



INSIDE THIS ISSUE:

October

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 Nov 14th
@ 10 am
Please RSVP.



Prevention & Awareness

- P2... Let's Connect
- P3... Snow Angels
- P4... Financial Support for Seniors
- P5-6... Safe & Sweet Halloween
- P7... Yoga in Heinsburg
- P8... Santa's Seniors Festival
- P9... Coffee Break—Succession Planning
- P10... World Kindness Day
- P11... Filling your Toolbox
- P12... Tot Time with Parents & Caregivers
- P13... Action for Happiness Calendar
- P14... Lakeland Family Resource Network
- P15... LFRN Calendar St Paul
- P16-25... St Paul April Events
- P26... LFRN Calendar Elk Point
- P27-34... Elk Point April Events

Stay Informed

- P35... Lakeland Cross Country AGM
- P36... Mannawanis Informal Meeting

Health & Wellness

- P37... City University Counselling
- P38... Alzheimer Society Support Group
- P39... AGKNOW
- P40-43... Alberta Health Services
- P44-45... Seniors Without Walls
- P46... Alberta Brain Injury

For Your Development

- P47... The Garage
- P48... Job Fair
- P49-52... Chamber Opportunities
- P53... Conversational English in Elk Point
- P54... Banking Online Safety in Elk Point
- P55... Family Day Home Legal Info Session
- P56... Indigenous Justice Forum
- P57-58... Rural Family Law Help
- P59-60... Town of St Paul Swim Lessons

Ways to Connect

- P61-62... Lakeland Cross Country Ski Lessons
- P63... Christmas Market
- P64... Stand Up for Mental Health Event
- P65... Mannawanis Friendship Centre Youth Outreach
- P66-67... MMIWG2S + Indigenous Healing Conference
- P68... Small Business Week
- P69... Moonlight Madness
- P70... Animal Shelter Fundraiser
- P71... St Paul Community Christmas
- P72... October' Fast Charity Beer Run
- P73-80... St Paul Library Events
- P81-84... Arts Foundation

Let's

Connect



Scan the codes to connect.





Snow Angels

The Neighbourly Thing to Do

Helping people makes our world a better place!

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



If you **need** a sign, visit one of our offices.

If you **lend a hand**, let us know, we love to celebrate volunteers.

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

780-724-3800
4906A-48 St, Elk Point





financial Support for Seniors

aging in place

Do you live in a single detached home?

AND have a single income between \$31,081 and \$36,081

or dual income between \$50,721 and \$55,721?

(check your tax notice of assessment's line 15000)

CONNECT WITH US!

We can help pay for yard work, housekeeping, snow removal, drivers exams, electrical bills, water bills, gas bills, property taxes or other expenses that will help keep you in your home?



780-645-5311

5002-51 Ave, St Paul

*This is temporary assistance project acquired to help seniors age in place and thrive in our community.

Visit us for more information.



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





SAFE & SWEET HALLOWEEN

OCTOBER 31

@ RECREATION CENTRE

4802-53 Street, ST Paul

5PM-7PM

TRICK OR TREAT

**FREE drive through
treat bag pick up**

6:30PM

LASER TAG

**\$10 per player, grades 7 & up
registration required**

Sponsored by local businesses, organizations & community members.

Visit St Paul FCSS @ 5002-51 Ave
or call [780-645-5311](tel:780-645-5311) for more
information and to register.





SAFE & SWEET HALLOWEEN DONATION REQUEST

The Town of St. Paul, St. Paul Regional FCSS and Lakeland Family Resource Network has once again partnered to host a Halloween event for children and families of St. Paul and area.

We are asking community members, organizations and businesses to contribute candy, treats, or a donation for this year's event.

Our event, hosted at the St Paul Recreation Centre reaches hundreds of children and their families. We play music & connect as they drive through to receive a treat bag filled with candy from your donations. Later in the evening we'll open the doors to teens to participate in Laser Tag! It's a fun evening made possible by our contributors which will be noted in a community wide thank-you.

If this interests you, your donation can be brought to either St Paul or Elk Point Regional FCSS offices, no later than Friday Oct. 27th. Once your donation is brought to the office you will receive a sponsor poster to put in your window informing "trick or treaters" of your support of this years Safe and Sweet event.

We thank you for your consideration in this very worthwhile event and look forward to hearing from you.

Visit St Paul FCSS @ 5002-51 Ave
or call **780-645-5311** for more
information and to register.



Promoting overall well-being.



Yoga Classes

@ HEINSBURG
COMMUNITY HALL



Wednesday's Oct 11 - Nov 29

\$10

/Class Prepay

\$15

/Class Drop in

Wear Comfortable clothing &
bring a water bottle.

Chair Yoga

5:30PM-6:15PM

Flow Yoga

7:00PM-8:00PM

REGISTER

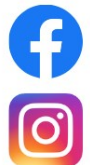
Call Michelle @ 780-871-3355

Michelle Janzen

MJMY.therapy@gmail.com

780-871-3355

Massage · Yoga · Myofascial Cupping





St Paul Regional FCSS
PRESENTS,

Santa's Seniors Festival

Come out to connect and celebrate the holiday season. Entertainment, information and a nutritious meal provided.

MERRY CHRISTMAS!

WEDNESDAY
NOVEMBER 15, 2023
11AM-2PM

FREE

UKRAINIAN
ORTHODOX CHURCH
5601 51 ST, ST. PAUL

LIMITED SEATING
REGISTRATION

OCT 23 - NOV 8 @ 12PM

780-645-5311

DOORS OPEN AT 10:30AM



WWW.STPAULFCSS.CA





for
women in
FARMING
FOLLOW UP

Join us to learn about

Succession Planning

with lawyer

Caeleigh V. Morrow
who practices law in:

Real Estate,
Agricultural Law,
Business Law,
Wills & Estates,
Farm Transition Planning
& more.

Thursday
Nov 9, 2023

1PM & 7PM

EVERYONE WELCOME

FCSS 5002-51 Ave

RSVP
780-645-5311



World KINDNESS DAY

Connecting community
through kindness.



Join us in spreading kindness
throughout our community!
The day will be full of kindness
activities & events.

Monday
Nov 13, 2023

Kindness Craft: Ages 0-6
@ LFRN St Paul, 5002-51 Ave & Elk Point, 4906A-48 St

10AM-12PM

Kindness Craft: Ages 7+
@ LFRN St Paul, 5002-51 Ave & Elk Point, 4906A-48 St

2PM-4PM

Kindness Movie
@ Elite Theater

7PM-9:30PM

Random Acts of Kindness
Kindness Kits: Shop Local

ALL DAY

Lakeland
FAMILY RESOURCE NETWORK

fcss
St. Paul Regional
Family and Community
Support Services

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





**Strategies to promote emotional development
& connection in children.**

Filling YOUR Toolbox

*for professionals within
partnering organizations*

Join us in this 2 hour workshop that 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

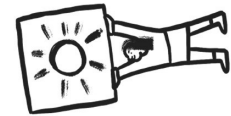
@ Ashmont Agriplex



Lakeland

FAMILY RESOURCE NETWORK

Self-Care September 2023



MONDAY



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

TUESDAY



5 Forgive yourself when things go wrong. Everyone makes mistakes

WEDNESDAY



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

THURSDAY



7 Give yourself permission to say 'no'

FRIDAY

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

SATURDAY

2 Notice the things you do well, however small

SUNDAY

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

11 Make time to do something you really enjoy

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

25 Avoid saying 'I should' and make time to do nothing

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

19 Notice what you are feeling, without any judgement

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

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

20 Enjoy photos from a time with happy memories

27 Free up time by cancelling any unnecessary plans

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

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

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

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

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

29 Write down three things you appreciate about yourself

9 Aim to be good enough, rather than perfect

16 Leave positive messages for yourself to see regularly

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

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

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

24 Accept yourself and remember that you are worthy of love



ACTION FOR HAPPINESS

Happier · Kinder · Together

Lakeland

FAMILY RESOURCE NETWORK



For More Information

VISIT US AT



LAKELANDFRN.CA



LAKELAND FAMILY RESOURCE NETWORK

CONTACT OUR

Regional Hub Coordinator



780-201-3499



frncoordinator@town.bonnyville.ab.ca



4717 48 STREET BONNYVILLE, AB



Alberta

Provincial Family
Resource Networks

Visit Our Other Sites:

NATIVE COUNSELLING SERVICES OF ALBERTA

4701 50 Ave St. Paul

#200 4910 50 Ave Cold Lake



*Home Visitation for Families with
Children Ages 0-6 yrs.*

Navigation/Support for Youth Ages 7-17 yrs.

