



INSIDE THIS ISSUE:

April

2023 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.

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

NEXT MEETING
Tuesday May 9th
@ 10 am
Please RSVP.



Prevention & Awareness

P2... Volunteer Income Tax
P3... Camp Sunshine Save the Date
P4... Summer Student Posting
P5... Green Shirt Day
P6... Caring Cups
P7... Addictions Don't Discriminate
P8... St Paul Men, Let's Talk
P9... Support for Seniors
P10... Social Media Awareness
P11... Grief Workshop
P12... Yoga Classes
P13... SPYC Paint Night
P14... Action for Happiness Calendar
P15... LFRN March Calendar St Paul
P16-29... St Paul April Events
P30... Moms & Tots Mallaig & Ashmont
P31... LFRN March Calendar Elk Point
P31-35... Elk Point April Events
P36... Town of St Paul App

Stay Informed

P37-38... Employabilities
P39... Portage College Open House
P40-42 Chamber of Commerce

Health & Wellness

P43... Alzheimer Society Support Group
P44-48 ... Alberta Health Services
P49-50... Seniors Without Walls
P51... Alberta Brain Injury

For Your Development

P52... Inclusion Alberta Annual Family Conference
P53... Learner's Prep Class
P54-55... Rural Family Law Help
P56... Friends of Playschool
P57... Lemonade

Ways to Connect

P59... MS Walk
P60... Spring Pottery & Art Sale
P61... Museum Event
P62... Boscombe Cribbage Tournament
P63-72... St Paul Library Events



Need HELP with your taxes?

We can help! Our Volunteer Income Tax program is focused on helping low income individuals, families & seniors complete their **BASIC** tax returns.

Are you eligible?

Do you have a **MODEST INCOME** (single income under \$35,000 or family income under \$45,000*)

AND a simple tax situation? If YES we can help.

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

What is the next step?

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

MARCH 1- APRIL 28, 2023

CONNECT WITH US FOR MORE INFORMATION.

St Paul 780-645-5311

Elk Point 780-724-3800

stpaulfcss.ca



St. Paul Regional
Family and Community
Support Services

Canada



**SAVE
THE DATE**



Camp Sunshine

"Where HOPE outshines grief"

Camp Sunshine is a **bereavement** Day Camp for children who have experienced the death of a significant person in their lives. It is a fun and safe place for children from ages 7 to 12 to explore their grief and get tools to help them cope in their daily lives.

July 4, 5, 6 & 7, 2023

9:00 am - 3:00 pm

♥ Sharing ♥ Learning ♥ Remembering

Connect with us for details
Deadline to register is May 31!

780-645-5311





Summer Event Coordinator

The mandate of FCSS is preventive social support and programming. FCSS has created a system that relies on local knowledge and leadership, and the unique strengths of local cultures to inspire communities of individuals to prevent crisis.

Responsibilities

- Plan and implement the Summer Program for children ages 7-11 years
- Supervise program assistant who are on site at program under your direction
- Maintain accurate records on all programs under the direction of the FCSS staff as well as daily time sheets, accident reports, medication/allergy records, attendance and parental consents
- Ensure effective relations with parents, volunteers, contract transportation drivers and facility attendants
- Ensure that all facilities used are kept clean and secure and that all equipment and supplies are returned after use
- Active involvement in the advertising and marketing of FCSS summer programs
- Prepare final summary on activities including pre and post surveys
- Ensure that any issues are reported to the FCSS director immediately

Knowledge, Skills and Abilities

- A valid driver's license and access to vehicle is required
- A clear Criminal Record and Child Welfare Record Check are required and we will require both checks to be renewed every three years
- Good organizational skills, computer skills and supervisory skills
- Must work effectively and efficiently with others and alone with little or no supervision, always be punctual, self-motivated, communicate openly, takes direction well, and responds to public requests in a calm and friendly manner
- Problem Solving
- Decision Making
- Team Building

This is a term position, commencing May 1, 2023 and ending on August 22, 2023.

Regular office hours are: 8:30 a.m. - 4:30 p.m. Monday to Friday with some evening/weekend events.

Qualified applicants are invited to submit a cover letter, resume and references by
Friday, April 21, 2023 at 1:00 p.m. to:

St. Paul Regional FCSS
5002 - 51 Avenue
St. Paul, AB T0A 3A0
Email: lsmid@town.stpaul.ab.ca

We would like to thank all applicants for their interest. However, only those applicants selected for an interview will be contacted for further information.

Join the Movement for Life

REGISTER • TELL YOUR FAMILY • BE INSPIRED



April 7, 2023



In partnership with



Canada's Organ and Tissue Donation Community

In honour of the
Logan Boulet Effect

Learn more at

greenshirtday.ca



Volunteer Appreciation through

Caring Cups



Thank-you to **ALL** our Caring Cup
Volunteer Appreciation Participants:

Golden Loaf Bakery, Elk Point
Hometown Grocers, Elk Point
Outriders Truck Stop, Elk Point
Ashley's Country Store, Mallaig
The Den, Ashmont * Twisted Fork, St Paul
Pita Pit, St Paul * Cornerstone Co-op, St Paul
A & W, St Paul * Happy House, St Paul * Tin Cup, St Paul
Smitty's, St Paul * McDonalds, St Paul * Tim Horton's, St Paul



"preventative social programming to
promote & enhance well-being"

www.stpaulfcss.ca

ADDICTIONS DON'T DISCRIMINATE

**APRIL
11-13
2023**

PORTAGE COLLEGE
5205-50 AVE

in-person interactive exhibit 11-7PM

More than three
people per day
died from drug
poisoning in
Alberta in 2020.

Alcohol is by far
the most
common drug
used by
Canadians

Approximately
21% of Canadians
will experience
addiction at
some point in
their lives.

Addictions Don't Discriminate is an exhibit that takes participants on the journeys of real people whose lives have been impacted by addiction.

The exhibit is designed to inspire understanding, empathy and action.

No one is destined from birth to develop an addiction. So why will approximately 6 million Canadians find themselves experiencing addiction at some point in their lives, while others can use substances without their use becoming problematic?

Addiction is often seen as a moral failing or character flaw, but research shows that like many chronic illnesses, there is a combination of genetic, developmental, social, and environmental factors that influence a person's lived experience and their likelihood of developing an addiction.

**Join us for this
FREE event!**

Join us anytime between
11 am and 7pm, April 11-13 to
experience this FREE exhibit.
April 11th there will be a kick off
speaker starting at 5:30pm.

Stigma is one of the main reasons people avoid treatment and support. Together with our partners, we are working to break the stigma by providing information about addiction, addressing the judgments about people who use drugs, and providing a safe and supportive environment for people to seek help, all through sharing real stories of lived experience.

Contact 780-645-5311 for more information.



