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# April 2023 NEWSLETTER Interagency

Welcome to St Paul Regional FCSS Interagency. We promote the free exchange of information, concerns and solutions among human service organizations in our community. We will act as a body to facilitate collaboration among members with common goals.

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

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



## Prevention & Awareness

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

## Stay Informed

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

## Health & Wellness

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

## For Your Development

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

## Ways to Connect

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



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

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

### **Are you eligible?**

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

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

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

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

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

**MARCH 1- APRIL 28, 2023**

**CONNECT WITH US FOR MORE INFORMATION.**

**St Paul 780-645-5311**

**Elk Point 780-724-3800**

**stpaulfcss.ca**



**Canada**

**SAVE  
THE DATE**



# Camp Sunshine

*"Where HOPE outshines grief"*

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

July 4, 5, 6 & 7, 2023

9:00 am - 3:00 pm

♥ Sharing ♥ Learning ♥ Remembering

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

**780-645-5311**





## Summer Event Coordinator

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

### **Responsibilities**

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

### **Knowledge, Skills and Abilities**

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

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

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

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

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

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

Join the Movement for Life

REGISTER · TELL YOUR FAMILY · BE INSPIRED



April 7, 2023

CANADIAN TRANSPLANT ASSOCIATION

**GREEN SHIRT DAY**

APRIL 7

HUMBOLDT STRONG



LOGAN BOULET EFFECT



In partnership with



Canadian Blood Services

Canada's Organ and Tissue Donation Community

In honour of the Logan Boulet Effect

Learn more at

**greenshirtday.ca**



**Volunteer  
Appreciation**  
through

*Caring  
Cups*



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

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



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

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

# ADDICTIONS DON'T DISCRIMINATE

**APRIL  
11-13  
2023**  
PORTAGE COLLEGE  
5205-50 AVE

**in-person interactive exhibit 11-7PM**

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

Alcohol is by far the most common drug used by Canadians

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

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

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

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

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

**Join us for this  
FREE event!**

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

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

Contact 780-645-5311 for more information.



**PORTAGE  
COLLEGE**

# ST PAUL MEN, LET'S TALK

*Invites you to join us*

Let's Talk about

**SUICIDE  
& SUICIDE  
PREVENTION**

w/ guest speaker

EVERY 3RD TUESDAY  
OF THE MONTH  
NEXT MEETING  
**APRIL 18**  
**7:30PM**

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

**FREE**

FCSS Boardroom  
5002-51 Ave

FOR MORE INFO CALL

**780-933-6468**



**fcss**

St. Paul Regional  
Family and Community  
Support Services

# financial ● Support for Seniors ● aging in place

DO YOU:

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

**we want to HELP!**

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

**780-645-5311**



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

Canada



# SOCIAL MEDIA AWARENESS, DIGITAL CITIZENSHIP AND CYBERBULLYING

*For parents/caregivers of school-aged children*

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

**DO NOT MISS THIS FREE EVENT!**

Family  
prize pack  
draw!

