

July

Interagency 2022 NEWSLETTER

Welcome to St Paul 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.

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

NEXT MEETING: Tues. Sept 13th @ 10 am
In person please RSVP.

July 2022

www.stpaulfcss.ca

Interagency 1

ST PAUL REGIONAL FCSS PRESENTS

OUTDOOR. MOVIE NIGHT



Uncharted
Fri, July 22th @ DUSK
Reunion Station



Spider-Man No Way Home
Fri, Aug 19th @ DUSK
Jaycee Ball Diamond

MAGIC
LANTERN
THEATRE CONCESSION
AVAILABLE



CALL FOR MORE INFO
780-645-5311



ST PAUL REGIONAL FCSS PRESENTS

OUTDOOR movie NIGHTS



July 1 in Elk Point
@ AG Ross Arena
Spider Man No Way Home

July 9 in St Vincent
@ old St Paul Beach

The Bad Guys

July 15 at Cork Hall
@the hall

The Bad Guys

July 16 in Heinsburg
@ Community Center

Sing 2

July 22 in St Paul
@ Reunion Station

Uncharted

Aug 5 in Ashmont
@ Ag Society

Encanto

Aug 19 in St Paul
@ Jaycee Ball Diamond
Spider-Man No Way Home

Movies start at
DUSK

CALL FOR MORE INFO
780-645-5311



FAMILY & COMMUNITY SUPPORT SERVICES

free

Block Party

AUGUST 12/22

11AM - 2PM

RAIN OR SHINE

food, games & fun



ST. PAUL SPLASH PARK

47TH STREET & LAKESHORE DRIVE

call 780-645-5311 for more info

Lakeland
FAMILY RESOURCE NETWORK

FCSS St. Paul Regional
Family & Community
Support Services


**Lakeland Family
Eyecare**

CO-OP
Cornerstone

Fun Games
promoting childhood
development for Kids
Age 5 and Above

BUILDING BRAINS through GAMES

TUESDAY,
JULY 19

at Lagasse Park

From 2:00pm - 04:00pm

*Meet at the WHITE Gazebo

Promotes

Following Instructions
Emotional Control
Flexible Thinking
Control of Movements
Working Memory
And a Lot More...

CALL TO
REGISTER

● (780) 645 - 5311 ●

Call for more info and to register.



“Building a community
one **BLOCK** at a time!”

Through the **Neighbourhood Block Party Program**, individuals, on behalf of their neighbourhood, can apply for funding of up to **\$200.00 /year** to conduct activities designated in their neighbourhood.

To apply for the Block Party Rebate Program,
call us at **780-645-5311**
or visit **www.stpaulfcss.ca**
to download your own toolkit.



10 Reasons to **HOST** a Neighbourhood Block Party

1. It's **FUN!**
2. To get to **KNOW** your neighbours!
3. To **BUILD** friendships!
4. To **CREATE** a sense of belonging!
5. To **CELEBRATE** your great neighbourhood!
6. To **INCREASE** sense of safety/security by knowing your neighbours!
7. To **MEET** others that you could help out or help you out in the future!
8. To **DISCUSS** events happening in your neighbourhood!
9. To **CREATE** a welcoming environment!
10. To **FORM** a group to plan more fun events!

PROMOTE A SENSE OF COMMUNITY!

YOU'VE BEEN FLOCKED

Is there someone you wish to celebrate or want to let know that you're thinking about them?

Let us help you out.....

Call us to book your "flock of happy pink flamingos"! We will set up and take down the flock safely at the town location of your choice along with a personalized door hanger explaining why your person has been flocked.



Connect with us 780-645-5311



Call for Contractors

We are looking for individuals who can offer the following contracted services for seniors in our community:

- Yard Maintenance
- Light House Keeping
- Snow Removal

Help us provide services to promote **AGING IN PLACE** and **THRIVING!**

CONNECT WITH US NOW

CALL 780-645-5311



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



Call for Seniors

Who need:

- Yard Maintenance
- Light House Keeping
- Snow Removal

Eligibility requirements:

- annual modest income between **\$24,885** - **\$34,284** (single income) or **\$39,345** - **\$52,545** (double income)
- reside in a single detached dwelling

We would like to provide **FREE** services to promote **AGING IN PLACE** and **THRIVING!**

CONNECT WITH US TO CONFIRM ELIGIBILITY

CALL 780-645-5311



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



NEW LOWER THRESHOLD

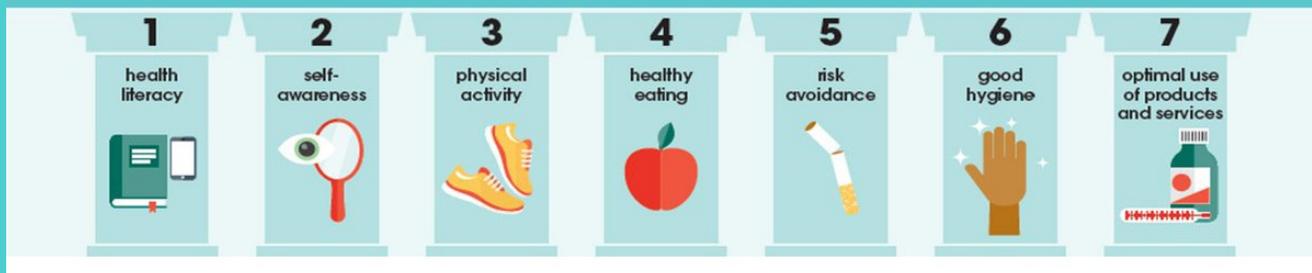
SELF-CARE DAY

SUNDAY, JULY 24, 2022

What is Self-Care?

Self-care is **what Canadians do for themselves 24 hrs a day, 7 days a week** to maintain health, treat minor ailments and manage chronic diseases.

The Seven Pillars of Self-Care*



Be kind to yourself on
INTERNATIONAL
SELF-CARE DAY

RECHERCHE EN SANTÉ MENTALE CANADA / MENTAL HEALTH RESEARCH CANADA

Jump Back Up July 2022

MONDAY

TUESDAY

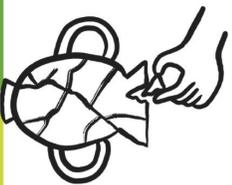
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



4 Find something to look forward to today

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

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

7 Shift your mood by doing something you really enjoy

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

9 Put a problem in perspective by seeing the bigger picture

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

11 Look for something positive in a difficult situation

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

13 Challenge negative thoughts. Find an alternative interpretation

14 Get outside and move to help clear your head

15 Set yourself an achievable goal and take the first step

16 Find fun ways to distract yourself from unhelpful thoughts

17 Use one of your strengths to overcome a challenge today

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

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

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

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

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

23 Remember that all feelings and situations pass in time

24 Choose to see something good about what has gone wrong

25 Notice when you are feeling judgmental and be kind instead

26 Catch yourself over-reacting and take a deep breath

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

28 Think about what you can learn from a recent problem

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

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

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



ACTION FOR HAPPINESS

Happier · Kinder · Together

2022 SPRING & SUMMER

Community Guide



**OPEN CAMERA
SCAN QR CODE
TAP LINK**



St. Paul Regional FCSS

3rd Annual

U-ROCK!

