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November

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... Thank-you
- P3... World Kindness Day
- P4... World Kindness Day Kits
- P5... Snow Angels
- P6... Financial Support for Seniors
- P7... Yoga in Heinsburg
- P8... Coffee Break—Succession Planning
- P9... St Paul Men, Let's Talk
- P10... Advanced Care Planning
- P11... Filling your Toolbox
- P12... Financial Literacy Month
- P13... 6th Annual Christmas Tree Lighting
- P14... Tot Time with Parents & Caregivers
- P15... Action for Happiness Calendar
- P16... LFRN Calendar St Paul
- P17-31... St Paul November Events
- P32... LFRN Calendar Elk Point
- P33-38... Elk Point November Events

Stay Informed

- P39... Rural Renewal Stream
- P40... Inclusion Job Opportunity
- P41... St Paul Jr Canadiens SCORO Fundraiser

Health & Wellness

- P42... Malnutrition & Falls
- P43... Alzheimer Society Support Group
- P44... AGKNOW
- P45... Influenza Clinics
- P46-47... Seniors Without Walls
- P48... Alberta Brain Injury
- P49... Domestic Violence Assistance

For Your Development

- P51... The Garage
- P52... Community Cree Language Project
- P53... Job Fair
- P54... Social Media Mastery
- P55-58... Lakeland Employment Services
- P59... Inclusive Leadership Seminar
- P60... Addictions Awareness
- P61... Conversational English in Elk Point
- P62-63... Rural Family Law Help
- P64-65... Lakeland Cross Country Ski Lessons
- P66... Trauma Informed Women's Group

Ways to Connect

- P67... S.A.G.E. Haven
- P68... Franco Accueil
- P69... Stand Up For Mental Health
- P70-71... Mannawanis Youth Programs
- P72... Candle Light Vigil
- P73... National Child's Day
- P74... The Big Pottery & Art Sale
- P75... Mallaig Christmas Market
- P76... Christmas Market
- P77... St Paul Community Christmas
- P78-79... The Big Christmas Craft Sale
- P80... Wings N' Things
- P81... Dashing Through the Snow
- P82-87... St Paul Library Events
- P88-92... Arts Foundation



Sponsored by local businesses, organizations & community members, serving 100's of families in our region. We could not make this event as successful as it is without you!

THANK-YOU

Canadian Tire
Caouette & Sons
Capella Centre
Community Futures
Extra Foods
Fleshworks
Home Hardware
Impact Physical Therapy
Iron Horse Ultra
Lakeland Communications
Lakeland Family Eyecare
Lakeland Fire & Safety
Lakeland GM
Lois Bouchard
MCS Net

Money Crunchers
Nutrien
Property Plus Realty
Saik Insurance Services
Shirley's Tray & Catering
Sobeys
St Paul Family Dental
St Paul Glass
Sunshine Game & Hobby
TD Canada Trust
The Jungle
Twisted Fork
VB Insurance Brokers Ltd
Yaremko-Galas Counselling
Zarowny Motors



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



World KINDNESS DAY KIT



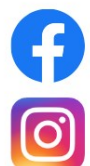
World Kindness Day is **November 13, 2023**. On this day, we are reminded of the positive impact kindness has on individuals, families and communities. As part of our World Kindness Awareness Day initiative, we are offering free Kindness Kits to local businesses interested in participating.

The kits include items that will make it easy for you to spread kindness to your customers and our community,



**Please contact us by
Wednesday November 8th
to reserve your Kindness Kit.
Limited quantities available.
Kits will be delivered Friday
November 10th.**

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





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



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

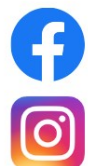
Call Michelle @ 780-871-3355

Michelle Janzen

MJMY.therapy@gmail.com

780-871-3355

Massage · Yoga · Myofascial Cupping





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



ST PAUL MEN, LET'S TALK

Invites you to join us

EVERY 3RD TUESDAY
OF THE MONTH
NEXT MEETING
NOVEMBER 21
7:30PM

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

FREE

FCSS Boardroom
5002-51 Ave

FOR MORE INFO CALL
780-933-6468



St. Paul Regional
Family and Community
Support Services

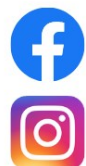


IS LOVE ENOUGH FOR LIFE'S TOUGHEST DECISIONS?

Advanced Care Planning

How well do we know our loved ones?

Join us for a thought-provoking webinar on advanced care planning, goals of care and health consent. Learn how to make informed decisions about patient health care journeys.



Tuesday Nov 21, 2023

2PM-3PM

@ FCSS 5002-51 Ave

FREE TO REGISTER

Call 780-645-5311



**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





Improve your financial
smarts with these free
online courses.



**Financial education courses;
online, free & self-directed.**

- Budget Breakers
- Cautious Consumerism
- Food & Finance
- The Truth About Credit
- Making Cent\$ of Money:
Budgeting 101

