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# March

## 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 March 14th  
@ 10 am  
Please RSVP.



## Prevention & Awareness

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## Health & Wellness

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## For Your Development

P52-52... Inclusion Alberta Annual Family Conference  
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P54... Energy Summit  
P55... Rural Family Law Help  
P56... Addictions Don't Discriminate  
P54... Friends of Playschool  
P58... Elizabeth Fry Workshops  
P59... Financial Literacy 101

## Ways to Connect

P60... St Paul & District Hospital Foundation Gala  
P61... Lakeland Cross Country Ski Club  
P62... Mallaig Craft Sale  
P63... FASD Camp  
P64... Lakeland Bras  
P65... Indigenous Art Contest  
P66-75... St Paul Library Events



### **Need HELP with your taxes?**

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

### **Are you eligible?**

Do you have a **MODEST INCOME** (single income under \$35,000 or double income under \$45,000) and a simple tax situation? If YES we can help.

### **What is the next step?**

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

**MARCH 1- APRIL 28, 2023**

**CONNECT WITH US FOR MORE INFORMATION.**

**St Paul 780-645-5311**

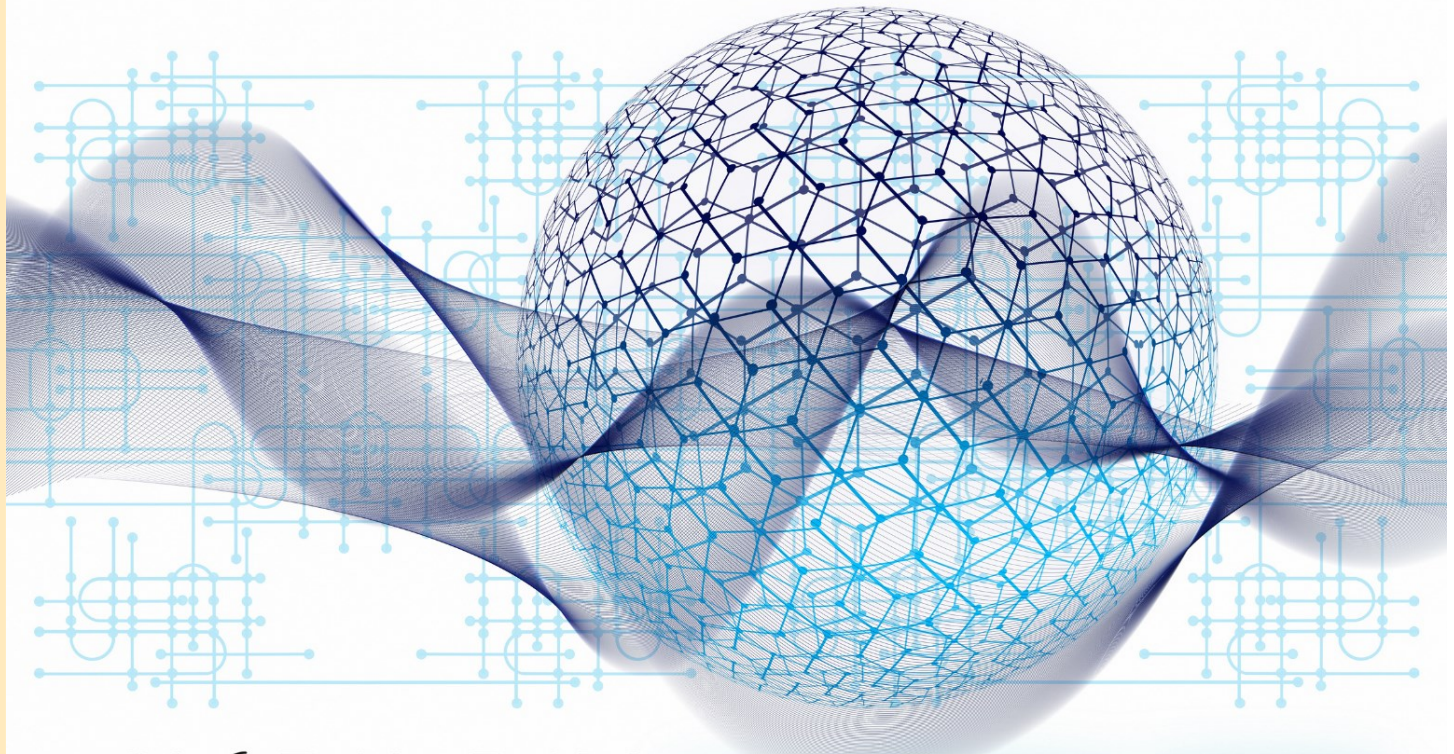
**Elk Point 780-724-3800**

**stpaulfcss.ca**



**Canada**





# GLOBAL DAY OF UNPLUGGING

## MARCH 3RD



St. Paul Regional  
FCSS & Family  
Resource Network



st.paul\_fcscs

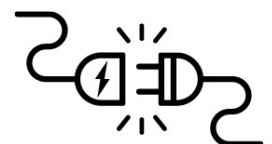


stpaulfcscs.ca

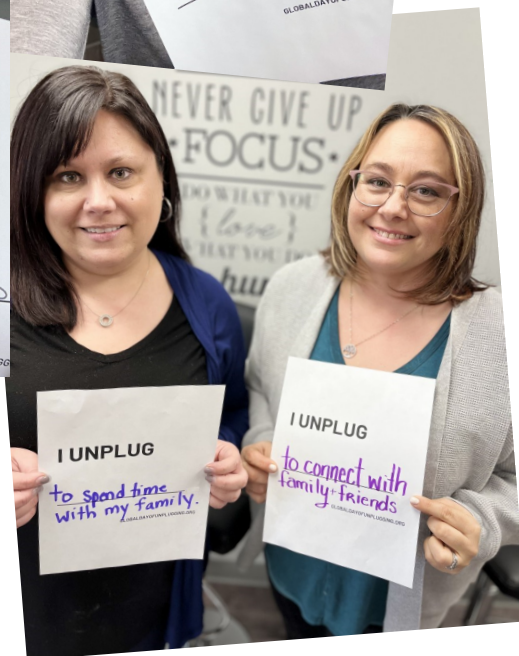
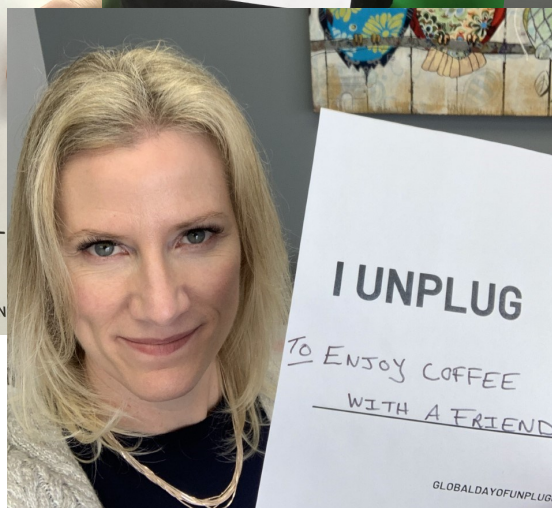
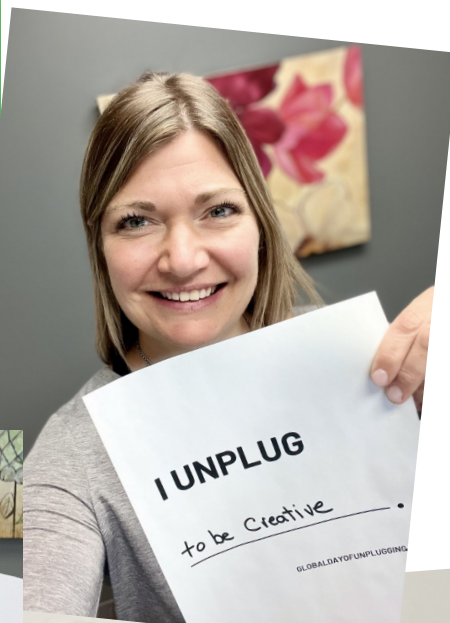
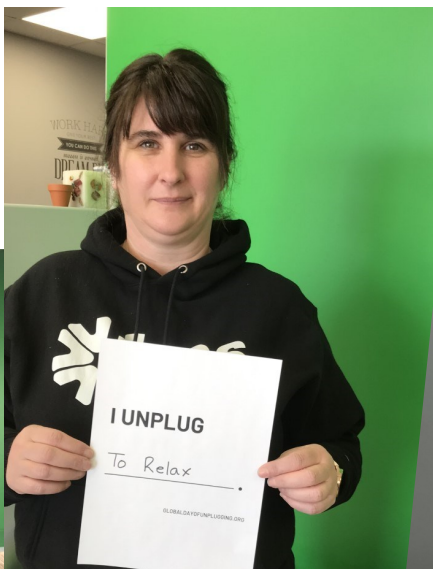
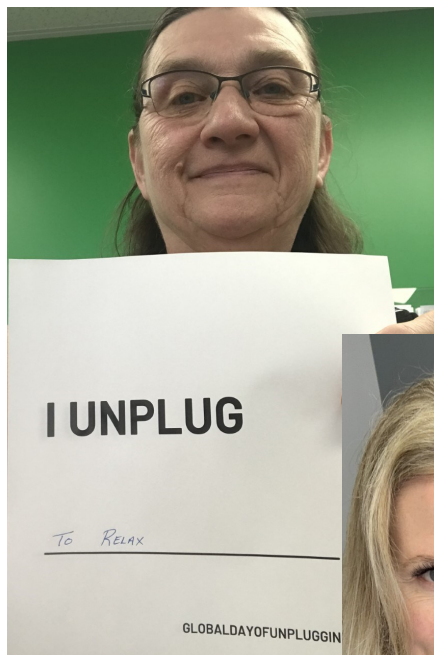
Join us, as we take action &  
**UNPLUG** for 24 hours!

