December 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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LOOK, we have new branding!

fcss
St. Paul Regional Family and Community Support Services

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

NEXT MEETING: Tues. Jan 17th @ 10 am
In person please RSVP.

Join Us
FOR OUR
5th Annual
Tim Hortons
CHRISTMAS TREE
LIGHTING
Friday December 2nd 2022
7-8pm
AT THE ST PAUL TOURIST
INFORMATION CENTER
(LANDING PAD)
Timbits, Hot Chocolate,
Inflatables, Santa
& MORE!
FCSS St. Paul Regional Family & Community Support Services
Lakeland
FAMILY RESOURCE NETWORK
TOWN OF
ST. PAUL
Welcome in the holiday season with us!

St. Paul Regional High School is Santa's Elves workshop HEADQUARTERS 2022!

We are in need of donations for the Santa's Elves workshop. Here at Regional we will be collecting, wrapping and joining St. Paul Regional FCSS with their Community Christmas Hamper Program. This helps families in our community who are in need at Christmas.

This year, we are kindly asking for the communities support in providing **monetary donations** in lieu of toys/clothing/books etc. We will gladly take ANY donations however monetary donations allows us to purchase specific items that fill the gap of our community children's needs.

Please submit donations to Regional High School at the main office in person, by mail to 4701-44 street St. Paul AB, T0A 3A3 or ***etransfer*** santaselves.sprhs@gmail.com before **December 15, 12pm**.

Group donations are welcome too. Set up a donation box or collect money within your office or organization and donate it to the school for purchasing gifts.

For more information you can contact Dawn at St. Paul Regional High School **780-645-4491**.

Community

CHRISTMAS HAMPER 2022

May the holidays bring you plenty of love and joy.

Community Christmas hampers give members of our community the opportunity to build connection with their loved ones while sharing a meal over the holiday season. We supply all the fixings and Santa's Elves provides a gift to each child registered at no cost to them.

you can help...

to DONATE:

Food Hamper monetary/cash donations can be made in person at St Paul Regional FCSS, CO-OP, Sobeys or Extra Foods.

Santa Elves donations can be made in person at Regional High School in person, by mail to 4701-44 street St. Paul Ab, T0A 3A3 or by etransfer santaselves.sprhs@gmail.com
Monetary/cash donations in lieu of toys/clothing/books, etc are appreciated.

to REGISTER:

Residents of the Town or County of St Paul
If you or someone you know would like to receive a hamper please connect with us.

Call on or before Dec 15/22 @ 4PM

780-645-5311

Hamper PICK UP: Dec 20/22
@ the St Paul Rec Centre
(4802-53 Street, St Paul, AB)

You must be in person, with picture ID to pick up .

FCSS St. Paul Regional Family & Community Support Services
Lakeland FAMILY RESOURCE NETWORK
Sobeys Extra Foods
CO-OP

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, 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

FCSS St. Paul Regional Family & Community Support Services

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

HELPING people, makes our world a better place!

If you see a Snow Angels sign, please be kind and shovel this persons' walkway because they are unable to do it themselves.

If you lend a hand – please let the Regional St. Paul FCSS know, we love to celebrate volunteers.

780-645-5311

December Kindness 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Spread kindness and share the December calendar with others	2 Contact someone you can't be with to see how they are	3 Offer to help someone who is facing difficulties at the moment	4 Support a charity, cause or campaign you really care about
5 Give a gift to someone who is homeless or feeling lonely	6 Leave a positive message for someone else to find	7 Give kind comments to as many people as possible today	8 Do something helpful for a friend or family member	9 Notice when you're hard on yourself or others and be kind instead	10 Listen wholeheartedly to others without judging them	11 Buy an extra item and donate it to a local food bank
12 Be generous. Feed someone with food, love or kindness today	13 See how many different people you can smile at today	14 Share a happy memory or inspiring thought with a loved one	15 Contact an elderly neighbour and brighten up their day	16 Look for something positive to say to everyone you speak to	17 Give thanks. List the kind things others have done for you	18 Ask for help and let someone else discover the joy of giving
19 Contact someone who may be alone or feeling isolated	20 Help others by giving away something that you don't need	21 Appreciate kindness and thank people who do things for you	22 Congratulate someone for an achievement that may go unnoticed	23 Choose to give or receive the gift of forgiveness	24 Bring joy to others. Share something which made you laugh	25 Treat everyone with kindness today, including yourself!
26 Get outside. Pick up litter or do something kind for nature	27 Call a relative who is far away to say hello and have a chat	28 Be kind to the planet. Eat less meat and use less energy	29 Turn off digital devices and really listen to people	30 Let someone know how much you appreciate them and why	31 Plan some new acts of kindness to do in 2023	