November
Online

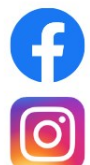
ANYTIME

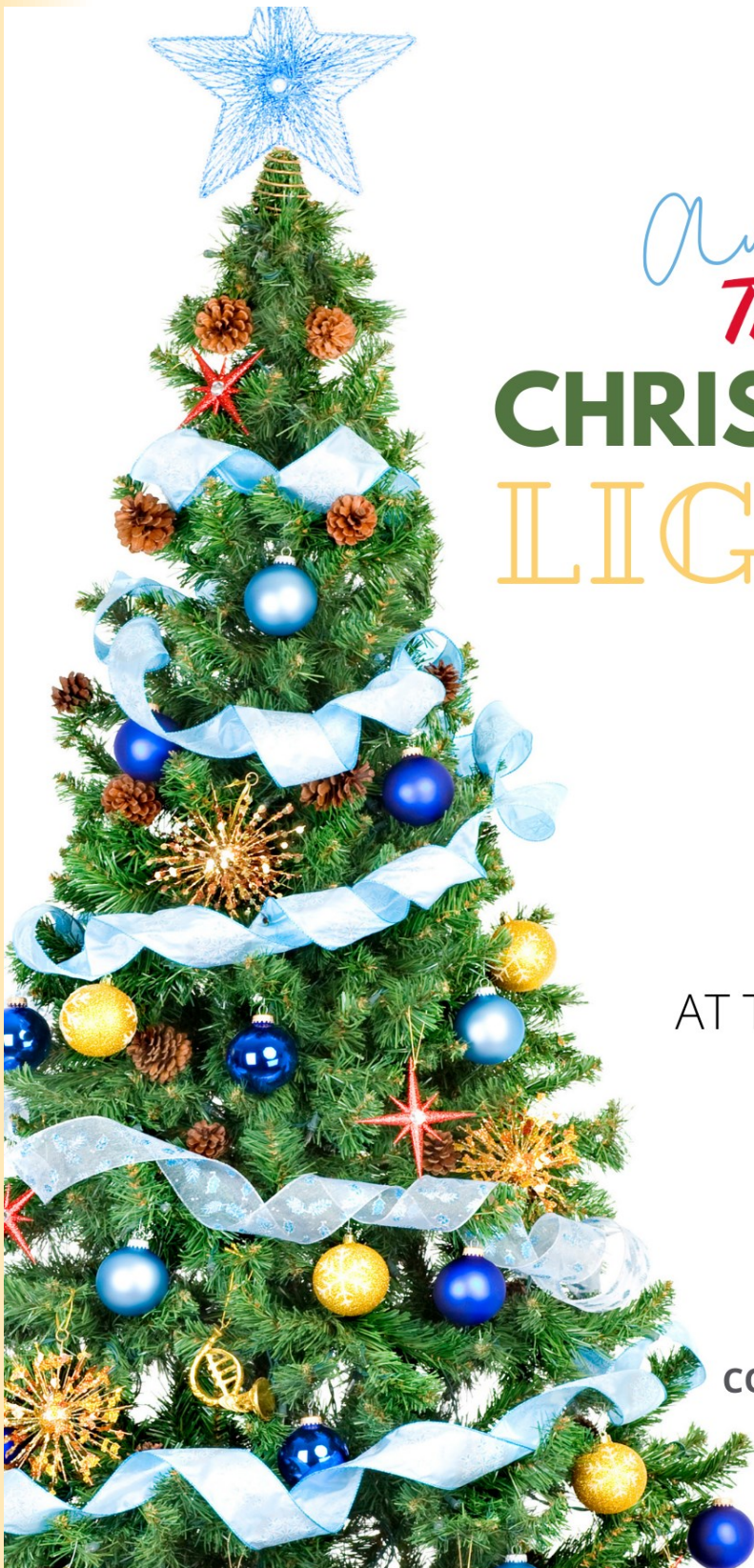
CLICK ONLINE

<https://nomoredebts.org/financial-education/online-courses>

or call 780-645-5311

No computer access?
We can help, connect with us.





6th Annual
Tim Hortons

CHRISTMAS TREE LIGHTING

Friday
Dec 1, 2023
7PM-8PM
AT THE ST PAUL MUSEUM
FREE

Timbits, Hot Chocolate,
Inflatables, Santa & More.
FREE Museum admission
(donations accepted)

CONNECT WITH US & WELCOME
IN THE HOLIDAY SEASON.

*Please watch social media for changes due to inclement weather.





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



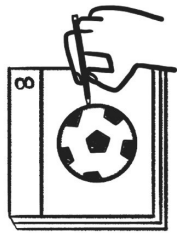
Lakeland

FAMILY RESOURCE NETWORK

New Ways November 2023



MONDAY



6 Try out a new way of being physically active

TUESDAY



7 Be creative. Cook, draw, write, paint, make or inspire

WEDNESDAY

1 Make a list of new things you want to do this month

8 Plan a new activity or idea you want to try out this week

THURSDAY

2 Respond to a difficult situation in a different way

9 When you feel you can't do something, add the word "yet"

FRIDAY

3 Get outside and observe the changes in nature around you

10 Be curious. Learn about a new topic or an inspiring idea

SATURDAY

4 Sign up to join a new course, activity or online community

11 Choose a different route and see what you notice on the way

SUNDAY

5 Change your normal routine today and notice how you feel

12 Find out something new about someone you care about

13 Do something playful outdoors - walk, run, explore, relax

14 Find a new way to help or support a cause you care about

15 Build on new ideas by thinking "Yes, and what if..."

16 Look at life through someone else's eyes and see their perspective

17 Try a new way to practice self-care and be kind to yourself

18 Connect with someone from a different generation

19 Broaden your perspective: read a different paper, magazine or site

20 Make a meal using a recipe or ingredient you've not tried before

21 Learn a new skill from a friend or share one of yours with them

22 Find a new way to tell someone you appreciate them

23 Set aside a regular time to pursue an activity you love

24 Share with a friend something helpful you learned recently

25 Use one of your strengths in a new or creative way

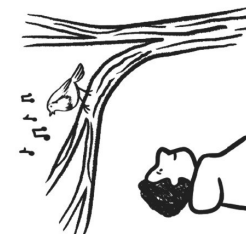
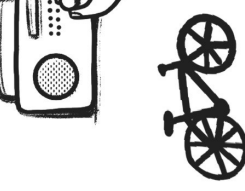
26 Try out a different radio station or new TV show

27 Join a friend doing their hobby and find out why they love it

28 Discover your artistic side. Design a friendly greeting card

29 Enjoy new music today. Play, sing, dance or listen

30 Look for new reasons to be hopeful, even in tough times



ACTION FOR HAPPINESS

Happier · Kinder · Together

2023 St Paul LOCATION November

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



Let's We Forget

MON	TUE	WED	THU	FRI
		01 Emotion Coaching 6:30pm-7:30pm ONLINE REGISTRATION	02 Ashmont Tot Time 9:30am-11:30am DROP IN Baby Bunch 1:30pm - 3:30pm DROP IN	03 The Art of Conversation Paint Night Youth & Parent 6:30pm-8:30pm REGISTRATION
06 Read & Roll 10am - 11am @ the Library REGISTRATION	07 Mallaig Tot Time 9:30am-11:30am DROP IN Run, Jump, Skip 10am - 12pm DROP IN	08 Emotion Coaching 6:30pm-7:30pm ONLINE REGISTRATION	09 Ashmont Tot Time 9:30am-11:30am DROP IN Baby Bunch 1:30pm - 3:30pm DROP IN	10 PD DAY Youth Program REGISTRATION
13 World Kindness Day! Kindness Day Activities 0-6yrs 10am-12pm 7yrs+ 2pm-4pm See poster for details	14 Mallaig Tot Time 9:30am-11:30am DROP IN Teen Triple P Parenting Rudeness & Disrespect 2pm REGISTRATION	15 Babysitters Busy Kits 3:30pm - 5:30pm REGISTRATION Emotion Coaching 6:30pm-7:30pm ONLINE REGISTRATION	16 Ashmont Tot Time 9:30am-11:30am DROP IN Baby Bunch 1:30pm - 3:30pm DROP IN Solo Parenting Support Group 6:30pm-7:30pm REGISTRATION	17 Pancakes & Play SATURDAY November 18 PROGRAM 
20 National Child Day see poster for details	21 Mallaig Tot Time 9:30am-11:30am DROP IN Traditional Teachings 10am - 11:30am REGISTRATION	22 Ribbon Skirt Making with Jan 6:30pm-8:30pm REGISTRATION Emotion Coaching 6:30pm-7:30pm ONLINE REGISTRATION	23 Ashmont Tot Time 9:30am-11:30am DROP IN Baby Bunch 1:30pm - 3:30pm DROP IN	24 ASO Screening 2pm-4pm REGISTRATION
27 Kids Have Stress Too 10am-12pm REGISTRATION	28 Mallaig Tot Time 9:30am-11:30am DROP IN Rhymes That Bind 10am-12pm DROP IN	29 Run, Jump, Skip 6pm-7:30pm DROP IN Emotion Coaching 6:30pm-7:30pm ONLINE REGISTRATION	30 Ashmont Tot Time 9:30am-11:30am DROP IN Baby Bunch 1:30pm - 3:30pm DROP IN Youth Catan Board Game 6pm-8pm 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



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

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

CAREGIVERS

LFRN St Paul 5002-51 Ave

FIVE STEPS for building emotional intelligence in your child.

Emotion Coaching

5 week ONLINE course

Wednesdays in November
1, 8, 15, 22 & 29
6:30pm-7:30pm

FREE

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.





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 07
November

10am-12pm

DROP IN

780-645-5311



Lakeland

FAMILY RESOURCE NETWORK

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





15 spaces available.

\$25 CASH refundable deposit per child.

Registration is not secured until deposit & registration form is received.

Registration and payment to be made at the FCSS office on Wednesday October 18 during our office hours (8:30am-12:30pm, 1:30pm-4:30pm) or in the evening from 6pm-7:30pm.

KINDERGARTEN-GRADE 6

LFRN St Paul 5002-51 Ave

PD Day Youth Program

Friday
November 10

9am - 3:30pm

FOR MORE INFORMATION
CALL 780-645-5311

This program is for working parents who do not have childcare available.

Must bring their own nut free snacks & lunch.

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FAMILY RESOURCE NETWORK

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

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





Teen

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

Rudeness & Disrespect

Tuesday November 14

2pm-3pm

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.