Follow our social media leading up to March 3rd to learn more about how to step away from our digital connection and re-connect with those around us and the things we love to do.

*lets take a break!*







## GLOBAL DAY OF UNPLUGGING

This social media  
account is closed  
for the day.  
Join us & take the  
pledge to unplug  
for a day.



*Lakeland*  
FAMILY RESOURCE NETWORK





St Paul Regional FCSS recognizes the incredible efforts of Volunteers in our community and is proud to present the

## **Caring Cups Project**

During National Volunteer Week, coupons are given to not for profit organizations to distribute to their volunteers.

Participating sponsors honor these coupons by giving a free beverage to our community volunteers.

**Coupons are Valid April 17th-21st, 2023 only.**

Contact us if you are a not for profit organization wanting to share Caring Cup Coupons.



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

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

# ST PAUL MEN, LET'S TALK

*Invites you to join us*

EVERY 3RD TUESDAY  
OF THE MONTH  
NEXT MEETING  
MARCH 21  
7:30PM

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

**FREE**

FCSS Boardroom  
5002-51 Ave

FOR MORE INFO CALL  
780-933-6468



**fcss**

St. Paul Regional  
Family and Community  
Support Services



# financial ● Support for Seniors ● aging in place

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DO YOU:

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

## we want to HELP!

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

## 780-645-5311



ST PAUL YOUTH COUNCIL PRESENTS

# St. Patrick's Day DANCE



**FRIDAY  
MARCH  
17th  
8PM-12AM**



**FREE**

**FEATURING DJ ELLE ROSE**

**GRADES 7-12 | FREE ENTRY | SECURITY  
CENTENNIAL SENIOR CITIZEN CENTRE  
5114 49 ST, ST PAUL**

**CONCESSION WILL BE AVAILABLE**

**FOR MORE INFO CALL 780-645-5311**





**ATTENTION!**  
**Emergency Preparedness Week**  
 starts  
**MAY 1, 2023**

**ARE YOU READY?**

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

**ALL THINGS PREPAREDNESS**

**EMERGENCY PREPAREDNESS**  
 LEARN HOW YOU AND YOUR FAMILY CAN PREPARE YOURSELVES  
 FOR AN EMERGENCY OR DISASTER.

BEING PREPARED MEANS YOU KNOW WHAT TO DO, WHERE TO GO AND YOU HAVE SUPPLIES TO PROPERLY RESPOND TO EMERGENCIES AND DISASTERS. BY TAKING SIMPLE STEPS TOWARDS BECOMING MORE PREPARED, YOU CAN BETTER NAVIGATE DISRUPTIONS WHEN THEY OCCUR SO YOU CAN GET BACK TO YOUR LIFE AND WORK SOONER. WHEN WE ARE PREPARED TO TAKE CARE OF OUR NEEDS FOR A MINIMUM 72 HOURS, IT ALLOWS FIRST RESPONDERS AND ALL LEVELS OF GOVERNMENT TO FOCUS ON MANAGING THE CRISIS AND HELPING THOSE WHO NEED IT MOST.

**Alberta**

[HTTPS://WWW.ALBERTA.CA/EMERGENCY-PREPAREDNESS.ASPX](https://www.alberta.ca/emergency-preparedness.aspx)  
 GOOGLE EMERGENCY PREPAREDNESS

**WATCH SOME VIDEOS**

**THE GET PREPARED:  
60 SECOND**  
**EMERGENCY TIPS VIDEO SERIES**  
 DELIVERS SIMPLE STEPS THAT ANYONE CAN  
 TAKE TO BECOME BETTER PREPARED FOR AN  
 EMERGENCY OR DISASTER.  
 TAKE A MINUTE TODAY TO LEARN ABOUT WHAT  
 YOU CAN DO TO BECOME BETTER PREPARED.

How can you prepare for winter driving?  
 How can you prepare for extreme cold?  
 How can you prepare for an outage?  
 How can you be prepared before an emergency?  
 What can you do during an emergency to stay safe?  
 What can you do to help you recover after an emergency?  
 How can you prepare to evacuate?  
 Why should you have an emergency kit?  
 How does knowing your community help you become more prepared?

**YouTube**

[HTTPS://WWW.ALBERTA.CA/RESOURCES-FOR-YOUR-COMMUNITY.ASPX#VIDEOS](https://www.alberta.ca/resources-for-your-community.aspx#videos)

**BUILD A KIT**

UNEXPECTED SITUATIONS HAPPEN EVERY DAY. HAVING SUPPLIES IS ONE THING YOU CAN DO TO HELP YOUR HOUSEHOLD BETTER MANAGE DISRUPTIONS WHETHER THEY ARE BIG OR SMALL.

HAVING AN EMERGENCY KIT IS ONE STEP TO BEING MORE PREPARED.

START BUILDING YOUR EMERGENCY KIT WITH THE BASIC SUPPLIES LISTED ONLINE.

USE THE CHANGE IN SEASONS AS A REMINDER TO CHECK YOUR SUPPLIES AND KITS

YOU SHOULD ALSO CONSIDER SEASONAL REQUIREMENTS WHEN YOU UPDATE YOUR KITS.

[HTTPS://WWW.ALBERTA.CA/BUILD-AN-EMERGENCY-KIT.ASPX](https://www.alberta.ca/build-an-emergency-kit.aspx)

**GET THE NOTIFICATION**

**ALBERTA EMERGENCY ALERT**

**SIGN-UP FOR ALERTS**

ALBERTA EMERGENCY ALERTS ARE ISSUED BY THE COMMUNITIES WHERE A DISASTER OR EMERGENCY IS OCCURRING. BY SIGNING UP TO RECEIVE THIS INFORMATION DIRECTLY, YOU WILL BE BETTER INFORMED ABOUT POTENTIAL RISKS TO YOUR HEALTH, SAFETY OR COMMUNITY.