Access to Cultural Support

BONNYVILLE FAMILY RESOURCE NETWORK

4717 48 St Bonnyville, AB



Caregiver Education and Support

Hub Service: Information, coordination and referral

ST. PAUL FAMILY RESOURCE NETWORK

5002 51 St. Paul, AB



Caregiver Education and Support

Childhood Development

COLD LAKE FAMILY CONNECTIONS

5220 54 St Cold Lake, AB





Caregiver Education and Support

Childhood Development

Social Connections

2023 **St Paul LOCATION**
October

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
02 Read & Roll 10am - 11am @ the Library REGISTRATION	03 Mallaig Tot Time 9:30am-11:30am DROP IN Rhymes That Bind 10am-12pm DROP IN	04 ASQ Screening 2pm-4pm REGISTRATION	05 Ashmont Tot Time 9:30am - 11:30am DROP IN Baby Bunch 1:30pm - 3:30pm DROP IN	06 PD DAY Youth Program REGISTRATION
09 CLOSED Thanksgiving What are you thankful for?	10 Mallaig Tot Time 9:30am-11:30am DROP IN Run, Jump, Skip 10am - 12pm DROP IN	11 Diamond Dot Art Youth Program 3:30pm-5:30pm REGISTRATION Triple P Parenting ONLINE Coping with Stress 6:30pm-7:30pm REGISTRATION	12 Ashmont Tot Time 9:30am - 11:30am DROP IN Baby Bunch 1:30pm - 3:30pm DROP IN	13 The Effects of Technology on Families 10am -11am REGISTRATION
16 Read & Roll 10am - 11am @ the Library REGISTRATION	17 Mallaig Tot Time 9:30am-11:30am DROP IN Traditional Teachings 10am - 11:30am REGISTRATION	18 Home Alone 3:30pm - 5:30pm 8 YRS + REGISTRATION Solo Parenting Support Group 6:30pm-7:30pm REGISTRATION	19 Ashmont Tot Time 9:30am - 11:30am DROP IN Baby Bunch 1:30pm - 3:30pm DROP IN Family Fun Night 6pm - 7:30pm DROP IN	20 Triple P Parenting ONLINE Separation Anxiety 2pm - 3pm REGISTRATION
23 Read & Roll 10am - 11am @ the Library REGISTRATION	24 Mallaig Tot Time 9:30am-11:30am DROP IN Loose Parts Play 10am-12pm DROP IN	25 Mindful Matters 3:30pm - 5:30pm REGISTRATION	26 Ashmont Tot Time 9:30am - 11:30am DROP IN Run, Jump, Skip 6pm - 7:30pm DROP IN	27 Icky, Sticky, Messy Halloween Edition 10am-12pm DROP IN
30 Read & Roll 10am - 11am @ the Library REGISTRATION	31 Mallaig Tot Time 9:30am-11:30am DROP IN Story & Craft at Sunnyside 10am-11am REGISTRATION  <small>SEE POSTER</small>	 <p>Grateful and Thankful</p>		

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



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

Wednesday
October 04

2pm-4pm

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.





ONLINE

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 Tip Sheet

Coping with Stress

Wednesday **11**
October

6:30pm-7:30pm

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

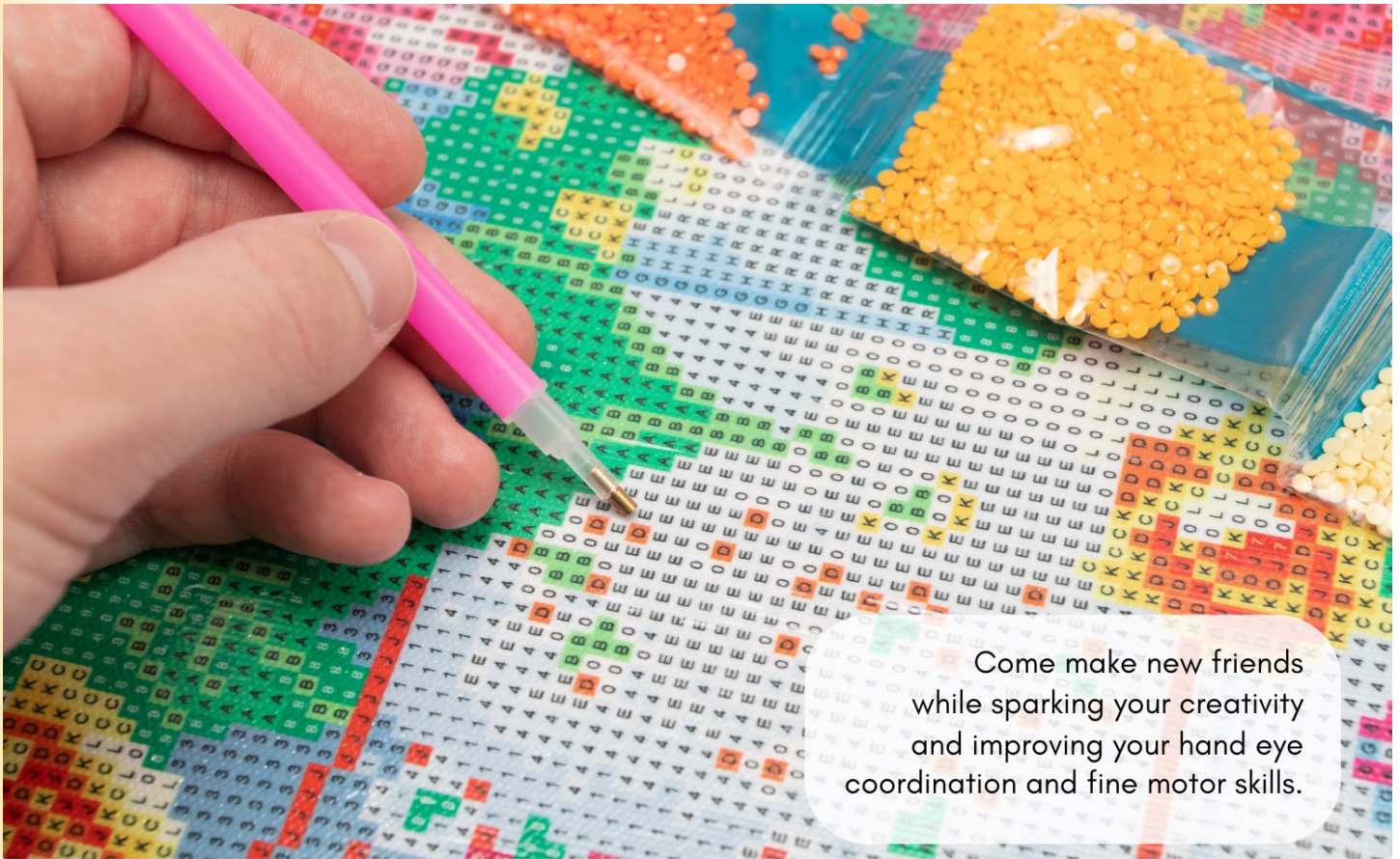
FAMILY RESOURCE NETWORK

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.





Come make new friends while sparking your creativity and improving your hand eye coordination and fine motor skills.

YOUTH 7+
LFRN St Paul 5002-51 Ave

Diamond Dot Art

Wednesday **11**
October

3:30pm-5:30pm

CALL TO REGISTER
780-645-5311

FREE

Lakeland

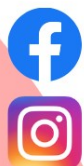
FAMILY RESOURCE NETWORK

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.