There are 200 coloured rocks hidden in each of the following communities:

St. Paul – 200 red rocks

Mallaig – 200 blue rocks

Ashmont – 200 green rocks

Elk Point – 200 purple rocks

The rocks have point values of 1-5 . The higher in points, the harder they are to find

On August 27th bring the rocks you have found to:

-Ashmont Agriplex 11:00AM

- Mallaig Hall 11:30 AM

-Town St. Paul FCSS 12:00PM

-Elk Point FCSS 1:00PM

Please don't be late as the rocks will be counted and winners will be announced at this time.

Contestants have until August 27th to collect as many rocks from ONE community as they can!

***1 entry /family**

Stay tuned for prizes!



FCSS Summer Events

FAMILY FUN,
ALL SUMMER
LONG!

Participate in fun family events this summer! More information and updates on programs can be found on

Facebook:

**St. Paul Regional
FCSS**

Mallaig Colour Run

August 27th

Science Day

July 8th, 29th

August 19th

1 pm-3 pm

Ferguson Flats Hall

U-Rock

**Starting early July in
Elk Point, Ashmont,
Mallaig and St. Paul**

To register for an event contact

Baylee at 780-645-0546 or

email

fcss.summerevents@gmail.com

St. Paul Regional FCSS



Lakeland

FAMILY RESOURCE NETWORK

5002-51 Ave, St. Paul, AB

Call: 780-645-5311

Text: 780-614-1941

Click: stpaulfcss.ca

lakelandfrn.ca



stpaulfcssfamilyresourcenetwork

Child Development & Well Being

Ages 0-6- PURPLE

Ages 7-18- GREEN

Caregiver Capacity

Building/Parenting Classes

ORANGE

Community Event

BLACK

JULY

MON	TUE	WED	THU	FRI
				1 Canada Day Celebration See poster
4 CAMP SUNSHINE	5 CAMP SUNSHINE	6 CAMP SUNSHINE	7 CAMP SUNSHINE	8 CAMP SUNSHINE
11 No program	12 ASQ Screening 10am-12pm	13 Icky, Sticky, Messy 10am-12pm Home Alone 2pm-4pm	14 Outdoor Play at GA School Park 10am-12pm Buggies on the Block 1:30pm-3:30pm	15 Rhymes That Bind 10am-12pm Talkin' & Chalkin' with Youth 2pm-4pm
18 Beaver River Water Shed Presentation 10am-12pm	19 Tip Sheet Tuesday 10am	20 Mallaig Moms & Tots 9:30am-11am Youth Program 2pm-4pm Tie Dye	21 Ashmont Moms & Tots 10am-12pm Baby Bunch 1:30pm-3:30pm	22 Outdoor Movie Night See poster
25 Making Music Monday 10am-12pm	26 Triple P Hassle Free Shopping 2:00pm-3:30pm	27 Youth Program 2pm-4pm Outdoor Games	28 Buggies on the Block 1:30pm-3:30pm Evening Family Program 6pm-7:30pm	29 Rhymes That Bind 10am-12pm

All programs require pre-registration and AHS Guidelines will be followed

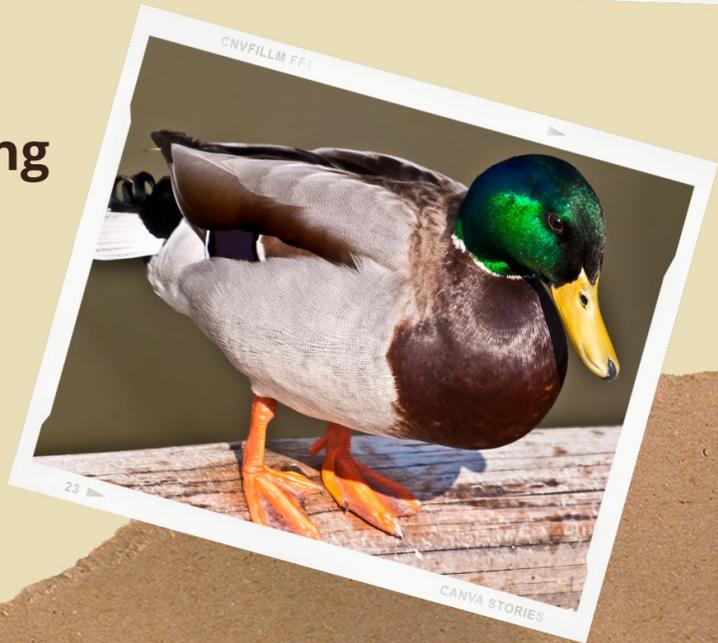
BEAVER RIVER WATERSHED

WILL BE AT THE FRN ON
JULY 18 AT 10AM



Enjoy hands-on learning
by investigating pelts,
skulls and pawprints!

Call to register
780-645-5311



Lakeland
FAMILY RESOURCE NETWORK

 **LICA**
ENVIRONMENTAL STEWARDS

HOME ALONE

St. Paul & Area

Wed, July 13

2pm-4pm

at the

Family Resource Network (5002 51 Ave)

\$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**

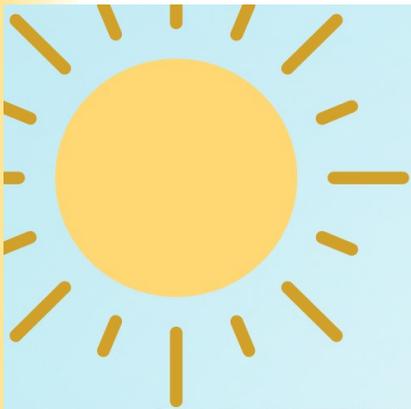
Call 780-645-5311 to register

Lakeland

FAMILY RESOURCE NETWORK



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



OUTDOOR PARK PLAY!