**Fine Motor
Fun**

**Matching
Games**

**Coloring
Pages**

**Action
Songs**



YOUTH 11+

LFRN St Paul 5002-51 Ave

Babysitter Busy Kit

Wednesday November 15

3:30pm-5:30pm

CALL TO REGISTER
780-645-5311

FREE

Join us in
creating your
own kit!

Activities and suggestions that can help build your babysitting skills.

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 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

Thursday November 16

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.





What better way to spend a Saturday morning with the family than with us at Pancakes & Play! Playtime, crafts and pancakes! Pancakes are first come first serve.



AGES 0-6
LFRN St Paul 5002-51 Ave
Enhancing family and community connections.

Pancakes & Play

Saturday November **18**

9:30am-11am

DROP IN
780-645-5311



Lakeland

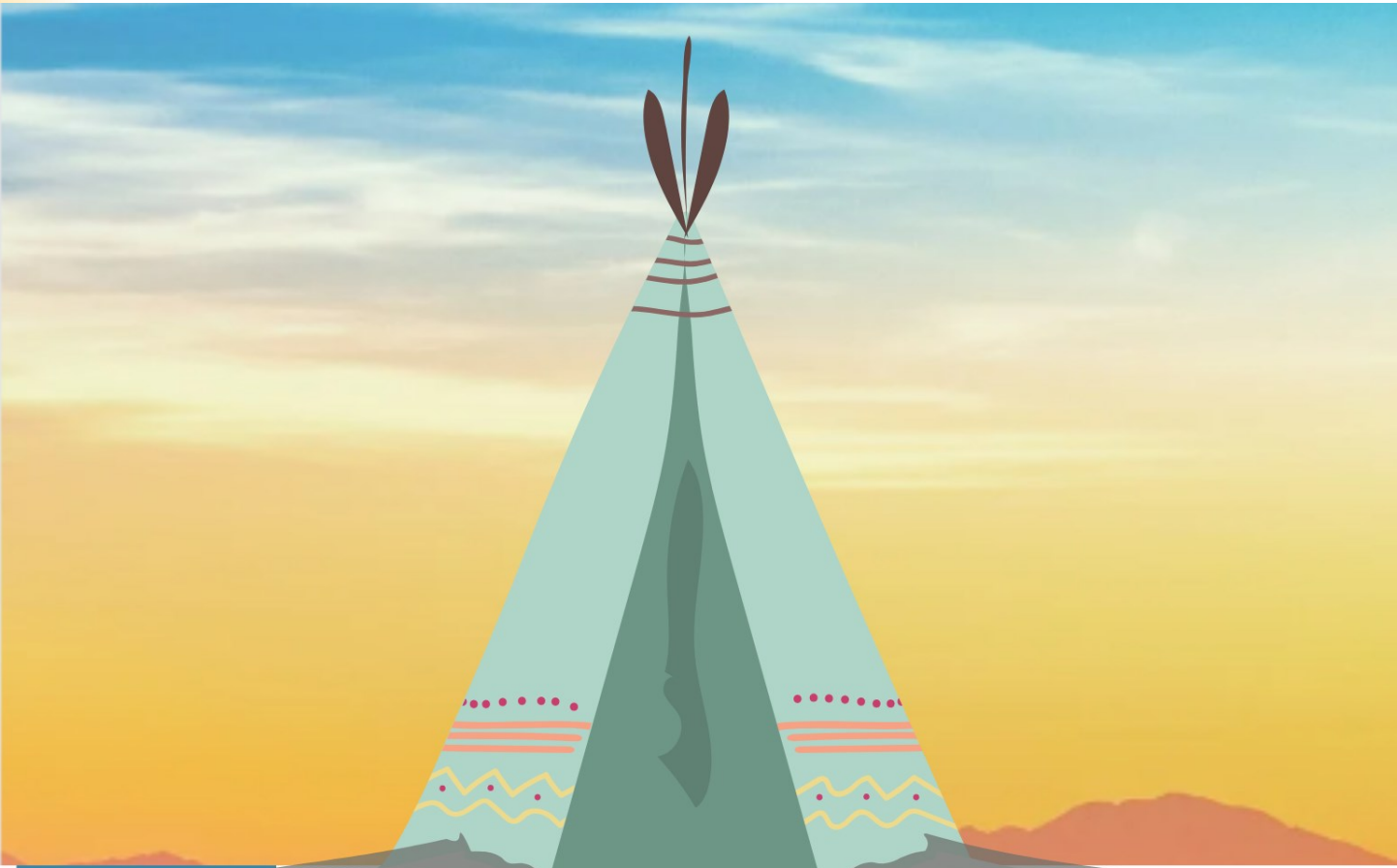
FAMILY RESOURCE NETWORK

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 November **21**

10am-11:30am

CALL TO REGISTER
780-645-5311



Lakeland

FAMILY RESOURCE NETWORK

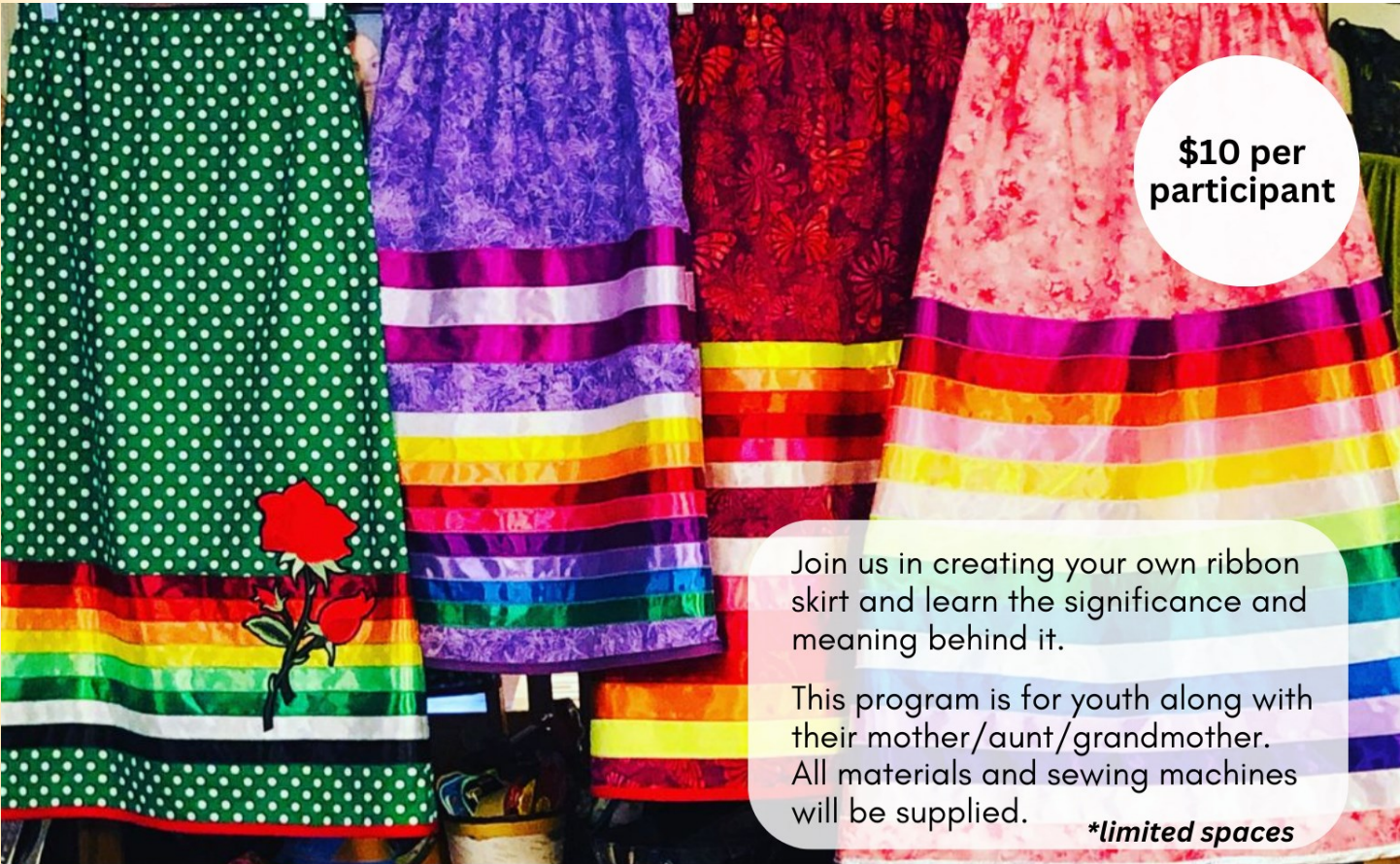
Connect with us for more information.

