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May

2023 NEWSLETTER

Interagency

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

780-645-5311
5002-51 Ave, St Paul
NEXT MEETING
Tuesday May 9th
@ 10 am
Please RSVP.



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**SAVE
THE DATE**



Camp Sunshine

"Where HOPE outshines grief"

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

July 4, 5, 6 & 7, 2023

9:00 am - 3:00 pm

♥ Sharing ♥ Learning ♥ Remembering

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

780-645-5311





Volunteer Appreciation through

Caring Cups



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

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



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

www.stpaulfcss.ca

ST PAUL MEN, LET'S TALK

Invites you to join us

EVERY 3RD TUESDAY
OF THE MONTH
NEXT MEETING
MAY 16
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



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



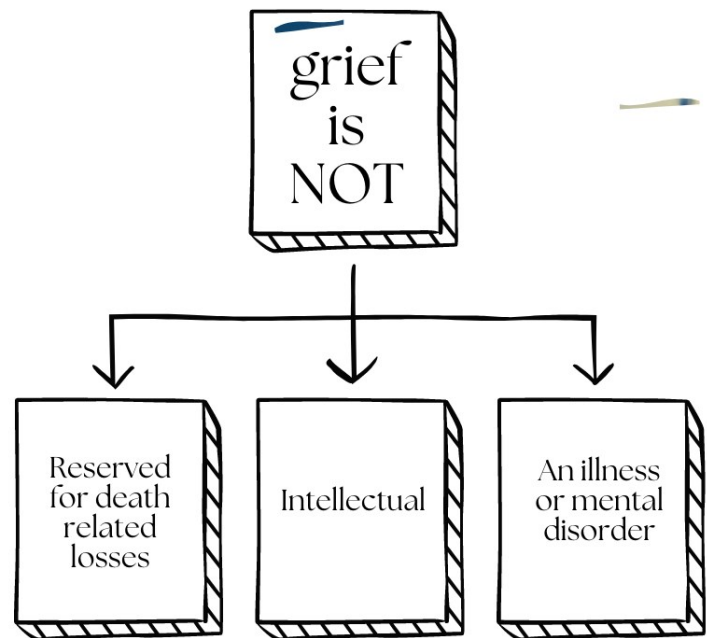
Griefworkshop

"Journeying through Grief"

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

Updated Date

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



CALL TO REGISTER 780-645-5311





YARN ART



MONDAY
MAY 15
2023



3:30PM -
5:30PM



FCSS
5002-51 Ave



\$5

*Create your own yarn art
with Delayne Saik*

The St Paul Youth Council invites
youth in grades 7-12 to come learn
yarn art! Monday May 15th. No
experience or supplies required.
Limited spots available. \$5 per artist.

RSVP 780-645-5311



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



OPEN GYM NIGHT



WEDNESDAY
MAY 24
2023



7:00PM -
8:30PM



Racette Jr High
4638 50 Ave



\$FREE

Balls, birdies, nets,
sticks & more!

The St Paul Youth Council invites youth in grades 7-12 to join us for Open Gym Night! Wednesday May 24th @ Racette Jr High. Bring your friends and clean pair of runners. Try something new and meet other youth!

Call for more info 780-645-5311



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

15 Tips to Build SELF-ESTEEM and CONFIDENCE in TEENS

1 LOVE UNCONDITIONALLY



Make sure your teen can rest assured your love does NOT depend on their grades, performance, friend group, college, or any other factor - including their choices or behavior.

2 EMBRACE A GROWTH MINDSET IN YOUR HOME



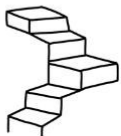
Many teens are stuck in a "fixed mindset", bring what you're learning about growth mindset into your family conversations.

3 MAKE ROOM FOR FAILURE



When you criticize, panic or gloss over a failure, you emphasize a fixed mindset, instead, take a deep breath and open up the conversation with your teen.

4 PRAISE THE PROCESS AND TIE IT TO THE OUTCOME



Congratulate your teen's accomplishments, milestones, and growth by emphasizing their hard work, effort, and perseverance.

5 HELP THEM GAIN NEW AND LACKING SKILLS



Encourage your teen to see struggles and challenges as an opportunity to grow, learn, and expand their interests and abilities.

6 BE A FAMILY THAT DOESN'T GIVE UP



Your teen can still try something they're not good at or start something new. If they stick to something wholeheartedly, they can build confidence along the way.

7 GIVE REASSURANCE



Remind your child they are not a "bad person" for moving on from a toxic friendship or choosing an activity over a boyfriend/girlfriend.

8 TALK ABOUT ASSERTIVENESS



Discuss how nuances such as tone of voice can make or break a conversation. Point out how body language and nonverbal cues can send a message of their own.

9 PRACTICE AT HOME



Create a safe space for your teen to process through difficult situations. Give them the freedom to talk freely about challenges.

10 ENCOURAGE SELF-COMPASSION



Introduce mindfulness apps or activities, create positive mantras, or list affirmations where they will be seen on a regular basis.

11 ENCOURAGE DIVERSITY IN ACTIVITIES AND INTERESTS



When your teen engages in activities helping others, they gain a sense of purpose and tend to have a higher sense of self-esteem.

12 GIVE LESS ADVICE



Rather than solving your teen's problems, engage them in the process. Listen as they explore where things went off track and then support your teen's plan to move forward.

13 ASK FOR ADVICE



Be sure to discuss your challenges in front of your kids. Discuss the situation with them. Ask them for advice or see how they would approach your problem.

14 LISTEN



Keep the relationship with your teen strong by resisting the urge to turn everything into a long lecture. Focus on improving your listening skills rather than needing to be "right" or having the last word.

15 MODEL CONFIDENCE



Be careful you don't put others down, criticize yourself, or make your own happiness dependent on other people or circumstances. Embrace a growth mindset!

Meaningful May 2023

MONDAY

1 Do something kind for someone you really care about

8 Set yourself a kindness mission to help others today

15 Do something to contribute to your local community

22 Find a way to help a project or charity you care about

29 Today do something to care for the natural world

TUESDAY

2 Focus on what you can do rather than what you can't do

9 What values are important to you? Find ways to use them today

16 Show your gratitude to people who are helping to make things better

23 Recall three things you've done that you are proud of

30 Share a quote you find inspiring to give others a boost

WEDNESDAY

3 Take a step towards an important goal, however small

10 Be grateful for the little things, even in difficult times

17 Find a way to make what you do today meaningful

24 Make choices that have a positive impact for others today

31 Find three reasons to be hopeful about the future

THURSDAY

4 Send your friend a photo from a time you enjoyed together

11 Look around for things that bring you a sense of awe and wonder

18 Send a hand-written note to someone you care about

25 Ask someone else what matters most to them and why



FRIDAY

5 Let someone know how much they mean to you and why

12 Listen to a favourite piece of music and remember what it means to you

19 Reflect on what makes you feel valued and purposeful

26 Remember an event in your life that was really meaningful



SATURDAY

6 Look for people doing good and reasons to be cheerful

13 Find out about the values or traditions of another culture

20 Share photos of 3 things you find meaningful or memorable

27 Focus on how your actions make a difference for others



SUNDAY

7 Make a list of what matters most to you and why

14 Get outside and notice the beauty in nature

21 Look up at the sky. Remember we are all part of something bigger

28 Do something special and revisit it in your memory tonight



ACTION FOR HAPPINESS

Happier • Kinder • Together



Lakeland

FAMILY RESOURCE NETWORK

5002-51 Ave, St. Paul, AB

Call: 780-645-5311

Text: 780-614-1941

lakelandfrn.ca



[st.paul_fcns](https://www.instagram.com/st.paul_fcns)



