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# Aug 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... Pop Up Block Party  
P4... Girls Supporting Girls  
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P6... Family Movie Night  
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## Health & Wellness

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P51-52... Seniors Without Walls  
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## For Your Development

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P55-57... Chamber Opportunities  
P58... Mallaig Preschool  
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P60... Head Start Registration  
P61... Stand-Up for Mental Health Comedy Show  
P62... Youth Webinar  
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## Ways to Connect

P67... Burger for MS  
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P69... Stand Up for Mental Health Event  
P70... Haying in the 30's  
P71... Mannawanis Friendship Centre  
P72... Youth Teepee Summit  
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P74... Summer Camps  
P75... Local Love Market  
P76... Rodeo Week Kick off Party  
P77... Basket Ball Camp  
P77... LRA Feedback  
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P80-87... St Paul Library Events  
P88-93... Arts Foundation

Let's

Connect



Scan the codes to connect.





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



**Come CONNECT  
with your  
neighbours!**

We're throwing a Block  
Party. No cost to attend.

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

See you there.

**Wednesday**  
**Aug 2, 2023**  
**2PM-4PM**

**LAMBERT PARK 4414-51 AVE ST PAUL**

**call 780-645-5311 for more info**

*Lakeland*

FAMILY RESOURCE NETWORK



# Girls Supporting Girls



**with Registered Provisional Psychologist;  
Kaitlyn Buechler**

**UPDATED AGE GROUP**

**FOR AGES 10-14**

\*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







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





### 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**





A group of five diverse people (three men and two women) are sitting in a row on colorful chairs (blue, yellow, red). They are holding white signs with black text. The first man on the left holds a sign that says 'CARE'. The woman next to him holds a sign that says 'OPTIMISM'. The man in the center, who has a beard and a hat, holds a sign that says 'INSPIRATION'. The woman next to him holds a sign that says 'CARE'. The woman on the far right holds a sign that says 'OPTIMISM'. The background is a wall covered in colorful, abstract patterns and text like 'POSITIVE', 'DIFFERENT', 'HAPPY', and 'REACH FOR THE STARS'. The overall mood is positive and uplifting.

**Thursday**  
**Sept 7, 2023**

# 7PM-9PM

**5002-51 Ave, St Paul**

**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  
780-645-5311



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



# financial ● Support for Seniors

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## ● aging in place

**NEW funding amounts!**

DO YOU:

- live in a single detached home?
- have a single income of \$36,080 or less or a double income of \$55,720 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



Funded in part by the  
Government of Canada's  
New Horizons for Seniors Program

Canada 



# COMMUNITY AWARENESS night St Paul

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.





# Altruistic August 2023



MONDAY



7 Give time to help a project or cause you care about

TUESDAY

1 Set an intention to be kind to others (and yourself) this month

8 Make some tasty food for someone who will appreciate it

WEDNESDAY

2 Send an uplifting message to someone you can't be with

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

THURSDAY

3 Be kind and supportive to everyone you interact with

10 Check in with someone who may be lonely or feeling anxious

FRIDAY

4 Ask someone how they feel and really listen to their reply

11 Share an encouraging news story to inspire others

SATURDAY

5 Spend time wishing for other people to be happy and well

12 Contact a friend to let them know you're thinking of them

SUNDAY

6 Smile and be friendly to the people you see today

13 No plans day! Be kind to yourself so you can be kind to others too

14 Take an action to be kind to nature and care for our planet

15 If someone annoys you, be kind. Imagine how they may be feeling

16 Make a thoughtful gift as a surprise for someone

17 Be kind online. Share positive and supportive comments

18 Today do something to make life easier for someone else

19 Be thankful for your food and the people who made it possible

20 Look for the good in everyone you meet today

21 Donate unused items, clothes or food to help a local charity

22 Give people the gift of your full attention

23 Share an article, book or podcast you found helpful

24 Forgive someone who hurt you in the past

25 Give your time, energy or attention to help someone in need

26 Find a way to 'pay it forward' or support a good cause

27 Notice when someone is down and try to brighten their day

28 Have a friendly chat with someone you don't know very well

29 Do something kind to help in your local community

30 Give away something to help those who don't have as much as you

31 Share Action for Happiness with other people 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**



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**

# AUGUST

MON	TUE	WED	THU	FRI
	1 Mallaig Moms&Tots 9:30am-11:30am drop in Growing Minds 1:30pm-3:30pm register	2 ASQ Screening 2pm-4pm register	3 Ashmont Moms&Tots 10am-12pm drop in Buggies on the Block 1:30pm-3:30pm drop in	4 Rhymes That Bind 10am-12pm drop in
7	8 Mallaig Moms&Tots 9:30am-11:30am drop in Growing Minds 1:30pm-3:30pm register	9 Traditional Teachings for YOUTH 10yrs+ 10am-12pm register	10 Ashmont Moms&Tots 10am-12pm drop in Buggies on the Block 1:30pm-3:30pm drop in Dungeons & Dragons (12-18yrs) 6pm-8pm register	11 Ye Olde MacLean Hobby Farm 10am - 12pm register
14	15 Dinosaur Dig at St. Paul Elem. School 10am-12pm drop in	16 Home Alone 10am-12pm register Bug Hunt at Lagasse Park 2pm-4pm drop in	17 Ashmont Moms&Tots 10am-12pm drop in Buggies on the Block 1:30pm-3:30pm drop in	18 Block Party at Lagasse Park
21	22 Making Music 10am-12pm drop in	23 Create Art at Visual Arts Centre for Youth 10am-12pm register	24 Ashmont Moms&Tots 10am-12pm drop in Buggies on the Block 1:30pm-3:30pm drop in	25 Create a Babysitter's Busy Kit 2pm-4pm register
28	29 Creating Back to School Healthy Snacks 2pm-4pm register	30 Out of Office with Community Partner	31 Ashmont Moms&Tots 10am-12pm drop in Buggies on the Block 1:30pm-3:30pm drop in	

# Growing Minds Junior Edition

Created specifically for 7 to 10 year-olds. A five week program that teaches children how to develop a growth mindset through inspiring stories, colourful illustrations and engaging guided activities

## Tuesday's

1:30pm-3:30pm

August 1, 8, 15, 22 & 29



Snacks and your very own Big Life Journal included.