**APRIL 18,  
2023**

**Time:**

6:30 - 8:00 PM

**Location:**

Portage College  
5205-50 Ave, St. Paul

\*Light refreshments  
will be available

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

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

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

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

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



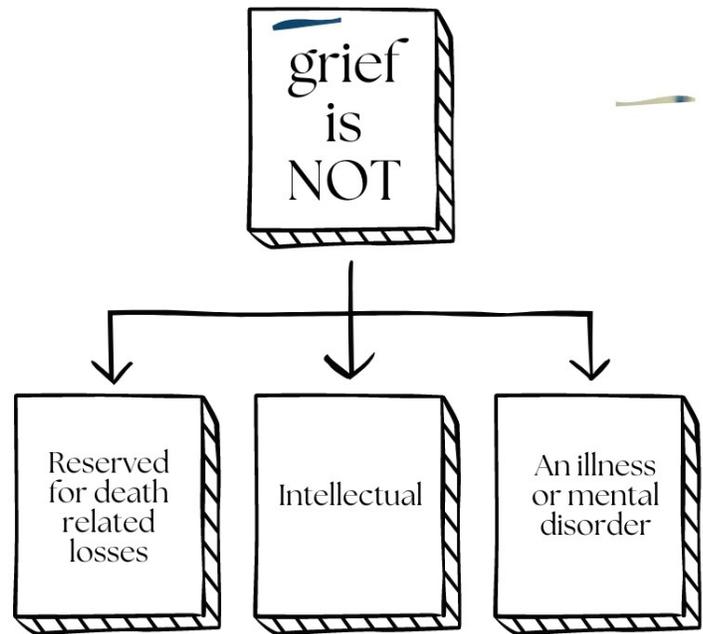
# Grief Workshop

## "Journeying through Grief"

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

Updated Date

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



CALL TO REGISTER 780-645-5311



# Yoga Classes

@ HEINSBURG  
COMMUNITY HALL

**MONDAYS  
&  
THURSDAYS  
IN APRIL**

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

**\$10**

per class when registered  
for all all sessions

**\$15**

Drop in

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

**Michelle Janzen**

MJMY.therapy@gmail.com

780-871-3355

Massage · Yoga · Myofascial Cupping





# COME PAINT



THURSDAY  
APRIL 6  
2023



6:30PM -  
8:30PM



Visual Arts  
Centre  
4613 53 St



\$10

*Create your very own  
masterpiece!*

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

**RSVP 780-645-5311**

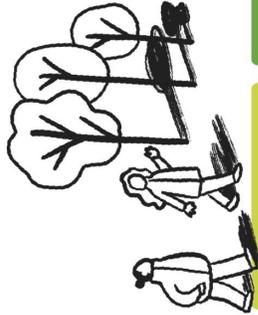


**S.P.Y.C.**  
St. Paul Youth Council  
The Power of our Voice

# Active April 2023



MONDAY



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

TUESDAY



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

WEDNESDAY



5 Turn a regular activity into a playful game today

THURSDAY



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

FRIDAY



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

SATURDAY

1 Commit to being more active this month, starting today

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

SUNDAY

2 Spend as much time as possible outdoors today

9 Turn your household chores into a fun form of exercise

10 Have a day with less screen time and more movement

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

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

18 Try a new online exercise, activity or dance class

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

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

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

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

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

21 Regularly pause to stretch and breathe during the day

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

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

16 Go exploring around your local area and notice new things

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

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

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

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

28 Meet a friend outside for a walk and a chat

29 Become an activist for a cause you really believe in

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



ACTION FOR HAPPINESS

Happier · Kinder · Together

# APRIL

FRI

THU

WED

TUE

MON

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



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



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

Caregiver Capacity  
 Building/Parenting Classes  
**ORANGE**

Community Event  
**BLACK**



# Easter Craft

**APRIL 3**

**10am - 12pm**

**for ages 0-6yrs**

**LFRN Center 5002 - 51ave**



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FAMILY RESOURCE NETWORK



# RUN, JUMP, SKIP

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



Call 780-645-5311 for more info



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FAMILY RESOURCE NETWORK



# Evening RUN, JUMP, SKIP

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

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

Call 780-645-5311 for more info



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FAMILY RESOURCE NETWORK

# Fear - Less

Managing Your Child's Anxiety

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

2pm-3:30pm

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

\*Fear - Less consists of 6 sessions

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



# Baby BUNCH

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

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

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

Presented by:

**Erin Neri**

Certified Pediatric Sleep Consultant  
with

To The Moon And Back Sleep Consulting



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FAMILY RESOURCE NETWORK



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

**Snacks Provided!**

**AGES 12 - 18**

**DUNGEON MASTER  
IN ATTENDANCE**



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

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

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

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FAMILY RESOURCE NETWORK



# Earth Day

CRAFT & ACTIVITIES

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

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Lakeland

FAMILY RESOURCE NETWORK



# ICKY, STICKY, MESSY PLAY

APRIL 18

10AM - 12PM

LFRN 5002 - 51AVE

Encourages sensory  
development



# LOOSE PARTS PLAY



**APRIL 24**

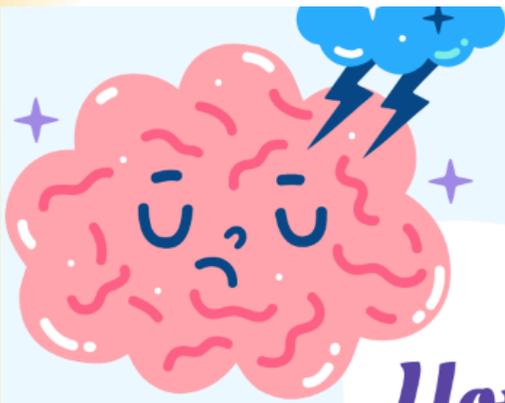
**10PM – 12PM**

for ages 0-6yrs

Call 780-645-5311 to register

LFRN Centre-5002-51 Ave





For ages 7yrs+

## Youth Program

# MINDFUL MATTERS

TOPICS MAY INCLUDE

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

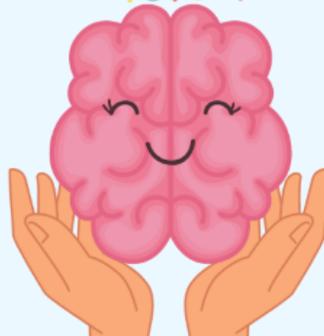
**Wednesday, April 19**

**3:30pm - 5:30pm**

LFRN CENTRE 5002-51AVE

to register 780-645-5311

I believe in me



Lakeland

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# Read and Roll

A Parent/Child interactive program for 3 and 4 year olds.