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.



\$10 per participant

Join us in creating your own ribbon skirt and learn the significance and meaning behind it.

This program is for youth along with their mother/aunt/grandmother. All materials and sewing machines will be supplied.

**limited spaces*

YOUTH 10+
LFRN St Paul 5002-51 Ave

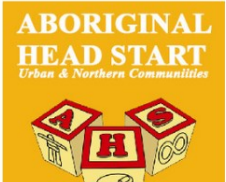
Ribbon Skirt Making

with Jan Tailfeathers

Wednesday November **22**

6:30pm-8:30pm

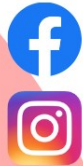
CALL TO REGISTER
780-645-5311



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.





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
November **24**

2pm-4pm

CALL TO REGISTER

780-645-5311

FREE

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

Lakeland

FAMILY RESOURCE NETWORK

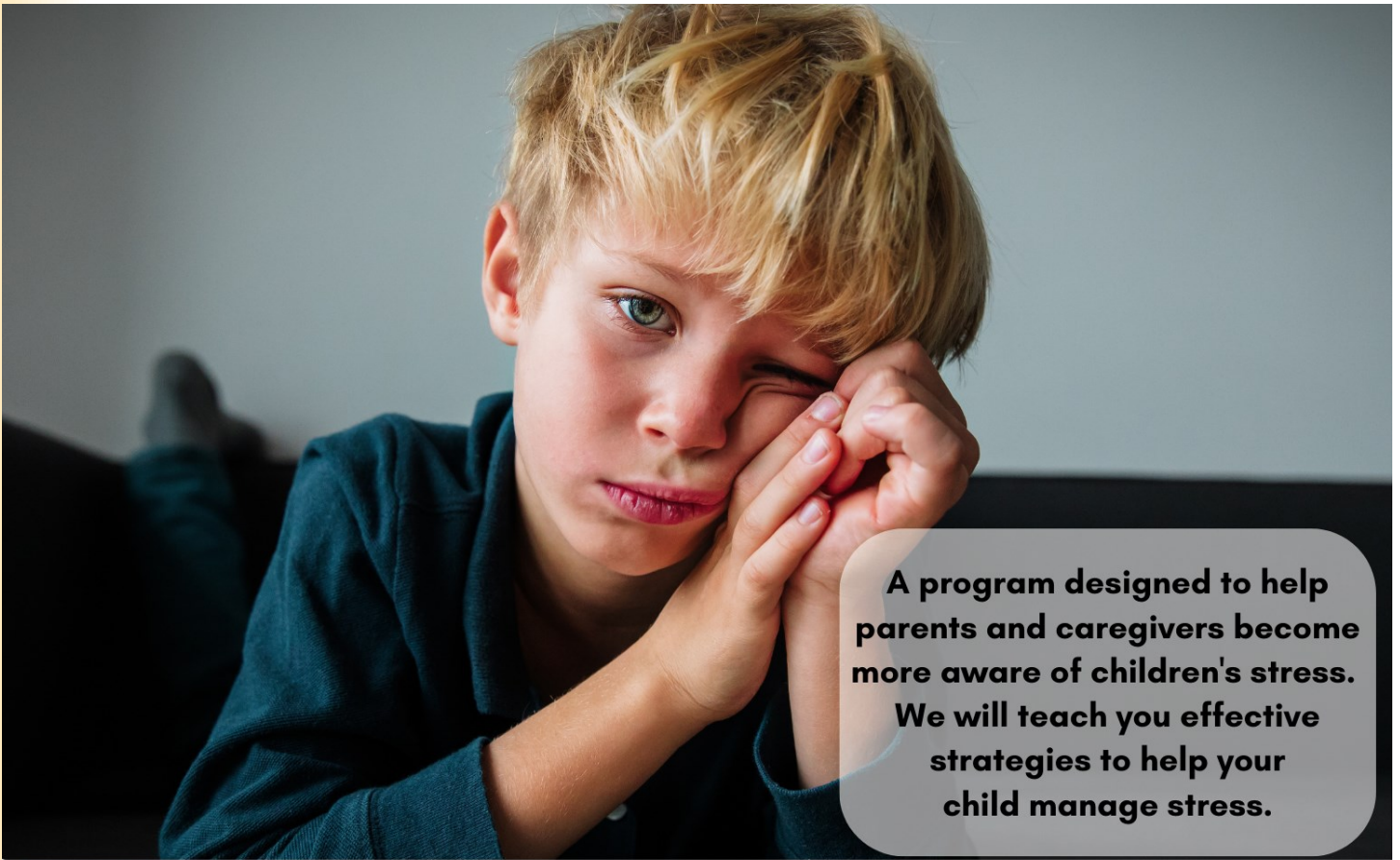
Connect with us for more information.

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.





A program designed to help parents and caregivers become more aware of children's stress. We will teach you effective strategies to help your child manage stress.

CAREGIVERS

LFRN St Paul 5002-51 Ave

Kids Have Stress Too

Monday 27
November

10am-12pm

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.





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

AGES 0-6

LFRN St Paul 5002-51 Ave

Rhymes that Bind

Tuesday November **28**

10am-12pm

DROP IN

780-645-5311



Helping promote healthy family relationships.

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

Wednesday 29
November

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.





YOUTH 10+

LFRN St Paul 5002-51 Ave

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

Catan Game Night

Thursday
November **30**
6pm-8pm

CALL TO REGISTER
780-645-5311

FREE

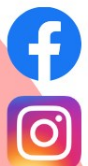
Lakeland

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.





Come connect with us & other families while learning about child development & parenting.

Look for **Baby Bunch Sessions** where professionals come in and discuss topics related to your child's age.

0-18 MONTHS

LFRN St Paul 5002-51 Ave

Baby Bunch

Thursdays 1:30pm

DROP IN

780-645-5311



Lakeland

FAMILY RESOURCE NETWORK

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

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



2023 Elk Point LOCATION November

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
 <i>Lest We Forget</i>		01 Office OPEN 8:30am - 12:30pm Emotion Coaching 6:30pm-7:30pm ONLINE REGISTRATION	02 Youth Group Melted Bead Art 3:30pm - 5:30pm DROP IN	03 Icky, Sticky, Messy 10am - 12pm DROP IN
	06 Make a WINTER FAMILY bucket list!	07 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	08 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm Emotion Coaching 6:30pm-7:30pm ONLINE REGISTRATION	09 Home Alone Course 2pm - 4pm 8yrs + REGISTER
13 World Kindness Day! Kindness Day Activities 0-6yrs 10am-12pm 7yrs+ 2pm-4pm See poster for details	14 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	15 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm Emotion Coaching 6:30pm-7:30pm ONLINE REGISTRATION	16 Youth Group Babysitters Busy Kit 3:30pm - 5:30pm REGISTER	17 Story & Craft 10am - 12pm DROP IN
20 National Child Day!	21 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	22 Office CLOSED 8:30am - 12:30pm 1:30pm - 4:30pm Emotion Coaching 6:30pm-7:30pm ONLINE REGISTRATION	23 OFFICE CLOSED	24 OFFICE CLOSED
27 Try something NEW this week!	28 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	29 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm Emotion Coaching 6:30pm-7:30pm ONLINE REGISTRATION	30 Youth Group Christmas Cards for Seniors 3:30pm - 5:30pm DROP IN	

Elk Point Location



YOUTH 7+

LFRN Elk Point 4906-48 St

Explore your
creativity!