Registration Required  
Call 780-645-5311

*Lakeland*

FAMILY RESOURCE NETWORK

5002-51 Ave

### WEEKLY THEMES

- ▶ **WEEK ONE**  
BELIEVE IN YOURSELF;  
MISTAKES HELP YOU GROW
- ▶ **WEEK TWO**  
BE PRESENT;  
BE GRATEFUL
- ▶ **WEEK THREE**  
BE UNIQUE, BE YOU;  
CHALLENGES MAKE YOU STRONGER
- ▶ **WEEK FOUR**  
EFFORT IS KEY;  
LOVE LEARNING
- ▶ **WEEK FIVE**  
BE KIND;  
MAKE A DIFFERENCE IN THE WORLD



# BABYSITTERS BUSY KIT

AGES 11YRS+

## WHAT'S IN YOUR KIT?

FINE  
MOTOR



MATCHING  
GAMES



RHYMES

COLORING  
PAGES



LOOSE  
PARTS

**Friday August 25**  
**2pm – 4pm**

**Activities and suggestions  
that can help build your  
babysitting skills.**

**Join us in creating your own kit!**  
**Call to register 780-645-5311**

**\*Limited spaces**

*Lakeland*

FAMILY RESOURCE NETWORK

# **ASQ SCREENING**

**WEDNESDAY  
AUGUST 2  
2PM-4PM**



**IS YOUR CHILD  
MEETING THE  
DEVELOPMENTAL  
MILESTONES?**

**30 MIN APPOINTMENTS  
FOR AGES: 2 MONTHS-60  
MONTHS**

**CALL 780-645-5311**

## **WE WILL CHECK.....**

**COMMUNICATION  
FINE MOTOR SKILLS  
GROSS MOTOR SKILLS  
PROBLEM SOLVING  
PERSONAL-SOCIAL  
SKILLS  
SOCIAL EMOTIONAL**

**MAKE AN  
APPOINTMENT TO FILL  
OUT THE  
QUESTIONNAIRE,  
RECEIVE  
INFORMATION AND  
REFERRALS AND  
ACCESS OTHER  
PROGRAMS WE OFFER!**

*Lakeland*

FAMILY RESOURCE NETWORK



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

**Create with us on**  
**Wednesday, August 9**  
**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**

**DUNGEON MASTER  
IN ATTENDANCE**



**Thursday, AUGUST 10  
6pm - 8pm**

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

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

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FAMILY RESOURCE NETWORK



# **Ye Olde MacLean Hobby Farm**

MD of Bonnyville 45015– Township Road 613

**Friday, August 11  
10am - 12pm**

Payment is \$10/guest

\*includes meeting the animals, an adventure and a treat

Meet us there or at FRN Centre for 9am sharp  
and we drive following each other

Parents pay the fees, we supply the picnic!

**Spaces are limited so please  
call 780-645-5311 to register**





★ TRIPLE P

# TIPSHEET

AUGUST 15  
AT 10 AM

TIDYING UP

Register Now!

[frn@town.stpaul.ab.ca](mailto:frn@town.stpaul.ab.ca) or call  
780-645-5311

*Lakeland*  
FAMILY RESOURCE NETWORK





# CREATE ART

for ages 7yrs+

**August 23**

**10am -12pm**

at the  
**VISUAL ARTS CENTRE**  
4613 - 53st

Call to Register 780-645-5311



*Lakeland*  
FAMILY RESOURCE NETWORK

# EAT WELL LIVE WELL BE WELL

AS WE CREATE HEALTHY BACK TO SCHOOL SNACKS!

**\*MAY CONTAIN NUTS\***



JOIN US ON AUGUST 28

2PM-4PM

FOR AGES 7 AND UP

CALL 780-645-5311 TO REGISTER

*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-11:30am

**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



# FREE CAR SEAT CHECKUP



Get your seat checked by a certified technician. Learn how to properly install your child's car seat or booster seat. Find out if it's time for a **CHANGE**.

**AUGUST 29**

**10AM - 12PM**

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

**FCSS 5002-51 Ave  
by APPOINTMENT-  
call 780-645-5311**



**St. John Ambulance**

*Lakeland*

FAMILY RESOURCE NETWORK



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



# RECREATION CENTRE 4802-53 ST.

Accepting good, CLEAN, used clothing  
and shoes for **ALL AGES**

Please call 780-645-5311  
for more information

## FALL CLOTHING EXCHANGE

Save the date

Donation Drop Off Time:

Tues. Sept. 12 1pm-8pm

Doors Open:

Wed. Sept. 13 1pm-8pm

Thurs. Sept. 14 9am-12pm

**COST IS FREE!**  
**BRING YOUR OWN BAG!**

*Lakeland*

FAMILY RESOURCE NETWORK



# AUGUST

Elk Point Location



*Lakeland*

FAMILY RESOURCE NETWORK

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



st.paul\_fcss



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

MON	TUE	WED	THU	FRI
	1 Office Open 8:30am-4:30pm lunch 12:30pm-1:30pm	2 Office Open 8:30am-4:30pm lunch 12:30pm-1:30pm	3 Rhymes that Bind 10am-12pm drop in Youth Games 2-4pm drop in	4
7 CLOSED Civic Holiday	8 Office Open 8:30am-4:30pm lunch 12:30pm-1:30pm	9 Office Open 8:30am-4:30pm lunch 12:30pm-1:30pm	10 Macrame Art 2-4pm drop in	11 Ye Olde MacLean Hobby Farm 10am - 12pm register
14 ASQ Screening 2-4pm register	15 Office Open 8:30am-4:30pm lunch 12:30pm-1:30pm	16 Office Open 8:30am-4:30pm lunch 12:30pm-1:30pm	17 Fine Motor skills 10am-12pm drop in Fun in the Sun 2-4pm register	18 Babysitting Course 9am-3:30pm ages 11+ register
21	22 Office Open 8:30am-4:30pm lunch 12:30pm-1:30pm	23 Office Open 8:30am-4:30pm lunch 12:30pm-1:30pm	24 Making Music 10am-12pm drop in Summer Science 2-4pm register	25
28	29 Office Open 8:30am-4:30pm lunch 12:30pm-1:30pm	30 Office Open 8:30am-4:30pm lunch 12:30pm-1:30pm	31 Sensory Play 10am-12pm drop in Back to School Bag tag 2-4pm drop in	



