



**INSIDE THIS ISSUE:**

# January

## 2023 NEWSLETTER

### Interagency

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

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

**NEXT MEETING**  
Tuesday Jan 17th  
@ 10 am  
Please RSVP.



## Prevention & Awareness

- P2... St Paul Men, Let's Talk
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- P4... Bell Let's Talk
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- P29... Alzheimer Society Support Group
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## For Your Development

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## Ways to Connect

- P39... Inclusion AGM
- P40-42... RCMP Youth Opportunities
- P43... Holiday Stir-Up
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- P45... Science Fair
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# ST PAUL MEN, LET'S TALK

*Invites you to join us*

EVERY 3RD TUESDAY  
OF THE MONTH  
STARTING  
JANUARY 17  
7:30PM

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

**FREE**

FCSS Boardroom  
5002-51 Ave

FOR MORE INFO CALL  
**780-933-6468**



**fcss**

St. Paul Regional  
Family and Community  
Support Services



**This Brew Monday, 16 January, Samaritans is reminding everyone to reach out for a cuppa and a catch-up with the people you care about.**

### **Why 'Brew Monday'?**

The third Monday in January is sometimes referred to as 'the most difficult day of the year' but this is a myth. At Samaritans we know there's no such thing as 'Blue Monday' – we all have our good days and our bad days, and those aren't for the calendar to decide.

So we say it's time to stop this myth about Monday being 'blue' and instead start a conversation over a brew! Reach out and connect with family, friends, colleagues and loved ones.

**We can always make time for a cuppa and a catch-up.** It doesn't matter if it's a Monday morning or Saturday night, or if you're drinking green tea, black coffee or orange juice. If you're sharing a cuppa and listening, you're doing it right.

**[samaritans.org/brewmonday](https://samaritans.org/brewmonday)**

**SAMARITANS**





# Moving mental health forward

## Bell Let's Talk Day is Wednesday, January 25

Mark your calendar! The 13<sup>th</sup> annual Bell Let's Talk Day will take place Wednesday, January 25. Stay tuned to learn more about how you can get involved to help create positive change.

**letstalk.bell.ca**  **Bell**  
Let's Talk



# financial ● Support for Seniors ● aging in place

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DO YOU:

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

## we want to HELP!

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

## 780-645-5311



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

Canada

**HELPING people,  
makes our world a better place!**

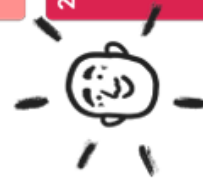


**If you see a Snow Angels sign, please be kind  
and shovel this persons' walkway because they  
are unable to do it themselves.**

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

**780-645-5311**

# Happier January 2023



SUNDAY

1 Find three things to look forward to this year

8 Say positive things to the people you meet today

15 Get outside and notice five things that are beautiful

22 Plan something fun and invite others to join you

29 Say hello to a neighbour and get to know them better

MONDAY

2 Make time today to do something kind for yourself

9 Get moving. Do something active (ideally outdoors)

16 Contribute positively to your local community

23 Put away digital devices and focus on being in the moment

30 See how many people you can smile at today

TUESDAY

3 Do a kind act for someone else to help brighten their day

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

17 Be gentle with yourself when you make mistakes

24 Take a small step towards an important goal

31 Write down your hopes or plans for the future

WEDNESDAY

4 Write a list of things you feel grateful for and why

11 Switch off all your tech at least an hour before bedtime

18 Get back in contact with an old friend

25 Decide to lift people up rather than put them down



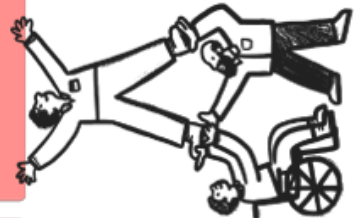
THURSDAY

5 Look for the good in others and notice their strengths

12 Connect with someone near you - share a smile or chat

19 Focus on what's good, even if today feels tough

26 Choose one of your strengths and find a way to use it today



FRIDAY

6 Take five minutes to sit still and just breathe

13 Take a different route today and see what you notice

20 Go to bed in good time and allow yourself to recharge

27 Challenge your negative thoughts and look for the upside



SATURDAY

7 Learn something new and share it with others

14 Eat healthy food which really nourishes you today

21 Try out something new to get out of your comfort zone

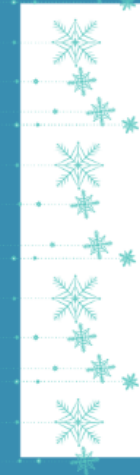
28 Ask other people about things they've enjoyed recently



ACTION FOR HAPPINESS

Happier • Kinder • Together





*Lakeland*

FAMILY RESOURCE NETWORK

5002-51 Ave, St. Paul, AB

Call: 780-645-5311

Text: 780-614-1941

Click: [lakelandfrn.ca](http://lakelandfrn.ca)

[frn@town.stpaul.ab.ca](mailto:frn@town.stpaul.ab.ca)



[stpaulfcssfamilyresourcenetwork](http://stpaulfcssfamilyresourcenetwork)

Child Development & Well Being

**Ages 0-6- PURPLE**

**Ages 7-18- GREEN**

Caregiver Capacity

Building/Parenting Classes

**ORANGE**

Community Event

**BLACK**

# JANUARY

MON	TUE	WED	THU	FRI
2 Story Time & Craft 10am-12pm drop in	3 Teen Triple P 2pm-3:30pm register	4 Youth Program What do YOU see for 2023? 2pm-4pm register	5 No Program	6 Rhymes That Bind 10am-12pm drop in
9 Read and Roll 10am-11am register	10 Run, Jump, Skip 10am-12pm drop in	11 No Program	12 Baby Bunch 1:30pm-3:30pm drop in	13 Icky, Sticky, Messy 10am-12pm drop in
16 Read and Roll 10am-11am register	17 Tipsheet Tuesday 2pm register	18 Youth Program Mindful Matters 3:30pm-5:30pm register	19 Ashmont Moms & Tots 10am-12pm Baby Bunch(Yoga) 1:30pm-3:30pm register	20 Fine Motor Fun 10am-12pm drop in
23 Read and Roll 10am-11am register	24 Mallaig Moms & Tots 9:30am-11am Traditional Teachings w/ Jan 10am-11:30am register	25 Kids Yoga 4pm for ages 5-7 register	26 Baby Bunch 1:30pm-3:30pm drop in Run, Jump, Skip 6pm-7:30pm drop in	27 Rhymes That Bind 10am-12pm drop in
30 Read and Roll 10am-11am register	31 Off on the Right Foot at Ecole du Sommet (see poster)			