July 14
Glen Avon School park
10am - 12pm

Call 780-645-5311 to register



Talking & Chalking with Youth

Friday July 15
2pm-4pm

BE
kind 

Meet at the sidewalk in front of
St. Paul Elementary School

Call 780-645-5311 to register

Lakeland

FAMILY RESOURCE NETWORK

ASQ SCREENING

**TUES, JULY 12
10AM-12PM**



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

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

CALL 780-645-5311

WE WILL CHECK.....

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

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

Lakeland

FAMILY RESOURCE NETWORK



BUGGIES ON THE BLOCK

JULY 14 AND 28
1:30PM-3:30PM



MEET IN THE EAST PARKING
LOT OF LAGASSE PARK
STRAIGHT SOUTH OF
REGIONAL HIGH SCHOOL.

PUT IN STEPS WITH US
WHILE WE ANSWER ANY
PARENTING QUESTIONS
YOU MAY HAVE.

CALL (780)645-5311
TO REGISTER



Lakeland

FAMILY RESOURCE NETWORK

Evening Family Play

A decorative graphic featuring a central teal banner with black text. The banner is surrounded by several colorful balloons (green, pink, blue, red, yellow, purple) and a string of colorful triangular bunting flags. The entire graphic is set against a white background with a yellow border.

Giving working families an
opportunity to
spend time together
&
check out our center

Join us for an evening of
fun and connection on

Thursday, July 28
6PM - 7:30PM

Call 780-645-5311 to register

Lakeland

FAMILY RESOURCE NETWORK

Hassle Free Shopping

Tuesday, July 26
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



Lakeland

FAMILY RESOURCE NETWORK



ICKY, STICKY, MESSY PLAY

JULY 13

10AM - 12PM

LFRN 5002 - 51AVE

TO REGISTER 780-645-5311

Encourages sensory
development



Infant CPR



- ♥ Learn how to identify and respond in an emergency to keep your baby safe
- ♥ Learn how to perform infant/child CPR
- ♥ Learn how to deal with choking emergencies.

July 21 at 1:30pm
LFRN Centre 5002-51ave

****This is an informal, informative class guided by a Registered Nurse****

*****This does not give certification or replace CPR training*****

Lakeland

FAMILY RESOURCE NETWORK

YOUTH TIE DYE

AGES 7YR5+

JULY 20
2PM - 4PM

**Bring a piece
of clothing to
tie dye with us!**

Call 780-645-5311 to register

LFRN 5002 - 51ave

Lakeland
FAMILY RESOURCE NETWORK

Making Music Monday



CONNECT WITH FRIENDS



MAKE SOME MUSIC

MONDAY, JULY 25

10AM - 12PM

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



Lakeland

FAMILY RESOURCE NETWORK

OUTDOOR YOUTH GAMES

age 7yrs+

JULY 27
2PM - 4PM

Meet at the LFRN
5002 - 51ave

Call 780-645-5311 to register

Lakeland

FAMILY RESOURCE NETWORK

BEAN BAG TOSS

KAN JAM

BOCCE BALL

LADDER GOLF

JENGA

TRIPLE P



ONLINE TIPSHEET TUESDAY'S

JULY 19

AT 10AM

Topics may include: potty training,
separation anxiety, tantrums, etc...

Register Now!

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

Lakeland
FAMILY RESOURCE NETWORK



Rhymes That Bind



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



July 15 and 29
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.

Call 780-645-5311 to register

LFRN 5002 - 51ave



Lakeland

FAMILY RESOURCE NETWORK



Strengthening Community Capacity to Support Mental Health and Wellbeing

COVID-19 Mental Health and Wellbeing Grant Program

How the Red Cross helps

With funding from the Public Health Agency of Canada, the Canadian Red Cross is making grants available to community-based organizations across Canada currently supporting those whose mental health and wellbeing have been disproportionately impacted by COVID-19.

What types of activities could be funded?

Community-based organizations can apply for funding of activities with a budget of a minimum of \$10,000 and a maximum of \$75,000 to support them in their work to:

- **Promote** mental health and wellbeing in the context of COVID-19 by building protective factors and/or reducing risk factors and enhancing resilience.
- **Prevent** longer term mental health illnesses including those associated with COVID-19 related traumatic experience.
- **Respond** by equipping organizations and service providers to offer safe, responsive, and effective programming and support for those whose mental health and wellbeing has been affected by the COVID-19 pandemic.

Activities could include:

- Enhancing organizational capacity to address the current surge in demand for mental health and wellbeing promotion and mental illness prevention programs.
- Adapting to new models of promotion and prevention program delivery.

Who can apply?

This program is open to community-based organizations registered federally as a charity or qualified donee, registered provincially, territorially, or federally as a non-profit, and are in good standing, or are an established Indigenous governing body. Donee organizations must have a mandate, guiding statement, and/or established history of delivering mental health and wellbeing services, including to strengthen social connectedness, in communities in Canada and been established prior to December 31, 2019.

When to apply?

The deadline to apply is **July 29, 2022**.

All activities and expenditures must take place between **October 1, 2022, and January 31, 2024**. While the Canadian Red Cross appreciates and recognizes all the hard work that community organizations have done to support mental health and wellbeing throughout the pandemic thus far, this program will not cover the costs associated with any programs prior to October 1, 2022.

For more information and to apply:

We encourage you to review the program guidelines for detailed eligibility criteria. For more information and to apply, visit redcross.ca/mentalhealthgrants

QUESTIONS?

Contact us at mentalhealthgrants@redcross.ca or call 1-833-966-4225 Monday to Friday between 8 am and 8 pm EDT.

Financial contribution from



Canadian Red Cross



Public Health Agency of Canada

Agence de la santé publique du Canada



RURAL FAMILY LAW PROJECT

Questions About Family Law? Need answers?

**ECLC offers summary legal advice to
low-income individuals and families
about the following topics:**

- ▶ Parenting and Contact
- ▶ Child and Spousal Support
- ▶ Common-Law Relationships
- ▶ Divorce
- ▶ Guardianship
- ▶ Protection Orders
- ▶ Responding to Divorce
- ▶ Division of Property

*****We Do Not Assist with Child Welfare Matters*****

Contact us to find out if you are eligible for our services!



780-702-1725



info@eclc.ca



About ECLC RFLP

The RFLP is a legal clinic offered by ECLC. The program has volunteer lawyers that offer 30-45 mins of free legal advice about your family law matter. Contact us to see if you are eligible for our services.

Location

The ECLC offices and volunteers are located in Edmonton. Intakes are done by phone or email. Legal advice appointments are done by phone.

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

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.

