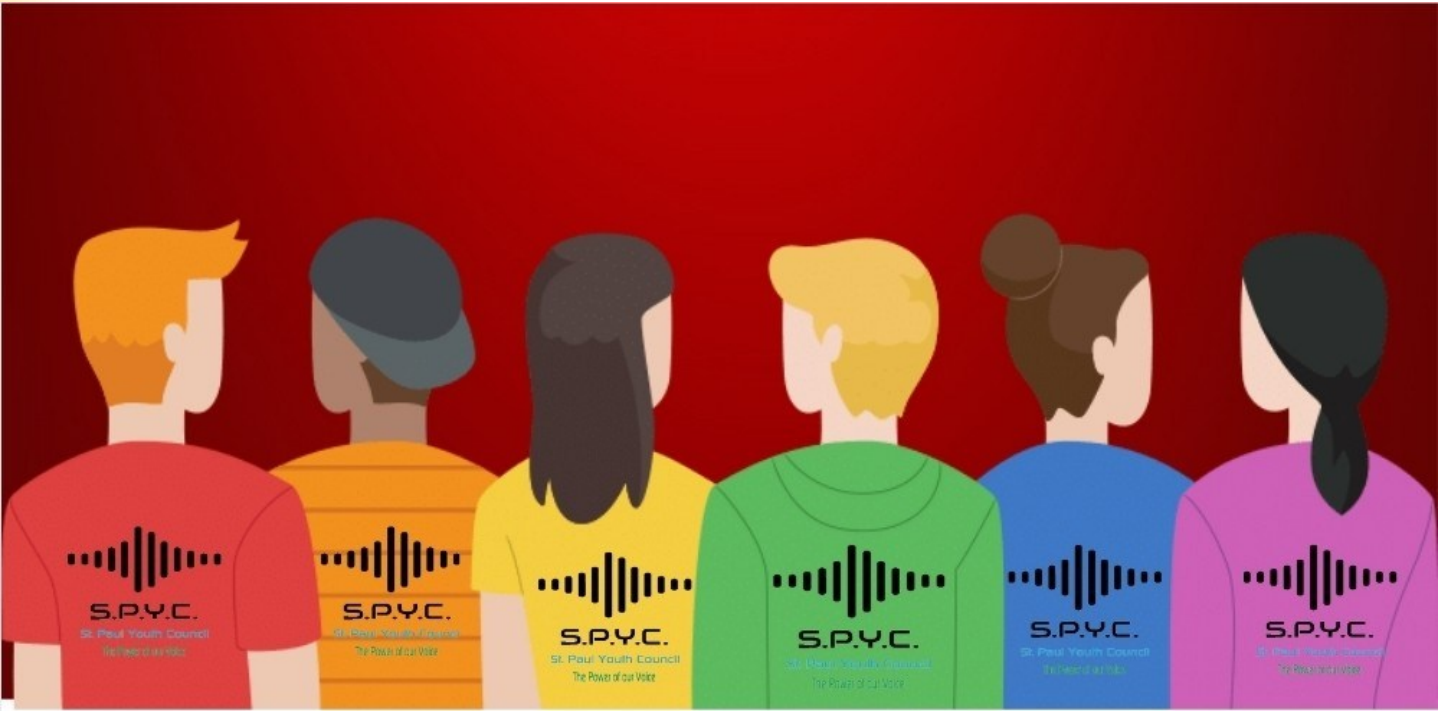
Web: stpaulfcss.ca



SPYC20 and st.paul_fcss



St. Paul Regional FCSS &
Family Resource Network



ST. PAUL YOUTH COUNCIL MEETING

Come Check it out!



SUNDAY
MARCH
2ND



4PM - 5PM



FCSS Office
5002 51 Ave
SPYC Door



@SPYC_20

The St Paul Youth Council invites **youth in grades 7-12**.
Come share your ideas and thoughts on our upcoming
events!





PARTY



with



SATURDAY
MARCH 15
2025



8:00PM -
12:00AM



CENTENNIAL
SENIOR
CITIZEN CENTRE
5114 - 49 ST



FREE



@SPYC_20

The St. Paul Youth Council invites:
youth in grades 7-12 to celebrate at the
St. Patrick's Day Party
on Saturday, March 15th!
Enjoy music, games, and fun—all for **FREE!**
Small concession items will be available
(cash only).

Call 780-645-5311 for more info.



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





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.