Improves focus & concentration, reduces stress & anxiety, boosts fine motor skills.





Wondering how to handle
screen use in your home?
How much screen-time is OK?
Feeling frustrated by
technology overload?
We can help!

CAREGIVERS

LFRN St Paul 5002-51 Ave

Helping parents maximize the benefits of technology while nurturing their child's emotional, social and cognitive potential.

The Effects of Technology on Families

Friday
October 13

10am-11am

CALL TO REGISTER
780-645-5311

FREE

Lakeland

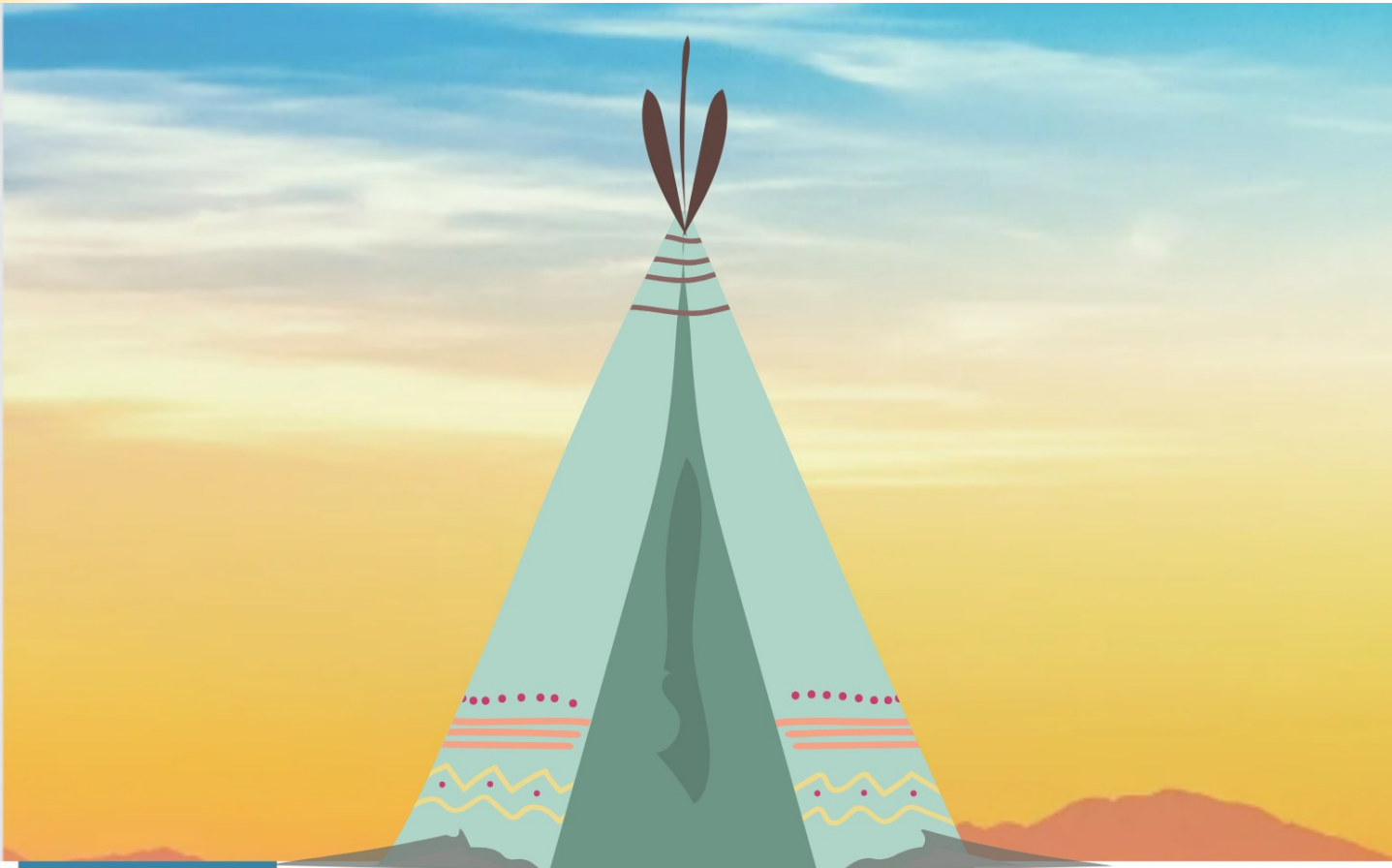
FAMILY RESOURCE NETWORK

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.





AGES 0-6

LFRN St Paul 5002-51 Ave

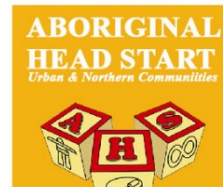
Traditional Teaching

with Jan Tailfeathers

Tuesday **17**
October

10am-11:30am

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.



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



This is an ongoing support group for parents/caregivers who are raising their children on their own. We will come together, share challenges, support one another and learn common parenting strategies.

CAREGIVERS

LFRN St Paul 5002-51 Ave

Improving parenting skills, gaining self-esteem and creating a community.

Solo Parenting Support Group

Wednesday October 18

6:30pm-7:30pm

CALL TO REGISTER
780-645-5311

FREE

Childcare available upon request.

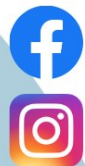
Lakeland

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.





Various topics include:

- the responsibility of staying alone
- basic safety tips
- fire safety
- simple first aid
- what to do in case of an emergency

***Participants must be at least 8 years old**

YOUTH 8+

LFRN St Paul 5002-51 Ave

Home Alone Course

Wednesday October 18

3:30pm-5:30pm

CALL TO REGISTER
780-645-5311



*"The Nation's Leader
in Child Safety Education"*

\$25 REGISTRATION FEE

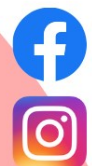
Lakeland

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.



This course is for young people who are beginning to stay home alone.



ONLINE

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

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

Triple P Tip Sheet

Separation Anxiety

Friday
October **20**
2pm-3pm

CALL TO REGISTER
780-645-5311

FREE



for every 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.





Nikki is bringing to us **Curious Explores**, a program mindfully created to provide a safe place for children to share thoughts, feelings, and emotions while practicing different mindfulness techniques.

We will practice gratitude, discuss how we feel when our thoughts/feelings/emotions are overwhelming, playfully move our bodies and end in a sound bath. Join us for this unique one of a kind opportunity to connect.

YOUTH 7+

LFRN St Paul 5002-51 Ave

Mindful Matters

with Nikki Zahara

Wednesday October **25**

3:30pm-5:30pm

CALL TO REGISTER
780-645-5311

Fee of \$10
per child

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.



Nikki Zahara is a wellness practitioner, certified sound healer and owner/operator of NikkiZ Immunity Community.



Join us for Halloween themed crafts with some Grandmas and Grandpas!

If you or your child have any flu, cold or covid symptoms please refrain from attending.



AGES 0-6

Sunnyside Manor 4522-47 ave

Halloween Craft at Sunnyside

Tuesday October 31

10am - 11am

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.




Promoting intergenerational connections.

2023

Elk Point LOCATION

October

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
02 Take a walk and enjoy the crisp air!	03 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	04 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	05 Youth Group Thanksgiving Gratitude Game Make & Take 3:30pm - 5:30pm DROP IN	06 Office Closed
09 CLOSED Thanksgiving Who are you thankful for?	10 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	11 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	12 Youth Group Watercolor Painting 3:30pm - 5:30pm REGISTER	13 Fine Motor Fun 10am - 12pm DROP IN
16 Enjoy a good book!	17 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	18 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	19 Youth Group Board Games 3:30pm - 5:30pm DROP IN	20 Fall Craft 10am - 12pm DROP IN
23 Relax with a cup of tea!	24 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	25 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	26 Youth Group Cookie Decorating 3:30pm - 5:30pm REGISTER	27 Cookie Decorating 10am-12pm DROP IN
30 ASQ Screening 2pm-4pm REGISTER	31 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	 <p>HAPPY Thanksgiving</p>		



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

Elk Point Location



Thanksgiving Make & Take

Show your family how thankful you are with this fun interactive game.