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

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

Alberta  Canada 



VIRTUAL CONNECTIONS



SCAN QR CODE
TO REGISTER

- ◆ Are you unemployed or underemployed with a self-disclosed disability and/or medical condition?
- ◆ Are you ready, motivated, and able to enter the workforce?
- ◆ Live in the following communities or surrounding areas of Athabasca, Barrhead, Bonnyville, ColdLake, Lac La Biche, St. Paul, Vegreville and Westlock?
- ◆ Need the technical equipment to participate? We can help!

Jumpstart Your Employment in Just 20 Weeks!

Training starts August 2, 2022

For More Information Call or Text:

587-280-2560



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

In-House Programs

Networks

A mental health and wellness program for children and youth between the ages of 8 and 18. Small group sessions and individual counseling are available as well as parental support upon request. Sessions are based on mindfulness and artistic methods to improve mental health and wellness.
780-646-2963

Community Outreach Services

Provides advocacy for the vulnerable sector, receives and provides referrals, individual one on one counseling, addictions counseling, Support Groups, Pre-employment Preparation

Youth Program

Traditional teachings to help support Indigenous & non-Indigenous youths by embracing inclusion and diversity within their peer groups.

Mondays - Wednesday from 3:30pm to 5:30pm. Ages 8-14

Elders Program

Traditional teachings, ceremonies, traditional art therapy and fundraising with mini markets and bingos at the MNFC. 55+ meets Tuesdays & Thursdays weekly from 5pm - 8pm.



Services

Public Services

- Drop-In Coffee/Tea
- Restrooms
- Social Activities
- Daily Smudging
- Other Ceremonies
- Facility Rentals

Members

- \$5 Memberships
- Daily bread & pastry pick up
- Clothing Bank
- Shower Facility



Additional Programs Onsite

- Food Bank Monday to Thursday 1 - 3 pm (780) 645-4548
- 2395 Logistics Royal Canadian Army Cadets Corps Thursdays 6:30pm-9:30pm (780) 614-8505
- Addictions Programs Tuesdays 8pm-9pm (780) 645-6346
- St. Paul & District Family Violence Treatment Program (587)252-2417
fvtp@capellacentre.ca or (780) 645-6346



Ongoing initiative that encourages random acts of Kindness
Keep the Kindness Going

Mission Statement

The Friendship Centre is a non-partisan organization dedicated to serving the needs of Indigenous people residing in the urban area and to improve the quality of life in the community as a whole.

Fundamental to this is recognizing the inherent worth of all people regardless of race, creed, or culture and the promotion of this view in the community at



Vision

The vision of the Mannawanis Native Friendship Centre is:

1. To promote better understanding and improved relationship between Native and Non-native people.
2. To promote activities which affirm or strengthen Native Culture.
3. To identify and/or provide opportunities for Native people which will assist them in becoming more active and competitive in mainstream society.

The Origin of

L³o⁴σⁿ

mannâwânis

The Cree word for the geographical area & Translated means: Place to gather (duck) eggs



4901 50 St.
PO Box 1358

St. Paul, Alberta T0A 3A0

Phone: (780) 645-4630

Fax: (780) 645-1980

Email: reception@mannawanis.ca

Follow Us On Facebook:

Mannawanis Nfc



L³o⁴σⁿ

Mannâwânis

Native Friendship
Centre Society



Celebrating 40+ years of
service to St. Paul
community and area

Established

1978



BECOME A MENTAL HEALTH FIRST AIDER

If you've taken a physical first aid course; you've learned the skills needed to help someone experiencing a sudden illness or injury.

People can also have mental health crisis, and it is important that more Canadians know how to provide help in these situations too.



*If I sprain my ankle, chances are you'll know what to do.
If I have a panic attack, chances are you won't.*

Mental Health First Aid is offered to someone with an emerging mental health problem or in a mental health crisis until appropriate treatment is found or the situation is resolved.

Register now to become a Mental Health First Aider:

COURSE NAME: Basic Mental Health First Aid

DESCRIPTION: This two day course teaches you what to say, who to contact, and how to respond to people with substance use disorders; mood disorders, like depression and bipolar disorder; trauma disorders; anxiety disorders; and psychotic disorders like schizophrenia.

DATE AND TIMES: August 17 and 18, 8:00am - 5:00pm

VENUE AND ADDRESS: Centennial Center (4313 50 ave)
Bonnyville, AB

COST: \$200

TO REGISTER, CONTACT: Alanna (tak7683@gmail.com) OR Elizabeth (elizabeth.m.moon@gmail.com)

REGISTRATION DEADLINE: July 6 2022

What you can expect from this course:

- Gain the confidence and skills to engage someone with an emerging mental health problem or in a mental health crisis;
- Greater recognition of mental health problems;
- Decreased stigma; and
- Improved mental health for yourself.





Addiction Services – St. Paul

Walk-In Now Available

Tuesdays: 1:00 to 3:00 pm

5025-49 Ave Provincial Building

For more information call, 780-645-6346
8 a.m. to 4:30 p.m. Monday to Friday

For after-hours support contact Alberta Health Services 24hr Helplines:
Addictions Helpline: 1-866-332-2322 Mental Health Helpline: 1-877-303-2642



July 2022 Workshops for Adults by ZOOM

We have morning, afternoon or evening classes available. Classes are 2.5 hours

Weight Management - Registration Link

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

July 6- Physical Activity & Taming Triggers at 5:30pm
July 13 - Make a Plan to Eat Well at 5:30pm
July 20 - Emotions & Eating at 5:30pm

Tier 3

July 27 - Eating Away at 5:30pm
Aug 3 - Factors Affecting Weight Management at 5:30

Tier 1

July 7 - Understanding Weight & Health at 1:30pm
July 14 - Eating Well for Weight & Health at 1:30pm
July 21 - Making a Change & Building Habits at 1:30pm

Tier 2

July 28 - Physical Activity & Taming Triggers at 1:30pm
Aug 4 - Make a Plan to Eat Well at 1:30pm
Aug 11 - Emotions & Eating at 1:30pm

Better Choices Better Health®

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

July 21 - Aug 25 at 6:00pm - Registration Link

Chronic Pain

Discover changes and strategies to help you live healthier

July 5 - Aug 9 at 6:00pm - Registration Link

Managing Stress - Registration Link

A 2 part workshop on Stress Management

July 13 & 20 at 1:00pm

Managing Diabetes - Registration Link

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

Part 1 - July 7 & 14 at 1:30pm
Part 2 - July 21 at 1:30pm

Part 1 - July 13 & 20 at 5:30pm
Part 2 - July 27 at 5:30pm

Moving Matters - Registration Link

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

July 20 at 1:30pm

Heart & Stroke - Registration Link Managing Blood Pressure & Cholesterol

Learn about what affects your blood pressure and cholesterol levels and what you can do to manage your risks for heart disease and stroke.