Some programs require registration and others are drop-in

# 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



# Baby BUNCH

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

**Date:** January 19  
**Time:** 1:30pm - 3:30pm  
**Location:** LFRN Center - 5002 - 51ave

## Yoga & Healing Bowls with Melina Piquette

Gentle guided yoga sequence for moms and caregivers with babes followed by a calming sound bath with crystal healing bowls.

*Lakeland*  
FAMILY RESOURCE NETWORK



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



# FINE MOTOR FUN



**Developing fine motor skills through play**



**Join us on January 20**

**10am - 12pm**

**for ages 0-6yrs**

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

**LFRN Center 5002 - 51ave**

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FAMILY RESOURCE NETWORK



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FAMILY RESOURCE NETWORK



**ICKY, STICKY, MESSY PLAY**

**JANUARY 13**

**10AM - 12PM**

**LFRN 5002 - 51AVE**

**TO REGISTER 780-645-5311**

**Encourages sensory  
development**





# KIDS YOGA

FOR AGES 5 -7 YEARS

WEDNESDAY, JANUARY 25

4PM

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

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FAMILY RESOURCE NETWORK





**For ages 7yrs+**

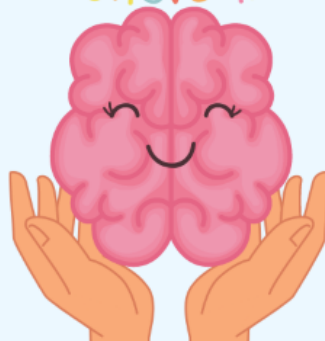
# *Youth Program* **MINDFUL MATTERS**

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

**Wednesday, January 18**  
**3:30pm - 5:30pm**

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

*I believe in me*



*Lakeland*

FAMILY RESOURCE NETWORK

# MOMS and TOTS

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

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

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



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

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

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



# Read and Roll

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

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

**Mondays - at the Library!  
7 week Program**

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

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

**FREE!**



**To register or for  
more information,  