YOUTH 7+

LFRN Elk Point 4906-48 St

Make & Take

Thursday
October **05**

3:30pm-5:30pm

FREE DROP IN
780-724-3800

Connect with friends old and new.

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



Join our painting class to learn about watercolors and explore your creativity.

YOUTH 7+

LFRN Elk Point 4906-48 St

Paint Night

with guest painter

Thursday
October 12

3:30pm-5:30pm

CALL TO REGISTER
780-724-3800

FREE

Lakeland

FAMILY RESOURCE NETWORK

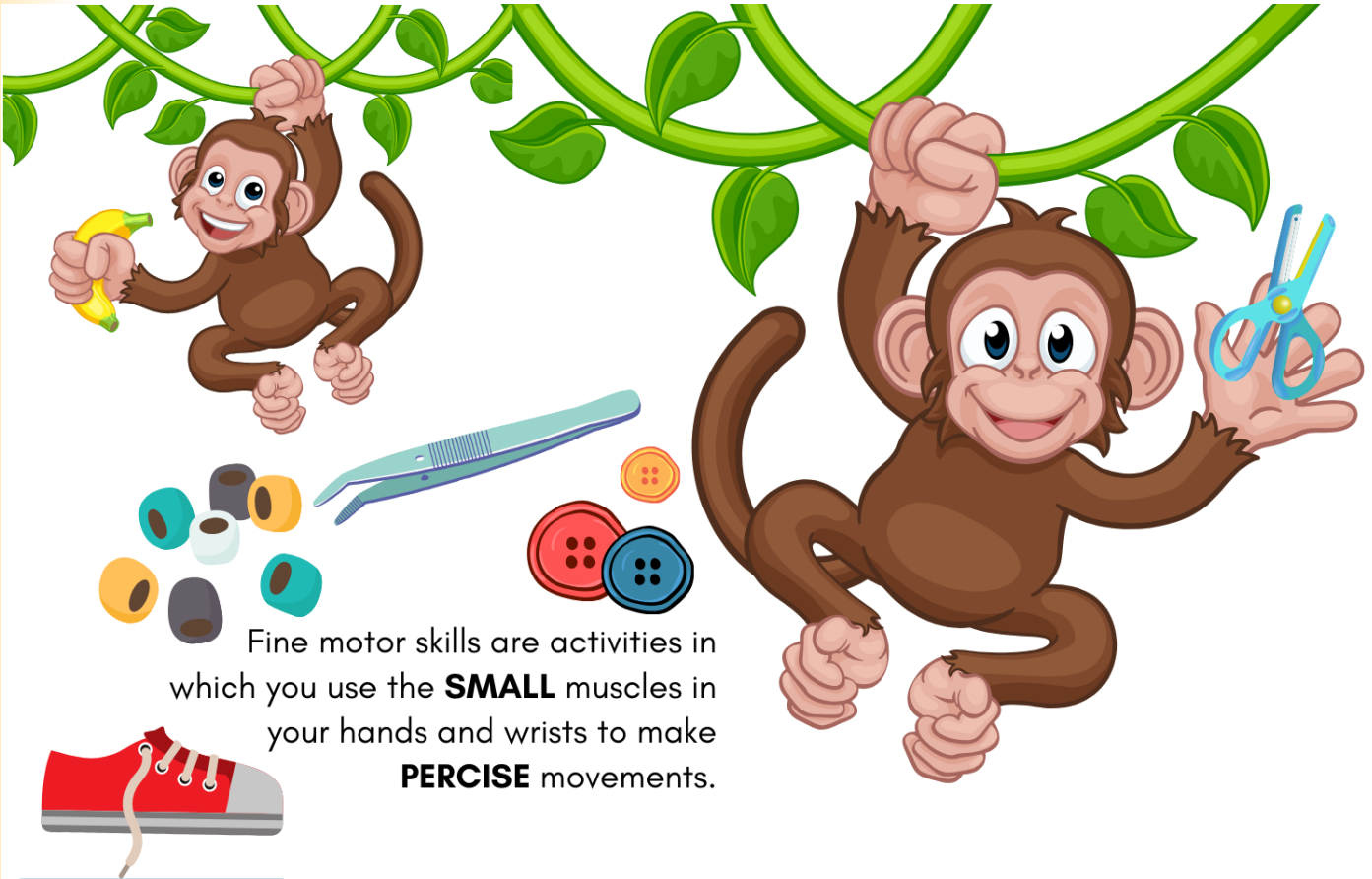
Connect with us for more information.

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



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 Elk Point 4906-48 St

Developing fine motor skills through play.

Fine Motor Fun

Friday
October 13

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



YOUTH 7+

LFRN Elk Point 4906-48 St

Board Games Play

Thursday
October 19

3:30pm-5:30pm

FREE DROP IN
780-724-3800

Lakeland

FAMILY RESOURCE NETWORK



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

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

Develop motor skills, teaches shapes and colors, explore creativity.

Scarecrow Craft

Friday
October **20**

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



Try your hand at cookie decorating
and see what you can create.

YOUTH 7+

LFRN Elk Point 4906-48 St

Cookie Decorating

Thursday
October **26**

3:30pm-5:30pm

CALL TO REGISTER
780-724-3800

FREE

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



Decorate yummy cookies to enjoy!

AGES 0-6

LFRN Elk Point 4906-48 St

Cookie Decorating

Friday
October **27**

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



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 Elk Point 4906-48 St

ASQ Screening

Monday
October **30**
2pm-4pm
CALL TO REGISTER
780-724-3800

FREE

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

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

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.





ANNUAL GENERAL MEETING

Wednesday, October 25, 2023

in person at the St. Paul Library
& **online** LLCCSC AGM

<https://meet.google.com/jtf-rpvs-ccb>



6:30 – 8:00 pm

**Looking forward to seeing you
in person or online!**

E-mail: lakelandccsc@gmail.com

Website: www.lakelandxcski.com

Facebook: <https://www.facebook.com/www.lakelandski.ca>



**MANNAWANIS NATIVE
FRIENDSHIP CENTRE SOCIETY**

Box 1358, 4901 – 50 ST
St. Paul, Alberta T0A 3A0
780-645-4630 Fax 780-645-1980

Informal Meeting

DATE:	October 5, 2023
TIME:	6-7 p.m.
PLACE:	Mannawanis Native Friendship Centre (4901-50 Street)
RE:	Proposed Supportive Living Facility (5130-45 Avenue)

Discussion regarding the transition house followed by Q&A



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/>

Malnutrition and Falls: A Community Approach to Prevention



Date: November 21, 2023

Time: 9:00 - 10:00 AM (MST)

Speakers: Jennifer Sundberg, Registered Dietician, Alberta Health Services
Terri Anderson, Golden Circle Senior Resource Centre

- Understand what malnutrition is and how it relates to falls in older adults
- Discuss a case study that describes an actual client in the community who has fallen
- Gain knowledge about nutrition risk screening in the community
- Learn about a successful nutrition screening initiative at an Alberta seniors' resource centre
- Become aware of resources related to nutrition screening, malnutrition, and older adult nutrition for your community

Jennifer Sundberg, Registered Dietician

Jennifer Sundberg has been practising as a Registered Dietitian for 30 years (although it feels like a lot less!). She has worked in various areas, including acute care, long term care, home care / supportive living, and public health. Her most recent roles in nutrition have a focus on older adults.

In her spare time, she likes to walk her dog, cycle leisurely, listen to old time radio shows, and spend time with her family.

Terri Anderson

Terri Anderson is the Senior Outreach Coordinator and Elder Abuse Prevention Coordinator at the Golden Circle Senior Resource Centre in Red Deer, Alberta. Terri has been working at the Golden Circle Senior Resource Centre for 2.5 years. Terri has spent her career in the non-profit sector in the Community of Red Deer in various roles assisting vulnerable adults. Terri has 2 young children and enjoys spending time with her family.

This webinar is in support of falls prevention month and supports the *Improve Your Health* theme.

