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February
2023 NEWSLETTER
Interagency

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

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

NEXT MEETING
Tuesday March 14th
@ 10 am
Please RSVP.

fcss
St. Paul Regional Family and Community Support Services

Prevention & Awareness

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Meet OUR TEAM

FAMILY & COMMUNITY SUPPORT SERVICES & LAKELAND FAMILY RESOURCE NETWORK

Please welcome our new Elk Point Programmer **Gwen Pierce**

& our new St Paul Receptionist **Brenda Bouchard**

fcss
St. Paul Regional Family and Community Support Services

Lakeland
FAMILY RESOURCE NETWORK

St. Paul Shiver Fest

TOWN OF ST. PAUL
A People Kind of Place

Come Celebrate "Family" February 20th!
Take part in activities all week long.

Monday, February 13th

Elk Point Penguin Hunt
3:30-5:30pm FCSS Elk Point
4906-48 Street
Pick up a game sheet at St Paul Regional FCSS Elk Point office or print it online. Find the 15 named penguins around town and return your sheet to FCSS for a very yummy s'mores kit.

Tuesday, February 14th

St Paul Penguin Hunt
Pick up a game sheet from St Paul Regional FCSS St Paul's office (5002-51 Ave) or print online. Find 15 lovable penguins playing at one of the 7 parks listed on the game sheet & return your game sheet on Wednesday at the pancake breakfast for a sweet treat (see below, limited qty)

Wednesday February 15th

$2 Pancakes, Tattoos & S'mores
11:30-1:30pm @ the Rec Centre
4802-53 Street

Thursday, February 16th

LFRN Ice Chipping & Floor Curling
1:30-3:00pm @ The Centennial Senior Citizen Centre 5114-49 Street (Floor Curling, ages 10+ please bring indoor clean shoes)

Friday, February 17th

-Snowshoeing, Tim Horton's Hot Chocolate & $2 Winter craft @ the Museum
1:30-3:00pm starting at the Tourist Information Centre 4844-53 Street
-Curling at the St Paul Curling Club
6:00-8:00pm (mandatory clean indoor shoes, equipment provided)

Saturday, February 18th

-$3 Family Bowling
11:00-1:00pm @ Parellel Lanes
4906-49th Avenue (one ten frame game only)
-Wild West Skijoring
1:00pm @ St Paul AG Corral
Concession on site
-$3 Public Swimming
1:00-4:00pm @ St Paul Aquatic Centre
4702-53rd Street

Sunday, February 19th

-FREE Tobogganing
Lagasse Park Hill
44th St & Lakeshore Drive
-FREE Outdoor Skating
Lagasse Park, Spring Creek Park, Crescent Park, Lions Park & Lingin Park
-$3 Public Swimming, 1-4pm
St Paul Aquatic Centre
4702-53rd Street

Monday, February 20th

-Ice Fishing Derby at Trout Pond
10:00-4:00pm Prizes Awarded!
St Paul Fish & Game Association
(No license required for Family Day weekend)
-Skating at Clancy Richard Arena
12:00-2:00pm
-Shinny Hockey at Cap Arena
12:00-2:00pm
-$3 Public Swimming
1:00-4:00pm @ St Paul Aquatic Centre
4702-53rd Street

All events are FREE unless priced.

Thanks to all our Partners & Volunteers

Some events may be cancelled if the temperature is –20 or colder with or without the wind-chill. Watch social media for updates.

fcss St. Paul Regional Family and Community Support Services
Lakeland FAMILY RESOURCE NETWORK
Smitty's
MUSÉE ST. PAUL MUSEUM
WAREHOUSE Sports

Be KIND
fcss
St. Paul Regional Family and Community Support Services

KIDS HELP PHONE
1-800-668-6868
fcss
St. Paul Regional Family and Community Support Services

LIFT EACH OTHER UP
fcss
St. Paul Regional Family and Community Support Services

1 IN 5
KIDS AFFECTED
BY BULLYING
fcss
St. Paul Regional Family and Community Support Services

KIDS HELP TEXT
text connect to 686868
fcss
St. Paul Regional Family and Community Support Services

PINK SHIRT DAY
February 22, 2023
fcss
St. Paul Regional Family and Community Support Services

ST PAUL MEN,
LET'S TALK

Invites you to join us

EVERY 3RD TUESDAY
OF THE MONTH

NEXT MEETING

FEBRUARY 21
7:30PM

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

FREE

FCSS Boardroom
5002-51 Ave

FOR MORE INFO CALL
780-933-6468

fcss
St. Paul Regional
Family and Community
Support Services

financial Support for Seniors aging in place

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

fcss
St. Paul Regional Family and 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!

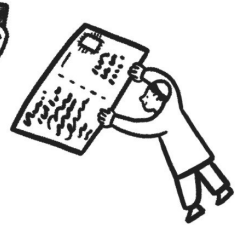
If you see a Snow Angels sign, please be kind and shovel this persons' walkway because they are unable to do it themselves.