Online Services | Maps | **News | Events | Careers**



COUNTY OF
ST. PAUL

For Residents ▾

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

Subscribe to calendar ▾

SUBMIT EVENT

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

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

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

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

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

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

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

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

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

DIVISION 6, LOUIS 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

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

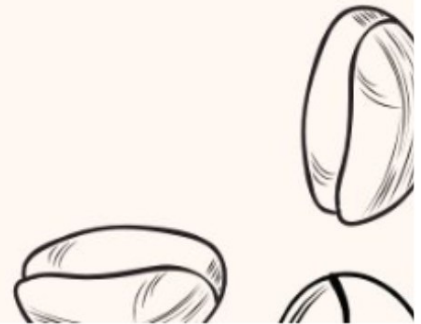
Upcoming Dates:

March 25

April 29

May 27

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.



March 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

Mar 5	Wed Morning	9:30-12pm
Mar 11	Tue Evening	5:30pm-8pm

Nutrition

Mar 12	Wed Morning	9:30-11am
Mar 18	Tue Evening	5:30-7pm

Ongoing Care

Mar 19	Wed Morning	9:30-12pm
Mar 25	Tue Evening	5:30pm-8pm

Foot Care & Seated Exercise

Mar 5	Wed Evening	6-7pm
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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

Mar 12	Wed Morning	9:30-12pm
Mar 27	Thurs Evening	5:30-8pm

Nutrition

Mar 19	Wed Morning	9:30-11am
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Managing Stress

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

Mar 18 & 25	Tue 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.

Check back for April dates!

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

Mar 20, 27, & Apr 3	Thursday	1:30-4pm
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Series 2—Classes 2.1, 2.2, & 2.3

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

Mar 6 & 13	Thursday	9:30-12pm
Mar 19 & 26	Wednesday	5:30-8pm

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.

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

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

Apr 14 - May 22, Tue/Thurs @ 10-11:30am

Apr 14 - May 22, Tue/ Thurs @ 1-2:30pm

Better Choices, Better Health

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

Living with a Chronic Condition

Check back for more upcoming dates

Living with Chronic Pain

Mar 18 – Apr 22	Tues Evenings	6-8:30 pm
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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 Healthy Living
Program

February / March 2025 Workshops Alberta Healthy Living Program

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



Adult Weight Management

Learn the connection between weight and health and
how to make long-term lifestyle changes.

Series 1 (3 workshops)

- Planning for physical activity
 - Where our calories come from & what influences calorie needs
 - Choices for healthy food and drink
 - Journaling as a helpful tool for change
 - Explore your health habits and motivations for change
- Examine how our surroundings can influence our choices

Feb 5, 12, & 19 Wednesday Evenings - 5:30pm-8pm

Mar 20, 27, & Apr 3 Thursday Afternoons - 1:30-4pm

Series 2 (3 workshops)

- Develop a healthier relationship with food and physical activity
- Recognize how, what, when, how much, and why we eat
- The 4 Ps of meal planning
- Identify the things around us that can influence our food choices
- Emotions and triggers that can lead to unhelpful thoughts and feelings
- The concept of “mindful” eating

Feb 26, Mar 5, & 12 Wednesday Evenings - 5:30pm-8pm

Series 3 (2 workshops)

- Challenge “all or nothing” thinking
- Look at where calories come from
- Tips for navigating the challenges buffets, restaurants, and parties
- Impacts of sleep, medications, cravings, and effective communication
- Participants have the chance to share personal barriers and problem solve situations

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

Mar 19 & 26 Wednesday Evenings - 5:30-8pm



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

February / March 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 with Registered Nurse

Answer the questions; “What is Diabetes?”, “What does good control mean?” and “Why is it important?”

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

Nutrition with Registered Dietitian

Learn about the different types of carbohydrates and how each type affects your blood sugar.

Feb 11	Tue Evening	5:30-7pm
Feb 18	Tue Morning	9:30-11am
Mar 12	Wed Morning	9:30-11am
Mar 18	Tue Evening	5:30-7pm



Ongoing Care with Registered Nurse

Explore how living with diabetes changes over time.

Feb 18	Tue Evening	5:30pm-8pm
Feb 25	Tue Morning	9:30-12pm
Mar 19	Wed Morning	9:30-12pm
Mar 25	Tue Evening	5:30pm-8pm

Foot Care & Seated Exercise

Learn how to stay active while sitting in a chair and learn how to take care of your feet while living with diabetes.

Mar 5	Wed Evening	6-7pm
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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



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

March 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.

Caregiver Education Sessions

Keeping Scattered Kids on Track

Supporting Children and Youth with ADHD

For parents and caregivers of children and youth in grades K-12

Part 1:

Tuesday, March 4, 2025
12:00 – 1:00 pm

Part 2:

Tuesday, March 11, 2025
12:00 – 1:00 pm

Test Anxiety

Strategies for Success

For parents and teens (grades 7-12) to attend together

Wednesday, March 19
6:00 – 7:30 pm

Caregiver Education Sessions

Collaborative Problem Solving

For parents and caregivers of children and youth in grades K-12

Part 1:

Wednesday, March 19
12:00 – 1:00 pm

Part 2:

Wednesday, March 26
12:00 – 1:00 pm

Participant Feedback

"Thank you for the useful information that was well-presented!"