REGISTER NOW!



or visit:
bit.ly/FBNov23



For more information, phone 780.492.6019 or email info@findingbalancealberta.ca

It's webinar time!

Stay Independent. <
Prevent Falls.



Upcoming Professional Development Webinars

Monthly 1-hour sessions
1-2pm, last Wednesday

To register, go to our [website](https://www.agknow.ca/events) at [AgKnow.ca/events](https://www.agknow.ca/events).

September 27: Suicide Awareness and Prevention Training in AG: A Sneak Peek

AgKnow has teamed up with Tara Adams at Abridge Consulting to create unique suicide awareness and prevention trainings designed for peer-to-peer support in the farming and agriculture industry.

October 25: Farmer Stress and Coping in Alberta

This interactive webinar describes the recent research findings from the Farmer Stress, Coping and Resilience Study completed by over 350 Albertan farmers. In this session, attendees will learn (a) what mental health issues (i.e., depression, anxiety, burnout, suicide ideation) farmers in Alberta report experiencing and how these numbers compare to the national average of farmers, (b) the six major stressors of farming, and (c) how farmers currently cope with stress.

November 29: Delivering Mental Health Support Services in Rural Areas

How do therapists and social service providers successfully deliver mental health support to people living in rural areas? This interactive webinar describes the findings from one of our recent studies that explored this question. In this session, attendees will learn: (a) what types of mental health support resources currently exist across the province, (b) what barriers farmers face in accessing support, (c) what strategies providers find helpful to encourage farmers to seek support.

Dec TBA: Cool Family Solutions, Helping Families with Mental Health & Substance Related Disorders

AgKnow is excited to have Mona Cooley join us to discuss how she approaches helping families navigate their toughest challenges. She will share how she motivates people to handle difficult situations with positive results.

Coming 2024, join us for a deeper dive into specific concerns:

Navigating Farm Transitions & Succession Planning
Farm Animal Epidemics and Depopulation


AgKnow is engaging with the mental health and health care communities to increase the number of practitioners who understand the unique needs of farmers and rural clients. Our research program is ready to share the findings of our recent studies discovering the current state of wellbeing and services accessible to farmers in Alberta.

An ARECA Initiative

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>	

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.

October 2023 Workshops for Adults by ZOOM

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

Alberta
Healthy Living
Program

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

Thur	Oct 5	9:30am-12pm
Tue	Oct 10	5:30pm-8pm
Thur	Oct 12	1:30pm-4pm
Wed	Oct 25	5:30pm-8pm

Nutrition

Thur	Oct 12	9:30am-11am
Tue	Oct 17	5:30pm-7pm
Thur	Oct 19	1:30pm-3pm

Ongoing Care

Thur	Oct 19	9:30am-12pm
Tue	Oct 24	5:30pm-8pm
Thur	Oct 26	1:30pm-4pm

Heart & Stroke

Learn to manage your blood pressure and cholesterol as well as understand risks for heart disease and stroke.

Overview & Prevention

Wed	Oct 11	9:30am-12pm
Thur	Oct 19	5:30pm-8pm
Mon	Oct 23	1:30pm-4pm

Nutrition

Wed	Oct 18	9:30am-11am
Thurs	Oct 26	5:30pm-7pm
Mon	Oct 30	1:30pm-3pm

Understanding COPD

Understand what COPD is and how you can manage it while living your best life.

Wed	Nov 8	1:30pm-3pm
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Weight Management

Learn effective weight management strategies and how to build healthier habit. Understand ways that thinking patterns, sleep, physical activity and nutrition impact your goals.

Series 1

Thur	Sept 28, Oct 5, & 12	1:30pm-4pm
Wed	Oct 11, 18, & 25 -	5:30pm-8pm

Series 2

Tue	Oct 3, 17, & 24	1:30pm-4pm
Wed	Oct 11, 18, & 25	5:30pm-8pm

Better Choices Better Health for Chronic Pain

In this 6 week workshop we will learn about pain, things that influence your pain levels, and ways to manage it.

Tue	Nov 14 - Dec 19	6:00pm - 8:30pm
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Better Choices Better Health

This 6 week workshop is for anyone living with any long term health condition.

Tue	Oct 3 to Nov 7	9:30am-12pm
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Supervised Exercise Program -Virtual Classes-

This program meets 2 times per week, 1.5 hours/session for 6 weeks to exercise in a group setting with people with a variety of health conditions.

Managing Stress

In this 2 part series, you will learn technique to reduce, prevent, and cope with stress.

Wed	Oct 18 & 25	1:30pm-4pm
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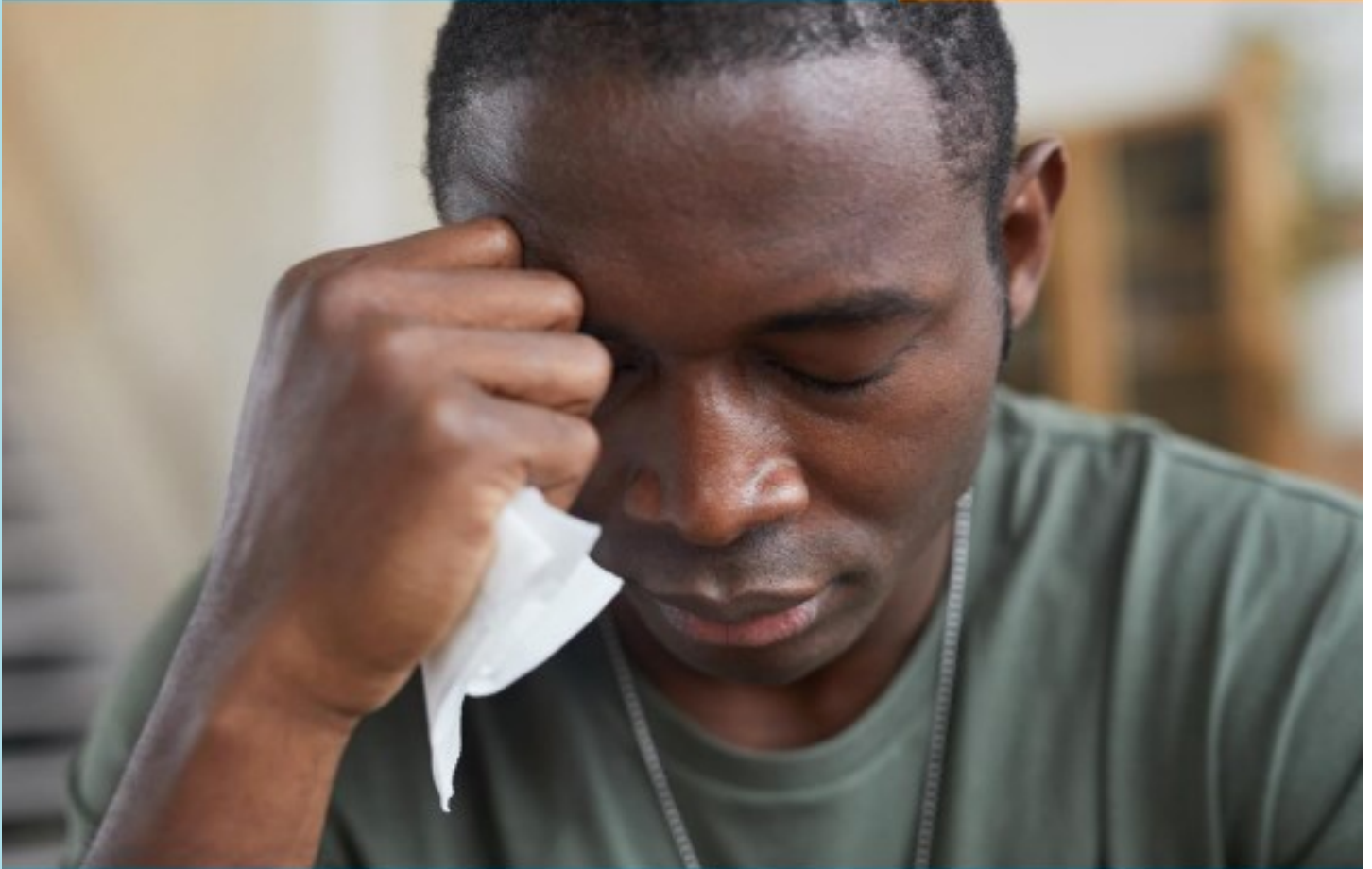
To register for a Zoom class call: **1-877-349-5711**
Or <https://www.healthylivingprogram.ca>