ACTION FOR HAPPINESS

Happier · Kinder · Together

DECEMBER

Lakeland
FAMILY RESOURCE NETWORK

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

frn@town.stpaul.ab.ca

stpaulfcssfamilyresourcenetwork

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

Caregiver Capacity Building/Parenting Classes
ORANGE

Community Event
BLACK

MON	TUE	WED	THU	FRI
			1 Baby Bunch 1:30pm-3:30pm Home Alone 4pm-6pm	2 Rhymes That Bind 10am-12pm Christmas Tree Lighting 7pm
5 Fine Motor Fun 10am - 12pm	6 Run, Jump, Skip 10am-12pm Tip sheet Tuesday 2pm	7 Icky, Sticky, Messy 1:30pm-3:30pm	8 Family Craft Night 6pm-7:30pm	9 Story time & craft 10am-12pm
12 Making Music Monday 10am - 12pm	13 Traditional Teachings w/ Jan 10am-11:30pm ASQ Screening 2pm-4pm	14 Youth Christmas Ornaments 3:30pm-5:30pm	15 Baby Bunch 1:30pm-3:30pm Run, Jump, Skip 6pm - 7:30pm	16 Little Chef's Decorating Christmas cookies 10am-12pm
19 No Program	20 No Program	21 No Program	22 No Program	23 No Program
26 Closed	27 Closed	28 Closed	29 Closed	30 Closed

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

ASQ SCREENING

TUES, DEC. 13
2PM-4PM

IS YOUR CHILD MEETING THE DEVELOPMENTAL MILESTONES?

30 MIN APPOINTMENTS FOR AGES: 2 MONTHS-60 MONTHS

CALL 780-645-5311

WE WILL CHECK.....

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

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

Lakeland
FAMILY RESOURCE NETWORK

FAMILY CRAFT NIGHT

DECEMBER 8 | 6PM-7:30PM

LFRN 5002 51 AVE ST. PAUL

CALL 780-645-5311 TO REGISTER

Lakeland
FAMILY RESOURCE NETWORK

Evening

RUN, JUMP, SKIP

December 15 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 to register

Lakeland
FAMILY RESOURCE NETWORK

RUN, JUMP,
SKIP
DECEMBER 6
10am - 12pm
ACFA Gym (4617-50 ave.)
Call 780-645-5311 to register
Lakeland
FAMILY RESOURCE NETWORK

FINE MOTOR FUN

Developing fine motor skills through play

Join us on December 5

10am - 12pm

for ages 0-6yrs

Call 780-645-5311 to register

LFRN Center 5002 - 51ave

Lakeland
FAMILY RESOURCE NETWORK

Lakeland
FAMILY RESOURCE NETWORK

ICKY, STICKY, MESSY PLAY

DECEMBER 7

1:30PM - 3:30PM

LFRN 5002 - 51AVE

TO REGISTER 780-645-5311

Encourages sensory development

Little Chef's

Christmas Cookie Decorating

10am-12pm
December 16

LFRN 5002 51 Ave St. Paul

Call to register 780-645-5311

Lakeland
FAMILY RESOURCE NETWORK

Making Music Monday

CONNECT WITH FRIENDS

MAKE SOME MUSIC

MONDAY, DEC 12

10AM - 12PM

LFRN 5002 - 51AVE

TO REGISTER CALL 780-645-5311

Lakeland
FAMILY RESOURCE NETWORK

Rhymes That Bind

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

DECEMBER 2
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

STORY TIME AND CRAFT

DECEMBER 9

10am - 12pm

Call 780-645-5311 to register

LFRN Center 5002 - 51ave

Lakeland
FAMILY RESOURCE NETWORK

TRIPLE P
TIPSHEET
TUESDAY
DECEMBER 6
AT 2 PM
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
Triple P
Positive Parenting Program

UNIVERSITY BLUE QUILLS

Lakeland FAMILY RESOURCE NETWORK

ABORIGINAL HEAD START Urban & Northern Communities

Join us as we discover

Traditional Teachings and How to Make Bannock

with Jan Tailfeathers

Tuesday, December 13
10am-11:30am
at the Lakeland Family Resource Network
5002-51 Ave

Call 780-645-5311 to register

Youth Christmas Ornaments

For ages 7 yrs+

Connect with other youth while creating Christmas ornaments

Wednesday, Dec 14
3:30pm-5:30pm
LFRN
5002-51 Ave

Call 780-645-5311 to register

Lakeland
FAMILY RESOURCE NETWORK

Baby BUNCH

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

Date: Thursdays

Time: 1:30 pm to 3:30 pm

Location: Family Resource Network

Free drop –in program

Make connections with other families.

