



INSIDE THIS ISSUE:

September

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 Sept 12th
@ 10 am
Please RSVP.



Prevention & Awareness

- P2... Let's Connect
- P3... School Zone Reminder
- P4... Community Awareness
- P5... Suicide Prevention Skill Building
- P6... Suicide Prevention Help
- P7... Urban Poling
- P8... Financial Support for Seniors
- P9... Filling your Toolbox
- P10... Tot Time with Parents & Caregivers
- P11... Action for Happiness Calendar
- P12... LFRN Calendar St Paul
- P13-28... St Paul April Events
- P29... LFRN Calendar Elk Point
- P30-37... Elk Point April Events

Stay Informed

- P38... Every Kid Can Play Program
- P39... MD of St Paul Foundation Info Session
- P40... St Paul Jr Canadiens Billets Wanted

Health & Wellness

- P41... City University Counselling
- P42... Alzheimer Society Support Group
- P43-46 ... Alberta Health Services
- P47-48... Seniors Without Walls
- P49... Alberta Brain Injury

For Your Development

- P50... The Livingworks Start Program
- P51-53... Chamber Opportunities
- P54-55... CALP Opportunities
- P56... Mallaig Preschool
- P57... Head Start Registration
- P58... Stand-Up for Mental Health Comedy Show
- P59... Group de jeux
- P60-61... Rural Family Law Help

Ways to Connect

- P62... Musee St Paul Museum
- P63... FASD Free BBQ
- P64... Rodeo Week Events
- P65... Pottery & Art Sale
- P66... The Goddamsels
- P67... Stand Up for Mental Health Event
- P68... Mannawanis Friendship Centre
- P69... Youth Teepee Summit Youth Outreach
- P70... MMIWG2S + Indigenous Healing Conference
- P71... October' Fast Charity Beer Run
- P72-74... St Paul Library Events
- P75-79... Arts Foundation

Let's

Connect



Scan the codes to connect.





REMINDER
SCHOOL ZONES
TUESDAY
SEPTEMBER 5



COMMUNITY AWARENESS night St Paul

join us

for an exciting evening where organizations are on hand to promote, register members and discuss their role in our community. Community Awareness Night is FREE to the public and brought to you by St Paul Regional FCSS.

**WEDNESDAY
SEPT 13/23
5-8 PM**

ST PAUL REC CENTRE 4802 53 ST

Call **780-645-5311** for more information or to reserve your community organization table.



Promoting positive relationships & connections for families to their community in a fun & safe way.



Build Skills in Suicide Prevention

Join us for this FREE training session that will help build confidence in addressing and intervening in suicide. In person group and individual on line options available. Connect with us to find out more.



Thursday

Sept 7, 2023

7PM-9PM

@ FCSS

5002-51 Ave, St Paul

Register

780-645-5311



World Suicide Prevention Day

September 10, 2023

Creating Hope Through Action



CASP CANADIAN ASSOCIATION
FOR SUICIDE PREVENTION
ACPS ASSOCIATION CANADIENNE POUR
LA PRÉVENTION DU SUICIDE



NEED HELP

suicideprevention.ca

Call 1-833-456-4566

Text 45645 between 2pm –10pm

Under 18 text 24/7 CONNECT to 686868



Come to all **4** sessions and be entered to win a set of Urban Walking Poles!

Have fun, absorb the sun and walk your way to better health while connecting with friends and your community.

BENEFITS

WEIGHT MANAGEMENT
burns up to 46% more calories than regular walking

BALANCE
improve balance and confidence for walking with four points of contact

OFF LOADING
takes stress off painful hip and knee joints

CORE STRENGTHENING
1000 ab contractions per 1000 steps

FULL BODY WORKOUT
uses all your body muscles

WALKING
you can walk more, faster and further

POSTURE
promotes an upright posture

CARDIO
25% more of a cardiovascular workout compared to walking alone

*See it in action
urbanpoling.com/getting-started/

URBANPOLING Mondays

Sept 11 - Oct 2

12:15 PM - 12:45 PM
4 sessions @ FCSS

(5002-51 Ave)



REGISTER
Call 780-645-5311



financial ● Support for Seniors

● aging in place

DO YOU:

- live in a single detached home?
- have a single income of \$36,080 or less or a double income of \$55,720 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?

NEW funding amounts!

we want to HELP!

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

780-645-5311



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

Canada



Strategies to promote emotional development
& connection in children.

Filling YOUR Toolbox

This workshop will provide participants with an opportunity to learn about child development and to gain practical strategies that promote emotional connection.

Monday
Nov 27, 2023

1:30–3:30PM

REGISTER

Call 780-645-5311



@ FCSS 5002-51 Ave





Tot Time

WITH
Parents &
Caregivers

Connecting & learning through play.

Join us with your little ones as we explore educational toys, play with others & learn new experiences through story time, singing & crafts.

Mothers, fathers, grandparents & caregivers are all welcome.



DROP IN

Light snack provided.

For more info call 780-645-5311

Mallaig
Tuesdays

9:30AM-11:30AM

@ Mallaig Seniors Hall

Ashmont
Thursdays

9:30AM-11:30AM

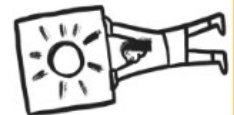
@ Ashmont Agriplex



Lakeland

FAMILY RESOURCE NETWORK

Self-Care September 2023



ACTION FOR HAPPINESS

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY



4 Plan a fun or relaxing activity and make time for it



5 Forgive yourself when things go wrong. Everyone makes mistakes



6 Focus on the basics: eat well, exercise and go to bed on time



7 Give yourself permission to say 'no'

1 Find time for self-care. It's not selfish, it's essential

8 Be willing to share how you feel and ask for help when needed

11 Make time to do something you really enjoy

12 Get active outside and give your mind and body a natural boost

13 Be as kind to yourself as you would to a loved one

14 If you're busy, allow yourself to pause and take a break

15 Find a caring, calming phrase to use when you feel low

18 Ask a trusted friend to tell you what strengths they see in you

19 Notice what you are feeling, without any judgement

20 Enjoy photos from a time with happy memories

21 Don't compare how you feel inside to how others appear outside

22 Take your time. Make space to just breathe and be still

3 Let go of self-criticism and speak to yourself kindly

2 Notice the things you do well, however small

10 When you find things hard, remember it's ok not to be ok

9 Aim to be good enough, rather than perfect

17 No plans day. Make time to slow down and be kind to yourself

16 Leave positive messages for yourself to see regularly

24 Accept yourself and remember that you are worthy of love

23 Let go of other people's expectations of you

30 Remind yourself that you are enough, just as you are

29 Write down three things you appreciate about yourself

28 Choose to see your mistakes as steps to help you learn

27 Free up time by cancelling any unnecessary plans

26 Find a new way to use one of your strengths or talents



Happier · Kinder · Together

2023

St Paul LOCATION

September

WHICH PROGRAM IS FOR ME?
 child development & well being
ages 0-6 (blue)
ages 7-18 (red)
 caregiver support, building, classes
all ages (Grey)
 community events
all ages (White)

MON

TUE

WED

THU

FRI



01

Macrame
Keychain
2pm- 4pm
REGISTRATION

04

CLOSED
Labour Day

Meet friends at
the PARK!

05

Mallaig Moms & Tots
9:30am-11:30am
DROP IN
Run, Jump, Skip
10am - 12pm
DROP IN

06

Triple P Parenting
Back to School
Routines
2pm
REGISTRATION

07

Ashmont Mom & Tot
10am - 12pm
DROP IN
Baby Bunch
w/ Registered
Dietician
1:30pm - 3:30pm
REGISTRATION

08

ASQ Screening
10am - 12pm
REGISTRATION

11

Fine Motor Fun
10am - 12pm
DROP IN

12



DROP OFF
1pm - 8pm
@ Rec Centre

13

Community Awareness Night
@ the Rec Center
5pm - 8pm

SHOP
1pm-8pm
FREE

14



SHOP
9am - 12pm
FREE

15

NO PROGRAM

Clothing Exchange

18

Read & Roll
10am - 11 am
@ the Library
REGISTRATION

19

Mallaig Moms & Tots
9:30am-11:30am
DROP IN
Traditional
Teachings
10am - 11:30am
REGISTRATION

20

Mindful Matters
3:30pm - 5:30pm
DROP IN

21

Ashmont Mom & Tot
10am - 12pm
DROP IN
Buggies on
the Block
1:30pm - 3:30pm
DROP IN
Run, Jump, Skip
6pm - 7:30pm
DROP IN

22

Car Seat Check
10am - 12pm
Bring your vehicle
manual & seat
manual
REGISTRATION

25

Read & Roll
10am - 11 am
@ the Library
REGISTRATION

26

Mallaig Moms & Tots
9:30am-11:30am
DROP IN
Making Music
w/ special guest
10am - 12pm
DROP IN

27

Solo Parenting
Support Group
6:30pm - 7:30pm
REGISTRATION
Childcare
available

28

Ashmont Mom & Tot
10am - 12pm
DROP IN
Buggies on
the Block
1:30pm - 3:30pm
DROP IN
Dungeons &
Dragons
6PM - 8PM
REGISTRATION

29

Little Chefs
10am - 12pm
REGISTRATION

Lakeland
FAMILY RESOURCE NETWORK

5002 - 51 Ave
St Paul AB T0A 3A0
Call: 780-645-5311
Text: 780-614-1941
Web: stpaulfcss.ca



st.paul_fcsc



St. Paul Regional
FCSS & Family
Resource Network

RECREATION CENTRE 4802-53 ST.