**PORTAGE
COLLEGE**

ST PAUL MEN, LET'S TALK

Invites you to join us

Let's Talk about

**SUICIDE
& SUICIDE
PREVENTION**

w/ guest speaker

EVERY 3RD TUESDAY
OF THE MONTH
NEXT MEETING

APRIL 18
7:30PM

*We will have an open
discussion on opportunities to
grow our group and better our
Mental Health, together.*

FREE

FCSS Boardroom
5002-51 Ave

FOR MORE INFO CALL
780-933-6468



fcss

St. Paul Regional
Family and Community
Support Services

financial ● Support for Seniors ● aging in place

DO YOU:

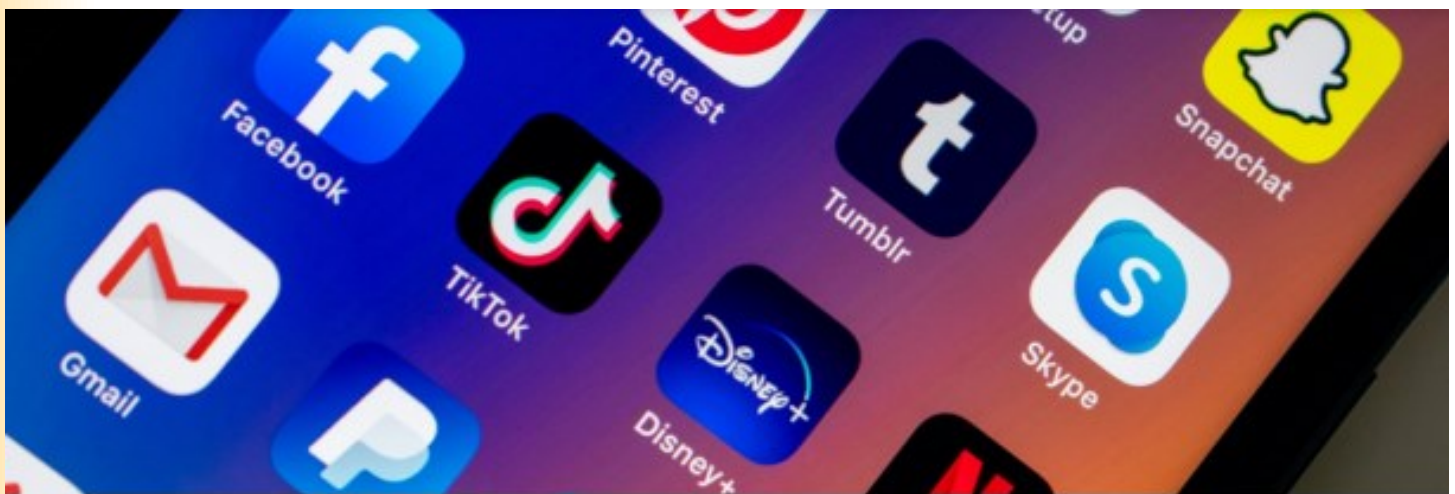
- live in a single detached home?
- have a single income of \$34,630 or less or a double income of \$53,120 or less?
- need help to pay for yard work, house keeping, snow removal, drivers exams, electrical bills, water bills, gas bills, property taxes or other items that will keep you in your home?

we want to HELP!

Connect with us for more information and details on this temporary assistance project acquired to help seniors age in place and thrive in our community.

780-645-5311





SOCIAL MEDIA AWARENESS, DIGITAL CITIZENSHIP AND CYBERBULLYING

For parents/caregivers of school-aged children

As a parent/caregiver, you can help your child develop a strong digital citizenship foundation while reminding them that their digital tattoo reflects their real and online selves.

DO NOT MISS THIS FREE EVENT!

Family
prize pack
draw!

**APRIL 18,
2023**

Time:

6:30 - 8:00 PM

Location:

Portage College
5205-50 Ave, St. Paul

*Light refreshments
will be available

Social Media Update - The most current apps and trends in your children's social media lives.

Digital Parenting Strategy - How to have important conversations with your child around social media safety.

Digital Footprint - With their future approaching, recruiters and employers are taking note. What will they find?

Family Tech Plan - Recommendations for family guidelines and parental controls.

**Please note this session is intended for an adult audience. All St. Paul Education students in Grades 4-12 will participate in a school-based session from April 17-19.*



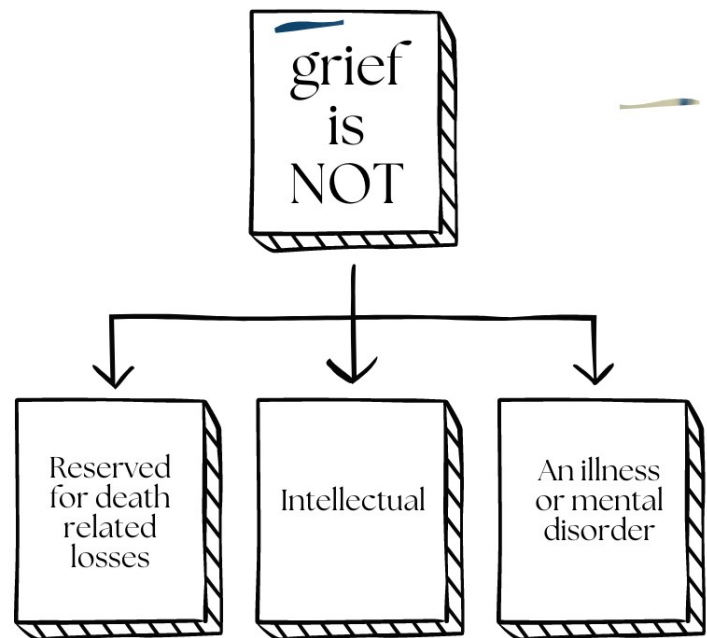
Griefworkshop

"Journeying through Grief"

Grief is different for *everyone*, it doesn't follow stages or timelines and it doesn't go away. Join us for a **FREE** workshop as we explore tools & supports available to help you on your individual grief journeys.

Updated Date

MAY 25
7-9PM
@ FCSS
5002-51 AVE



CALL TO REGISTER 780-645-5311



Yoga Classes

@ HEINSBURG
COMMUNITY HALL

**MONDAYS
&
THURSDAYS
IN APRIL**

6:30 - 7:30 PM

\$10

per class when registered
for all all sessions

\$15

Drop in

**Wear comfortable clothing
& bring a water bottle.**

Michelle Janzen

MJMY.therapy@gmail.com

780-871-3355

Massage • Yoga • Myofascial Cupping





COME PAINT



THURSDAY
APRIL 6
2023



6:30PM -
8:30PM



Visual Arts
Centre
4613 53 St



\$10

*Create your very own
masterpiece!*

The St Paul Youth Council invites
youth in grades 7-12 to come paint
Thursday April 6th @ the Visual Arts
Centre. No experience or supplies
required. Limited spots available.
\$10 per artist. Wear appropriate art
clothes, just in case you get messy!

RSVP 780-645-5311



S.P.Y.C.