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

780-645-5311

Friendly February 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Send a message to let someone know you're thinking of them	2 Ask a friend how they have been feeling recently	3 Do an act of kindness to make life easier for someone	4 Invite a friend over for a 'tea break' (in person or virtual)	5 Make time to have a friendly chat with a neighbour
6 Get back in touch with an old friend you've not seen for a while	7 Show an active interest by asking questions when talking to others	8 Share what you're feeling with someone you really trust	9 Thank someone and tell them how they made a difference for you	10 Look for good in others, particularly when you feel frustrated with them	11 Send an encouraging note to someone who needs a boost	12 Focus on being kind rather than being right
13 Smile at the people you see and brighten their day	14 Tell a loved one or friend why they are special to you	15 Support a local business with a positive online review or friendly message	16 Check in on someone who may be struggling and offer to help	17 Appreciate the good qualities of someone in your life	18 Respond kindly to everyone you talk to today, including yourself	19 Share something you find inspiring, helpful or amusing
20 Make a plan to connect with others and do something fun	21 Really listen to what people say, without judging them	22 Give sincere compliments to people you talk to today	23 Be gentle with someone who you feel inclined to criticise	24 Tell a loved one about the strengths that you see in them	25 Thank three people you feel grateful to and tell them why	26 Make uninterrupted time for your loved ones
27 Call a friend to catch up and really listen to them	28 Give positive comments to as many people as possible today					



ACTION FOR HAPPINESS

Happier · Kinder · Together

FEBRUARY

Lakeland
FAMILY RESOURCE NETWORK

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

MON	TUE	WED	THU	FRI
		1 Afternoon Story Time & Craft 2pm-3:30pm drop in	2 Baby Bunch 1:30pm-3:30pm drop in Home Alone 3:30pm-5:30pm register	3 No Program Cleaning Toys
6 Read and Roll 10am-11am register	7 Run, Jump, Skip 10am-12pm drop in Tipsheet Tuesday 2pm register	8 Mindful Matters Youth Program 3:30pm-5:30pm register	9 Icky , Sticky, Messy Play 10am-12pm drop in Baby Bunch 1:30pm-3:30pm drop in	10 ASQ Screening 10am-12pm register
13 Read and Roll 10am-11am register	14 Valentine Story & Craft 2pm-3:30pm drop in *Shiver Fest* Penguin Hunt All Day See Poster	15 *Shiver Fest* Pancake Lunch 11:30am-1:30pm Rec Center See poster	16 *Shiver Fest* Ice Chipping & Floor Curling 1:30pm-3pm See Poster	17 *Shiver Fest* Snowshoe & Hot Chocolate 1:30pm-3pm See Poster
20 CLOSED for FAMILY DAY	21 Mallaig Moms & Tots 9:30am-11:30am	22 Traditional Teachings Youth 4pm-6pm register	23 Ashmont Moms & Tots 10am-12pm Baby Bunch 1:30pm-3:30pm register Run,Jump,Skip 6pm-7:30pm drop in	24 Rhymes That Bind 10am-12pm drop in
27 Read and Roll 10am-11am register	28 Traditional Teachings w/ Jan 10am-11:30am register			

Baby BUNCH

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

Date: February 23
Time: 1:30pm - 3:30pm
Location: LFRN Center - 5002 - 51ave

An informative discussion on improving your knowledge on the proper use of child restraints in Alberta
with presenter
Danielle Larsen
from AHS

Lakeland FAMILY RESOURCE NETWORK

Alberta Health Services

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

ASQ SCREENING

FRI FEBRUARY 10
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

Emotion Coaching

FIVE STEPS
for building emotional Intelligence in your child.

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

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

Register by calling
780-645-5311

March 2, 9, 16, 23 ,30
6:30pm - 7:30pm
Location: 5002-51 Ave

Lakeland
FAMILY RESOURCE NETWORK

Evening

RUN, JUMP, SKIP

February 23 6pm-7:30pm
ACFA Gym (4617-50 ave.)

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

Call 780-645-5311 for more info

Lakeland
FAMILY RESOURCE NETWORK

RUN, JUMP, SKIP

FEBRUARY 7
10am - 12pm
ACFA Gym (4617-50 ave.)