THERE ARE MANY WAYS TO SIGN UP TO RECEIVE ALERTS DIRECTLY ON YOUR PHONE OR COMPUTER. YOU MAY CHOOSE TO SUBSCRIBE OR UNSUBSCRIBE AT ANY TIME.

[HTTPS://EMERGENCYALERT.ALBERTA.CA/CONTENT/ABOUT/SIGNUP.HTML](https://emergencyalert.alberta.ca/content/about/signup.html)

**ALL THINGS PREPAREDNESS**

**PUBLICATIONS**  
 PUBLIC SAFETY CANADA OFFERS A WIDE VARIETY OF PRODUCTS AIMED AT HELPING CITIZENS KNOW THE RISKS AND GET PREPARED FOR EMERGENCIES. OUR PUBLICATIONS CAN BE DOWNLOADED AND PRINTED FROM THIS PAGE.

**Canada**

[HTTPS://WWW.GETPREPARED.GC.CA/CNT/RSRSCS/PBLCTNS/INDEX-EN.ASPX](https://www.getprepared.gc.ca/cnt/rsrscs/pblctns/index-en.aspx)  
 GOOGLE 'GET PREPARED'

# Yoga Classes

@ HEINSBURG  
COMMUNITY HALL



4 classes to  
choose from

**Michelle Janzen**

MJMY.therapy@gmail.com

780-871-3355

Massage • Yoga • Myofascial Cupping



## **MONDAYS**

**6:30 - 7:30 PM**

\$40 per Month / \$15 Drop in

## **THURSDAY MARCH 9 & 23**

**6:00-7:00PM**

\$20 for both / \$15 Drop in

## **FRIDAY MARCH 24**

**1:30-2:30PM**

## **CHAIR YOGA**

\$10 Great for Pre/Post Natal,  
Seniors & Injury Recovery

## **SATURDAY MARCH 25**

**10:30-12:00PM**

## **YIN YANG YOGA**

\$15 Bring a pillow, Blanket & Water

45 min Gentle Flow,

45min Restorative.





# Mindful March 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



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



7 Take three calm breaths at regular intervals during your day

1 Set an intention to live with awareness and kindness

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

2 Notice three things you find beautiful in the outside world

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

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

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

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

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



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

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

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

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

15 Stop. Breathe. Notice. Repeat regularly

16 Get really absorbed with an interesting or creative activity

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

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

19 Cultivate a feeling of loving-kindness towards others today

20 Focus on what makes you and others happy today  
[dayofhappiness.net](http://dayofhappiness.net)

21 Listen to a piece of music without doing anything else

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

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

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

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

26 Choose to spend less time looking at screens today

27 Appreciate nature around you, wherever you are

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

29 Choose a different route today and see what you notice

30 Mentally scan your body and notice what it is feeling

31 Discover the joy in the simple things of life



Happier · Kinder · Together

ACTION FOR HAPPINESS



*Lakeland*

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**

# MARCH



MON	TUE	WED	THU	FRI
		1 The Effect of Technology on Families 10am-11:30am online register	2 Fine Motor Fun 10am-12pm drop in Baby Bunch 1:30pm-3:30pm drop in Emotion Coaching 6:30pm-7:30pm register	3 National Day of Unplugging Activity 10am-12pm drop in
6 Afternoon Story Time & Craft 2pm - 3:30pm drop in	7 Tipsheet Tuesday 2pm online register	8 Yoga for Youth ages 13-18 4:30pm-6pm register	9 Baby Bunch Registered Session 1:30pm-3:30pm (See poster for details) Emotion Coaching 6:30pm-7:30pm register	10 Rhymes That Bind 10am-12pm drop in
13 Making Music with a special guest 10am-12pm drop in	14 Run, Jump, Skip 10am-12pm drop in	15 Mindful Matters 3:30pm-5:30pm register	16 Sticky, Sticky, Messy 10am-12pm drop in Baby Bunch 1:30pm-3:30pm drop in Emotion Coaching 6:30pm-7:30pm register	17 St. Patrick's Day Activity 1:30pm-3pm drop in
20 Rhymes That Bind 10am-12pm drop in	21 Mallaig Moms & Tots 9:30am-11am Traditional Teachings w/ Jan 10am-11:30am register	22 Triple P Hassle Free Shopping 2pm-3:30pm register	23 Ashmont Moms & Tots 10am-12pm Baby Bunch 1:30pm-3:30pm drop in Emotion Coaching 6:30pm-7:30pm register	24 Car seat Clinic 2pm-4pm
27 Outdoor Play at Desjardins Park 10am-12pm drop in	28 Home Alone 9am-11am FULL Home Alone 1pm-3pm register	29 Decorating Easter Eggs at Sunnyside 2pm register	30 Baby Bunch 1:30pm-3:30pm drop in Run, Jump, Skip 6pm-7:30pm drop in Emotion Coaching 6:30pm-7:30pm register	31 Baking with Youth 2pm-4pm register



# THE EFFECTS OF TECHNOLOGY ON FAMILIES



**WEDNESDAY,  
MARCH 1  
2:00-3:30PM  
VIA ZOOM**

**Do you need help establishing  
healthy screentime habits and  
responding to common  
screentime problems?**

**CALL 780-645-5311 TO REGISTER**

*Lakeland*

FAMILY RESOURCE NETWORK

Youth ages 13-18

**TEEN**

**YOGA  
+ PIZZA**

**March 8**

**4:30pm - 6pm**

**Multi-Purpose Room**

**(Entrance St. Paul Library door)**

Join us as Lesley guides us through  
Improving flexibility and strength  
Learning the physical, mental and emotional benefits of Yoga  
Cultivating Kindness, Compassion, Awareness and Acceptance  
Pizza Supper will be provided

**Call to Register 780-645-5311**



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FAMILY RESOURCE NETWORK





# Emotion COACHING

## **FIVE STEPS**

for building emotional  
Intelligence in your child.

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

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

REGISTER BY CALLING  
**780-645-5311**

MARCH 2, 9, 16, 23, 30  
6:30PM - 7:30PM  
LOCATION: 5002-51 AVE

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FAMILY RESOURCE NETWORK



# Baby BUNCH

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

**Date:** March 9  
**Time:** 1:30pm - 3:30pm  
**Location:** LFRN Center - 5002 - 51ave

**Informative discussion  
on**

**Infant Dental Health  
with local dentist  
Dr. Kirsten**

*Lakeland*

FAMILY RESOURCE NETWORK



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



# Off on the Right Foot

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

**Tuesday April 11, 2023**

Elk Point Elementary School Gym

5410- 50th Street

9:00am - 1:30pm

**Free consultations from Health &  
Educational Professionals**

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



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

**Masks will be provided**

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



**St. Paul Education**  
*Learning Together, Growing Together*



**Alberta Health  
Services**

*Lakeland*

FAMILY RESOURCE NETWORK



# BAKE MY DAY

FRIDAY MARCH 31 ~ 2PM

**JOIN US IN AN AFTERNOON OF BAKING**

CALL 780-645-5311 TO REGISTER

LFRN CENTRE 5002-51AVE

**For youth 7yrs+**







# DECORATE EASTER EGGS

WITH SENIORS AT SUNNYSIDE MANOR  
(4522 47 AVE.)

MARCH 29 AT 2PM

CALL 780-645-5311 TO REGISTER

*Lakeland*

FAMILY RESOURCE NETWORK



# Evening RUN, JUMP, SKIP

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

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

Call 780-645-5311 for more info



*Lakeland*

FAMILY RESOURCE NETWORK





# RUN, JUMP, SKIP

**MARCH 14**  
**10am - 12pm**  
**ACFA Gym (4617-50 ave.)**



Call 780-645-5311 for more info

*Lakeland*  
FAMILY RESOURCE NETWORK



# Hassle Free Shopping

Wednesday, March 22  
2pm-3:30pm

This discussion group gives positive parenting suggestions to help you avoid shopping hassles. Topics include: why children misbehave on shopping trips, how to prevent problems and how to manage behavior.