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://www.MyHealth.Alberta.ca)





Program Guide October-December 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
Elizabeth Program Assistant	780-238-9612

OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>National Day for Truth and Reconciliation</p>	<p>3</p> <p>11am: Imagination Circle 1pm: Program Preview 3pm: Who Why When 4:30pm: Trivia</p>	<p>4</p> <p>9:30am: True Crime 11am: Coffee Chat 1pm: Truth & Reconciliation 3pm: Exercise</p>	<p>5</p> <p>9:30am: Gratitude 11am: In The Headlines 1pm: Let's Talk About 3pm: Animal Spotlight</p>	<p>6</p> <p>9:30 am: All Request Music 11am: Exercise 1pm: Thanksgiving 3pm: Brain Games</p>
<p>9</p> <p>Thanksgiving Day</p> 	<p>10</p> <p>11am: Mindfulness 1pm: Building Better Boundaries 3pm: Respiratory Health 4:30pm: Scattergories</p>	<p>11</p> <p>9:30am: Mystery Chronicles 11am: Pucks & Cups 1pm: Estranged Relationships 1pm: Don't Sweat The Small Stuff 3pm: Exercise</p>	<p>12</p> <p>No Morning Programs 1pm: Person Place or Thing 3pm: Sherwood Forest 4:30pm: Dinner Theatre</p>	<p>13</p> <p>9:30am: One Hit Wonders 11am: Exercise 1pm: Some Good News 3pm: Family Feud</p>
<p>16</p> <p>9:30am: Nostalgia Moment 11am: Exercise 1pm: The Big Picture 3pm: The Lion The Witch & The Wardrobe Part 1</p>	<p>17</p> <p>11am: Imagination Circle 1pm: Building Better Boundaries 1pm: Let's Talk About 3pm: Reader's Corner 4:30pm: Don't Quote Me</p>	<p>18</p> <p>9:30am: Innocence Files 11am: Personal Safety 1pm: Estranged Relationships 1pm: Fairy Creek Protests 3pm: Exercise</p>	<p>19</p> <p>9:30am: Gratitude 11am: The Storyteller 1pm: FVB: Sleep Hygiene 3pm: Working Through Grief 4:30pm: Dinner Theatre</p>	<p>20</p> <p>9:30am: Canadian Artists 11am: Exercise 1pm: Tommy Douglas 3pm: Coffee Chat</p>
<p>23</p> <p>9:30am: Nostalgia Moment 11am: Exercise 1pm: Writing For Fun 3pm: The Lion The Witch & The Wardrobe Part 2</p>	<p>24</p> <p>11am: Mindfulness 1pm: Building Better Boundaries 3pm: The Amazon 4:30pm: Where in the World</p>	<p>25</p> <p>9:30am: From John to Justin 11am: EPL Presents! 1pm: Estranged Relationships 1pm: Pablo Picasso 3pm: Exercise</p>	<p>26</p> <p>9:30am: Gratitude 11am: Author Talk: Alice Majors 1pm: Pet Tales: Dogs With Jobs 3pm: Picture This 4:30pm: Dinner Theatre</p>	<p>27</p> <p>9:30am: Classical Music Hour 11am: Exercise 1pm: Alberta Ghost Stories 3pm: BINGO</p>
<p>30</p> <p>9:30am: Brooms & Witches Part 1 11am: Exercise 1pm: The Big Picture 3pm: The Lion The Witch & The Wardrobe Part 3</p>	<p>31</p> <p>11am: Brooms & Witches Part 2 1pm: Building Better Boundaries 1pm: Let's Talk About 3pm: My Travels 4:30pm: Old Wives' Tales</p>	<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

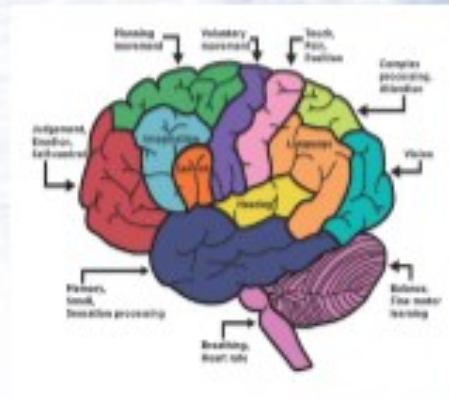
May 9th, 2023 @2pm

June 13th, 2023 @2pm

October 10th, 2023 @2pm

November 14th, 2023 @2pm

December 12th, 2023 @2pm



St Paul 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

ALBERTA



Brain Injury Network



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

Opening Sept 12!



The Garage

 Youth Unlimited™

FREE

*drop-in, ping pong, air hockey,
foosball, music, art, mentoring,
good friends, leadership opportunities
& more!*

Grades 6-12

Tuesdays & Thursdays

3:00 - 6:00pm

**Mountian Movers Youth Centre
4826 Railway Ave • Elk Point**



@the_garage_yu



The Garage-Yu

**TRIBAL CHIEFS EMPLOYMENT AND TRAINING
SERVICES ASSOCIATION**

JOB FAIR

November 28th & 29th, 2023

**Attend the
Biggest
Employment
Networking
Event of the
Year!**



West Edmonton Mall Ice Palace

**Contact 780-481-8585 or events@tcetsa.ca
For More Details**

**In partnership with
West Edmonton Mall**



SOCIAL MEDIA MASTERY: ELEVATE YOUR BRAND & WORKFORCE

- 📅 **When:** November 2 & 9, 2023 | 12:00-2:00 PM
- 📍 **Where:** Virtual Workshop Online
- 💰 **Cost:** \$50 (for both sessions)
- 📧 **RSVP:** stpaulchamber.ca/events



READY TO HARNESS THE POWER OF SOCIAL MEDIA FOR YOUR BRAND & WORKFORCE?

Join us for a **two-part** virtual workshop, Social Media Mastery: Elevate Your Brand & Workforce, presented by Rob Hole from Octopus Creative Inc.

IN THESE WORKSHOPS YOU'LL LEARN HOW TO:

- ✔ Develop a powerful brand & communication strategy
- ✔ Understand your audience for client & staff targeting
- ✔ Utilize internal communication tools for employee satisfaction & retention
- ✔ Social media marketing & content strategies for recruitment
- ✔ Build a strong internal staff culture
- ✔ Master social media management scheduling & tools
- ✔ Discover image editing tools & AI-powered planning

YOUR FACILITATOR

ROB HOLE

Co-Founder & Lead Strategist @ Octopus Creative Inc.

Rob is a marketing nerd with a passion for helping small businesses kick @\$\$. With years of experience in the industry, he knows what works and what doesn't, and he's not afraid to share his unfiltered insights. When he's not creating marketing strategies or boosting online presence, Rob serves as the President of his local Chamber of Commerce and as a firefighter. Combining his wealth of knowledge with a bit of humour, Rob dishes out the real deal on business success in his engaging presentations.



ROB HOLE

Bonnyville: info@bonnyvillechamber.com | bonnyvillechamber.com

St. Paul: admin@stpaulchamber.ca | stpaulchamber.ca



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

\$30

plus GST



with Award Winning Speaker
Eddie Lemoine



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

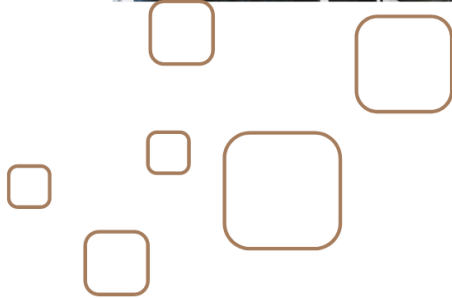
Register:
<https://stpaulchamber.ca/events/>



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





Together
We Can!