Melted Bead Art

Thursday
November 02

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



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 November 03

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



Various topics include:

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

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

YOUTH 8+

LFRN Elk Point 4906-48 St

Home Alone Course

Thursday
November 09

2pm-4pm

CALL TO REGISTER

780-724-3800

\$25 REGISTRATION FEE

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.



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

Elk Point Location

**Fine Motor
Fun**

**Matching
Games**

**Coloring
Pages**

**Action
Songs**



YOUTH 11+

LFRN Elk Point 4906 48 ST

Activities and suggestions that can help build your babysitting skills.

Babysitter Busy Kit

Thursday
November **16**

3:30pm-5:30pm

CALL TO REGISTER

780-724-3800

FREE

Join us in
creating your
own kit!

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



AGES 0-6

LFRN Elk Point 4906-48 St

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

Storytime & Craft

Friday November 17

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



Show our seniors some love. Join us in creating Christmas cards for the seniors of our community.

YOUTH 7+

LFRN Elk Point 4906-48 St

Christmas Cards for Seniors

Thursday November **30**

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.



Promoting intergenerational and community connection.



STEP

St. Paul / Elk Point
Economic Development Alliance



A WIN / WIN

EMPLOYERS

Attract and retain
workers to address
your labour shortages

WORKERS

A streamlined process
to Canadian
citizenship and
newcomer supports

RURAL RENEWAL STREAM

Alberta Advantage Immigration Program

What is the RRS?









The Rural Renewal Stream offers eligible workers an opportunity to immigrate to the STEP (St. Paul and Elk Point) Region* with the formal support of the municipalities and endorsement from the STEP Economic Development Alliance. The program will be used to attract and retain newcomers and support employers to fill vacancies. This will support workforce development by helping employers meet labour demands, expand skilled workforce and support community and economic growth.

Employers must initiate the program by becoming an approved employer, meet a series of criteria and provide a genuine employment opportunity.

* comprised of the County of St. Paul, Town of St. Paul, Town of Elk Point, and Summer Village of Horseshoe Bay

Application Process

Easy-to-follow steps for employers and candidates:

-  **Step 1** | Employer Applies to Program with Application Form
-  **Step 2** | Application is Reviewed
-  **Step 3** | If Approved, Employer Submits Job Vacancy to be Posted
-  **Step 4** | Candidate Applies for Job if they meet AAIP Eligibility requirements
-  **Step 5** | Job is Offered and Accepted
-  **Step 6** | Employer Submits Endorsement Letter Application on behalf of Candidate
-  **Step 7** | Endorsement Letter Issued to Candidate (copy to Employer)
-  **Step 8** | Candidate Applies for AAIP Provincial Nomination

Program details, eligibility criteria and forms at stepeconomicdevelopment.ca



Learn more about opportunities in the STEP Region and the County of St. Paul.
Contact: Linda Sallstrom: lsallstrom@stepeconomicdevelopment.ca
STEP (Economic Development Alliance) +1-780-646-2975



STEP
St. Paul / Elk Point
Economic Development Alliance



Job Title	Community Development Advocate – St. Paul
Reports to	Provincial Director of Advocacy and Community Engagement

Inclusion Alberta, as a family advocacy organization, is committed to providing individuals with developmental disabilities and their families with personalized advocacy that contributes to a meaningful and inclusive life.

Similarly, families and individuals with developmental disabilities, including those with complex needs, require assistance in planning and securing an inclusive life. Some of the means to an inclusive life include being able to maximally benefit from individualized funding and other funding and supports as needed to be engaged as a participatory and valued community member.

This position will be responsible under the direction of the Director of Advocacy to:

1. provide individual advocacy to individuals with developmental disabilities and their families in the pursuit of a fully inclusive life in the community.
2. guide the development of the Local Family Advocacy Organization.



St. Paul Jr Canadiens SCORO Fundraiser

To whom it may concern,

The St. Paul Jr Canadiens are inviting you and/ or your business to participate in our most recent fundraising endeavour. We appreciate your consideration in supporting our Club and Team through our first ever, St. Paul Junior Canadiens SCORO fundraiser.

“SCORO is a great opportunity for you or your business to be seen in a high traffic public area with the opportunity to win up to \$450 per St. Paul Jr Canadiens home game!

How does SCORO work?

SCORO is like a traditional super bowl squares game, where there are 10 numbers on each line (Home & Visitor) that are randomly drawn before each game so that everyone’s SCORO board spot has the same odds of winning each game! If the numbers that your SCORO spot match the corresponding score after the 1st period (100\$), 2nd period (150\$) or final score (200\$), you win!

What’s the cost?

SCORO only costs you or your business 200\$ for all 15 of the St. Paul Jr Canadiens home games. (this equals out to 13.30\$ per game)”

If you or your business are interested in supporting this fundraiser and purchasing any SCORO squares, please email your company logo to stpauljrb@gmail.com as well as completing the payment via etransfer (stpauljrb@gmail.com) or a cheque.

The St. Paul Jr Canadiens thank you for your time and consideration!

Sincerely,
St. Paul Jr Canadiens Club

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.



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>	

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



Influenza Clinics in your Community

Everyone in Alberta six months and older is encouraged to get the influenza vaccine each year.

Influenza, sometimes called the flu, is an infection of the nose, throat, and lungs that is caused by a virus. You can help prevent the flu by getting immunized. Anyone who lives, works, goes to school, or visits Alberta can get the influenza immunization for free.

Alberta Health Services (AHS) Public Health clinics will be offering influenza immunizations for children six months to under five years and their families in your community, beginning **October 16, 2023**. Evening clinics may be available. Use the [Alberta Vaccine Booking System](#) to book you, your child, or other family members immunization appointment.

Anyone five years or older can get immunized at a pharmacy or participating doctor's office. Contact your local pharmacy or family doctor's office to find out more.

Visit www.alberta.ca/influenza-the-flu for more information about the Alberta Influenza Program and about booking an appointment.

Immunization is safe and effective and protects our communities. The more people who are fully immunized in a community, the safer everyone is. More information about routine immunizations can be found at: ahs.ca/immunize.