call 780-645-5311**

**SESSION RUNNING**

**Jan 9, 16, 23, 30**

**Feb 6, 13, 27**



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FAMILY RESOURCE NETWORK



# Rhymes That Bind



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



**JANUARY 6 & 27  
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**



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FAMILY RESOURCE NETWORK





# Evening RUN, JUMP, SKIP

January 26 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



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FAMILY RESOURCE NETWORK



# RUN, JUMP, SKIP

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



Call 780-645-5311 to register

*Lakeland*  
FAMILY RESOURCE NETWORK







# STORY TIME AND CRAFT



**JANUARY 2**

**10am - 12pm**

Call 780-645-5311 to register

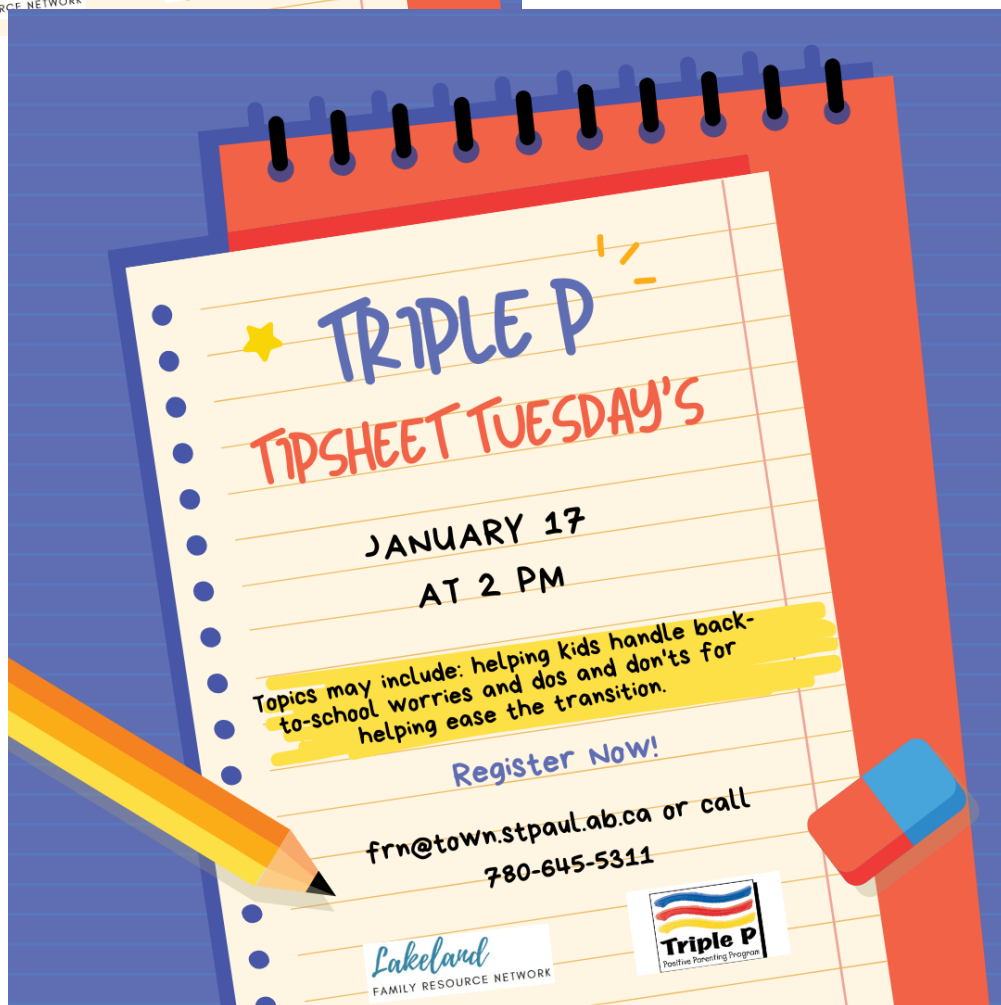
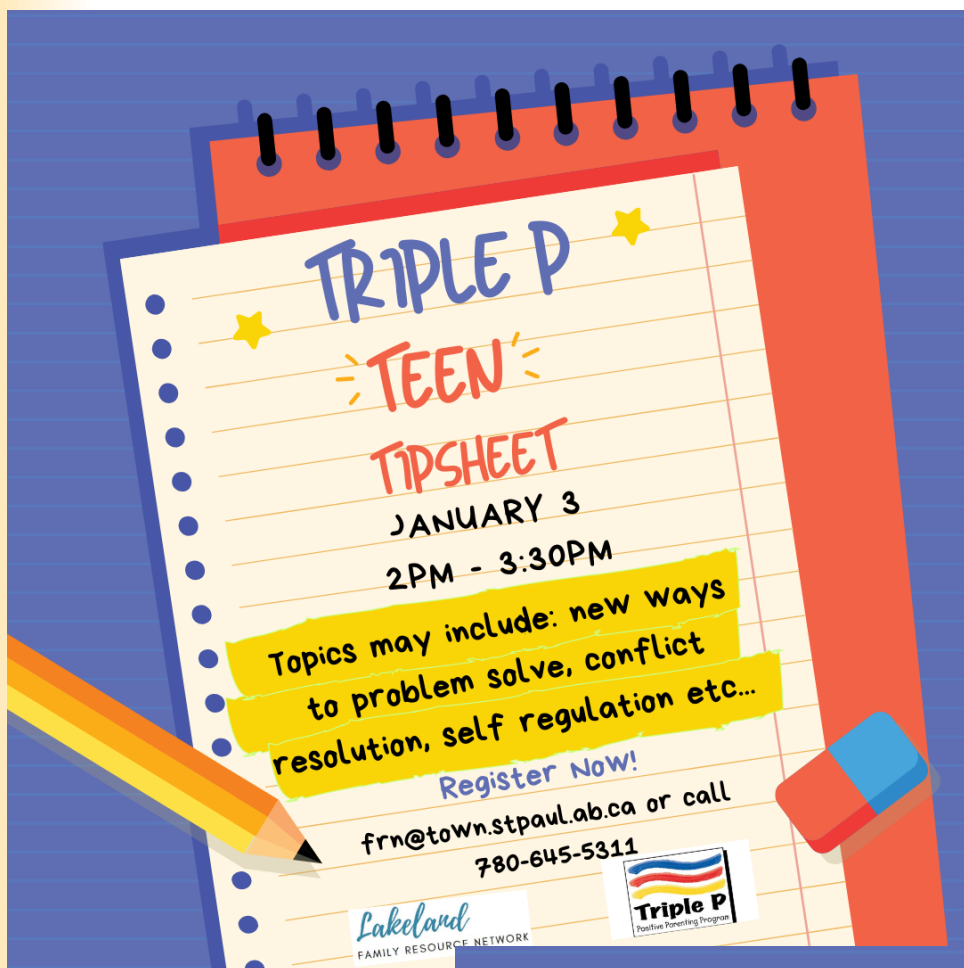
LFRN Center 5002 - 51ave



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FAMILY RESOURCE NETWORK







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

**Tuesday, January 24**  
**10am-11:30am**  
**at the Lakeland Family Resource Network**  
**5002-51 Ave**

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

For children and youth

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





FOR YOUTH 7YRS+

# WHAT DO YOU SEE FOR 2023?

Start the New Year on the right foot  
Join us in creating your own  
Vision Board for 2023

**JANUARY 4**  
**2PM - 4PM**

LFRN 5002 - 51ave  
to register 780-645-5311



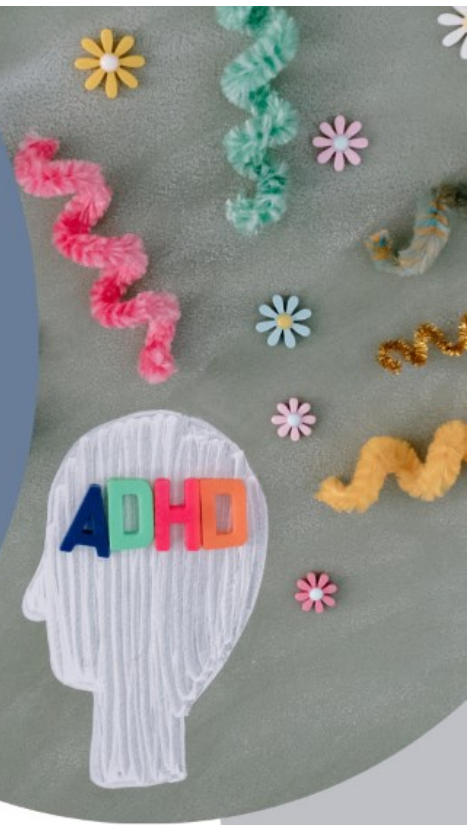
*Lakeland*

FAMILY RESOURCE NETWORK



# 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](mailto:frnspoke@town.bonnyville.ab.ca)



## Indigenous Project Assistant

**Job Posting #HW 07/22/06** - please note this number when applying for this position

### THE OPPORTUNITY:

The Rural Development Network is seeking an Indigenous Project Assistant to support the development of a decolonized data collection tool. Informed by Elders and Knowledge Keepers, this project will support the planning and implementation to provide strategies for gathering data and quantifying housing needs, service needs and community development projects on First Nation communities in Canada.