St. Paul Youth Council
The Power of our Voice

Active April 2023



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY

SATURDAY

SUNDAY

3 Listen to your body and be grateful for what it can do

4 Eat healthy and natural food today and drink lots of water

5 Turn a regular activity into a playful game today

6 Do a body-scan meditation and really notice how your body feels

7 Get natural light early in the day. Dim the lights in the evening

8 Give your body a boost by laughing or making someone laugh

9 Turn your housework or chores into a fun form of exercise

10 Have a day with less screen time and more movement

11 Set yourself an exercise goal or sign up to an activity challenge

12 Move as much as possible, even if you're stuck inside

13 Make sleep a priority and go to bed in good time

14 Relax your body & mind with yoga, tai chi or meditation

15 Get active by singing today (even if you think you can't sing!)

16 Go exploring around your local area and notice new things

17 Be active outside. Dig up weeds or plant some seeds

18 Try a new online exercise, activity or dance class

19 Spend less time sitting today. Get up and move more often

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

21 Regularly pause to stretch and breathe during the day

22 Enjoy moving to your favourite music. Really go for it

23 Go out and do an errand for a loved one or neighbour

24 Get active in nature. Feed the birds or go wildlife-spotting

25 Have a 'no screens' night and take time to recharge yourself

26 Take an extra break in your day and walk outside for 15 minutes

27 Find a fun exercise to do while waiting for the kettle to boil

28 Meet a friend outside for a walk and a chat

29 Become an activist for a cause you really believe in

30 Make time to run, swim, dance, cycle or stretch today

ACTION FOR HAPPINESS

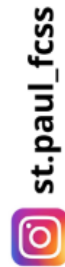
Happier · Kinder · Together





FAMILY RESOURCE NETWORK

5002-51 Ave, St. Paul, AB
Call: 780-645-5311
Text: 780-614-1941
lakelandfrn.ca



Child Development & Well Being
Ages 0-6- PURPLE
Ages 7-18- GREEN

Caregiver Capacity
Building/Parenting Classes
ORANGE

Community Event
BLACK

APRIL

MON	TUE	WED	THU	FRI
3 Easter Craft 10am-12pm drop in	4 Run, Jump, Skip 10am-12pm drop in	5 Triple P Fearless Managing Your Childs Anxiety 2pm-3:30pm register	6 Baby Bunch 1:30pm-3:30pm Easter Craft drop in	7 CLOSED for GOOD FRIDAY
10 CLOSED for EASTER MONDAY	11 Off on the Right Foot Elk Point See Poster	12 Triple P Fearless Managing Your Childs Anxiety 2pm-3:30pm register	13 Baby Bunch Sleep Presentation 1:30pm-3:30pm register Dungeons & Dragons 6pm-8pm register	14 Rhymes That Bind 10am-12pm drop in
17 Outdoor Play at New Lagasse Park 10am-12pm drop in	18 Icky, Sticky, Messy Play 10am-12pm drop in Mallaiig Moms & Tots 9:30am-11:30am	19 Triple P Fearless Managing Your Childs Anxiety 2pm-3:30pm register Mindful Matters 3:30pm-5:30pm register	20 Ashmont Moms & Tots 10am-12pm Run, Jump, Skip 6pm- 7:30pm drop in	21 Earth Day Activities 10am-12pm drop in
24 Loose Parts Play 10am-12pm drop in	25 Traditional Teachings 10am-11:30am register	26 Triple P Fearless Managing Your Childs Anxiety 2pm-3:30pm register	27 No Program Staff in Training	28 No Program Staff in Training



Easter Craft

APRIL 3

10am - 12pm

for ages 0-6yrs

LFRN Center 5002 - 51ave





RUN, JUMP, SKIP

APRIL 4
10am - 12pm
ACFA Gym (4617-50 ave.)



Call 780-645-5311 for more info

Lakeland

FAMILY RESOURCE NETWORK





Evening RUN, JUMP, SKIP

April 20 6pm-7:30pm
ACFA Gym (4617-50 ave.)

****The doors will be locked at
6:15pm, please arrive between
6pm-6:15pm.**

Call 780-645-5311 for more info



Lakeland

FAMILY RESOURCE NETWORK

Fear - Less

Managing Your Child's Anxiety

Wednesday, April 5, 12, 19,
26 and May 3, 10

2pm-3:30pm

Fear - Less assists parents in setting a good example of coping with anxiety, coaching their children to become more emotionally resilient, and developing their own toolbox of strategies. Parents can choose how to best support their child as they learn to manage their anxiety more effectively.

*Fear - Less consists of 6 sessions

Call 780-645-5311 to register
Available In person or online



Baby BUNCH

For parents/caregivers with babies 0-18 months and expectant parents

Date: April 13
Time: 1:30pm - 3:30pm
Location: LFRN Center - 5002 - 51ave

Discussion on how to help
teach your child healthy
sleep skills so they go to bed
happily, sleep through the
night and nap like a champ!

Presented by:

Erin Neri

Certified Pediatric Sleep Consultant
with
To The Moon And Back Sleep Consulting



Lakeland

FAMILY RESOURCE NETWORK



To register please contact
**St. Paul Family Resource
Network 780-645-5311**

Snacks Provided!

AGES 12 - 18

**DUNGEON MASTER
IN ATTENDANCE**



**Thursday, April 13
6pm - 8pm**

**Connect with friends
and learn a new game**

LFRN Centre 5002 - 51ave
To register call 780-645-5311

Lakeland
FAMILY RESOURCE NETWORK

The poster features a central illustration of a green and blue Earth globe surrounded by various green leaves and white and yellow flowers. A bright yellow sun with spiral rays is in the top right corner, and a blue cloud is in the top left. The background is a dark teal color with decorative floral and leaf patterns on the sides and bottom. The text is centered and uses a mix of white, teal, and yellow colors.

Earth Day

CRAFT & ACTIVITIES

April 21
10am - 12pm
for ages 0-6yrs
LFRN Center 5002 - 51ave

Lakeland
FAMILY RESOURCE NETWORK

Lakeland

FAMILY RESOURCE NETWORK



ICKY, STICKY, MESSY PLAY

APRIL 18

10AM - 12PM

LFRN 5002 - 51AVE

**Encourages sensory
development**



LOOSE PARTS PLAY



APRIL 24

10PM – 12PM

for ages 0-6yrs

Call 780-645-5311 to register

LFRN Centre-5002-51 Ave

Lakeland
FAMILY RESOURCE NETWORK





For ages 7yrs+

Youth Program **MINDFUL MATTERS**

TOPICS MAY INCLUDE
MINDFULNESS
EMOTION REGULATION
GRATITUDE
SELF LOVE
FRIENDSHIPS
EMPATHY
PROBLEM SOLVING
COMMUNITY MINDED

Wednesday, April 19
3:30pm - 5:30pm

LFRN CENTRE 5002-51AVE
to register 780-645-5311

I believe in me



Lakeland

FAMILY RESOURCE NETWORK

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



FREE!

Mondays

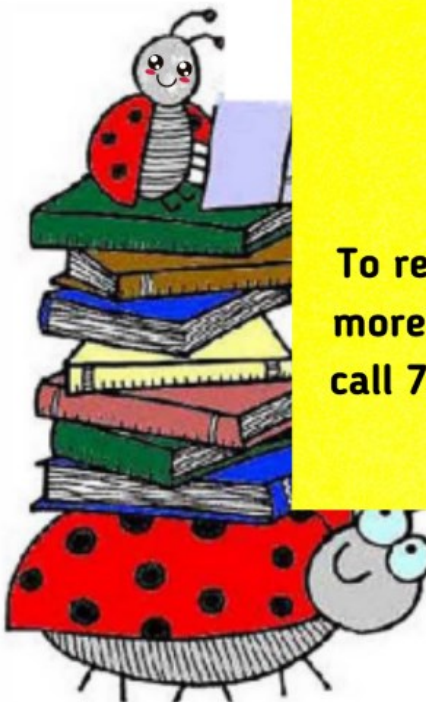
10:00 – 11:00 am / Max 6 kids

ELK POINT FCSS
4906A 48 St, Elk Point
(beside Elk Point Subway)

Keep the fun going
at home
with our take home
activities!

To register or for
more information,
call 780-724-3800

SESSION RUNNING
May 8, 15, 29,
June 5, 12



fcSS Lakeland
St. Paul Regional
Family and Community
Support Services
FAMILY RESOURCE NETWORK

Join us as we discover **Traditional Teachings** with Jan Tailfeathers

**Tuesday, April 25
10am-11:30am
at the Lakeland Family Resource Network
5002-51 Ave**

**We will learn through stories,
interactive play and crafts
once a month!**

For children and youth

Call 780-645-5311 to register



Rhymes That Bind



Join us for our free singing
program for Ages 0-6



April 14
10am - 12pm

This program introduces parents to various ways they can support their child's early literacy and language experiences. This helps promote healthy family relationships.

LFRN Center 5002 - 51ave

Call 780-645-5311 for more information



Lakeland

FAMILY RESOURCE NETWORK



OUTDOOR PARK PLAY

NEW LAGASSE PARK

Monday April 17

10am - 12pm



Lakeland

FAMILY RESOURCE NETWORK

MOMS and TOTS

This program is sponsored by the St. Paul Regional FCSS and there is no charge to attend.

This program promotes connection and learning through play. Children will have a fun time exploring with educational toys, playing with other children, learning new experiences through story time, singing and crafts.

Mothers, fathers, grandparents, and caregivers are all welcome and required to stay with the children to interact with them in a friendly environment.