# COMMUNITY AWARENESS night 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.

**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.

Elk Point Location

# SCAVENGER HUNT

CROSSWORD STYLE

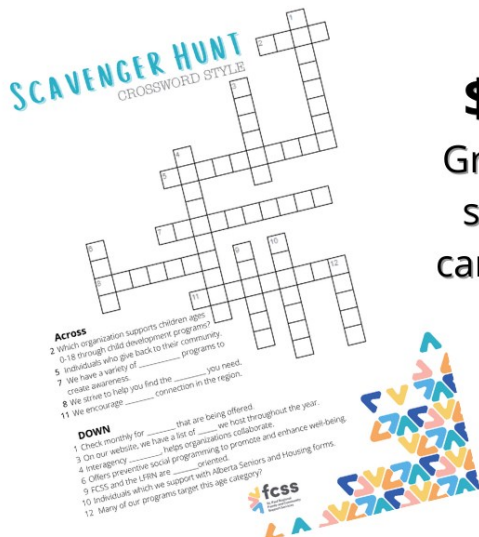


**SATURDAY, AUG 19**

ELK POINT SPRAY PARK, 5501 51 ST

**11 AM - 1 PM**

**call 780-724-3800 for more info**



X marks the spot for a chance to win a  
**\$50, \$100 or \$200 gift certificate!**

Grab your family & friends to join together on this summer challenge in the Town of Elk Point. You can walk or drive as you answer clues to complete a fun crossword puzzle to learn about FCSS.

**Good Luck and have FUN!**







**NEW**

**LOCATION**

# Babysitting Course

**Friday, August 18, 2023**

**9:00 am - 3:30 pm**

**Elk Point FCSS**

**4906A—48 Street**

**\$50 / Student—Includes: Course Book & a Snack**

**Students will need to bring a Bag Lunch**

**\*Participants must be 11 years of age (or in the 6th grade)**

**For more information and to register contact:**

**St Paul Regional FCSS @ 780-645-5311**

**Cash or cheques made payable to:**

**St. Paul Regional FCSS**



**St. John Ambulance**

Elk Point Location

AUGUST 31, 10AM-12PM

ages 0-6

# Sensory Play

4906 48ST, ELK POINT FCSS

Ooblek  
Water table



*Lakeland*  
FAMILY RESOURCE NETWORK



Elk Point Location

# SUMMER SCIENCE ACTIVITIES

ages 7+

August 24, 2-4pm

4906 48st Elk Point FCSS

please register at 780-724-3800

Dancing Rice  
Crystal Suncatcher  
Fizzing Lemonade



*Lakeland*

FAMILY RESOURCE NETWORK

# FINE MOTOR FUN



**Developing fine motor skills through play**



**Join us on August 17th**

**10am - 12pm**

**for ages 0-6yrs**

**FCSS OFFICE 4906-48 ST**

*Lakeland*

FAMILY RESOURCE NETWORK





# Fun at the park

Ages 7+

**August 17, 2-4 pm**

**4906 48st, Elk Point FCSS office**

**Come design a frisbee and enjoy a game!**

**Join in on a skipping rope challenge**

**Must register at 780-724-3800**

**(limited number of frisbees and skip ropes available)**

**AGES 7+**

**THURSDAY, AUGUST 10,  
2-4PM  
4906 48ST, ELK POINT FCSS**

DIY EASY MACRAME  
**RAINBOWS**





## Backpack Keychains

WITH PRINTABLE TAGS THAT YOU CAN COLOR!



Thursday, August 31, 2-4pm  
4906 48st Elk Point FCSS Office

Ages 7+

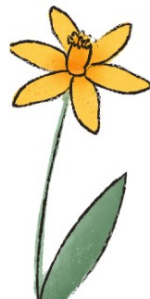
# Rhymes That Bind



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

August 3rd, 10am-12pm  
at FCSS Elk Point location 4906-48ST

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



*Lakeland*  
FAMILY RESOURCE NETWORK

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



Elk Point Location

**AUGUST 24 , 10:00AM-12:00PM**

# **MAKING MUSIC**

**AGES 0-6**



**FCSS ELK POINT LOCATION**

**4906 48ST, ELK POINT FCSS**



*Lakeland*

**FAMILY RESOURCE NETWORK**

# ASQ SCREENING

**MONDAY  
AUGUST 14  
2PM-4PM**



**IS YOUR CHILD  
MEETING THE  
DEVELOPMENTAL  
MILESTONES?**

**30 MIN APPOINTMENTS  
FOR AGES: 2 MONTHS-60  
MONTHS**

**CALL 780-724-3800**

## **WE WILL CHECK.....**

**COMMUNICATION  
FINE MOTOR SKILLS  
GROSS MOTOR SKILLS  
PROBLEM SOLVING  
PERSONAL-SOCIAL  
SKILLS  
SOCIAL EMOTIONAL**

**MAKE AN  
APPOINTMENT TO FILL  
OUT THE  
QUESTIONNAIRE,  
RECEIVE  
INFORMATION AND  
REFERRALS AND  
ACCESS OTHER  
PROGRAMS WE OFFER!**

*Lakeland*

FAMILY RESOURCE NETWORK





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](mailto: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](http://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](http://www.lcfasd.com)

**SEND YOUR RESUME TO :**

✉ [sthir@lcfasd.com](mailto:sthir@lcfasd.com)



Women's Recovery Centre

## **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



[www.lcfasd.com](http://www.lcfasd.com)



780-594-9903



stpauljrcanadiens

...

**WANTED** 23/24 SEASON

**BILLET FAMILIES**  
EMAIL: STPAULJRB@GMAIL.COM  
OR  
DM US FOR MORE INFORMATION

The Jr. Canadiens are seeking assistance in finding billet families for the 2023-24 hockey season.

As you may already know, the success and growth of our Junior B hockey team rely not only on the dedication and talent of our young players but also on the support and involvement of the community. As part of our commitment to developing these talented athletes, we have established a billeting program that allows players from outside the immediate area to join the team.

By becoming a billet family, individuals and families in our community have the opportunity to make a lasting impact on these young talents.

Please feel free to contact the Jr. Canadiens at [stpauljrb@gmail.com](mailto:stpauljrb@gmail.com) or Tammy at [rioptamm29@gmail.com](mailto:rioptamm29@gmail.com) should there be more questions.

Thank you for considering our request, with your support, we can create an environment where these ambitious individuals can thrive and succeed.