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

Please call 780-645-5311
for more information

FALL CLOTHING EXCHANGE

Donation Drop Off Time:

Tues. Sept. 12 1pm-8pm

Doors Open:

Wed. Sept. 13 1pm-8pm

Thurs. Sept. 14 9am-12pm

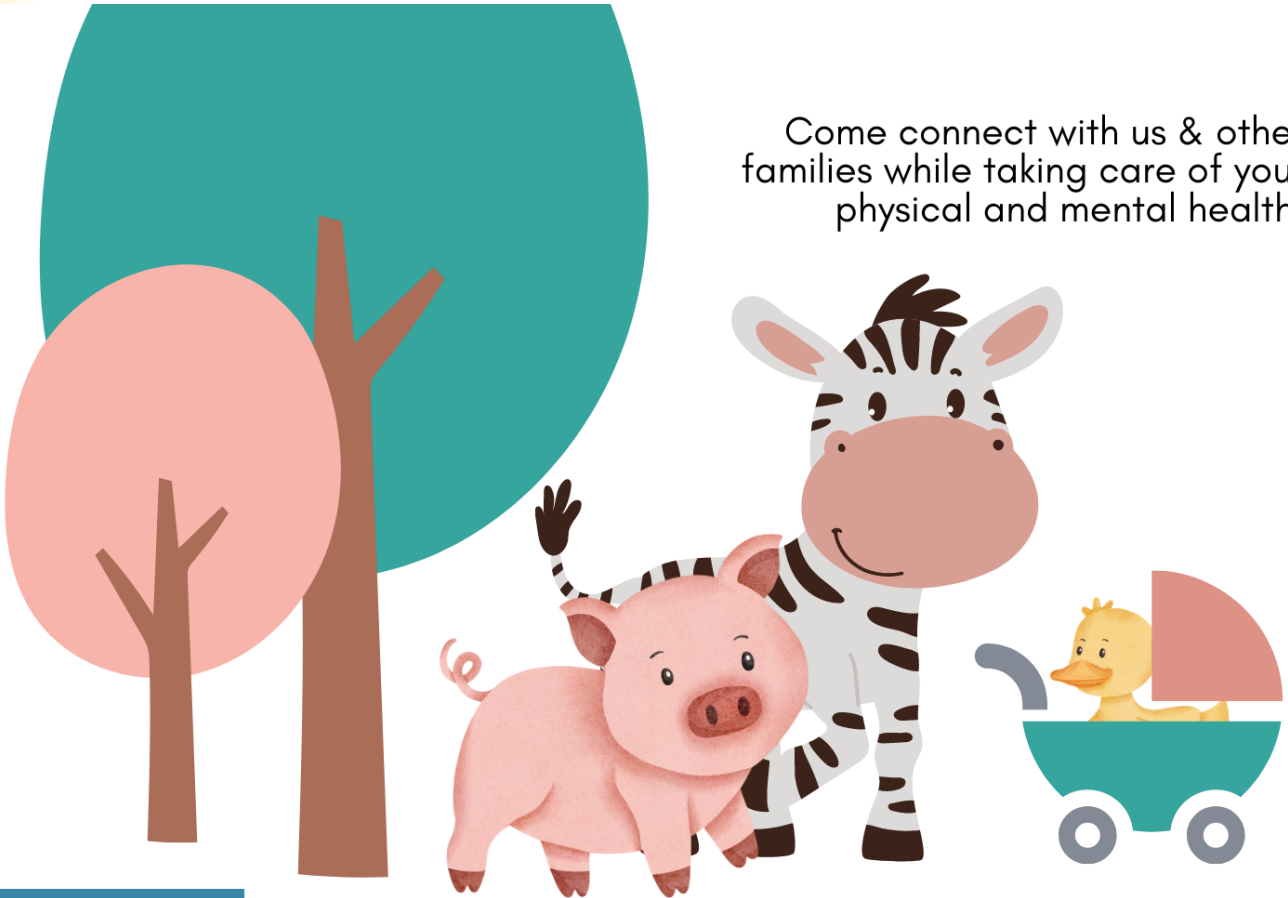
**COST IS FREE!
BRING YOUR OWN BAG!**

Lakeland

FAMILY RESOURCE NETWORK



Come connect with us & other families while taking care of your physical and mental health.



0-18 MONTHS

Lagasse Park, East parking lot

Buggies on the Block

Weather Permitting

(Watch social media for updates)

Thursdays

1:30pm

DROP IN

780-645-5311



Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

Call **780-645-5311** or visit our website at **stpaulfcss.ca**

Providing services and support for ages 0-18yrs, parents and caregivers.





Learn something new!
Join us in making your own
macrame rainbow keychain!

YOUTH 7+
LFRN St Paul 5002-51 Ave

Macrame Keychain

Friday
September 01

2pm-4pm

CALL TO REGISTER

780-645-5311

FREE

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

Call **780-645-5311** or visit our website at **stpaulfcss.ca**

Providing services and support for ages 0-18yrs, parents and caregivers.



Connect with
friends and learn
a new skill.



AGES 0-6

ACFA Gym 4617-50 Ave

Encouraging gross motor development, sharing and taking turns while being active and having fun!

Run, Jump, Skip

Tuesday **05**
September

10am-12pm

DROP IN

780-645-5311



Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

Call **780-645-5311** or visit our website at **stpaulfcss.ca**

Providing services and support for ages 0-18yrs, parents and caregivers.





- Triple P Positive Parenting Program** helps you:
- Raise happy, confident kids
 - Manage misbehaviour
 - Set rules and routines
 - Encourage positive behaviour
 - Take care of yourself as a parent
 - Feel confident you're doing the right thing

CAREGIVERS

LFRN St Paul 5002-51 Ave

Triple P Parenting

Wednesday
September 06

10am Back to School Routines

CALL TO REGISTER
780-645-5311

FREE



Building a toolbox of ideas for parents to use to be a more confident, calm positive, parent.

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

Call **780-645-5311** or visit our website at **stpaulfcss.ca**
Providing services and support for ages 0-18yrs, parents and caregivers.



REGISTERED SESSION

with special guest

Join us for a discussion on when to start which foods for your little one with a registered dietician.



Baby Bunch

Thursday 07
September

1:30pm - 3:30pm

CALL TO REGISTER
780-645-5311



Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

Call **780-645-5311** or visit our website at **stpaulfcss.ca**
Providing services and support for ages 0-18yrs, parents and caregivers.



0-18 MONTHS

LFRN St Paul 5002-51 Ave

Connecting with others & learning about child development.



Is your child meeting the developmental milestones?

Make an appointment to fill out the Ages & Stages Questionnaire, receive information, referrals & access other programs we offer.

CAREGIVERS

LFRN St Paul 5002-51 Ave

ASQ Screening

Friday
September **08**

10am-12pm

CALL TO REGISTER

780-645-5311

FREE

**30 min appointments
for ages:
2 months-60 months**

Lakeland

FAMILY RESOURCE NETWORK

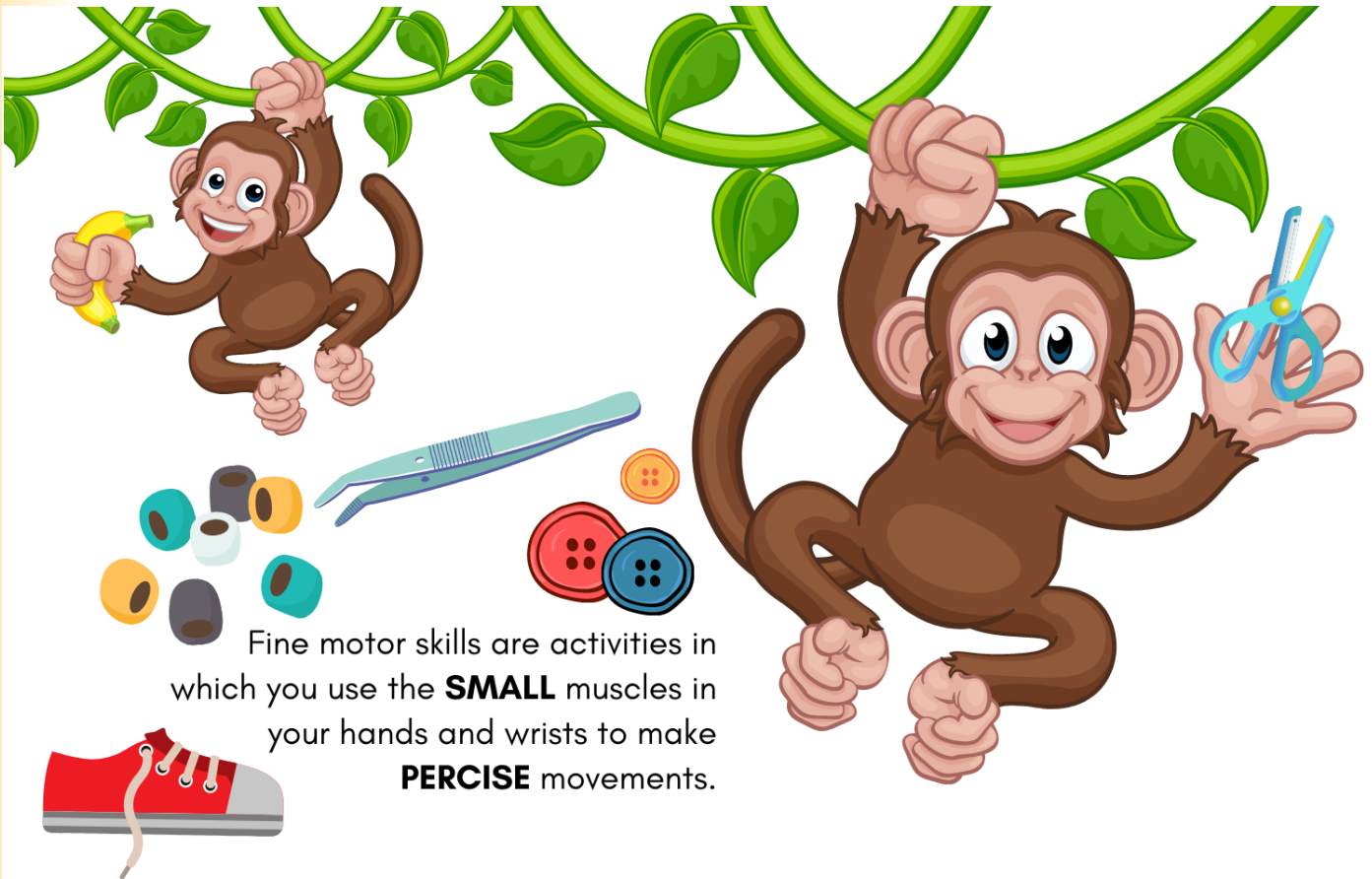
Connect with us for more information.