Mallaig - Tuesdays at the Mallaig Seniors Hall from 9:30am - 12pm

Ashmont - Thursdays at the Ashmont Agriplex from 10am - 12pm

For more info please contact Janice at 780-614-1303 or St. Paul Regional FCSS at 780-645-5311



Elk Point Location

APRIL					MON	TUE	WED	THU	FRI
 <p>Lakeland FAMILY RESOURCE NETWORK</p> <p>4906A 48 St, Elk Point, AB Call: 780-724-3800 Text: 780-614-1941 lakelandfrn.ca</p> <p> st.paul_fcsc  St. Paul Regional FCSS & Family Resource Network</p> <p><u>Child Development & Well Being</u> Ages 0-6- PURPLE Ages 7-18- GREEN</p> <p><u>Caregiver Capacity Building/Parenting Classes</u> ORANGE</p> <p><u>Community Event</u> BLACK</p>									
					3	4	5	6	7
					10	11	12	13	14
					17	18	19	20	21
					24	25	26	27	28
					CLOSED for EASTER MONDAY	Off on The Right Foot See Poster register		Growing Minds Big Life Journal 3:30-5:30pm ages 7+	CLOSED for GOOD FRIDAY
								Growing Minds Big Life Journal 3:30-5:30pm ages 7+	Q-tip Painting 10AM-12PM Ages 0-5
								Growing Minds Big Life Journal 3:30-5:30pm ages 7+	Earth Day Activities 10am-12pm Ages 0-5
								Growing Minds Big Life Journal 3:30-5:30pm ages 7+	No Planning

Elk Point Location

Q-TIP PAINTING

AGES 0-6



April 14, 2023

10AM-12PM

FCSS ELK POINT LOCATION

4906 48TH ST

please call to register at 780-724-3800



Lakeland

FAMILY RESOURCE NETWORK

Elk Point Location

Off on the Right Foot

A day of fun and discovery for children 0-5 years

Tuesday April 11, 2023

Elk Point Elementary School Gym

5410- 50th Street

9:00am - 1:30pm

**Free consultations from Health &
Educational Professionals**

- ◆ << Ages & Stages >> Questionnaires
- ◆ Early Childhood Professionals
- ◆ Speech & Language Pathologist
- ◆ Occupational Therapist



**Community organizations &
information on family well-being**

Masks will be provided

**Call 780-645-5311
to book your appointments**



St. Paul Education
Learning Together, Growing Together



**Alberta Health
Services**

Lakeland

FAMILY RESOURCE NETWORK

Happy Earth Day

Friday April 21

Ages 0-6

4906 48 st, Elk Point Location

10am-12pm

Please call 724-3800 to register

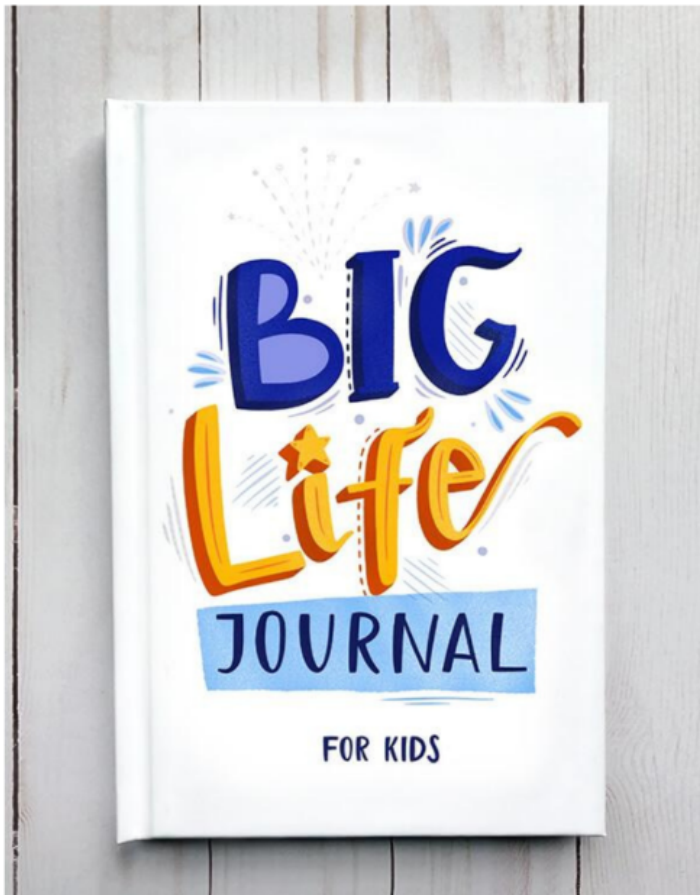
Plant a flower

Earth Day Bingo

Elk Point Location

Growing minds

Junior Edition



A group focused on developing growth mindset for youth aged 7 - 11 following content of the Big Life Journal. Learn more about the journal at biglifejournal.com

Thursdays
April 6, 13, 20, 27
May 4

3:30-5:30pm

IN PERSON
@ELK POINT FCSS
4906A 48 St, Elk Point
(beside Elk Point Subway)

Register: 780-724-3800

Join other youth and complete activities to learn to cope with real life situations.
5 week commitment required.
Snacks and your very own Big Life Journal included.

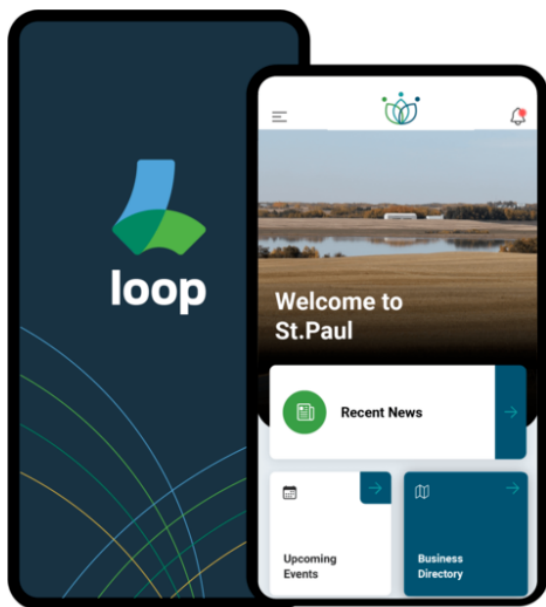
Lakeland
FAMILY RESOURCE NETWORK

 **fcss**
St. Paul Regional
Family and Community
Support Services

April 2023

www.stpaulfcss.ca

Interagency 35



Get the St. Paul App

Stay up to date with news and events from across the community and receive important emergency notifications all through our brand new app!



The Town of St. Paul App provides citizens of the town of St. Paul with up to date news and events around town, a business directory, emergency and general notifications to alert you of important news or events that may impact your day to day routine, and more!



Town of St. Paul App 4+

Box Clever

Designed for iPad

★★★★★ 5.0 • 1 Rating

Free



Serving the Communities of Bonnyville,
Cold Lake, Lac La Biche, St. Paul, Vegreville,
Athabasca, Westlock, and Barrhead

**Employment & Training Services
Provided to Albertans with
Disabilities**

JOB SEEKERS

Employment Facilitators work with you to:

- Explore your skills and abilities
- Find solutions that meet your unique needs
- Develop a career path
- Assist with resumes and cover letters
- Improve interview, networking, and job search skills
- Provide up-to-date labour market information and links to potential employers
- Empower you to overcome barriers to obtaining and maintaining employment
- Provide on the job supports and short term job coaching



EMPLOYERS

We can help you by:

- Referring qualified people with compatible skill sets
- Supporting the interview process
- Conducting job analysis & job carving
- Assisting in the process of accessing work-related devices for individuals with disabilities
- Assisting in establishing job retention strategies and goals
- Providing awareness workshops, information, and resources on a variety of disabilities
- Supporting your efforts to bring diversity to your workforce
- Developing a workforce that reflects your customer base
- Providing access to a larger labour pool

CONTACT US:

Bonnyville	780-201-6005
Cold Lake	780-594-6244
Lac La Biche	780-623-1281
St. Paul	780-614-1944
Vegreville	780-603-8182
Athabasca	780-307-7216
Westlock	780-307-7192
Barrhead	780-307-6712

EMPLOY
Abilities
a division of
www.employabilities.ab.ca



**Employment Services
for Albertans with Disabilities**

ARE YOU A JOB SEEKER?