## 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;"><b>ST. PAUL</b></p> <p><b>Where:</b> Lakeland Primary Care Network (Boardroom) St. Paul Wellness Centre #101 – 4801 – 39 Street</p> <p><b>Time:</b> 6:30 - 8:30 pm</p> <p><b>When:</b> 3<sup>rd</sup> Wednesday of each month</p> <p><b>Dates:</b></p> <ul style="list-style-type: none"> <li>September 20, 2023</li> <li>October 18, 2023</li> <li>November 15, 2023</li> <li>December 20, 2023</li> <li>January 17, 2024</li> <li>February 21, 2024</li> <li>March 20, 2024</li> <li>April 17, 2024</li> <li>May 15, 2024</li> <li>June 19, 2024</li> </ul>	<p style="text-align: center;"><b>ELK POINT</b></p> <p><b>Where:</b> Elk Point Healthcare Centre (Board Room) 5310 – 50 Avenue</p> <p><b>Time:</b> 6:30 - 8:30 pm</p> <p><b>When:</b> 3<sup>rd</sup> Tuesday of each month</p> <p><b>Dates:</b></p> <ul style="list-style-type: none"> <li>September 19, 2023</li> <li>October 17, 2023</li> <li>November 21, 2023</li> <li>December 19, 2023</li> <li>January 16, 2024</li> <li>February 20, 2024</li> <li>March 19, 2024</li> <li>April 16, 2024</li> <li>May 21, 2024</li> <li>June 18, 2024</li> </ul>
<p><b>The Care Partner Support Group is designed for family members, friends, &amp; 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.</b></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](http://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](http://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.





## August 2023 Workshops for Adults by ZOOM

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

### **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**

Aug 1 - Tue Evening - 5:30pm-8pm  
Aug 17 - Thurs Morning - 9:30am-12pm

#### **Nutrition**

Aug 3 - Thurs Morning - 9:30am-12pm  
Aug 15 - Tue Evening - 5:30pm-8pm  
Aug 31 - Thurs Morning - 9:30am-12pm

#### **Living with Diabetes**

Aug 8 - Tue Evening - 5:30pm-8pm  
Aug 24 - Thurs Morning - 9:30am-12pm

### **Heart & Stroke**

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

#### **Overview & Prevention**

Aug 3 - Thurs Afternoon  
1:30pm-4pm

Aug 15 - Tue Morning  
9:30am-12pm

#### **Nutrition**

Aug 10 - Thurs Afternoon  
1:30pm-4pm

Aug 22 - Tue Morning  
9:30am-12pm

### **Better Choices Better Health® workshop for Chronic Pain**

Learn about pain and things you can do to live better. 6 class workshop

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

More classes to be  
determined

### **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**

Aug 2, 9, & 16 - Wed Afternoons - 1:30pm-4pm  
Aug 10, 17, 24 - Thurs Mornings - 9:30am-12pm

#### **Series 2**

Aug 9, 16, & 23 - Tue Mornings - 9:30am-12pm

#### **Series 3**

Aug 1 & 8 - Tue Mornings - 9:30am-12pm

### **Understanding COPD**

Understand what COPD is and how you can manage well and continue to live your best life.

Classes coming soon!

### **Supervised Exercise - done virtually!**

2 times per week, 1.5 hours session, for 6 weeks.  
August 14-September 25, Afternoons or Evenings

### **Managing Stress**

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

Aug 15 & 22  
Tue Afternoons - 1:30pm-4pm

### **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!

Aug 8 - Tue Afternoon - 1:30pm-4pm

**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](mailto: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](mailto:Injury.PreventionEdmonton@ahs.ca)