The project objectives are to co-develop and publish a well-defined, easy-to-follow process that encompasses the 12 dimensions of Indigenous Homelessness (Canadian Observatory on Homelessness, 2018). This Indigenous-led project, undertaken in partnership with First Nation communities and service providers will be Elder-blessed, and will align with a strength-based approach.

The Indigenous Project Assistant is responsible for assisting with the overall project delivery and ensuring deadlines and deliverables are met. This entails establishing and adhering to project goals, supporting relationship building with community partners, and ensuring project expectations are met.

This is a Full-time permanent position working Monday to Friday – with the understanding that flexibility is required based on each First Nations protocol, customs and needs.

Visit **[www.ruraldevelopment.ca/careers](http://www.ruraldevelopment.ca/careers)** for more info



# Be a part of our mission



## Where Ability Meets Opportunity

At EmployAbilities, it is our mission to provide specialized services to individuals with disabilities or barriers to employment by creating opportunities for skill development, education, and employment.

We envision an inclusive society where all people are valued, respected, and have the opportunity to work to their full potential.

Since 1974, we have served people with disabilities, barriers to employment, and employers, and acted as a voice of community advocacy. Experience and passion have fueled our leadership in developing programs, services, and resources that increase the economic participation and empowerment of people with disabilities and individuals with barriers to employment. Our services are not about entitlement or compromise, but inclusion and opportunity.

For more information about EmployAbilities, please visit our website: <https://employabilities.ab.ca/>.

## Job Club Facilitator

### Job Information

**Location:** Various locations – Vegreville, St. Paul, Bonnyville and Lac La Biche

**Part Time/Full Time:** Full Time

**Temporary/Permanent:** Permanent

**Hours of Work:** 35

**Salary Range:** \$45,000 to \$50,000 annually

**Deadline for Submission:** continuous until there are suitable candidates

## Employment Facilitator

### Job Information

**Location:** Lac La Biche and St. Paul

**Part Time/Full Time:** Full Time

**Temporary/Permanent:** Permanent

**Hours of Work:** 35

**Salary Range:** \$45,000 to \$50,000 annually

**Deadline for Submission:** continuous until suitable applicants are received

## How to Apply

Please submit your **complete resume and cover letter** to: Jackie Nguy. In the subject line, indicate Employment Facilitator, St. Paul or Lac La Biche [jnguy@employabilities.ab.ca](mailto:jnguy@employabilities.ab.ca)

We thank all applicants for their interest. All applications will be reviewed. Only individuals selected for interviews will be contacted.

EmployAbilities is an equal opportunity employer, and we are committed to increasing diversity and inclusion in our workforce and in our organizational practices. We encourage candidates of all backgrounds and experiences to apply.

If you require accommodations at any time during the recruitment phase include that information in your application.



**Employment Services  
for Albertans with Disabilities**

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

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

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

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



**SCAN ME**

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

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

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





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

Employment & Training Services  
Provided to Albertans with  
Disabilities

## JOB SEEKERS

Employment Facilitators work with you to:

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



## EMPLOYERS

We can help you by:

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

## CONTACT US:

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


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



## 2022-2023 CARE PARTNER SUPPORT GROUPS

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

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

<p style="text-align: center;"><b>ST. PAUL</b></p> <p><b>Where:</b> Lakeland Primary Care Network (Boardroom) St. Paul Wellness Centre #101 – 4801 – 39 Street</p> <p><b>Time:</b> 6:30 - 8:30 pm</p> <p><b>When:</b> 3<sup>rd</sup> Wednesday of each month</p> <p><b>Dates:</b></p> <ul style="list-style-type: none"> <li>September 21, 2022</li> <li>October 19, 2022</li> <li>November 16, 2022</li> <li>December 21, 2022</li> <li>January 18, 2023</li> <li>February 15, 2023</li> <li>March 15, 2023</li> <li>April 19, 2023</li> <li>May 17, 2023</li> <li>June 21, 2023</li> </ul>	<p style="text-align: center;"><b>ELK POINT</b></p> <p><b>Where:</b> Elk Point Healthcare Centre (Board Room) 5310 – 50 Avenue</p> <p><b>Time:</b> 6:30 - 8:30 pm</p> <p><b>When:</b> 3<sup>rd</sup> Tuesday of each month</p> <p><b>Dates:</b></p> <ul style="list-style-type: none"> <li>September 20, 2022</li> <li>October 18, 2022</li> <li>November 15, 2022</li> <li>December 20, 2022</li> <li>January 17, 2023</li> <li>February 21, 2023</li> <li>March 21, 2023</li> <li>April 18, 2023</li> <li>May 16, 2023</li> <li>June 20, 2023</li> </ul>
<p><b>The Care Partner Support Group is designed for family members, friends, &amp; caregivers of someone living with Alzheimer's/Dementia who want to meet others experiencing similar situations with a chance to share experiences, learn new information, receive peer support, and help each other cope more effectively.</b></p>	

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

# 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







# 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



## January 2023 Workshops for Adults by ZOOM

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

### Weight Management

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

#### Tier 1

Wed Evenings	January 11, 18, 25	5:30 - 8:00pm
Thu Afternoons	January 19, 26, Feb 2	1:30 - 4:00pm
Tue Evenings	January 24, 31, Feb 7	5:30 - 8:00pm

### Managing Diabetes

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

Part 1: Thur Evenings	Jan. 5 & 12	5:30 - 8 pm
Part 2: Thur Evening	Jan. 19	5:30 - 8 pm
Part 1: Wed Afternoons	Jan. 11 & 18	1:30 - 4 pm
Part 2: Wed Afternoon	Jan. 25	1:30 - 4 pm
Part 1: Tues Mornings	Jan. 17 & 24	9:30 am - Noon
Part 2: Tues Morning	Jan. 31	9:30 am - Noon
Part 1: Mon Evenings	Jan. 23, 30	5:30 - 8 pm
Part 2: Mon Evening	Feb. 6	5:30 - 8 pm

### Managing Stress

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

Mon Mornings	Jan. 30 & Feb. 6	9:30 am - 12 pm
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### 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. 6 class workshop.