Call 780-645-5311 for more info

Lakeland
FAMILY RESOURCE NETWORK

Lakeland

FAMILY RESOURCE NETWORK

ICKY, STICKY, MESSY PLAY

FEBRUARY 9

10AM - 12PM

LFRN 5002 - 51AVE

Encourages sensory development

For ages 7yrs+

Youth Program

MINDFUL MATTERS

TOPICS MAY INCLUDE

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

Wednesday, February 8
3:30pm - 5:30pm

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

I believe in me

Lakeland
FAMILY RESOURCE NETWORK

Rhymes That Bind

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

FEBRUARY 24
10am - 12pm

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

LFRN Center 5002 - 51ave

Call 780-645-5311 for more information

Lakeland
FAMILY RESOURCE NETWORK

AFTERNOON STORY TIME AND CRAFT

FEBRUARY 1

2pm - 3:30pm

LFRN Center 5002 - 51ave

Lakeland
FAMILY RESOURCE NETWORK

TRIPLE P
TIPSHEET TUESDAY'S
FEBRUARY 7
AT 2 PM
Topics may include: potty training, seperation anxiety, tantrums, etc...
Register Now!
frn@town.stpaul.ab.ca or call
780-645-5311
Lakeland
FAMILY RESOURCE NETWORK
Triple P
Positive Parenting Program

VALENTINE'S DAY
STORY & CRAFT
February 14
2pm - 3:30pm
Call 780-645-5311 for more information
LFRN Center 5002 - 51ave
Lakeland
FAMILY RESOURCE NETWORK

UNIVERSITY BLUE QUILLS

Lakeland FAMILY RESOURCE NETWORK

ABORIGINAL HEAD START Urban & Northern Communities

Join us as we discover

Traditional Teachings

and Make Dream Catchers

with Jan Tailfeathers

Tuesday, February 22
4pm-6pm
at the Lakeland Family Resource Network
5002-51 Ave

For youth ages
10 and up

Call 780-645-5311 to register

UNIVERSITY BLUE QUILLS

Lakeland FAMILY RESOURCE NETWORK

ABORIGINAL HEAD START Urban & Northern Communities

Join us as we discover Traditional Teachings with Jan Tailfeathers

Tuesday, February 28
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

FEBRUARY

Lakeland
FAMILY RESOURCE NETWORK

4906A 48 St, Elk Point, AB
Call: 780-724-3800
Text: 780-614-1941
Click: lakelandfrn.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

MON	TUE	WED	THU	FRI
		1	2 All about you Youth Program 3:30pm-5:30pm	3 Playdough Activity 10am-12pm
6	7	8	9 Valentine friendship Youth Program 3:30pm-5:30pm	10 Valentine Story & Craft 10am-12pm
13 Shiver Fest Activity 3:30pm-5:30pm see poster	14 Shiver Fest Activity St.Paul Penguin Hunt see poster	15 Shiver Fest Activity St. Paul $2 Pancakes see poster	16 Bucket Towers Youth Program 3:30pm-5:30pm Shiver Fest Activity Ice Chiping St. Paul see poster	17 Rhymes That Bind 10am-12pm Shiver Fest Activity St. Paul see poster
20 CLOSED for FAMILY DAY	21	22	23 Karaoke Youth Program 3:30pm-5:30pm	24 Icky, Sticky, Messy Play 10am-12pm
27	28			

Elk Point Location

WANTED

YOU

Join us to find out how awesome you are!

?

Decide who you are and be the best version possible!

FEBRUARY 2
FCSS 4906-48ST
CALL 780-724-3800 TO REGISTER

Lakeland
FAMILY RESOURCE NETWORK

fcss
St. Paul Regional Family and Community Support Services

KARAOKE

Do you like to sing

Ages 7+

FEBRUARY 23 YOUTH GROUP
JOIN US TO SHOW OFF YOUR SINGING TALENT

CALL 780-724-3800 TO REGISTER

4906-48 ST (NEXT TO SUBWAY)

Lakeland
FAMILY RESOURCE NETWORK

fcss
St. Paul Regional Family and Community Support Services

JOIN US IN LEARNING HOW TO BUILD A BUCKET TOWER AND EXPERIMENT WITH HOW MUCH IT CAN HOLD

AGES 7+

FEBRUARY 16

FCSS 4906-48 ST

3:30PM-5:30PM

CALL 780-724-3800 TO REGISTER

Lakeland FAMILY RESOURCE NETWORK

fcss St. Paul Regional Family and Community Support Services

CELEBRATE FRIENDS YOUTH GROUP

AGE 7+

FEBRUARY 9TH 3:30-5:30PM

FCSS 4906 48 ST

JOIN US TO CREATE VALENTINES FOR YOUR FRIENDS

CALL 780-724-3800 TO REGISTER

Lakeland FAMILY RESOURCE NETWORK

fcss St. Paul Regional Family and Community Support Services

WJS Canada

HOME SERVICES OUR APPROACH EMPLOYMENT

Employment

Strength In People

WJS Canada provides social services to children, youth, adults and families facing difficulties. We take a personalized, trauma-informed approach to care in an environment of cultural respect and support.