Weekly discussions on varied baby related topics/infant activity.

Monthly professional presenters with registration.

Lakeland
FAMILY RESOURCE NETWORK

For more information please contact the St. Paul Family Resource Network

780-645-5311

ADHD Parent Support Group

Join other families who are walking a similar journey in a supportive and confidential environment.

When: Second Wednesday of each month
Next meeting December 14th
5:00-6:30 p.m.

Where: Parent Child Centre
4714 48 Street Bonnyville
or **via zoom**

Benefits: Connect, Share, Exchange, Support

Lakeland
FAMILY RESOURCE NETWORK

To Register call 780-826-2120 or
Email: frnspoke@town.bonnyville.ab.ca

Edmonton Community Legal Centre

HAPPY HOLIDAYS

RURAL FAMILY LAW PROJECT

Office Closed from Dec 26, 2022 through Jan 2, 2023

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 **intake@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.

EMPLOYAbilities NORTH

Employment Services for Albertans with Disabilities

ARE YOU A JOB SEEKER?

EMPLOYMENT FACILITATORS WORK WITH YOU TO:

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

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

SCAN ME

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

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

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

Alberta Canada

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

a division of EMPLOY Abilities

www.employabilities.ab.ca

AlzheimerSociety
ALBERTA AND NORTHWEST TERRITORIES

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)**

ST. PAUL	ELK POINT
Where: Lakeland Primary Care Network (Boardroom) St. Paul Wellness Centre #101 – 4801 – 39 Street **Time:** 6:30 - 8:30 pm **When:** 3rd Wednesday of each month **Dates:** September 21, 2022 October 19, 2022 November 16, 2022 December 21, 2022 January 18, 2023 February 15, 2023 March 15, 2023 April 19, 2023 May 17, 2023 June 21, 2023	**Where:** Elk Point Healthcare Centre (Board Room) 5310 – 50 Avenue **Time:** 6:30 - 8:30 pm **When:** 3rd Tuesday of each month **Dates:** September 20, 2022 October 18, 2022 November 15, 2022 December 20, 2022 January 17, 2023 February 21, 2023 March 21, 2023 April 18, 2023 May 16, 2023 June 20, 2023
The Care Partner Support Group is designed for family members, friends, & caregivers of someone living with Alzheimer's/Dementia who want to meet others experiencing similar situations with a chance to share experiences, learn new information, receive peer support, and help each other cope more effectively.	PrimaryCare Network LAKELAND

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.

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

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

Alberta Health Services

Mental Health Services

Walk-In Clinic

Tuesdays:
1 - 3 p.m.

St. Therese - St. Paul Healthcare Centre
4713 48 Ave

Call: 780-645-1850

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

Alberta Health Services

Alberta Health Services

Alberta Healthy Living Program

December 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 3

Dec 8 - Eating Away at 5:30pm
Dec 15 - Factors Affecting Weight Management at 5:30pm

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 - Dec 1 & 8 at 9:30am
Part 2 - Dec 15 at 9:30am

Part 1 - Dec 5 & 12 at 5:30pm
Part 2 - Dec 19 at 5:30pm

Part 1 - Dec 6 & 13 at 9:30am
Part 2 - Dec 20 at 9:30am

Managing Stress - Registration Link

A 2 part workshop on Stress Management

Dec 7 & 14 at 6:30pm

Understanding COPD

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

Please check online for next available class

Better Choices Better Health®

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

Please check online for next available class

Chronic Pain

Discover changes and strategies to help you live healthier

Please check online for next available class

Moving Matters - Registration Link

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

Dec 8 at 9:30am

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 - Dec 1 at 5:30pm
Part 2 - Dec 8 at 5:30pm

Part 1 - Dec 7 at 9:30am
Part 2 - Dec 14 at 9:30am

Part 1 - Dec 13 at 1:30pm
Part 2 - Dec 20 at 1:30pm

Check online for classes available in the New Year!

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**

Caregiver Education Team Newsletter

December 2022

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.

Lunch & Learn Sessions

Mindfulness

Benefits for the Whole Family

For adults, and parents and caregivers of children and youth in grades K-12

Part 1:
Tuesday, December 6
12:00 – 1:00 pm

Part 2:
Tuesday, December 13
12:00 – 1:00 pm

Evening Education Sessions

Understanding Autism

For parents and caregivers supporting youth in grades K-12

Wednesday,
December 14
6:00 – 7:30 pm

Participant Feedback

"Love the ease of online sessions! Thank you."