**Tue Afternoons - 12:30 - 3:00pm**  
January 24, 31, Feb 7, 14, 21, 28

Better Choices Better Health® for

### Chronic Pain

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

**Wed Evenings - 6:00 - 8:30pm**  
January 18, 25, Feb 1, 8, 15, 22

### Moving Matters

Learn to exercise safely, overcome barriers and stay motivated.

**Set a goal and get started!**  
**January 26 9:30am - noon**

### Heart & Stroke

#### 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.

**Wed Evenings 5:30 - 8 pm**  
Part 1: Jan. 4  
Part 2: Jan. 11

**Thur Morning 9:30 am - Noon**  
Part 1: Jan. 12  
Part 2: Jan. 19

**Mon Afternoon 1:30 - 4 pm**  
Part 1: Jan. 16  
Part 2: Jan. 23

**Tues Evening 5:30 - 8 pm**  
Part 1: Jan. 24  
Part 2: Jan. 31

### 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.

[Click here to register](#)

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

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





# Caregiver Education Team Newsletter

## January 2023



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

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

### Caregiver Education Sessions

#### Sleep and Your Family's Mental Health

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

##### Part 1:

##### The Importance of Good Sleep Hygiene

Wednesday, January 18  
12:00 – 1:00 pm

##### Part 2:

##### Setting the Stage for Good Sleep

Tuesday, January 25  
12:00 – 1:00 pm

#### Body Image and Eating Disorders

For parents and caregivers supporting adults or teens (Grades 7-12)

Wednesday, January 25  
6:00 – 7:30 pm

### Adult Education Sessions

#### Understanding Anxiety Series

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

##### Part 1:

##### An Introduction

Tuesday, January 17  
12:00 – 1:00 pm

##### Part 2:

##### Calming Our Bodies

Tuesday, January 24  
12:00 – 1:00 pm

##### Part 3:

##### Settling Our Minds

Tuesday, January 31  
12:00 – 1:00 pm

### Participant Feedback:

"The speakers were easy to listen to and understand, the content was relevant, helpful and immediately applicable."

"You are providing important information. Thank you!"

## Sessions at a Glance



AMH Education Services  
Addiction & Mental Health  
Edmonton Zone

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





SENIORS' CENTRE  
WITHOUT WALLS



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

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

### How to Join Instructions

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

To join by phone:

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

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

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

3. Press # if asked for any further numbers.

Join electronically through the following link:

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

No video will be used.

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

**Main Office: 780.395.2626**

**Elizabeth: 780-239-8427**

**Gayle: 780-238-9612**

**Hanna: 587-758-6892**

JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday
2 <div></div>	3	4	5	6
9 <div>11am: Exercise 1pm: Program Preview 3pm: Everyday Moralities</div>	10 <div>11am: Imagination Circle 1pm: Reader's Corner 3pm: Some Good News</div>	11 <div>11am: San Juan Island Pig War 1pm: Brain Games 3pm: Exercise</div>	12 <div>NO MORNING PROGRAM 1pm: Coffee Chat 3pm: Good Sleep Hygiene</div>	13 <div>11am: Classical Music Hour 1pm: Animal Spotlight 3pm: Where in the World</div>
16 <div>11am: Exercise 1pm: Writing for Fun 3pm: Everyday Moralities</div>	17 <div>11am: Mindfulness-Being Ourselves 1pm: Mystery Chronicles 2:30pm: Estranged Children 3pm: Let's Talk About...</div>	18 <div>11am: Falls &amp; Injury Prevention 1pm: Its All Canada 3pm: Exercise</div>	19 <div>11am: A Storytelling 1pm: Gratitude 3pm: Dolly Parton</div>	20 <div>11am: All Request Music 1pm: Who Why When 3pm: Jeopardy</div>
23 <div>11am: Exercise 1pm: Old Souls &amp; Protest Songs 3pm: Everyday Moralities</div>	24 <div>11am: Imagination Circle 1pm: Next Stop, 2:30pm: Estranged Children 3pm: Eating on a Budget 4:30pm: Name that Tune</div>	25 <div>9:30am: True Crime 11am: EPL Presents! 1pm: Trivia 3pm: Exercise</div>	26 <div>11am: What's the Word? 1pm: Gratitude 3pm: Working Through Grief</div>	27 <div>11am: Vinyl Café 1pm: In the Headlines 3pm: BINGO</div>
30 <div>11am: Exercise 1pm: Writing for Fun 3pm: Everyday Moralities</div>	31 <div>11am: Mindfulness-Being Ourselves 1pm: Roger Freedman 2:30pm: Estranged Children 3pm: Heritage Moment 4:30pm: Family Feud</div>	To join by phone, call: 1-855-703-8985  When prompted, enter Meeting ID: 225-573-6467#		

# JANUARY



## **Mannawanis Native Friendship Centre Society Girls Support Group**

**There are a couple spaces available for Mid January**

Weekly Youth Nights for girls between the ages of 8 to 17. The night of the week will be dependent on age:

Monday nights - for ages 8 to 11

Wednesday nights - ages 12 to 15

The program creates a safe supportive environment for girls to focus on their strengths and capabilities (mental health and wellness) while learning new skills and making friends. The first hour of every session is composed of working on improving self-awareness and self-esteem, coping techniques, emotional regulation, coping, relaxation exercises, healthy life choices and so forth in a supportive all girl environment. The second hour of group night will be enhanced with fun activities art therapy exercises such as painting, beading, rattle making, ribbon skirt designing, traditional teachings, moccasin making, games and other learning activities. The activities are all geared to the ages of the participants. The program is free of charge as are all materials and supplies. The program is inclusive and is available to all girls who meet the age requirements and have an interest in self-improvement and development. Individual counselling and family support are available upon request. Spaces are limited - For more information (780 ) 646-2963. Registration forms are available from the receptionist at the Mannawanis Native Friendship Centre.