Position ID	Province	City	Position Title	Category	Job Type	Closing Date
J0123-1067	AB	Bonnyville	Disability Support Workers (Nights) - Bonnyville, Alberta	Disability Support/Community Living	Permanent, Full Time	N/A
J0123-0323	AB	Bonnyville	Community Disability Support Worker (Weekdays 8a-6p)	Disability Support/Community Living	Permanent, Full Time	N/A
J0123-0324	AB	Bonnyville	Awake Nights Disability Support Worker - Bonnyville	Disability Support/Community Living	Temporary, Full Time	N/A
J1222-1143	AB	Bonnyville	CASUAL/On Call Community Disability Support Workers	Disability Support/Community Living	Casual/On Call	N/A

Lakeland Centre for
FASD
Fetal Alcohol Spectrum Disorder

EMPLOYMENT OPPORTUNITIES

We have a wealth of opportunities to work at the forefront of understanding and treating FASD. We are committed to hiring a skilled, diverse workforce and to working with researchers from around the world to develop new ways to diagnose and treat the disorder.

The Lakeland Centre for FASD is an exciting, innovative and rapidly growing organization.

1:1 SUPPORT

St. Paul Area

OUTREACH WORKER

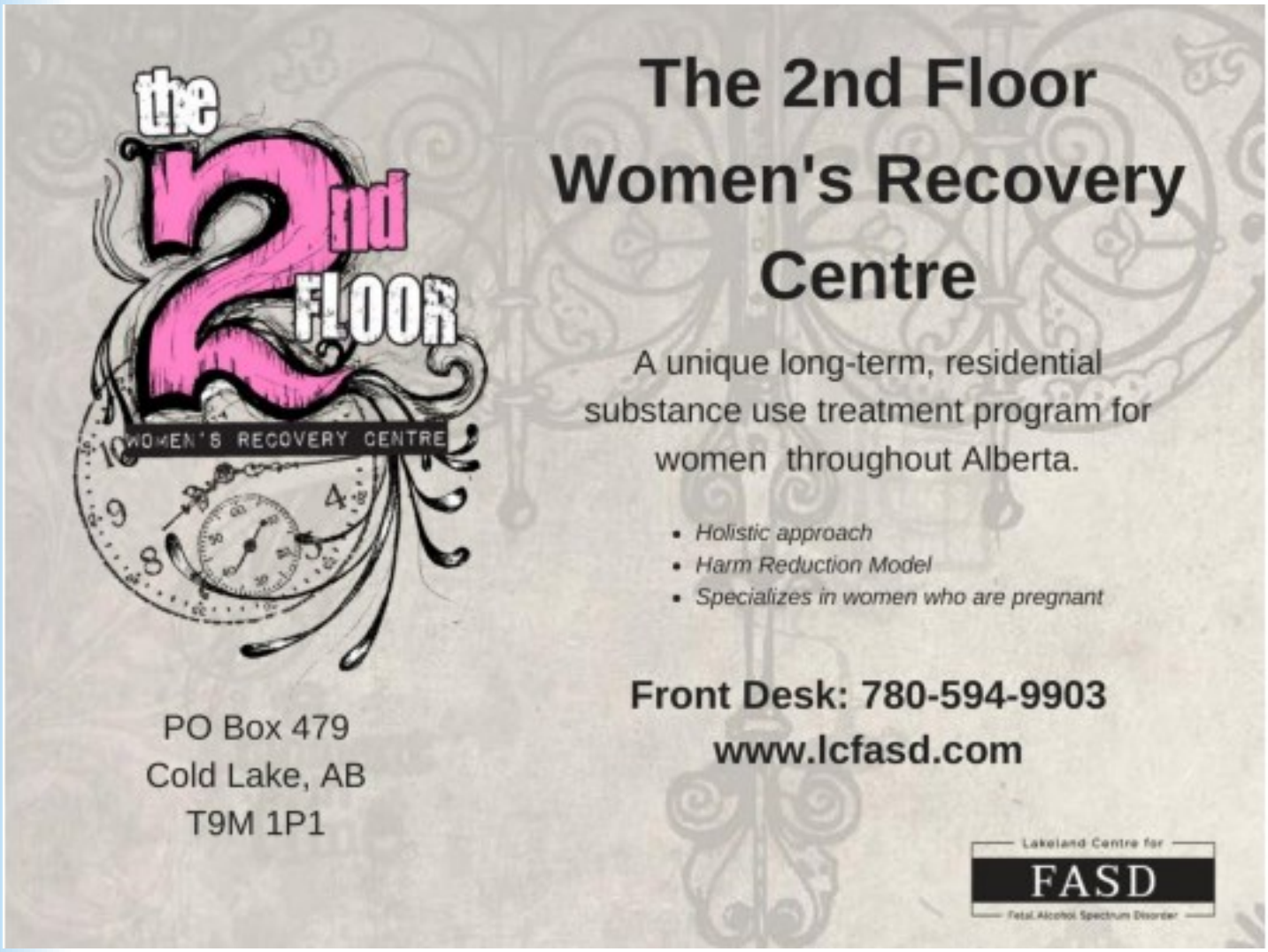
St. PAUL AREA

CASUAL FRONTLINE WORKER

2ND FLOOR

For more details visit:

lcfasd.com/work-with-us/


the 2nd FLOOR
WOMEN'S RECOVERY CENTRE
The 2nd Floor Women's Recovery Centre
A unique long-term, residential substance use treatment program for women throughout Alberta.
Holistic approach
Harm Reduction Model
Specializes in women who are pregnant
Front Desk: 780-594-9903
www.lcfasd.com
PO Box 479
Cold Lake, AB
T9M 1P1
Lakeland Centre for
FASD
Fetal Alcohol Spectrum Disorder