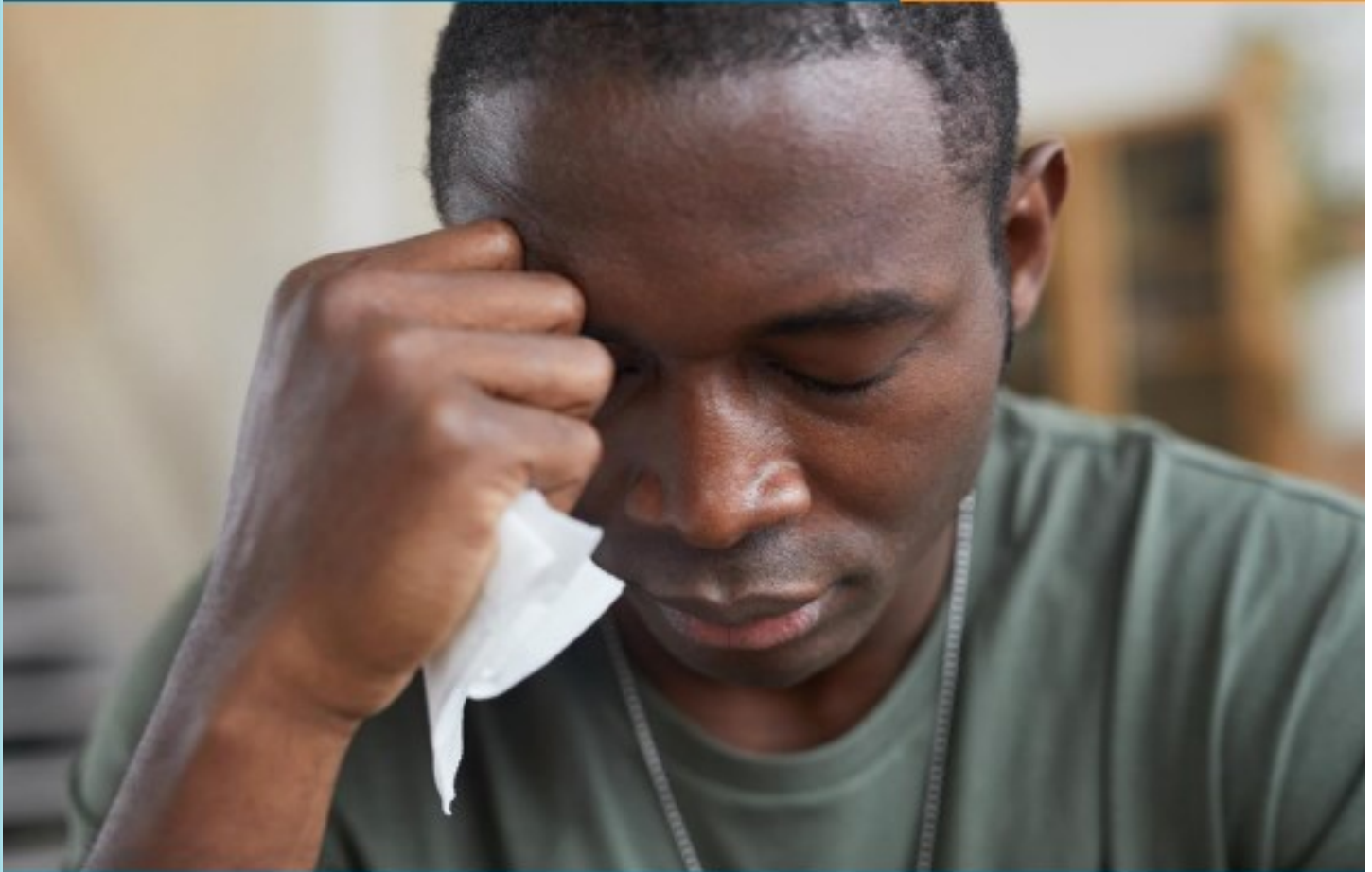


# Addiction and Mental Health Helpline

Available through Health Link



**Health Link**  
Advice 24/7



If you are having trouble coping or need someone to talk to, call Health Link 24/7. Staff will assess your needs and provide advice immediately for your concerns.

## 1-866-332-2322

For more information on addiction and mental health visit **MyHealth.Alberta.ca**



**Alberta Health Services**





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**

# AUGUST

AUGUST

Monday	Tuesday	Wednesday	Thursday	Friday
<div><div></div><div>1 11am: Mindfulness 1pm: Emancipation Day 3pm: The Impact of Music 4:30pm: Trivia</div></div>	<div>2 9:30am: Banff Park Museum 11am: In The Headlines 1pm: Next Stop: Free Solo 3pm: Exercise</div>	<div>3 9:30am: Gratitude 11am: Let's Talk About... 1pm: Guided Imagery 3pm: They Did What?</div>	<div>4 9:30 am: All Request Music 11am: Exercise 1pm: Animal Spotlight 3pm: R U Online?</div>	
<div><div><div>7</div><div>NO PROGRAMS</div></div><div>8 11am: Imagination Circle 1pm: Coffee Chat 3pm: Some Good News 4:30pm: Name That Tune</div></div>	<div>9 9:30am: True Crime 11am: SCWW Advisory Group 1pm: Next Stop: Sailing the Seas 3pm: Exercise</div>	<div>10 NO MORNING PROGRAM 1pm: Brain Games 3pm: Who Why When</div>	<div>11 9:30 am: Classical Music Hour 11am: Exercise 1pm: Choose Your Own Adventure 3pm: Innocence Files</div>	
<div><div><div>14</div><div>9:30am: Nostalgia Moment 11am: Writing for Fun 1pm: Exercise 3pm: Never Cry Wolf PT 4</div></div><div>15 11am: Mindfulness 1pm: Albert Einstein 3pm: Eating on a Budget 4:30pm: Don't Quote Me</div></div>	<div>16 9:30am: Mystery Chronicles 11am: Old Souls &amp; Protest Songs 1pm: From John to Justin: Prime Ministers of Canada 3pm: Exercise</div>	<div>17 9:30am: Gratitude 11am: LeVar Burton Reads 1pm: Mental Health Matters: Depression 3pm: Working Through Grief</div>	<div>18 9:30am: Vinyl Café 11am: Exercise 1pm: For Your Body: Skin Health 3pm: World Humanitarian Day</div>	
<div><div><div>21</div><div>9:30am: Nostalgia Moment 11am: The Big Picture 1pm: Exercise 3pm: Never Cry Wolf PT 5</div></div><div>22 11am: Imagination Circle 1pm: Let's Talk About... 3pm: Reader's Corner 4:30pm: Picture This</div></div>	<div>23 9:30am: True Crime 11am: EPL Presents! 1pm: Forestry in Alberta 3pm: Exercise</div>	<div>24 9:30am: Gratitude 11am: They Did What? 1pm: Some Good News 3pm: Donald Sutherland</div>	<div>25 9:30am: Music from Movies 11am: Exercise 1pm: Chronic Pain 3pm: BINGO</div>	
<div><div><div>28</div><div>9:30am: Nostalgia Moment 11am: Writing for Fun 1pm: Exercise 3pm: Never Cry Wolf PT 6</div></div><div>29 11am: Mindfulness 1pm: Coffee Chat 3pm: Who Why When 4:30pm: Jeopardy</div></div>	<div>30 9:30am: Mystery Chronicles 11am: Animal Spotlight 1pm: From John to Justin: Prime Ministers of Canada 3pm: Exercise</div>	<div>31 9:30am: Gratitude 11am: Toys of Your Childhood 1pm: Brain Games 3pm: In The Headlines</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**

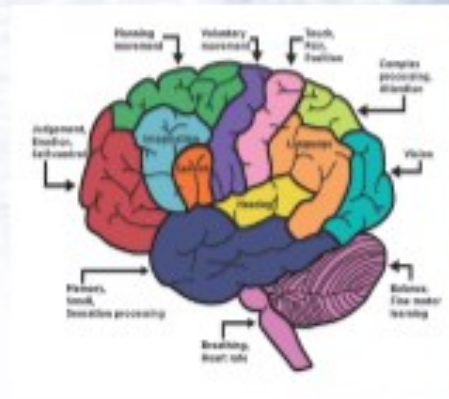
**May 9th, 2023 @2pm**

**June 13th, 2023 @2pm**

**October 10th, 2023 @2pm**

**November 14th, 2023 @2pm**

**December 12th, 2023 @2pm**



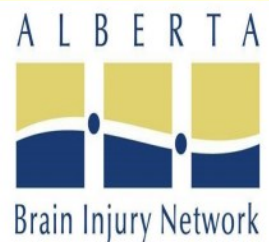
St. Paul Abilities Network

## 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](mailto: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](mailto: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](mailto:Robyn.Laczy@NorthZonePCNs.ca)**

 **LIVINGWORKS**

  
PrimaryCare  
**Networks**  
ALBERTA NORTH



# THRIVING VS SURVIVING

CREATING A WORK LIFE THAT HAS YOU LOVING WHAT  
YOU DO EVERY DAY

This workshop will cover:

- 7 Strategies to build a workplace culture where people thrive
- Creating the work mindset to thrive vs just survive
- Building a support network to protect against burnout

**\$30 +GST**



September 19 2023

7:30 breakfast, 8-10am course

The Landing Hotel & Conference Centre St.Paul

Register: <https://stpaulchamber.ca/events/>

September 19 2023

11:30 lunch, 12-2pm course

Neighbourhood Inn Alberta Room Bonnyville

Register: [www.bonnyvillechamber.com](http://www.bonnyvillechamber.com)



**Reeves-Gibbs Coaching and  
Consulting**

Canada

Alberta Community  
Futures

St. Paul & District  
Chamber  
of Commerce

BONNYVILLE  
AND DISTRICT  
Chamber  
of Commerce

Aug 2023

[www.stpaulfcsc.ca](http://www.stpaulfcsc.ca)

Interagency 55





# ATTRACTING & RETAINING SKILLED WORKERS

## Strategies & Innovative Solutions to:

- Tackle the skills labour shortage
- Attract & retain top talent
- Employee loyalty & productivity
- Essential leadership traits
- Labour market trends

**\$30**

plus GST



with Award Winning Speaker  
Eddie Lemoine



OCTOBER 18 2023

7:30am-10:30am(breakfast included)

St Paul, Alberta

The Landing Hotel & Conference Centre

Register:

<https://stpaulchamber.ca/events/>



OCTOBER 18 2023

11:30am-2:30pm(lunch included)

Bonnyville, Alberta

Neighbourhood Inn Alberta Room

Register:

[www.bonnyvillechamber.com](http://www.bonnyvillechamber.com)



Canada

Alberta

BONNYVILLE  
AND DISTRICT  
Chamber  
of Commerce

Community  
Futures  
Lakeland

St. Paul & District  
Chamber  
of Commerce

Aug 2023

[www.stpaulfcss.ca](http://www.stpaulfcss.ca)

Interagency 56



Speaker & Facilitator  
Kristen Cumming

# INCLUSIVE LEADERSHIP SEMINAR

This session looks at the social and economic structures that exclude some groups from influence, and exploring concepts around:

- allyship
- microaggressions
- privilege

**\$30**  
plus  
GST

**NOVEMBER 15@7:30AM-10AM**

ST PAUL, ALBERTA  
LANDING HOTEL & CONFERENCE CENTRE  
(BREAKFAST INCLUDED)

ST PAUL REGISTRATION:  
[HTTPS://STPAULCHAMBER.CA/EVENTS/](https://stpaulchamber.ca/events/)

**NOVEMBER 15@11:30AM-2PM**

BONNYVILLE, ALBERTA  
NEIGHBOURHOOD INN  
ALBERTA ROOM(LUNCH INCLUDED)

BONNYVILLE REGISTRATION:  
[WWW.BONNYVILLECHAMBER.COM](http://WWW.BONNYVILLECHAMBER.COM)





# 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](mailto:handkell@sperd.ca)

**Note:** Program subject to sufficient enrollment





## What's your big project?

**The UFA Rural Communities Foundation is pleased to present the 2023 Rural Communities Foundation Grant, which will award up to \$100,000.**

Communities are encouraged to apply for a minimum of \$10,000, up to a total of \$100,000 for projects that support recreational, educational and cultural facilities and programs. Applications will be accepted from June 1 until August 31, 2023, with the winners announced in October during Co-operatives in Canada week.

Visit **rcfufa.com** for more details and to apply.





# 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](mailto: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](mailto: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](http://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

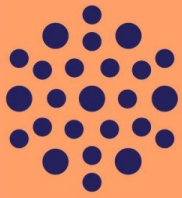
Join us for information, tips and resources to help you gain knowledge and build confidence.

 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](https://AHSweb.ca/MHA/PRwebinars)





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](mailto: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](mailto: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**

## **AUGUST WORKSHOP SCHEDULE**

**August 2, 2023**

**Communications Skills**

**August 9, 2023**

**Skills & Interests**

**August 16, 2023**

**Resume Development**

**August 26, 2023**

**Online Job Search**

**August 30, 2023**

**Interview Skills**

**St. Paul Center  
Northstar Complex  
2nd Fl. 4701 50 Ave  
780 646-6729**

For more information or to register,  
please call the Centre or email  
**[annah@employabilities.ab.ca](mailto: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



August 2023 Calendar	
August 2, 2023	Time Management
August 9, 2023	Communications
August 16, 2023	Skills & Interests
August 23, 2023	Resume Development
August 30, 2023	Interview Skills

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](mailto:cbrant@employabilities.ab.ca)

Bonnyville 780-343-0924 or email [rnicoll@employabilities.ab.ca](mailto:rnicoll@employabilities.ab.ca)

Lac La Biche 780-627-3071 or email [rfraser@employabilities.ab.ca](mailto:rfraser@employabilities.ab.ca)

St. Paul 780-646-6729 or email [annah@employabilities.ab.ca](mailto:annah@employabilities.ab.ca)

Vegreville 780-631-1471 or email [bsutherland@employabilities.ab.ca](mailto:bsutherland@employabilities.ab.ca)



Like us on  
Facebook

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

Alberta

# BUY A TEEN BURGER® BEAT MS

\$2 from every Teen Burger®  
sold today will help Canadians  
affected by MS.



Proud partner of  
**MS** Multiple  
Sclerosis  
Canada

# August 17th!



# CABRINI CUP



AUGUST 26TH, 2023

THE MALLAIG MINOR HOCKEY ASSOCIATION

ANNUAL BEAN BAG TOURNAMENT

Round Robin & Division playoff

\$80/2 person team ages 14 & up

(Supper included for players)

\$20/person for supper only

10:00 am Check-In

11:00 am Competition starts

**Call or text Laurier @ (780) 201-7124 or**

**Ryan Berg @ (780) 210-7309 to register**

*You're  
Invited*

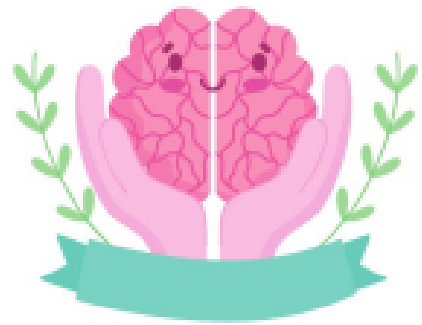
**FEATURING**

David  
Granier

**STAND UP**



**FOR**



**MENTAL**

**HEALTH!**

*An evening of comedy, arts,  
music and entertainment!!*

**TALK TO US**

Rae (780)210-9355

Chelsea (780)646-3711

[demeria.memorial@gmail.com](mailto:demeria.memorial@gmail.com)