Call **780-645- 5311** or visit our website at **stpaulfcss.ca**

Providing services and support for ages 0-18yrs, parents and caregivers.

We will check.....
Communication
Fine Motor Skills
Gross Motor Skills
Problem Solving
Personal-Social Skills
Social Emotional.





Fine motor skills are activities in which you use the **SMALL** muscles in your hands and wrists to make **PERCISE** movements.

AGES 0-6

LFRN St Paul 5002-51 Ave

Developing fine motor skills through play.

Fine Motor Fun

Monday 11
September
10am-12pm

DROP IN
780-645-5311



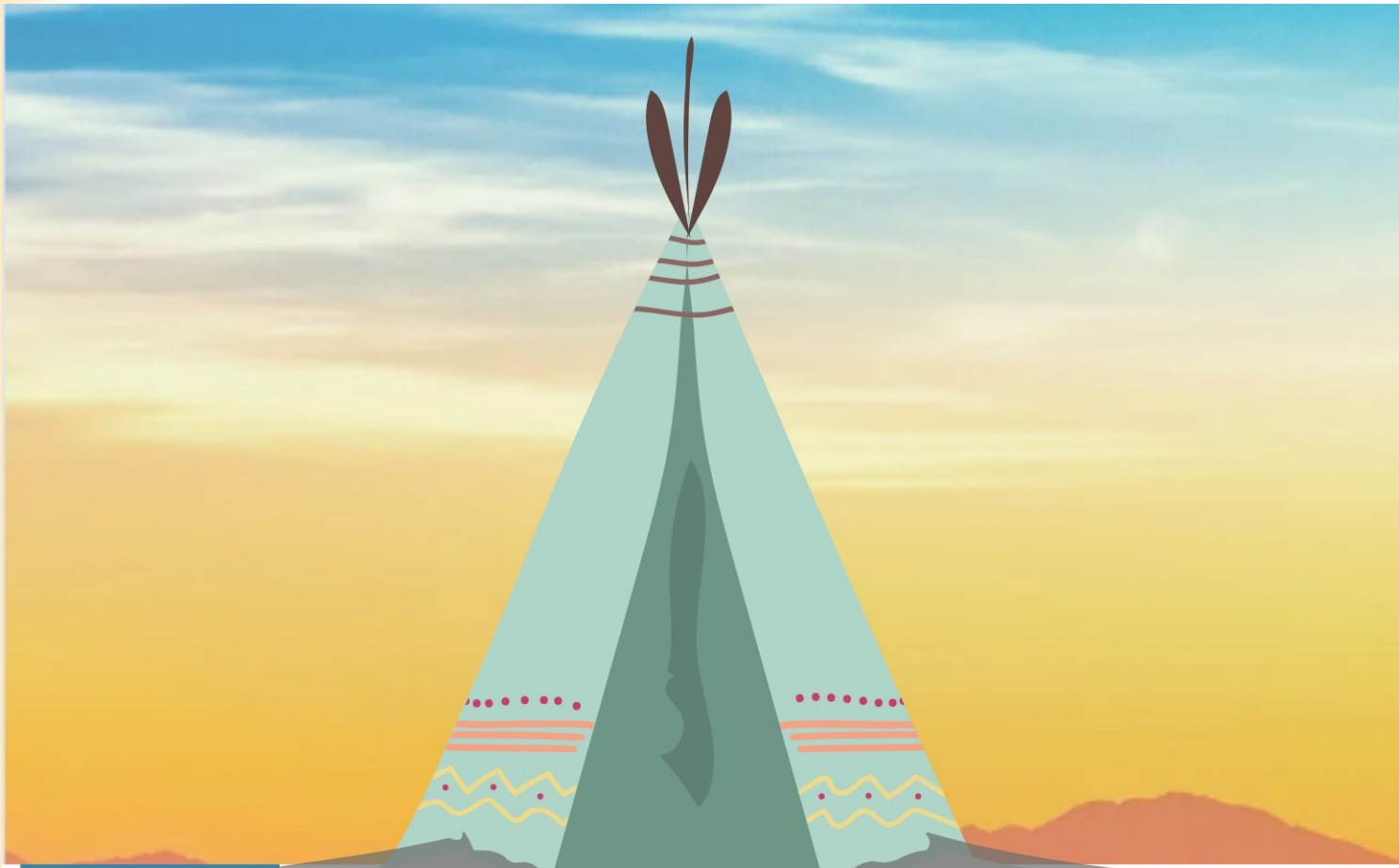
Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

Call **780-645-5311** or visit our website at **stpaulfcss.ca**
Providing services and support for ages 0-18yrs, parents and caregivers.





AGES 0-6

LFRN St Paul 5002-51 Ave

Traditional Teaching

with Jan Tailfeathers

Tuesday
September **19**

10am-11:30am

DROP IN

780-645-5311



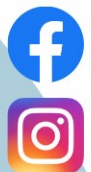
Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

Call **780-645- 5311** or visit our website at **stpaulfcss.ca**

Providing services and support for ages 0-18yrs, parents and caregivers.



Learn about the Indigenous Culture through stories, interactive play & crafts.



Topics may include

- Mindfulness
- Emotion Regulation
- Gratitude
- Self love
- Friendships
- Empathy
- Problem Solving
- Community Minded

YOUTH 7+

LFRN St Paul 5002-51 Ave

Mindful Matters

Wednesday
September 20

3:30pm-5:30pm

CALL TO REGISTER

780-645-5311

FREE

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

Call **780-645-5311** or visit our website at **stpaulfcss.ca**

Providing services and support for ages 0-18yrs, parents and caregivers.





evening

Run, Jump, Skip

Thursday 21
September

6pm-7:30pm

DROP IN

780-645-5311



AGES 0-6

ACFA Gym 4617-50 Ave

Encouraging gross motor development, sharing and taking turns while being active and having fun!

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

Call **780-645-5311** or visit our website at **stpaulfcss.ca**

Providing services and support for ages 0-18yrs, parents and caregivers.





Get your car seat checked
by a certified technician.

Learn how to properly
install your child's
car seat or booster seat.

Find out if it's
time for a change.

CAREGIVERS

LFRN St Paul 5002-51 Ave

Car Seat Check

Friday
September 22

10am-12pm

CALL TO REGISTER

780-645-5311

FREE



St. John Ambulance

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

Call **780-645- 5311** or visit our website at **stpaulfcss.ca**

Providing services and support for ages 0-18yrs, parents and caregivers.



When used correctly, child safety seats can reduce the risk of fatal injury by 71% & the risk of serious injury by 67%



Come connect with friends, play musical instruments, sing songs and dance!

AGES 0-6

LFRN St Paul 5002-51 Ave

Singing and making music supports speech & language development, encourages socialization and builds self-esteem.

Making Music

with Special Guest

Tuesday
September **26**

10am-12pm

DROP IN

780-645-5311



Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

Call **780-645-5311** or visit our website at **stpaulfcss.ca**

Providing services and support for ages 0-18yrs, parents and caregivers.





**Dungeon Master
in attendance**
Snacks Provided

YOUTH 12-18

LFRN St Paul 5002-51 Ave

Dungeons & Dragons

Thursday
September **28**

6pm-8pm

CALL TO REGISTER

780-645-5311

FREE

Lakeland

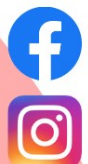
FAMILY RESOURCE NETWORK

Connect with us for more information.

Call **780-645-5311** or visit our website at **stpaulfcss.ca**

Providing services and support for ages 0-18yrs, parents and caregivers.

Connect with
friends and learn
a new game.





AGES 0-6

LFRN St Paul 5002-51 Ave

Little Chefs

Friday
September **29**

10am-12pm

CALL TO REGISTER

780-645-5311



Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

Call **780-645-5311** or visit our website at **stpaulfcss.ca**

Providing services and support for ages 0-18yrs, parents and caregivers.

Little hands learn how to mix and make yummy treats while practicing fine motor skills.





Read and Roll

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

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

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

10:00 - 11:00 am / Max 6 kids
Keep the fun going at home with our take home activities!

FREE!



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

SESSION RUNNING
Sept 18, 25,
Oct 2, 16, 23, 30
Nov 6



Lakeland

FAMILY RESOURCE NETWORK

2023

Elk Point LOCATION

September

WHICH PROGRAM IS FOR ME?
 child development & well being
ages 0-6 (blue)
ages 7-18 (red)
 caregiver support, building, classes
all ages (Grey)
 community events
all ages (White)

MON

TUE

WED

THU

FRI



				01 Matching Pattern Games 10am - 12pm DROP IN
04 CLOSED Labour Day Meet friends at the PARK!	05 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm Community Awareness Night 6:30pm - 8:30pm e Allied Arts FREE	06 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	07 Youth Group After School Snacks 3:30pm - 5:30pm REGISTER	08 Story & Craft 10am - 12pm DROP IN
11 Have a coffee with SOMEONE SPECIAL!	12 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm 	13 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	14 NO PROGRAM	15 Icky Sticky Messy Play 10am - 12pm DROP IN
Clothing Exchange SHOP 1pm - 8pm				
18 Think about what made you SMILE today!	19 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	20 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	21 Youth Group Create Art 3:30pm - 5:30pm DROP IN	22 Triple P Back to School Routines 10am CHILDCARE AVAILABLE
25 Try something NEW this week!	26 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	27 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	28 Youth Group Games 3:30pm - 5:30pm DROP IN	29 Rhymes That Bind 10am - 12pm DROP IN



Lakeland
 FAMILY RESOURCE NETWORK

4906 - 48 St
Elk Point AB T0A 1A0
 Call: 780-724-3800
 Text: 780-614-1941
 Web: stpaulfcss.ca



st.paul_fcsc



St. Paul Regional
 FCSS & Family
 Resource Network

COMMUNITY AWARENESS

night Elk Point

join us

for an exciting evening where organizations are on hand to promote, register members and discuss their role in our community. Community Awareness Night is FREE to the public and brought to you by St Paul Regional FCSS.