Lakeland Centre for
FASD
Fetal Alcohol Spectrum Disorder

FEBRUARY EMPLOYMENT WORKSHOPS

FIRST STEPS TO EMPLOYMENT

Thursday FROM 11:00AM-1PM
4823 50th Street, Cold Lake
Virtual option available

WEEKLY TOPICS

February 2, 2023
Exploring Employment Interests

February 9, 2023
Skills and Strengths

February 16, 2023
Resume Building

February 23, 2023
Transportation

CONTACT

780-594-9905
admin@lcfasd.com
www.lcfasd.com
4823 50th Street, Cold Lake

WHO: Individuals with FASD or possible FASD

WHAT: Enhance skills, pursue appropriate employment goals, increase self-reliance and community participation

WHEN: Every Thursday from 11:00am-1pm

WHERE: 4823 50th Street, Cold Lake
Virtual option available

FOR MORE INFORMATION PLEASE CONTACT:

780-594-9905

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

Canada Alberta

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

St. Paul & District Chamber of Commerce

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

Integrity Proud, Honest and Trustworthy

ARE YOU A CHAMBER OF COMMERCE MEMBER?

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

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

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

Opportunity Creating possibilities

Innovation Evolve and Grow Resources and Services

Member Driven Organized by members for members

Contact us for more information

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

ARE YOU A DIFFERENCE MAKER?

(EXCITED, ENGAGED AND MOTIVATED LEADER?)

IF NOT - WHY NOT? **IF SO - NEED TO UPDATE YOUR SKILLS?**

You are invited!

"Difference Makers" Leadership Training is coming to our area.
Learn to better engage with others, improve performance, and build stronger connections to lead our families, work places and community into the future.

Tuesday Feb. 21, 2023 or Wed. Feb 22, 2023

(same presentation both nights)

Portage College, Event Centre (Gym)

St. Paul Campus - 5205 - 50th Ave
6:30 - 8:30 p.m. (In Person Only)

Investment: your time and energy!
Fees: paid for you by community partners (listed below)
Open to: motivated, excited and fun people, ages 15 - 105

Follow up sessions to this 21 day program are virtual.

Strengthen your leadership skills,
Challenge yourself to get re-engaged and re-energized.

For detailed information or to register
scan **the QR code**
or call the Chamber at 780-645-5820

Presenter: Ian Hill, Award winning Community Builder, Business Leader and Catalyst for Change

St. Paul & District Chamber of Commerce

STEP
St. Paul / Elk Point Economic Development Alliance

Community Futures

St. Paul Family Day Homes is seeking a part time Administrative Assistant for approximately 16 to 24 hours per week.
This position requires a Level 2 or 3 Child Care Certification, as well as a criminal record check. You must have a reliable vehicle to travel to our various day homes within the St. Paul area (paid mileage).

Responsibilities include but are not limited to:

- Assembling parent packages for the Child Care Centre and orientation of new families to program.
- Reviewing policies and procedures of program with providers & parents
- Recording minutes for staff meetings
- Calculating attendance sheets & submit claims
- Archiving old files and gathering missing information from parents.
- Completing documents and assignments on the computer with accuracy, establishing the most effective and efficient systems, and initiating improvements for storing and filing paper and electronic documents and reports.
- General administrative tasks

All other duties as assigned by the Program Manager.

Hourly Wage: Successful candidate will be eligible for an hourly wage enhancement rate, through a Provincial grant for as long as the grant is active.

This is a very flexible position with the possibility to design the schedule to meet your availability.
Please email resume's to: forkids84@hotmail.com, drop off at 5201-50 street or call 780-645-1984

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.