"These sessions are so helpful. I'm grateful that they are put together and available…the time your team has put into these sessions has resulted in excellent, useful content. Thank you."

Sessions at a Glance

Alberta Health Services | AMH Education Services, Addiction & Mental Health, Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca

SENIORS' CENTRE
WITHOUT WALLS

PrimaryCare Network

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

DECEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
To join by **phone**, call: **1-855-703-8985** When prompted, enter Meeting ID: **225-573-6467#**			**1** **9:30am:** Gratitude **11am:** Coffee Chat **1pm**: Inventive Minds **3pm:** Climate Crisis?	**2** **9:30am:** Hymn Concert **11am:** Exercise **1pm**: Heritage Moment **3pm:** Where in the World?
5 **9:30am:** PODFeat. Rick Steves **11am:** Exercise **1pm**: Name That Tune **3pm: Happiness Basics**	**6** **11am:** Imagination Circle **1pm**: UN: Declaration of Human Rights **3pm:** Reader's Corner **4:30pm:** Just A Minute	**7** **9:30am:** True Crime **11am:** It's All Canada **1pm**: Holiday Traditions **3pm:** Exercise	**8** **NO PROGRAMS** **STAFF EVENT**	**9** **9:30am:** All Request Music **11am:** Protection from the Elements **1pm**: Who Why When **3pm:** Jeopardy
12 **9:30am:** Check This Out **11am:** Exercise **1pm**: Writing for Fun **3pm: Happiness Basics**	**13** **11am:** Relaxation **1pm**: Coffee Chat **3pm:** Tech Talk **4:30pm:** Dinner Theatre	**14** **9:30am:** TED Talk **11am:** Animal Spotlight **1pm**: Holiday Stories: Hannukah **3pm:** Exercise	**15** **9:30am:** Gratitude **11am:** The Storyteller **1pm**: Let's Talk About **3pm:** Working Through Grief	**16** **9:30am:** Holiday Favourites **11am:** Exercise **12:30pm**: Canadian Connections **3pm:** BINGO
19 **9:30am:** PODFeat. Rick Steves **11am:** Exercise **1pm**: Who Why When **3pm: Happiness Basics**	**20** **11am:** Imagination Circle **1pm**: Canada Book Review **3pm:** Nutrition for Health **4:30pm:** Brain Games	**21** **9:30am:** True Crime **11am:** Did You Know? **1pm**: In the Headlines **3pm:** Exercise	**22** **9:30am:** Gratitude **11am:** Holiday Vinyl Cafe **1pm**: As I Get Older… **3pm:** Heroes Among Us	**23** **11am:** The Shepherd
26 **BOXING DAY** 	**27** **NO PROGRAMS**	**28** **11am:** Coffee Chat	**29** **11am:** Who Why When	**30** **11am:** Quiz of the Year

Free Counselling Therapy Services

In-Person or Online

We Are Here to Help!

Moving to a new country can be both exciting and challenging! Adapting to Canadian culture, wanting to belong, learning a new language, finding a job, making friends, accessing resources, all these and more can place stress on your wellbeing and family.

The Multicultural Health Brokers Cooperative (MCHB) has a team of professionals and experienced counsellors from different cultures who understand your experiences and can help you gain the tools that you need to lead a healthier, happier life.

What We Offer

- We provide counselling for families, parents, children and couples, as well as parenting support. Services are free and completely confidential. They are tailored to your needs and can be as short or long-term depending on your wish.
- Connection to Family Resource Networks in your region or other relevant supports.

Who can Access Services

Families with immigrant and refugee experiences and their children under18 years old. If you're not sure if this service is for you, still call us, after we talk with you we would decide if we can support you or connect you with our Family Center and Kindred partners.

If you'd like to be connected to one of our counsellors you can email us at

COUNSELLINGINTAKE@MCHB.ORG OR CALL US AT 825-333-6242

First Responder to Sexual Assault and Abuse Training

Registration for **in-person** and **online** is open for First Responder to Sexual Assault and Abuse Training.

This is a focused training provided by AASAS to help you respond effectively to disclosures of sexual violence.