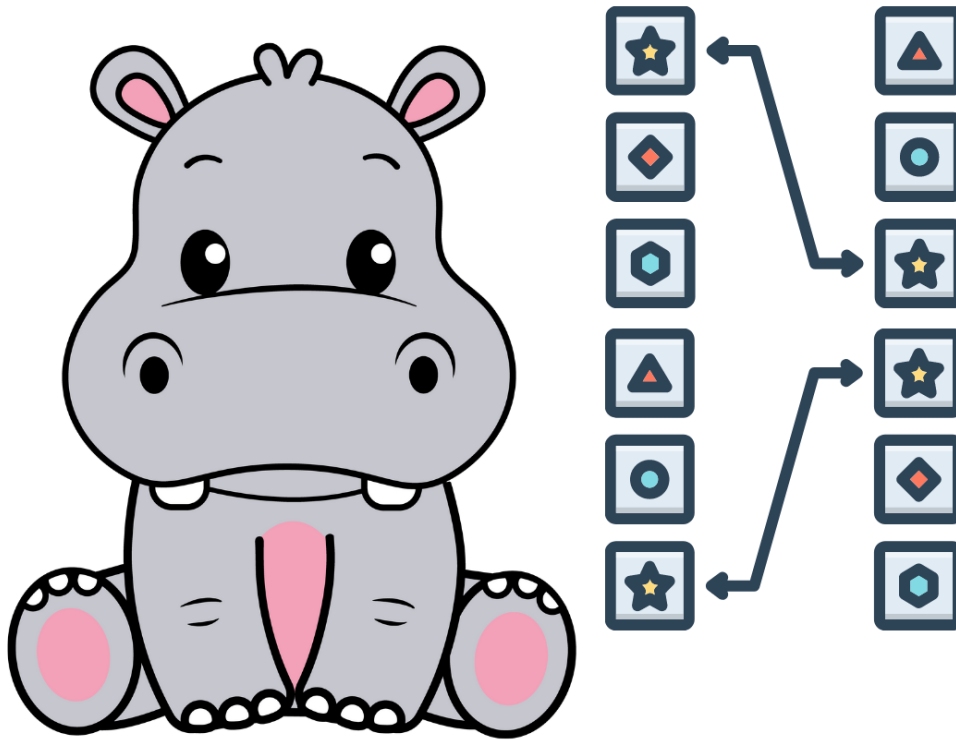
**TUESDAY
SEPT 5/23
6:30-8:30 PM**

ALLIED ARTS CENTRE 4605-57 AVE

Call **780-724-3800** for more information or to reserve your community organization table.



Elk Point Location



AGES 0-6

LFRN Elk Point 4906-48 St

Matching Patterns

Friday September 01

10am-12pm

DROP IN

780-724-3800



Matching games can help promote your child's cognitive development.

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

Call **780-724-3800** or visit our website at **stpaulfcss.ca**

Providing services and support for ages 0-18yrs, parents and caregivers.



Elk Point Location



**EAT WELL
LIVE WELL
BE WELL**

as we create healthy
after school snacks

YOUTH 7+

LFRN Elk Point 4906 48 St

After School Snacks

Thursday
September **07**

3:30pm-5:30pm

CALL TO REGISTER
780-724-3800



Must register,
limited spaces.
will contain nuts

Lakeland

FAMILY RESOURCE NETWORK



Taking care of
our minds and
our bodies!

Connect with us for more information.

Call **780-724-3800** or visit our website at **stpaulfcss.ca**
Providing services and support for ages 0-18yrs, parents and caregivers.

Elk Point Location



AGES 0-6

LFRN Elk Point 4906-48 St

Encouraging speech and language development, attention span, listening skills and bonding.

Storytime & Craft

Friday 08
September
10am-12pm
DROP IN
780-724-3800



Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

Call **780-724-3800** or visit our website at **stpaulfcss.ca**
Providing services and support for ages 0-18yrs, parents and caregivers.



Elk Point Location



Help your child explore the world through their senses & encourage their curiosity. They learn through play & **WE** take care of the mess!!

AGES 0-6

LFRN Elk Point 4906-48 St

Encouraging sensory development, and helps build social-emotional skills.

Icky, Sticky, Messy

Friday September 15

10am-12pm

DROP IN

780-724-3800



Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

Call **780-724-3800** or visit our website at **stpaulfcss.ca**

Providing services and support for ages 0-18yrs, parents and caregivers.



Elk Point Location



Explore your creativity & use your imagination to create your own masterpiece!

YOUTH 7+

LFRN Elk Point 4906-48 St

Create Art

Thursday
September 21

3:30pm-5:30pm

FREE DROP IN
780-724-3800

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

Call **780-724-3800** or visit our website at **stpaulfcss.ca**

Providing services and support for ages 0-18yrs, parents and caregivers.



Elk Point Location



YOUTH 7+

LFRN Elk Point 4906-48 St

Board Games Play

Thursday
September **28**

3:30pm-5:30pm

FREE DROP IN
780-724-3800

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

Call **780-724-3800** or visit our website at **stpaulfcss.ca**
Providing services and support for ages 0-18yrs, parents and caregivers.



Motivates,
promotes &
encourages
learning in a
variety of ways.

Elk Point Location



Learn new ways to support your child's early literacy and language experiences.

AGES 0-6

LFRN Elk Point 4906-48 St

Rhymes that Bind

Friday
September **29**
10am-12pm
DROP IN
780-724-3800



Helping promote healthy family relationships.

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.
Call **780-724-3800** or visit our website at **stpaulfcss.ca**
Providing services and support for ages 0-18yrs, parents and caregivers.



Every Kid Can Play Program

Grants for affordability and accessibility challenges to sport, physical activity, and recreation (SPAR) programs.

Important dates



Application period: July 18, 2023 to September 30, 2023.

Overview

The Every Kid Can Play (EKCP) Program is designed to address affordability and accessibility challenges to sport, physical activity, and recreation (SPAR) programs for Alberta kids and their families.

Through 2 grant application processes with the Government of Alberta, for Provincial-Scope organizations and Community-Level non-profit organizations, funding is available for non-profit organizations to reduce costs associated with the delivery, expansion, or enhancement of existing community-level programs.

FOR ALL THE DETAILS VISIT:

<https://www.alberta.ca/every-kid-can-play-program.aspx>

MD of St. Paul Foundation

Aging in community means having the health and social supports and services needed to live safely and independently in your home or community for as long as you wish and are able. It is important for people of all ages to create a plan to help ensure that the health and social supports are available for them and their loved ones when and where they are needed. Making choices ahead of time will give the residents of our communities greater control over their independence, quality of life, and dignity.

We need your input!
You are invited to participate in an engagement session regarding a new seniors lodge.



TBD Architecture will lead a conversation to learn about the community, desired amenities, and design preferences.

LOCATION:

Reunion Station
4112 53 Ave
St Paul, Alberta

September 12, 2023

Session Times:

3:30-4:30 pm

5:00-6:00 pm

6:30-7:30 pm



stpauljr Canadiens

...

The Jr. Canadiens are seeking assistance in finding billet families for the 2023-24 hockey season.

As you may already know, the success and growth of our Junior B hockey team rely not only on the dedication and talent of our young players but also on the support and involvement of the community. As part of our commitment to developing these talented athletes, we have established a billeting program that allows players from outside the immediate area to join the team.

By becoming a billet family, individuals and families in our community have the opportunity to make a lasting impact on these young talents.

Please feel free to contact the Jr. Canadiens at stpauljrb@gmail.com or Tammy at rioptamm29@gmail.com should there be more questions.

Thank you for considering our request, with your support, we can create an environment where these ambitious individuals can thrive and succeed.



Counselling is provided on many different mental health issues such as:



 Mood and Anxiety Disorders	 Simple Trauma
 Grief & Loss	 Behavioral Challenges
 Parenting Issues	 Relationship / Attachment Issues
 Addictions	 Education / Career-Related Concerns

Clinic Services

The Virtual Clinic offers free professional counselling sessions to Adults, Youth, Children (6+), Couples, and Families through secure video conferencing. Services are provided by City University Master of Counselling Internships students, under the supervision of a Registered Psychologist.



The Virtual Clinic cannot assist clients who are at high risk of harming themselves or others, have pervasive mental health issues such as schizophrenia, or who are seeking support in a legal matter.

The Virtual Clinic does not conduct formalized assessments.



The Intern Counsellors are trained to help clients through the use of many different types of interventions such as: cognitive behaviour therapy, interpersonal therapy, narrative therapy, solution focused therapy, acceptance and commitment therapy, psychodynamic approaches, psycho-education, motivational interviewing, exposure based therapies, and trauma informed practices. Couples and family systems therapy may also be provided.