Call 780-645-5311 to register





# Making Music Monday

with Special Guest



CONNECT WITH FRIENDS



MAKE SOME MUSIC  
**MONDAY, MARCH 13**

**10AM - 12PM**

LFRN 5002 - 51AVE  
TO REGISTER CALL 780-645-5311



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FAMILY RESOURCE NETWORK



**For ages 7yrs+**

# *Youth Program* **MINDFUL MATTERS**

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

**Wednesday, March 15**  
**3:30pm - 5:30pm**

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

*I believe in me*



*Lakeland*

FAMILY RESOURCE NETWORK





# ST. PATRICK'S DAY ACTIVITY

**MARCH 17**  
**1:30PM - 3PM**  
**LFRN 5002 - 51AVE**



*Lakeland*

FAMILY RESOURCE NETWORK

# HOME ALONE

**Tuesday, March 28**

**1pm - 3pm**

**at the**

**LFRN Centre 5002 - 51ave**

**\$25 registration fee.**

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

***Various topics include:***

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

**\*Participants must be 8 years old**

**For more information or to register call**

**780-645-5311**

*Lakeland*

FAMILY RESOURCE NETWORK



*"The Nation's Leader  
in Child Safety Education"*



# 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**.

**MARCH 24**

**2PM - 4PM**

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

# MOMS and TOTS

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

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

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



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

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

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





# Elk Point Location

MARCH					MON	TUE	WED	THU	FRI
							1	2	3
								Mixed Media Art 3:30-5:30pm ages 7+	Play Games 10am-12pm
6	7	8						Youth Games 3:30-5:30pm ages 7+	10 Music & Movement 10am-12pm
13	14	15						No Program	17 St. Patrick's Day Activities 10am-12pm
20	21	22						Stem Challenges 3:30-5:30pm ages 7+	24 Rhymes that Bind 10am-12pm
27	28	29						Home Alone 1pm-3pm	31 Finger Painting 10am-12pm
	Outside activities 2-4pm ages 7+	Add a little bit of body text	Add a little bit of body text						



*Lakeland*

FAMILY RESOURCE NETWORK

4906A 48 St, Elk Point, AB

Call: 780-724-3800

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**

Elk Point Location

MARCH 31ST 10:00AM-12:00PM

# FINGER PAINTING

FCSS ELK POINT LOCATION

4906 48ST (PLEASE CALL 724-3800 TO  
REGISTER)

PLEASE BRING A SMOCK OR SHIRT FOR YOUR  
CHILD TO WEAR.

AGES 0-6



*Lakeland*  
FAMILY RESOURCE NETWORK



# Rhymes That Bind



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

**March 24 10am-12pm  
at FCSS 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.**

**Call 780-724-3800 to register**



*Lakeland*

FAMILY RESOURCE NETWORK



Elk Point Location

MARCH 10 10:00AM-12:00PM

# MUSIC & MOVEMENT

AGES 0-6



**FCSS ELK POINT LOCATION**

**4906 48ST (PLEASE CALL 780-724-3800 TO REGISTER)**



*Lakeland*

FAMILY RESOURCE NETWORK



Elk Point Location

# PLAY GAMES

March 3rd, 10:00am-12:00pm

Ages 0-6

FCSS Elk Point Location 4906 48th St  
(please call 724-3800 to register)



*Lakeland*  
FAMILY RESOURCE NETWORK

# Join us March 17th for St. Patrick's Day activities.

10:00am-12:00pm Ages 0-6

FCSS Elk Point Location

4906 48th ST (please register at 724-3800)

Wear your favorite green item to ensure the  
Leprachaun doesn't catch you. Try and find the  
hidden Leprachaun's.

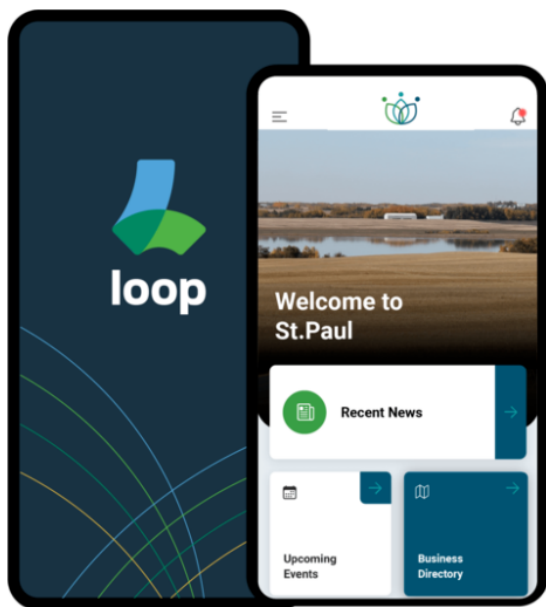
Leprachaun  
Sand

Shaving  
cream coin  
hunt

St. Patrick's  
Day craft







## Get the St. Paul App

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



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



### Town of St. Paul App 4+

Box Clever

Designed for iPad

★★★★★ 5.0 • 1 Rating

Free

# Alberta Culture Days Grant

Non-profit organizations can apply for funding for an official community celebration site during Alberta Culture Days.

On this page:

[Important dates](#)

[Ineligible applicants](#)

[Financial reporting and requirements](#)

[Overview](#)

[Eligible expenses](#)

[Contact](#)

[Eligible applicants](#)

[How to apply](#)

[Related](#)

## Important dates



The Alberta Culture Days grant is now open.

Alberta Culture Days will once again be celebrated from September 1 to 30, to align with and complement Month of the Artist.

National Culture Days will be celebrated from September 22 to October 15.

Non-profit organizations can apply for funding for an official community celebration site during Alberta Culture Days. Alberta Culture Days grant applications are now open for 2023.

This grant makes funds available to communities and cultural organizations that are interested in hosting Alberta Culture Days events and activities.

Alberta Culture Days takes place from September 1-30.

Grant applicants can apply for funding for three types of sites to support events throughout the month of September.

Applications are open until March 17, 2023. If you would like to find out more information or to apply, please visit

<https://www.alberta.ca/alberta-culture-days-grant.aspx>.





## A Gift to Communities

When your faith, nonprofit, community, or governmental organization is looking for meaningful ways to involve employees or members in service to the community, there is no need to look further than JustServe.org, a free community resource.

The JustServe.org website is used by organizations to post service opportunities and publicize their needs. Volunteers can search for service opportunities that meet their interests, skills, and availability.

JustServe.org reduces the time needed for volunteers to find meaningful service opportunities and allows more time to give service. It helps your organization get involved in the community and allows employees or group members to select service opportunities that are a perfect fit for themselves, their family, or your organization.

### How to sign up

1. Visit JustServe.org or the JustServe app.
2. Select "Sign in/Register" and create an account, or register with your Facebook account.
3. Confirm your registration by responding to an email sent from JustServe.org.

### How to serve

1. Visit JustServe.org or the JustServe app.
2. Search for a project by location, or apply advanced search filters.
3. Volunteer for your desired project.

### How to submit service projects

Visit JustServe.org, select "Submit a Project," and provide the necessary information. The proposed project will be reviewed and, following approval, posted on the website.

VISIT JUSTSERVE.ORG OR DOWNLOAD THE APP TODAY!



JustServe.org is provided as a service by The Church of Jesus Christ of Latter-day Saints.  
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# DISCOVER JUSTSERVE

## FOR YOUR ORGANIZATION

### What is JustServe?

JustServe is a movement that helps organizations find the volunteers they need to accomplish their work, ranging from recurring projects to disaster relief efforts. At JustServe, we believe in the power of volunteerism to build unity in the community. Join a community of volunteers who are already changing the world.