Part 1 - July 11 at 1:30pm
Part 2 - July 18 at 1:30pm

Part 1 - July 21 at 5:30pm
Part 2 - July 28 at 5:30pm

Understanding COPD

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

July 19 at 10:30am - [Registration Link](#)

Supervised Exercise - done virtually!

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

Use the [Get Started](#) button to fill out some information that goes to the Exercise Therapist and you will get a call within 2 weeks to begin your assessment.

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



To register for a Zoom class call: **1-877-349-5711**

Or you can self-register at: <https://www.healthylivingprogram.ca>

Addiction and Mental Health

COVID-19 Helpful Resources

Important Phone Numbers – toll-free available 24/7

- 1-877-303-2642 - [Mental Health Helpline](#)
 - Help for mental health concerns such as information about programs, services and referrals to other agencies, if needed.
- 1-866-332-2322 - [Addiction Helpline](#)
 - Advice and service referral for adults and youth requiring addiction services.
- 811 – Health Link www.ahs.ca/healthlink
 - Provides general health information for Albertans including COVID-19 related testing information.
- 211 – Alberta 211 www.ab.211.ca
 - Connects Albertans to social and support resources such as financial resources or community and government information.

Support and Information

- Text4Hope - Albertans looking for mental health support can sign up for a free daily text messaging services, [Text4Hope](#).
 - To subscribe text **COVID19HOPE** to **393939**.
- Healthy Together - a guide to family and home life during COVID-19 www.ahs.ca/healthytogether

On-line links to helpful resources

Novel coronavirus (COVID-19)

- www.alberta.ca/covid including access to screening and assessment tool.

AHS Addiction and Mental Health: program and service information

- www.ahs.ca/amh

AHS Help in Tough Times: links and self-help resources such as managing anxiety & stress

- www.ahs.ca/helpintoughtimes

Dr. Nicholas Mitchell Mental Wellness Moment: videos on topics including how to deal with stress and talking to kids about COVID-19

- [Mental Wellness Moments - www.youtube.com/user/ahschannel](https://www.youtube.com/user/ahschannel)

Health Information

- My Health Alberta <https://myhealth.alberta.ca/>



SENIORS' CENTRE
WITHOUT WALLS



Welcome to the Alberta Seniors Centre Without Walls Community April - June 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 **1.833.955.1088** (toll-free), 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

Gayle: 780-238-9612

Elizabeth: 780-239-8427

JULY

Monday	Tuesday	Wednesday	Thursday	Friday
To join by phone, call: 1-855-703-8985 when prompted, enter Meeting ID: 225-573-6467#				
4 11am: Program Preview	5 11am: Relaxation	6 11am: Coffee Chat	7 11am: Canadian Jeopardy	1 CANADA DAY NO PROGRAMS
11 9:30am: Check This out 11am: Exercise 1pm: Pet Tales 2:30pm: Parents of Estranged Children 3pm: 20th Century Humourist	12 11am: Relaxation 1pm: Cultural Exchange 3pm: Readers' Corner 4:30pm: Just A Minute	13 9:30am: True Crime 11am: Who Why When 1pm: Let's Talk About.. 3pm: Exercise	14 NO MORNING PROGRAMS 1pm: Animal Spotlight 3pm: Around the Campfire	15 9:30am: Classical Music Hour 11am: Exercise 1pm: Comedy Hour 3pm: Brain Games
18 9:30am: Check This Out 11am: Exercise 1pm: Another Point of View 2:30pm: Parents of Estranged Children 3pm: Heritage Moment	19 11am: Imagination Circle 1pm: Jazz Music 3pm: UN History 4:30pm: Trivia	20 9:30am: TED Talk 11am: Such Fascinating People 1pm: TV Favourites 3pm: Exercise	21 9:30am: Gratitude 11am: The Storyteller 1pm: Garden Talk 3pm: Lung Health	22 9:30am: One Hit Wonders 11am: Coffee Chat 1pm: Alberta Parks 3pm: Where in the World?
25 9:30am: Check This Out 11am: Exercise 1pm: Christmas in July 2:30pm: Parents of Estranged Children 3pm: Cats vs Dogs	26 11am: Relaxation 1pm: Who When Why 3pm: Nutrition for Health 4:30pm: Word Challenge	27 9:30am: True Crime 11am: Did You Know? 1pm: Coffee Chat 3pm: Exercise	28 9:30am: Gratitude 11am: Rock and Roll Hall of Fame 1pm: Read Aloud Short Story 3pm: In the Headlines	29 9:30am: All Request Music 11am: Exercise 1pm: Queen Elizabeth II 3pm: BINGO

Employment Skills Workshops



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

(Lac la Biche)
Kathy 780-213-1042
kevans@employabilities.ab.ca

(Bonnyville/Cold Lake)
Corinne 780-201-2173
corinne@employabilities.ab.ca

FOR ASSISTANCE WITH RESUMES, COVER LETTERS AND INTERVIEW SKILLS, PLEASE CONTACT:

(Lac la Biche)
Kathy 780-213-1042
kevans@employabilities.ab.ca

(Bonnyville/Cold Lake)
Corinne 780-201-2173
corinne@employabilities.ab.ca

Please like, follow and share the Lakeland Job Club Facebook page for employment information, workshop schedules, and job leads for the Northeast region.

July 2022 CALENDAR

July 6, 2022	Smart Devices
July 13, 2022	Building Relationships
July 20, 2022	Handling Feedback
July 27, 2022	Problem Solving

Lakeland Employment Services is pleased to offer online workshops to **ALL** Albertans every **WEDNESDAY** morning at **10:00 AM**.

These workshops are held via **Google Meet**. If you are attending via computer, you don't need to download anything to attend, just use the link provided by email. If joining on your phone or tablet, you will need to download the free app. The workshops provide information on a variety of topics related to job seeking and managing in these unique times.





Inviting all TBI Survivors to our monthly Zoom meetings!