MEMBER MIXER

OCTOBER 5

5:00pm - 7:00pm

Hosted By:

MCSnet 4810 50 Ave - Front Door

*December Host:
Canalta Hotel*

Don't miss this opportunity to build new/old professional relationships and broaden your network.

Engage in meaningful conversations with fellow businesses.

Learn about upcoming events and plans around the community.

Get your name submitted to host the February Member Mixer

**Please Register at:
stpaulchamber.ca/events**

Snacks &
Beverages
Provided



Bi-Monthly
Business
Networking



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**

Banking Online Safely

Financial institutions and services promote online banking, but safety experts warn about scams and hackers. Conflicting views may have led you to ask yourself, "How can I complete transactions online and still feel that my money is safe?" Take the Banking Online Safely course to learn tips and info that will help you to build confidence in doing your banking online.



Elk Point Library

**To register, contact Sandie
at 780 614 6368 or Elk
Point Further Education at
780 724 4101**

WEDNESDAY, OCTOBER 18


Banking websites:

- recognize secure sites
- guard your personal information
- open a banking account
- use online banking with confidence!

WEDNESDAY, OCTOBER 25

Other online banking

- payment apps such as PayPal
- digital wallets



Your Legal Questions Answered: Alberta Family Day Home Educators and Agencies

Due to overwhelming interest, we are offering another legal presentation on Alberta day homes, answering questions from both educator and agency perspectives. This \$40, 90-minute session has been approved for PD and paid release time funding ONLY for Level 3 educators. Please fill in this brief form to express your interest, and help us create a session tailored to your needs!

For the session, we are collecting questions from day home agency directors and consultants, and educators both private and contracted with a licensed agency. The session will be facilitated by [Laura Woodman](#), former day home educator and current [PhD student](#), and [Sania Chaudhry](#) of Forte Law.

Topics to be covered include:

- Equity, diversity, and inclusion considerations
- Harassment policies and protection
- Legal abilities as a self-employee contracted educator
- Outline of the difference between contracted and employee work arrangements

Sign up here:

https://docs.google.com/forms/d/e/1FAIpQLScclrOJ-j94tl_uggKqD_slau8KNMwnkeBjU_PG0mvXROJJVQ/viewform



UNIVERSITY
nuxəhət'ine thaaʔehots'j
nistameyimâkanak
BLUE QUILLS

Indigenous Justice Forum: A Path to Healing & Reconciliation

September 29 & 30, 2023
UnBQ Campus - St. Paul, AB.

A forum showcasing Indigenous Justice professionals and more to present their knowledge on inequities of justice experienced by Indigenous people

Keynote Speakers:

Justice Ivan Ladouceur

Justice Jordan Stuffco

Andre Bear

Sylvia McAdam

Tanya Talaga

Douglas Sanderson

plus many more..

Registration Fee: \$100

For more information email: wyome.dion@mybluequills.ca

[CLICK TO REGISTER](#)



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!



FALL SWIM LESSONS

Oct 20 - Dec 9

FRIDAY NIGHTS

Call 780-645-3388
to register

\$50 - Up to Swimmer 3
\$60 - Swimmer 4 & Over

4:00 - 4:30 - Preschool 1
5:00 - 5:30 - Preschool 1
4:00 - 4:30 - Preschool 2
5:00 - 5:30 - Preschool 2
4:30 - 5:00 - Preschool 3
5:30 - 6:00 - Preschool 3
4:30 - 5:00 - Preschool 4
5:30 - 6:00 - Preschool 4
4:30 - 5:00 - Swimmer 1
5:30 - 6:00 - Swimmer 1
4:00 - 4:30 - Swimmer 2
5:00 - 5:30 - Swimmer 2
4:00 - 4:30 - Swimmer 3
5:00 - 5:30 - Swimmer 3
4:45 - 5:30 - Swimmer 4
4:45 - 5:30 - Swimmer 5
4:00 - 4:45 - Swimmer 6
4:00 - 4:45 - Rookie Patrol
4:00 - 4:45 - Ranger Patrol
4:00 - 4:45 - Star Patrol

FALL SWIM LESSONS

Oct 21 - Dec 16
SATURDAY MORNINGS

9:00 - 9:30 - Parent and Tot
9:00 - 9:30 Preschool 1
10:00 - 10:30 - Preschool 1
9:00 - 9:30 - Preschool 2
10:00 - 10:30 - Preschool 2
9:30 - 10:00 - Preschool 3
9:30 - 10:00 - Preschool 4
9:30 - 10:00 - Swimmer 1
10:00 - 10:30 - Swimmer 2
10:00 - 10:30 - Swimmer 3
9:00 - 9:45 - Swimmer 4
9:00 - 9:45 - Swimmer 5
9:45 - 10:30 - Swimmer 6
9:45 - 10:30 - Rookie Patrol
9:45 - 10:30 - Ranger Patrol
9:45 - 10:30 - Star Patrol

Call 780-645-3388
to register

\$50 - Up to Swimmer 3
\$60 - Swimmer 4 & Over



X-C Ski Lessons **For Youth & Adults**

Skills Development Program for youth

4-5 years Bunnyrabbit Program

6-10 years Jackrabbit Program

11+ Jackrabbit Plus or

Track Attack

SUNDAYS time TBD

December 2023 – February 2024

When there is enough snow to track set

(no lessons on holiday weekends or extremely cold days)

Adult lessons:

Classic or skate ski

1-2 lessons per class

Dates & times TBD

Contact:

E-mail: lakelandccsc@gmail.com

Check:

Facebook: <https://www.facebook.com/www.lakelandski.ca>



2023-2024

Memberships now available

zone4.ca

<https://zone4.ca/register.asp?id=33034>



Select *Club Registration* tab

Type in: *Lakeland Cross...*

Adult (18+) \$52. (\$30 LCCSC; \$22 NA/NC)

Youth (5-17) \$25. (\$3 LCCSC; \$22 NA/NC)

+ Zone4.ca processing fees

E-mail: lakelandccsc@gmail.com

Website: www.lakelandxcski.com

Facebook: <https://www.facebook.com/www.lakelandski.ca>



Come by and support our local vendors.
With the holidays around the corner, it's a great time to stock up!

Christmas Market

December 1st 4:00~8:00 pm

PORTAGE COLLEGE GYM, ST. PAUL

In conjunction with the Xmas Tree Lighting ceremony at the landing pad that evening

To Book a Vendor Table Contact Shelley at 780-614-1003

(Tables are \$25.00)

“Stand Up For Mental Health” Comedy Show



A SHOW ABOUT THE LIGHTER SIDE OF MENTAL HEALTH!

SPECIAL PERFORMANCE:

**COMEDIAN - DAVID
GRANIRER & GUESTS**

N O V E M B E R 4 , 2 0 2 3



DAVID GRANIRER, RPC, MPCC, M.S.M. FOUNDER,
STAND UP FOR MENTAL HEALTH™
WWW.STANDUPFORMENTALHEALTH.COM

**ADVANCED TICKETS ONLY
\$25 SUPPER & SHOW
\$10 ENTERTAINMENT ONLY**



**COCKTAILS @ 5 PM
SUPPER @ 5:45 PM
ENTERTAINMENT @ 7:44 PM**
RAFFLES & SILENT AUCTIONS

**MALLAIG UNITY
CENTRE**

Art & Music

Mental Wellness Resources Onsite

DEMERIA.MEMORIAL@GMAIL.COM
780-227-6344



TICKETS AT:

A. AMYOTTE'S & SONS
ASHLEY'S COUNTRY STORE
CO OPERATORS CHOQUET INSURANCE - BONNYVILLE
FOUNTAIN TIRE - ST. PAUL
NORTHERN LIGHTS WELDING - ST. PAUL
SPAID AUTOMOTIVE - ST. PAUL

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



Oct 4th, 2023

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

SMALL BUSINESS WEEK

**** October 15 - 21 ****

When you shop local, you are supporting your ENTIRE community. It's these local businesses that support youth activities, non-profit groups, and so MUCH MORE!!