St. Paul Regional FCSS &
Family Resource Network

Child Development & Well Being

Ages 0-6- PURPLE

Ages 7-18- GREEN

Caregiver Capacity
Building/Parenting Classes

ORANGE

Community Event

BLACK

MAY



MON	TUE	WED	THU	FRI
1 Fine Motor Fun 10am-12pm drop in	2 Tipsheet Tuesday Managing Tantrums 2pm register	3 Triple P Fearless Managing Your Childs Anxiety 2pm-3:30pm register	4 No Program	5 Rhymes That Bind 10am-12pm drop in
8 Mother's Day Youth Activity 3:30pm-5:30pm register	9 Run, Jump, Skip 10am-12pm drop in	10 Triple P Fearless Managing Your Childs Anxiety 2pm-3:30pm register	11 Mother's Day Activity at Sunnyside 10am-11am register Buggies on the Block 1:30pm-3:30pm drop in Dungeons & Dragons 6pm - 8pm register	12 Icky, Sticky, Messy 10am-12pm drop in
15 No Program	16 Clothing Exchange see poster	17 Clothing Exchange see poster	18 Clothing Exchange see poster	19 Loose Parts Play 10am-12pm drop in
22 CLOSED for VICTORIA DAY	23 Mallaig Moms & Tots 9:30am-11:30am	24 Traditional Teachings for Youth 4pm-6pm register	25 Ashmont Moms & Tots 10am-12pm Buggies on the Block 1:30pm-3:30pm drop in Run, Jump, Skip 6pm-7:30pm drop in	26 Story Time & Craft 10am - 12pm drop in
29 Making Music 2pm-3:30pm drop in	30 Traditional Teachings 10am-11:30am register	31 Triple P Family Transitions 6pm-7:30pm register		



BUGGIES ON THE BLOCK

MAY 11 & 25
1:30PM-3:30PM



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

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

CALL (780)645-5311
TO REGISTER



Lakeland

FAMILY RESOURCE NETWORK

Family Transitions

Are you experiencing complicated parenting due to divorce or separation?

Wednesday, May 31

Wednesday, June 7, 14, 21, 28

6pm - 7:45pm

Family Transitions assists parents who need extra support to adjust and manage the transition from a two parent family to a single parent family. It focuses on skills to resolve conflicts with former partners and how to cope positively with stress.

Family Transitions consists of five sessions

Call 780-645-5311 to register
Childcare available



Alberta

Lakeland
FAMILY RESOURCE NETWORK

TRIPLE P
TIPSHEET
TUESDAY

MAY 2

AT 2 PM

Managing Tantrums

Register Now!

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

Lakeland
FAMILY RESOURCE NETWORK





MOTHER'S DAY

YOUTH ACTIVITY

Ages 7 yrs and up

May 8

3:30pm - 5:30pm

LFRN Center 5002 - 51ave

TO REGISTER CALL 780.645.5311

Lakeland

FAMILY RESOURCE NETWORK



Let's Create & Celebrate

Mother's Day

at Sunnyside Manor
Thursday May 11th
10am - 11am

Call 780-645-5311 to register

Lakeland

FAMILY RESOURCE NETWORK

Snacks Provided!

AGES 12 - 18



**DUNGEONS
& DRAGONS**

**DUNGEON MASTER
IN ATTENDANCE**

**Thursday, MAY 11
6pm - 8pm**

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

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

Lakeland
FAMILY RESOURCE NETWORK

Join us as we discover

Traditional Teachings

with Jan Tailfeathers

Create with us on

Wednesday, May 24

4pm-6pm

at the Lakeland Family Resource Network

5002-51 Ave

For youth ages

10 and up

Call 780-645-5311 to register



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

**Tuesday, May 30
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



RECREATION CENTRE 4802-53 ST.

Accepting good, CLEAN, used clothing
and shoes for **ALL AGES**

Please call 780-645-5311
for more information

SPRING CLOTHING EXCHANGE

Donation Drop Off Time:

Tues. May 16 1pm-8pm

Doors Open:

Wed. May 17 1pm-8pm

Thurs. May 18 9am-12pm

COST IS FREE!
BRING YOUR OWN BAG!

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-11:30am

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

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



Elk Point Location

MAY

Lakeland

FAMILY RESOURCE NETWORK

4906A 48 St, Elk Point, AB

Call: 780-724-3800

Text: 780-614-1941

lakelandfrn.ca



st.paul_fcns



St. Paul Regional FCSS &
Family Resource Network

Child Development & Well Being

Ages 0-6- PURPLE

Ages 7-18- GREEN

Caregiver Capacity

Building/Parenting Classes

ORANGE

Community Event

BLACK

Elk Point Location

MON	TUE	WED	THU	FRI
1		3	4 Growing Minds Ages 7-11 3:30-5:30 Must be already registered in program	5 Move like a bug cube craft ages 0-6 10am-12pm
8 Read and Roll 10-11am ages 3-4 must register	9 OFFICE OPEN 8:30AM -4:30PM lunch 12:30-1:30pm	10 Grand Opening 9:30 am	11 NO PLANNING	12 NO PLANNING
15 Read and Roll 10-11am ages 3-4 must register	16 CLOSED ST. PAUL CLOTHING EXCHANGE	17 CLOSED ST. PAUL CLOTHING EXCHANGE	18 NO PLANNING	19 Playdough sensory play ages 0-6 10am-12pm
22 CLOSED for VICTORIA DAY	23 OFFICE OPEN 8:30AM -4:30PM lunch 12:30-1:30pm	24 OFFICE OPEN 8:30AM -4:30PM lunch 12:30-1:30pm	25 Craft Night ages 7+ 3:30-5:30pm	26 Making Music ages 0-6 10am-12pm
29 Read and Roll 10-11am ages 3-4 must register	30 OFFICE OPEN 8:30AM -4:30PM lunch 12:30-1:30pm	31 OFFICE OPEN 8:30AM -4:30PM lunch 12:30-1:30pm		

Elk Point Location

Grand OPENING

WEDNESDAY
May 10, 2023

9:30 am Meet & Greet

1:00 pm Ribbon Cutting

Join us in celebrating the opening of our new **ELK POINT** location. Enjoy free coffee, donuts, connection and more. Come see what FCSS is all about. **4909-48 St, Elk Point.**



fcss

St. Paul Regional
Family and Community
Support Services



Read and Roll

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

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

FREE!

Mondays

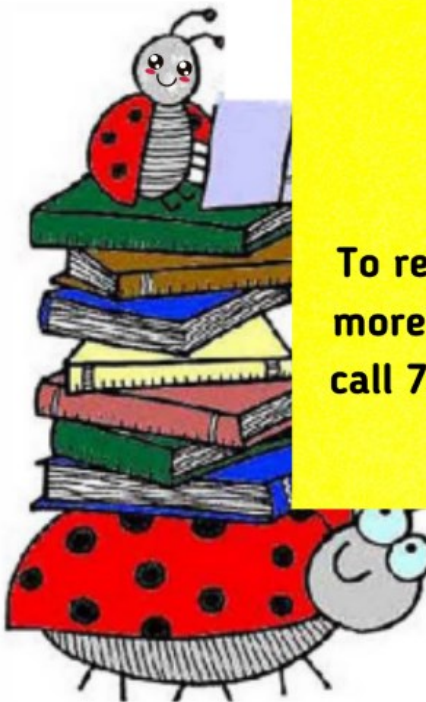
10:00 – 11:00 am / Max 6 kids

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

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

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

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



Elk Point Location

MAY 26TH, 10:00AM-12:00PM

MAKING MUSIC

AGES 0-6



FCSS ELK POINT LOCATION

4906 48ST (PLEASE CALL 780-724-3800 TO REGISTER)



Lakeland

FAMILY RESOURCE NETWORK

CRAFT NIGHT

AGES 7+

MAY 25, 3:30–5:30 PM

FCSS ELK POINT LOCATION

(PLEASE CALL 724-3800 TO REGISTER)



Lakeland

FAMILY RESOURCE NETWORK

Elk Point Location



PLAYDOUGH SENSORY

MAY 19TH, 10AM-12PM

ELK POINT FCSS LOCATION

(PLEASE CALL 780-724-3800 TO REGISTER)

AGES 0-6



Lakeland

FAMILY RESOURCE NETWORK

Hop, Jump, Skip

Buzz, Leap, Flutter



LET'S GET ACTIVE

Animal Movement Cube

May 5th, 10am-12pm

FCSS Elk Point Location, 4906 48st

(please call 780-724-3800 to register)

AGES 0-6



Wiggle, Crawl, Waddle



Lakeland
FAMILY RESOURCE NETWORK



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 job coaching



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



**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**



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.