SCREEN TEST

Mobile Mammography Screening is coming to:

St. Paul

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

Community Health Services (Health unit)

Appointments are required. Call to book:

1-800-667-0604 (toll free)

To learn more visit: screeningforlife.ca

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

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

Alberta Health Services

SCREENING FOR LIFE.CA

Screen Test

Post until: Apr. 1, 2023

Virtual Groups & Workshops

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

Wellness Exchange

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

Relationship Skills Series

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

Learning to Live with Anxiety Series

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

Understanding Addiction Info Series

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

Transform Your Stress: The Resilience Advantage™

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

Navigating AMH Services

This session is to help people understand how to navigate Addiction and Mental Health services in the North Zone of Alberta.
https://albertahealthservices.zoom.us/j/67750983990?pwd=WHNURmZhVWltYWppdDBEZk1FNll6dz09
Passcode:635839

Relapse Prevention

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

Addiction and Mental Health Parenting Info Series

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

St. Paul Addictions

Phone: 780-645-6346

St. Paul Mental Health

Phone: 780-645-1850

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

February 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

Thurs	Feb 2, 9, 16	9:30am - Noon
Tues	Feb 21, 28, Mar 7	1:30 - 4:00pm

Tier 2

Wed	Feb 1, 8, 15	5:30 - 8:00pm
Thurs	Feb 9, 16, 23	1:30 - 4:00pm
Tues	Feb 14, 21, 28	5:30 - 8:00pm
Thurs	Feb 23, Mar 2, 9	9:30am - Noon

Heart & Stroke

Managing Blood Pressure & Cholesterol

Learn to manage your risks for heart disease and stroke.

Wed Morning 9:30-12 Noon
Part 1: Feb 1 Part 2: Feb 8

Thur Evening 5:30-8pm
Part 1: Feb 9 Part 2: Feb 16

Tues Afternoon 1:30-4pm
Part 1: Feb 21 Part 2: Feb 28

Better Choices Better Health® for Chronic Pain

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

Thursday Afternoons

For 6 weeks

1:30 - 4:00pm

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

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 Mornings	Feb 2 & 9	9:30am - Noon
Part 2: Thur Mornings	Feb 16	9:30am - Noon
Part 1: Wed Evenings	Feb 8 & 15	5:30 - 8 pm
Part 2: Wed Evenings	Feb 22	5:30 - 8 pm
Part 1: Tues Afternoons	Feb 14 & 21	1:30 - 4 pm
Part 2: Tues Afternoons	Feb 28	1:30 - 4 pm

Managing Stress

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

Tues Evenings Feb 21 & 28 5:30pm – 8:00pm

Better Choices Better Health®

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

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

Understanding COPD

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

Please check online for next available class

Moving Matters

Learn to exercise safely, overcome barriers and stay motivated.

Set a goal and get started!

February 16 1:30pm - 4:00pm

Supervised Exercise - done virtually!

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

Click here to register

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

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

Grief

How do I deal with my grief and support my child(ren) as well?

When: February 8, 2023 from 1:00 to 3:00 p.m.

Where: Bonnyville Town Office (4917 49 Avenue)

Who: Caregivers of children 0-18

Please register by calling 780-826-2120 or email: frnspoke@town.bonnyville.ab.ca

Alberta Health Services

Lakeland FAMILY RESOURCE NETWORK

Alberta Health Services
South Health Campus

WINTER 2023
January - March
Updated December 19, 2022

Check it out
FREE PROGRAMS
for all Albertans

For more information visit www.ahs.ca/shcwellness
Questions? Email wellness.shc@ahs.ca
or call 403-956-3939

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

SHC Wellness Centre
Program Guide

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

Active Lifestyle Pages 2

Emotional Wellbeing Page 3 - 10

Employment, Finance & Computers Pages 11 - 12

Health Management Cancer Page 13

Health Management Chronic Conditions Page 13 - 15

Health Management Food, Nutrition & Cooking Pages 16 - 20

Kids, Tweens and Teens Page 21

Parents and Parents To-Be Page 22 - 23

Seniors Pages 24

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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