Read books together and then roll with activities to explore the concepts of each story. Snack /Childcare Provided

**FREE!**

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

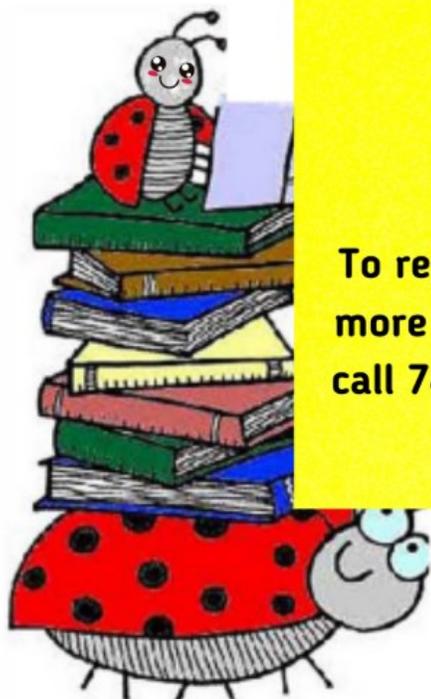
**Mondays**

**10:00 - 11:00 am / Max 6 kids**

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

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

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





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FAMILY RESOURCE NETWORK



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

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

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

For children and youth

**Call 780-645-5311 to register**



# Rhymes That Bind



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



**April 14**  
**10am - 12pm**

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

**LFRN Center 5002 - 51ave**

**Call 780-645-5311 for more information**



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FAMILY RESOURCE NETWORK



# OUTDOOR PARK PLAY

**NEW LAGASSE PARK**

**Monday April 17**

**10am - 12pm**



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FAMILY RESOURCE NETWORK

# MOMS and TOTS

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

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

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



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

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

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





Elk Point Location

# Q-TIP PAINTING

AGES 0-6



# April 14, 2023

10AM-12PM

FCSS ELK POINT LOCATION

4906 48TH ST

please call to register at 780-724-3800



*Lakeland*

FAMILY RESOURCE NETWORK

Elk Point Location

# Off on the Right Foot

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

**Tuesday April 11, 2023**

Elk Point Elementary School Gym

5410- 50th Street

9:00am - 1:30pm

**Free consultations from Health &  
Educational Professionals**

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



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

**Masks will be provided**

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



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



**Alberta Health  
Services**

*Lakeland*

FAMILY RESOURCE NETWORK

Elk Point Location

# Happy Earth Day

Friday April 21

**Ages 0-6**

4906 48 st, Elk Point Location

10am-12pm

Please call 724-3800 to register

**Plant a flower**

**Earth Day Bingo**



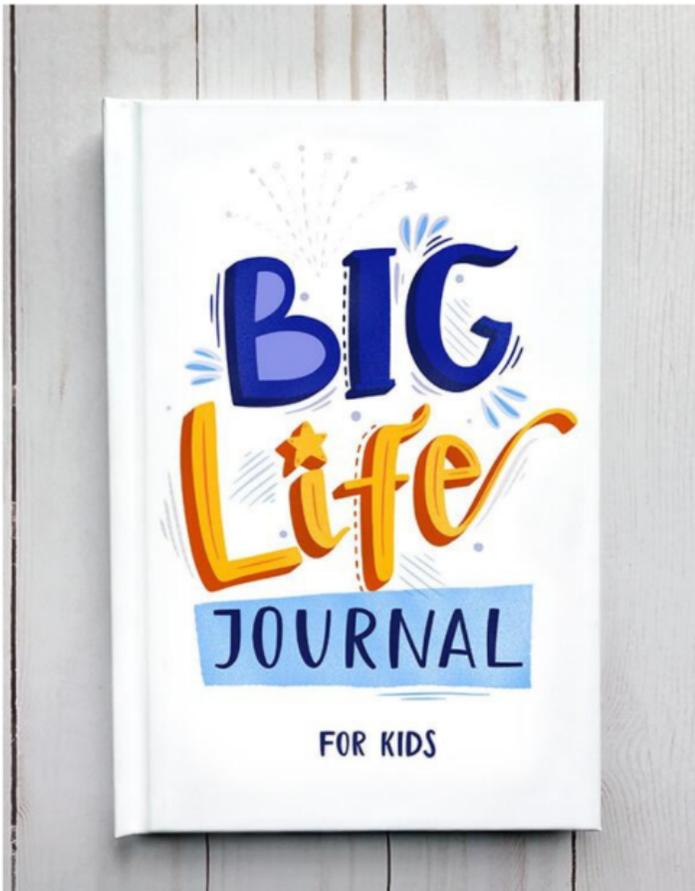
*Lakeland*

FAMILY RESOURCE NETWORK

Elk Point Location

# Growing minds

## Junior Edition



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

# Thursdays

April 6, 13, 20, 27

May 4

## 3:30-5:30pm

IN PERSON

@ELK POINT FCSS

4906A 48 St, Elk Point  
(beside Elk Point Subway)

Register: 780-724-3800

Join other youth and complete activities to learn to cope with real life situations.

5 week commitment required.

Snacks and your very own Big Life Journal included.