EMPLOYMENT FACILITATORS WORK WITH YOU TO:

- Assess your skills and abilities to develop an action plan to help meet your goals based on your unique needs
- Explore employment, training, further education or self-employment opportunities
- Assist with resumes and cover letters, and provide training to improve interview, networking and job search skills
- Provide information on the current employment opportunities in your community, including the hidden job market
- Provide on-the-job supports
- All services are provided at no cost

**Services provided in Athabasca, Barrhead, Bonnyville, Cold Lake,
Lac La Biche, St. Paul, Vegreville, and Westlock**



Now accepting self-referrals, referrals from community agencies, and Community & Social Services. To access our services, use the EmployAbilities North Referral Form found on the website or scan the QR code.

<http://employabilities.ab.ca/referral-forms/employabilities-north-referral/>

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





OPEN HOUSE



When it comes to your education, it's about you.

We have many programs to choose from with certificate, diploma and degree options. Come check out our Open House, where you can connect with advisors, ask questions and find out which program is the perfect fit for you. PLUS, all students who apply at the event will have their application fee waived.*

*One application per person

St. Paul Campus

April 4th, 2023 | 6:00-8:00 PM

**Join us for a free BBQ
and student tours!**

Programs and Training

- Academic Upgrading
- Business
- Community Social Work
- Culinary and Hospitality
- Early Learning and Educational Assistant
- Environmental Studies
- Hairstyling and Barbering
- Pre-Hospital Care
- Native and Fine Arts
- Nursing
- Trades and Technology
- University Programming

For more information about important dates and events, call 1-866-623-5551.



*The Chamber of Commerce acts
as the unified voice of the area
businesses and encourages them
to work collaboratively*

ARE YOU A CHAMBER OF COMMERCE MEMBER?

**Integrity
Proud,
Honest and
Trustworthy**

Chamber Mission:
We will be the voice of
the business community
through support to
businesses, economic
development, and
advocating supportive
business policies.

**A Chamber of Commerce is a
non-profit, volunteer
organization of individuals for
the purpose of promoting the
growth of the community.**

**Commitment to
Community:
Investing where
we Live, Work
and Play**

**Opportunity
Creating
possibilities**

**Innovation
Evolve and Grow
Resources and
Services**

**Member Driven
Organized by
members for
members**

Contact us for more information

4802 50 Avenue

PO Box 887

St. Paul, Alberta T0A 3A0

Phone: 780-645-5820

Cell: 780-210-5820 (texting accepted)

Office Email: admin@stpaulchamber.ca

Yvonne Email: executivedirector@stpaulchamber.ca

Website: www.stpaulchamber.ca dd a subheading



BUSINESS SUPPORT NETWORK MEETING

Thursday, May 11, 2023

11:00am – 2:00pm

Portage College, St. Paul, AB - North East Entrance

*****Please bring your own lunch*****

GUEST SPEAKER
DIGITAL SERVICES SQUAD
Technical Support

This is an opportunity to learn and network with fellow businesses and collaborate on how we can build as a community.

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
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



FARMER'S DAY

GOLF TOURNAMENT

JUNE 9, 2023

*A day to celebrate and show our
appreciation for our local
Agricultural Producers*

If you would like to support this event and promote your
own business as a sponsor, please contact the
Chamber at 780-645-5820 or
executivedirector@stpaulchamber.ca

**ST. PAUL GOLF
COURSE**


**MORE DETAILS
COMING SOON!**



2022-2023 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 - 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> <p>September 21, 2022 October 19, 2022 November 16, 2022 December 21, 2022 January 18, 2023 February 15, 2023 March 15, 2023 April 19, 2023 May 17, 2023 June 21, 2023</p>	<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> <p>September 20, 2022 October 18, 2022 November 15, 2022 December 20, 2022 January 17, 2023 February 21, 2023 March 21, 2023 April 18, 2023 May 16, 2023 June 20, 2023</p>
<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>	

NOTICE: If required, Alberta Health COVID-19 guidelines will apply as directed i.e. screening, sanitizing, masking, physical distancing & meeting restrictions.
Please do not attend if you are sick.

SCREEN TEST

Mobile Mammography Screening is coming to:

St. Paul

Mar. 15-18, Mar. 27-Apr. 1, 2023

Community Health Services (Health unit)



Appointments are required. Call to book:

1-800-667-0604 (toll free)

To learn more visit: screeningforlife.ca

Due to COVID-19, Screen Test is taking a number of precautions to ensure the safety of our clients and staff. Details will be shared when you call to book your appointment.

*Thank you for supporting Screen Test over the past 30 years.
Together we are saving lives, one community at a time.*



**SCREENING
FOR LIFE.CA**



Post until: Apr. 1, 2023

Caregiver Education Team Newsletter

April 2023



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

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

Adult Education Sessions

Understanding Anxiety Series

For adults supporting their own wellness or the wellness of children and youth.

Part 3:

Settling Our Minds

Tuesday, April 4
12:00 – 1:00 pm

Part 4:

Overcoming Avoidance

Tuesday, April 18
12:00 – 1:00 pm

Substance Use

A Harm Reduction Approach

For adults, and for caregivers supporting youth in grades 7-12

Wednesday, April 5
6:00 – 7:30 pm

Caregiver Education Sessions

Building Executive Functioning Skills

Supporting Success in Learning

For parents and caregivers of children in grades K-6

Part 1:

Wednesday, April 19
12:00 – 1:00 pm

Part 2:

Tuesday, April 25
12:00 – 1:00 pm

Participant Feedback:

"...the quality of the presentation and the warmth of the presenters, even over Zoom, was really impressive."

"Well presented...very knowledgeable and clear. Videos were great. Thank you!"

Sessions at a Glance



AMH Education Services
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca

Virtual Groups & Workshops

North Zone Addiction & Mental Health presents our virtual workshop series. Connect with your local Addiction & Mental Health office for more details and to register.

Wellness Exchange

Wellness Exchange is a series of skill building workshops designed to help increase our ability to cope with change, build resilience, and improve our overall well-being. Participants can register for one or more sessions.

Relationship Skills Series

This series of four sessions focuses on topics related to healthy relationships and skill building to improve relationships with yourself and others. Register for all four sessions, closed group format.

Learning to Live with Anxiety Series

This series rotates through six topics to help understand anxiety, and support skill building to cope. Participants can register for one or more sessions.

Understanding Addiction Info Series

This series of three sessions focuses on topics to increase understanding of substance use concerns and how to support you and/or your loved ones. No registration required, drop into any one session.

Transform Your Stress: The Resilience Advantage™

Workshops for managing stress in challenging times comes in two parts, both led by AHS professionals. Registration for part one and part two required.

Navigating AMH Services

This session is to help people understand how to navigate Addiction and Mental Health services in the North Zone of Alberta.

<https://albertahealthservices.zoom.us/j/67750983990?pwd=WHNURmZhVWltYWppdDBEZk1FNll6dz09>
Passcode:635839

Relapse Prevention

This series focuses on topics to increase understanding of relapse prevention, identify strategies, and develop skills to cope. Registration for all sessions required, closed group format.

Addiction and Mental Health Parenting Info Series

A three-part series that takes parents on an exploration of mental health and substance abuse topics as it relates to raising children. Open and closed group format.



St. Paul Addictions

Phone: 780-645-6346

St. Paul Mental Health

Phone: 780-645-1850

April 2023 Workshops for Adults by ZOOM

Morning, afternoon or evening classes available. Classes are 2.5 hours long

Weight Management

Learn effective weight management; how to build healthier habits, and the ways that thinking patterns, sleep, physical activity, and nutrition impact your goals.