More Information

The Association of Alberta Sexual Assault Services (AASAS) is offering First Responder Training both in-person and online. This training is open to, but not limited to, individuals who work in Health, Social Services, Education & Justice, Nurses, Physicians, Social Workers, Youth Workers, Mental Health Workers, Teachers, School Counselors, Police Officers, Victim Services Workers, as well as Faith Leaders.

https://aasas.ca/training/first-responder-to-sexual-assault-and-abuse-training/

Lost in the Digital World?

COMPUTERS MAKING YOU FEEL LIKE YOU'RE SLOGGING THROUGH A JUNGLE?

LEARN ABOUT:

- ICONS AND TERMS
- DOWNLOADING AND UPLOADING
- SHARING ITEMS
- MOVING AND ORGANIZING FILES
- VIDEO CONFERENCING

WEDNESDAY MORNINGS 10:30 - 11:30 AT ELK POINT LIBRARY
REGISTER WITH SANDIE AT 780 614 6368

ALBERTA Brain Injury Network

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

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

Franco accueil

Je découvre sur les ailes... ...d'une petite coccinelle

4609-40 rue St Paul

780.645.5050

Groupe de jeux

Aucune inscription nécessaire – Pour les 0-5 ans avec les parents

No registration needed – For ages 0-5 with parents

À l'École du Sommet de 9h30 – 11h30

7 décembre 2022

Thème – La neige / Snow

14 décembre 2022

Thème – Petits Chefs:

Biscuits de Noël / Christmas cookies

Off on the Right Foot

A day of fun & discovery for children 3 to 5

Tuesday, January 31, 2023

École du Sommet Gymnasium

4609 40th St.

9:00 a.m. to 1:30 p.m.

Free consultations from Health & Educational Professionals

- « Ages & Stages » Questionnaires
- Early Childhood Professionals
- Speech & Language Pathologist
- Occupational Therapist

Community organizations & information on family well-being. Childcare service onsite.

Call 780-645-5050 to book your appointment

Franco accueil — Conseil scolaire Centre-Est — ACFA Régionale de Saint-Paul — Alberta Health Services — Lakeland Family Resource Network

This event is made possible due to funds from the Public Health Agency of Canada

pageborders.org

Partir du bon pied

Journée de plaisir et de découverte pour les enfants de 3 à 5 ans

mardi le 31 janvier 2023

au gymnase de l'École du Sommet

4609 40e rue

9h à 13h30

Consultations gratuites de professionnels en santé et éducations.

- Questionnaires « Ages & Stages »
- Professionnels en petite enfance
- Orthophoniste
- Ergothérapiste

Organismes communautaires et Informations pour le bien-être familial

Veuillez vous inscrire 780-645-5050

Franco accueil — Conseil scolaire Centre-Est — ACFA Régionale de Saint-Paul — Alberta Health Services — Lakeland Family Resource Network

Cette activité est rendue possible grâce au fond de l'agence de santé publique du Canada

pageborders.org

RAAC

REGIONAL ABILITIES AWARENESS COMMITTEE

IN CELEBRATIONS OF PERSONS WITH DISABILITIES PRESENTS

KIM DECHAINE

Kim Dechaine is a Speaker, Workshop Facilitator, Leadership Coach, Teacher and expert on burnout and mindfulness at work. She offers leadership programs that focus on mindfulness, self-leadership and productivity. Kim provides solutions to building happier, healthier and wealthier organizations, lives and communities.

Kim's signature offerings and core services:

- Empowering & Inspiring Keynote Address
- Workshops (However large or small)
- Group Coaching & Team Building
- One-on-one Coaching (Local or Distance)
- Energy Healing Session Work

JOIN US!

DECEMBER 2, 2022

9-11 AM

FREE PANCAKE BREAKFAST

MANNAWANIS NATIVE FRIENDSHIP CENTRE
4901-50 STREET, ST PAUL

FOR MORE INFORMATION CALL
780-614-1944

THE PREMIER'S COUNCIL ON THE STATUS OF PERSONS WITH DISABILITIES

FCSS St. Paul Regional Family & Community Support Services

RAAC Regional Abilities Awareness Committee

LAKELAND CROSS COUNTRY SKI CLUB

Christmas Fun Ski !

Free rentals available for
St. Paul Community Christmas

sizes available for all ages

Saturday, December 3, 2022
from 1 - 4 pm
at the St. Paul Golf Club

Lakeland Cross-Country Ski Club
volunteers will be onsite to get you going!

Activity is weather & snow dependant
Check website www.lakelandxcski.com
& Facebook to make sure event will occur

Merry Christmas
Happy New Year
Holiday Office Hours:
CLOSED: Dec 24 - Jan 1
Wishing everyone health & happiness this holiday season and through out the coming year.
St. Paul & District
Chamber of Commerce

Christmas Business Decorating Contest

The St. Paul & District Chamber of Commerce invites you to create a festive and beautiful business district.

