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July

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 Sept 12th
@ 10 am
Please RSVP.



Prevention & Awareness

P2... Let's Connect
P3... Family Summer Challenge
P4-8... Family Movie Nights
P9... Pop Up Block Party
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Health & Wellness

P39... City University Counselling
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P48... Alberta Brain Injury

For Your Development

P49... The Livingworks Start Program
P50... Mallaig Preschool
P51... Summer School at Spaec
P52... Head Start Registration
P53... Stand-Up for Mental Health Comedy Show
P54... Youth Webinar
P55... Cluster Development Training
P56-57... Rural Family Law Help
P58-59... Lakeland Employment Services

Ways to Connect

P60... Canada Day
P61-63... TWB Teen Camp
P64... Youth Tennis
P65... Town Camps
P66... Mannawanis Friendship Centre
P67... Rodeo Week Kick off Party
P68... Chase the Ace/
P69... Best of South Africa
P70... Inclusion BBQ
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P72... LRA feedback
P73... Sideline Cheer Camp
P74... Drumheller
P75-87... St Paul Library Events
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Let's

Connect



Scan the codes to connect.



family SUMMER CHALLENGE



Family time is fun at **FCSS**! Join us in our family summer challenge during the month of July for a chance to win cool prizes. Complete one or all of the family challenges listed below, snap a photo and enter by:

tagging us when you share it on social media,

use #FCSSFamilysummerchallenge2023 or

email your photo to fcss@stpaul.ca

Good Luck and have FUN!



#1 Share
a family
picnic

#2 Enjoy
a FCSS
movie

#3
Experience
something
new as a
family

#4 Play
together
at a park

#5 Go on
a family
ice cream
date





**Come join us
for FREE
movie nights**

**PLEASE BRING
YOUR OWN
LAWN CHAIRS,
BEVERAGES,
AND BUGSPRAY**

July 1 in Elk Point

The Incredibles

July 7 in St.Paul

The Angry Birds Movies

July 8 in St.Vincent

Shang-Chi

July 14 in Cork Hall

Sing 2

July 21 in Fergeson Flats

Mulan (2020)

August 18 in St.Paul

The Angry Blrds Movie 2



**FOR MORE INFORMATION CONTACT
THE OFFICE AT 780-645-5311**



FREE
Popcorn

PLEASE BRING
YOUR OWN
LAWN CHAIRS,
BEVERAGES, AND
BUGSPRAY



"SHANG-CHI"

The movie will take place at the old St. Paul Beach on the South side of Vincent Lake. Scan QR Code for directions

SATURDAY, JULY 8

Starts at DUSK



For more information contact
the office at 780-645-5311





Concession
available!

PLEASE BRING
YOUR OWN
LAWN CHAIRS
AND BUGSPRAY



"SING 2"

The movie will take place at Cork Hall

FRIDAY, JULY 14

Starts at DUSK



For more information contact
the office at 780-645-5311





Concession
available!

PLEASE BRING
YOUR OWN
LAWN CHAIRS
AND BUGSPRAY



"MULAN"

The movie will take place at the Fergeson Flats Hall

SATURDAY, JULY 21

Starts at DUSK



For more information contact
the office at 780-645-5311





Concession
available!

PLEASE BRING
YOUR OWN
LAWN CHAIRS
AND BUGSPRAY



"THE ANGRY BIRDS 2 MOVIE"

The movie will take place at the Jaycee Ball Diamonds

FRIDAY, AUGUST 18

Starts at DUSK



For more information contact
the office at 780-645-5311



Promoting positive relationships & connections for families
to their community in a fun & safe way.



**Want to CONNECT with your
neighbours but don't know
where to start?**

Let us throw a block party on your behalf right
on YOUR street! Submit your details by **July 10th**
and we will do the rest. The winning location will
receive invitations to attend YOUR
neighbourhood block party. No cost to attend.

We will bring food, games & fun so you can
connect & engage with those living close to you.

Call 780-645-5311 for more details.

Thursday
July 27, 2023
5PM-7PM
Your Street!

Lakeland

FAMILY RESOURCE NETWORK



Submissions

 **780-645-5311**

 **bbillo@stpaul.ca**



PROMOTING A SENSE OF COMMUNITY!

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.



Connect with us
780-645-5311



PROMOTING A SENSE OF COMMUNITY!

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.



Connect with us
780-724-3800



Girls Supporting Girls



**with Registered Provisional Psychologist;
Kaitlyn Buechler**

FOR TEENS 14 - 18

*8 spots available

Supporting & building healthy identities together. Learning about self esteem, body image, healthy relationships and boundaries, anxiety, emotional regulation & more.



6 week program, \$60

Tuesdays 4:30pm - 6:00pm

August 15, 22, 29, September 5, 12, 19

LFRN Centre 5002 - 51ave

RSVP

with payment by

August 8

Call 780-645-5311

SNACKS PROVIDED



Lakeland

FAMILY RESOURCE NETWORK

ST PAUL REGIONAL
FAMILY & COMMUNITY SUPPORT SERVICES

Block Party

*free
event*

AUGUST 18/23

11AM - 2PM

RAIN OR SHINE

food, games & fun

ST. PAUL SPLASH PARK

47TH STREET & LAKESHORE DRIVE

call 780-645-5311 for more info

Promoting positive relationships & connections
for families to their community.



Lakeland
FAMILY RESOURCE NETWORK





Visit

with Jamie Hussey and other women in our community, over coffee & snacks, who can relate to life on the farm.

Recharge

and take a moment for yourself so you can continue to be the pillar of your farm family.

Learn

about supports to add to your "wellness toolbox" that you can use to help manage difficult life on the farm.

Monday
Aug 28, 2023

1PM-3PM

drop in
FCSS 5002-51 Ave

RSVP

 **780-645-5311**

 **bbillo@stpaul.ca**



KIDS *summer* CAMP

EVERY MONDAY AND WEDNESDAY
10AM TO 2PM

STARTING
July 10

FREE DAY
CAMP FOR 6
WEEKS
AGES 7-12

WE FOCUS ON BUILDING BETTER
BRAINS THROUGH PLAY & SKILL
DEVELOPMENT

ASHMONT AG SOCIETY

FOR MORE INFORMATION CONTACT BROOKE OR HELEN
AT 780-645-5311



REGISTER THROUGH EMAIL AT
BDECHAINED@TOWN.STPAUL.AB.CA

KIDS *summer* CAMP

JULY 14, 28, AND AUGUST 4, 11



**FREE DAY
CAMP**

AGES 7-12

**WE FOCUS ON BUILDING BETTER
BRAINS THROUGH PLAY & SKILL
DEVELOPMENT**

FERGESON FLATS HALL

**FOR MORE INFORMATION CONTACT BROOKE OR HELEN
AT 780-645-5311**



**REGISTER THROUGH EMAIL AT
BDECHINE@TOWN.STPAUL.AB.CA**

SAVE THE DATE

COMMUNITY AWARENESS

night St Paul &
Elk Point

join us

for an exciting evening where organizations are on hand to promote, register members and discuss their role in our community. Community Awareness Night is FREE to the public and brought to you by St Paul Regional FCSS.

WEDNESDAY
SEPT 13/23
5-8 PM

ST PAUL REC CENTRE 4802 53 ST

Call **780-645-5311** for more information or to reserve your community organization table.

TUESDAY
SEPT 5/23
6:30-8:30 PM

ALLIED ARTS CENTRE 4605-57 AVE

Call **780-724-3800** for more information or to reserve your community organization table.