EVERY PURCHASE,
LARGE OR SMALL,
**MAKES
A BIG**
DIFFERENCE WHEN
YOU CHOOSE TO
SHOP SMALL.

St. Paul & District
Chamber 
of Commerce

St. Paul's Annual

Midnight Madness

Friday, October 27, 2023

Please contact the Chamber with any specials that your business may be hosting and it will be added to the listing.

St. Paul & District
Chamber 
of Commerce

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

Raffle License #639378

Tickets only sold in Alberta

CHASE THE ACE

You could win up to

\$10,000.00



Weekly Winner

has an opportunity to draw for the Ace of Spades

and win 50% of the progressing pot

For more information please visit:
<https://stpaulanimalshelter.org>

1 ticket for \$2



Proceeds will help support the Animal Shelter



Tickets can be purchased by scanning the QR code

St. Paul Annual Community Christmas

December 1st & 2nd



**FCSS Annual Tree Lighting
Friday, Dec 1 - details to follow**

Christmas Parade - details to follow

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

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



St. Paul & District
Chamber 
of Commerce

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.



ENGLISH CONVERSATION CIRCLE

 **THURSDAYS**
DROP-IN

 **TIME**
5:30 - 7 P.M.

 **VENUE**
ST PAUL
LIBRARY

FREE, DROP-IN
NO NEED TO
REGISTER

ALL LEVELS WELCOME
STARTING SEP 14, 2023

For more information, contact us
SPMultiCC@gmail.com



Presented by:





ACCESSIBLE ACTIVITY

PROGRAM FOR ADULTS WITH DISABILITIES

Thursday October 19th 1pm

at the St Paul Municipal Library



AUTUMN
TREE

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



**Senior Citizen
Appreciation Day
at the
St Paul Library**

Come join us for Coffee, tea,
and treats.

Tuesday

October 17th

November 21st

December 19th





Crafternoon at the St. Paul Library

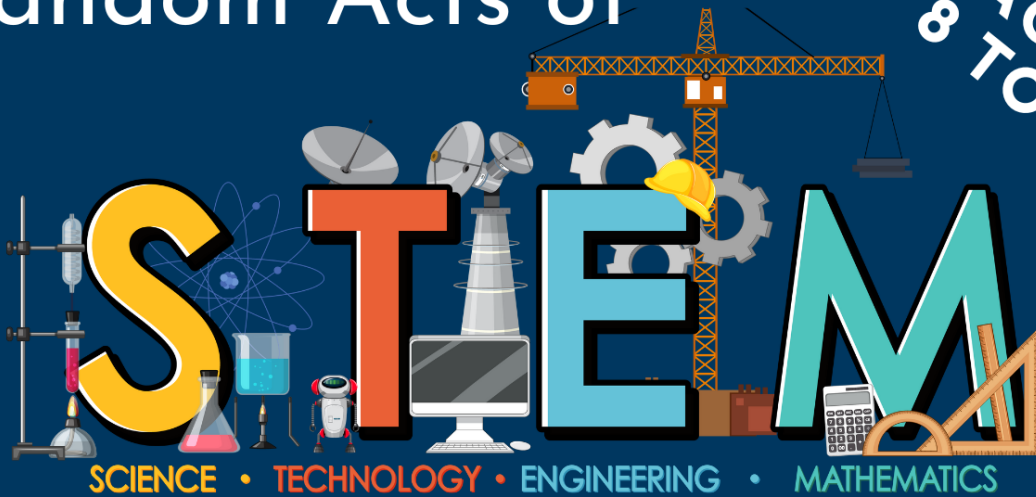
Bring your knitting,
crocheting, painting,
scrapbooking or other projects.
Work, chat and get it done.



Tuesdays
12pm to 4pm

Random Acts of

AGES
8 TO 12



@ST. PAUL MUNICIPAL LIBRARY

Tuesdays 4:00pm - 5:00pm

Register on our website!

OCTOBER 10TH

STAWBERRY DNA EXTRACTION

OCTOBER 17TH

COKE AND MENTOS FUELED CARS

OCTOBER 24TH

OZOBOTS!

OCTOBER 31TH

FIZZY PAINTING

NOVEMBER 7TH

MAKEY MAKEY GUITAR

SOMETHING
ON SATURDAY

OCT 28 10:30 AM

HALLOWEEN STORYTIME



STORY AND
A CRAFT

REGISTER ON
OUR WEBSITE

WWW.STPAULLIBRARY.AB.CA

SOMETHING ON SATURDAY

OCT 7: 10-4 FAMILY FUN DROP IN

OCT 14: 10-4 FAMILY FUN DROP IN

OCT 21: 10-4 FAMILY FUN DROP IN

**OCT 28 - 10:30AM
HALLOWEEN STORYTIME
REGISTRATION REQUIRED**



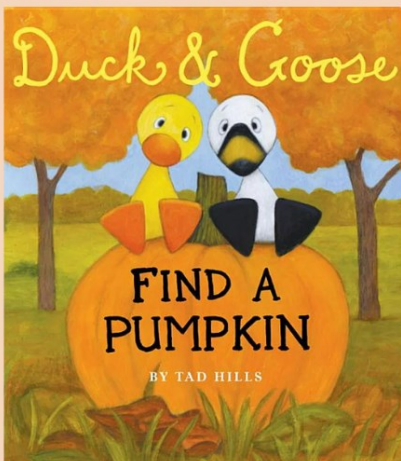
Family Story-time

At the St. Paul Library
Fridays at 10:30am

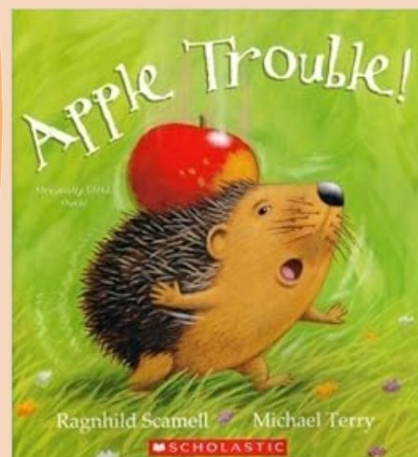


Register under the programs tab on our website
at www.stpaullibrary.ab.ca or
E-mail us at programs@stpaullibrary.ab.ca

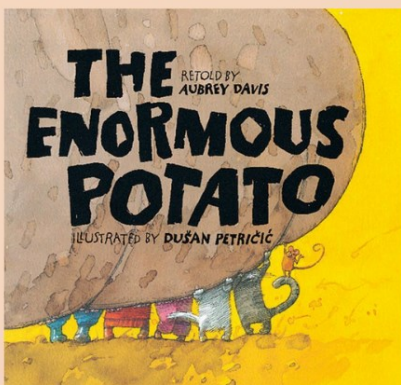
Oct 6th



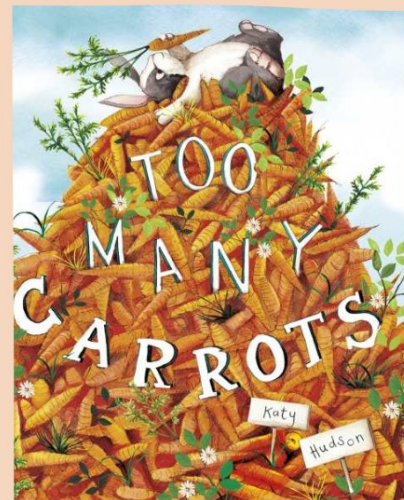
Oct 13th



Oct 20th



Oct 27th



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

Groupe de jeux

Ou / Where: École du Sommet
Quand / When: 9h30 à 11h30

4 oct. Les animaux / Animals

11 oct. Sécurité d'incendie / Fire safety

Visite spéciale des pompiers
Special visit from the fire department

18 oct. Petit scientifique: Les aimants

Little scientist : Magnets

25 oct. Petit chef: Halloween

Little chef: Halloween