"Topic selection was excellent with time bound interaction."

"Everything is perfect, especially [the presenters] who are amazing, perfectly aligned with the topic."



Professional Practice & Education Services
Edmonton

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.

MARCH 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:30am: Now and Then 11am: Exercise 1pm: Animal Spotlight 3pm: Phantom of the Opera Part 7 	4 11am: Imagination Circle 1pm: Ask Us: Alyssa 3pm: People- Joey Moss 4:30pm: Name That Tune	5 9:30am: Funny Bone 11am: Living Documents 1pm: Crime and Justice 1pm: Finding Your Joy 3pm: Exercise	6 9:30am: Gratitude 11am: Global Events 1pm: Coffee Chat 3pm: Science Savvy	7 9:30am: Ska Music Hour 11am: Exercise 1pm: Writing for Fun 3pm: Let's Talk About
10 9:30am: Ponder This 11am: Exercise 1pm: The Big Picture 3pm: Phantom of the Opera Part 8	11 11am: Mindfulness with Carol 1pm: Next Stop 3pm: Readers' Corner	12 9:30am: Music Meditation 11am: Healthy Aging Alberta 1pm: Coffee Chat 1pm: Finding Your Joy 3pm: Exercise	13 No morning programs 1pm: Dig It! Gardening Club 3pm: Wonders of the Sky 4:30pm: Dinner Theatre	14 9:30am: St Patrick's Day Songs 11am: Exercise Chair Yoga 1pm: People- Ron Ghitter 3pm: Would You Rather?
17 9:30am: Coffee Chat 11am: Exercise 1pm: Unique Communities 3pm: Phantom of the Opera Part 9	18 11am: Imagination Circle 1pm: In the Headlines 3pm: Nutrition for Health 4:30pm: Where in the World?	19 9:30am: Mystery Chronicles 11am: EPL Presents! 1pm: Worldviews 1pm: Finding Your Joy 3pm: Exercise	20 9:30am: Gratitude 11am: History Of... 1pm: For Your Body 3pm: Working Through Grief	21 9:30am: Classical Music Hour 11am: Exercise 1pm: Writing for Fun 3pm: BINGO
24 11am: Phantom of the Opera Part 10	25 11am: Coffee Chat	26 11am: Who Why When	27 11am: Some Good News	28 11am: Exercise
31 11am: Phantom of the Opera Part 11	To join by phone, call: 1-855-703-8985 and enter meeting ID: 225-573-6467#			



Pre-registration required



Special Events



Conversations



Health & Wellness



Learn & Discover



Just for Fun!



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

ALBERTA BRAIN INJURY NETWORK

SURVIVORS SUPPORT



GROUPS!



WHEN?

The 2nd Tuesday of Every Month @ 1pm

February 11th ~ March 11th

April 8th ~ May 13th

WHERE?

Zoom

Email: abin@spanet.ab.ca for the link

WHO?

All community members who have an acquired brain injury and looking to make connections with supports

and community!!!



FOR MORE INFO CALL: 780-645-3441 EXT. 232

ALBERTA BRAIN INJURY NETWORK

SURVIVORS SUPPORT



GROUPS!



WHEN & WHERE?

3rd Tuesday Every Month
at the St. Paul Municipal Library at 1pm

February 18th ~ March 18th

April 15th ~ May 20th

WHO?

All community members who have an acquired brain injury and looking to make connections with supports and community!!!

FOR MORE INFO CALL: 780-645-3441 EXT. 232



Or E-MAIL abin@spanet.ab.ca



Foundations Counselling

Now Accepting New Clients



Located in the heart of Bonnyville, Foundations Counselling is dedicated to providing accessible mental health support to our community. We understand the unique challenges faced by individuals in rural areas and are committed to offering compassionate care tailored to your needs.

If you're ready to take steps toward lasting well-being, we're here to support you. Reach out today to explore how we can help.

Unit 206
5028 50 Ave, Bonnyville
780-201-3830

Info@FoundationsCounsellingServices.ca

www.FoundationsCounsellingServices.ca



WORKSHOP

Birth & Reproductive Trauma



15

MARCH

The Nest Cafe, St. Paul

Time: 3:30-5:00

Cost: \$75.00*

*May be covered by benefits

This workshop offers a supportive space to explore reproductive trauma stemming from fertility struggles, pregnancy loss, birth trauma, or postpartum challenges, while learning about its impact on the mind and body and strategies for healing.