### How Does It Work?

JustServe is a movement enabled by a free web and mobile platform that helps community organizations find volunteers, saving the organization time and resources.



#### ORGANIZATIONS

Organizations doing good in their communities list volunteer needs on JustServe.org and connect with people willing to help.



#### SPECIALISTS

Our army of volunteer specialists help organizations in their communities post projects on JustServe to find willing volunteers.



#### VOLUNTEERS

Volunteers can quickly find and get involved with projects in their area that meet their interests and fit into their schedules.

### Quick JustServe Facts

600,000+

Number of volunteers that have signed up on JustServe since its creation in 2012

117,000+

Number of projects that have been posted on JustServe since 2012.



62,000  
Average number of new volunteers each year



15,500  
Average number of new projects each year



12,000+  
Partnering Organizations

### JustServe's Impact

JustServe is currently available in multiple countries and languages. Whether your organization is big or small, whatever your volunteer needs, JustServe can help meet them.

#### ALBERTA, CANADA

More than 20 volunteers hosted a game night for recent immigrants to help them learn English and make personal connections.

#### UTAH, USA

JustServe partnered with local hospital systems on Project Protect, which led to more than 57,000 volunteers sewing 5 million masks for medical workers fighting COVID-19.

#### PORTSMOUTH, ENGLAND

JustServe volunteers worked with a local organization to collect nearly 1,000 used chip packets that are ironed into "blankets" for people experiencing homelessness to lay under belongings to keep them dry.

#### QUEENSLAND, AUSTRALIA

Volunteers joined the Brisbane Basket Brigade to pack, wrap, and deliver 1,200 baskets of food and toys for families in need.

### How Can JustServe Help You? Join the JustServe movement.

To list a project, visit [JustServe.org](https://JustServe.org) and click on "Submit a Project" in the bottom right-hand corner. To volunteer yourself, just visit [JustServe.org](https://JustServe.org) and register for a free account and experience the benefits of service wherever you are.

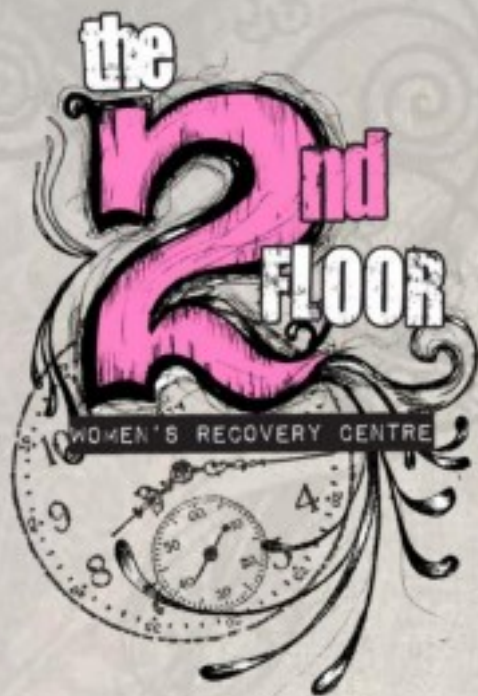


Download  
The App

Follow us on social media



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PO Box 479  
Cold Lake, AB  
T9M 1P1

# The 2nd Floor Women's Recovery Centre

A unique long-term, residential  
substance use treatment program for  
women throughout Alberta.

- *Holistic approach*
- *Harm Reduction Model*
- *Specializes in women who are pregnant*

**Front Desk: 780-594-9903**  
**[www.lcfasd.com](http://www.lcfasd.com)**







**Employment Services  
for Albertans with Disabilities**

## **ARE YOU A JOB SEEKER?**

### **EMPLOYMENT FACILITATORS WORK WITH YOU TO:**

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

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



**SCAN ME**

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

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

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





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

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

## JOB SEEKERS

Employment Facilitators work with you to:

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



## EMPLOYERS

We can help you by:

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

## CONTACT US:

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

**EMPLOY**  
*Abilities*  
a division of  
[www.employabilities.ab.ca](http://www.employabilities.ab.ca)



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

# ARE YOU A CHAMBER OF COMMERCE MEMBER?

**Integrity  
Proud,  
Honest and  
Trustworthy**

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

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

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

**Opportunity  
Creating  
possibilities**

**Innovation  
Evolve and Grow  
Resources and  
Services**

**Member Driven  
Organized by  
members for  
members**

## **Contact us for more information**

4802 50 Avenue

PO Box 887

St. Paul, Alberta T0A 3A0

Phone: 780-645-5820

Cell: 780-210-5820 (texting accepted)

Office Email: [admin@stpaulchamber.ca](mailto:admin@stpaulchamber.ca)


Yvonne Email: [executivedirector@stpaulchamber.ca](mailto:executivedirector@stpaulchamber.ca)

Website: [www.stpaulchamber.ca](http://www.stpaulchamber.ca) dd a subheading

## 2022-2023 CARE PARTNER SUPPORT GROUPS

All group meetings are on a drop-in basis. No registration is required.

For further information please call: **1-866-950-5465 (Alzheimer Society)** or  
**780-645-1188 Ext.2 (Terry - Lakeland Primary Care Network)**

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

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



# SCREEN TEST

Mobile Mammography Screening is coming to:

## St. Paul

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

Community Health Services (Health unit)



**Appointments are required. Call to book:**

**1-800-667-0604** (toll free)

To learn more visit: [screeningforlife.ca](https://screeningforlife.ca)

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

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



**SCREENING  
FOR LIFE.CA**



Post until: Apr. 1, 2023

# Virtual Groups & Workshops

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

## Wellness Exchange

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

## Relationship Skills Series

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

## Learning to Live with Anxiety Series

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

## Understanding Addiction Info Series

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

## Transform Your Stress: The Resilience Advantage™

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

## Navigating AMH Services

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

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

## Relapse Prevention

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

## Addiction and Mental Health Parenting Info Series

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



**St. Paul Addictions**

**Phone: 780-645-6346**

**St. Paul Mental Health**

**Phone: 780-645-1850**



## March 2023 Workshops for Adults by ZOOM

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

### Weight Management

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

#### Tier 2

Thurs Feb 23, Mar 2, 9 9:30am - Noon

#### Tier 3

Tues Mar 7, 14 5:30 - 8:00 pm

Thurs Mar 16, 23 9:30 am - Noon

Thurs Mar 23, 30 1:30 - 4:00 pm

### Heart & Stroke

#### Managing Blood Pressure & Cholesterol

Learn to manage your risks for heart disease and stroke.

#### Part 1:

Wed Evening Mar 1 5:30-8:00 PM

#### Part 2:

Wed Evening Mar 8 5:30-8:00 PM

### Better Choices Better Health® for

#### Chronic Pain

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

#### Thursday Afternoons

For 6 weeks

1:30 - 4:00pm

Feb 23, Mar 2, 9, 16, 23, 30

#### Tuesday Evenings

For 6 weeks

6:00 - 8:30 pm

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

### Managing Diabetes

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

**Part 1:** Thur Evenings Mar 2 & 9 5:30-8:00pm

**Part 2:** Thur Evenings Mar 16 5:30-8:00pm

**Part 1:** Wed Mornings Mar 8 & 15 9:30am-Noon

**Part 2:** Wed Mornings Mar 22 9:30am-Noon

**Part 1:** Mon Afternoons Mar 13 & 20 1:30 - 4:00 pm

**Part 2:** Mon Afternoons Mar 27 1:30 - 4:00 pm

**Part 1:** Tues Evenings Mar 14 & 21 5:30 - 8:00 pm

**Part 2:** Tues Evenings Mar 28 5:30 - 8:00 pm

### Managing Stress

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

Wed Evening Mar 29 & Apr 5 5:30pm - 8:00pm

### Better Choices Better Health®

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

Wed Evenings - 6:00 - 8:30pm

March 29, Apr 5, 12, 19, 26, May 3

### Understanding COPD

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

Please check online for next available class

### Moving Matters

Learn to exercise safely, overcome barriers and stay motivated.