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

NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
<p>To join by phone, call: 1-855-703-8985</p> <p>When prompted, enter Meeting ID: 225-573-6467#</p>				
<p>6</p> <p>9:30am: Nostalgia Moment 11am: Exercise 1pm: The Big Picture 3pm: The Lion The Witch & The Wardrobe Part 4</p>	<p>7</p> <p>11am: Imagination Circle 1pm: Building Better Boundaries 3pm: R U Online? 4:30pm: Name That Tune</p>	<p>1</p> <p>9:30am: True Crime 11am: Brain Games 1pm: Estranged Relationships 1pm: Death Traditions 3pm: Exercise</p>	<p>2</p> <p>9:30am: Gratitude 11am: Get To Know Us: Alyssa 1pm: The Famous Five 3pm: Pothole Lakes in Alberta</p>	<p>3</p> <p>9:30 am: All Request Music 11am: Exercise 1pm: Who Why When 3pm: Coffee Chat</p>
<p>13</p> <p>Remembrance Day</p> 	<p>14</p> <p>11am: Mindfulness 1pm: Building Better Boundaries 1pm: Let's Talk About 3pm: Reader's Corner 4:30pm: Don't Quote Me</p>	<p>8</p> <p>9:30am: Mystery Chronicles 3pm: Exercise</p>	<p>9</p> <p>No Morning Program 11am: In The Headlines 1pm: Volcano Tourism 3pm: All Request Music</p>	<p>10</p> <p>9:30am: Celtic Music 11am: Exercise 1pm: Person Place or Thing 3pm: Lest We Forget</p>
<p>20</p> <p>9:30am: Nostalgia Moment 11am: Exercise 1pm: The Big Picture 3pm: Prince Caspian Part 1</p>	<p>21</p> <p>11am: Imagination Circle 1pm: Building Better Boundaries 3pm: NFH: Bone Health 4:30pm: Riddles</p>	<p>15</p> <p>9:30am: Innocence Files 11am: SCWW Advisory Group 1pm: Estranged Relationships 1pm: Myths & Planets Part 1 3pm: Exercise</p>	<p>16</p> <p>9:30am: Gratitude 11am: The Storyteller 1pm: FYB: Sensory Changes 3pm: Working Through Grief</p>	<p>17</p> <p>9:30am: Vinyl Café 11am: Exercise 1pm: International Men's Day 3pm: Weird History</p>
<p>27</p> <p>9:30am: Nostalgia Moment 11am: Exercise 1pm: Writing For Fun 3pm: Prince Caspian Part 2</p>	<p>28</p> <p>11am: Mindfulness 1pm: Building Better Boundaries 1pm: LeVar Burton Reads 3pm: Coffee Chat 4:30pm: Jeopardy</p>	<p>22</p> <p>9:30am: From John to Justin 11am: EPL Presents! 1pm: Estranged Relationships 1pm: Myths & Planets Part 2 3pm: Exercise</p>	<p>23</p> <p>9:30am: Gratitude 11am: Looking Forward To It 1pm: William Shatner 3pm: Some Good News 4:30pm: The Nutcracker Part 1</p>	<p>24</p> <p>9:30am: Classic Country 11am: Exercise 1pm: Let's Talk About 3pm: BINGO</p>
<p>20</p> <p>9:30am: Nostalgia Moment 11am: Exercise 1pm: Writing For Fun 3pm: Prince Caspian Part 2</p>	<p>28</p> <p>11am: Mindfulness 1pm: Building Better Boundaries 1pm: LeVar Burton Reads 3pm: Coffee Chat 4:30pm: Jeopardy</p>	<p>29</p> <p>9:30am: True Crime 11am: Caribou in Jasper 1pm: Estranged Relationships 1pm: Picture This 3pm: Exercise</p>	<p>30</p> <p>9:30am: Gratitude 11am: Pet Tales: Exotic Pets 1pm: Scam Safety 3pm: Donald Trump's Convictions 4:30pm: The Nutcracker Part 2</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

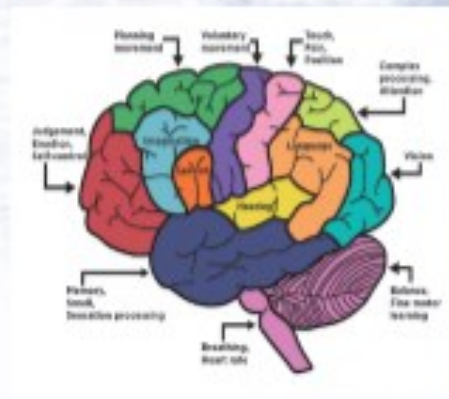
May 9th, 2023 @2pm

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

ALBERTA



Brain Injury Network



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

November is

FAMILY VIOLENCE PREVENTION

Month

Help us to increase
awareness about family
violence!

Follow us on Facebook
and share our posts to
spread awareness

 *Capella Centre*





Capella
CENTRE

TOGETHER, WE CAN END THE ABUSE.

FIGHT DOMESTIC VIOLENCE

Help end the silence.

Capella Centre is here to help you
1-800-263-3045
support@capellacentre.ca

HEALTHY RELATIONSHIPS, HEALTHY COMMUNITIES

HELPING TODAY FOR A BETTER TOMORROW

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



COMMUNITY CREE LANGUAGE PROJECT PART 2 NEHIYAW PÎKISKWÊWIN ATOSKÊWIN

FREE
CLASSES

November 8th - December 1st
Monday and Wednesday 6 - 8pm
Location: To be determined

Are you interested in brushing up on your **Cree**? Need to practice speaking in a safe place to overcome shyness? Want to pass on the language to the next generation?

WE ARE LOOKING FOR PARTICIPANTS WHO:

- Are shy to speak Cree
- Want to pass on the language to their family members
- Can commit to 4 weeks of evening sessions (2 days a week)
- Would like to learn games and songs in Cree language
- Want to improve their Cree conversational skills
- Like to have fun

Max 10 participants
Free of charge
Instructors:
Peter and Lorraine

Sponsors:
Canada Heritage
Mannawanis Friendship Centre
Contact:
the Friendship Centre,
780-645-4630 to register

**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

EMPLOYMENT SKILLS WORKSHOPS



Lakeland
EMPLOYMENT SERVICES

November 2023 Calendar	
November 1, 2023	Communications
November 8, 2023	Skills & Interests
November 15, 2023	Resume Development
November 22, 2023	Interview Skills
November 29, 2023	Applying online & Traditional

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

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

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

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

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

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

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



Like us on
Facebook

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

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

Canada

Alberta



Lakeland
EMPLOYMENT SERVICES

IN-PERSON WORKSHOPS

NOVEMBER WORKSHOP SCHEDULE

November 1, 2023

Budgeting

November 8, 2023

Goal Setting

November 15, 2023

Defining Your Personal Brand

November 22, 2023

Transferable Skills

November 29, 2023

Time Management

WEDNESDAY AFTERNOONS – 1:30 PM

4701 50 Ave 2nd
floor, Northstar
Complex
St. Paul
780-646-6729

For more information or to register,
please call the Centre or email

ehilligas@employabilities.ab.ca

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

Canada  Alberta 



**Employment Services
for Albertans with Disabilities**

ARE YOU A JOB SEEKER?

EMPLOYMENT FACILITATORS WORK WITH YOU TO:

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

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



SCAN ME

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

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

EMPLOY *Abilities* NORTH

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

Employment & Training Services
Provided to Albertans with
Disabilities

JOB SEEKERS

Employment Facilitators work with you to:

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



EMPLOYERS

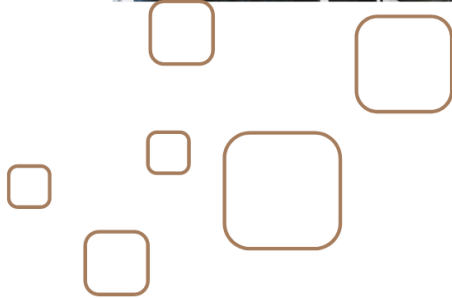
We can help you by:

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

CONTACT US:

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

EMPLOY
Abilities
a division of
www.employabilities.ab.ca



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





FREE WEBINAR

ADDICTION AWARENESS

Recovery is a Family Journey

Mon, Nov. 27th at 7pm

Pre-registration required
Email info@pepsociety.ca or
pepsociety.ca/free-webinars





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**



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!