This session is open to anyone looking to better understand reproductive trauma—whether for personal healing or to support a loved one.



RSVP at 780-207-3830 or
[FoundationsCounsellingServices.ca](https://wwwFOUNDATIONS counselling SERVICES.ca)



Workshop provided by Foundations Counselling Services



**Demeria Memorial
Fund
Presents:**



\$25.00 Registration per session. (Includes Energy Snacks)
Limited Spots.
Scholarships Available: contact demeria.memorial@gmail.com / 780-210-9355 for more information

On Farm near Mallaig, Alberta

Horses For Healing

**Equine Retreat with Teena Dietz
from Serenity Farm & Stables**

May 22 - 26, 2025



Donations Accepted to help towards this Mental Wellness Initiatives.



Equine Sessions Offered

- Equine Healing Recovery Group - (For those journeying through personal recoveries)
- Introduction to Equine Therapy to Healing Demonstrations - (Are you interested in learning how horses can help heal?)
- Seniors Choice Sessions
- Equine Healing for Coping with PTSD / Trauma Workshop
- Anxiety in Adults
- Equine Therapeutic Experience
- Family Sessions
- Deeper Healing with the Herd - (Involving Meditation & Gentle Yoga)
- Kids Equine Adventure - (Helping Anxiety For Kids)
- Grief Retreat - Healing the Heart
- Heal the Healers (Front Line Workers, RCMP, Veterans, Health Care Providers, Social Workers)
- Caring for Caretakers - (Are you overwhelmed with caring for your loved ones?)

Amazing Health Alternatives

***Subject to Change pending on numbers**

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

March 2025 Events

M	T	W	TH	F
3	4 NAVIGATING DIVORCE AND AIP SEPARATION VIRTUAL 12- 1:30 PM	5 WORKER'S COMPENSATION BOARD VIRTUAL 12- 1:30 PM	6  ASK FIRST (K-GRADE 3) VIRTUAL 1 - 2 PM	7
10  PLE POP-UP BONNYVILLE LIBRARY 4 - 6 PM IN PERSON	11  PLE POP-UP COLD LAKE SOUTH LIBRARY 4 - 6 PM IN PERSON	12 ALBERTA OMBUDSMAN VIRTUAL NOON - 1:30 PM	13	14
17	18 INTERNET SAFETY & CYBER-BULLYING COLD LAKE LIBRARY 6- 8 PM IN PERSON	19	20  I CAN SAY NO TOO (GRADES 4-6) VIRTUAL 1 - 2 PM	21
24  PLE PROGRAM BINGO BONNYVILLE LIBRARY 4- 6 PM IN PERSON	25 EASTERN ALBERTA REGIONAL VICTIM SERVING SOCIETY VIRTUAL 1-2:30 PM	26 STRATEGIES FOR CHILD WELFARE ADVOCACY VIRTUAL 1 - 3 PM	27 WAHKOTOWIN LAW & GOVERNANCE LODGE VIRTUAL NOON - 1:30 PM	28
31				



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



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



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

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](https://www.alberta.ca/nad-bursary-program)





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

Youth Art & Clay Day!

Clay Birdfeeder & Bear Mountain

Painting for Ages 8-15

Monday, March 10, 2025



Time: 9:00 am - 4:00 pm

Cost: \$60 All supplies included

Join Rosanne, Brock & Judy for a full day of clay and art! Each participant will create 2 projects. A hand-built clay birdfeeder that they will underglaze with colours or their choice.

These will take a few weeks to dry and be kiln

fired to completion. Participants will also create a beautiful acrylic painting to take home that day! **Participants need to bring a snack**

that is nut-free, a water bottle, and wear painting cloths.

Pre-Registration and pre-payment are required. ***After you've registered with Rosanne*** payment can be made to the

St. Paul Visual Arts Centre by cheque, cash, credit, debit, or e-transfer at spvac@telus.net Please include the **class date & child's name** in the e-transfer memo. A minimum of 48 hrs.

is required for cancelations. **Contact Rosanne between the hours of 10 a.m. & 6 p.m. to register 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)



Glass Fusion Class



Design Your Own Wind Chime

with Rosanne Hale
for Ages 18+

Friday, March 14, 2025

Time: 6:00 pm - 9:30 pm Cost: \$68

All materials, tools, and safety glasses are provided for you! Come design your own Wind Chime! **No experience necessary!** In this class you will learn how to design your own unique project, cut glass safely, assemble your project, add hooks for hanging and learn about the properties of glass. Rosanne will fuse fire your pieces in the kiln for pickup 1-2 weeks after class. Please bring a pair of lightweight garden gloves if you like. Only 12 spots available. The Centre accepts various forms of payment including e-transfers to spvac@telus.net cash, cheque or credit card ***once you have registered.** Include class name & date in e-transfer note.