Jump Back Up July 2023



SATURDAY

1 Take a small step to help overcome a problem or worry

8 Avoid saying "must" or "should" to yourself today

15 Set yourself an achievable goal and take the first step

22 Find 3 things you feel hopeful about and write them down

29 Be a realistic optimist. Focus on what could go right

SUNDAY

2 Adopt a growth mindset. Change "I can't" into "I can't...yet"

9 Put a problem in perspective by seeing the bigger picture

16 Find fun ways to distract yourself from unhelpful thoughts

23 Remember that all feelings and situations pass in time

30 Reach out to a friend, family member or colleague for support

MONDAY

Be willing to ask for help when you need it

10 Reach out to someone you trust and share your feelings with them

17 Use one of your strengths to overcome a challenge today

24 Choose to see something good about what has gone wrong

31 Remember we all struggle at times - it's part of being human

TUESDAY

4 Find something to look forward to today

11 Look for something positive in a difficult situation

18 Let go of the small stuff and focus on the things that matter

25 Notice when you are feeling judgmental and be kind instead



WEDNESDAY

5 Get the basics right: eat well, exercise and go to bed on time

12 Write your worries down and save them for a specific 'worry time'

19 If you can't change it, change the way you think about it

26 Catch yourself over-reacting and take a deep breath



THURSDAY

6 Pause, breathe and feel your feet firmly on the ground

13 Challenge negative thoughts. Find an alternative interpretation

20 When things go wrong, pause and be kind to yourself

27 Write down 3 things you're grateful for (even if today was hard)



FRIDAY

7 Shift your mood by doing something you really enjoy

14 Get outside and move to help clear your head

21 Identify what helped you get through a tough time in your life

28 Think about what you can learn from a recent problem

Happier · Kinder · Together

ACTION FOR HAPPINESS



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

JULY				
MON	TUE	WED	THU	FRI
3 NO PROGRAM	4 CAMP SUNSHINE	5 CAMP SUNSHINE	6 CAMP SUNSHINE	7 CAMP SUNSHINE
10 Traditional Teachings for YOUTH 10yrs+ 10am-12pm register	11 Story Time & Craft 2pm-3:30pm drop in	12 Home Alone 9am-11am register FULL	13 Buggies on the Block 1:30pm-3:30pm drop in Dungeons and Dragons 6pm-8pm register	14 Triple P "Primary Care" 10am at Elk Point location to register call 780-724-3800
17 Outdoor Youth Games 7yrs+ 2pm - 4pm register	18 NO PROGRAM	19 Board Games for YOUTH 7yrs + 1:30pm-3:30pm register	20 Buggies on the Block 1:30pm-3:30pm drop in	21 Fire Hall Tour 10am register
24 Fine Motor Fun 10am - 12pm drop in	25 Triple P Tip sheet "Meal Time Problems" 10am register	26 Create Art at Visual Arts Centre 10am-12pm register	27 Buggies on the Block 1:30pm-3:30pm drop in	28 NO PROGRAM
31 Making Music 10am-12pm drop in				

Join us as we discover

Traditional Teachings

with Jan Tailfeathers

Create with us on

Monday, July 10
10am-12pm

at the Lakeland Family Resource Network
5002-51 Ave

For youth ages
10 and up

Call 780-645-5311 to register



Snacks Provided!

AGES 12 - 18



**DUNGEONS
& DRAGONS**

**DUNGEON MASTER
IN ATTENDANCE**

**Thursday, JULY 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



OUTDOOR YOUTH GAMES

age 7yrs+

JULY 17
2PM - 4PM

Meet at the LFRN
5002 - 51ave

Call 780-645-5311 to register

Lakeland

FAMILY RESOURCE NETWORK

**GIANT
SNAKES & LADDERS**

KAN JAM

BEAN BAG TOSS

LADDER GOLF

JENGA

YOUTH GAMES

AGES 7YRS+

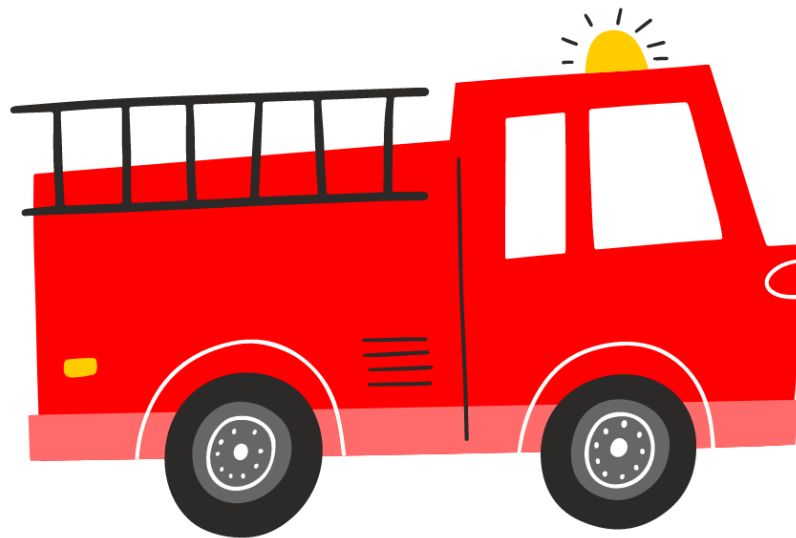


WEDNESDAY, July 19
1:30PM - 3:30PM

Call 780-645-5311 to register
LFRN Centre-5002-51 Ave

Lakeland

FAMILY RESOURCE NETWORK



Fire Station Tour

Friday, July 21 at 10am

Meet at Fire Station

Call 780-645-5311 to register

Lakeland

FAMILY RESOURCE NETWORK



TRIPLE P

TIPSHEET

JULY 25

AT 10 AM

MEAL TIME PROBLEMS

Register Now!

frn@town.stpaul.ab.ca or call
780-645-5311

Lakeland
FAMILY RESOURCE NETWORK



CREATE ART

for ages 0-6yrs

July 26
10am -12pm
at the
VISUAL ARTS CENTRE
4613 - 53st

Call to Register 780-645-5311



Lakeland
FAMILY RESOURCE NETWORK

Elk Point Location

JULY					Elk Point Location				
					MON	TUE	WED	THU	FRI
					3	4 CAMP SUNSHINE	5 CAMP SUNSHINE	6 CAMP SUNSHINE	7 CAMP SUNSHINE
					10	11 Office Open 8:30am-4:30pm lunch 12:30pm-1:30pm	12 Office Open 8:30am-4:30pm lunch 12:30pm-1:30pm	13 Youth Group 2-4pm Frisbee in the Park please register ages 0-6, 10am-12pm Icky Sticky Mess	14 Triple P "Primary Care" 10am register
					17	18 Office Open 8:30am-4:30pm lunch 12:30pm-1:30pm	19 Office Open 8:30am-4:30pm lunch 12:30pm-1:30pm	20 Youth Group 2-4pm Tie Dye please register ages 0-6, 10am-12pm Summer sun catcher Craft	21
					24	25 Office Open 8:30am-4:30pm lunch 12:30pm-1:30pm	26 Office Open 8:30am-4:30pm lunch 12:30pm-1:30pm	27 Youth Group 2-4pm please register ages 0-6, 10am-12pm Dinosaur Dig at E.P Elem school Drop In	28
					31				



Lakeland
FAMILY RESOURCE NETWORK

4906A 48 St, Elk Point, AB
Call: 780-724-3800
Text: 780-614-1941
lakelandfrn.ca

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

 **St. Paul Regional FCSS & Family Resource Network**

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

Caregiver Capacity Building/Parenting Classes
ORANGE

Community Event
BLACK

Positive Parenting

Friday, July 14
10am

While it is extremely rewarding and always enjoyable to be a parent it is not always easy. There are some common challenges all parents face as their children grow. This course offers suggestions and ideas on positive parenting to help you deal with day-to-day challenges and promote your child's development.

Call 780-724-3800 to register

Available in person or online
for one-on-one and group discussions





Summer

Sun Catcher Craft

ages 0-6

July 20, 10am-12pm

Elk Point FCSS ,4906 48st

Elk Point Location



ICKY, STICKY, MESSY PLAY

JULY 13 , 10AM - 12PM

FCSS 4906-48ST

CALL 780-724-3800 TO REGISTER

**Encourages sensory
development**



Lakeland

FAMILY RESOURCE NETWORK

fcss
St. Paul Regional
Family and Community
Support Services

Elk Point Location

TIE DYE

Ages 7+

July 20, 2-4pm

**FCSS Elk Point Location 4906 48st
Please call 780-724-3800 to register**

**(must register, supplies are limited, Dye is
provided, please bring an item that you would like
to dye.)**

Frisbee at the park

Ages 7+

July 13, 2-4 pm
Elk Point FCSS Location

Come design a frisbee and enjoy a game!

Must register at 780-724-3800

(limited number of frisbees available)

(please ensure your child is wearing sunscreen, hat and has a water bottle, we will be heading outside to the park, weather permitting)



Lakeland
FAMILY RESOURCE NETWORK

Dinosaur Dig

JULY 27, 10AM-12PM

AGES 0-6

ELK POINT ELEMENTARY SCHOOL

KINDERGARTEN PLAYGROUND

DROP IN

**MEET ME AT THE PARK FOR A FUN TIME
SEARCHING FOR DINOSAUR'S.**

Please wear a hat,
sunscreen and
bring a water
bottle.
Weather permitting



Mocktail magic is a service of the Lakeland Centre for FASD that promotes prevention, education, and awareness about prenatal alcohol exposure.

Book us for graduations, business celebrations, holiday events or any special occasion you want to provide non-alcoholic beverages for your guests.

To book your Mocktail magic event, please contact the Lakeland Centre for FASD at 780-594-9905 or email admin@lcfasd.com.