FEB 15, 2022 @ 2:30-4:00
MARCH 8, 2022 @ 2:30-4:00
APRIL 12, 2022 @ 2:30-4:00
MAY 10, 2022 @ 2:30-4:00
JUNE 14, 2022 @ 2:30-4:00
JULY 12, 2022 @ 2:30-4:00
AUG 9, 2022 @ 2:30-4:00
SEPT 13, 2022 @ 2:30-4:00
OCT 11, 2022 @ 2:30-4:00
NOV 8, 2022 @ 2:30-4:00
DEC 13, 2022 @ 2:30-4:00
(All date's are subject to change)

Share experience, Gain knowledge, Meet new people

For more information please contact:

Kyla Cameron 780-645-3441 Ext 226

Or kcameron@spanet.ab.ca



18 YEARS

PEPtalks

Summer 2022

Parents Empowering Parents

Providing education, innovative programming, support and hope for individuals or families dealing with or concerned about substance abuse/addiction.

Slow-growing Silent Force

— a parent's message

A beautiful heart, a smile so bright, creative, artistic, entrepreneurial spirit and an athlete- this is my son, but this is also my son- a person consumed by sadness, anger and darkness, a slow-growing, silent force wrapped around him tight and suffocating.

His addiction began over months; as anxiety and depression gripped him, he searched for relief from the feelings he couldn't explain. Legalizing marijuana gave a hurting eighteen-year-old easy access to self-medicate, and the slide into despair and a drug lifestyle followed. He was getting high after work, staying up all night, hiding drugs in the house, being irrational, speeding tickets and car accidents, job loss, losing friends and a deteriorating connection with our family soon followed. We were devastated and at

a complete loss as to what to do.

In a panic, I started looking for answers, someone to help us help him, and that's how I found PEP. I admit I was hoping there might be a checklist of things I could do to help him get better, but I soon learned that addiction doesn't work like that. PEP meetings have been a haven for me, where I can be vulnerable and honest about my experience. Having a child with addiction is debilitating; the incredible sense of loss, grief and shame was overwhelming, and at times, I honestly wasn't sure who was sicker- him or me. PEP became a safe space for me to listen and learn from the facilitators and other parents who had a shared experience. The intimate details of every person's story are different, yet the overall themes and feelings are the same.

The Medd-x program is incredible; individuals who have battled addiction and are involved in the court system share their stories of recovery and bring hope to the parents. The words of one of the Medd-x gave me the grace to acknowledge that I cannot change my son's situation.

PEP encouraged me to set boundaries to keep my family safe as it is so easy to normalize the chaos that comes with addiction. Our journey with our son continues; some days are brutal, and other days, it's easier to find hope and believe that he will get better. With the support of PEP, my goal is to be as healthy as I can be so that when he is ready, I can help him. Today I celebrate the little wins, a genuine smile, a pleasant conversation or a text that says, "I love you, Mom." as we continue on this journey.

Family Recovery Meetings

We respect our participants' levels of comfort regarding their personal choice on face coverings and physical distancing.

Tuesday
Bi-Weekly

Sherwood Park
Alberta Room, 2nd floor, 401 Festival Lane

* Virtual & In-Person

Tuesday
Bi-Weekly

South Edmonton
Sunrise Community Church, 3303 37 Street

* In-Person Only

Thursday
Bi-Weekly

St. Albert
St. Albert Alliance Church, 200 Villeneuve Road

* In-Person Only

Wednesday
Bi-Weekly

Virtual Wednesdays will continue
Bi-Weekly on Zoom

* Virtual Only

TOLL FREE FAMILY SUPPORT LINE

Days/evening/weekends.
Professionally managed
Added to our local Family Support Line

Toll Free 1.877.991.2737
Local 780.293.0737

Want to learn more about Boundaries? Attend a PEP Meeting or call the Parent Support Line 780.293.0737. www.pepsociety.ca



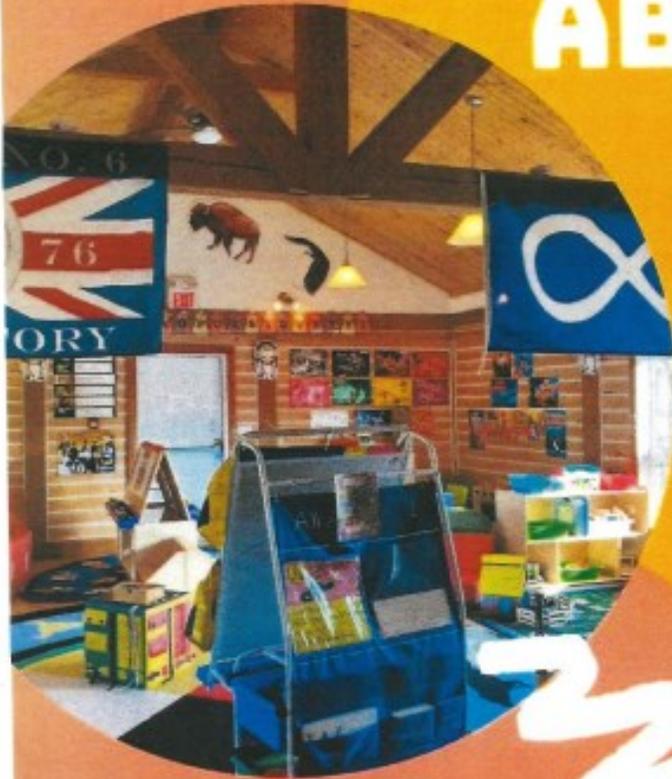
2022-2023



School Year Registration

Blue Quills

ABORIGINAL HEAD START

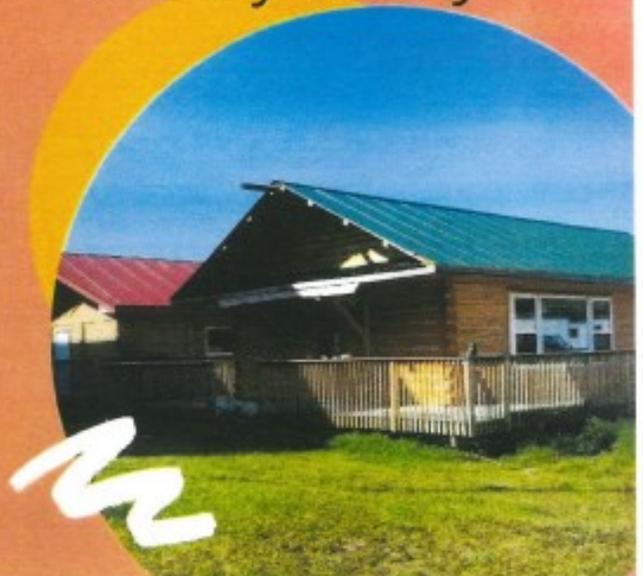


Morning Class
9:00AM-11:15AM
Afternoon Class
1:00PM-3:15PM
Tuesday-Friday

FREE PROGRAM!