ST. PAUL FRIENDS OF  
PLAYSCHOOL



# PLAYSCHOOL

**Thinking of putting your child in playschool? We will be taking registrations for the new year until January 16th, 2023!**

Message us on Facebook or send an email to [st.paulfriendsofplayschool@gmail.com](mailto:st.paulfriendsofplayschool@gmail.com) for more info.



Come And Join Us For

Inclusion  
St. Paul

# **ANNUAL GENERAL MEETING**

**01/11/2023**

**COUNTY OF ST. PAUL OFFICE BOARD ROOM  
SOUTH (BACK ALLEY) ENTRANCE**

**TIME : 7 O'CLOCK**

REFRESHMENTS TO BE SERVED.  
EMAIL [MAIL@INCLUSIONSTPAUL.ORG](mailto:MAIL@INCLUSIONSTPAUL.ORG) IF YOU ARE  
INTERESTED IN ATTENDING.



## Indigenous Pre-Cadet Training Program

Throughout the COVID-19 pandemic, our paramount concern has been for the health and safety of our IPTP Candidates and those attending the academy as we continue to implement best practices in collaboration with provincial and federal health authorities.

The Indigenous Pre-Cadet Training Program (IPTP) offers Canadian Indigenous people, between the ages of 19 and 29, an opportunity to experience a modified three-week Depot training experience within the RCMP at the RCMP Training Academy in Regina, Saskatchewan.

"It gives Indigenous youth the opportunity to experience a training session and a first-hand view of what a possible career in police work could entail," says Cpl. Maureen Greyeyes-Brant, who was a graduate of the program and is now the National Coordinator.

### You'll learn:

- An introduction to the Criminal Code and RCMP policy
- Physical fitness and drill
- Skills to help prepare you to apply to be a police officer

### Basic Requirements

- Be between 19 - 29 years of age
- Be of First Nation, Inuit or Métis descent
- Be a Canadian citizen
- Be able to pass an enhanced reliability security check
- Be in good physical condition
- Possess a Canadian high school diploma or equivalent

# May 15th to June 2nd, 2023

**Now accepting applications for the 2023 spring session!**

Deadline: **March 1st, 2023**

For more information contact:

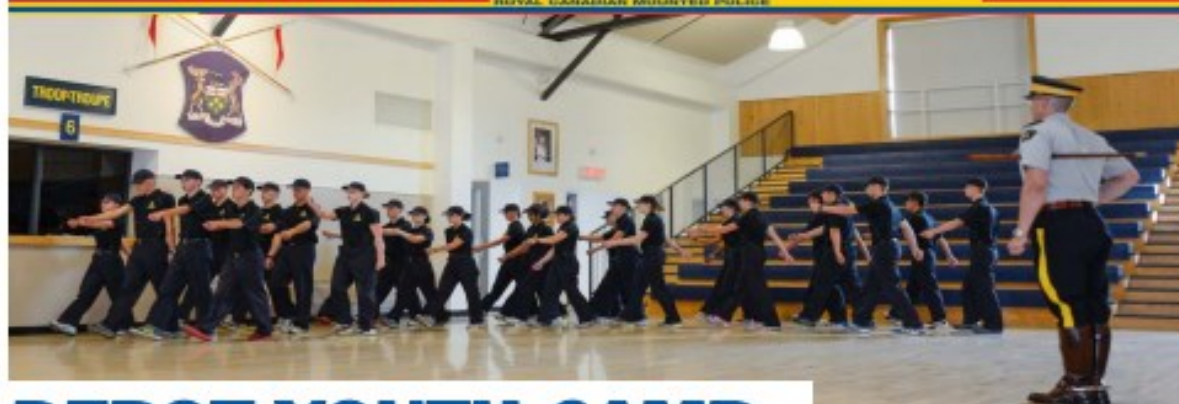
**[annick.carignan@rcmp-grc.gc.ca](mailto:annick.carignan@rcmp-grc.gc.ca)**

**I'm excited to be able to one day become an RCMP officer and inspire more to join to show that we can make a difference in society.**

*Phoebe Niviaqsiaq, Nunavut*







## DEPOT YOUTH CAMP

The Depot Youth Camp is a week-long summer camp for students in Grades 11 and 12 (ages 16-19).

Students selected for the RCMP Youth Camp form a co-ed group that is reflective of a typical RCMP cadet troop. By the end of the week-long camp, the group will develop a good understanding of the career possibilities offered by the RCMP. This is a once-in-a-lifetime opportunity to experience Depot prior to submitting an RCMP application.

This is also a wonderful opportunity to interact with police officers from many different units within the RCMP, which will allow you to obtain a better understanding of what life would be like as a member of the Royal Canadian Mounted Police!

### ABOUT THE PROGRAM

Student selection will be based on academic achievement, fitness and interest in a career in policing. While at camp, students will be issued parts of the RCMP uniform to wear and will be expected to act as a troop in training. They will be required to wake up early, keep dorms clean, and behave as a professional representative of the RCMP.

Two camps :  
July 17 – July 21, 2023 & July 24 – July 28, 2023

### PROGRAM OFFERS

Participation and observation of activities such as :

- > drill
- > driver simulator training
- > firearms simulator training
- > defense tactics
- > police officer scenarios
- > fitness training (PARE)
- > troop graduation
- > a tour of RCMP Heritage Centre and much more!