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>

Violence Against Women: A Trauma Informed Group for Restoring Wellbeing



Facilitated by Registered Psychologist Brittany R
and co-facilitated by one of our Master's Practicum Students

This 8-week virtual trauma informed women's group provides a safe environment for women to learn about the impact of trauma on the nervous system, develop understanding around how trauma affects the way that we experience our world, and develop practices for restoring a sense of self and wellbeing, following adverse experiences. This women's focused group will incorporate teaching, conversation, and ideas for moving through trauma in an integrated way. By approaching trauma from a nervous system level of understanding, this group intends to hold space for women to feel safe, grounded, and empowered on their healing journey, leaving with insight and daily practices that they can use in every day life. This will be a closed group, meaning that an 8-week commitment is required to attend.

Applicability:

18+ age

Childhood or adulthood experiences of violence

Self-identified or medically confirmed trauma symptoms

Has ability to access crisis support and personal/professional support system

No current suicidal ideations, psychosis, or other high risk safety considerations (addiction struggles requiring treatment, mental illness requiring intensive treatment, risk of harm to others).

Monday's 6:00 pm - 7:30 pm
Virtual

Starts Monday, November 6, 2023
Closed Virtual Group. Registration Required.

*As this group is therapeutic, there is risk for potential triggers and/or emotional dysregulation. We recommend individuals with complex treatment needs utilize individual therapy until stabilized.

Please use the [registration link on our website](#) or call the office to inquire.
Deadline is Thursday November 2nd.



Starts Monday, November 6, 2023
Closed Virtual Group. Registration Required.



S.A.G.E HAVEN

Do you identify as a member or ally of the 2SLGBTQ+ Community?

Are you struggling to find resources or to connect with individuals who are having similar challenges and experiences?

Do you feel like your mental health is being affected by current events that are negatively impacting the 2SLGBTQIA+ community?



S.A.G.E (Sex And Gender Equality) Haven is a support group that has been created to serve the people of St. Paul area by hosting support meetings twice a month (one in St. Paul and one in Elk Point).

Attendance and participation in this support group is confidential and we welcome youth, adults and families to access this service.

For more information and to access the date, time and location, please email us at pridestpaul@gmail.com or send us a message on our Facebook: Pride St. Paul - Alberta

Everyone deserves to feel safe and valued in their community



OU / WHERE: ÉCOLE DU SOMMET
QUAND / WHEN: 9H30 À 11H30

1 NOVEMBRE: L'AUTOMNE / FALL

8 NOVEMBRE: JOUR DU SOUVENIR / REMEMBRANCE DAY

15 NOVEMBRE: LES DINOSAURES / DINOSAURS

22 NOVEMBRE: LES COULEURS / COLORS

29 NOVEMBRE: LA CONSTRUCTIONS / CONSTRUCTION



"Stand Up For Mental Health" Comedy Show



A SHOW ABOUT THE LIGHTER SIDE OF MENTAL HEALTH!

SPECIAL PERFORMANCE:

COMEDIAN - DAVID GRANIRER & GUESTS

NOVEMBER 4, 2023



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
Centre – The Networks Program
Presents**

Grief and Loss

**Healing Through the Arts
For Children 9 to 13**

Where: Mannawanis Native Friendship Centre

Start Date: Tuesday November 7th

Register: Please call 780-646-2963 (**Limited Enrollment, please pre-register early**)

Costs: All supplies are free of charge

What: Small group sessions to provide a private space allowing the participants to explore grief and loss and their own personal journey. The groups sessions will also promote psychosocial well being and resilience. Every small group is enhanced with beading, painting, drawing and other art therapy related activities.

**Express Yourself in a Supportive, Fun
Environment while making New
Friends and Learning New Skills**

**Mannawanis Native Friendship
Centre – The Networks Program
Presents Another
Healing Through the Arts
For Teens 14 to 17**

Where: Mannawanis Native Friendship Centre

Start Date: Wednesday November 8th

Register: Please call 780-646-2963 **(Limited Enrollment, please pre-register early)**

Costs: All supplies are free of charge and guitars are available for practice while participating in the program

What: Small group sessions to provide a private space allowing the opportunity to take a journey of self-discovery. Practice strategies for dealing with stress, expressing anger, making good decisions, and avoiding problems with alcohol or other drugs. Every small group is enhanced with beading, painting, drawing and other art therapy related activities.

**Express Yourself in a Supportive, Fun
Environment while making New
Friends and Learning New Skills**

November is Family Violence Prevention Month
Please Join Our

CANDLE LIGHT VIGIL

November 8, 2023 at Lions Park
6:30 pm

Proclamation signing and hot beverages at
Community Futures to follow.



Capella
CENTRE

Tim Hortons

Community
Futures  St Paul-Smoky Lake
District

Journée nationale de l'enfant

National Child's Day

MARDI LE 21 NOVEMBRE, / TUESDAY NOVEMBER 21ST
10:00AM - 12:00AM
AU GYMNASSE DE L'ACFA / IN THE ACFA GYM
4617 50 AVE, ST. PAUL

HISTOIRE ET BRICOLAGE
STORY & CRAFT

JEUX DE SOCIÉTÉ
BOARD GAMES

PIÈCES LIBRES
LOOSE PARTS

LE PARACHUTE
PARACHUTE



The BIG POTTERY & ART Sale 2023

St. Paul Visual Arts Centre

4613-53 Street (South of the Pool)



THURS. Nov. 23rd 4:00 pm - 8:00 pm

FRI. Nov. 24th 4:00 pm - 8:00 pm

SAT. Nov. 25th 10:00 am - 4:00 pm

3 DAYS ONLY!

**HANDMADE POTTERY, PAINTINGS,
GLASS FUSION & MORE!**

Uniquely made by SPVAC Artisans

Facebook @StPaulVisualArtsCentre www.spvac.com





MALLAIG LEGION



**SATURDAY November 25 AND
SUNDAY, November 26, 2023**

**VENDORS, PLEASE CONTACT DAVID INSCHO
780-646-2107 OR INSCHODAVID@GMAIL.COM**

OR SEARCH FOR MALLAIG LEGION BRANCH NO. 260 ON FACEBOOK





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)

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

THE BIG

Christmas Craft Sale!

ST. PAUL RECREATION CENTRE
5310-48 AVE ST. PAUL

40th Annual Sale hosted by
The St. Paul Visual Arts Committee

SAT DEC 2, 2023
10:00 AM - 4:30 PM

FREE ADMISSION!
FOOD BANK DONATIONS WELCOME
KITCHEN CONCESSION

Handmade Creations!

CRAFTS, POTTERY, ART, GLASS,
SEWING, JEWELRY, DECOR,
WOODCRAFTS, RESIN
& MORE!



40th
Anniversary!



Facebook: @StPaulVisualArtsCentre www.spvac.com

The St. Paul Visual Arts Committee
Invites You to Participate in

Page 1

The Big Christmas Craft Sale

Saturday, December 2, 2023

at the **St. Paul Recreation Centre 5310-48th Avenue**, St. Paul, Alberta
Just south of the UFO Landing Pad next to the St. Paul Municipal Library

ALL EXHIBITS MUST BE
ORIGINAL HANDMADE WORKS BY
CRAFTERS OR ARTISTS

NO MLMS

NO MANUFACTURED GOODS or FOOD ITEMS

FEE: \$50.00 per table/space

(non-refundable)

Tables and/or spaces are approximately
6 ft by 2.5 ft.

If 2 tables are rented, they will be pushed together
into 1 long table.

SET UP: 7:30 am - 9:30 am on
SATURDAY, DECEMBER 2nd, 2023

Doors will be open to the public at 10:00 a.m.
and will close just after 4:30 p.m.