Please text or call instructor Rosanne between the hours of 10 a.m. & 6 p.m. to register by March 7th 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)



Needle & Wet Felting Workshop



Hettie the Highland Cow! with Barb Maile

for Adults & Teens 16+

Saturday, March 22, 2025

Time: 10:00 am - 4:00 pm ~ 45 minutes for lunch break
(bring a bag lunch) **Cost:** \$135 and includes all supplies!

No prior experience is necessary! Create a wool landscape 'picture' approximately 40 cm x 25 cm (15.75" x 9.84") of a Highland Cow using both needle and wet felting techniques. Learn to handle unspun merino wool & felting needle to create your design. Needle felting will add dimension and detail! 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)



ATELIER by Herman Poulin



“The Bird Girl” Figurative Sculpture Workshop

for Adults & Teens 14+

Thursday, April 3 &
Friday, April 4, 2025

Level: Beginner

Time: 6:00 - 9:00 pm Cost: \$66

Inspired by the Swiss Master Sculptor Alfredo Giacometti, sculptor and painter Herman Poulin will guide you through the process of building a basic elongated human form with emphasis on: **motion and position, sculptural balance, sculptural base, sculptural properties, composition and strength, master cuts.** You will be introduced to: **foil/clay paint medium, finishes and coloured patina effects, presentation and authenticity, Q & A talk on metal electroforming of above sculpture. All materials are supplied!**

The Centre accepts various forms of payment including e-transfers to spvac@telus.net, cash, cheque or credit card *once you have registered*.

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

Register by contacting SPVAC volunteer: 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
Facebook [@StPaulVisualArtsCentre](https://www.facebook.com/StPaulVisualArtsCentre)



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 nuxehot'jne thaa?ehots'j nistameyimâkanak
Blue Quills



Register on our website:
www.stpaulchamber.ca

Scan 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



March 2025 Calendar	
March 5, 2025	Success in the Workplace
March 12, 2025	Applying Online & Traditional
March 19, 2025	Time Management
March 26, 2025	Goal Setting

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 micoll@employabilities.ab.ca
- Lac La Biche 780-627-3071 or email koyalik@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

MARCH WORKSHOP SCHEDULE

March 5, 2025	Job Search Online and Traditional
March 12, 2025	Resume Development
March 19, 2025	Communication Skills
March 26, 2025	Skills & Interests

WEDNESDAY AFTERNOONS – 1:30 PM

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

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

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

Canada  Alberta 



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.

Royal Canadian Legion presents

Let's fill those seats



You've Written a Will...But are all your Ducks in a Row

Every seat that is filled in this seminar, Canada Purple Shield will donate \$20 per person to your organization.
The Seminar is FREE and by you simply attending, money will be donated to your organization.

Join us for this FREE educational seminar along with coffee, snacks and door prizes

WEDNESDAY, MARCH 19, 2025 • 1:00PM and 7:00PM

Royal Canadian Legion • 4925 49 Ave, St. Paul, AB

Find out how you can get your ducks in order

- Estate administration made simple
- How to plan for funeral and final expense costs
- Sheltering money from your estate and probate
- What to do if a death occurs while traveling
- How to relieve your family of financial and emotional stress

Sponsored by



RSVP to: Memento Funeral Chapel (780) 615-3113



DIANE MCKENZIE,
RESEARCHER AND ALBERTA
FAMILY FARMER



WOMEN AND INTERGENERATIONAL TRANSFER OF FAMILY FARMS

ONLINE WEBINAR
MARCH 26
1:00 - 2:00 PM

VISIT [AGKNOW.CA/EVENTS](https://www.agknow.ca/events)

AGKNOW
ALBERTA FARM MENTAL HEALTH NETWORK

winter 2025 COMMUNITY GUIDE



*Scan
& Access*

Download Our App & Connect

Google Play



App Store



Coming Feb. 2025!