**Nov. 4th**

**@ the Mallaig Unity Center**



# HAYING IN THE 30'S

*MEMORIES OF THE PAST*

**AUGUST 5 - 6, 2023**



**FOR SAFETY ISSUES  
NO OPEN CAMPFIRE  
NO DOGS  
ALLOWED ON GROUNDS**

**MALLAIG, AB  
RAIN OR SHINE**



**ENTRY BY DONATION ONLY**



- HORSE DRAWN EQUIPMENT DEMO
- TOUR THE VILLAGE
- LIVE MUSIC ALL DAY
- SATURDAY NIGHT HOE-DOWN
- KIDS GAMES
- VIEWING ZOO
- FACE PAINTING
- ROPE MAKING
- NUMEROUS ATTRACTIONS & DISPLAYS



## SCHEDULE OF EVENTS

### SATURDAY

10:00 am **OPENING CEREMONIES PARADE TO FOLLOW**

11:00 am - 5:00 pm **DEMO AND ATTRACTIONS**

6:00 pm **BEEF ON A BUN**

9:00 pm **OLD FASHION HOE DOWN**

### SUNDAY

9:00 am **INTER-FAITH CHURCH**

9:30 am **PANCAKE BREAKFAST**

11:30 am - 4:00 pm **DEMO AND ATTRACTIONS**

**100% OF ALL DONATIONS GO TO SUPPORT THOSE  
WHO ARE UNDERGOING CANCER TREATMENTS**

For more information:

**CONTACT:**

780-210-9523

780-210-9527

[www.hayinginthe30s.com](http://www.hayinginthe30s.com)

Haying in the 30's

Box 35

Mallaig, AB

TOA 2K0



**Mannawanis Native Friendship Center Society**

# **YOUTH OUTREACH PROGRAM**



## **ACTIVITIES:**

- Talking Circles
- Cultural Teachings
- Elder Mentoring
- Resume Development
- Money Management
- Teams Alberta

**WE ARE  
HERE TO  
HELP YOU**

**FOR MORE INFORMATION:**

**780-645-4630  
St. Paul, Alberta**

**AGES  
16-24**

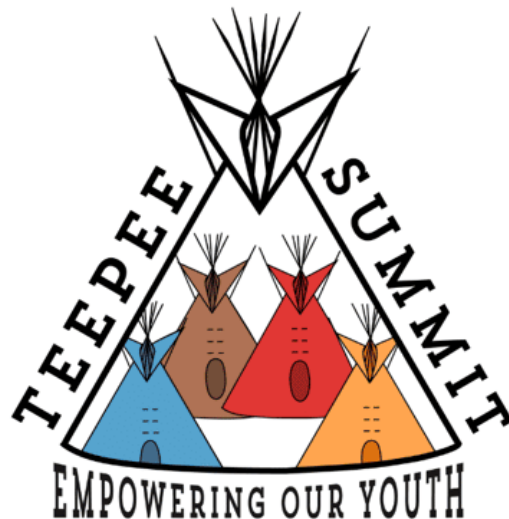




# FIRST NATIONS HEALTH CONSORTIUM

*Presents*

# YOUTH TEEPEE SUMMIT 2023



**August 24 - 26, 2023**



**Poundmaker's Grounds  
25108 Poundmaker Road  
St. Albert, Alberta, T8T 2A2**



**Scan the QR Code to visit our  
website to learn more and to  
download the Registration Forms!**

**REGISTRATION IS OPEN  
FOR INDIGENOUS YOUNG  
PEOPLE AGES 17-25. BUT  
NOT RESTRICTED TO  
THESE AGES GROUPS.**



**If you have any questions, please email  
[teepee.summit@abfnhc.com](mailto:teepee.summit@abfnhc.com)**





4808A 50 Ave; PO Box  
10004 RPO Bonnyville  
East, AB T9N 0A6



1-866-300-HEAL (4325)  
info@dragonflysac.ca  
Fax 780-812-2653

### SEXUAL VIOLENCE SERVICES

Our Education & Outreach team have been busy-busy over the summer months! Presenting at youth summer camps in **Buffalo Lake Métis Settlement** and an upcoming one in **Lac La Biche** mid-August. We're invited back to the **Slave Lake** Library for a book reading this week. The **Lakeland** Girls Hockey Camp invited us to present on Healthy Friendships later this month.

**Two Hills** welcomed us to participate in a Chili Cook-off recently, so to couple with our **Consent is as easy as FRIES**

campaign, we served up chili-cheese FRIES!



(We may not have won the cook-off but we won a lot of interest from community members!)

**Smoky Lake** is asking us back to have a booth at their community showcase in August.

The Dragonfly Team has really pulled together to organize our first **Charity Golf Tournament** on Friday, August 25, 2023! We're still in our Early Bird special pricing, for anyone interested in registering a team!

Check out our website for more information and how to register:

[www.thedragonflycentre.com/Golf](http://www.thedragonflycentre.com/Golf)



FRIENDS TUBULAR  
SERVICES LTD. PRESENTS



## CHARITY TOURNAMENT



SIGNED OILERS JERSEY  
- EVANDER KANE



HOLE-IN-ONE PRIZE OF  
A NEW CAN-AM SIDE BY  
SIDE FROM **54NORTH**  
POWERSPORTS



A STAY AT  
KANANASKIS

# August 25, 2023

18-Hole Texas Scramble Golf Tournament to Support Survivors of Sexual Violence

To Register Call the Office at 780-812-3174



**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





# RODEO WEEK **Local Love** **Night Market** AUGUST 31ST 5PM-9PM

A CAREFULLY CURATED,  
BOUTIQUE EVENING MARKET TO  
SHOWCASE LOCAL  
ARTISANS AND CREATORS.