When you don't know
where to turn.

WHAT IS 211?

211 is an easy-to-remember, 3-digit, non-emergency number that connects Albertans to a full range of community, government, social and health services.

HOW CAN 211 HELP?

At 211, you'll reach a real person who knows it's not easy to ask for help - a trained community resource specialist who will listen carefully and ask questions to find services that match your needs.

Hello, how
can I help
you today?



FREE | CONFIDENTIAL | AVAILABLE 24/7 | 170+ LANGUAGES

I'm a father looking for play
therapy for my young daughter



I'm a recent immigrant looking
for help getting settled

I'm a teenager looking
for a place to stay



I'm a senior looking
for transportation

I'm a front-line worker helping
someone with complex needs



I'm a decision-maker looking for data on
community needs and gaps in services

AGENCIES

211 Alberta is connecting with agencies in our community. 211 connects Albertans to a full range of community, government, social, and health services. It's free, confidential, and available 24/7 in over 170 languages.

To reach 211, dial 2-1-1, text INFO to 211, or visit www.ab.211.ca for live chat and online search.

211 is interested in creating a free listing for your agency because you provide important services to the community. By listing with 211, accurate information about your services can be shared with Albertans.

The next step is to connect with the 211 database team by email (felkadry@ab.211.ca) or phone (780-414-6324) to request an application or ask any questions.

They're happy to help!



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

ARE YOU A CHAMBER OF COMMERCE MEMBER?

**Integrity
Proud,
Honest and
Trustworthy**

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

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

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

**Opportunity
Creating
possibilities**

**Innovation
Evolve and Grow
Resources and
Services**

**Member Driven
Organized by
members for
members**

Contact us for more information

4802 50 Avenue

PO Box 887

St. Paul, Alberta T0A 3A0

Phone: 780-645-5820

Cell: 780-210-5820 (texting accepted)

Office Email: admin@stpaulchamber.ca

Yvonne Email: executivedirector@stpaulchamber.ca

Website: www.stpaulchamber.ca dd a subheading



BUSINESS SUPPORT NETWORK MEETING

Thursday, May 11, 2023

11:00am – 2:00pm

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

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

GUEST SPEAKER
DIGITAL SERVICES SQUAD
Technical Support

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

Mission Statement:

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

Network Purpose:

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

St. Paul & District Chamber of Commerce
4802 50 Avenue - PO Box 887, St. Paul, AB - T0A 3A0
executivedirector@stpaulchamber.ca
Office 780-645-5820 or Cell 780-210-5820 (call/text)

St. Paul & District

Chamber

of

Commerce



FARMER'S DAY

GOLF TOURNAMENT

JUNE 9, 2023

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

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

**ST. PAUL GOLF
COURSE**

**MORE DETAILS
COMING SOON!**



Canada's #1 Plan for Employee Benefits

Chambers Plan Employee Benefits



Why have 30,000 business owners selected this Plan?

Canada's leading employee benefits plan with comprehensive options for your firm.

No Business Is Too Small

- Comprehensive benefit packages are available to businesses from one person and up.
- Home based businesses qualify for coverage.
- Guaranteed Health and Dental coverage available to all for-profit firms.*

*Minimum 3 people for guaranteed coverage in Quebec.

Guaranteed Stability

- The Plan has operated continuously for over 50 years.
- Pooled benefits stabilize your firm's rates so they remain manageable and predictable.
- Chambers Plan's average renewal over the past decade has been 3.9%.

Outstanding Features (No Additional Cost)

- Teladoc® - Consult with a certified physician within an hour, 24/7, anywhere in Canada or the U.S.
- Unlimited access to Teladoc Medical Experts, an expert medical opinion when you need it most.
- Business Assistance Service providing owners resources and consults by accounting, legal and human resource experts.



Complete Benefit Selection

Extended Health Care

- Prescription drugs
- Ambulance coverage
- Paramedical services including:
 - Massage therapy
 - Chiropractor
 - Physiotherapy
- Eye examinations
- Emergency travel health care

Disability Coverage

- Coverage can begin from the first day of an accident/hospitalization up to age 65.

Critical Illness

- A lump sum up to \$50,000.

Dental Care

- Cleanings
- X-rays
- Extractions
- Major services
- Orthodontics for firms with 10+ employees

Employee Assistance Program

- Face-to face or telephone counselling.

Group Retirement Solutions

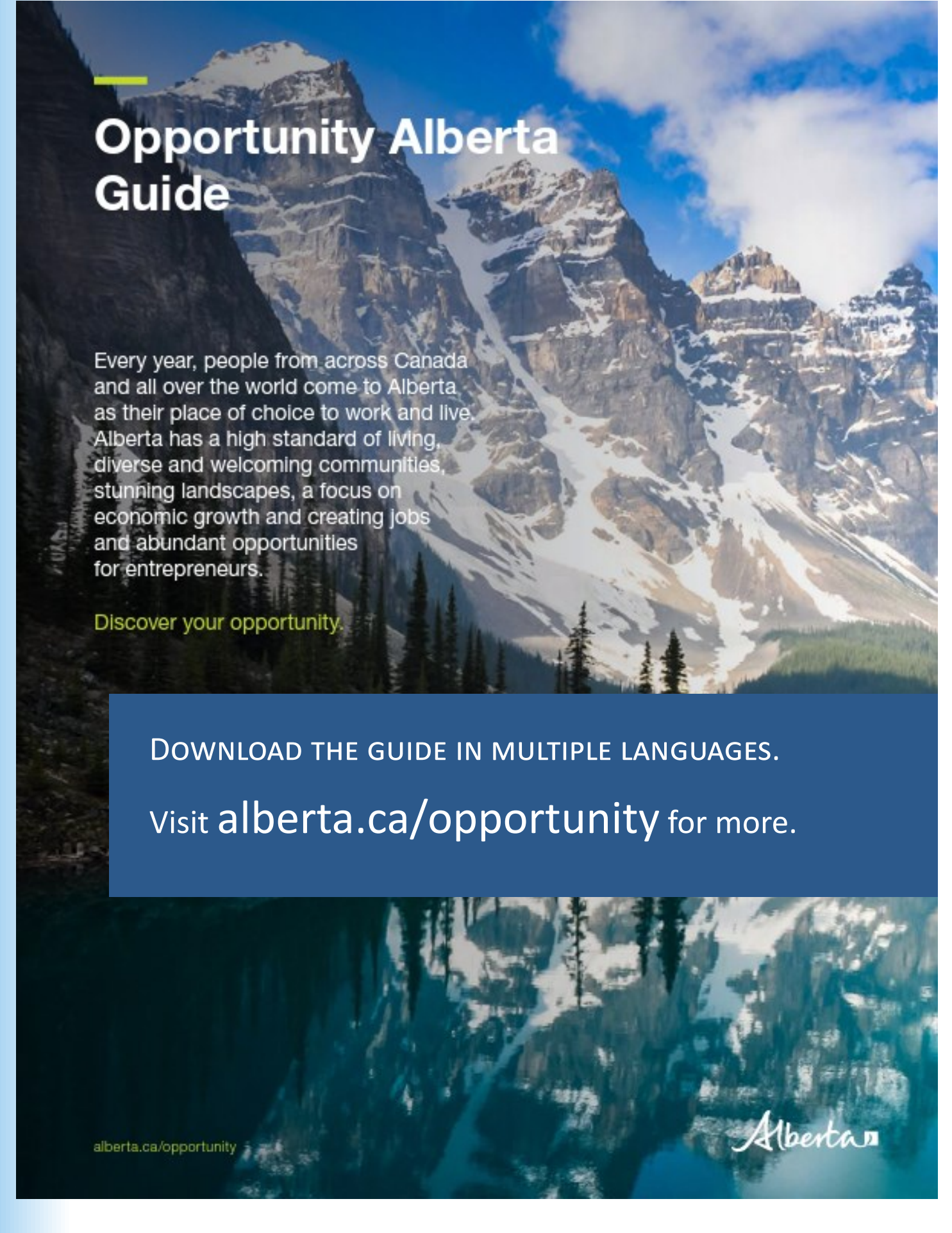
- FutureStep® retirement savings plans with best-of-class investments, easy set-up and online management.