Judging will take place on December 20

3 Winners will be chosen and will each receive $100

Email or text a photograph of your storefront, indoor or outdoor display to the Chamber by December 19
executivedirector@stpaulchamber.ca or text -780-210-5820

St. Paul & District Chamber of Commerce

SHOP LOCAL

ST. PAUL

NOVEMBER 14 - DECEMBER 14

Draw Date: Dec 15

$3000.00

in prizes to be awarded

($1500 1st Place - $1000 2nd Place - $500 3rd Place)

For every $20 spent at participating businesses you will get an entry into the draw

Businesses MUST register to participate:

FREE for Chamber Members

$50 Fee for Non-Chamber Members

QR Code provided to each participating business

St. Paul & District Chamber of Commerce
executivedirector@stpaulchamber.ca
780-645-5820 or call/text 780-210-5820

St. Paul & District Chamber of Commerce

CELEBRATE Hometown Businesses

St. Paul Annual Community Christmas

Saturday, December 3rd

If you are organizing an event or activity for this date and would like to include your event in our advertising, please contact the Chamber Office.

Schedule of Events/Activities

Friday, Dec 2 - 5th Annual Tim Horton's Christmas Tree Lighting
7:00pm - 8:00pm at the Tourist Information Booth (Landing Pad)
Join us for FREE Hot Chocolate, Tim Bits, Inflatables, SANTA, and MORE!

The Big Christmas Craft Sale
10:00am - 4:30pm at the Rec Centre
FREE Admission - food bank donations welcome
Crafts, Glass, Pottery Art, Sewing, Jewelry, Decor, Sculpture & More

Small Business Christmas Market
10:00am - 4:30pm at the St. Paul Curling Rink
Come and support many small businesses

Cardboard Gingerbread House Building
10:00am - 5:00pm FREE @ St. Paul Library
Drop in anytime between 10 - 5. All supplies provided.

Cross Country Skiing
1:00pm - 4:00pm FREE @ St. Paul Golf Course Club House
Join us at the clubhouse and try out skiing
Sizes available for the whole family
Weather/Snow dependent - check for updates:
Website: lakelandxcski.com or
Facebook: Lakeland Cross-Country Ski Club

Home Based Business Christmas Market
10:00am - 5:00pm at The Landing Hotel & Conference Centre
Table fees will be donated to the food bank.
Food bank donations are encouraged also.

Pop Tart Christmas House Building
2:00pm - 4:00pm at Portage College
House kits will be supplied (while quantities last)

The Nutcracker
7:30pm - Doors open at 6:45pm
All Saints Ukrainian Orthodox Cultural Centre
All children Under 3 get in FREE! Adults and Youth $15
2nd Show: Sunday, December 4th - 2:30 pm

Hot Dogs & Hot Chocolate
5:00pm - 7:00pm - FREE at The Lions Park
(Corner of 49 St. & 50 Ave)

*****Light up Christmas Parade*****

Start at 6:00pm at the LIONS PARK - please register at the Chamber (see below) or check our Facebook page for details

St. Paul & District Chamber of Commerce
Office: 780-645-5820
Cell: 780-210-5820 (texting accepted)
Email: executivedirector@stpaulchamber.ca
Follow us on Facebook:
St. Paul & District Chamber of Commerce

St. Paul & District Chamber of Commerce

Musée St. Paul Museum Presents
its Annual:

"Dashing Through the Snow" Event

Saturday December 17th

6:00 – 8:00 pm.

Special guest appearance: Santa & Mrs. Claus
Bring a Camera to capture the moment and freeze in time a memory.

Child Craft: A Terra Cotta Bell Ornament (one per child as supplies last.)

Tractor Pulled Hay Ride (weather Permitting) will provide a beautiful ride on a winter day. (Please dress accordingly)

Warm Up with Hot Chocolate or Apple Cider.

Regular Admission applies: $2/child, $5/adult, $12 Group up to six people.
Location: 5409 50th Ave., St. Paul, Alberta

PEOPLES' MUSEUM SOCIETY OF/DE ST. PAUL AND DISTRICT

2nd Annual

Kick Off to Christmas

Presented by The Glendon Agricultural Society
in partnership with
The Village of Glendon

Saturday December 3rd 2022

Starting at 2:00pm will be our Santa Drive by provided by the Tiller Family! Come out and wave to Santa as he goes past your house! Proceed to the R.C.M.P Hall for an afternoon of fun and games!