Lakeland

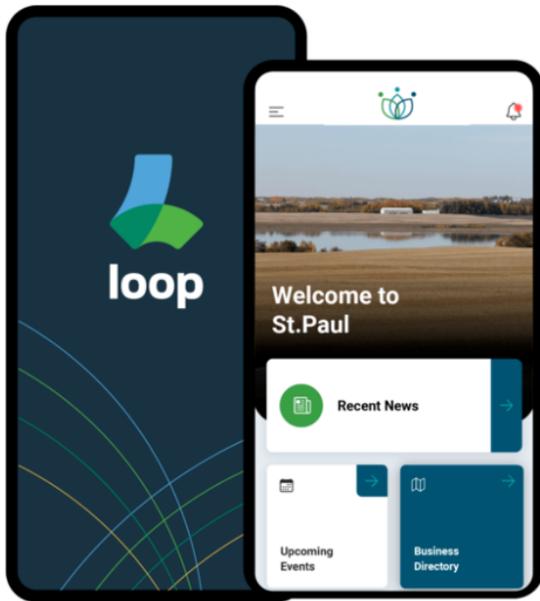
FAMILY RESOURCE NETWORK



April 2023

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

Interagency 35



## Get the St. Paul App

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



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



### Town of St. Paul App 4+

Box Clever

Designed for iPad

★★★★★ 5.0 • 1 Rating

Free

# EMPLOY *Abilities* NORTH

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)

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

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

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

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



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

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



# OPEN HOUSE



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

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

\*One application per person

## St. Paul Campus

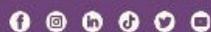
April 4th, 2023 | 6:00-8:00 PM

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

## Programs and Training

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

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





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

**ARE YOU A  
CHAMBER  
OF  
COMMERCE  
MEMBER?**

**Integrity  
Proud,  
Honest and  
Trustworthy**

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

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

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

**Opportunity  
Creating  
possibilities**

**Innovation  
Evolve and Grow  
Resources and  
Services**

**Member Driven  
Organized by  
members for  
members**

**Contact us for more information**

4802 50 Avenue  
PO Box 887  
St. Paul, Alberta T0A 3A0  
Phone: 780-645-5820  
Cell: 780-210-5820 (texting accepted)  
Office Email: [admin@stpaulchamber.ca](mailto:admin@stpaulchamber.ca)  
Yvonne Email: [executivedirector@stpaulchamber.ca](mailto:executivedirector@stpaulchamber.ca)  
Website: [www.stpaulchamber.ca](http://www.stpaulchamber.ca) dd a subheading



## **BUSINESS SUPPORT NETWORK MEETING**

**Thursday, May 11, 2023**

**11:00am – 2:00pm**

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

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

**GUEST SPEAKER**  
**DIGITAL SERVICES SQUAD**  
**Technical Support**

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

**Mission Statement:**

*The Business Support Network is an ongoing group of businesses, business support organizations and government which identify and address local current business and human resources issues.*

**Network Purpose:**

*Through the bi-monthly meetings, Alberta Labour will provide the opportunity for local businesses to support organizations and government to come together to provide roundtable updates and listen to guest speakers on relevant topics.*

St. Paul & District Chamber of Commerce  
4802 50 Avenue - PO Box 887, St. Paul, AB - TOA 3A0  
executivedirector@stpaulchamber.ca  
Office 780-645-5820 or Cell 780-210-5820 (call/text)

St. Paul & District

Chamber  of Commerce

# FARMER'S DAY

**GOLF TOURNAMENT**

**JUNE 9, 2023**

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

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

**ST. PAUL GOLF COURSE**

**MORE DETAILS COMING SOON!**

## 2022-2023 CARE PARTNER SUPPORT GROUPS

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

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

<b>ST. PAUL</b>	<b>ELK POINT</b>
<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><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

# Caregiver Education Team Newsletter

April 2023



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

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

## Adult Education Sessions

### Understanding Anxiety Series

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

#### Part 3:

#### Settling Our Minds

Tuesday, April 4  
12:00 – 1:00 pm

#### Part 4:

#### Overcoming Avoidance

Tuesday, April 18  
12:00 – 1:00 pm

### Substance Use

#### A Harm Reduction Approach

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

Wednesday, April 5  
6:00 – 7:30 pm

## Caregiver Education Sessions

### Building Executive Functioning Skills

#### Supporting Success in Learning

For parents and caregivers of children in grades K-6

#### Part 1:

Wednesday, April 19  
12:00 – 1:00 pm

#### Part 2:

Tuesday, April 25  
12:00 – 1:00 pm

## Participant Feedback:

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

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

## Sessions at a Glance



AMH Education Services  
Addiction & Mental Health  
Edmonton Zone

For more information, visit [www.cyfcaregivereducation.ca](http://www.cyfcaregivereducation.ca)