Set a goal and get started!

March 15 5:30pm - 8:00pm

### Supervised Exercise - done virtually!

2 times per week, 1.5 hours session, for 6 weeks.

[Click here to register](#)

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>





# Check it out **FREE PROGRAMS** for all Albertans

For more information visit [www.ahs.ca/shcwellness](http://www.ahs.ca/shcwellness)  
Questions? Email [wellness.shc@ahs.ca](mailto:wellness.shc@ahs.ca)  
or call 403-956-3939

Please see individual programs for registration  
information. Continue to check back regularly  
as new programs will be added.

## SHC Wellness Centre Program Guide

**DISCLAIMER:** For any programs, events or activities listed which are not organized and provided exclusively by AHS or its staff, note that Alberta Health Services (AHS) is not involved in the operation or management of the Provider's services or business. The availability of the Provider's services or programs through the AHS SHC Wellness Centre should not be construed as an approval or endorsement by AHS. Although reasonable efforts were made by AHS to confirm the accuracy of any data, information or materials provided or shared in connection with the activities or sessions that form part of the Provider's services or programs (the "Materials"), AHS does not make any representation or warranty, express, implied or statutory as to the accuracy, reliability, completeness, applicability or suitability and fitness for a particular purpose of the Materials. The Materials are not a substitute for the assessment, advice and expertise of a qualified medical or health professional. AHS expressly disclaims all liability arising out of or in connection with the use of the Materials and for any claims, actions, demands or suits arising from such use. It is your responsibility to ensure that the Materials are used appropriately. The Materials should not be acted upon without seeking advice from your physician or other health care provider to determine whether the Materials or the activities or programs to which they relate are appropriate for you. AHS recommends that you visit and seek the advice of a qualified health care professional for individual and personal attention related to health and wellness matters and for answers to any questions regarding any medical condition.



### Active Lifestyle

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### Emotional Wellbeing

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### Employment, Finance & Computers

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### Health Management

Cancer Page 13

### Health Management

Chronic Conditions Page 13 - 15



### Health Management

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### Parents and Parents To-Be

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### Seniors

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### Support Groups

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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**



# MARCH

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> 9:30am: Innocence Files 11am: Alberta's Economy 1pm: Animal Spotlight 3pm: Exercise	<b>2</b> 9:30am: Gratitude 11am: Who Why When 1pm: 2-1-1 Alberta 3pm: Dr. Seuss	<b>3</b> 9:30 am: Hymn Concert 11am: Let's Talk About... 1pm: Coast to Coast 3pm: Where in the World
<b>6</b> 9:30am: PODFeat -Today, Explained 11am: Exercise 1pm: Jeopardy 3pm: Everyday Moralities	<b>7</b> 11am: Imagination Circle 1pm: In the Headlines 2:30pm: <b>Estranged Children</b> 3pm: Reader's Corner 4:30pm: Brain Games	<b>8</b> 9:30am: True Crime 11am: International Women's Day 1pm: Climate Crisis: AB Soil 3pm: Exercise	<b>9</b> <div>NO MORNING PROGRAM</div> 1pm: TED Talk 3pm: Better Bladder Health	<b>10</b> 9:30am: All Request Music 11am: Coffee Chat 1pm: Coast to Coast 3pm: Mystery Chronicles
<b>13</b> 9:30am: PODFeat -Today, Explained 11am: Exercise 1pm: Writing for Fun 3pm: Everyday Moralities	<b>14</b> 11am: Mindfulness-Being Ourselves 1pm: Pop Culture: 70s 2:30pm: <b>Estranged Children</b> 3pm: Roméo Dallaire 4:30pm: Trivia	<b>15</b> 9:30am: Innocence Files 11am: What's the Word? 1pm: Next Stop, 3pm: Exercise	<b>16</b> 9:30am: Gratitude 11am: A Storytelling 1pm: Some Good News 3pm: Working Through Grief	<b>17</b> 9:30am: Woodstock '69 11am: Climate Crisis: AB Bees 1pm: Coast to Coast 3pm: Brain Games
<b>20</b> 9:30am: All Request Music 11am: Exercise 1pm: Senior's Benefit Plan 3pm: Everyday Moralities	<b>21</b> 11am: Imagination Circle 1pm: Old Souls & Protest Songs 2:30pm: <b>Estranged Children</b> 3pm: Food Safety 4:30pm: Name that Tune	<b>22</b> 9:30am: True Crime 11am: EPL Presents! 1pm: It's All Canada 3pm: Exercise	<b>23</b> 9:30am: Gratitude 11am: Climate Crisis: AB Watershed 1pm: Coffee Chat 3pm: Pop Culture: 80s	<b>24</b> 9:30am: Vinyl Café 11am: Exercise 1pm: Coast to Coast: Craig Baird 3pm: BINGO
To join by phone, call: <b>1-855-703-8985</b>  When prompted, enter Meeting ID: <b>225-573-6467#</b>				



# 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**

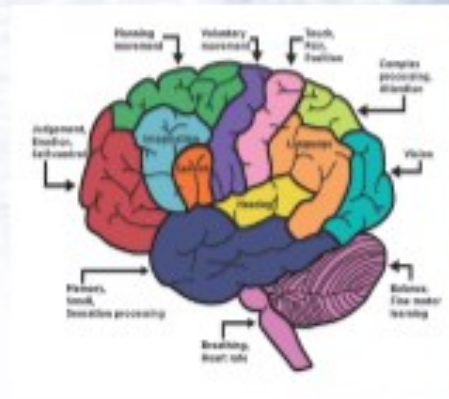
**May 9th, 2023 @2pm**

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

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

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

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



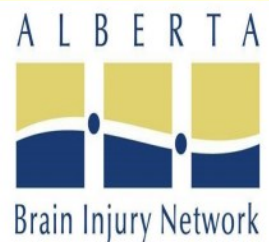
St. Paul Abilities Network

**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)



## ANNUAL FAMILY CONFERENCE

April 14-15, 2023

Fantasyland Hotel, Edmonton, AB

**Families** the **HEART** of  
community

**Inclusion Alberta**

Register at [inclusionalberta.org](https://inclusionalberta.org)

Inclusion St. Paul and Inclusion Alberta present a workshop on

# VISIONING

**When:** Saturday, March 18 2023 | 10am-3pm

**Where:** Reunion Station (4112 53 Ave, St. Paul AB)

**Workshop Presenter:** Darren Beach- Regional Coordinator Inclusive Post-Secondary Education

**To register:** Register [online here](#) or contact us @ (780)-645-0461 to register by phone. Or via email [mail@inclusionstpaul.org](mailto:mail@inclusionstpaul.org).

Where do we go from here? What will the future hold? These are a few of the questions families ask when planning with their family members with developmental disabilities.

Experience shows that crafting a compelling vision for a meaningful life is one of the most potent and helpful means of ensuring a whole and inclusive life for your loved one with developmental disabilities. A clear vision serves as a guiding light, helps people stay focused and safeguards a life from a special and separate pathway. No matter someone's age or stage of life, crafting or refining a future vision of a good life is a necessity.

Developing a life-enhancing vision, and refining this over time, requires intention, time and reflection. This session will provide an overview of creating a life-enhancing vision and describe the initial plans and actions needed to move forward when using formal support. In particular, how the flexibility and creativity allowed for by FMS or FSCD can be used to the advantage of families and their family members with developmental disabilities.

All family members are encouraged to attend.

Inclusion  
St. Paul

Inclusion  
Alberta





**It's never too late  
to earn your GED!**

## Portage College offers General Educational Development (GED) testing in Cold Lake

GED tests offer adults a way to obtain a high school equivalency diploma recognized by Alberta Education.