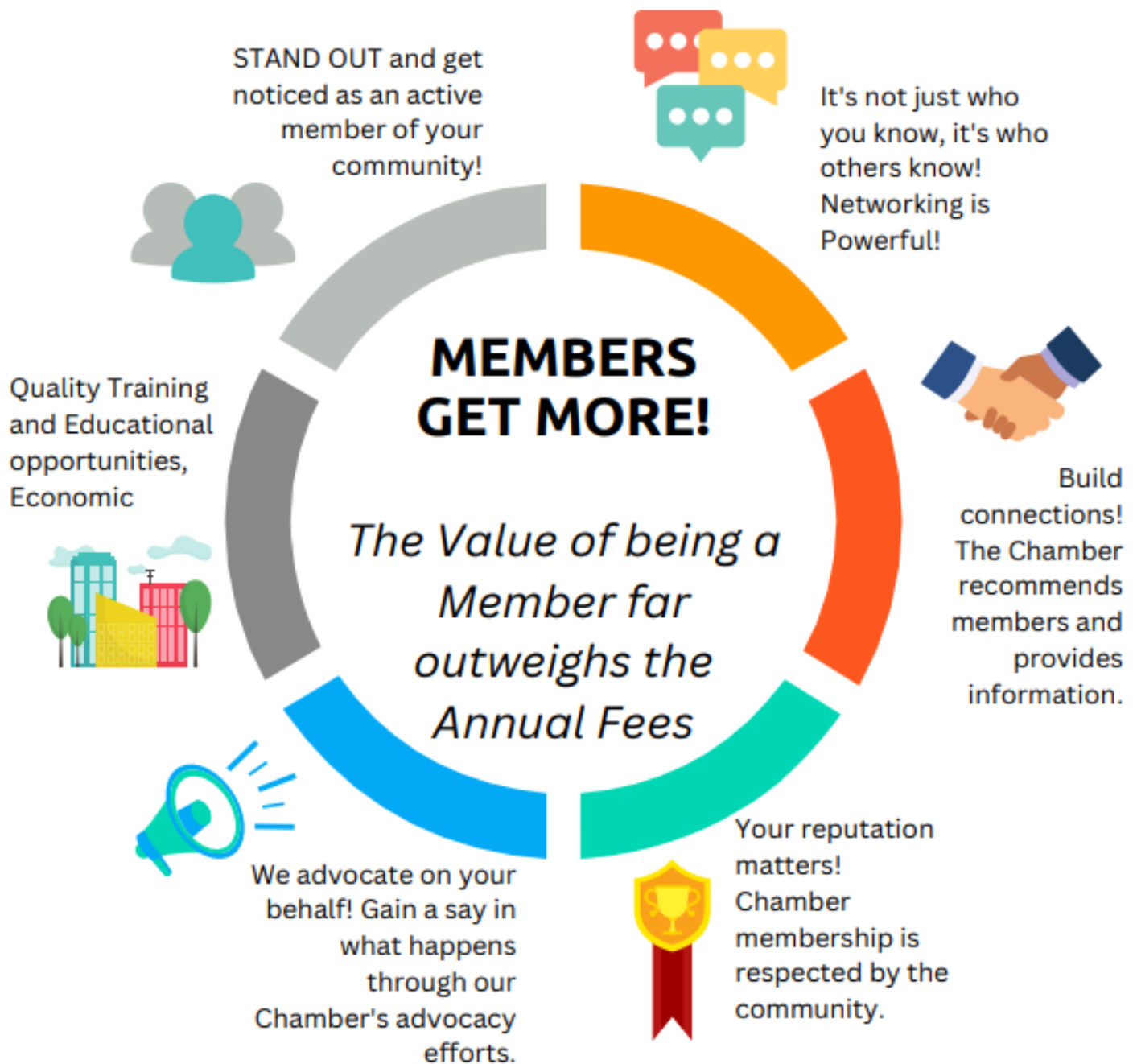
**1st & 3rd Saturday every month
10am - 4pm
St. Paul Senior Citizen's Club**

All vendor types welcome!

For information or to register:

StPaulWeekendMarket@gmail.com

Why Become a Chamber Member



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

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)

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

GOLF TOURNAMENT

ST. PAUL GOLF COURSE

JUNE 6, 2025

REGISTRATION STARTS AT 9:00AM

SHOTGUN START @ 10:00AM

*Join fellow businesses and community members
to support, celebrate community and network*

SAVE THE DATE!!

More details to follow soon

If you would like to showcase your business during this
event, we are also accepting

Sponsorship Opportunities

For more information please contact the St. Paul Chamber:
780-645-5820 or executivedirector@stpaulchamber.ca

ST. PAUL & DISTRICT
Hospital Foundation Gala

1926

WHERE
IT ALL
BEGAN

★ ENTERTAINMENT | FOOD | DRINKS | ★
★ LIVE & SILENT AUCTION | BAND ★

★ SATURDAY, APRIL 5, 2025 ★

DOORS OPEN @ 5:00 PM

TICKET PRICE : \$100 EACH
OR A TABLE FOR \$800

TICKETS CAN BE PURCHASED AT:

- ST. PAUL MUNICIPAL SEED CLEANING
- CAOHETTE & SON'S
- ST. THERESE - ST PAUL HEALTHCARE CENTRE
JAMIE MALONE 780-781-4989

OR BY CONTACTING MANDY @ 780-614-5299
TO GET IN TOUCH WITH A BOARD MEMBER.