Lakeland Centre for FASD Service

Prevention

Prevention Conversation— Is a Shared Responsibility' focusing on engaging communities in *conversations* about drinking during pregnancy or drinking before a woman even knows she is pregnant.

2nd Floor Women's Recovery—Is a unique long-term, fee-for-service residential substance use treatment program, exclusively for women. Priority is given to women who are pregnant, or at risk of getting pregnant based on their lifestyle choices. You do not have to be pregnant to attend.

Mother's to Be Mentor Program— A free, non-judgemental voluntary support program for women who are pregnant or have recently given birth and used alcohol or drugs at anytime during their pregnancy.

Training/Awareness— Training and education in all aspects of FASD. Training is tailored to meet the specific needs of the audience. Training available in all communities.

Mocktails— Hire the Lakeland Centre to host a "Make Mine a Mocktail" for a non-alcoholic alternative for your event.

Diagnostics

FASD Diagnosis and Assessment— Mobile multidisciplinary teams provide assessment and diagnosis for children, youth and adults who were prenatally exposed to alcohol.

Intervention/Outreach

Post Diagnostic and Outreach Services— Providing individuals who have an FASD diagnosis, their caregivers and support systems with community connections, advocacy and guidance across the life span.

Employment Services— Designed for persons aged sixteen and older, who have been diagnosed with FASD or are clients of LCFASD. The goal is to enhance skills and abilities, pursue appropriate employment goals, increase self-reliance and community participation. The program runs throughout the Lakeland area. Please call for dates and locations.

Transition Services— Transition Coordinators work with adolescents and young adults to build a plan for the future. Transition Planning involves goal setting, creating a plan and determining what supports an individual may need as they transition from one phase of life to another.

Caregiver Support Groups— LCFASD supports caregivers by holding regular support groups where caregivers can come together to talk about their experiences with people who will understand in a judgement-free space.

Summer Camp— Since 2006 The LCFASD has been hosting week-long overnight camps that have given children with FASD the chance to have an unforgettable positive summer camp experience

For more information on all of our services please contact us at

Phone: 780-594-9905

Toll free: 877-594-5454

Or visit our new website www.lcfasd.com

LCFASD Offices:

Cold Lake: 4823 50 St. Cold Lake

Lac La Biche: 10117 102 Avenue Lac La Biche

St. Paul: 4707 50 Avenue St. Paul

Bonnyville: C2 Centre Second Floor Bonnyville

WE ARE **HIRING** JOIN OUR TEAM

open positions



- ✓ Program Manager
- ✓ Cultural Liaison
- ✓ Casual Frontline



www.lcfasd.com

SEND YOUR RESUME TO :

✉ sthir@lcfasd.com



2nd Floor Women's Recovery Centre

A unique long-term live in treatment program for women throughout Alberta

- Holistic Approach
- Harm Reduction Model
- Individual Recovery Plans
- Specializes in women who are pregnant

Women's Recovery Centre



www.lcfasd.com



780-594-9903



DONATE TODAY
www.lcfasd.com



CHANGE A LIFE

SPONSOR A KID TO GO TO CAMP
CHARITABLE TAX RECEIPTS ISSUED
ALL DONORS WILL RECEIVE A THANK YOU CARD FROM
THE SPONSORED CHILD

COST PER CHILD: \$500



Lakeland FASD Summer Camp

Lakeland FASD Summer Camp

It is important for all children to have camp opportunities and positive experiences without the fear of rejection. Join the excitement this summer at Lakeland FASD Summer Camp! It is our long term goal that our children will discover positive life experiences and develop social skills.

The camp is designed to offer opportunities to encourage new hobbies and build positive support systems. The children will be involved in a variety of crafts and activities including water sports and exploration of the environment, which will be both entertaining and educational. Through routine and repetitive responsibilities, we will be teaching daily living skills.

It is our focus to provide a fun and safe environment where children with FASD can be themselves.



Benefits of Attending Camp

Children attending the Lakeland FASD Summer Camp will have the fantastic opportunity to meet others and create life long friendships. They will discover new and exciting hobbies while learning important life skills. Above all, children attending camp will have a positive and enjoyable camp experience!

Key Activities

Horse grooming & painting	Arts & Crafts
Swimming & water games	Cooking
Outdoor games	Yoga
Cultural experiences	Drumming
Nature adventures	Kayaking

Eligibility

- Diagnosis of FASD
 - Can be from anywhere in Canada
- The Lakeland Centre for FASD reserves the right to refuse to accept any application.

Registration Information

The Lakeland Centre for FASD will be hosting 6 week long camps between July and August. The camp is held at our camp facility located in French Bay M.D. Park Recreation Area on Cold Lake, Alberta.

Camp fees are \$500. Families that may wish to consider assistance can connect with the centre for options.

Children who wish to attend must submit an application to the Lakeland Centre for FASD. Application packages are available at www.lcfasd.com, ask your Outreach Worker or call the LCFASD Main Office at 1-877-594-5454.

Applications will be accepted on a first come first serve basis until camps are full.

Camps:

Camp #1 (Girls 7-10)
Camp #2 (Boys 7-10)
Camp #3 (Girls 11-13)
Camp #4 (Boys 11-13)
No Camp
Camp #5 (Girls 14-17)
Camp #6 (Boys 14-17)

Dates can be found at:
www.lcfasd.com/summer-camp/
Dates subject to change

We look forward to seeing
you at the Lakeland FASD
Summer Camp!

BUILDING PLACES TO GET
AND STAY ACTIVE

Built Together



COMMUNITY. CONNECTION.
What will you build?



Application deadline

Monday, September 18, 2023 at 11:59 p.m. Applications received after the deadline will not be considered.

Submitting your application

Applications should be submitted via email to BuiltTogether@ab.bluecross.ca. If you do not have access to email, mail applications to

**Alberta Blue Cross
Community Impact**
10009 108 Street
Edmonton, Alberta
T5J 3C5

Please ensure your application is complete and includes all requested information before submitting.

When will successful applicants be notified?

Successful applicants will be notified by December 31, 2023.

Purpose

In 2023, Alberta Blue Cross® will award five \$50,000 grants; 1 in each of the following regions: Edmonton, Calgary, a secondary city, a rural community and an Indigenous community.

Who is eligible?

Any Alberta-based and operated community group or organization that is supporting publicly accessible community amenities that promote active living. This can include community leagues, school councils, municipalities and other non-profit organizations.

Who is ineligible?

A project that has already received funding through this program (formerly called the Healthy Communities Grant Program).

- Organizations based or operating outside of Alberta.
- Religious or sectarian organizations.
- Projects that are programming and not infrastructure specific.
- Political organizations.
- Competitive sports teams and private clubs.
- Contract fundraisers or lobbyists.
- Infrastructure projects that are not open to the public.
- Infrastructure projects that require a fee to access.

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

Integrity
Proud,
Honest and
Trustworthy

ARE YOU A CHAMBER OF COMMERCE MEMBER?

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

Innovation
Evolve and Grow
Resources and
Services

Member Driven
Organized by
members for
members

It is from the successful operation of
businesses and organizations that
produce a healthy environment for
everyone to live, work and play as well
as survive the challenges that
communities are faced with every day.

See other side

What Does a Chamber Membership mean for your business?

Chamber of Commerce
membership is an
investment in the
current and future
welfare of the entire
community and
surrounding areas.