Tier 1 Classes 1.1, 1.2, & 1.3

Tue Evenings 5:30pm to 8pm
April 4, 11, 18

Thurs Mornings 9:30am to Noon
April 13, 20, 27

Tues Afternoons 1:30pm to 4pm
April 18, 25, May 2

Wed Evenings 5:30pm to 8pm
April 19, 26, May 3

More classes to be announced for Tiers 2 & 3

Heart & Stroke

Managing Blood Pressure & Cholesterol

Learn to manage your risks for heart disease and stroke.

Wed Evenings 5:30 to 8pm
Apr 5 & 12

Thurs Mornings 9:30am to Noon
Apr 13 & 20

Mon Afternoons 1:30pm to 4pm
Apr 17 & 24

Tues Evenings 5:30pm to 8pm
Apr 25 & May 2

Better Choices Better Health® 6 week workshop for Chronic Pain

Learn about pain and things you can do to live better.

Tuesday Evenings
6:00 to 8:30pm

Mar 14, 21, 28, Apr 4, 11, 18

Thursday Evening
6:00 to 8:30pm

April 20, 27, May 4, 11, 18, 25

Managing Diabetes

A 3 session workshop for those newly diagnosed with diabetes or pre-diabetes, as well as a refresher for those continuing to manage their diabetes.

Mon Evenings 5:30 to 8pm
April 3, 10, & 17

Tues Afternoons 1:30 to 4pm
April 11, 18 & 25

Friday Mornings 9:30 to Noon
April 14, 28 & 21

Wed Evenings 5:30 to 8pm
April 19, 26 & May 3

Managing Stress

A 2 part series learning techniques to reduce, prevent & cope with stress

Wed Evening Mar 29 & Apr 5 5:30pm to 8pm

Tues Morning April 18 & 25 9:30am to 12pm

Better Choices Better Health®

Take control of your health, feel better, take small steps, plan for the future. 6 class workshop.

Wed Evenings 6:00 to 8:30pm
March 29, Apr 5, 12, 19, 26, May 3

Classes to be announced soon!

Understanding COPD

Understand what COPD is and how you can manage well and continue to live your best life. Classes to be announced soon!

Moving Matters

Learn to exercise safely, overcome barriers and stay motivated. Set a goal and get started!

April 26, Wednesday Evenings 5:30pm - 8pm

Supervised Exercise - done virtually!

2 times per week, 1.5 hours session, for 6 weeks.
Tuesdays and Thursdays April 11- May 18
10 to 11:30am OR 1pm to 2:30pm

[Click here to register](https://www.healthylivingprogram.ca)

Be Supported on your Journey to Better Health – right from Home!

To register for a Zoom class call: **1-877-349-5711**
Or <https://www.healthylivingprogram.ca>





Looking for resources to answer questions about your child's development?



Find a webinar that's right for you, visit
ahsweb.ca/MHA/PRWebinars



Pediatric Rehabilitation Caregiver Connection

*Have you ever said to yourself:
'I wish I knew more about my child's...?'
'I wonder why my child is...?'*

As a parent, caregiver or someone who works with children you may have questions about your child as they grow, develop skills, and connect with others. Our team of AHS health professionals is here to share information, strategies, and resources to support you and your child or children you work with.

Who We Are and What We Do

Our Pediatric Rehabilitation Universal and Targeted Services team includes a Social Worker, a Psychologist, Occupational Therapists, Physiotherapists, and Speech-Language Pathologists. We support children from birth to 18 years old and work with local AHS professionals. We create and deliver resources for parents, caregivers, and partners supporting children. Our evidence-based resources may answer your questions or help you know where to go for more help.

Scan the QR code for more info.



SENIORS' CENTRE
WITHOUT WALLS



Welcome to the Alberta Seniors Centre Without Walls Community October to December, 2022

The Alberta SCWW is a free phone-based program that offers recreational activities, skill-building lessons, health and well-being topics as well as friendly conversation for older adults (55+) who find it difficult to leave their home.

How to Join Instructions

Please choose one of the following options to join a program:

To join by phone:

1. Call: **1-855-703-8985**

- If you are having difficulty accessing the Toll-Free Number try calling toll-free to **1.833.955.1088** or **587-328-1099** (charges may apply, contact your phone carrier for more information).

2. When prompted, enter Meeting ID: **225-573-6467#**.

3. Press # if asked for any further numbers.

Join electronically through the following link:

<https://zoom.us/j/2255736467>.

No video will be used.

Contact Program Staff if you are unable to follow these options. Please leave a message with your name & phone number.

Main Office: 780.395.2626

Elizabeth: 780-239-8427

Gayle: 780-238-9612

Hanna: 587-758-6892

APRIL

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:30am: Program Preview 11am: Writing for Fun 1pm: Exercise 3pm: Anne of Green Gables PT 1	4 11am: Imagination Circle 1pm: Coffee Chat 3pm: Reader's Corner 4:30pm: Trivia	5 9:30am: True Crime PT 1 11am: Who Why When 1pm: Next Stop, Mount Everest 3pm: Exercise	6 9:30am: Gratitude 11am: Brain Games 1pm: Relaxation 3pm: William Shakespeare	7 GOOD FRIDAY NO PROGRAMS 
10 9:30am: A Week in History 11am: Let's Talk About... 1pm: Exercise 3pm: Anne of Green Gables PT 2	11 11am: Mindfulness-Being Ourselves 1pm: Elton John 3pm: In the Headlines 4:30pm: Family Feud	12 9:30am: True Crime PT 2 11am: What a Word 1pm: From John to Justin: Prime Ministers of Canada 3pm: Exercise	13 <div>NO MORNING PROGRAM</div> 1pm: Happiness Basics 3pm: Pet Tales	14 9:30am: Classical Music Hour 11am: Exercise 1pm: It's All Canada 3pm: Where in the World
17 9:30am: A Week in History 11am: Writing for Fun 1pm: Exercise 3pm: Anne of Green Gables PT 3	18 11am: Imagination Circle 1pm: Old Souls & Protest Songs 3pm: Balanced Meals 4:30pm: Name that Tune	19 9:30am: True Crime PT 3 11am: Who Why When 1pm: Fire Safety AB 3pm: Exercise	20 9:30am: Gratitude 11am: A Storytelling 1pm: Happiness Basics 3pm: Working Through Grief	21 9:30am: All Request Music 11am: Exercise 1pm: A Call To Action - Earth 3pm: Mystery Chronicles
24 9:30am: A Week in History 11am: Coffee Chat 1pm: Exercise 3pm: Anne of Green Gables PT 4	25 11am: Mindfulness-Being Ourselves 1pm: TED Talk 2:30pm: Estranged Children 3pm: Spring Migration 4:30pm: Jeopardy	26 9:30am: True Crime PT 4 11am: EPL Presents! 1pm: Personal Directives 3pm: Exercise	27 9:30am: Gratitude 11am: Animal Spotlight 1pm: Happiness Basics 3pm: R U ONLINE?	28 9:30am: Vinyl Café 11am: Exercise 1pm: Muscle Tone 3pm: BINGO
<div>  </div> <div> To join by phone, call: 1-855-703-8985 When prompted, enter Meeting ID: 225-573-6467# </div>				

Alberta Brain Injury Network

Invites you and your Care Givers to our Monthly Survivor meetings

February 14th, 2023 @2pm

March 14th, 2023 @2pm

April 11th, 2023 @2pm

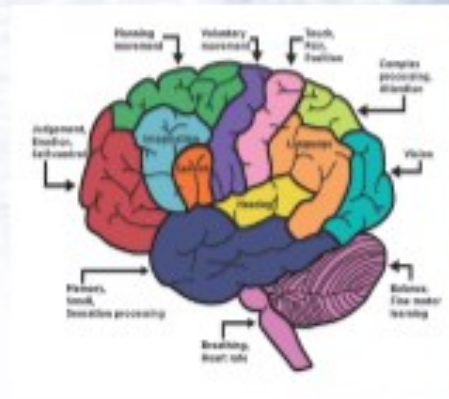
May 9th, 2023 @2pm

June 13th, 2023 @2pm

October 10th, 2023 @2pm

November 14th, 2023 @2pm

December 12th, 2023 @2pm

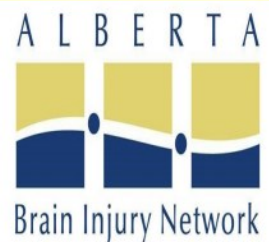


St Paul Municipal Library (Back room)

4802 53 St, St. Paul, AB T0A 3A4

[\(780\) 645-4904](tel:7806454904)

**For more information Please send Email to
Kyla Cameron @ kcameron@spanet.ab.ca
Or call 780-645-3441 ext 234
Or 780-646-2969**



For more information call the
ABIN Coordinator
780-645-3441 Ext 232
Or email abin@spanet.ab.ca

A stylized graphic featuring a rainbow arching over a silhouette of mountains and houses. The rainbow is composed of many vertical, elongated triangular segments in shades of orange, yellow, green, and blue. The background is a gradient of blue, transitioning from a darker blue at the top to a lighter blue at the bottom. The mountains and houses are depicted in dark blue silhouettes.