Book an Appointment Today

Supported By


CityUniversity
in Canada

<https://clinics.cityuniversity.ca/edmonton/clinic-services/>

2023-2024 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 Sims - Lakeland Primary Care Network)

ST. PAUL	ELK POINT
<p>Where: Lakeland Primary Care Network (Boardroom) St. Paul Wellness Centre #101 – 4801 – 39 Street</p> <p>Time: 6:30 - 8:30 pm</p> <p>When: 3rd Wednesday of each month</p> <p>Dates:</p> <ul style="list-style-type: none"> September 20, 2023 October 18, 2023 November 15, 2023 December 20, 2023 January 17, 2024 February 21, 2024 March 20, 2024 April 17, 2024 May 15, 2024 June 19, 2024 	<p>Where: Elk Point Healthcare Centre (Board Room) 5310 – 50 Avenue</p> <p>Time: 6:30 - 8:30 pm</p> <p>When: 3rd Tuesday of each month</p> <p>Dates:</p> <ul style="list-style-type: none"> September 19, 2023 October 17, 2023 November 21, 2023 December 19, 2023 January 16, 2024 February 20, 2024 March 19, 2024 April 16, 2024 May 21, 2024 June 18, 2024
<p>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.</p>	



Help is available

Wildfire Resources
Support for NWT Evacuees

General Information	
General Health Information	My Health Alberta myhealth.alberta.ca/ Health Link 811, call toll-free. Available 24/7
Community Supports	Dial 211, https://ab.211.ca/
Poison & Drug Information Service	1-800-332-1414
Canadian Red Cross	1-888-350-6070
My Health Alberta Important Phone Numbers including 911	https://myhealth.alberta.ca/pages/emergency-phone-numbers.aspx

Pharmacy	
Addiction Helpline	1-866-332-2322 toll-free available 24/7
Alberta Pharmacies	To search for a pharmacy, visit Alberta College of Pharmacy's website: https://abpharmacy.ca/
Emergency Prescription Drug Coverage Support for NWT residents:	<p>Call Yellowknife Primary Care Centre at (867) 767-9294 and press 0. Identify as an evacuee and they will help coordinate your prescription refills.</p> <p>NWT healthcare providers can send your prescription directly to any pharmacy of your choice, in Alberta or elsewhere. Please have the pharmacy fax a prescription refill request to the Yellowknife Primary Care Centre at (867) 920-7711.</p> <p>You may call Yellowknife Primary Care to request a phone appointment to ask for a refill.</p> <p>Having a fax number for the pharmacy where you will collect your prescription may be useful.</p>

Addiction & Mental Health	
Addiction Helpline	1-866-332-2322 toll-free available 24/7
Mental Health Helpline	1-877-303-2642 toll-free available 24/7 Distress Centre at 780-421-HELP (4357)
Crisis Text Line	Text CONNECT to 741741 Text CONNECT to 686868 (youth – Kids Help Phone)
AHS Program & Service information	Addiction & Mental Health Programs & Services www.ahs.ca/amh
Helpful Online Resources	<p>Help in Tough Times (www.ahs.ca/helpintoughtimes)</p> <p>Mental Wellness Moment, Dr. Nicholas Mitchell Alberta Health Services (www.albertahealthservices.ca/amh/page17012.aspx)</p>

Indigenous Supports	
AHS Indigenous Support	1-844-944-4744 12 p.m. to 8 p.m., Monday to Friday https://www.albertahealthservices.ca/info/Page18213.aspx
First Nations and Inuit Hope for Wellness	1-855-242-3310 Online chat: hopeforwellness.ca/

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.



September 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

Tues Sept 5, 12, & 19- 9:30am-12pm
Wed Sept 13, 27, & Oct 4- 5:30pm-8pm
Thurs Sept 14, 21, & 28- 1:30pm-4pm
Thurs Sept 28, Oct 5, & 12- 5:30pm-8pm

Series 2

Mon Sept 11, 18, & 25 - 5:30pm-8pm

Series 3

Wed Sept 19 & 26 - 5:30pm-8pm
Thurs Sept 28 & Oct 5- 9:30am-12pm

Heart & Stroke

Managing Blood Pressure & Cholesterol; how to manage your risks for heart disease and stroke.

Overview & Prevention

Thursday Sept 7 - 9:30am-12pm
Tuesday Sept 12 - 5:30pm-8pm
Monday Sept 18 - 1:30pm-4pm
Wednesday Sept 27 - 5:30pm-8pm

Nutrition for Heart & Stroke Health

Thursday Sept 14 - 9:30am-12pm
Tuesday Sept 19 - 5:30pm-8pm
Monday Sept 25 - 1:30pm-4pm

Better Choices Better Health® for Chronic Pain

Learn about pain and things you can do to live better. 6 class workshop.

Tuesday Evenings
for 6 weeks

Sept 20- Oct 25
6:00pm - 8:30pm

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.

Overview

Sept 8 – Fri Morning - 9:30am-12pm
Sept 12 - Tue Afternoon - 1:30pm-4pm
Sept 14 - Thurs Evening - 5:30pm-8pm
Sept 20 - Wed Evening - 5:30pm-8pm

Nutrition

Sept 15 - Fri Morning - 9:30am-12pm
Sept 19 - Tue Afternoon - 1:30pm-4pm
Sept 21 - Thurs Evening - 5:30pm-8pm
Sept 27 - Wed Evening - 5:30pm-8pm

Living with Diabetes

Sept 22 - Fri Morning - 9:30am-12pm
Sept 26 - Tue Afternoon - 1:30pm-4pm
Sept 28 - Thurs Evening - 5:30pm-8pm

Managing Stress

A 2 part series learning techniques to reduce, prevent & cope with stress
Sept 14 & 21 - Thurs Afternoons - 1:30pm-4pm

Better Choices Better Health®

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

More class dates coming soon!

Moving Matters

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

Sept 21 - Thurs Afternoon 1pm – 3:30pm

Understanding COPD

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

Sept 13 - Wed afternoon - 1:30pm-3pm

Supervised Exercise - done virtually!

2 times per week, 1.5 hours session, for 6 weeks.
September 5-October 12, Mornings or Afternoons

[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**](https://www.healthylivingprogram.ca)

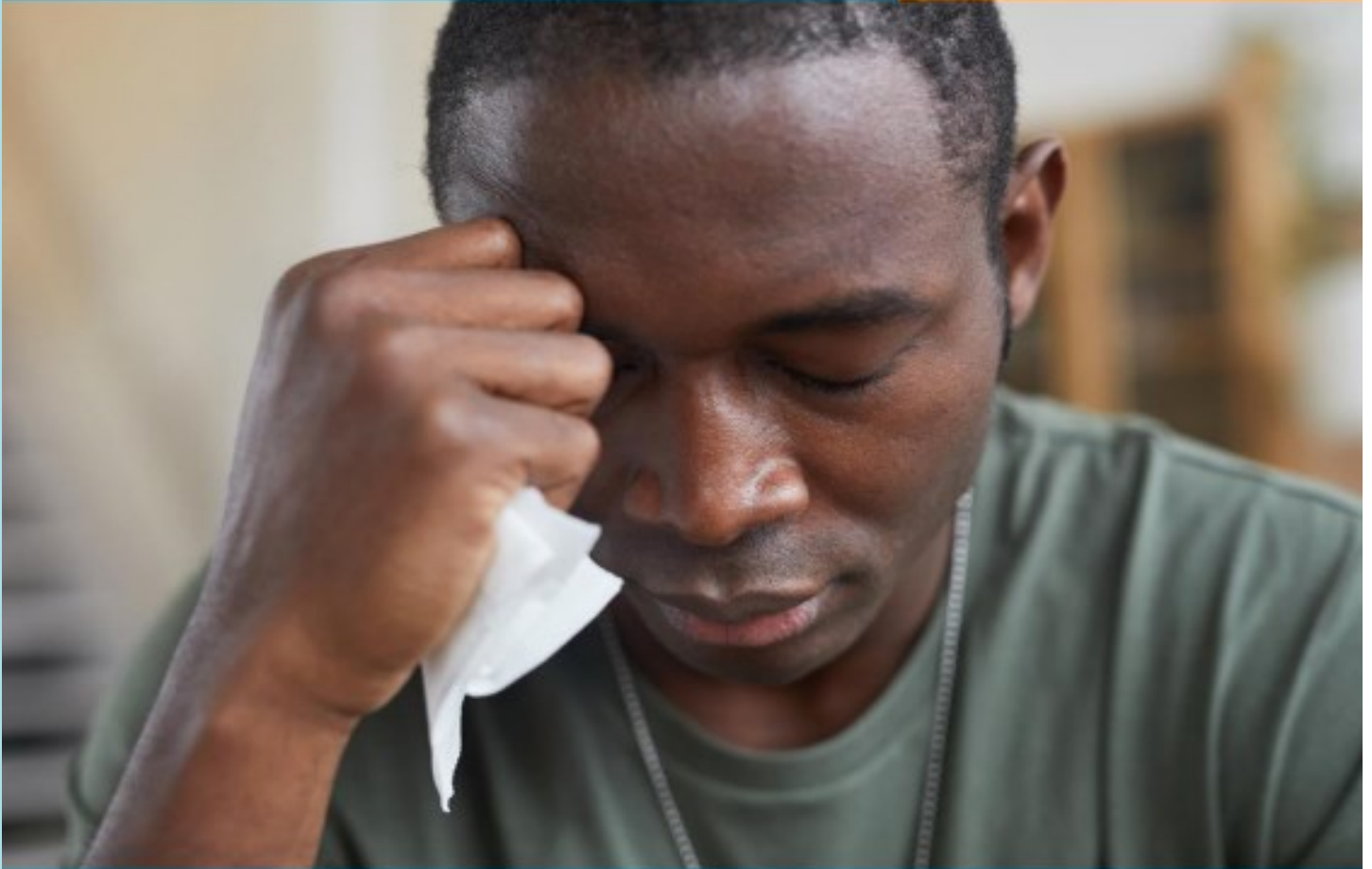


Addiction and Mental Health Helpline

Available through Health Link



Health Link
Advice 24/7



If you are having trouble coping or need someone to talk to, call Health Link 24/7. Staff will assess your needs and provide advice immediately for your concerns.