Free or
Discounted fees
for Chamber
Events

Business
Support
Network
Meetings

Value Added
Savings
Programs

Sponsorship
Opportunities

Advertise and
Promote your
business on our
Website.
Chamber Chatter,
and at Events

Opportunity
Creating
possibilities

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

Advertise your
business and
Logo on the large
Highway Signs on
Hwy 29
East & West of
St. Paul

Promote your
business on all
of our Social
Media
Accounts

Access to
Multiple
Directories,
Newsletters,
Calendars

We advocate for
businesses
through the
Local, Provincial
& Federal
Governments

4802 50 Avenue (inside Community Futures)
PO Box 887 St. Paul, Alberta TOA 3A0

Phone: 780-645-5820

Cell: 780-210-5820 (texting accepted)

Email: executivedirector@stpaulchamber.ca
Website: www.stpaulchamber.ca

Opportunity to
have your Logo
on Chamber
Correspondence

See other side

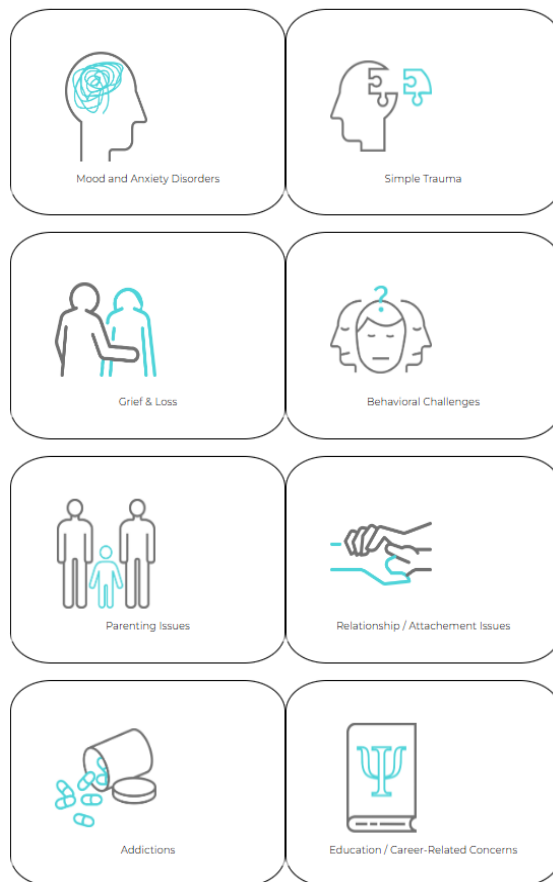


Clinic Services

The Virtual Clinic offers free professional counselling sessions to Adults, Youth, Children (6+), Couples, and Families through secure video conferencing. Services are provided by City University Master of Counselling Internships students, under the supervision of a Registered Psychologist.



The Intern Counsellors are trained to help clients through the use of many different types of interventions such as: cognitive behaviour therapy, interpersonal therapy, narrative therapy, solution focused therapy, acceptance and commitment therapy, psychodynamic approaches, psycho-education, motivational interviewing, exposure based therapies, and trauma informed practices. Couples and family systems therapy may also be provided.



The Virtual Clinic cannot assist clients who are at high risk of harming themselves or others, have pervasive mental health issues such as schizophrenia, or who are seeking support in a legal matter.

The Virtual Clinic does not conduct formalized assessments.



Book an Appointment Today


Supported By

CityUniversity
in Canada

2023-2024 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)

<p style="text-align: center;">ST. PAUL</p> <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 20, 2023 October 18, 2023 November 15, 2023 December 20, 2023 January 17, 2024 February 21, 2024 March 20, 2024 April 17, 2024 May 15, 2024 June 19, 2024 	<p style="text-align: center;">ELK POINT</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> <ul style="list-style-type: none"> September 19, 2023 October 17, 2023 November 21, 2023 December 19, 2023 January 16, 2024 February 20, 2024 March 19, 2024 April 16, 2024 May 21, 2024 June 18, 2024
<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>	



Are your child's immunizations up to date?

Immunization is the best and most effective way to protect children from life-threatening diseases

Your school-aged child may be eligible for routine vaccines. Alberta Health Services reviews immunization records each year and offers vaccines free of charge in schools and at your local public health office.

Contact your local community Public Health office to book an immunization appointment:

Bonnyville	780-826-3381	Lac La Biche	780-623-4471
Cold Lake	780-594-4404	St. Paul	780-645-3396
Elk Point	780-724-3532	Vegreville	780-632-3331

By following a routine immunization schedule, your child will be immunized against diseases at important times during their growth and development. This means your child will get the maximum possible protection.

Immunization is safe and effective and protects our communities. The more people who are fully immunized in a community, the safer everyone is.

More information about routine immunizations can be found at: www.immunizealberta.ca



Moving away? Let Public Health know!

If you are moving, please notify your local community Public Health office to update your contact information. This will ensure that you receive a copy of your child's most up to date immunization records to present to the next public health office.

Bonnyville	780-826-3381	Lac La Biche	780-623-4471
Cold Lake	780-594-4404	St. Paul	780-645-3396
Elk Point	780-724-3532	Vegreville	780-632-3331

Children ages 14 years of age and older can now access their health records online through <https://myhealth.alberta.ca/myhealthrecords>.

For more information about immunizations, including routine schedules, visit www.immunizealberta.ca

Virtual Groups & Workshops

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

Wellness Exchange

A series of five skill building workshops designed to help increase our ability to cope with change and improve our overall well-being. Pre-registration required, attend one or more sessions.

Relationship Skills Series

A series of four sessions focused on topics related to healthy relationships and skill building to improve relationships with yourself and others. Pre-registration for all sessions required.

Learning to Live with Anxiety Series

This series rotates through six topics to help understand anxiety, and support skill building to cope. Pre-registration for all sessions required.

Recovery Management

This series focuses on topics to increase understanding of relapse prevention, identify strategies, and develop skills to cope. Pre-registration for all sessions required.

Transform Your Stress: The Resilience Advantage™

This workshop for managing stress in challenging times comes in two parts. Registration required, attend session one alone or add on session two to increase your skill.

Caring for Youth Series

This series of two workshops focusses on understanding youth substance use and treatments available, and the human needs and developmental assets for youth. Pre-registration required, attend one or more sessions.

Navigating AMH Services Info Session

This session is to help people understand how to navigate Addiction and Mental Health services in the North Zone of Alberta. No registration required, drop in format.

<https://albertahealthservices.zoom.us/j/65269873038> Passcode: 747927

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 in format.

<https://albertahealthservices.zoom.us/j/64953708340> Passcode: 493827



Scan the QR code to the right to find more information.

Call your local Addiction & Mental Health Office to register.



July 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.

Series 1

July 5, 12, & 19
Wed Mornings - 9:30am-12pm

Series 2

July 12, 19, & 26
Wed Afternoons - 1:30pm-4pm

Heart & Stroke

Managing Blood Pressure & Cholesterol; how to manage your risks for heart disease and stroke.

Overview & Prevention

July 6 - Thurs Evening - 5:30pm-8pm
July 19 - Wed Morning - 9:30am-12pm

Nutrition for Heart & Stroke Health

July 13 - Thurs Evening - 5:30pm-8pm
July 26 - Wed Morning - 9:30am-12pm

Better Choices Better Health® 6 week workshop for Chronic Pain

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

July 20 to Aug 24
Thurs Evenings
6 pm to 8:30 pm

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.

Overview

July 5 - Wed Afternoon - 1:30pm-4pm
July 20 - Thurs Morning - 9:30am-12pm

Nutrition

Jul 19 - Wed Afternoon - 1:30pm-4pm

Living with Diabetes

July 12 - Wed Afternoon - 1:30pm-4pm
July 27 - Thurs Morning - 9:30am-12pm

Managing Stress

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

July 6 & 13
Thurs Mornings
9:30 am - 12 pm

Better Choices Better Health®

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

July 12 to Aug 16
Wed Mornings - 9:30am-12pm

Moving Matters

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

July 5 - Wed Afternoon - 1:30pm-4pm

Understanding COPD

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

Supervised Exercise - done virtually!

2 times per week, 1.5 hours session, for 6 weeks
Classes to be determined

[Register Here](#)

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>**



FREE Online Workshop

Child Safety Seats for Families

Confused about child
safety seats?



This interactive workshop will provide information and answer questions about choosing, installing and using child safety seats, booster seats and seat belts for children ages 0 -13 years.

Time: 1 Hour

Location: Online (Zoom)

Dates:

- May 2 @10:30am
- May 17 @1:30pm
- June 6 @1:30pm
- June 22 @10:30am
- July 12 @1:30pm
- July 25 @10:30am
- August 10 @1:30pm
- August 23 @10:30am



Please review the Eventbrite page to register and view other available workshops.

Presented by:

Edmonton Zone
Population Health Promotion
Injury.PreventionEdmonton@ahs.ca



FREE Online Workshop

Home Safety

for Infants & Toddlers



This interactive workshop will explore the common causes of childhood injury, including falls, poisoning, burns, and breathing emergencies.

Parents and caregivers will have the opportunity to ask questions and learn simple strategies for building a safe home for the whole family.

Time: 1 Hour

Location: Online (Zoom)

Upcoming Dates:

- May 23 @1:30pm
- June 14 @10:30am
- July 20 @1:30pm
- August 15 @10:30am

Please review the Eventbrite page to register and view other available workshops.