ANNUAL FAMILY CONFERENCE

April 14-15, 2023

Fantasyland Hotel, Edmonton, AB

Families the **HEART** of
community

Inclusion Alberta

Register at inclusionalberta.org

Learn Technology

Learn basic skills for computers,
laptops, iPads, and smartphones



iPad Basics Course April 2023

April 19 - learn tap, swipe, scroll,
pinch; learn about apps; take photos

April 26 - go online; connect with
others

Wednesdays, 10:30 - 11:30 AM

Class Location

Elk Point Municipal Library
5123 50 Ave, Elk Point, AB T0A 1A0

Contact

Sandie Bishop, CALP Coordinator
sandra.bishop@portagecollege.ca
780-614-6368 • Toll-free: 855-497-1160



Edmonton
Community
Legal Centre

Accessible Legal Advice and Information for Rural Alberta

The Edmonton Community Legal Centre provides free legal advice through 45 minute legal coaching sessions.



- ☐ Civil Law
- ☐ Consumer Debt and Foreclosure
- ☐ Family Law
- ☐ Immigration
- ☐ Social Benefits

CONTACT US



780 702 1725



intake@ecllc.ca



Although ECLC offices are in Edmonton, communications and appointments can all be done by phone/email.



Scan this QR code to learn more about your options with ECLC!



Edmonton
Community
Legal Centre

☎ 780 702 1725
✉ intake@eclc.ca

Rural Family Law Help

Do you need help with a family law matter?

ECLC offers free 30 to 45-minute legal coaching appointments.

These sessions will give you the information and the confidence to move forward with your legal matter.



We can help with the following:

- | | |
|--|--|
| <input type="checkbox"/> Parenting and contact | <input type="checkbox"/> Guardianship |
| <input type="checkbox"/> Child and Spousal Support | <input type="checkbox"/> Protection Orders |
| <input type="checkbox"/> Common-law Relationships | <input type="checkbox"/> Responding to Divorce |
| <input type="checkbox"/> Divorce | <input type="checkbox"/> Division of Property |

WE ARE UNABLE TO ASSIST WITH CHILD WELFARE MATTERS.



Although ECLC offices are in Edmonton, communications and appointments can all be done by phone/email.



Scan this QR code to fill out a family intake form with ECLC!



ST. PAUL
FRIENDS OF PLAYSCHOOL

**ANNUAL GENERAL
MEETING
&
REGISTRATION NIGHT
APRIL 26 @ 7 P.M.
ST. PAUL
ELEMENTARY
GATHERING AREA**



- Fully potty trained
- Aged 4 by February 28, 2024
(Kindergarten cut-off is December 31, 2023)
- Alberta Childcare Affordability Grant
- Board Positions Available

My Business Has Been asked to Host a Stand for Lemonade Day, Now What?



What is Lemonade Day?

Lemonade Day is a free, fun, international licensed, youth entrepreneurship program that teaches youth, Pre-K to high school, how to start, own and operate their own business – a lemonade stand.

Kids attend Lemonade University where they acquire skills in goal-setting, problem solving, and gain self-esteem critical for future success, all while having FUN!

Then on June 18, 2022 all Lemonade Day Northern Alberta kids will set up their stands and try their hand at running their business.

What Does it Mean to Host a Lemonade Stand at My Business Location?

One of the most unique and wonderful things about joining the Lemonade Day Program is, that kids are encouraged to partner with local businesses in their participating Lemonade Day town and "rent" space for their Lemonade Stand outside of that business. This partnership allows our Lemonade Day kids to access higher traffic areas where they will be able to attract plenty of customers to their business.

Lemonade Day encourages participants to treat their stand like a real business and as a result kids may ask to "rent" a space from your business. The action of paying a small fee for rent (\$1.00 or whatever is negotiated) helps to drive home the lesson of business expenses to our young entrepreneurs.

How can My Business Support the Lemonade Stand We're Hosting?

There are plenty of ways you can support your Lemonade Day partner:

- Advertising - Let customers know there will be a Lemonade Stand at your Business, leading up to and on Lemonade Day or give the Kids space to do so.
- Encourage staff members to support the Lemonade Stand
- Allow your Lemonade Day participant to access your washroom as needed.
- Offer in-kind donation of products if at all possible.
- Become a Local Lemonade Day Sponsor

Join us in our mission to help today's youth become the business leading, socially advocating, community volunteers and forward-thinking citizens of tomorrow by supporting Lemonade Day! If you would like to know more about the Lemonade Day program or have any questions please contact us at Lemonade Day Northern Alberta.



Lemonade Day!

lemonadeday.org/northern-alberta



10611 101 Street • Westlock, AB T7P2J4 • lemonadeday.org/northern-alberta p: 780-349-2903 e: arobinson@albertacf.com



on **facebook**

Connect to see what they're currently cookin' up!

(past events)



Celebrating

THE POWER OF COMMUNITY



MS. WALK

SUNDAY, MAY 28, 2023

MSWALKS.CA



**SCAN TO
REGISTER**



Spring Pottery & Art Show & Sale



Thursday, April 27 ~ 4 - 8 PM
Friday, April 28 ~ 4 - 8 PM
Saturday April 29 ~ 10 AM - 4 PM

St. Paul Visual Arts Centre

4613-53 Street, St. Paul, AB

*Find something special for
Mother's or Father's Day 2023*

Handmade pottery, art,
glass fusion, crafts & more!