FEBRUARY

Monday	Tuesday	Wednesday	Thursday	Friday
		1 **9:30am:** Innocence Files **11am:** Coffee Chat **1pm:** Black History Alberta **3pm:** Exercise	**2** **11am:** Canadian Revenue Agency **1pm:** Gratitude **3pm:** Ground Hog Day	**3** **11am:** Classical Music Hour **1pm:** Coast to Coast **3pm:** Where in the World
6 **9:30am:** PODFeat - Helluva Story **11am**: Exercise **1pm**: Who Has Seen the Wind- 1 **3pm**: Father Gregory Boyle	**7** **11am**: Imagination Circle **1pm:** Who Has Seen the Wind- 2 **2:30pm:** Estranged Children **3pm:** Reader's Corner **4:30pm:** Brain Games	**8** **9:30am:** True Crime **11am**: It's All Canada **1pm**: Who Has Seen the Wind- 3 **3pm:** Exercise	**9** NO MORNING PROGRAM **1pm:** Animal Spotlight **3pm:** Medical Emergency Preparedness	**10** **11am**: All Request Music **1pm**: Coast to Coast **3pm**: Trivia
13 **9:30am:** PODFeat - Helluva Story **11am**: Exercise **1pm**: Writing for Fun **3pm**: Next Stop,	**14** **11am**: Mindfulness-Being Ourselves **1pm**: New Family Units **2:30pm:** Estranged Children **3pm:** Be My Valentine **4:30pm:** Name that Tune	**15** **9:30am:** Innocence Files **11am**: Old Souls & Protest Songs **1pm**: SCWW Advisory Group **3pm:** Exercise	**16** **9:30am:** Gratitude **11am:** A Storytelling **1pm:** New Family Units **3pm:** Working Through Grief	**17** **9:30am:** Music of the Maritimes **11am**: In the Headlines **1pm**: Coast to Coast **3pm**: Brain Games
20 **FAMILY DAY**	**21** **11am**: Imagination Circle **1pm:** Let's Talk About… **2:30pm:** Estranged Children **3pm:** Healthy Drinks Liquid Nutrition **4:30pm:** Jeopardy	**22** **9:30am:** True Crime **11am**: EPL Presents! **1pm:** Angela Merkel **3pm**: Exercise	**23** **9:30am:** Gratitude **11am:** Pop Culture: 60s **1pm**: Space News **3pm:** Winter's Green Thumb	**24** **9:30am**: Vinyl Café **11am:** Exercise **1pm:** Coast to Coast **3pm:** BINGO
27 **9:30am:** All Request Music **11am**: Exercise **1pm:** Writing for Fun **3pm**: Who Why When	**28** **11am**: Mindfulness-Being Ourselves **1pm**: Coffee Chat **2:30pm:** Estranged Children **3pm:** Some Good News **4:30pm:** Mystery Chronicles	To join by **phone**, call: **1-855-703-8985** When prompted, enter Meeting ID: **225-573-6467#**		

RIP

Recovery IS Possible

It doesn't matter to us if you **DRINK** or what kinda **DRUGS** you've used, If you have a desire to stop

HOPE FAITH CA COURAGE ®

You're welcome here!

Sunday Night 7pm ELKS HALL

5005 51 Street, St. Paul AB

Michael 614-1656
Brent 201-7356
Dusty 645-1457
Chyanne 614-3632

ZOOM Access ID: **9838252684**
Pass Code: **11081981**

DIGITAL PARENTING
WHAT PARENT/GUARDIANS NEED TO KNOW
Feb. 21, 2023
6:00 - 7:30 PM MT
PORTAGE COLLEGE
Alberta LAW FOUNDATION

DIGITAL SAFETY
(FOR STUDENTS/CLASSROOMS)
A session optimized to address the merging of online and offline life
PORTAGE COLLEGE
Alberta LAW FOUNDATION
Feb. 22, 2023 | 1:00 - 2:00 PM MT

HEALTHY FRIENDSHIPS
(FOR STUDENTS/CLASSROOMS)
This Session is aligned with the Alberta Wellness Education Framework
PORTAGE COLLEGE
Alberta LAW FOUNDATION
Mar. 15, 2023 | 1:00 - 2:00 PM MT

Facilitated by a
Canada Revenue Agency Representative
BENEFIT & CREDITS FOR ALL
INFORMATION SESSION
February 2, 2023 | 2:00 - 3:30 PM MT
PORTAGE COLLEGE
Alberta LAW FOUNDATION

Facilitated by a
Canada Revenue Agency Representative
SENIORS TAX CREDITS
INFORMATION SESSION
February 23, 2023 | 2:00 - 3:30 PM MT
PORTAGE COLLEGE
Alberta LAW FOUNDATION

FREE

Febuary 8th & 9th 9:30am-3:00pm

LEARNER'S LICENCE PREP CLASS

Pass the learner's written exam the first time!

ADULTS ONLY

Book Now

(780) 639-3134

www.coldlakelearns.com

Cold Lake Community Learning Centre

Scan to Register online

Lakeland EMPLOYMENT SERVICES

Canada Alberta

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

Edmonton Community Legal Centre

780 702 1725
intake@eclc.ca

Rural Family Law Help

Do you need help with a family law matter?

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

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

We can help with the following:

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

WE ARE UNABLE TO ASSIST WITH CHILD WELFARE MATTERS.

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

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

April 10-12, 2023
Location TBD

Addictions Don't Discriminate

Interactive Exhibit

In collaboration with St Paul and District FCSS, LFRN, SPERD and AHS Addictions and Mental Health and Public Health Promotion

ST.PAUL FRIENDS OF PLAYSCHOOL SOCIETY

NEW PROGRAM
JR-PLAYSCHOOL

RUNNING MARCH-MAY 2023

THURSDAY AFTERNOONS 12:30 to 3:00pm

CHILDREN AGED 3 BY DEC. 31, 2022

$250 REGISTRATION FEE

S.P.Y.C.
St. Paul Youth Council
The Power of our Voice
Pool
Night
Join Us February 11
7-10pm
@ the Aquatic Center -4702-53 St St Paul
FREE for all youth in grades 7-12

Junior Curling Fun Spiel
Mallaig Curling Club

Join us February 4th, 2023 for a day of fun allowing our junior culers (grades 6-9) and opportunity to gain experience on the ice with their peers!