Presented by:

Edmonton Zone
Population Health Promotion
Injury.PreventionEdmonton@ahs.ca





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

JULY

Monday	Tuesday	Wednesday	Thursday	Friday
3 NO PROGRAMS 	4 11am: Imagination Circle 1pm: Program Preview 3pm: Who Why When 4:30pm: Name That Tune	5 9:30am: True Crime 11am: The Ketchup Wars 1pm: Some Good News 3pm: Exercise	6 9:30am: Gratitude 11am: Animal Spotlight 1pm: Next Stop: Arctic Circle Trail 3pm: Cooking Conversations	7 9:30 am: All Request Music 11am: Exercise 1pm: Coffee Chat 3pm: Innocence Files
10 9:30am: Nostalgia Moment 11am: Writing for Fun 1pm: Exercise 3pm: Farley Mowat	11 11am: Mindfulness 1pm: R U Online? 3pm: Reader's Corner 4:30pm: Trivia	12 9:30am: Mystery Chronicles 11am: Pet Tales 1pm: Let's Talk About... 3pm: Exercise	13 <div>NO MORNING PROGRAM</div> 1pm: From John to Justin: Prime Ministers of Canada 3pm: Brain Games	14 9:30am: Summer Songs 11am: Exercise 12:30pm: Canadian Connections 1pm: Picture This 3pm: They Did What?
17 9:30am: Nostalgia Moment 11am: The Big Picture 1pm: Exercise 3pm: Never Cry Wolf PT 1	18 11am: Imagination Circle 1pm: Old Souls & Protest Songs 3pm: In the Headlines 4:30pm: Don't Quote Me	19 9:30am: True Crime 11am: Toys of Your Childhood 1pm: KD Lang 3pm: Exercise	20 9:30am: Gratitude 11am: LeVar Burton Reads 1pm: Mental Health Matters: Anxiety 3pm: Working Through Grief	21 9:30am: Vinyl Café 11am: Exercise 1pm: For Your Body: Self Care 3pm: Who Why When
24 9:30am: Nostalgia Moment 11am: Writing for Fun 1pm: Exercise 3pm: Never Cry Wolf PT 2	25 11am: Mindfulness 1pm: Animal Spotlight 3pm: Coffee Chat 4:30pm: Jeopardy	26 9:30am: Mystery Chronicles 11am: EPL Presents! 1pm: Nikola Tesla 3pm: Exercise	27 9:30am: Gratitude 11am: International Friendship Day 1pm: Some Good News 3pm: Guided Imagery	28 9:30am: Classic Country 11am: Exercise 1pm: Great Upheaval 3pm: Bingo
31 9:30am: Nostalgia Moment 11am: The Big Picture 1pm: Exercise 3pm: Never Cry Wolf PT 3		To join by phone, call: 1-855-703-8985 When prompted, enter Meeting ID: 225-573-6467#		

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

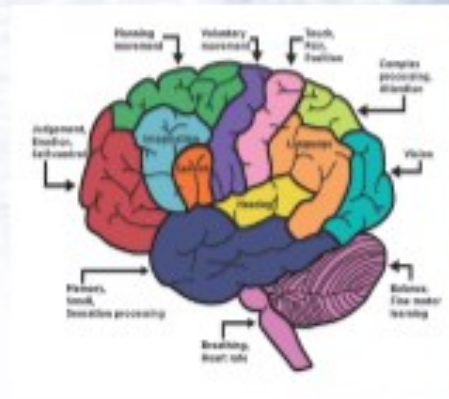
May 9th, 2023 @2pm

June 13th, 2023 @2pm

October 10th, 2023 @2pm

November 14th, 2023 @2pm

December 12th, 2023 @2pm

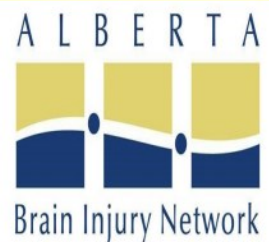


St Paul Municipal Library (Back room)

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

Build Skills in Suicide Prevention

THE LIVINGWORKS START PROGRAM

**ONLINE. FREE. FAST.
ENGAGING.**

Online suicide intervention training can help build your confidence in addressing and intervening in suicide.

**THIS TRAINING IS AVAILABLE FOR ANYONE LIVING
IN ALBERTA.**

"In just 90 minutes online, LivingWorks Start teaches trainees to recognize when someone is thinking about suicide and connects them to supports."

**Questions or want to get started?
Email Robyn Laczy:
Robyn.Laczy@NorthZonePCNs.ca**

 **LIVINGWORKS**


PrimaryCare
Networks
ALBERTA NORTH

Mallaig Preschool

is now accepting

Registrations for the 2023–24 school year!

The program includes:

3 CLASSES
PER WEEK
ONLY
\$37.00
A MONTH!

- ✓ Children aged 3.5–5
- ✓ 3 days/week: Mon/Wed/Fri
- ✓ 8:30–11:30 AM
- ✓ Reduced registration fees due to government affordability funding!

For more information or to register for our preschool program, please contact us at the school.

Phone: 780-635-3858

Email: handkell@sperd.ca

Note: Program subject to sufficient enrollment





We are open for registration!

SUMMER SCHOOL AT SPAEC



INQUIRE NOW

malcbrea@sperd.ca

Registration is open for
students in Grades 9-12.





2023-2024 School Year Registration



Blue Quills INDIGENOUS HEAD START

Morning Class

9:00am-11:15am

Afternoon Class

1:00pm-3:15pm

FREE PROGRAM

- ❖ Transportation
- ❖ Culture & Language
- ❖ Field Trips
- ❖ Healthy Snacks
- ❖ School Readiness
- ❖ Parent Involvement
- ❖ Social Supports

Children must be:

- Toilet trained
- 3 or 4 years old
- First Nation, Metis or Inuit descent

Tuesday- Friday

**(Following the St. Paul
Education Calendar)**



Phone: 780-645-4455 ext: 114

E-mail: headstart@bluequills.ca

Follow us on Facebook: BQ Aboriginal Head Start

STAND UP FOR MENTAL HEALTH WANTS YOU: TO BE FUNNY!!!

JOIN OUR

STAND-UP For Mental Health COMEDY SHOW

**The Comedy Show will be on Nov. 4, 2023
Mallaig Unity Center**

**We are currently recruiting comics for our Stand Up For Mental
Health class beginning on September 5, 2023.**

**Stand Up For Mental Health
is an award-winning program that teaches folks with mental health and addiction issues
how to perform stand up comedy all about their mental health and addictions journeys.**

**Contact 780-210-9355 or
demeria.memorial@gmail.com for more info**



The class is Free!!



**Founded by award-winning stand up comic and counselor
David Granirer www.standupformentalhealth.com**

**Sponsored by Rural Mental Health, Demeria Memorial Fund,
Mallaig Rec Board**

Child and youth development:

Free webinar series

It's common to have questions about child and youth development—from how they grow to how they talk, think, move, and interact with others.



Alberta Health Services is offering webinars for parents, caregivers and people working with children and youth.

- Free and online
- Live or pre-recorded
- Live webinars available on various dates and times
- Presented by AHS healthcare professionals
- For Alberta residents

Join us for information, tips and resources to help you gain knowledge and build confidence.



Discover more about the webinar topics on the back of this page.



Find a webinar that's right for you, visit
AHSweb.ca/MHA/PRwebinars



WHO SHOULD ATTEND?

- tourism operators
- economic development
- farms & producers
- event organizers
- restaurants/caterers/food trucks
- breweries/distilleries
- artisan food processors
- agricultural societies



WHY SHOULD YOU ATTEND?

- connect with other agri-food tourism businesses
- learn about the potential of cluster development
- explore your potential for open farm days
- learn how to critically evaluate your business physically & digitally
- be a part of a regional cluster development project
- build a stronger agri-food community

DAY 1 - JUNE 7TH, 10AM - 4PM

FOOD TOURISM 101

EXPLORING THE FOODSCAPE AND CLUSTER DEVELOPMENT

LOCAL FOOD CHAMPIONS

ON-BOARDING PARTNERS: WHO'S IN, WHO'S OUT, AND WHY IT MATTERS

EXPLORING BHAGS

BIG HAIRY AUDACIOUS GOALS FOR REGIONAL DEVELOPMENT

DAY 2 - NOVEMBER 2023

FOOD TRAILS, EVENTS & FESTIVALS

EXPLORING AG-VENTURES FOR REGIONAL DEVELOPMENT

SEEING YOUR REGION FOR THE FIRST TIME

AN OUTSIDER'S GUIDE TO THE INSIDE SCOOP



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!