# Virtual Groups & Workshops

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

## Wellness Exchange

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

## Relationship Skills Series

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

## Learning to Live with Anxiety Series

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

## Understanding Addiction Info Series

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

## Transform Your Stress: The Resilience Advantage™

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

## Navigating AMH Services

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

<https://albertahealthservices.zoom.us/j/67750983990?pwd=WHNURmZhVWltYWppdDBEzK1FNll6dz09>  
Passcode:635839

## Relapse Prevention

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

## Addiction and Mental Health Parenting Info Series

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



**St. Paul Addictions**

**Phone: 780-645-6346**

**St. Paul Mental Health**

**Phone: 780-645-1850**

## April 2023 Workshops for Adults by ZOOM

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

### Weight Management

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

#### Tier 1 Classes 1.1, 1.2, & 1.3

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

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

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

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

More classes to be announced for Tiers 2 & 3

### Heart & Stroke

#### Managing Blood Pressure & Cholesterol

Learn to manage your risks for heart disease and stroke.

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

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

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

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

### Better Choices Better Health® 6 week workshop for Chronic Pain

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

Tuesday Evenings  
6:00 to 8:30pm

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

Thursday Evening  
6:00 to 8:30pm

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

### Managing Diabetes

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

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

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

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

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

### Managing Stress

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

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

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

### Better Choices Better Health®

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

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

Classes to be announced soon!

### Understanding COPD

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

### Moving Matters

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

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

### Supervised Exercise - done virtually!

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

[Click here to register](#)

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

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





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



Find a webinar that's right for you, visit  
[ahsweb.ca/MHA/PRWebinars](https://ahsweb.ca/MHA/PRWebinars)



## Pediatric Rehabilitation Caregiver Connection

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

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

### Who We Are and What We Do

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

Scan the QR code for more info.



SENIORS' CENTRE  
WITHOUT WALLS



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

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

### How to Join Instructions

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

To join by phone:

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

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

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

3. Press # if asked for any further numbers.

Join electronically through the following link:

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

No video will be used.