### ARE YOU INTERESTED?

For more information and how you can apply, please contact:

"F" Division RCMP ProActive Recruiting at  
FDIV-ProActive-Recruiting@rcmp-grc.gc.ca

### NOW ACCEPTING APPLICATIONS FOR THE NEXT SESSIONS!

Deadline for application :  
March 1, 2023



# Are you?

**MÉTIS YOUTH AGES 16-19**

*Do you want to learn more about:*

- Forensics
- Fitness (swimming, climbing wall, Edmonton River valley tour, etc.)
- Police Dog Services Demonstration
- Firearms
- Drill
- Cultural activities, teachings & much more!

## **MIGHTY BUFFALO YOUTH CAMP**

**NOW ACCEPTING APPLICATIONS FOR THE 2023 SESSION!**

The RCMP Mighty Buffalo Youth Camp is a week long camp for students to explore policing as a career and interact with Indigenous RCMP members currently working in Alberta.

Métis youth participants of this co-ed camp will gain a better understanding of what life would be like as a member of the Royal Canadian Mounted Police! You will have the opportunity to explore the over 150 careers offered by the RCMP, meet other Indigenous youth from across Alberta, participate in fun/outdoor adventures and cultural activities.

Date: **Mighty Buffalo Youth Camp: August 7th-11th, 2023**  
 Who Can Apply: Métis youth ages 16-19  
 Cost: **FREE**, there is no cost to attend this camp  
 All accommodations, meals and transportation are provided!

**> Deadline for Applications: July 1st, 2023**

**FOR MORE INFORMATION/  
REGISTER CONTACT:**

K Division Proactive Recruiting Unit  
 Phone: 780-412-5488  
[KYouthCamps-Kcampsdejeunes@rcmp-grc.gc.ca](mailto:KYouthCamps-Kcampsdejeunes@rcmp-grc.gc.ca)

*Free!*



Royal Canadian Mounted Police  
Gendarmerie royale du Canada

Canada



Lakeland Centre for FASD and  
Alberta Health Services present

# Holiday Stir-Up

Partake in the fun, no  
alcohol necessary

December 9, 2022 to  
January 8, 2023

We invite local restaurants, bars and  
pubs to *Mix-Up* their drink menus and  
*Stir-Up* some delicious mocktails.  
Supporting patrons who are expectant  
mothers, designated drivers or for  
those who prefer a non-alcohol option.

# Holiday Stir-Up

Partake in the celebration, no alcohol necessary

Participating Businesses will be recognized on social  
media and will have a chance to earn bragging rights on  
the Most Loved Mocktail in the Lakeland. Patrons can take  
photos of your creations and share on social media with  
the hashtag #holidaystirup.

One lucky Lakelanders will win a prize pack from Lakeland  
Centre for FASD. (Post with # and tag FASD for one entry)

The most posted mocktail will win bragging rights!

To participate, please email Lisa Swan at  
Lswan@lcfasd.com and provide us with your feature  
mocktail ideas.





# escape ROOM

**FREE  
EVENT**  
GRADES 7-12



## **THE MISSING PERSON**

After a harrowing cliffhanger in Episode 1, we're back with cousin JJ in Episode 2. You find that he has been taken hostage by the Hunters but is alive and communicating with you. He's even sent you an emergency protocol package with which to rescue him.

**Do you have what it takes to  
release JJ from captivity?**

**JOIN US TO FIND OUT**

**JAN 15**  
**5:30-7:30PM**  
**@ FCSS**

Come early for PIZZA @ 5PM  
RSVP 780-645-5311  
5002-51 AVE, ST PAUL





# Sr. 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](mailto:PRESIDENT@SPDSS.CA)  
OR  
EMAIL: [GAMBKEIT@SPERD.CA](mailto:GAMBKEIT@SPERD.CA)

**REGISTER TODAY TO RECEIVE THE  
SCIENCE FAIR STUDENT PACKAGE**



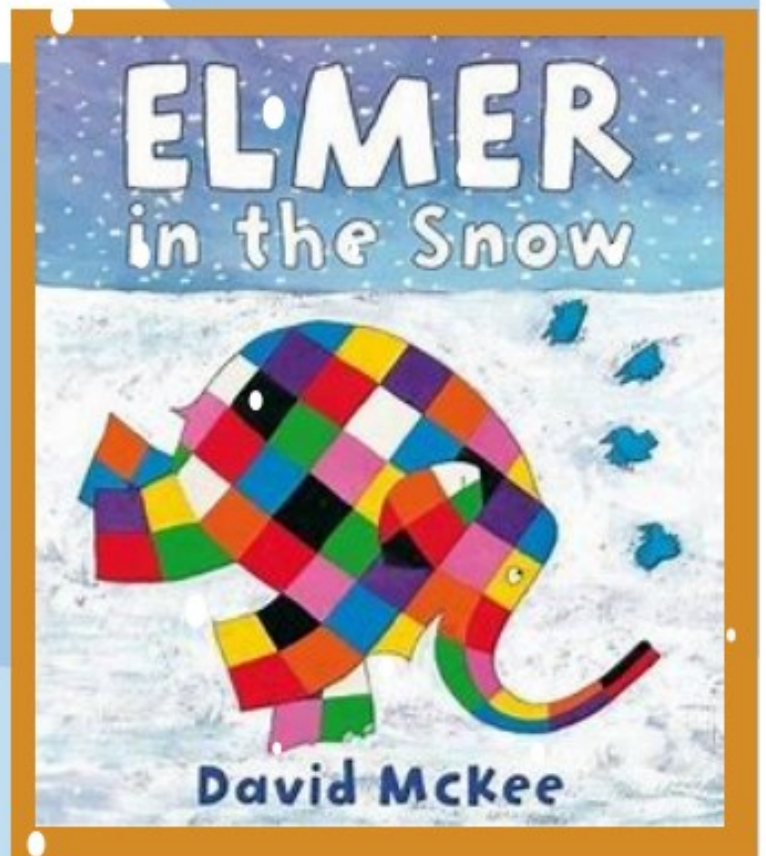
# BIG READS

ST PAUL MUNICIPAL LIBRARY

AGES 6 AND UP

Thursday January 12th at 4:30pm

We'll read and talk  
about the book.  
Then we'll do a fun  
activity together.