Lakeland
EMPLOYMENT SERVICES

NEW

IN-PERSON WORKSHOPS

JULY WORKSHOP SCHEDULE

July 05, 2023

Interview Skills

July 12, 2023

Skills & Interests

July 19, 2023

Resume Development

July 26, 2023

Job Search

WEDNESDAY AFTERNOONS – 1:30 PM

**2nd Floor
Northstar Complex
4701 50 Ave
ST. PAUL
780-646-6729**

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

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

Canada

Alberta

EMPLOYMENT SKILLS WORKSHOPS



July 2023 Calendar	
July 05, 2023	Word
July 12, 2023	Smart Devices
July 19, 2023	Goal Setting
July 26, 2023	Budgeting

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

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

Cold Lake 587-491-2028 or email cbrant@employabilities.ab.ca
Bonnyville 780-343-0924 or email rnicoll@employabilities.ab.ca
Lac La Biche 780-627-3071 or email rfraser@employabilities.ab.ca
St. Paul 780-646-6729 or email annah@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.



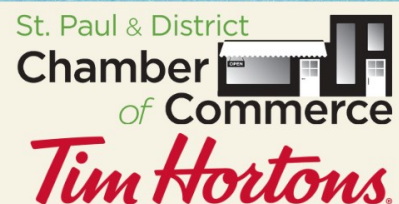
CANADA DAY!

SATURDAY JULY 1, 12PM - 4PM
ST. PAUL RECREATION CENTRE

Petting Zoo - Balloon Animals - Bouncy Houses
Vendors Market - Arts & Crafts
Dunk Tank - Food Vendors
Show & Shine with Monster Truck Rides
Magician Performances: 12:15pm & 2:30pm
Kehewin Native Dance Theatre: 1pm - 2pm

FIREWORKS AT APPROXIMATELY 11:00 PM

BROUGHT TO YOU BY:



St. Paul TEEN Day CAMP



TWB
Mental Health
Capacity Building

JULY 31 -
AUG 3



FREE

Ages 12 - 17

★Sports

★Art

★S.T.E.M

★Minute-to-Win it



For More information or to register contact:
Together We're Better Program Manager:
Lily Belland

780-872-4596
or email belllily@sperd.ca

Together We're Better Drop-in Daycamp

Lac Bellevue
Day Use Area

- Crafts
- Games
- Stories
- Activities

1 p.m. -
4 p.m.

July 17 - 20th
July 24 - 27th



CALL LILY AT 780-872-4596 FOR MORE INFORMATION



St. Paul Education



Together We're Better



Mental Health
Capacity Building

Together We're Better Drop-in Daycamp

Floating Stone Lake Day Use Area

- Crafts
- Games
- Stories
- Activities

1 p.m. -
4 p.m.

July 3 - 6th
July 10 - 11th



CALL LILY AT 780-872-4596 FOR MORE INFORMATION



St. Paul Education



Together We're Better





YOUTH TENNIS

Have fun during the summer,
make new friends, and learn tennis!

JULY 10-14, 2023

JULY 24-28, 2023

ALL AGES!

REGISTER NOW:



Questions?

stpaultennisclub@gmail.com

Noah: (587)252-3343





**Kids
summer
camps**

5-12 years Old 9AM - 4PM \$200/week

July 3 - July 7th
 July 10 - July 14th
 July 17 - July 21st
 July 24 - July 28th
 July 31 - Aug 4th
 Aug 8th - Aug 11th (*Short Week \$160.00)
 Aug 14th - Aug 18th
 Aug 21st - Aug 25th
 Aug 28th - Sept 1st

ACTIVITIES
 Outdoor Games Swimming Lessons
 Field Trips Arts & Crafts
 ...And Much More!!

Register at: St. Paul Aquatic Centre
 780 645 3388



ST. PAUL AQUATIC CENTRE

**SOCCER
CAMPS**

JULY 17-21 & AUGUST 14-18
 9:00 AM - 4:00 PM

soccer drills field trips crafts swimming lessons

\$200

DON'T WAIT REGISTER NOW
 [780] 645 3388



**MANNAWANIS NATIVE
FRIENDSHIP CENTRE
SOCIETY**

SAVE THE DATES!



**JUNE 21- NATIONAL INDIGENOUS
PEOPLES DAY**



**JULY 12 - MMIWG CONFERENCE
IYINIW NANATAWIIHOWIN
INDIGENOUS HEALING**



**SEPT 30 -NATIONAL DAY FOR TRUTH AND
RECONCILIATION**

RODEO WEEK KICK OFF PARTY

St. Paul & District
Chamber
of Commerce

Saturday August 26

St. Paul Curling Rink
(Must 18 years of age or older)

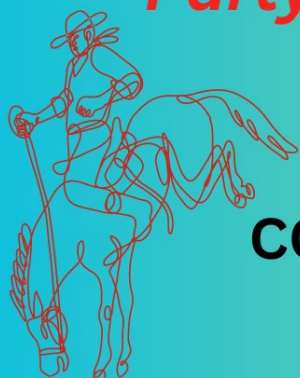
**Supper Provided by:
Stacey Malo Catering**



**Music by:
Southern Cross**



***Supper, Casino Games, Cash Bar,
Cornhole (Bean Bag) Tournament & Dance
Party and Prepare for LRA Finals!!***



**A GREAT OPPORTUNITY TO
GATHER SOME FRIENDS,
CO-WORKERS, OR FAMILY FOR A
FUN NIGHT OUT!!**



**Please visit our website for more information and to
purchase tickets:**

www.stpaulchamber.ca/events

Raffle License #639378

Tickets only sold in Alberta

CHASE THE ACE

You could win up to
\$10,000.00



Weekly Winner

has an
opportunity to
draw for the
Ace of Spades
and win
50% of the
progressing pot

For more information please visit:
<https://stpaulanimalshelter.org>



Proceeds will help support the
Animal Shelter

1 ticket
for \$2



Tickets can be purchased
by scanning the QR code

Best of South Africa

With St. Paul & District Chamber Of Commerce

9 DAY TOUR

EDMONTON • CAPE TOWN • ENTABENI SAFARI CONSERVANCY • JOHANNESBURG • EDMONTON

Enjoy the magnificent views of Table Mountain in Cape Town, head on an exhilarating safari drive in Entabeni, and immerse yourself in the local history and culture with this tour of South Africa!



Departure
Dates
**March 5th,
2024**

Land Only	Edmonton	Single Supplement
C\$ 2199	C\$ 4799	C\$ 799

St. Paul & District
Chamber
of Commerce



For reservation or booking please contact-
St. Paul & District Chamber of Commerce
Yvonne Weinmeier
Tel: 780 645 5820
Email: executivedirector@stpaulchamber.ca
Or Visit:

Inclusion St. Paul

Invites you to join us for our

**SIZZLING
SUMMER
BBQ**

**REUNION STATION
4112 53 AVE, ST. PAUL,
AB T0A 3A0**

**JULY 21ST
2023**

**5:30 - 8:30PM
FREE ADMISSION
MEAL TO BE SERVED
S'MORES**

**LAWN GAMES
LIVE MUSIC**

**PLEASE RSVP TO MAIL@INCLUSIONSTPAUL.ORG
OR (780)-645-0461.**

August 21st to August 25th

Lakeland

Wild Basketball Camp

When: August 21st - August 25th

Time: 9:00 am to 11:30 am for Junior

12:30 pm to 3:00 pm for Senior

Where: Ashmont School Gymnasium

Who: Junior Students going into grades 6-8

Senior Students going into grades 9-12

Cost: \$200

**Registration: please email
matt.weinmeier@gmail.com to
register and for more
information**

Made with PosterMyWall.com

**Camp Pinnie
Included**

The St. Paul Agricultural Society is seeking your feedback regarding the upcoming Rodeo Parade on September 2, 2023 in conjunction with the LRA Finals Week of Activities.

Your feedback is incredibly valuable to us in order to continue hosting successful events in the community.

Please complete the 2 minute, 4 question survey.



Please feel free to share this as well, the more feedback that we get, the better the event will be for everyone.



Learn the basics of sideline cheerleading in a fun & interactive session taught by former UofA cheerleader and level 2 certified coach!



These sessions will teach:

- Football cheers
- A sideline dance
- Basic cheerleading jumps and motions

There will be NO stunting or tumbling (gymnastics)

Registration is Now Open!