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

**Main Office: 780.395.2626**

**Elizabeth: 780-239-8427**

**Gayle: 780-238-9612**

**Hanna: 587-758-6892**

# A P R I L

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

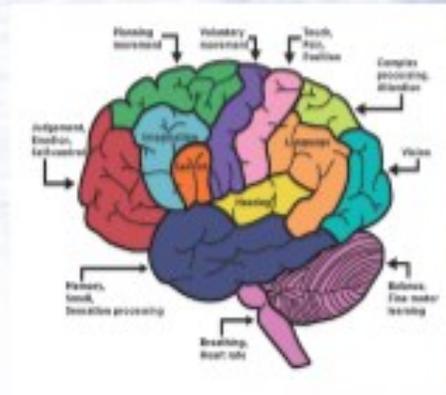
**May 9th, 2023 @2pm**

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

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

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

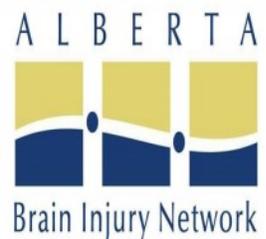
**December 12th, 2023 @2pm**



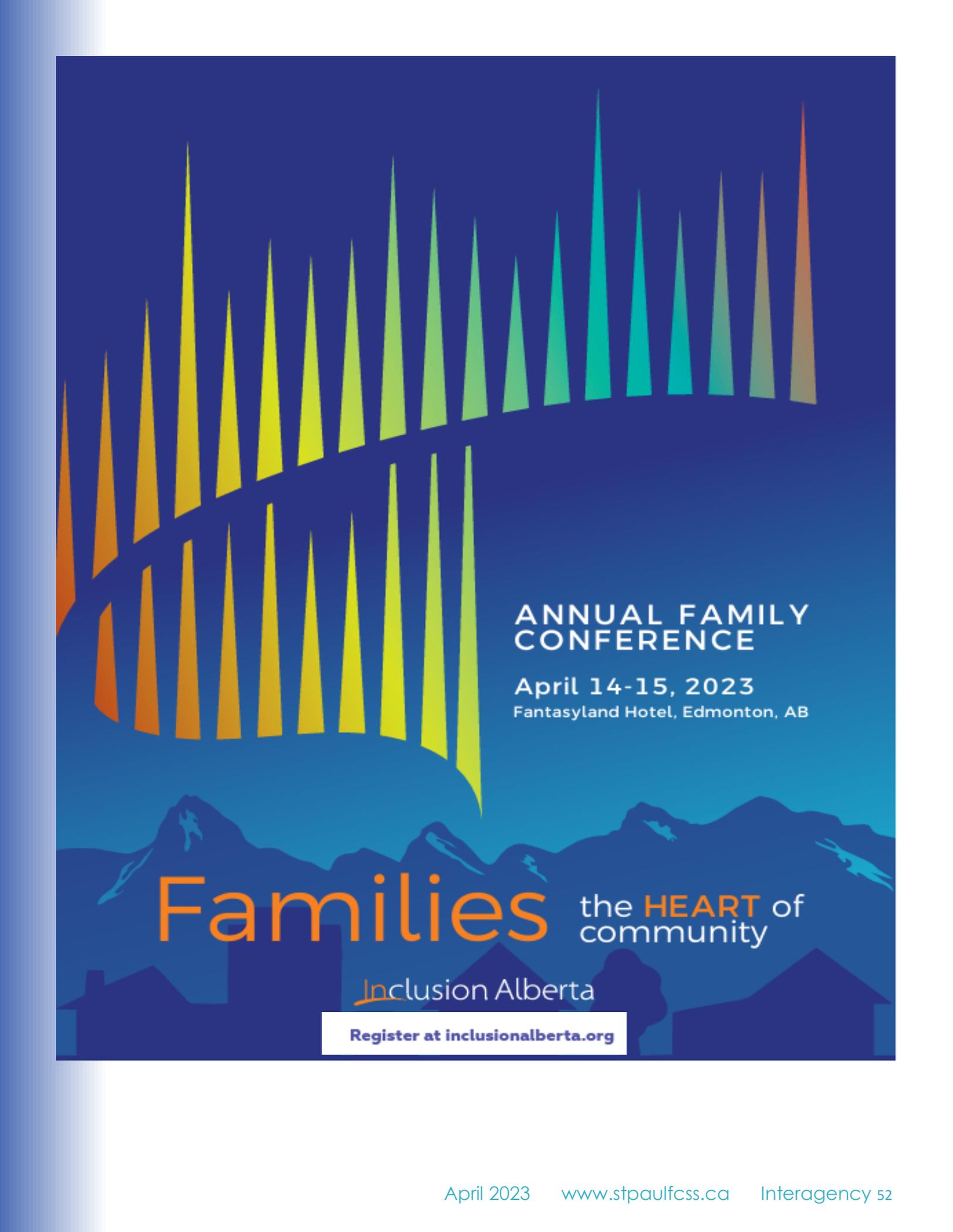
## St Paul Municipal Library (Back room)

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)

The poster features a dark blue background with a series of vertical, pointed shapes in shades of yellow, green, and orange, resembling a stylized sun or a mountain range. Below these shapes is a dark blue silhouette of a mountain range. At the bottom, there are silhouettes of houses and trees. The text is white and orange, providing details about the conference.

## 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)



# Learn Technology

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

## iPad Basics Course April 2023

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

April 26 - go online; connect with others

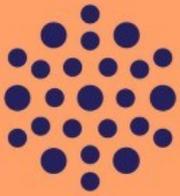
Wednesdays, 10:30 - 11:30 AM

### Class Location

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

### Contact

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



Edmonton  
Community  
Legal Centre

# Accessible Legal Advice and Information for Rural Alberta



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

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

## CONTACT US



780 702 1725



intake@eclc.ca



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



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



Edmonton  
Community  
Legal Centre

☎ 780 702 1725  
✉ intake@eclc.ca

# Rural Family Law Help

## Do you need help with a family law matter?

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

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



**We can help with the following:**

- Parenting and contact
- Child and Spousal Support
- Common-law Relationships
- Divorce
- Guardianship
- Protection Orders
- Responding to Divorce
- Division of Property

**WE ARE UNABLE TO ASSIST WITH CHILD WELFARE MATTERS.**



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



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



ST. PAUL  
FRIENDS OF PLAYSCHOOL

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



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

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



### **What is Lemonade Day?**

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

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

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

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

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

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

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

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

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

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



**Lemonade Day!**

[lemonadeday.org/northern-alberta](http://lemonadeday.org/northern-alberta)



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



## Portage Market SP

723 likes • 834 followers

# on facebook

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

(past events)

**BUILD YOUR OWN SALAD**  
FRESH PRODUCE AND DRESSINGS  
& HOT PEAMEAL BACON PANINIS

Various Salad Options  
Lettuce & Pasta  
Protein, Pulses & Legumes  
Veggies & Fruit

Portage Market  
Thursday March 9th  
Friday March 10th  
11:00am - 1:30pm

**CHARCUTERIE**

**3rd Annual Charcuterie Box**  
Friday March 24th, 2023

Treat yourself & friends to a charcuterie box filled with items like smoked meats, terrines & pâtés, fresh cheeses, marinated items, pickled items, fresh baked bread & triple chocolate moiste cake.

Please inquire for the full list of items included and allergen free pairing recommendations available.