You are expected to stay until the end of the
sale and not be packing up prior to 4:30

The concession will be open throughout the day for
lunch and refreshments. (*If you have special dietary*
requirements and need to bring a lunch, the concession
fridge and microwave will be available to you.) Door
prizes can be dropped off here as well.

TAKE DOWN: 4:30 to 6:00 p.m.
the same day

Deadline for Registration:
November 24, 2023

Please send the second page
(application form) along with
your table fee. We accept cash,
debit, cheque, or e-transfer to:

**St. Paul Visual Arts
Committee**

**4613 - 53 Street
St. Paul, AB T0A 3A4**

Ph: (780) 645-3071

e-transfers/e-mail:

spvac@telus.net



Follow us on Facebook:

@StPaulVisualArtsCentre

and share this event and
posters to your page or profile.
Comment that you will be
attending. Post links to your
Page or website (once
registered).

We are a non-profit visual arts organization run entirely by VOLUNTEERS. Any
revenue made is put back into the costs of organizing the sale for the next year
such as: Advertising in the newspapers (2 weeks/full colour ad), online advertising,
hall & kitchen rental, food, posters, supplies etc.

***Keep this first page for reference on day of sale and leading up to
the sale***

A.G. ROSS ARENA FUNDRAISING COMMITTEE PRESENTS

WINGS 'N' THINGS

**22ND
DEC**

**RAFFLES:
LIQUOR BASKET, CHRISTMAS
DINNER & CHOCOLATE BASKET
* KIDS DOOR PRIZE ***

DOORS OPEN AT 5PM

Oilers Game on the tv in Lobby, AGLC licensed bar , Skate with
Santa, Shiny & Special Menu

SPONSORED BY: BORDER VETERINARY CLINIC

Dashing through the Snow



Musée St. Paul Museum
5409 50th Ave
St. Paul

Saturday December 16, 2023
1:00-3:00 pm

Special Guest appearance:

Santa and Mrs. Claus

Children's craft activities in the museum
Tractor Hay Ride (weather permitting)
Warm Up with Hot Chocolate or Apple Cider

Bring your camera to capture the memories
Regular admission applies

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:





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




Histoire entre amis avec Mme Pauline

**ST. PAUL MUNICIPAL
LIBRARY**

**NOVEMBRE 7 ET 28
11H45**



**VENEZ ÉCOUTER UNE HISTOIRE
ET PARTICIPEZ AUX ACTIVITÉS
QUI SUIVRONT.**



**NO REGISTRATION REQUIRED
4802 53 STREET
ST. PAUL, ALBERTA T0A 3A0**





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

Come join us for Coffee, tea,
and treats.

Tuesday

October 17th

November 21st

December 19th





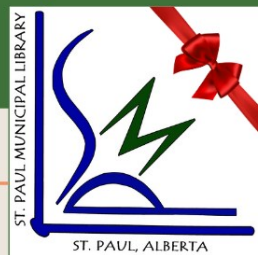
ST. PAUL MUNICIPAL LIBRARY
**GIFT WRAP
FUNDRAISER**

NOVEMBER 24TH - DECEMBER 22ND

Let us do your Gift wrapping!

Drop off your gifts between November 24th and December 22nd. Let us know the date you will be pick them up and we will have them wrapped and ready.

All proceeds will help support our library services and programs.
(Reasonable Sized Gifts Only
No Large Appliances)



Secret Santa Book Selection

For Adults

Nov 28 - Dec 16

Fill out our form online and
we will select a book for
your to enjoy.

You will be notified when
your secret santa book is
ready for pick up!

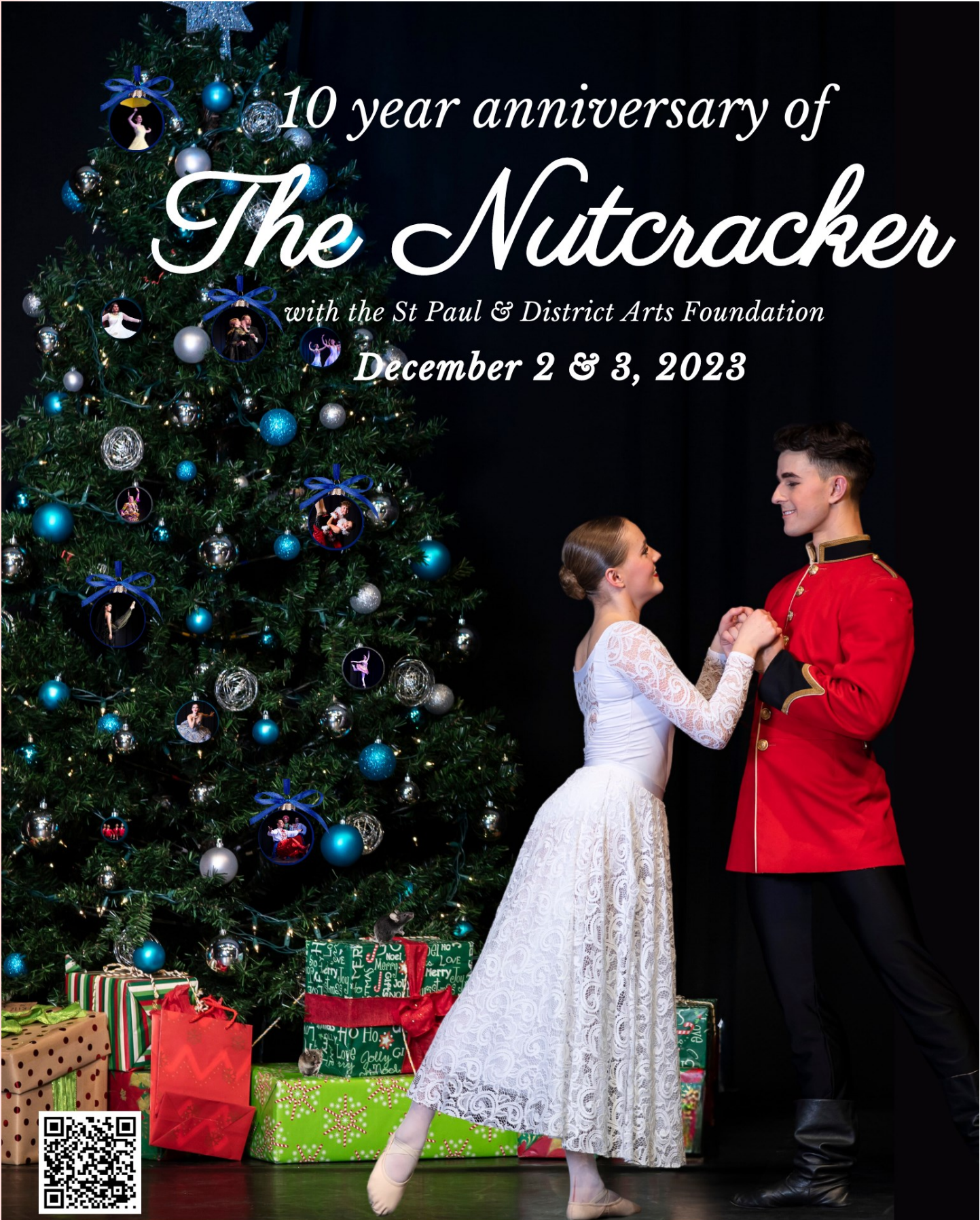
Free entry

visit www.stpaullibrary.ab.ca to register

10 year anniversary of
The Nutcracker

with the St Paul & District Arts Foundation

December 2 & 3, 2023



Scan for tickets or visit Happy House



HIPHOP

Thursdays
4822 50 ave, St Paul
classes for
beginners to
advanced
ages seven to
seventeen

scan to register>>>



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



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

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 