Holiday Bingo
Gingerbread house making
Write your letter to Santa
Hot Chocolate
Decorate an ornament for the Community Tree
Vote for your favourite Gingerbread House in our Contest
Pictures with Santa from 3:00-4:30, photos done by Just Rewind Time Photography
At 5:00pm we will make our way to Perogy Park for the lighting of our Community Christmas Tree

The BIG POTTERY & ART Sale

St. Paul Visual Arts Centre

4613-53 Street (South of the Pool)

THURS. Nov. 24th 4:00 pm - 8:00 pm
FRI. Nov. 25th 4:00 pm - 8:00 pm
SAT. Nov. 26th 10:00 am - 4:00 pm

3 DAYS ONLY!

HANDMADE POTTERY, PAINTINGS, GLASS FUSION & MORE!

Uniquely made by SPVAC Artisans

Facebook @StPaulVisualArtsCentre
www.spvac.com

Alberta Foundation for the Arts

St. Paul Visual Arts Centre

ST.PAUL ELKS
Seeking vendors & Makers
ANNUAL ELKS CHRISTMAS CRAFT /VENDOR SHOW
SATURDAY
DECEMBER 17,2022
OPEN FROM 10:00AM - 04:00PM
APPLY TO
STPAULELKS465@GMAIL.COM
OR
MESSAGE ON FACEBOOK TO
ST.PAUL ELKS 465

THE BIG
Christmas Craft Sale!
SAT DEC 3, 2022
10:00 AM - 4:30 PM
5310-48 AVE ST. PAUL
ST. PAUL RECREATION CENTRE

CHRISTMAS MARKET
Friday, December 2
4:00 pm - 9:00 pm
Centennial Seniors Centre
5114-49 St.
St Paul, AB
Following the Farmers Market
Find a special Gift for those hard to buy for people in your Life
Unique Xmas Gifts
Wont get lost in Shipping
Vendor Spaces still Available
contact:
Shelley 780-614-1003
Stacey 780-614-7463

Inclusion St. Paul

INVITES YOU TO JOIN US FOR A NIGHT OF PIZZA & BOWLING ON US, TO KICK OFF THE HOLIDAY SEASON!

Candy Cane Lane Christmas Party

TAKING PLACE AT

Parallel Lanes

4906 49 Ave, St. Paul, AB T0A 3A0

DATE: 3 DEC. 2022
TIME: 1- 4 PM

PLEASE RSVP WITH YOUR NAME & NUMBER OF PEOPLE ATTENDING TO MAIL@INCLUSIONSTPAUL.ORG

CAPELLA CENTRE INVITES YOU TO

Holiday Cookie Decorating

Please join us December 16th to decorate cookies with your own individual flair!

We have three decorating opportunities:
10 to 11:30 am, 2-3:30 pm & 6-7:30 pm

All supplies provided
No experience necessary - All ages

Location - 4901 53 Avenue

Limited Spots Available

QR Code to Register

St. Paul & District STEAM Society

in collaboration with

St Paul Education
Learning Together, Growing Together

&

Conseil scolaire Centre-Est

is proud to present the first ever

ST PAUL INTER - DISTRICT Science fair 2023

GRADES 1-12

ALL SCHOOL & HOMESCHOOL KIDS ARE WELCOME TO COMPETE.

NOVEMBER 2022
FEBRUARY 2023

FOR REGISTRATION QUESTIONS
EMAIL: PRESIDENT@SPDSS.CA
OR
EMAIL: GAMBKEIT@SPERD.CA

REGISTER TODAY TO RECEIVE THE SCIENCE FAIR STUDENT PACKAGE

SANTA'S AT THE LIBRARY
COME JOIN US.
SATURDAY
DECEMBER 10TH
FROM
11AM TO 1:30PM
ST. PAUL MUNICIPAL LIBRARY
ST. PAUL, ALBERTA

Drop in and Unwind at the St. Paul Library

Tuesdays 12pm to 4pm

Bring your knitting, crochet, cross-stitch or other projects. Work chat and get it finished.

MIND CRAFTERS

Geared to Teens and Adults

Register by visiting the program tab on our website
www.stpaullibrary.ab.ca or e-mail programs@stpaullibrary.ab.ca

Thursday
Dec 15th 6:00pm

Rail Snowman

Limited Space

St. Paul Municipal Library
53rd Street & 48th Avenue, Box 1328
St. Paul, Alberta T0A 3A0 | (780) 645-4904
programs@stpaullibrary.ab.ca
www.stpaullibrary.ab.ca/

FAMILY FUN DAY!