GED candidate requirements:

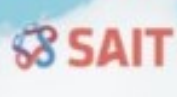
- ▶ 18 years or older
- ▶ No high school diploma
- ▶ Out of school for at least 10 consecutive months



For more information about how to prepare for and book your GED test, contact:

Melissa Jones | 780-639-7102 | Cold Lake

1-855-497-1160 | [portagecollege.ca/GED](https://portagecollege.ca/GED)



*Join us!*



# **BUILDING ENERGY & SUSTAINABILITY SUMMIT: **SPRING****

**MANNAWANIS NATIVE  
FRIENDSHIP CENTRE SOCIETY**

St. Paul Recreation Centre, St. Paul, Alberta

**FRIDAY MARCH 24, 2023**  
**9:00 AM to 3:00 PM**

What do energy and sustainability in  
buildings mean to your community?  
Join us for a day of conversation and  
learning. Free admission!



Scan the QR code with  
your phone camera!





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!



# ADDICTIONS DON'T DISCRIMINATE

**APRIL  
10-14  
2023**

PORTAGE COLLEGE  
5205-50 AVE

## in-person interactive exhibit

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

Alcohol is by far  
the most  
common drug  
used by  
Canadians

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

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

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

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

**Join us for this  
FREE event!**

For addiction and mental  
health support call the  
Addiction and Mental Health  
Helpline at

**1-866-332-2322**

(toll free within Alberta)

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

**Contact 780-645-5311 for more information.**



**PORTAGE  
COLLEGE**

ST. PAUL FRIENDS OF PLAYSCHOOL SOCIETY

NEW PROGRAM  
JR-PLAYSCHOOL

RUNNING MARCH-MAY 2023

THURSDAY AFTERNOONS 12:30 to 3:00pm

CHILDREN AGED 3 BY DEC. 31, 2022



\$250 REGISTRATION FEE





## Education Upgrading Workshop

February 23, 2023 from 2:00pm-4:00pm  
(Virtually)



Highschool, University &  
College

"Our success is based  
on your success"

Scan the QR Code to  
fill out the ONLINE  
Intake Form



Contact Natasha at 780-982-3730 or  
Natashia.Tremblay@efrynorthernalberta.com  
for more information



Elizabeth Fry  
Northern Alberta

## ME&MONEY

12-Week Financial Literacy Workshop Series



### DETAILS:

Begins May 3rd until July 19th  
Wednesday afternoons  
Access virtually & in-person

PRE-REGISTER ONLINE  
WITH THE QR CODE/LINK!

<https://forms.office.com/r/MwDen5iR8w>



FOR MORE INFORMATION,  
PLEASE CONTACT MORGAN!

Direct Line, call or text: (780) 904-7350

Toll Free: 1 (800) 421-1175 (ext. 2203)

Email: [morgan.kuss@efrynorthernalberta.com](mailto:morgan.kuss@efrynorthernalberta.com)

Affiliation:

Partnered with United Way - Empower U: Building Confident Futures



## Work 4 Women

The Work 4 Women Program supports  
participants with:



- Creating a Resume
- Job Searching
- Interview skills
- One on One Support
- Pre-Employment Skills

Scan the QR Code to  
fill out the ONLINE  
Intake Form



Contact Natasha at 780-982-3730 or  
Natashia.Tremblay@efrynorthernalberta.com for  
more information



## STOPLIFTING

### LEARN ABOUT:

- Grief
- Anger
- Self-Care
- Boundaries
- Conflict Resolution

**Starts:** March 27, 2023

**Days:** Mondays &  
Wednesdays

**Time:** 2:00PM -  
4:00PM

**Location:** Hybrid  
(Zoom & in-person at  
our main office)

REGISTER HERE

Scan the QR code to fill out  
the ONLINE intake form



NATASHIA.TREMBLAY@EFRYNORTHERNALBERTA.COM  
780 982 3730



# 2023 FINANCIAL LITERACY 101

March 8, 2023

7:00-8:00 PM

4402 42 St, St. Paul, AB T0A 3A3

## OUR SPEAKERS



**BRIGGETTE ANG**  
Speaker



**BRAD RADKE**  
Speaker

## About

Experience an Education around how money works in Canada and gain certainty around your Financial Future.

### CONTACT

780-646-2695



briggetteang@yahoo.com



# St. Paul & District Hospital Foundation Gala Fundraiser

**Saturday, March 11th, 2023**

Join us for an evening of entertainment, good food and great company!

## Comedian Sean Lecomber

Sean Lecomber was the winner of the 2007 Just for Laughs homegrown competition, awarded each year to Canada's best new comic. He recently filmed his own one hour special on the comedy network. A two time Canadian comedy award nominee Sean's comedy has been featured on the Tonight Show with Jay Leno.

In addition, Sean was a featured performer on the 'alternative' and 'talk of the fest' shows at Just for Laughs and is looking forward to his first appearance at the Halifax comedy festival this summer. You can also listen for his work on XM Radio and CBC's acclaimed radio show 'The Debaters'.



## Live Auction to follow

## Silent Auction and 50/50 throughout the evening

**Time:** 5:30pm Cocktails/Appetizers  
6:30pm Supper

**Place:** St. Paul Recreation Center (4802-53 Street)

**Price:** \$65/ticket or \$520/table of eight  
Deadline for ticket sales: Friday, Feb. 27, 2023

**Tickets Available at:** St. Paul Healthcare Centre  
Administration Office

For further information contact:  
Noreen Brousseau @ 780-614-1555 or Mandy @ 780-614-5299  
Entertainment provided by CallBack Corporate Entertainment Inc [www.callbackent.com](http://www.callbackent.com)



## **Westcove Family Fun Ski**

**Saturday, March 4, 2023**

**1:00 – 4:00 pm**

- 1:00-1:30: Classic Ski Lesson
- 1:00-1:30: Skate Ski Demo/Lesson
- 2:00: Fun Classic Ski Loppet  
(1km)(5km)(10km)
- 2:30 Hotdogs & beverages
- 3:00 prize draws

**Come try out our:**  
**Classic XC ski trails**  
**Skate ski lanes**  
**Snowshoe trails**

E-mail: [lakelandccsc@gmail.com](mailto:lakelandccsc@gmail.com)

Website: [www.lakelandxcski.com](http://www.lakelandxcski.com)

Facebook: <https://www.facebook.com/www.lakelandski.ca>





Mallaig Legion Spring Trade/Craft Show  
And Farmers Market

March 25<sup>th</sup> and 26<sup>th</sup> 2023

Open from 10 A.M. Till 4 P.M. Daily

For more information contact David Inscho

Email [inschodavid@gmail.com](mailto:inschodavid@gmail.com) or 780-646-2107





LCFASD has started to accept applications for our Summer Camp 2023! The camp is hosted by experienced counsellors who understand the special needs of children with FASD from ages 7-17. They aren't there to change children's behaviour but to change the expectations placed upon a child to reflect their unique abilities. They'll also teach children daily living skills, leadership, socialization skills and respect for self, others, culture and the environment. Applications out of our service/ province accepted as well.



# Lakeland BRAS

(Breastfeeding Resource and Support)  
**FREE monthly support meetings**

**BONNYVILLE:** 1<sup>ST</sup> WEDNESDAY of the month  
from 10:30am-12pm @ Bonnyville FCSS

**COLD LAKE:** 3<sup>rd</sup> THURSDAY of the month from  
10:00-11:30am @ Grand Centre Alliance Church

**ST. PAUL:** 4<sup>th</sup> THURSDAY of the month  
from 1030am-12pm @ St. Paul FCSS







FIRST NATIONS  
HEALTH CONSORTIUM

# INDIGENOUS ART CONTEST

The First Nations Health Consortium is here to help connect families and individuals to health, social and education services and equipment they need to support their journey to a healthy and sustainable tomorrow.