For more information, or to request a quote, please visit ChamberPlan.ca.



Desjardins Insurance, Chubb Life Insurance Company of Canada, and Sutton Special Risk/Usyd's are the primary insurers. Desjardins Insurance refers to Desjardins Financial Security Life Assurance Company.

CH_digitalbrochure_#plan_0422_e



Opportunity Alberta Guide

Every year, people from across Canada and all over the world come to Alberta as their place of choice to work and live. Alberta has a high standard of living, diverse and welcoming communities, stunning landscapes, a focus on economic growth and creating jobs and abundant opportunities for entrepreneurs.

Discover your opportunity.

DOWNLOAD THE GUIDE IN MULTIPLE LANGUAGES.

visit alberta.ca/opportunity for more.

alberta.ca/opportunity

Alberta



Lakeland
EMPLOYMENT SERVICES

NEW

IN-PERSON WORKSHOPS

MAY WORKSHOP SCHEDULE

May 3, 2023

Interview Skills

May 10, 2023

Communication Skills

May 17, 2023

Skills and Interests

May 24, 2023

Resume Development

May 31, 2023

Online Job Search

WEDNESDAY AFTERNOONS – 1:30 PM

2nd Floor
Northstar Complex
4701 50 Ave
ST. PAUL
780-646-6729

For more information or to register, please
call the Centre or email
annah@employabilities.ab.ca

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

Canada  *Alberta* 

EMPLOYMENT SKILLS WORKSHOPS



May 2023 Calendar	
May 3, 2023	Communication Skills
May 10, 2023	Skills & Interests
May 17, 2023	Resume Development
May 24, 2023	Applying Online & Traditional
May 31, 2023	Interview Skills

Lakeland Employment Services is pleased to offer online workshops to **ALL Albertans** every WEDNESDAY morning at **10:00 AM**. These workshops are held via **Google Meet**. The workshops provide information on a variety of topics related to job search and managing in these unique times.

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

Cold Lake 587-491-2028 or email cbrant@employabilities.ab.ca

Bonnyville 780-343-0924 or email rnicholl@employabilities.ab.ca

Lac La Biche 780-627-3071 or email rmicholls@employabilities.ab.ca

St. Paul 780-646-6729 or email annah@employabilities.ab.ca

Vegreville 780-631-1471 or email bsutherland@employabilities.ab.ca



Like us on
Facebook

Follow the Lakeland Job Club Facebook page for employment information, workshop schedules, and job leads for the Northeast Region

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

Canada

Alberta

WE WANT YOUR OPINION!

Assist the **Lakeland Cross-Country Ski Club** in setting future priorities and provide ideas on how we can meet the needs of regional skiers, grow club membership and volunteer support.

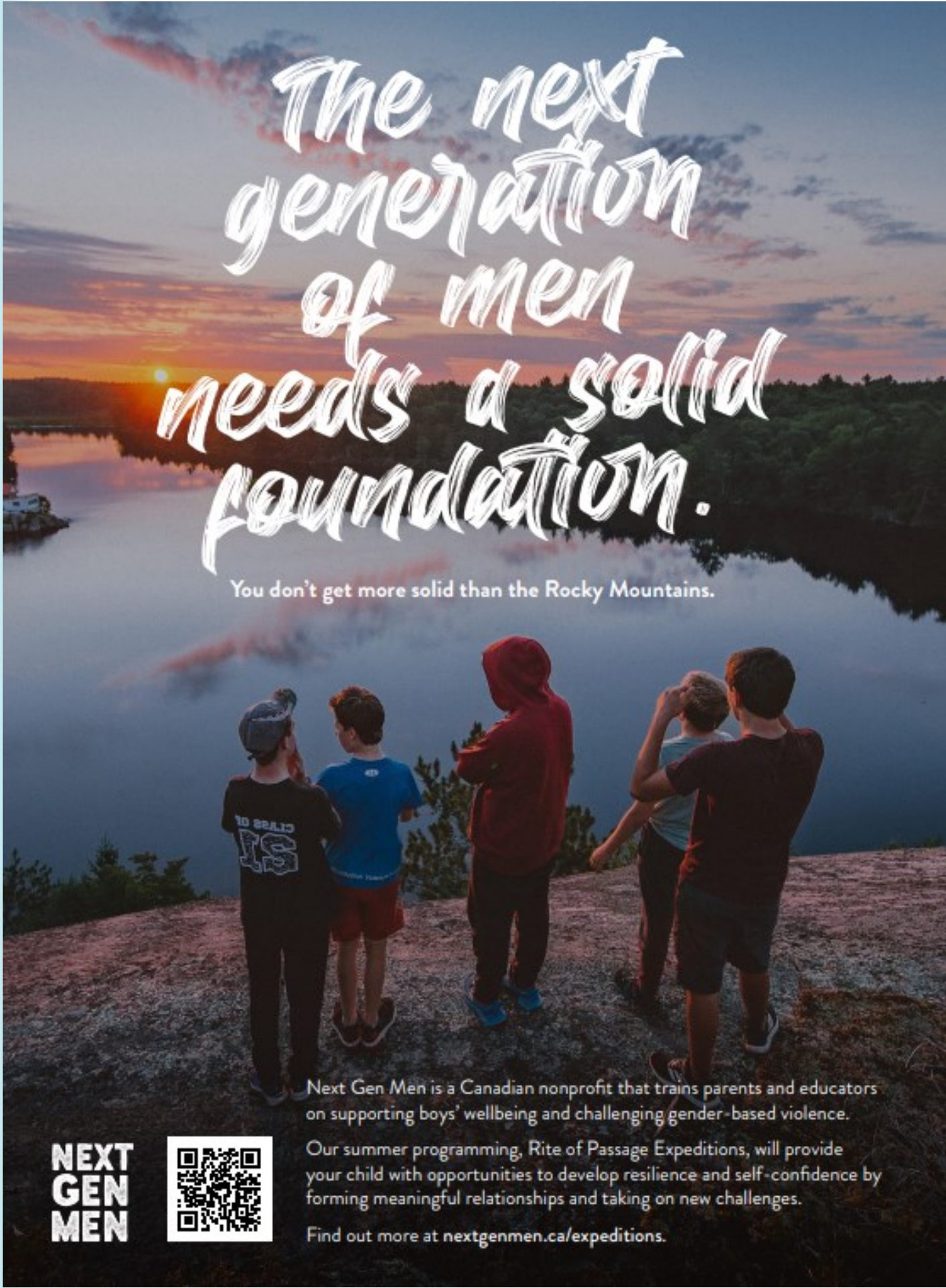
Access LCCSC survey [HERE](#)



Win an adult membership
for 2023-2024 season

Deadline: May 19, 2023





The next generation of men needs a solid foundation.

You don't get more solid than the Rocky Mountains.

**NEXT
GEN
MEN**



Next Gen Men is a Canadian nonprofit that trains parents and educators on supporting boys' wellbeing and challenging gender-based violence.

Our summer programming, Rite of Passage Expeditions, will provide your child with opportunities to develop resilience and self-confidence by forming meaningful relationships and taking on new challenges.