1-866-332-2322

For more information on addiction and mental health visit [MyHealth.Alberta.ca](https://myhealth.alberta.ca)





July-September 2023

Alberta Seniors' Centre Without Walls

The Alberta Seniors' Centre Without Walls 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.

**To register or for questions call:
780-395-2626 (press 1).**

Instructions to Join a Call

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

To join by phone:

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

- If you are having difficulty accessing the Toll-Free Number try **1-833-955-1088** (toll-free), or **587-328-1099** (charges may apply, contact your phone carrier for more information)

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

3. Press # if asked for any further numbers

To join electronically use the following link:

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



Video will not be used for programs

Alyssa Program Assistant

780-239-8427








Janine Program Assistant

780-231-4393

Gayle Program Assistant

780-238-9612

SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
 NO PROGRAMS 	 5 11am: Imagination Circle 1pm: Old Souls & Protest Songs 3pm: Some Good News 4:30pm: Name That Tune	 6 9:30am: True Crime 11am: Picture This 1pm: Jimmy Carter 3pm: Exercise	7  NO MORNING PROGRAM 1pm: Coffee Chat 3pm: Next Stop: Kokoda Track	1 9:30 am: All Request Music 11am: Exercise 1pm: Chronic Pain 3pm: Innocence Files
4 9:30am: Nostalgia Moment 11am: Writing for Fun 1pm: Exercise 3pm: Never Cry Wolf PT 7	12 11am: Mindfulness 1pm: Toys of Your Childhood 3pm: Reader's Corner 4:30pm: Trivia	13 9:30am: Mystery Chronicles 11am: Coffee Chat 1pm: From John to Justin: Prime Ministers of Canada 3pm: Exercise	14 9:30am: Gratitude 11am: LeVar Burton Reads 1pm: Brain Games 3pm: Mount Revelstoke & Glacier National Parks	15 9:30am: Vinyl Café 11am: Exercise 1pm: For Your Body: Chronic Pain 3pm: In the Headlines
18 9:30am: Nostalgia Moment 11am: The Big Picture 1pm: Exercise 3pm: Never Cry Wolf PT 8	19 11am: Imagination Circle 1pm: Terry Fox 3pm: Appetite and Supplements 4:30pm: Don't Quote Me	20 9:30am: True Crime 11am: EPL Presents! 1pm: Let's Talk About... 3pm: Exercise	21 9:30am: Gratitude 11am: Animal Spotlight 1pm: Mental Health Matters: Chronic Conditions 3pm: Working Through Grief	22 9:30am: Songs of Faith 11am: Exercise 1pm: Some Good News 3pm: BINGO
<p>To join by phone, call: 1-855-703-8985 When prompted, enter Meeting ID: 225-573-6467#</p>				
				

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

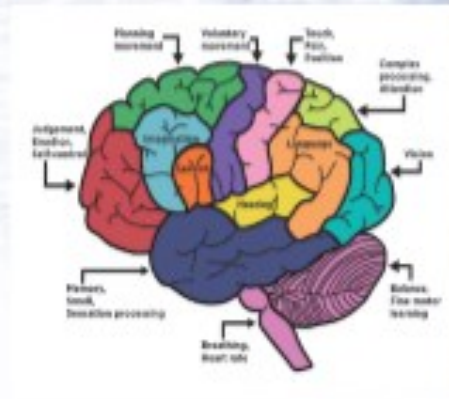
May 9th, 2023 @2pm

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

A L B E R T A



Brain Injury Network



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

Build Skills in Suicide Prevention

THE LIVINGWORKS START PROGRAM

**ONLINE. FREE. FAST.
ENGAGING.**

Online suicide intervention training can help build your confidence in addressing and intervening in suicide.

THIS TRAINING IS AVAILABLE FOR ANYONE LIVING IN ALBERTA.

"In just 90 minutes online, LivingWorks Start teaches trainees to recognize when someone is thinking about suicide and connects them to supports."

**Questions or want to get started?
Email Robyn Laczy:
Robyn.Laczy@NorthZonePCNs.ca**

 **LIVINGWORKS**


**PrimaryCare
Networks**
ALBERTA NORTH

THRIVING VS SURVIVING

CREATING A WORK LIFE THAT HAS YOU LOVING WHAT YOU DO EVERY DAY

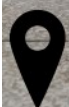
This workshop will cover:

- 7 Strategies to build a workplace culture where people thrive
- Creating the work mindset to thrive vs just survive
- Building a support network to protect against burnout

\$30 +GST



September 19 2023
7:30 breakfast, 8-10am course
The Landing Hotel & Conference Centre St.Paul
Register: <https://stpaulchamber.ca/events/>



September 19 2023
11:30 lunch, 12-2pm course
Neighbourhood Inn Alberta Room Bonnyville
Register: www.bonnyvillechamber.com



Reeves-Gibbs Coaching and Consulting





ATTRACTING & RETAINING SKILLED WORKERS

Strategies & Innovative Solutions to:

- Tackle the skills labour shortage
- Attract & retain top talent
- Employee loyalty & productivity
- Essential leadership traits
- Labour market trends



with Award Winning Speaker
Eddie Lemoine

\$30

plus GST



OCTOBER 18 2023
 7:30am-10:30am(breakfast included)
 St Paul, Alberta
 The Landing Hotel & Conference Centre

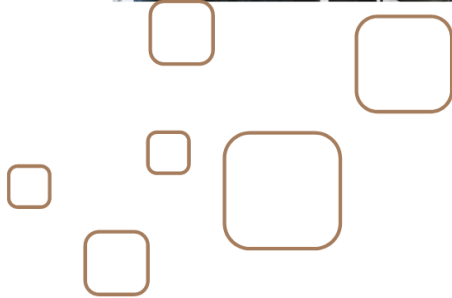
Register:
<https://stpaulchamber.ca/events/>



OCTOBER 18 2023
 11:30am-2:30pm(lunch included)
 Bonnyville, Alberta
 Neighbourhood Inn Alberta Room

Register:
www.bonnyvillechamber.com





Speaker & Facilitator
Kristen Cumming

INCLUSIVE LEADERSHIP SEMINAR

This session looks at the social and economic structures that exclude some groups from influence, and exploring concepts around:

- allyship
- microaggressions
- privilege

\$30
plus
GST

NOVEMBER 15@7:30AM-10AM

ST PAUL, ALBERTA
LANDING HOTEL & CONFERENCE CENTRE
(BREAKFAST INCLUDED)

ST PAUL REGISTRATION:
[HTTPS://STPAULCHAMBER.CA/EVENTS/](https://stpaulchamber.ca/events/)

NOVEMBER 15@11:30AM-2PM

BONNYVILLE, ALBERTA
NEIGHBOURHOOD INN
ALBERTA ROOM(LUNCH INCLUDED)

BONNYVILLE REGISTRATION:
WWW.BONNYVILLECHAMBER.COM





Basic Computer Skills

Digital WEDNESDAYS at

Elk Point Municipal Library

See Elk Point Library calendar for topics.



CALP
COMMUNITY ADULT
LEARNING PROGRAM



PORTAGE
COLLEGE



Conversational English (ESL)

Practice English in a small group

Tuesday evenings or

Thursday afternoons

Elk Point Municipal Library



CALP
COMMUNITY ADULT
LEARNING PROGRAM



**PORTAGE
COLLEGE**

Mallaig Preschool

is now accepting
Registrations for the 2023-24 school year!

The program includes:

3 CLASSES
PER WEEK
ONLY
\$37.00
A MONTH!

- ✓ Children aged 3.5-5
- ✓ 3 days/week: Mon/Wed/Fri
- ✓ 8:30-11:30 AM
- ✓ Reduced registration fees due to government affordability funding!

For more information or to register for our preschool program, please contact us at the school.

Phone: 780-635-3858

Email: handkell@sperd.ca

Note: Program subject to sufficient enrollment





INDIGENOUS
HEAD START
BLUE QUILLS

2023-2024

School Year Registration



Blue Quills

INDIGENOUS HEAD START

Morning Class

9:00am-11:15am

Afternoon Class

1:00pm-3:15pm

FREE PROGRAM

- ❖ Transportation
- ❖ Culture & Language
- ❖ Field Trips
- ❖ Healthy Snacks
- ❖ School Readiness
- ❖ Parent Involvement
- ❖ Social Supports

Children must be:

-Toilet trained

-3 or 4 years old

-First Nation, Metis or Inuit descent

Tuesday- Friday

(Following the St. Paul Education Calendar)



Phone: 780-645-4455 ext: 114

E-mail: headstart@bluequills.ca

Follow us on Facebook: BQ Aboriginal Head Start

STAND UP FOR MENTAL HEALTH WANTS YOU: TO BE FUNNY!!!

JOIN OUR

STAND-UP For Mental Health COMEDY SHOW

**The Comedy Show will be on Nov. 4, 2023
Mallaig Unity Center**

We are currently recruiting comics for our Stand Up For Mental Health class beginning on September 5, 2023.

Stand Up For Mental Health is an award-winning program that teaches folks with mental health and addiction issues how to perform stand up comedy all about their mental health and addictions journeys.

**Contact 780-210-9355 or
demeria.memorial@gmail.com for more info**



The class is Free!!



**Founded by award-winning stand up comic and counselor
David Granirer www.standupformentalhealth.com**

**Sponsored by Rural Mental Health, Demeria Memorial Fund,
Mallaig Rec Board**



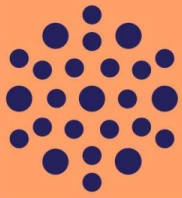
Groupe de jeux

Où / Where:
École du Sommet

Quand / When:
9h30 à 11h30

le 27 septembre
September 27





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@eclc.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
- 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!