Parents are welcome to join in on the fun!

To register visit the Programs tab on our website

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

[programs@stpaullibrary.ab.ca](mailto:programs@stpaullibrary.ab.ca)





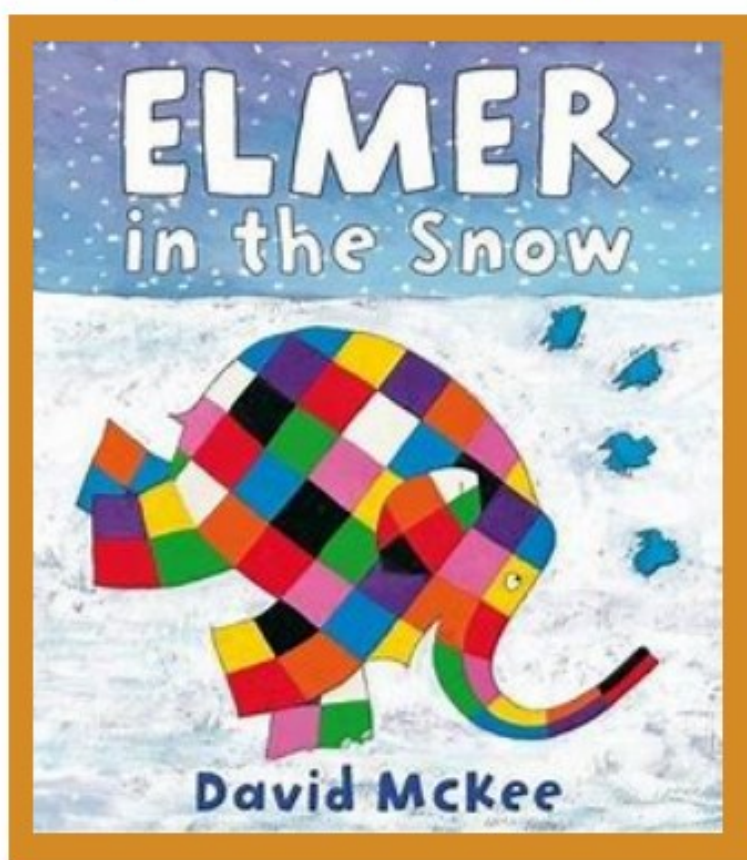


# BIG READS

ST PAUL MUNICIPAL LIBRARY  
AGES 6 AND UP

Thursday January 11th 4:30pm

We will read a  
story then we will  
talk about the book  
and do a fun  
activity together.



Parents are welcome to join in the fun

To register visit the Programs tab on our website



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



**Drop in  
for**

# **Saturday FAMILY FUN DAY!**

**Bring the whole family and  
enjoy some time together.**

**January 7th - Board Games**

**January 14th - Building blocks**

**January 21st - Doodle day**

**January 28th- join us for Family  
Literacy from 10am to 12pm**

**St. Paul Municipal Library**

4802 53 Street  
780-645-4049

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





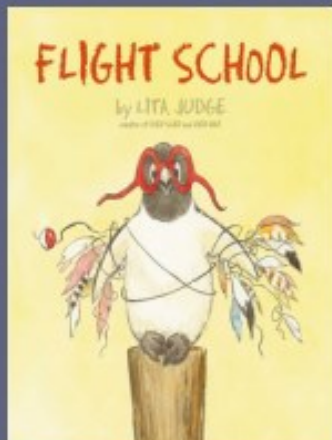
# Family Story-time

At the Library  
Fridays at 10:30am

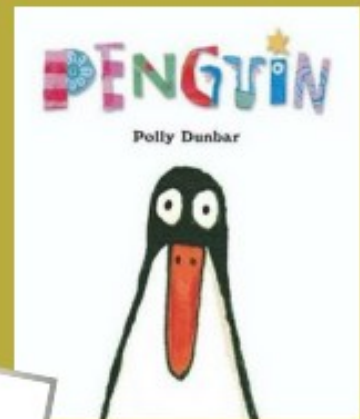


Register under the programs tab on our website  
at [www.stpaullibrary.ab.ca](http://www.stpaullibrary.ab.ca) or  
E-mail us at [programs@stpaullibrary.ab.ca](mailto:programs@stpaullibrary.ab.ca)

**Jan 6th**

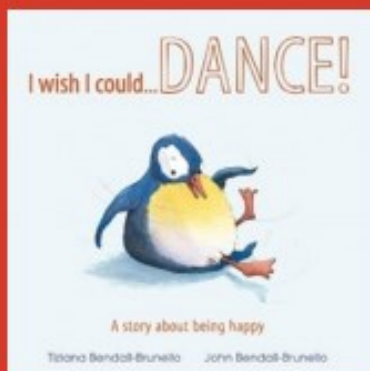


**Jan 13th**

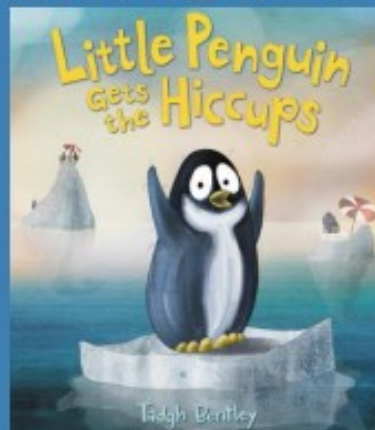


Registration  
required

**Jan 20th**



**Jan 24th**








# **Senior Citizen Appreciation Afternoon**

Third Tuesday of the Month

Coffee, tea and treats for  
seniors all afternoon.



# 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](mailto:programs@stpaullibrary.ab.ca)
3. Asking at the front desk



### St. Paul Municipal Library

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