Find out more at nextgenmen.ca/expeditions.

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 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	ELK POINT 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.	

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.
Call your local Addiction & Mental Health office for more details and to register.

Wellness Exchange

A series of five skill building workshops designed to help increase our ability to cope with change and improve our overall well-being. Pre-registration required, attend one or more sessions.

Relationship Skills Series

A series of four sessions focused on topics related to healthy relationships and skill building to improve relationships with yourself and others. Pre-registration for all sessions required.

Learning to Live with Anxiety Series

This series rotates through six topics to help understand anxiety, and support skill building to cope. Pre-registration for all sessions required.

Recovery Management

This series focuses on topics to increase understanding of relapse prevention, identify strategies, and develop skills to cope. Pre-registration for all sessions required.

Transform Your Stress: The Resilience Advantage™

This workshop for managing stress in challenging times comes in two parts. Registration required, attend session one alone or add on session two to increase your skill.

Caring for Youth Series

This series of two workshops focusses on understanding youth substance use and treatments available, and the human needs and developmental assets for youth. Pre-registration required, attend one or more sessions.

Navigating AMH Services Info Session

This session is to help people understand how to navigate Addiction and Mental Health services in the North Zone of Alberta. No registration required, drop in format.

<https://albertahealthservices.zoom.us/j/65269873038> Passcode: 747927

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 in format.

<https://albertahealthservices.zoom.us/j/64953708340> Passcode: 493827



Scan the QR code to the right to find more information.

Call your local Addiction & Mental Health Office to register.



May 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.

Series 1 Classes

May 10, 17, & 24 Wed Afternoons 1:30pm to 4:00pm

Series 2 Classes

May 4, 11, & 18 Thurs Mornings 9:30am to 12:00pm

May 9, 16, & 23 Tues Afternoons 1:30pm to 4:00pm

May 10, 17, & 24 Wed Evenings 5:30pm to 8:00pm

Series 3 Classes

May 8 & 15 Mon Evenings 5:30pm to 8:00pm

May 25, June 1 Thurs Mornings 9:30am to 12:00pm

May 30 & Jun 6 Tues Afternoons 1:30pm to 4:00pm

May 31 & June 7 Wed Evenings 5:30pm to 8:00pm

Heart & Stroke

Managing Blood Pressure & Cholesterol

Learn to manage your risks for heart disease and stroke.

Part 1

May 3 Wed Morning 9:30am to 12:00pm

May 18 Thurs Evening 5:30pm to 8:00pm

May 23 Tues Afternoon 1:30pm to 4:00 pm

Part 2

May 10 Wed Morning 9:30am to 12:00 pm

May 25 Thurs Evening 5:30pm to 8:00 pm

May 30 Tues Afternoon 1:30pm to 4:00pm

Better Choices Better Health® 6 week workshop for Chronic Pain

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

Thursday Evening

6:00 pm to 8:30pm

April 20 to May 25

Tuesday Afternoons

12:30pm to 3:00pm

May 23 to June 27

Managing Diabetes

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

Part 1

May 4 & 11 Thursday Mornings 9:30am to 12:00pm

May 16 & 23 Tuesday Evenings 5:30pm to 8:00pm

May 17 & 24 Wednesday Afternoons 1:30pm to 4:00pm

May 24 & 31 Wednesday Evenings 5:30pm to 8:00pm

Part 2

May 3 Wednesday Evening 5:30pm to 8:00pm

May 18 Thursday Morning 9:30am to 12:00pm

May 30 Tuesday Evening 5:30pm to 8:00pm

May 31 Wednesday Afternoon 1:30pm to 4:00pm

Managing Stress

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

May 4 & 11 Thursday Evenings
5:30 to 8:00 pm

Better Choices Better Health®

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

Friday Mornings 9:30 am to 12:00 pm

May 26-June 30

Understanding COPD

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

Supervised Exercise - Done Virtually!

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

Tuesdays and Thursdays April 11- May 18
10 to 11:30am OR 1pm to 2:30pm

[Register Here](#)

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>



FREE Online Workshop

Child Safety Seats for Families

Confused about child
safety seats?



This interactive workshop will provide information and answer questions about choosing, installing and using child safety seats, booster seats and seat belts for children ages 0 -13 years.

Time: 1 Hour

Location: Online (Zoom)

Dates:

- May 2 @10:30am
- May 17 @1:30pm
- June 6 @1:30pm
- June 22 @10:30am
- July 12 @1:30pm
- July 25 @10:30am
- August 10 @1:30pm
- August 23 @10:30am



Please review the Eventbrite page to register and view other available workshops.

Presented by:

Edmonton Zone
Population Health Promotion
Injury.PreventionEdmonton@ahs.ca



FREE Online Workshop

Home Safety

for Infants & Toddlers



This interactive workshop will explore the common causes of childhood injury, including falls, poisoning, burns, and breathing emergencies.

Parents and caregivers will have the opportunity to ask questions and learn simple strategies for building a safe home for the whole family.

Time: 1 Hour

Location: Online (Zoom)

Upcoming Dates:

- May 23 @1:30pm
- June 14 @10:30am
- July 20 @1:30pm
- August 15 @10:30am

Please review the Eventbrite page to register and view other available workshops.



Presented by:

Edmonton Zone
Population Health Promotion
Injury.PreventionEdmonton@ahs.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

MAY					
Monday	Tuesday	Wednesday	Thursday	Friday	
1 9:30am: A Week in History 11am: Writing for Fun 1pm: Exercise 3pm: Anne of Green Gables PT 5	2 11am: Imagination Circle 1pm: The Raging Grannies 2:30pm: Estranged Children 3pm: Reader's Corner 4:30pm: Conspiracy Theories	3 9:30am: True Crime PT 5 11am: Who Why When 1pm: AB Election 3pm: Exercise	4 9:30am: Gratitude 11am: May the 4th Be With You 1pm: Happiness Basics 3pm: Bears in Jasper	5 9:30am: Classical Music Hour 11am: Exercise 1pm: Ocean Adventures 3pm: Where in the World	
8 9:30am: A Week in History 11am: Jane Goodall 1pm: Exercise 3pm: Anne of Green Gables PT 6	9 11am: Mindfulness-Being Ourselves 1pm: Animal Spotlight 2:30pm: Estranged Children 3pm: Japanese Internment AB 4:30pm: Jeopardy	10 9:30am: True Crime PT 6 11am: SCWW Advisory Group 1pm: AB Election 3pm: Exercise	11 NO MORNING PROGRAM 1pm: Let's Talk About... 3pm: From John to Justin: Prime Ministers of Canada	12 9:30am: Music of the Maritimes 11am: Exercise 1pm: Thank You Nurses! 3pm: Trivia	
15 9:30am: A Week in History 11am: Writing for Fun 1pm: Exercise 3pm: Anne of Green Gables PT 7	16 11am: Imagination Circle 1pm: Coffee Chat 2:30pm: Estranged Children 3pm: Heart Healthy Eating 4:30pm: Name that Tune	17 9:30am: Innocence Files 11am: Old Souls & Protest Songs 1pm: AB Election 3pm: Exercise	18 9:30am: Gratitude 11am: A Storytelling 1pm: Relaxation 3pm: Working Through Grief	19 9:30am: All Request Music 11am: Exercise 1pm: Ocean Adventures 3pm: Mystery Chronicles	
22 VICTORIA DAY 	23 11am: Mindfulness-Being Ourselves 1pm: TED Talk 2:30pm: Estranged Children 3pm: Skills Training for Dogs 4:30pm: Trivia	24 9:30am: True Crime 11am: EPL Presents! 1pm: AB Election 3pm: Exercise	25 9:30am: Gratitude 11am: Brain Games 1pm: Coffee Chat 3pm: Next Stop, Paddling Nahanni River	26 9:30am: Vinyl Café 11am: Exercise 1pm: Digestion Process 3pm: BINGO	
29 9:30am: A Week in History 11am: Writing for Fun 1pm: Exercise 3pm: Anne of Green Gables PT 8	30 11am: Body Scan Meditation 1pm: What a Word 2:30pm: Estranged Children 3pm: Let's Talk About... 4:30pm: Conspiracy Theories	31 9:30am: Innocence Files 11am: Who Why When 1pm: AB Election 3pm: Exercise	To join by phone, call: 1-855-703-8985 When prompted, enter Meeting ID: 225-573-6467#		