**CHILDREN MUST BE . . .
POTTY TRAINED
3 OR 4 YEARS OLD
FIRST NATION,
METIS OR INUIT DESCENT**

Call 780-645-4455 ext. 114 for more
information



WE HAVE MORE ROOM!



**PORTAGE
COLLEGE**

THIS FALL



**Community
Social Work**

**Practical
Nurse**

**Computer
Science Courses
Coming Soon!**

portagecollege.ca



PRE APPRENTICESHIP WELDING

APPLY TODAY!

Program Dates

- ▶ Aug. 25 to Dec. 16, 2022 (Upgrading)
- ▶ Jan. 9 to Apr. 28, 2023 (Trades Training)
- ▶ May 8 to Jun. 30, 2023 (Placement)



THIS PROGRAM INCLUDES:

- ▶ **ACADEMIC AND CAREER TRAINING**
- ▶ **WELDING TRADES TRAINING**
- ▶ **ON-THE-JOB TRAINING**

PLUS:

You could qualify to have your tuition paid in full by the province!

Learn more at portagecollege.ca/pre-apprenticeship-welding



**PORTAGE
COLLEGE**



PRE APPRENTICESHIP CARPENTRY

APPLY TODAY!

THIS PROGRAM INCLUDES:

- ▶ **ACADEMIC AND CAREER TRAINING**
- ▶ **CARPENTRY TRADES TRAINING**
- ▶ **ON-THE-JOB TRAINING**

PLUS:

You could qualify to have your tuition paid in full by the province!

Program Dates

- ▶ Aug. 25 to Dec. 16, 2022 (Upgrading)
- ▶ Jan. 9 to Apr. 28, 2023 (Trades Training)
- ▶ May 8 to Jun. 30, 2023 (Placement)

**NEW
PROGRAM**

Learn more at
portagecollege.ca/pre-apprenticeship-carpentry





SUMMER CAMP

For child/youth with Fetal Alcohol Spectrum Disorder

CAMP DATES 2022

drop off is Monday at 1:00pm & pick up is Friday at 5:00pm

- Camp 1: July 4 - 8, 2022: Girls ages 7-10
- Camp 2: July 11 - 15, 2022: Boys ages 7-10
- Camp 3: July 18 - 22, 2022: Girls ages 11-13
- Camp 4: July 25 - 29, 2022: Boys ages 11-13
- Camp 5: August 8 - 12, 2022: Girls ages 14-17
- Camp 6: August 15 - 19, 2022: Boys ages 14-17

SOME CAMP ACTIVITIES INCLUDE:

Kayaking	Art	Adventures
Crafts	Swimming	Field Trips

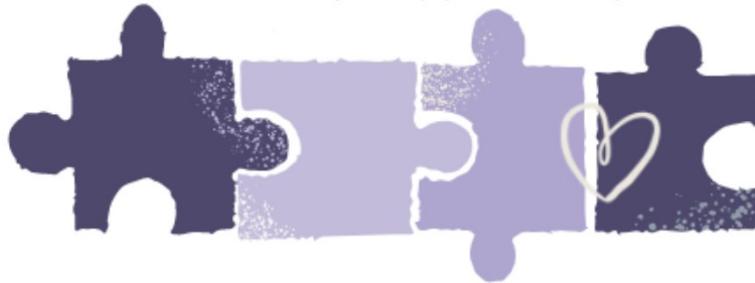
Availability is limited

Please call the Lakeland Center for FASD for more information
or for an application (780) 594-9905
or visit our website www.lcfasd.com/summer-camp/

SAVE THE DATE:

FASD and Mental Health It's all Connected

2 DAY VIRTUAL CONFERENCE



Join us October 5th and 6th, 2022

Contact LCFASD for more info or to register
e-mail: admin@lcfasd.com - phone: 780-594-9905

— Lakeland Centre for —

FASD

Fetal Alcohol Spectrum Disorder



**2022
RODEO PARADE
MANUAL & ENTRY FORM**

Theme:



**Saturday, September 3, 2022
10:00 am**

*"NO THROWING OF CANDY" WILL BE STRICTLY ENFORCED. WALKERS MUST BE USED!
Thank you for your cooperation*

Please return by 4:00 pm Thursday September 1, 2022

Drop off, mail or email entries to: Community Futures – St. Paul Smoky Lake Region Attn: St Paul Ag Society Drop off: 4802 – 50th Ave, St. Paul, AB Mail to: Box 1484 St. Paul, AB T0A 3A0 Email: stpaulrodeoparade@gmail.com For more Info: call AG office at 780-645-4373

SAVAGE SOCIETY

You used to call me Marie...

A Métis Love Story by Tai Amy Grauman

Summer 2022 Tour

New Dance Horizons (Regina) - July 16, 17
Back to Batoche - July 21, 22, 23
Métis Crossing (Smoky Lake) - July 26, 27, 28, 29
Kikino - July 30
Bonnyville - August 3
St. Paul de Métis - August 4
Fishing Lake - August 6, 7
To Be Announced - August 10, 11, 12

Cast:

TAI AMY GRAUMAN - Iskwewo
JOEL MONTGRAND - Napew
MADELAINE MCCALLUM - Dancer
JEANETTE KOTOWICH - Dancer
KATHLEEN NISBET - Fiddler
BECCA JORGENSEN - Stage Manager

Creative & Production Team:

MEG ROE - Co-Director
TAI AMY GRAUMAN - Co-Director
AMANDA TESTINI - Movement & Choreography
ALESSANDRO JULIANI - Sound Design & Composition
EVAN DUCHARME - Costume Design
ANDREA MENARD - Composer & Singer
GRAHAM ANDREWS - Michif Language Consultant
AARON MACRI - Technical Director

vancosouver
foundation

Funded by the Government of Canada



Canada Council
for the Arts

Conseil des arts
du Canada

Canada



CITY OF
VANCOUVER

Cultural
Services



BRITISH
COLUMBIA



BRITISH COLUMBIA
ARTS COUNCIL
An agency of the Province of British Columbia



ST. PAUL TENNIS CLUB YOUTH SUMMER CAMPS

JULY 4-8, 2022

JULY 25-29, 2022

These tennis camps are designed to get kids interested in TENNIS using the Progressive Tennis Program. We start with smaller nets and softer balls to allow for slower play focusing on developing good form and strong habits. These camps are FREE with to attend with the purchase of a St. Paul Tennis Club Membership.