SIDELINE CHEER CAMP

AUGUST
21-25

\$50
AN ATHLETE



AT ST. PAUL REGIONAL SCHOOL'S FOOTBALL FIELD

GRADES 9-12:

10 am - 11:30 am

GRADES 6-8:

11:30 am - 1:00 pm

REGISTER ONLINE BY JULY 31, 2023:

<https://forms.gle/1BnK9YEh26Rt48yHA>

For more information, please e-mail Jennah: planjenn@sperd.ca

BUS TRIP to DRUMHELLER



2023 BADLANDS PASSION PLAY ~GOSPEL OF ST. MATTHEW~

Saturday, July 8, 2023

Tickets: \$115 (includes bus and show ticket) non refundable

Bus pick up location and times:

St. Paul 10:00 am (Co-op Parking Lot)
Two Hills – 10:45 am (Sr. Centre)
Willingdon – 11:05 am (Sr. Centre)
Andrew – 11:20 am (School Parking Lot)
Mundare – 11:40 am (Arena Parking Lot)

For Tickets/Information:

Evelyn – 780-367-2260

Olga – 780-217-7021

Stella – 780-367-2386

Deadline for bookings – May 31, 2023



Feast of Knowledge

SUMMER READING PROGRAM 2023



Funny Foods Feast With: **Amazing Amanda Books**

Date: Monday July 17th

10:30 - 11:30 (ages 5-8)

*Must have completed Kindergarten

1:30 - 2:30 (ages 9 and up)

Registration Required

Stomachs might growl when Miss Amanda shares her stories about strangely named foods. Afterward, you can create your own "yucky soup."



Register on our website or by e-mailing
programs@stpaullibrary.ab.ca



Feast of Knowledge
SUMMER READING PROGRAM 2023



Taco-bout Fun

Date: Tuesday July 4th

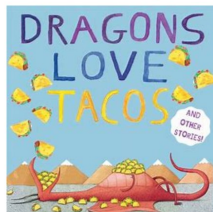
10:30 - 11:30 (ages 5-8)

*Must have completed Kindergarten

1:00 - 2:00 (ages 9 and up)

Registration Required

AM Group:
Dragons Love
Tacos Story
and activity.
PM Group:
Felt Taco craft
and game



Register on our website or by e-mailing
programs@stpaullibrary.ab.ca



Feast of Knowledge
SUMMER READING PROGRAM 2023



Exploring your Plate.
With: Lakeland Primary Care Network

Jessica Dugan, Dietitian

Date: Thursday July 13th

11:00 - 12:00 (ages 5-8)

*Must have completed Kindergarten

1:00 - 2:30 (ages 9 and up)

Registration Required

Jessica will be providing
an interactive lesson on
Canada's 2019
Food Guide food groups.
• You will gain an
understanding of the
types of foods in each
food group.
• and why each is
important for good
health.



Register on our website or by e-mailing
programs@stpaullibrary.ab.ca



Feast of Knowledge
SUMMER READING PROGRAM 2023



Young Gardeners

With: LICA Environmental Stewards

Date: Monday July 24th

10:30 - 11:30 (ages 5-8)

*Must have completed Kindergarten

12:30 - 1:30 (ages 9 and up)

Registration Required

Learn how to plant
and grow, your own
food!

You will:

- Plant seeds
- Learn about the
seeds
- Learn the benefits
of growing your
own food.



Register on our website or by e-mailing
programs@stpaullibrary.ab.ca



Feast of Knowledge
SUMMER READING PROGRAM 2023



Paint Day

Date: Thursday August 3rd

11:00 - 12:00 (ages 5-8)

*Must have completed Kindergarten

1:00 - 2:30 (ages 9 and up)

Registration Required

Your paragraph text

Unleash your
creativity on Paint Day.
This art class, led by
Donna, is the perfect
way to spend a hot
summer day.
Learn some painting
skills and take home
your masterpiece.



Register on our website or by e-mailing
programs@stpaullibrary.ab.ca



Feast of Knowledge
SUMMER READING PROGRAM 2023



What's Cooking

Date: Thursday August 10th

10:30 - 11:30 (ages 5-8)

*Must have completed Kindergarten

1:00 - 2:00 (ages 9 and up)

Registration Required

AM Group:
The Secret
Pizza Party
Story and
activity
PM Group:
Solar Oven



Register on our website or by e-mailing
programs@stpaullibrary.ab.ca



Feast of Knowledge
SUMMER READING PROGRAM 2023



Egg-cellent

Date: Tuesday August 15th

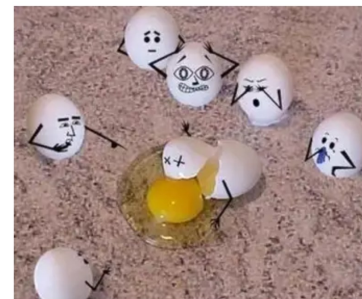
10:30 - 11:30 (ages 5-8)

*Must have completed Kindergarten

1:00 - 2:00 (ages 9 and up)

Registration Required

AM Group:
Some
egg-cellent
stories and
activities
PM Group:
Egg Drop
Challenge



Register on our website or by e-mailing
programs@stpaullibrary.ab.ca



Feast of Knowledge
SUMMER READING PROGRAM 2023



Yoga at the Library

With: Shiny Rock Yoga

Date: Monday August 21st

10:30 - 11:00 (ages 5-8)

*Must have completed Kindergarten

11:15 - 12:00 (ages 9 and up)

Registration Required



Lelsey will be
guiding you in the
physical, mental and
emotional benefits
of Yoga.
Cultivating kindness,
compassion,
awareness and
acceptance.



Register on our website or by e-mailing
programs@stpaullibrary.ab.ca





Histoire entre amis avec Mme Pauline

**ST. PAUL MUNICIPAL
LIBRARY**

**JUILLET 5, 12, 19 ET 26
10H30**

**VENEZ ÉCOUTER UNE HISTOIRE
ET PARTICIPEZ AUX ACTIVITÉS
QUI SUIVRONT.**



Feast of Knowledge
SUMMER READING PROGRAM 2023





Family

SUMMER

Story-time

at the St Paul Municipal Library

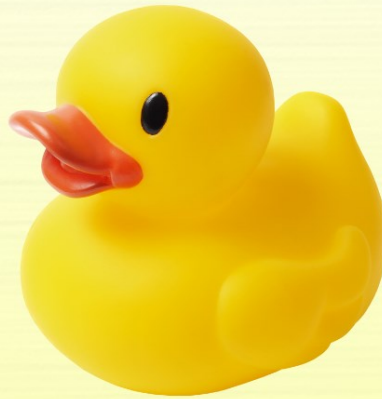
**FREE
DROP IN**

**STORY &
COLORING**

**FUN FOR
FAMILIES WITH
KIDS 5 AND
UNDER
(ALL AGES WELCOME)**

**10:30AM
EVERY
FRIDAY IN
JULY AND
AUGUST**

ST. PAUL MUNICIPAL LIBRARY'S



TOWN WIDE

DUCK HUNT



August 4th - 18th



25 DUCKS ARE HIDDEN



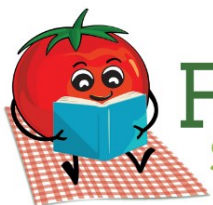
AROUND ST. PAUL.

**FIND ONE AND RETURN IT TO US
FOR A DRAW PRIZE ENTRY.**

St Paul Municipal Library



**JULY 3RD TO 7TH
AUGUST 21ST TO 31ST**



Feast of Knowledge
SUMMER READING PROGRAM 2023



Northern Lights Library System's Little Library is coming to the The Town of St Paul



**It will be located at
the UFO Landing Pad!**

Go Check It Out!!

**Tuesday July 11th
till Friday July 28th**





St Paul Municipal Library's **BookKit**



Book Subscription

Teens can sign up to get a monthly book picked out for them to borrow, as well as some goodies to keep! The BookKit will be available for pick up the 1st week of July, August and September.

Sign up on our website or scan the QR code.
<https://www.stpaullibrary.ab.ca/summer-reading-program/bookit>

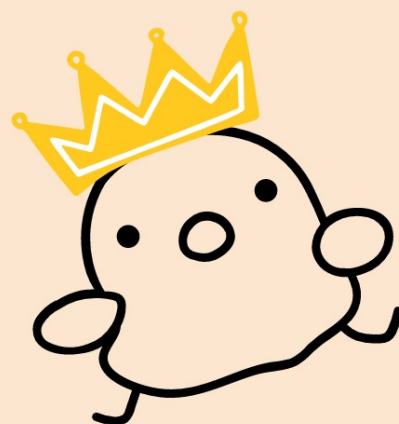




ACCESSIBLE ACTIVITY

PROGRAM FOR ADULTS WITH DISABILITIES

Thursday July 20th at 1pm
at the St Paul Municipal Library



GROUP
COLORING

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



ACCESSIBLE ACTIVITY

PROGRAM FOR ADULTS WITH DISABILITIES

Thursday August 17th 1pm
at the St. Paul Municipal Library




COLOR
YOUR OWN
MAGNET

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

St. Paul Municipal Library's Reading Challenge



July 3 - August 31

- Pick up a reading log at the library.
- Log your minutes of reading.
- Submit your reading time.
- Get prizes!! 