Alberta Brain Injury Network

Invites you and your Care Givers to our Monthly Survivor meetings

February 14th, 2023 @2pm

March 14th, 2023 @2pm

April 11th, 2023 @2pm

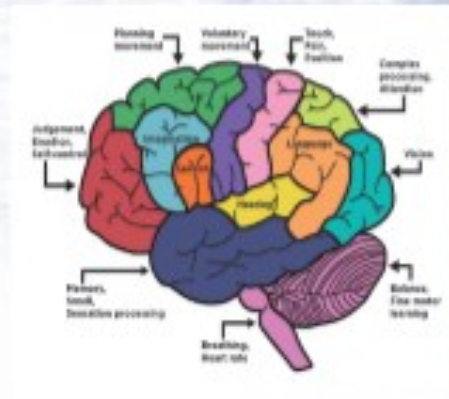
May 9th, 2023 @2pm

June 13th, 2023 @2pm

October 10th, 2023 @2pm

November 14th, 2023 @2pm

December 12th, 2023 @2pm



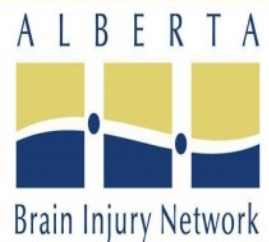
St. Paul Abilities Network

St Paul Municipal Library (Back room)

4802 53 St, St. Paul, AB T0A 3A4

[\(780\) 645-4904](tel:7806454904)

**For more information Please send Email to
Kyla Cameron @ kcameron@spanet.ab.ca
Or call 780-645-3441 ext 234
Or 780-646-2969**



For more information call the
ABIN Coordinator
780-645-3441 Ext 232
Or email abin@spanet.ab.ca

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



What is Lemonade Day?

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

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

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

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

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

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

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

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

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

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



Lemonade Day!

lemonadeday.org/northern-alberta



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

Improve your board leadership!

Board Development Program

Understanding Your Legal Landscape

Board Roles and Responsibilities

Legal Responsibilities

Organizational Purpose and Planning

Financial Responsibilities

Risk Management

Committees and Meetings

Building a Strong Team and Effective Relationships

Free
Live
Interactive
Webinars
and Courses

Grant Writing 101

The Role of the Board Chair

The Role of the Board Secretary

The Role of the Board Treasurer

Cybersecurity for Non-Techie Board Members and several new topics in the

The Non-Profit Bistro Webinar Series

Alberta

Register on: <http://AlbertaCDU.eventbrite.com>

Access online courses: <https://alberta.ca/NonProfitLearning>

Subscribe: <https://bit.ly/3fM04kl>

CDU Consultation Line

Learning & Development Team

Live & Interactive Webinar Schedules for April to June 2023

Access Board Development Program (BDP) Live Webinars

- Visit the **Alberta Non-Profit Learning Centre** for information on webinar topics, dates and times as well as details on how to register at <https://alberta.ca/NonProfitLearning>. Select "Live Webinars" and then, "Register for a webinar". You can also register through the CDU's Eventbrite page at: <http://albertacdu.eventbrite.com/>. **Registration is free.**
- The webinars in the Board Development Program (BDP) series are offered in sequential order. However, participants are free to attend any or all of webinars in the series as there are no prerequisites.

Spring 2023:

Webinar Title	Date	Time	Registration Opens
Understanding Your Legal Landscape	April 12	1:30 to 3:00 PM	open
Board Roles and Responsibilities	April 19	1:30 to 3:00 PM	open
Legal Responsibilities & Conflict of Interest	April 26	1:30 to 3:00 PM	open
Organizational Purpose and Planning	May 3	1:30 to 3:00 PM	open
Financial Responsibilities	May 10	1:30 to 3:00 PM	open
Risk Management	May 17	1:30 to 3:00 PM	open
Committees and Meetings	May 24	1:30 to 3:00 PM	open
Building a Strong Team & Effective Relationships	May 31	1:30 to 3:00 PM	open

Access Videos

If you are not available to attend a live webinar, you can also access the following video recordings free of charge through the **Alberta Non-Profit Learning Centre** at <https://alberta.ca/NonProfitLearning>:

- Board Development Program Video Series:** Select "Online Courses" and then choose the topic of the webinar you are interested in from the alphabetized list.
- Grant Writing 101 Video Series:** Select "Online Courses" and then choose "Grant Writing 101".
- The Non-Profit Bistro Webinar Series:** Select "Online Courses," scroll to "Search for Courses" and under "Category," choose "The Non-Profit Bistro Series" and click "search".

- Visit the **Alberta Non-Profit Learning Centre** for information on webinar topics, dates and times as well as details on how to register at <https://alberta.ca/NonProfitLearning>. Select "Live Webinars" and then, "Register for a webinar". You can also register through the CDU's Eventbrite page at: <http://albertacdu.eventbrite.com/>. **Registration is free.**
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- Grant Writing 101 Video Series:** Select "Online Courses" and then choose "Grant Writing 101".
- The Non-Profit Bistro Webinar Series:** Select "Online Courses," scroll to "Search for Courses" and under "Category," choose "The Non-Profit Bistro Series" and click "search".
- The Non-Profit Tidbits Series:** Select "Online Courses," scroll to "Search for Courses" and under "Category," choose "The Non-Profit Tidbits Series" and click "search".

Child and youth development:

Free webinar series

It's common to have questions about child and youth development—from how they grow to how they talk, think, move, and interact with others.



Alberta Health Services is offering webinars for parents, caregivers and people working with children and youth.

- Free and online
- Live or pre-recorded
- Live webinars available on various dates and times
- Presented by AHS healthcare professionals
- For Alberta residents

Join us for information, tips and resources to help you gain knowledge and build confidence.

 Discover more about the webinar topics on the back of this page.



Find a webinar that's right for you, visit
AHSweb.ca/MHA/PRwebinars



The Glendon Ag Society
Presents

THE FORGE CO.

BEGINNERS BLACKSMITHING CLASS

SUNDAY JUNE 4TH

11:00AM R.C.M.P HALL

Course Cost is \$135

Space is limited to 12 people, ages 14+

Class will include all required safety gear,
tools, and equipment needed.

Beginner Blacksmithing Classes are 2 hours long and go over
some of the basic techniques of smithing.

The attendees will take home the items they make.

To book email glendonagsociety.com

or call/text Andrea at 780-573-8011

Course cost must be paid to hold your place.

BOOK YOUR SPOT TODAY!!





Edmonton
Community
Legal Centre

Accessible Legal Advice and Information for Rural Alberta

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



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

CONTACT US



780 702 1725



intake@ecllc.ca



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



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



Edmonton
Community
Legal Centre

☎ 780 702 1725
✉ intake@eclc.ca

Rural Family Law Help

Do you need help with a family law matter?

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

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



We can help with the following:

- | | |
|--|--|
| ☐ Parenting and contact | ☐ Guardianship |
| ☐ Child and Spousal Support | ☐ Protection Orders |
| ☐ Common-law Relationships | ☐ Responding to Divorce |
| ☐ 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!

Are you an owner, manager, or leader in your company?