MUSÉE
ST. PAUL
MUSEUM

Hours as of September 4th, 2023:

Open Wednesdays and Thursdays

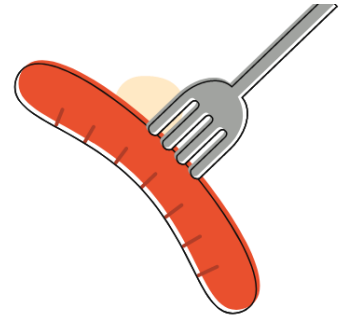
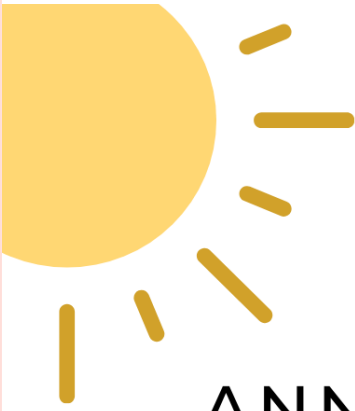
from 10am til 4pm

Be sure to come check out what's
new at the museum!

You are invited:

To the Annual General Meeting that will be held in November 2023 at the museum. Come check out what we've been up to for the past year and hear the plans for the newest addition to the museum, the Willingdon CPR





ANNUAL FASD DAY EVENT

FREE BBQ

SEPTEMBER 8

STARTS AT 11:00 AM - 2:00 PM

CO-OP FOOD STORE
PARKING LOT

5017 42 ST #3, ST.PAUL, AB





LRA FINALS



Schedule of Events August 26th - September 3rd, 2023

SATURDAY, AUGUST 26

Rodeo Week Kick Off Party
5:00 pm, St. Paul Rec Centre
Tickets: \$75 / \$560 Table of 8
St. Paul Chamber of Commerce
Yvonne Weimzier 780-645-5820

'End of Summer' Pottery & Art Exhibit & Sale

Thurs & Fri: 4 pm – 8 pm
Sat: 12 pm – 4 pm
St. Paul Visual Arts Centre
4615 - 53 St

50/50 CASH RAFFLE

GUARANTEED JACKPOT
Thurs / Fri Sat - \$1000
Mega Sunday - \$10000

SPONSORED BY
St. Paul AG SOCIETY

Purchase Here
www.raffiebox.ca

SUNDAY, AUGUST 27

Ranch Rodeo
1:00 pm, CR Arena
Free Admission
For info: Paul 780-645-9459

WEDNESDAY, AUGUST 30

Burgers-on-the-Grill (\$5 Min Donation)
11:00 am - 1:30 pm, Servus Credit Union
Parking Lot (Proceeds to Haying in the 30s)

THURSDAY, AUGUST 31

26th Pancake Breakfast
7:00 am - 10:00 am, ATCO Electric
5010-50 St. (Proceeds to PCS5 Camp Sunshine)

Cornerstone's Car Show
10:00 am - 2:00 pm, Cornerstone Coop Parking Lot
Register at www.eventbrite.com

Chili Cook-Off
11:30 am - 1:30 pm, Cornerstone Coop Common
Cornerstone Coop/Ntn Source/Black Ace Collision
Register at jordynpollard@cornerstone.crs
(Proceeds to St. Paul Minor Ball)

Love Local Vendor's Market
5:00 pm - 9:00 pm
Old Legion Hall (Formerly Lakeland Lighting)
Contact Stephanie 780-227-5512

LRA SHOWDOWN - 1st Performance
Salute to First Responders (Blue Day)
6:45 pm, Clancy Richard Arena (\$20/\$15 9-17)
5-Pak: \$90 / \$65 9-17 / -8 yrs Free

FRIDAY, SEPTEMBER 1

Pancake Breakfast
7:00 am - 10:00 am, St. Paul Legion Branch 100

\$3 Hot Dog Lunch
11:00 am - 1:00 pm, St. Paul Home Hardware
(Proceeds to St. Paul Legion Branch 100)

\$6 Pulled Pork Supper
4:30 pm, St. Paul Rec Centre
Sponsored by Town & County of St. Paul

LRA SHOWDOWN - 2nd Performance
Tough Enough to Wear Pink (Cancer Support)
6:45 pm, Clancy Richard Arena (\$20/\$15 9-17)
Wild Pony Races

SATURDAY, SEPTEMBER 2

Famous Pancake Breakfast (\$5 Min Donation)
8:00 am, Cornerstone Co-op Common
(Proceeds to the People's Museum Society)

Parade (Assemble at soccer fields)
Theme: **RCMP 150 Anniversary**
7:00 am, Assembly
10:00 am, Parade
(Parade Manual available at www.stpaulagsociety.com)

Walk a Mile in her Shoes
10:00 am, Main Street St Paul (prior to parade)
Proceeds to Capella Centre
Contact: 780-645-5132 or director@capellacentre.ca

Ukrainian Lunch
11:30 am, St. Paul Rec Centre
\$20/plate - \$10/kids plate - \$5 hot dog
Catered by Shirley's Catering

AG Social House

11:30 am, Curling Rink
Beer Garden

Smitty's Family Fun Zone

11:30 am, Curling Rink
Petting Zoo, Agland Tractor Pull, Bouncy House, Face
Painting, Glitter Tattoos, etc.

LRA SHOWDOWN - 3rd "Kids Day"
Stellery Children's Hospital Recognition (Purple)
12:30 pm, Clancy Richard Arena (\$20/\$15 9-17)
Wild Pony Races

LRA SHOWDOWN - 4th Performance
7:00 pm, Clancy Richard Arena (\$20/\$15 9-17)
Wild Pony Races

Beerfest
Music by Jordyn Pollard & Brayden King
9:00 pm, St. Paul Rec Centre Tikts \$20

SUNDAY, SEPTEMBER 3

Cowboy Worship Service
10:00 am, AG Corral Upstairs
Adele Johnson (780) 636-2992

LRA SHOWDOWN - 5th Performance
Leif Pedersen Memorial Day (Orange Day)
1:00 pm, Clancy Richard Arena (\$20/\$15 9-17)
Mutt on Bust'n' (Pre-Register at 780-645-4373)

PLATINUM SPONSORS



ADVANCED RODEO & BEERFEST TICKETS

(Available Online Only)

Special Rodeo 5-pak:
Adults - \$90 / Youth - \$65

Beerfest Ticket: \$20
(Also available at every rodeo performance)

Scan QR code to purchase tickets



www.stpaulagsociety.com

ALBERTA CULTURE DAYS PRESENTS

TRAIL BLAZERS

ST PAUL & DISTRICT ARTS FOUNDATION
4822-50 AVE, ST. PAUL, AB

Gallery Open Enjoy a relaxed evening of music and Indigenous artwork & enjoy a local hot beverage throughout the day that includes the opportunity of meeting artists in person.

September 1 - 3, 2023
10:00am to 6:00pm

End of Summer



St. Paul

Visual Arts Centre

Pottery, Art, Fused Glass & More!

3 Day Exhibit & Sale During Rodeo Week 2023!

Thursday, Aug. 31st: 4 - 8pm

Friday, Sept. 1st: 4 - 8pm

Saturday, Sept. 2nd: Noon - 4pm

Handmade by our very own SPVAC members!

Raffle Tickets! Win up to \$1400!

**The St. Paul Visual Arts Centre is
located South of the Aquatic Centre
at 4613-53 Street www.spvac.com**

Facebook @StPaulVisualArtsCentre



THE GODDAMSELS

WAYWARD SUMMER TOUR 2023

June 15	Hinton, AB	House Concert
June 16	Invermere, BC	Arrowhead Brewing
June 17	Beaumont, AB	Beaumont Blues and Roots Festival
June 21	Lethbridge, AB	The Slice
June 22	Calgary, AB	Prairie Emporium
June 23	Red Deer, AB	Velvet Olive
June 24	Olds, AB	Olds Town Square
June 29	Edmonton, AB	La Cite Francophone
June 30	Brooks, AB	Prairie Rake Brewing
July 1	Medicine Hat, AB	Prairie Rake Brewing
July 2	Calgary, AB	Frog Fest
July 3	Grande Prairie, BC	Grande Prairie

July 5	Nanoose Bay, BC	Rusted Rake Brewing
July 6	Victoria, BC	Victoria Folk Festival @ The Mint
July 7	Chilliwack, BC	Curry's
July 8	Williams Lake, BC	Fox Mountain Brewing
July 9	Williams Lake, BC	Guilt & Co.
July 12	Parkton, BC	Stackhouse Brewing
July 13	Salmon Arm, BC	Bray the Brewery
July 14	Blaine, WA	The Mouth Pit
July 15	Fort St. John, BC	The Roadak Lounge
July 16	Ladang, BC	Ukrainian Village Music Festival
July 21	Dawson Creek, BC	Post & Row
July 22/23	Hudson's Hope, BC	Peace Valley Folk Fest

July 25	Waskia, BC	Rig Hand Distillery
July 26	Edmonton, AB	Soho
July 28	Peace River, AB	Peace River Brewing
July 29	Peace River, AB	Brain Bin Brewing
July 30	Calgary, AB	Ironwood Stage & Grill
Aug 1	High River, AB	The Venue
Aug 31	Edmonton, AB	9910
Sept 1-3	Wayne, AB	Waynestock
Sept 6	Regina, SK	Bushwackers
Sept 7	Fort Qu'Appelle, SK	Farm Concert
Sept 8	Prince Albert, SK	The Rock Trout
Sept 9	St. Paul, AB	Lakesland Brewing

TOUR FINALE ON THE LBC PATIO SEPT 9 @ 8PM

WITH FULL BAND AS A DUO

Made with PosterMyWall.com

LBC is excited to host The Goddamsels live on the LBC patio **September 9 @ 8PM** . The 5 person band is finishing their Western Canadian tour here in St Paul and features a local connection (lead singer Freddie Macdougall is from St Paul).