Bring the whole family and enjoy some time together.

Drop In

Saturdays 10am to 4pm

November 5th – Board Games
November 12th – Building Blocks
November 19th – Doodle Day
November 26th – Smart Builders
December 3rd – Cardboard Gingerbread House Creations
December 17th – Lego

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

Newcomers and ESL Board game night!

Tuesdays 7:00 - 8:30 pm

January 10th
January 17th
January 24th
January 31st

February 7th
February 14th
February 21st
February 28th

Get more information and reserve your spot by:

1. Calling 780-645-4904
2. E-mailing programs@stpaullibrary.ab.ca
3. Asking at the front desk

St. Paul Community Learning Association
Lifelong learning...it's our business

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

Family Story-time

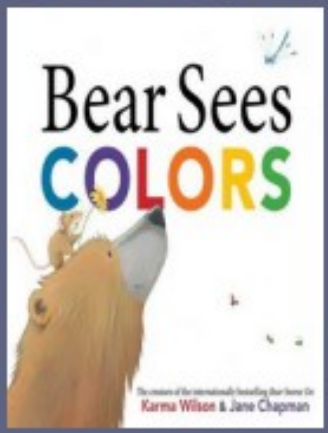
At the Library
Fridays at 10:30am

Register under the programs tab on our website at www.stpaullibrary.ab.ca or
E-mail us at programs@stpaullibrary.ab.ca

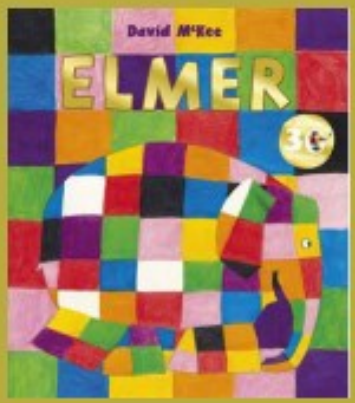
Registration required

December theme Colors

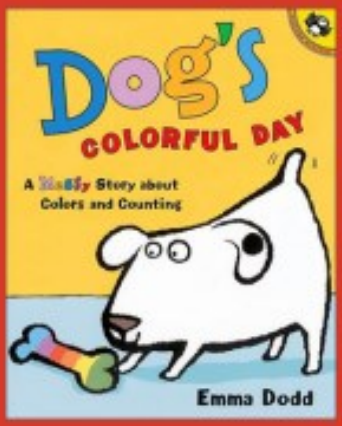
Dec 2nd



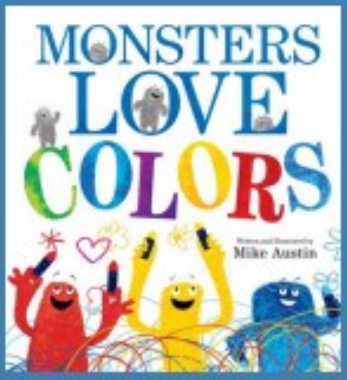
Dec 9th



Dec 16th



Dec 23rd



Dec 30th

St Paul Municipal Library's Author Market

Saturday December 10th

11am to 2pm

~Amanda Zimmerman

~Eileen Schuh

~Tara Severin

~Tyler J. Sundt

Letters for Santa

At the St Paul Library

Come pick up your Santa letter writing kit between November 18th & December 10th

If you drop off your letter before December 6th you can get your reply letter from Santa in person on December 10th. or give it to Santa in person on December 10th and you'll receive your reply letter by mail!

ST. PAUL MUNICIPAL LIBRARY
ST. PAUL, ALBERTA

St. Paul & District Arts Foundation

PRESENTS

THE Nutcracker

ARTISTIC DIRECTOR - DAVE GANERT

All Saints Ukrainian Orthodox Cultural Center

5601 51 St. Paul, AB T0A3A1

SATURDAY

SUNDAY

DECEMBER 3 @ 7:30 PM

DECEMBER 4 @ 2:30 PM

ADULTS $15

FREE FOR CHILDREN 3 AND UNDER

TICKETS AVAILABLE ONLINE

OR AT HAPPY HOUSE IN ST PAUL

Alberta

Alberta Foundation for the Arts

Dance Classes

Register Now!

HIP-HOP, BALLET,
LATIN BEATS,
CREATIVE MOVEMENT
TOT AND ME

REGISTER WITH THE QR CODE OR AT WWW.ARTFOUNDATION.CA/REGISTER

Contact us at
mpdowntownartsstudio@outlook.com

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-competative 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