Learn How To Effectively Manage

Addiction in the Workplace



May 16 | 7:30am-10am | \$30 plus GST
St. Paul, Alberta
The Landing Hotel & Conference Centre
(breakfast included)

Registration:
executivedirector@stpaulchamber.ca

Presented by
Assure Occupational Testing
CEO Jon Rokochy



May 16 | 11:30am-2pm | \$30 plus GST
Bonnyville, Alberta
The Neighbourhood Inn Alberta Room
(lunch included)

Registration:
www.bonnyvillechamber.com

Best of South Africa

With St. Paul & District Chamber Of Commerce

9 DAY TOUR

EDMONTON • CAPE TOWN • ENTABENI SAFARI CONSERVANCY • JOHANNESBURG • EDMONTON

Enjoy the magnificent views of Table Mountain in Cape Town, head on an exhilarating safari drive in Entabeni, and immerse yourself in the local history and culture with this tour of South Africa!



Departure
Dates
**March 5th,
2024**

Land Only

C\$ 2199

Edmonton

C\$ 4799

Single Supplement

C\$ 799

**St. Paul & District
Chamber
of Commerce**



For reservation or booking please contact-
St. Paul & District Chamber of Commerce
Yvonne Weinmeier
Tel: 780 645 5820
Email: executivedirector@stpaulchamber.ca
Or Visit:

Module 1: Multigenerational & Historical Trauma

Discuss multigenerational trauma and how that impacts today's generations and how we are still healing. Explores how this trauma is contributing to the propagation of child sexual abuse today.

Module 2: Child Sexual Abuse

Provides an overview of the legal aspects of consent and child abuse within the Child, Youth and Family Enhancement Act, and the Criminal Code of Canada. Explores harmful myths surrounding child sexual abuse and how to shift perspectives.

Module 3: Adults Who Were Abused as Children

Provides an overview of the survival skills children utilize during trauma and how they can become negative coping mechanisms. Goes over the long-lasting impacts that sexual abuse has on the survivor and their triggering events.

Module 4: Once Sexual Abuse is Known

Discusses how children may disclose. Gives an overview of key communication skills and the model of responding to a disclosure. This module reviews vicarious trauma and self-awareness for those hearing disclosures.

Module 5: Rethinking Community Strategies

Discusses new ways for rural communities to respond to sexual violence. Explores ways for community members to come together and initiate the healing process.



Rural Response to Sexual Abuse

Training Workshop

The Rural Response to Sexual Abuse is designed to educate participants about sexual violence through a trauma-informed lens that understands the intersectionality of sexual violence and responses to it. This workshop was designed for rural, low-population areas where responders may have a relationship with both the offender and survivor. It offers a strengths-based solution that utilizes trust, honesty, empathy, and shared responsibility for healing and protecting children in our communities.

May 15, 2023 | Wabasca | 1-4 pm | Northern Lakes College

May 16, 2023 | Athabasca | 10 am - 1 pm | Cole Street Office

May 17, 2023 | Lac La Biche | 9 am - 12 pm | Portage College

May 18, 2023 | St. Paul | 1 pm - 4 pm | Portage College



To register, email
events@thedragonflycentre.com

or call 1-866-300-4325

Enhanced Emergency Sexual Assault Services Training

Offered to professionals working with victims of sexual violence to facilitate more rapid, compassionate and comprehensive sexual assault services for recent victims. There is an emphasis on multidisciplinary collaboration and understanding.

Modules

Sexual assault issues and EESAS overview

- Common myths
- Impact of sexual assault on health care and individuals

Psychological considerations and consequences

- Acute reactions to stress
- Consequences including ASD and PTSD
- Impact on behaviour and memory

Triage, drug facilitated sexual assault testing and evidence

- Triage classifiers in ER and modifiers
- Evidence collection principles
- Symptoms relevant to drugs of abuse

Consent, sexual assault history and interview

- Capacity to consent to examination
- Differences in sexual assault history by health professionals vs police

Injury assessment and BALD STEP guide to physical findings

- Key components of BALD STEP guide
- Key characteristics of injuries

Body examination and evidence collection

- Equipment required
- Procedures for assessment
- Typical evidence samples

Genital examination and evidence collection

- Procedures and evidence collection
- Differences with special populations (males, children, elderly)

Treatment, discharge considerations and follow up

- Typical post-assault testing
- STI and emergency contraception
- Safety and suicide screening
- Anonymous kits and court testimony



Presented by Catherine Carter-Snell, RN PhD SANE-A

Where

This training will be held online via Zoom. A link will be sent after you register.

When

Thursday June 8, 2023
10:00am - 4:00pm

Cost

This session is paid for by the Rural Health Professions Action Plan, at no cost to participants.

More Information /

Registration

Space is limited to medical and allied health professionals in rural, remote or northern Alberta communities. This includes professions such as Physician, RN, NP, LPN, EMT, RSW, Psychologists, RMT, etc. Reserve your spot:

www.tickettailor.com/events/aasasevents/878463

If you have further questions, contact mailbox@aasas.ca

Registration Deadline

Tuesday May 23, 2023

SUBMIT YOUR COMMUNITY

EVENT

- visit www.stpaul.ca
- go to event calendar
- click "Submit Your Event"

Have Questions?

Send us an email at:



townhall@town.stpaul.ab.ca



CANADA DAY **VENDOR MARKET**

NOW accepting registrations for our Vendor Market during the Canada Day Events at the Recreation Centre.

Saturday, July 1st
12PM - 4PM

\$20.00/Table Deposit

Call 780-645-1771 to book your table



on facebook

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

(past events)



Celebrating

THE POWER OF COMMUNITY



MS. WALK

SUNDAY, MAY 28, 2023

MSWALKS.CA



**SCAN TO
REGISTER**



St. Paul TEEN Day CAMP



TWB
Mental Health
Capacity Building

JULY 31 -
AUG 3



FREE

Ages 12 - 17

★Sports

★Art

★S.T.E.M

★Minute-to-Win it



For More information or to register contact:
Together We're Better Program Manager:
Lily Belland

780-872-4596
or email belllily@sperd.ca

Together We're Better Drop-in Daycamp

Lac Bellevue
Day Use Area

- Crafts
- Games
- Stories
- Activities

1 p.m. -
4 p.m.

July 17 - 20th
July 24 - 27th



CALL LILY AT 780-872-4596 FOR MORE INFORMATION



St. Paul Education



Together We're Better



Together We're Better Drop-in Daycamp

Floating Stone Lake Day Use Area

- Crafts
- Games
- Stories
- Activities

1 p.m. -
4 p.m.

July 3 - 6th
July 10 - 11th



CALL LILY AT 780-872-4596 FOR MORE INFORMATION



St. Paul Education



Together We're Better





ST.LINA COMMUNITY GARAGE, CRAFT AND HOME BASED BUSINESS SALE!

**JUNE 11, 2023
10AM-4PM**

**Join us for this one day
event at the back of St.
Lina Hall!**

**Hosted by St. Lina
Ag Society**

**Vendor
information**

**-8' tables just
\$10!**

**-Hall opens at
8am June 11 for
set up.**

**-We welcome
garage sale,
crafters and
home based
businesses.**

**-Concessions
available and
provided by
St.Lina
4-H Club.**

**TO BOOK A
TABLE**

**Contact
Monique Smith
Text or phone
780-573-0545**



MOOSE HIDE
CAMPAIGN
CAMPAGNE
MOOSE HIDE

Moose Hide Campaign Day

Register
Here!



HELP END VIOLENCE AGAINST WOMEN AND CHILDREN

On **May 11, 2023** join Indigenous and non-Indigenous Canadians from across Canada to support reconciliation and help end violence against all women and children.

Moose Hide Campaign Day is a day for connecting, learning and sharing, where you can hear from inspiring speakers, share experiences and join workshops. It's a day of ceremony where we invite you to fast with us from sunrise to sunset in our **#FastToEndViolence**. Tune into the livestream or join us for our in-person Workshops and **#WalkToEndViolence** in Victoria, BC.

Supporters are encouraged to wear and share the moose hide pins on the day (and every day!) and organize events with their organizations, schools or communities. Fasters will be supported on their fasting journey throughout the day. Events are free for anyone to attend.