DRESS TO
IMPRESS. 1926
WESTERN
STYLE!

ST. PAUL RECREATION CENTER

4802 53 ST, ST. PAUL, AB

A faint illustration of a fishing reel and a fishing rod with a fish on the line, positioned behind the main title text.

**31ST ANNUAL
ST. PAUL FISH AND GAME SUPPER
&
LIVE/SILENT AUCTION**

April 26th, 2025

St. Paul Recreation Center 4802 53rd Ave

Cocktails @ 5:30 pm

Supper @ 6:30 pm

ALL live/silent auction items are sponsored locally!

Supper provided by DAC catering

A faint illustration of two people fishing in a lake, with a fish being reeled in and a fishing boat in the background.

Tickets Available at:

Warehouse Sports 5232—50 Ave, Ph. 780-645-4665

Tickets: \$45 each

Table (8): \$360 each

TOURNÉE ALBERTAINE JOEL LAVOIE

20
25



ACFA

Régionale de Saint-Paul

FRIDAY

**VENDREDI
7 MARS**

MARCH

19H30
7:30 PM

**CENTRE COMMUNAUTAIRE
DE SAINT-PAUL**

4617, 50E AVENUE



**MEMBRES 10\$
NON - MEMBRES 15\$**



March 2025

www.stpaulfcss.ca

Interagency 105

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 mars/March

Activité spéciale/Special activity:
Petits chefs/Little chefs

Le 19 mars/March

Découvrir le Centre de ressource
Discover the Resource center



Il n'y aura pas de Groupe de jeux le 5 et le 26 mars
There will be no Groupe de jeux on 5 and 26 March



5 à 7 St Patrick



Lakeland Brewing Company

Prix pour le meilleur déguisé
Prize for best dressed

17 MARS 2025

4 2 2 7 - 5 0 A V E
S T P A U L , A B



ACFA
Régionale de Saint-Paul



Canadian
Heritage

Patrimoine
canadien



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.**



CABANE À SUCRE

6 avril, 2025

12h00-15h00

Centre communautaire

4617-50 ave St Paul

780-645-4800



- Sleigh rides
- Maple taffy
- Hot meal
- Farmers Market
- Music

- Traîneau à chevaux
- Tire d'érable
- Repas chaud
- Un marché
- Musique



ACFA
Régionale de Saint-Paul



Conseil scolaire
Centre-Est

Canada 

LEMONADE DAY

PRESENTED BY
COMMUNITY FUTURES



REGISTRATION OPENS MARCH 1, 2025

Free, Fun Youth Entrepreneurship program

lemonadeday.org/northern-alberta



Winter Fun PHOTO CALENDAR CONTEST



SUBMIT A PHOTO YOU THINK REPRESENTS WINTER TIME IN ELK POINT
TO THE RECREATION DEPARTMENT FOR YOUR CHANCE TO WIN:

- A \$25 LOCAL GIFTCARD
- YOUR PHOTO IN OUR NEWSLETTER, AS OUR FACEBOOK PROFILE PICTURE FOR 2 WEEKS AND IN OUR 2026 ELK POINT CALENDAR!



Submit through Facebook Messenger, email
recreation@elkpoint.ca or www.elkpoint.ca

Submission Deadline:
February 28, 2025

**St. Jean de Brebeuf Catholic Church
presents:**

Shrove **Tuesday**

March 4, 2025



**5:30 pm at the Mallaig
Unity Centre**

By Donation

2025 IHU 100 AGM AND PLANNING MEETING



**TUESDAY MARCH 11TH
6:30PM
ST PAUL MUNICIPAL
LIBRARY**

**RRSP TO INFO@IRONHORSEULTRA.COM
GOOGLE MEET LINK AVAILABLE**

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



**FRIDAY MARCH 7TH & 21ST
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.**

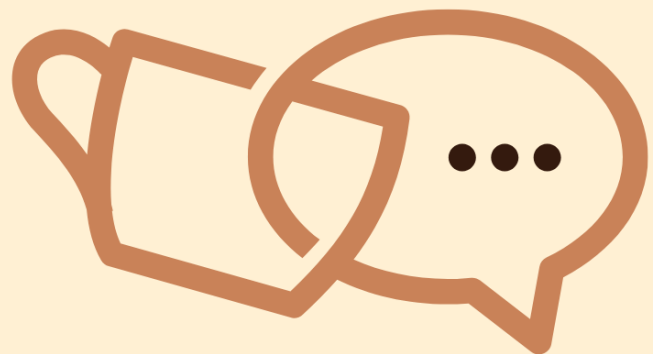
HSt Paul Library 4802 53rd Street

Community Connection at 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

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





JOIN US FOR THE



**LAKELAND
REGIONAL
SCIENCE FAIR**

WE ARE CALLING THE NEXT GENERATION OF LEADERS IN
SCIENCE, TECHNOLOGY, ENGINEERING AND MATHEMATICS.
REGISTER FOR THE LAKELAND REGIONAL SCIENCE FAIR
AND SHOW US WHAT YOU GOT!