\$35/box - perfect for sharing  
Pick up between 12:00pm - 1:00pm

**Pre-Order Required**  
Please Contact Sherrie to pre-order yours!  
780-64-6144  
portagemarket@portagecollege.ca

*Build Your Own*  
**BURGER**  
IS BACK

**PORTAGE MARKET**  
CUSTOM BURGERS  
MILKSHAKES  
FRIES

**THURSDAY MARCH 30TH  
& FRIDAY MARCH 31ST**  
11:30AM - 1:30PM

# Celebrating

THE POWER OF COMMUNITY

**Jayman**  
BUILT

**MS. WALK**

**SUNDAY, MAY 28, 2023**

**MSWALKS.CA**



SCAN TO  
REGISTER



# Spring Pottery & Art Show & Sale



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

## St. Paul Visual Arts Centre

4613-53 Street, St. Paul, AB

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

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

Uniquely made by local Artisans



Alberta  
Foundation  
for the Arts

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

Find us on Facebook:

@StPaulVisualArtsCentre



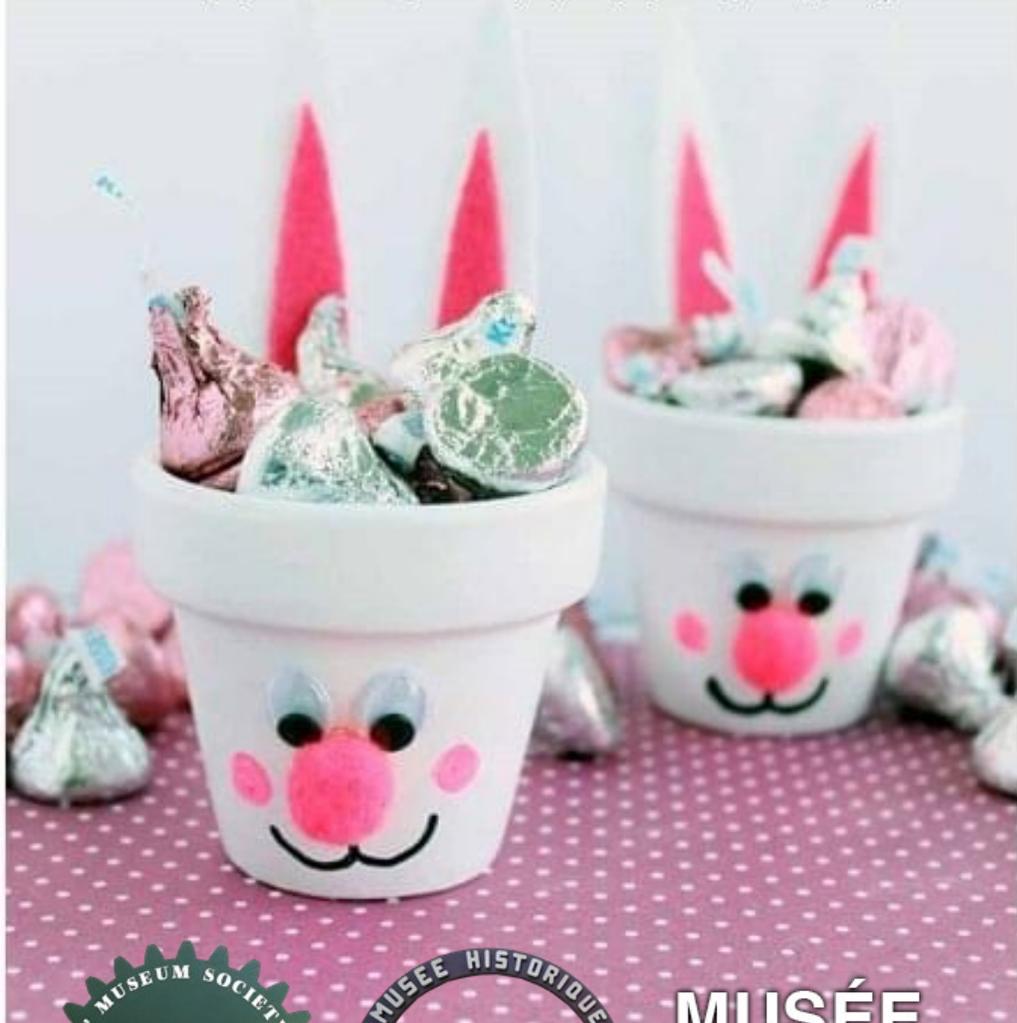
**Friday April 7<sup>th</sup>, 1pm – 3pm**

**Regular admission applies:**

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

# TERRA COTTA BUNNIES

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



**MUSÉE  
ST. PAUL  
MUSEUM**

5409 - 50 Ave

April 2023

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

Interagency 61

**BOSCOMBE**

**COMMUNITY HALL**



**CRIBBAGE**

**TOURNAMENT**



**Sunday, April 16, 2023**

Doors Open: 10 am Games Start: 11 am

**Registration Fee: \$25/person**

**Must Bring Your Own Partner!**

Light Lunch Included

**50/50**

**19 Hand Loonie Pot**

Registration @ door

For More Information:

Lisa @ 780-210-0584

# Make It and Take It Toddler Time

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

Older kids are welcome to come and play

**Touch and feel sensory sticks**

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

To register: go to our website  
registration page at  
[www.stpaullibrary.ab.ca/programs](http://www.stpaullibrary.ab.ca/programs)  
or contact us by email at  
[programs@stpaullibrary.ab.ca](mailto:programs@stpaullibrary.ab.ca)





# **SEED EXCHANGE**

**April 11th to April 29th**

**St. Paul Municipal Library**

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

Exchange them for something you need or want to try.