Feast of Knowledge
SUMMER READING PROGRAM 2023





In Partnership with St Paul Municipal Library,
Together We're Better MHCBC invites you to attend our FREE

PARENT INFO SESSION

STRATEGIES TO SUPPORT YOUR CHILD'S MENTAL HEALTH

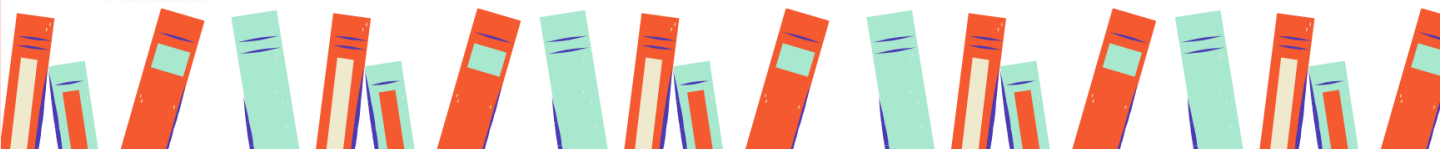
Tuesday, Aug 15th
6:30-7:30PM Q&A to follow
Refreshments provided
At St Paul Municipal Library

For more information, or to register,
call or email Lily at 780-872-4596 or BellLily@sperd.ca
<https://www.facebook.com/TWBMHCBSt.Paul>



St. Paul Municipal Library

 **Together We're Better**



July 2023

www.stpaulfcss.ca

Interagency 87



Daisy Solar Light with Chicken Wire

August 2nd from 6:30 - 9:00pm at 4822-50 Ave, St. Paul, AB

In this workshop, students learn to work with Chicken wire to make a beautiful Daisy Solar Light and learn about the science and behaviour behind creating with this nontraditional, very versatile material.

\$110 for workshop and supplies. Register here



COMMUNITY
PERFORMANCE
OPPORTUNITY

CALL FOR DANCERS

The St Paul & District
Arts Foundation is
looking for main and
supporting dancers for
it's 10 Year Anniversary
Production of The
Nutcracker!

Everyone is encouraged to
audition: Students to
professionals, all ages,
and dance backgrounds



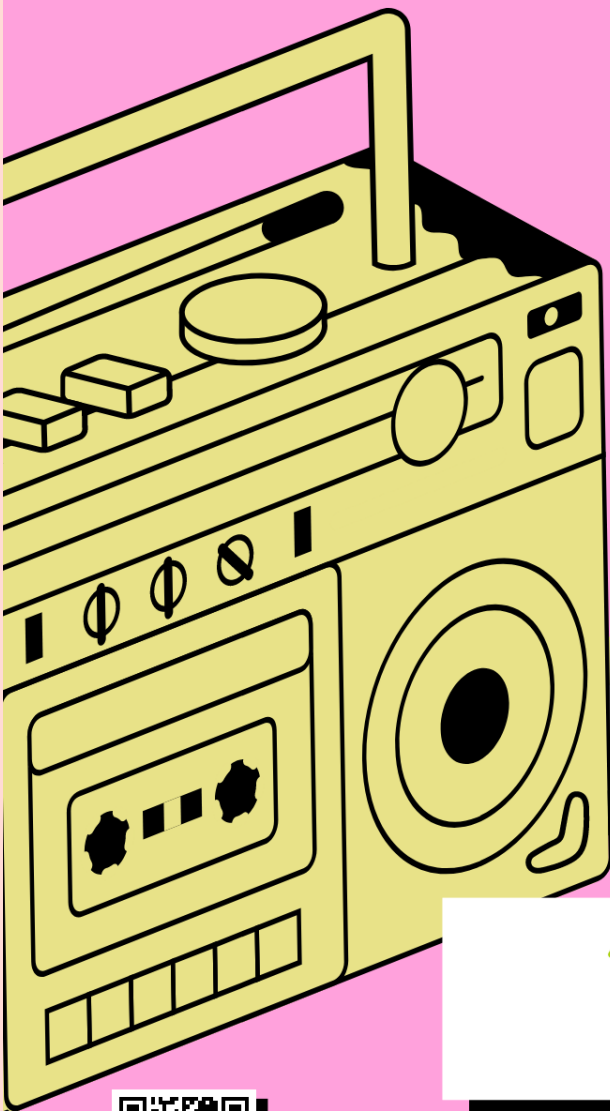
Photo by Spoeth Creations



St. Paul & District Arts Foundation

SUMMER ARTS CAMP

JULY 31 - AUG 4
AGES 7 - 17
9AM - 5PM
GAMES CRAFTS
DANCING PAINTING



4822-50 AVE, ST. PAUL
ONLY \$225



<<< REGISTER

email info@artfoundation.ca with questions





St. Paul & District Arts Foundation

WE'RE HIRING

Part-Time Secretary

FLEXIBLE HOURS

OPTIONAL REMOTE WORK

We're looking for someone with strong communication skills, time management skills attention to detail, personable, and with a passion for spreadsheets

Email your resume & a favourite work of art you've seen lately to anna@artfoundation.ca with "Secretary Application" in the subject.

St. Paul & District Arts Foundation
4822-50 Ave, St. Paul, AB

ART CLASSES



Ages 6-12 & 13+

Session 1: September to December

Session 2: January to May

SCAN FOR PRICES AND REGISTRATION

Email info@artfoundation.ca for questions



Ballet

**12 week sessions
For Ages 7-17
Beginner to Advanced
4822-50 Ave, St. Paul**



**SCAN FOR PRICES AND
REGISTRATION**



Email info@artfoundation.ca for questions

CREATIVE MOVEMENT



Sundays from 3:00 – 3:30

Session 1: September to December

Session 2: January to May



Designed to help your 4 to 6 year olds
learn their first dance steps:
exploring movement and music

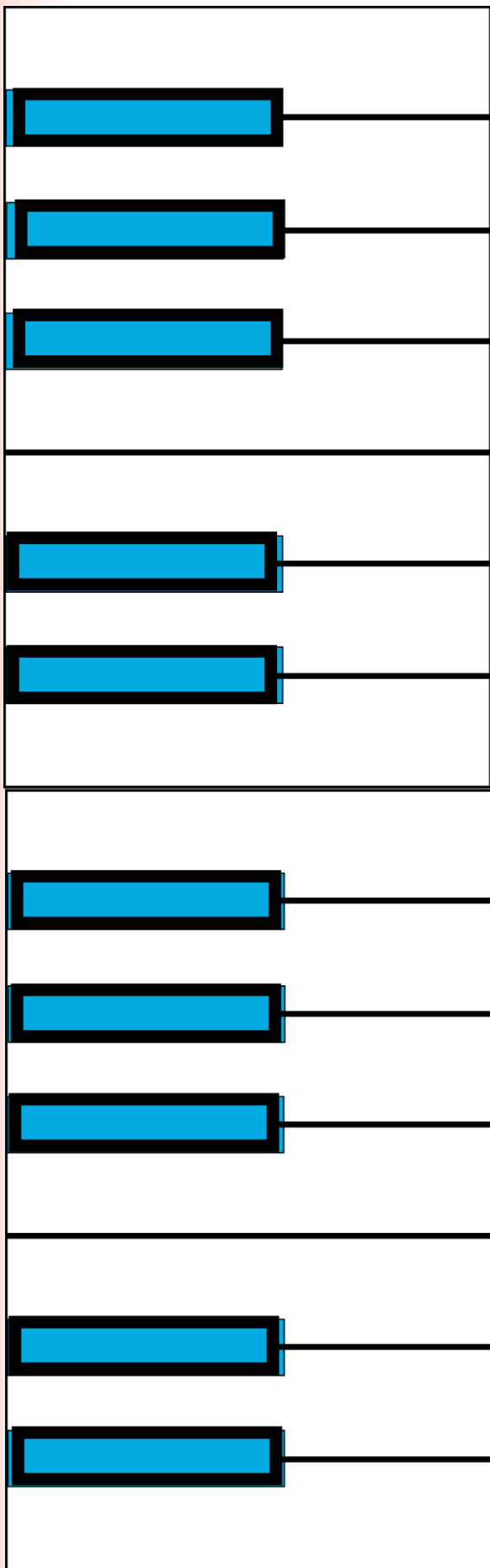


SCAN FOR PRICES
AND REGISTRATION



Email info@artfoundation.ca for questions





Piano Lessons

12 week sessions

30 minutes - \$400

45 minutes - \$500

60 minutes - \$600

Prices listed are per 12 week session. Discounts available when you register for the full year

Times available on Sundays and Mondays

Session 1: September to December

Session 2: January to May



email info@artfoundation.ca
with questions and to register



St. Paul & District Arts Foundation

4822-50 Ave, St. Paul, AB