SATURDAY APRIL 12TH
PORTAGE COLLEGE CAMPUS
ST. PAUL ALBERTA

FIND OUT MORE AND REGISTER

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



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.**

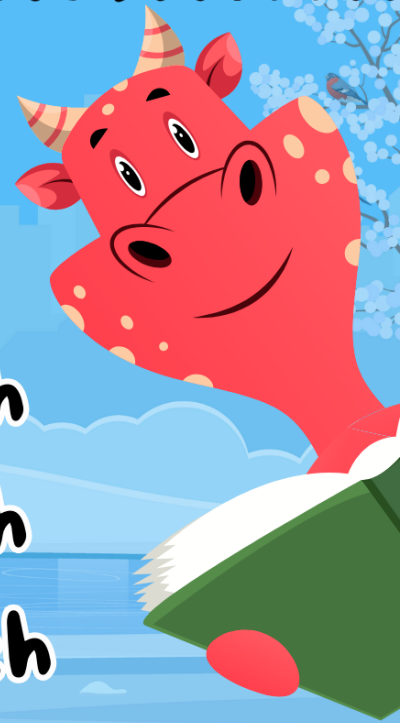
**This months Theme:
Cats and Dogs**

March 7th

March 14th

March 21th

March 28th



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



FAMILY DAY HOME STORYTIME



AT THE ST. PAUL LIBRARY

10:30AM

**Tuesday
February 25th**

**Tuesday
March 25th**

**Tuesday
April 8th**

**JOIN OTHER
DAYHOMES AT THE
LIBRARY FOR AN
INTERACTIVE
STORY, SONG AND
ACTIVITY OR CRAFT.**

Activity geared for kids
under 3 years



REGISTRATION REQUIRED



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

GET YOUR GLOW ON!

SATURDAY MARCH 15TH
1PM TO 2PM
AT THE ST. PAUL
MUNICIPAL LIBRARY

FOR KIDS 6 TO 12
GLOW - IN - THE - DARK FUN
REGISTRATION REQUIRED



REGISTER UNDER THE PROGRAMS TAB ON OUR WEBSITE AT
WWW.STPAULLIBRARY.AB.CA OR
E-MAIL US AT PROGRAMS@STPAULLIBRARY.AB.CA



GOLD COIN HUNT

Starting on March 15th
At the St. Paul Library
Find a hidden gold
coin and bring it to
the front desk to
claim a prize.

*One prize per person.
The event ends when
all 40 coins have been
found



ACCESSIBLE ACTIVITY

A PROGRAM FOR ADULTS WITH
DISABILITIES

Wednesday March 12th

Session 1 at 1:00pm

Session 2 at 1:45pm

in the St. Paul Municipal Library

Join us and try out
salt painting. We
will be making
some shamrocks
just in time for St
Patrick's Day.



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

Teen Time

Make your own Charm Keychain

Thursday March 20th 3:45



Teens, ages 13 to 18 will use their creative skills to draw and create charms on shrinking paper. Then leave with their own keychain.



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



**IT'S NO JOKE WHEN
YOU NEED LEGAL ANSWERS**



St. Paul Municipal Library

Tuesday, April 1 — 6:00 - 7:30 PM



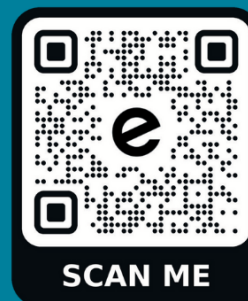
**JOIN US FOR
A FUN BINGO
NIGHT TO
LEARN MORE!**



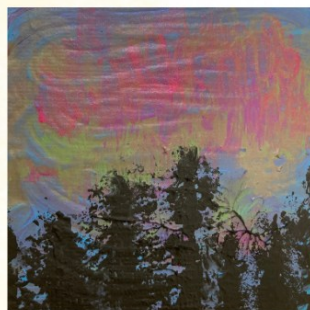
RSVP



bit.ly/PLeregisterNOW



You're invited



ST. PAUL MUNICIPAL
LIBRARY'S
Mini Art Show

OPENING NIGHT!

TUESDAY APRIL 8TH 5:30 TO 7:30

REFRESHMENTS WILL BE SERVED





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/>