## THEME: "Bridging the Gaps"

*We help to make sure no one falls through the cracks*

### Cash prizes with artist credit:

- **First: \$750**
- **Second: \$500**
- **Third: \$250**
- **Other: \$100 for every picture used** in the report or other publications

### CONTEST RULES:



**Contest Closes: May 1, 2023**

- Open to all Alberta Indigenous artists
- Must be of high quality illustrating the message of **"Bridging the Gaps"**
- FNHC will have full rights to use the art in other publications and communications
- Entries judged and winners announced by First Nations Health Consortium
- **Submit entries along with your contact information by email to**

**[communications@abfnhc.com](mailto:communications@abfnhc.com)**

To see some examples of previous art submissions, take a look at our 2020-2021 Annual Report [here!](#)



**Scan me!** 





# MARIO KART

## Blindfolded Tournament

**At the St Paul Municipal Library**

**March 10th 4:00 pm**

**Registration Required.**

**Ages 10 and up**

**Limited Space**

**Register through our program tab on  
our website:**

**[www.stpaullibrary.ab.ca/programs](http://www.stpaullibrary.ab.ca/programs)**



St Paul Municipal Library  
4802 53 Street  
St. Paul, Alberta T0A 3A0  
780-645-4904  
[Programs@stpaullibrary.ab.ca](mailto:Programs@stpaullibrary.ab.ca)





**ST PAUL MUNICIPAL  
LIBRARY**

**MAR10 DAY**

**ACTIVITY KIT**

**Register for your Mario Day activity kit**

**Deadline: March 6th**

**Pick up: March 10th**

**Register through our  
programs tab on our  
website**

**[www.stpaullibrary.ab.  
ca/programs](http://www.stpaullibrary.ab.ca/programs)**

**Limited Supplies**





# ST PAUL MUNICIPAL LIBRARY

## UP-CYCLE CRAFT KIT

For Teens and Adults.

UP-CYCLE YOUR OLD SOCK

You will need a long sock. Register to pick up a kit with the rest of the supplies and make it on your own time by following our step by step craft guide video.

Register to claim your  
Sock-topus kit.  
Pick up date:  
March 15th



To register go to our website 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)



# Crafternoon at the St. Paul Library

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



Tuesdays  
12pm to 4pm




The poster has a dark green background with a repeating pattern of small shamrocks. It is decorated with several large, stylized green shamrocks, gold coins with a shamrock design, and green leprechaun hats with gold buckles. A green leprechaun boot is visible in the bottom left corner, and a green leprechaun hat with gold coins inside is in the bottom right corner. A yellow rectangular banner with a black border and four black dots at the corners is centered in the upper half of the poster.

# **GOLD COIN HUNT**

**Starting on March 17th  
At the St. Paul Library  
Find a hidden gold  
coin and bring it to  
the front desk to  
claim a prize.**

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



# **Senior Citizen Appreciation Day at the St Paul Library**

Come join us for Coffee, tea,  
and treats.

**March 21st**



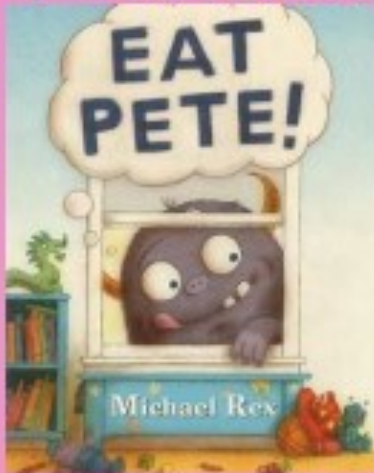
# Family Story-time

At the Library  
Fridays at 10:30am



Register under the programs tab on our website at [www.stpaullibrary.ab.ca](http://www.stpaullibrary.ab.ca) or E-mail us at [programs@stpaullibrary.ab.ca](mailto:programs@stpaullibrary.ab.ca)

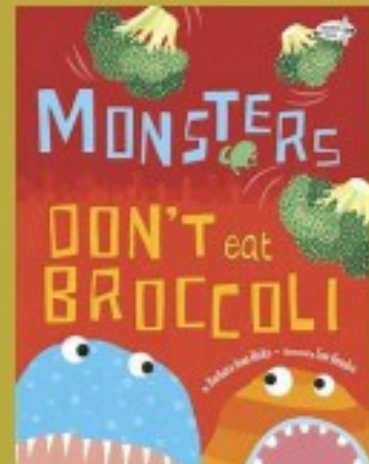
**Mar 3rd**



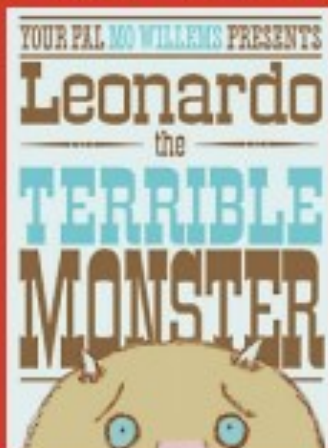
Registration  
required



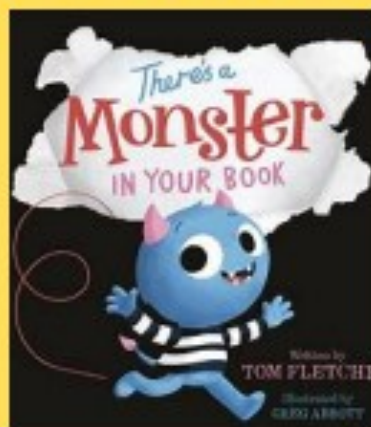
**Mar 10th**



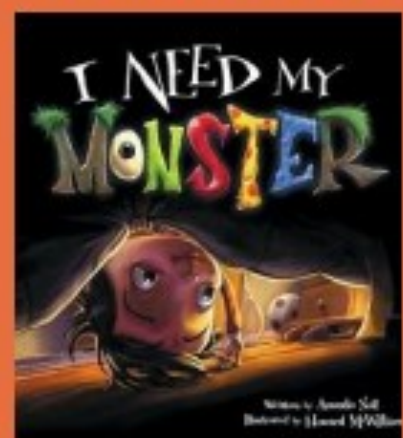
**Mar 17th**



**Mar 24th**



**Mar 31st**





# Newcomers and ESL Board game night!

## Fridays 4:00 - 5:00 pm

March 10th

March 17th

March 24th

March 31st

Get more information and reserve your spot by:

1. Calling 780-645-4904
2. E-mailing [programs@stpaullibrary.ab.ca](mailto:programs@stpaullibrary.ab.ca)
3. Asking at the front desk



### St. Paul Municipal Library

53rd Street & 48th Avenue, Box 1328  
St. Paul, Alberta T0A 3A0 | (780) 645-4904  
[www.stpaullibrary.ab.ca/](http://www.stpaullibrary.ab.ca/)

# ST PAUL MUNICIPAL LIBRARY'S MINI CANVAS ART SHOW!

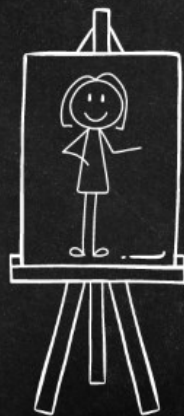
Register through the programs tab on our website [www.stpaullibrary.ab.ca/programs](http://www.stpaullibrary.ab.ca/programs) then pick up your canvas.

Pick up for canvases will go until  
March 21st.

Complete your art piece and return  
it to the library by April 4th.

The Mini Art Show will be displayed  
from April 5th until the 18th.

All ages and all art mediums  
welcome!



Drop in  
for



# Saturday FAMILY FUN DAY!

Bring the whole family and  
enjoy some time together.

March 4th - Board Games

March 11th - Build a Leprechaun trap

March 18th - Doodle Day

March 25th- Lego Day

**St. Paul Municipal Library**

4802 53 Street  
780-645-4049

Box 1328 St. Paul Alberta T0A 3A0  
[www.stpaullibrary.ab.ca](http://www.stpaullibrary.ab.ca)