Please spread the word!

*You're
Invited*

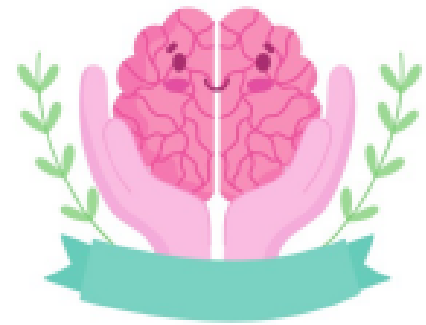
FEATURING

David
Granier

STAND UP



**FOR
MENTAL
HEALTH!**



*An evening of comedy, arts,
music and entertainment!!*

TALK TO US

Rae (780)210-9355
Chelsea (780)646-3711
demeria.memorial@gmail.com

Nov. 4th

@ the Mallaig Unity Center

Mannawanis Native Friendship Center Society

YOUTH OUTREACH PROGRAM



ACTIVITIES:

- Talking Circles
- Cultural Teachings
- Elder Mentoring
- Resume Development
- Money Management
- Teams Alberta

**WE ARE
HERE TO
HELP YOU**

FOR MORE INFORMATION:

**780-645-4630
St. Paul, Alberta**

**AGES
16-24**

MMIWG2S+ Indigenous Healing Conference

St. Paul Recreation Centre
9am-4pm

Followed by a MMIWG2S+ Commemoration /
Awareness Walk & Sacred Fire Ceremony

REGISTER
HERE:



call 780-645-4630

Brought to you by:



**Mannawanis
Native
Friendship
Centre**



Indigenous Services
Canada
Services aux
Autochtones Canada



MINFCS

MMIWG2S *Siyin Nanaadawin* Conference

Call for Artisans & Agencies

If you would like to have a table at
our Interconnection Expo
October 4th, 2023
email:
interconnectedness13@gmail.com



MANNAWANIS NATIVE
FRIENDSHIP CENTRE SOCIETY
Box 1358, 4901 - 50 ST
St. Paul, Alberta T0A 3A0
780-645-4630 Fax 780-645-1980

MNFCS

OCTOBER'EAST

5km Charity Beer Run

Saturday October 14th

Start time 4:30 PM

**At the Lakeland Brewing
Company Parking Lot**

Registration is by donation
\$10 or more will get you a free Pint!
Register 4 - 4:30 October 14th at LBC

All Proceeds for the the
St. Paul Municipal Library.



Family Story-time

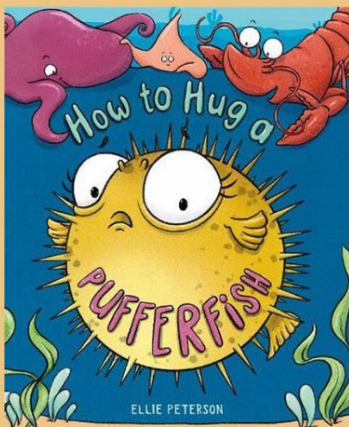
At the Library

Fridays at 10:30am

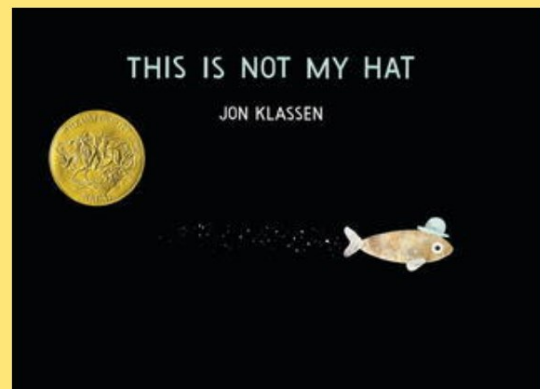
Register under the programs tab on our website at www.stpaullibrary.ab.ca or E-mail us at programs@stpaullibrary.ab.ca



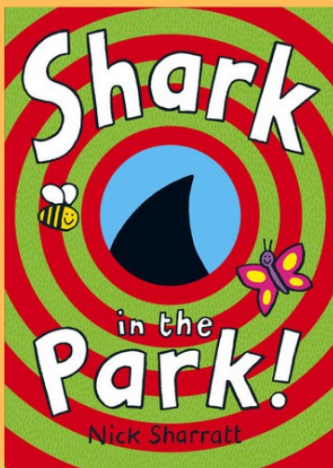
September 8



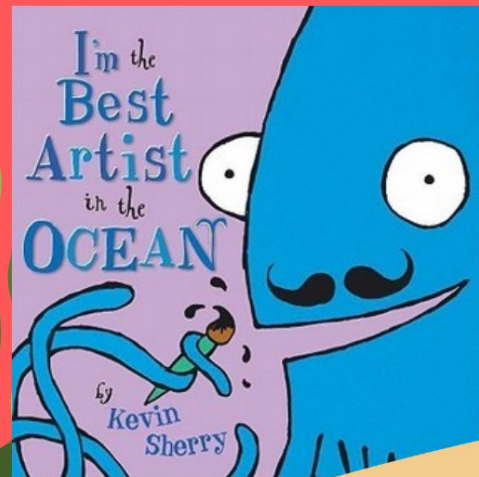
September 15



September 22



September 29



September 1st - Drop in no registration required

SOMETHING ON SATURDAY

DROP IN
FAMILY ACTIVITY
EVERY SATURDAY
IN SEPTEMBER!!
10AM TO 4PM





St Paul Municipal Library's **BOOKit**



Book Subscription

Teens can sign up to get a monthly book picked out for them to borrow, as well as some goodies to keep! The Bookit will be available for pick up the 1st week of July, August and September.

Sign up on our website or scan the QR code.
<https://www.stpaullibrary.ab.ca/summer-reading-program/bookit>



COMMUNITY
PERFORMANCE
OPPORTUNITY

CALL FOR DANCERS



Photo by Spoeth Creations

The St Paul & District Arts Foundation is looking for main and supporting dancers for it's 10 Year Anniversary Production of The Nutcracker!

Everyone is encouraged to audition: Students to professionals, all ages, and dance backgrounds



St. Paul & District Arts Foundation

St. Paul & District Arts Foundation
4822-50 Ave, St. Paul, AB

ART CLASSES



Ages 6-12 & 13+

Session 1: September to December

Session 2: January to May

SCAN FOR PRICES AND REGISTRATION

Email info@artfoundation.ca for questions 

BALLET

**12 week sessions
For Ages 7-17
Beginner to Advanced
4822-50 Ave, St. Paul**



**SCAN FOR PRICES AND
REGISTRATION**



Email info@artfoundation.ca for questions

CREATIVE MOVEMENT



Sundays from 3:00 - 3:30

Session 1: September to December

Session 2: January to May



Designed to help your 4 to 6 year olds
learn their first dance steps:
exploring movement and music

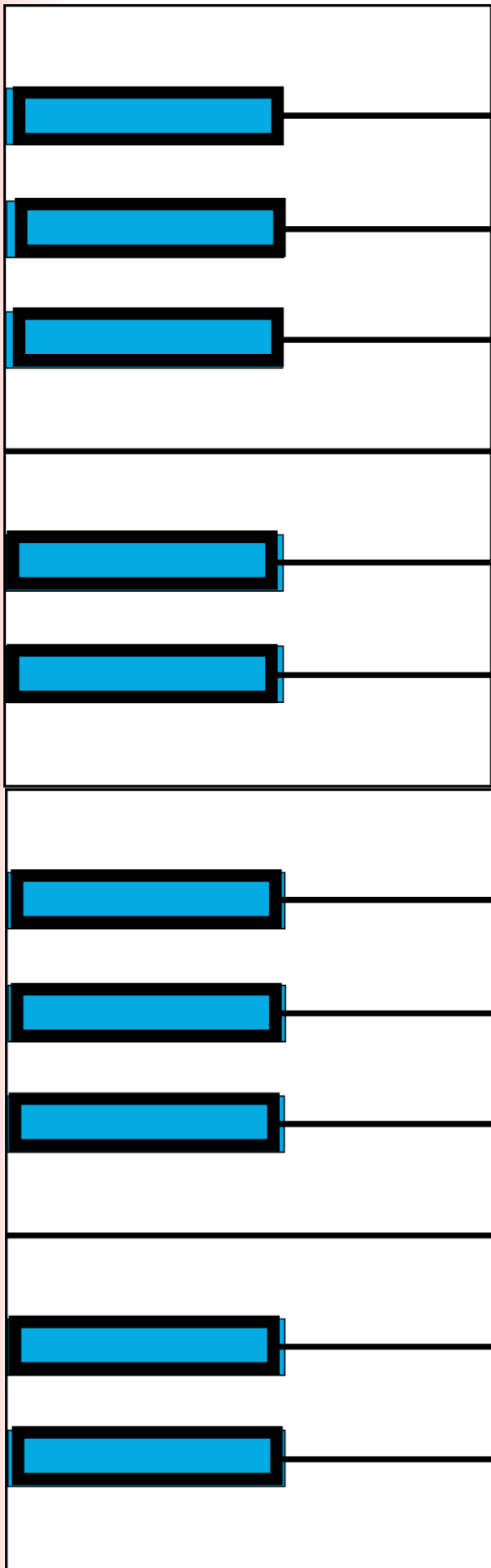


SCAN FOR PRICES
AND REGISTRATION



Email info@artfoundation.ca for questions





Piano Lessons

12 week sessions

30 minutes - \$400

45 minutes - \$500

60 minutes - \$600

Prices listed are per 12 week session. Discounts available when you register for the full year

Times available on Sundays and Mondays

Session 1: September to December

Session 2: January to May



email info@artfoundation.ca
with questions and to register



St. Paul  District Arts Foundation

4822-50 Ave, St. Paul, AB