Uniquely made by local Artisans



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



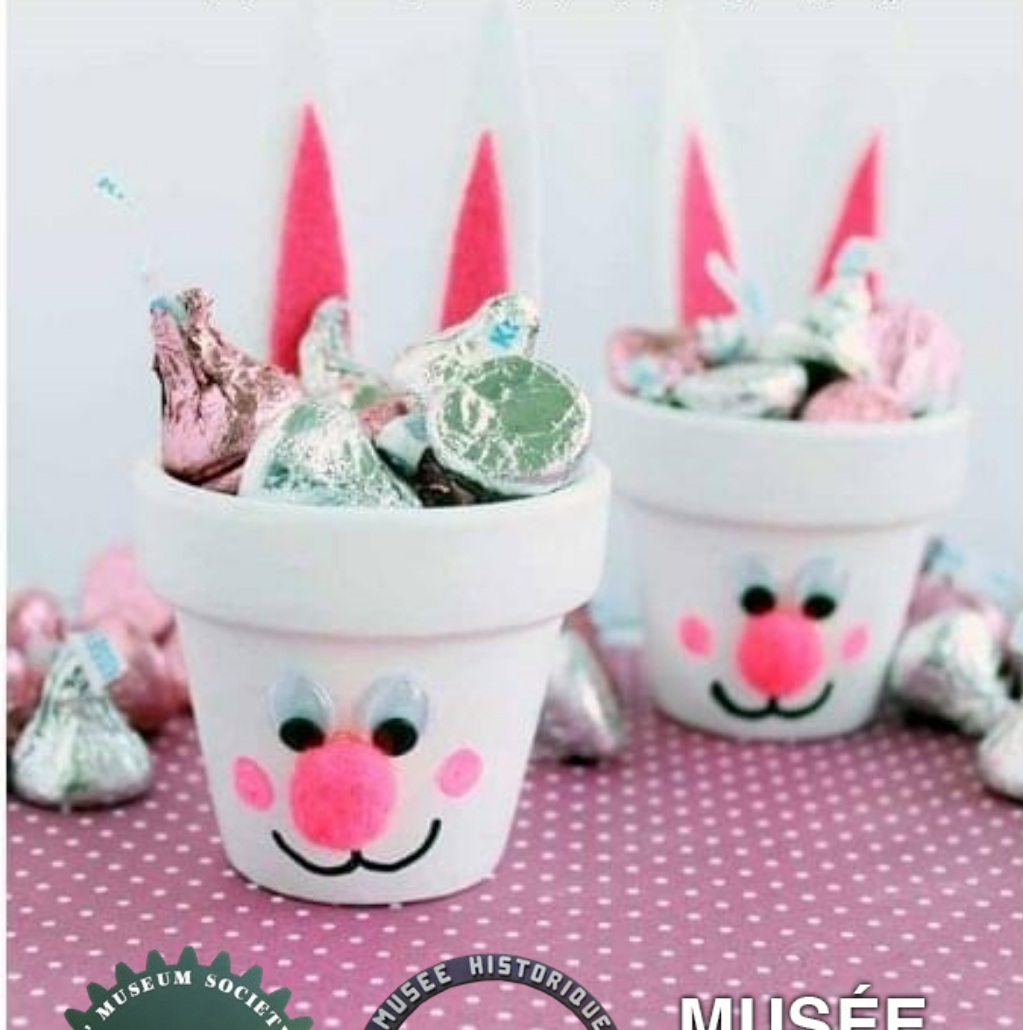
Friday April 7th, 1pm – 3pm

Regular admission applies:

**\$5/adult, \$2/child, \$12/group up to 6 people
(One parent/guardian who attends with a
child will be admitted free of charge.)**

TERRA COTTA BUNNIES

(May not be exactly as shown, may vary depending on supplies.) |



**MUSÉE
ST. PAUL
MUSEUM**

5409 - 50 Ave

BOSCOMBE

COMMUNITY HALL



CRIBBAGE

TOURNAMENT



Sunday, April 16, 2023

Doors Open: 10 am Games Start: 11 am

Registration Fee: \$25/person

Must Bring Your Own Partner!

Light Lunch Included

50/50

19 Hand Loonie Pot

Registration @ door

For More Information:

Lisa @ 780-210-0584

Make It and Take It Toddler Time

at the St. Paul Municipal Library
for parents with kids age 2 and under

Older kids are welcome to come and play

Touch and feel sensory sticks

**Wednesday April 19th
10:15am**

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





SEED EXCHANGE

April 11th to April 29th

St. Paul Municipal Library

Everyone is invited to bring in their extra
seeds they have leftover.

Exchange them for something you need
or want to try.

Seeds can be dropped off
before April 11th.



ST PAUL MUNICIPAL LIBRARY'S MINI CANVAS ART SHOW!

April 5th until the 18th.

Come in and enjoy the art
made by our community!





Crafternoon at the St. Paul Library

Bring your knitting,
crocheting, painting,
scrapbooking or other projects.
Work, chat and get it done.



Tuesdays
12pm to 4pm

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





Senior Citizen Appreciation Day at the St Paul Library

Come join us for Coffee, tea,
and treats.



**April 18th
May 16th
June 20th**



Drop in between 10am and 4pm

Saturday FAMILY FUN DAY!

**Bring the whole family and
enjoy some time together.**

April 1st - Funny Coloring

April 8th - Family Games

April 15th - Ink Stamping

April 22nd - Up Cycle Crafting

April 29th - Building Day

St. Paul Municipal Library

4802 53 Street
780-645-4049

Box 1328 St. Paul Alberta T0A 3A0
www.stpaullibrary.ab.ca



Family Story-time

At the Library
Fridays at 10:30am



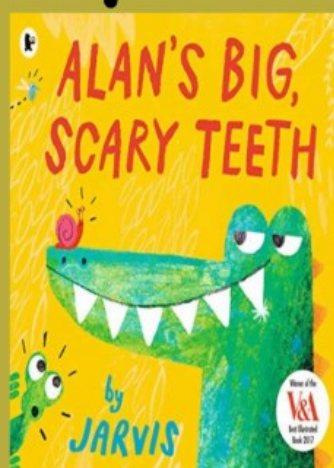
Register under the programs tab on our website at www.stpaullibrary.ab.ca or E-mail us at programs@stpaullibrary.ab.ca

**Registration
required**

April 7th

No Story-
time
Library is
Closed

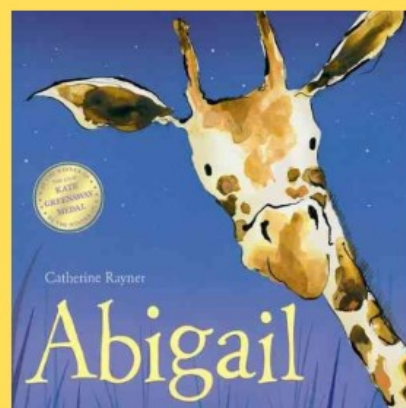
April 14



April 21



April 28

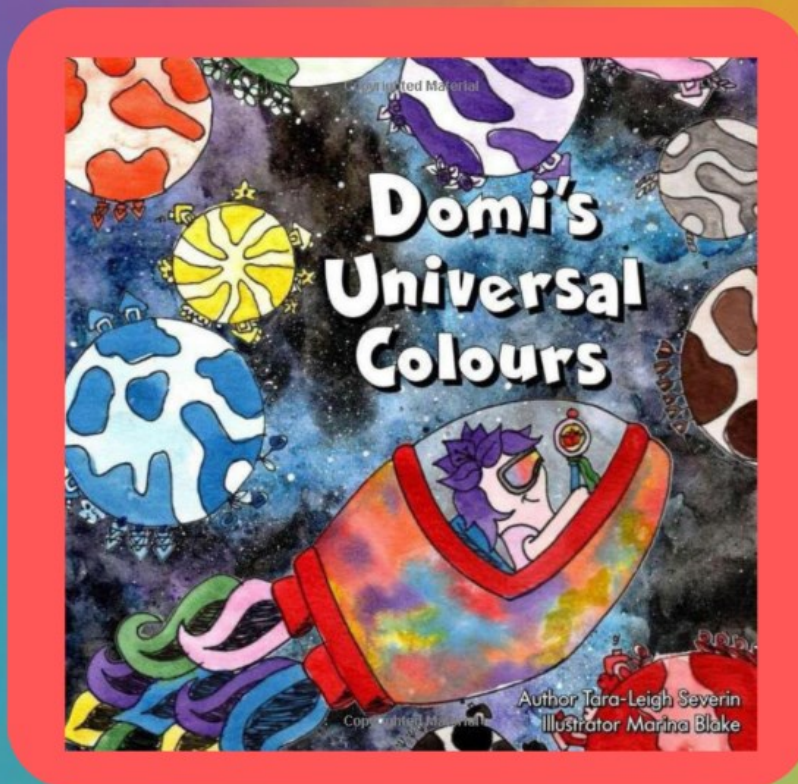


Special Guest Story-time With Author Tara Severin

at the St. Paul Municipal Library

For children ages 4 and up

Wednesday April 5th 4:00pm



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

St Paul Municipal Library TEEN Watercolor Class

2 Nights - 1 Painting

Wednesday April 12th and 19th at 6:00pm

Register in the program tab on our website www.stpaullibrary.ab.ca

Limited Space - Must 13 years of age or older