Former Lakeland Lighting Location  
5017 50 Ave, Main Street, St Paul



# 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)

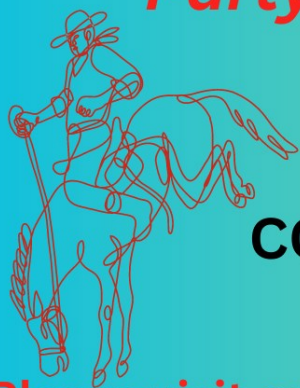


**Supper Provided by:  
Stacey Malo Catering**

**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](http://www.stpaulchamber.ca/events)**

**Sheri's Marvelous  
Mini Donuts!!**





**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](mailto: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](mailto:planjenn@sperd.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](mailto: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](mailto:programs@stpaullibrary.ab.ca)



**Feast of Knowledge**  
SUMMER READING PROGRAM 2023



## Egg-cellent

Date: Tuesday August 15th

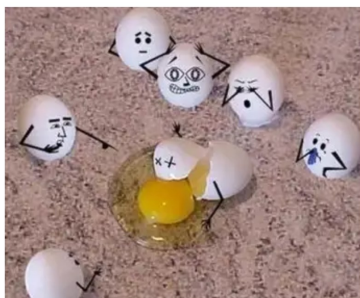
10:30 - 11:30 (ages 5-8)

\*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](mailto: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](mailto:programs@stpaullibrary.ab.ca)







Family

SUMMER

Story-time

**at the St Paul Municipal Library**

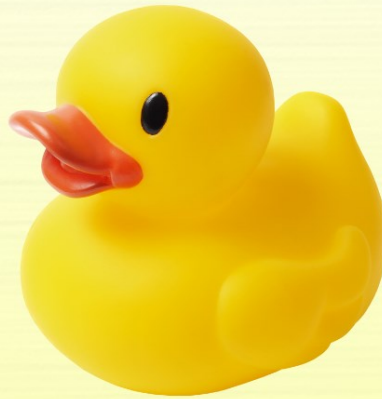
**FREE  
DROP IN**

**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.**

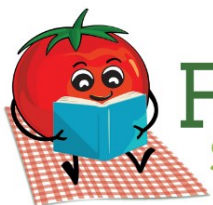
**FIND ONE AND RETURN IT TO US  
FOR A DRAW PRIZE ENTRY.**



# St Paul Municipal Library



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



**Feast of Knowledge**  
SUMMER READING PROGRAM 2023





# 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 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](http://www.stpaullibrary.ab.ca/programs)  
or contact us by email at [programs@stpaullibrary.ab.ca](mailto: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 MHCb invites you to attend our FREE

# PARENT INFO SESSION

## STRATEGIES TO SUPPORT YOUR CHILD'S MENTAL HEALTH

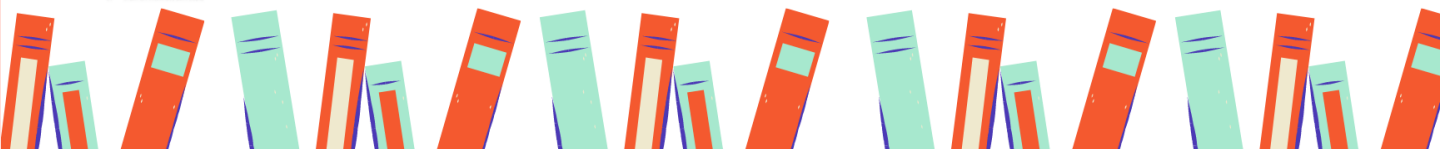
Tuesday, Aug 15th  
6:30-7:30PM Q&A to follow  
Refreshments provided  
At St Paul Municipal Library

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



**St. Paul Municipal Library**

 **Together We're Better**



Aug 2023

[www.stpaulfcss.ca](http://www.stpaulfcss.ca)

Interagency 87

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





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](mailto: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](mailto: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](mailto: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

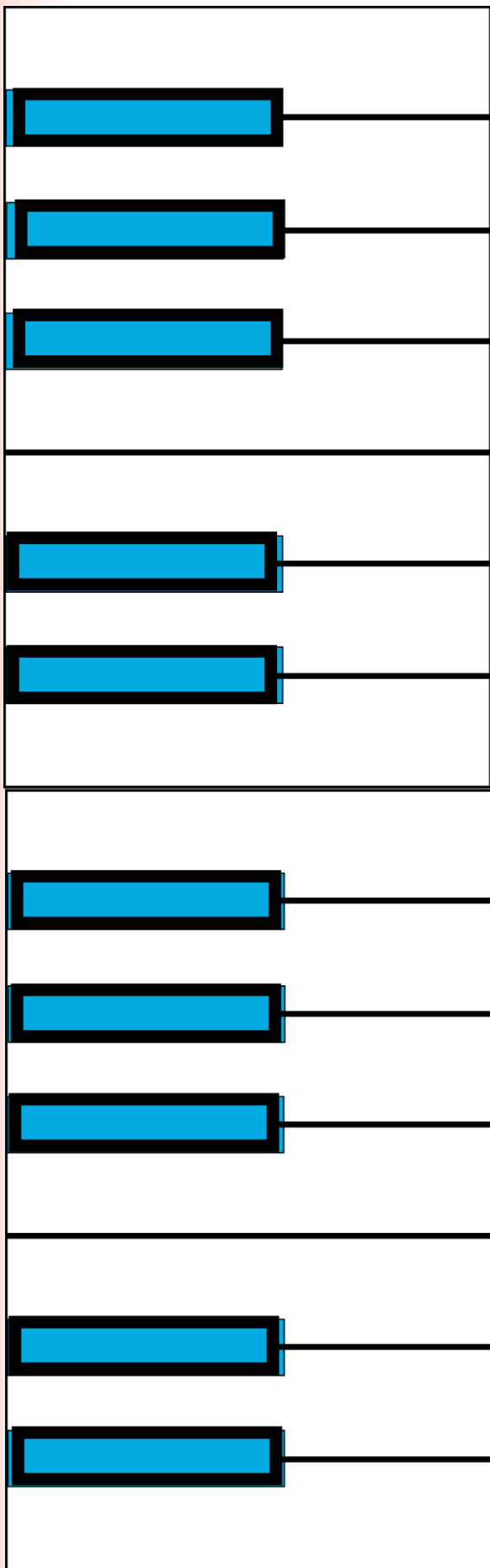


St. Paul District Arts Foundation

Email [info@artfoundation.ca](mailto: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](mailto:info@artfoundation.ca)  
with questions and to register



St. Paul & District Arts Foundation

4822-50 Ave, St. Paul, AB