Child: \$30

Adult: \$40

Family: \$70

Questions? E-mail us anytime @ stpaultennisclub@gmail.com

OUR MISSION to promote the lifelong enjoyment of
tennis in our community!

St. Paul Museum Presents

SUMMER TIME FUN AT THE MUSEUM: CHILDREN'S ACTIVITIES



PENNY CARNIVAL

**JULY 14 1-3PM
THURSDAY**

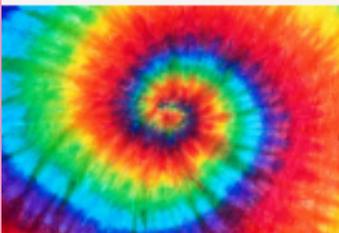


**THURSDAY
JULY 21 1-3PM**

MAKING ICE CREAM

BISCUITS, JAM & BUTTER

**THURSDAY
JULY 28 1-3PM**



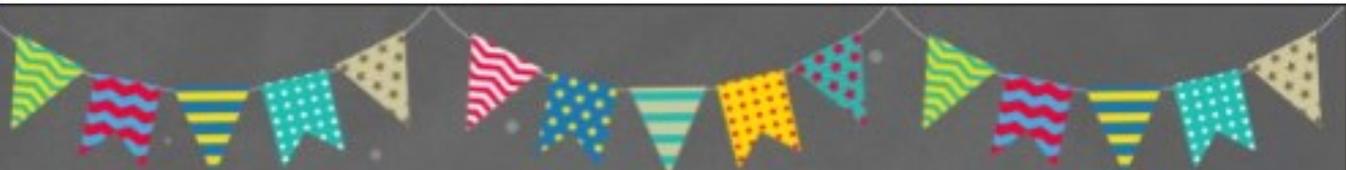
**THURSDAY
AUGUST 4 1-3PM**

TIE DYE

SCIENCE DAY

**THURSDAY
AUGUST 18**

REGULAR ADMISSION APPLIES
FOLLOW US ON OUR FACEBOOK PAGE FOR
MORE INFORMATION



RIDE ON OVER



BIKE RODEO



Tuesday July 26, 2022

6:00 pm to 8:30 pm

St. Paul Rec Centre Parking Lot

All Ages welcome



Join St. Paul RCMP and St. Paul & Area Victim Services to participate in a bicycle safety clinic for kids. Please register your child by calling 780-645-8858 or by email to amy.bartlett@rcmp-grc.gc.ca by July 22.



FIRST NATIONS
HEALTH CONSORTIUM



FIRST NATIONS HEALTH CONSORTIUM

Presents

YOUTH TEEPEE SUMMIT 2022



*Moving forward from reconciliation to
reconcili-ACTION!*



AUGUST

16-18

**POUNDMAKER'S GROUNDS
25108 Poundmaker Road**

Indigenous Youth, Elders & Speakers will collaborate on next steps for communities and industries

A gathering of many voices that will share wisdom, experiences and advice for the future

First Nation Youth will hear the journeys of those making a difference in our communities & industries

Registration is now open for Indigenous Youth 17-25



DETAILED INFORMATION & REGISTRATION:

teepee.summit@abfnhc.com

www.abfnhc.com/tee-pee-summit

OR SCAN THE QR CODE TO REGISTER!

Registration Deadline: July 15



KIDS SUMMER CAMPS

**5-12 YEARS OLD
9AM-4PM**

**Register at:
St. Paul
Aquatic Centre
780-645-3388**

ACTIVITIES

**SWIM LESSON included
CRAFTS, OUTDOOR
ACTIVITIES, FIELD
TRIPS, FREE PLAY...AND
MUCH MORE!**

> Week 1: June 27-30

***Short week \$160.00**

> Week 2: July 4-8

> Week 3: July 11-15

> Week 4: July 18-22

> Week 5: July 25-29

> Week 6: Aug 2-8

***Short week \$160.00**

> Week 7: Aug 8-12

> Week 8: Aug 15-19

> Week 9: Aug 22-26

\$200

**Per Person/
Per Week**

TOGETHER WE'RE BETTER MHCBC
IS OFFERING A SERIES OF

TEEN CAMPS

Four Days of Free Fun in a Community Near You!

★ Sports ★ Art ★ Nature ★ Minute to Win It ★

9:30am to 3:00pm Each Day

Light Lunch Provided

Registration is Now Open

ASHMONT: JULY 11-14

MYRNAM: JULY 18-21

ELK POINT: AUG 2-5

TWO HILLS: AUG 8-11

ST PAUL: AUG 15-18

For more information or to register, contact Lily Belland at
belllily@spcrd.ca or call 780-645-3571 or 780-872-4596



Fun & Creative
Dance Camps
for Kids Age 5
and Above

DANCE CAMPS



St. Paul & District Arts Foundation

DATES:

St. Paul

- July 4, 5, 6 (hip-hop)
- July 13, 14, 16 (Jazz)
- August 17, 18, 19 (lyrical)

Mallaig (Legion Hall)

- August 8, 9, 10
- lyrical,
- creative movement
- ballet
- jazz

**REGISTER
ONLINE**
SPACE IS LIMITED

AGES/TIMES:

- (Ages 7-10) 10:00-12:00
- (Ages 4-6) 12:30-1:00
- (Ages 11-17) 1:30-4:00

FOR MORE INFO:

(780) 645 -2781
mpdowntownartsstudio@outlook.com
www.artfoundation.ca



St. Paul & District Arts Foundation

REGISTER NOW FOR 2022 - 2023 PROGRAMS

The St. Paul and District Arts Foundation is a registered charity that provides classes in, and supports dance, theatre, music, literature, and visual arts.

DANCE

We offer educational, non-competitive dance classes for everyone ages 0 - adult!

Our classes run on 8, 12, or 30 week cycles. We offer classes in a variety of styles and techniques. Contact us to try a class for FREE!

DEvised MUSICAL THEATRE

In Devised Musical Theatre students have the opportunity to explore their creativity and help create a theater piece.

Students learn theatre techniques, musical theatre style jazz dance, and solo/group musical theatre vocal techniques.
Ages 6 - 18

MUSIC

Contact us for availability for private lessons in piano, vocals, guitar, and other music skills.

The Rusty Musicians Community Orchestra is a group of adults who meet once a week to play! The ability to read sheet music is required.

VISUAL ART

Learn beginner to intermediate level painting techniques on canvas. Students have the opportunity to display their artwork in a public art exhibit.

Ages 6 - Adult

WWW.ARTFOUNDATION.CA/REGISTER