Join us and register early at moosehidecampaign.ca

info@moosehidecampaign.ca
778-400-5780



CIRQUE Luz Dalia



SATURDAY, MAY 13TH

SAT

13



St Paul, AB @ 1:30 PM

Clancy Richard Arena

BUY TICKETS

SAT

13



St Paul, AB @ 4:30 PM

Clancy Richard Arena

BUY TICKETS

SAT

13



St Paul, AB @ 7:00 PM

Clancy Richard Arena

BUY TICKETS

TICKETS: www.cirqueluzdalia.com OR 1-416-691-0634



**St. Paul Champions for Change
Communities in Bloom Committee
invites your business to join us in a:**

Community Clean Up



Spring is here!! The weather is improving and we all want to get outside on the sidewalks and out in the community. We are asking all St. Paul businesses to grab their staff and take a few minutes in May to walk around outside their business and to pick up litter and garbage to improve the looks and safety of our community.



Send us a photo of your staff and the garbage they collected and you could win a prize.

Show pride in your business and our community!

For more Info. call 780-645-5782.

Send Photo: judith@cfpspsl.ca

GROUPE DE JEUX

9h30 à 11h30

3 mai - Printemps / Spring

10 mai - Fête des mères /
Mother's day

17 mai - La jungle / The jungle
(Petits Scientifiques)

24 mai - De la lave partout! /
Floor is lava!

31 mai - Camping
(Petits Chefs)



@ École du Sommet

4609 40 Street



Crafternoon at the St. Paul Library

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



Tuesdays
12pm to 4pm

LAST WEDNESDAY OF THE MONTH BOOK CLUB

6:30pm at the St Paul Library

Want to join, or need more information?
E-mail Programs@stpaullibrary.ab.ca



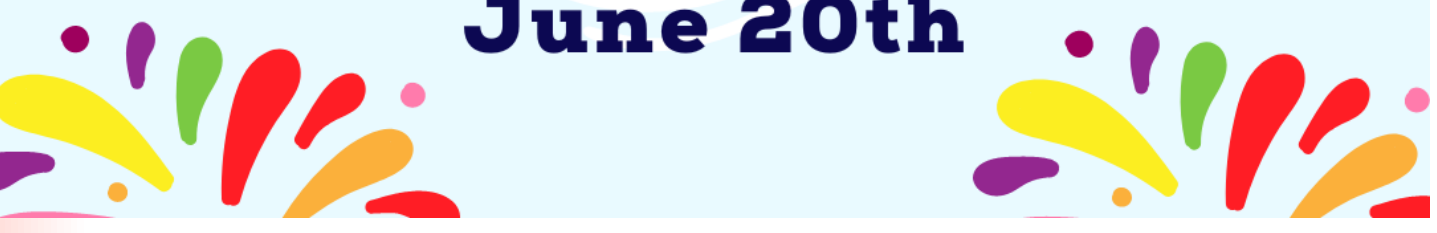


Senior Citizen Appreciation Day at the St Paul Library

Come join us for Coffee, tea,
and treats.



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



Guest Story-time

**WITH THE DRAGONFLY
CENTRE**

Tuesday May 23rd 4:30pm

A story and conversation to empower and teach children about personal body safety, feelings, safe and unsafe touch, private parts, secrets and surprises, consent, and respectful relationships.



**To register go to our website's registration page at
www.stpaullibrary.ab.ca/programs
or contact us by email at programs@stpaullibrary.ab.ca**

ST. PAUL MUNICIPAL LIBRARY'S

PAJAMA STORYTIME AND STUFFED ANIMAL SLEEP OVER

TUESDAY, MAY 9TH AT 6PM

WEAR YOUR PAJAMA'S AND COME ENJOY A
BEDTIME STORY. BRING A STUFFED ANIMAL THAT
YOU ARE WILLING TO LEAVE OVERNIGHT FOR
THEIR OWN LIBRARY SLEEP OVER.

LIMITED SPACE, REGISTRATION REQUIRED
[HTTPS://WWW.STPAULLIBRARY.AB.CA/PROGRAMS/
PROGRAM-REGISTRATION](https://www.stpaullibrary.ab.ca/programs/program-registration)
(ONLY STUFFED ANIMALS CAN STAY OVER NIGHT).

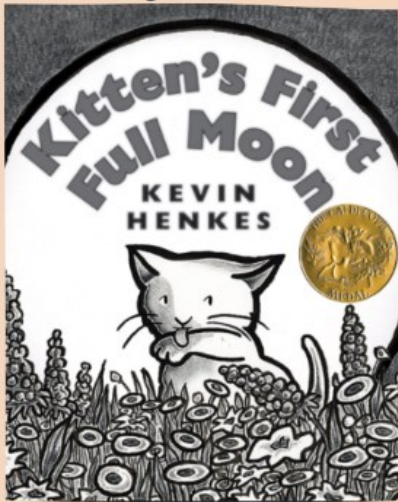
Family Story-time



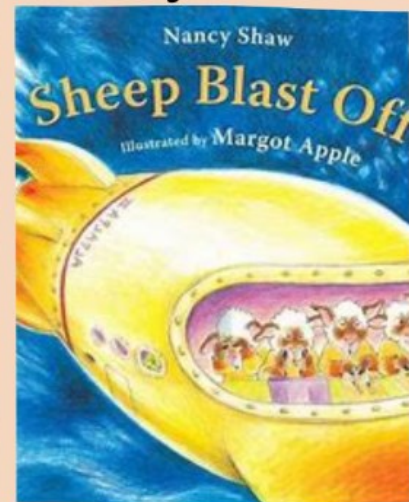
At the Library
Fridays at 10:30am

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

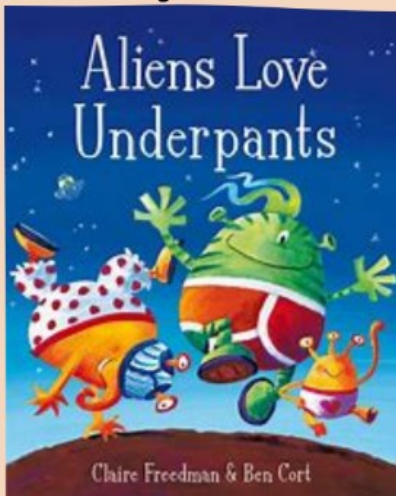
May 5th



May 12th



May 19th



May 26th





St Paul Municipal Library

Drop in to learn more about plants with Richard Simons



Fun Facts



Unique Uses



With Examples

Tuesday May 30th 1pm to 3pm



St Paul Municipal Library

www.stpaullibrary.ab.ca
780-645-4049

programs@stpaullibrary.ab.ca
4802 53rd street St Paul AB

Drop in between 10am and 4pm

Saturday FAMILY FUN DAY!

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

May 6th - Block Day

May 13th - Doodle Day

May 20th - Play Dough Day

May 27th- Family Games Day

St. Paul Municipal Library

4802 53 Street
780-645-4049

Box 1328 St. Paul Alberta T0A 3A0
www.stpaullibrary.ab.ca



Make It and Take It Toddler Time

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

Older kids are welcome to come and play

Sensory bags and bins

**Wednesday May 24th
10:15am**

To register: go to our website
registration page at
www.stpaullibrary.ab.ca/programs
or contact us by email at
programs@stpaullibrary.ab.ca





ACCESSIBLE ACTIVITY

PROGRAM FOR ADULTS WITH DISABILITIES

Wednesday May 24th 1pm
at the St Paul Municipal Library



ICE
CREAM
IN A
BAG

To register go to our website's registration page at
www.stpaullibrary.ab.ca/programs
or contact us by email at programs@stpaullibrary.ab.ca

SING YOUR SOCKS OFF

AND GET YOUR HARMONY ON

Free Workshop
May 29 from 7-9PM for ages 13+
4822-50 Ave, St. Paul, AB



St. Paul & District Arts Foundation