Seeds can be dropped off  
before April 11th.



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

**April 5th until the 18th.**

Come in and enjoy the art  
made by our community!





# Crafternoon at the St. Paul Library

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



Tuesdays  
12pm to 4pm

# LAST WEDNESDAY OF THE MONTH BOOK CLUB

6:30pm at the St Paul Library

Want to join, or need more information?  
E-mail [Programs@stpaullibrary.ab.ca](mailto:Programs@stpaullibrary.ab.ca)





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

Come join us for Coffee, tea,  
and treats.

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



Drop in between 10am and 4pm

# Saturday FAMILY FUN DAY!

Bring the whole family and  
enjoy some time together.

April 1st - Funny Coloring

April 8th - Family Games

April 15th - Ink Stamping

April 22nd - Up Cycle Crafting

April 29th - Building Day

**St. Paul Municipal Library**

4802 53 Street  
780-645-4049

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



# Family Story-time

At the Library

Fridays at 10:30am



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

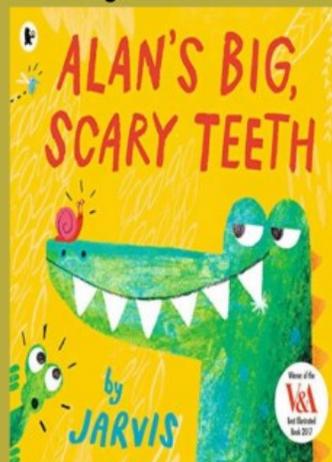
Registration required

**April 7th**

No Story-time  
Library is  
Closed



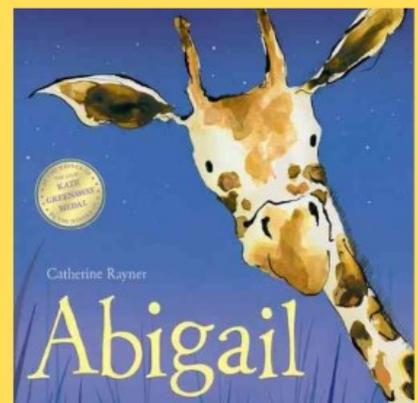
**April 14**



**April 21**



**April 28**

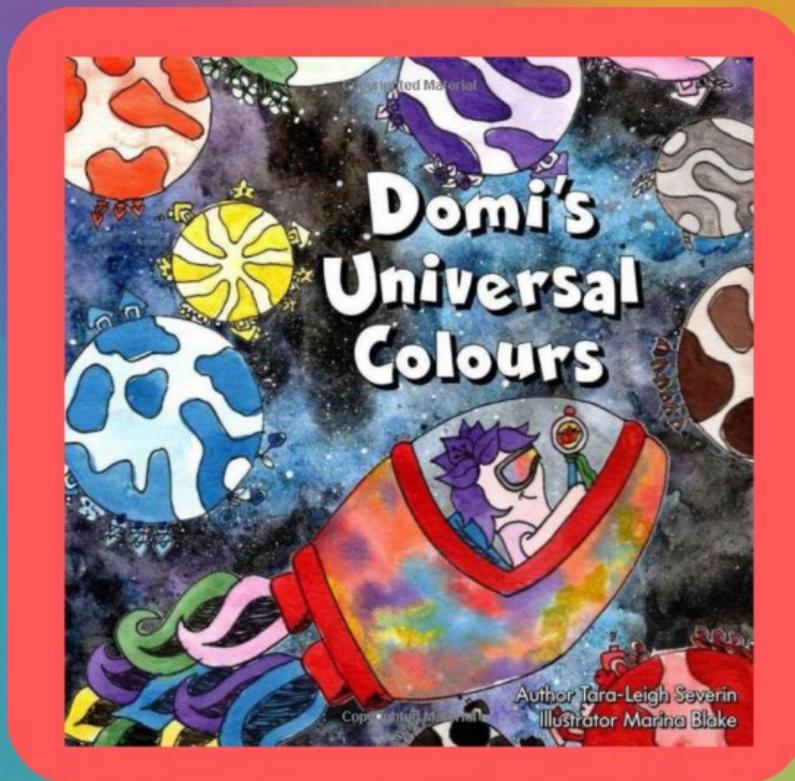


# Special Guest Story-time With Author Tara Severin

**at the St. Paul Municipal Library**

For children ages 4 and up

Wednesday April 5th 4:00pm



To register go to our website registration page at  
[www.stpaullibrary.ab.ca/programs](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 **TEEN Watercolor Class**

**2 Nights - 1 Painting**

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

Register in the program tab on our website [www.stpaullibrary.ab.ca](http://www.stpaullibrary.ab.ca)

Limited Space - Must 13 years of age or older