Entry Fee- $10/player

Players will be provided a hot dog lunch and goodies!

Round Robin format, 2 (6-end) games each

Snacks available on site with option to purchase lunch at the arena next door!

Space is limited so please RSVP early! Text Stacy @ 780-646-3672

Mallaig Curling Club Bonspiels 2023

Join us for our bonspiels this year

Mens- Jan 27- 29

Contact- Ernie @ 780 645 0427 or Armand 780 614 1338

Ladies- February 24-26

Madeleine @ 780 210 2265

Farmers- March 17-20

Henri @ 780 210 0581

Mallaig Legion Spring Trade/Craft Show

And Farmers Market

March 25th and 26th 2023

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

For more information contact David Inscho

Email inschodavid@gmail.com or 780-646-2107

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

Lakeland BRAS

(Breastfeeding Resource and Support)

FREE monthly support meetings

BONNYVILLE: 1ST WEDNESDAY of the month from 10:30am-12pm @ Bonnyville FCSS

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

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

Groupe de jeux

Ou / Where: École du Sommet

Quand / When: 9h30 à 11h30

1ER FÉVRIER - NATURE
15 FÉVRIER - ST VALENTIN (PETITS CHEFS)
22 FÉVRIER - CHEMISE ROSE / LA SÉCURITÉ

FEBRUARY 1ST - NATURE
FEBRUARY 15 - VALENTIN'S DAY (LITTLE CHEF)
FEBRUARY 22- PINK SHIRT DAY / SAFETY

St. Paul Municipal Library

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

St. Paul Municipal Library

Annual Report 2022

The library had **2,200** open hours in 2022!

889 people have a card at our library

20,627 people walked through our doors last year

In addition to **7,896** website visits

The library added **1,339** new items last year

Bringing the total collection to **24,002**

There were **4,835** downloads of e-Content

Contributing to a total of **39,348** checkouts!

We lent our items to libraries outside of our system **4,952** times

And brought in **12,502** items upon patron request

Our service is delivered by **7** dedicated staff

And **5** amazing volunteers

The library has **9** public computers

And they were used **3,063** times.

We answered **3,115** reference questions

And our meeting spaces were booked **9** times

We offered **180** in-person programs

25 virtual programs

And **6** digital literacy programs

5,852 people attended in total!

And our Wi-Fi had **14,650** connections!

St. Paul Municipal Library

2022 | YEAR in REVIEW

39,348
items checked out

Top 10 checked out books

20,627
library visits

The library averaged over 79 visitors each day!

302
programs offered

5,852
program attendees

889
Active cardholders

7,896
visits to our website

3,115
reference questions answered

14,650
Wi-fi uses

3,063
Computer Use

www.stpaullibrary.ab.ca 780-645-4904

St. Paul & District Arts Foundation

Adult Beginner Ballet Workshop

February 8, 2023

7:45pm-8:45pm

$10

Join us for an hour long introduction to the practice of traditional Ballet with our enthusiastic instructor Ms. Stephanie Wentland!

Beginners, Ages 18 & Up, Welcome

For more information or to register, contact us at mpdowntownartsstudio@outlook.com

Stay tuned for a regular class every Wednesday from 7:45pm to 8:45pm!

St. Paul & District Arts Foundation

PAINT NIGHT

with Melanie Braund

February 10

7:00 to 9:00pm

at 4822 50 Ave

$40/person

etransfer mpdowntownartsstudio@outlook.com to register

proceeds go to the artist and the building's mortgage

St. Paul & District Arts Foundation

TOT AND ME DANCE!

AGES 0 - 5 WITH A CAREGIVER

Explore rhythm, music and creative movement with your child!

Engage the senses with percussion instruments, play parachutes and more!

8-week class
Mondays 5:00 - 5:30pm
February 6 to April 25, 2023

Register for the entire 8-week session for $44 or drop-in for $8.50 each class. Drop-ins MUST pre-register online before attending.

4822 - 50 Ave St. Paul
Email: mpdowntownartsstudio@gmail.com
www.artfoundation.ca/register

Alberta Foundation for the Arts

St. Paul & District Arts Foundation

LATIN BEATS DANCE CLASS

Move to the beats of salsa, merengue, bachata and more!
Learn a short choreography each class.
Suitable for all levels, no partner needed.

MONDAYS

FROM
FEBRUARY 6 TO APRIL 25
5:45 PM - 6:45 PM

$88 OR $15 DROP-IN*

4822 - 50 AVE ST. PAUL

**Drop-ins MUST pre-register online before attending.*

REGISTER AT
WWW.ARTFOUNDATION.CA/REGISTER

Alberta Foundation for the Arts