



**INSIDE THIS ISSUE:**

# December

## 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 Jan 9th  
@ 10 am  
Please RSVP.



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Community

# CHRISTMAS HAMPER 2023

May the holidays bring you plenty of  
love and joy.

Community Christmas hampers give members of our community the opportunity to build connection with their loved ones while sharing a meal over the holiday season. We supply all the fixings and Santa's Elves provides a gift to each child registered at no cost to them.

*you can help...*

## to DONATE:

**Food Hamper** monetary/cash donations can be made in person at St Paul Regional FCSS, CO-OP, Sobeys or Extra Foods.

**Santa Elves** donations can be made in person at Regional High School, by mail to 4701-44 street St. Paul Ab, TOA 3A3 or by etransfer [santaselves.sprhs@gmail.com](mailto:santaselves.sprhs@gmail.com)

Monetary/cash donations in lieu of toys/clothing/books, etc are appreciated.

## to REGISTER:

**Residents of the Town or County of St Paul**

If you or someone you know would like to receive a hamper please connect with us.

Call on or before Dec 14/23 @ 4PM

**780-645-5311**

Hamper PICK UP: Dec 19/23

@ the St Paul Rec Centre

(4802-53 Street, St Paul, AB)

You must be in person, with picture ID to pick up .



# Santa's Elves

## TOY DRIVE 2023



### St. Paul Regional High School is Santa's Elves workshop HEADQUARTERS 2023!

We are in need of donations for the Santa's Elves workshop. Here at Regional we will be collecting, wrapping and joining St. Paul Regional FCSS with their Community Christmas Hamper Program. This helps families in our community who are in need at Christmas.

This year, we are kindly asking for the communities support in providing **monetary donations** in lieu of toys/clothing/books etc. We will gladly take ANY donations however monetary donations allows us to purchase specific items that fill the gap of our community children's needs.

Please submit donations to Regional High School at the main office in person, by mail to 4701-44 street St. Paul AB, T0A 3A3 or **etransfer** [santaselves.sprhs@gmail.com](mailto:santaselves.sprhs@gmail.com) before **December 14, 12pm.**

**Group donations** are welcome too. Set up a donation box or collect money within your office or organization and donate it to the school for purchasing gifts.

For more information you can contact Dawn at St. Paul Regional High School **780-645-4491.**



# ST PAUL MEN, LET'S TALK

*Invites you to join us*

EVERY 3RD TUESDAY  
OF THE MONTH  
NEXT MEETING  
DECEMBER 19  
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



# Closed

**MONDAY DEC 25 - TUESDAY JAN 2**  
ENJOY CONNECTION  
WITH FRIENDS AND FAMILY  
DURING THE HOLIDAYS





# 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





Family  
Resource  
Centres

# Understanding the **DTC & RDSP**

with Stephen Sicoli

how to apply | eligibility | advantages & benefits | accessing extra money



January 11, 2024 @ 2pm  
5002 51 Ave St. Paul AB

[autismalberta.ca/frc](https://autismalberta.ca/frc)



# utilitiesconsumer advocate

Call us at 310-4822

## Cost Comparison Tool.

Compare rates and retailer products based on either your actual consumption or estimated consumption. Depending on what you choose, the end result is delivered costs. See your results in as little as 60 seconds.

GET STARTED ▶



[ucahelps.alberta.ca/cct](https://ucahelps.alberta.ca/cct)

# GREEN SLEEVE

A Green Sleeve is a plastic pocket that holds your advance care planning forms. Think of it like a medical passport.

- There are two ways to get a Green Sleeve: from your healthcare provider or you can order one online.
- It is your property. When you are at home, keep your Green Sleeve on or near your fridge.
- Healthcare providers in all settings may ask if you have a Green Sleeve.
- If you go to the hospital or a healthcare appointment take your Green Sleeve with you. Be sure it comes home with you.

For more information:

[www.ahs.ca](http://www.ahs.ca) and search advance care planning

To order a Green Sleeve:

[myhealth.alberta.ca](http://myhealth.alberta.ca) and search Green Sleeve



Order your own **FREE** Green Sleeve here:



[www.conversationsmatter.ca](http://www.conversationsmatter.ca)



# 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

# December Kindness 2023

MONDAY



4 Support a charity, cause or campaign you really care about

TUESDAY



5 Give a gift to someone who is homeless or feeling lonely

WEDNESDAY



6 Leave a positive message for someone else to find

THURSDAY



7 Give kind comments to as many people as possible today

FRIDAY

1 Spread kindness and share the December calendar with others

SATURDAY

2 Contact someone you can't be with to see how they are

SUNDAY

3 Offer to help someone who is facing difficulties at the moment

10 Listen wholeheartedly to others without judging them

17 Give thanks. List the kind things others have done for you

24 Bring joy to others. Share something which made you laugh

31 Plan some new acts of kindness to do in 2024



9 Notice when you're hard on yourself or others and be kind instead

16 Look for something positive to say to everyone you speak to

23 Choose to give or receive the gift of forgiveness

30 Let someone know how much you appreciate them and why

8 Do something helpful for a friend or family member

15 Say hello to your neighbour and brighten up their day

22 Congratulate someone for an achievement that may go unnoticed

29 Turn off digital devices and really listen to people

7 Give kind comments to as many people as possible today

14 Share a happy memory or inspiring thought with a loved one

21 Appreciate kindness and thank people who do things for you

28 Be kind to the planet. Eat less meat and use less energy

6 Leave a positive message for someone else to find

13 See how many different people you can smile at today

20 Help others by giving away something that you don't need

27 Call a relative who is far away to say hello and have a chat

5 Give a gift to someone who is homeless or feeling lonely

12 Be generous. Feed someone with food, love or kindness today

19 Contact someone who may be alone or feeling isolated

26 Get outside. Pick up litter or do something kind for nature

4 Support a charity, cause or campaign you really care about

11 Buy an extra item and donate it to a local food bank

18 Ask for help and let someone else discover the joy of giving

25 Treat everyone with kindness today, including yourself!



Happier · Kinder · Together

ACTION FOR HAPPINESS

2023 **St Paul LOCATION**  
**December**

**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**

**MERRY**  
*Christmas*

**01**  
**Tree Lighting**  
**7pm-8pm**  
**See poster**



AND HAPPY NEW YEAR

<b>04</b> Fine Motor Fun 10am-12pm <b>DROP IN</b>	<b>05</b> Mallaig Tot Time 9:30am-11:30am <b>DROP IN</b>  Run, Jump, Skip 10am - 12pm <b>DROP IN</b>	<b>06</b> Managing Holiday Stress 2pm <b>REGISTER</b>	<b>07</b> Ashmont Tot Time 9:30am-11:30am <b>DROP IN</b>  Baby Bunch 1:30pm - 3:30pm <b>DROP IN</b>	<b>08</b> <b>PD DAY</b> <b>Youth PROGRAM</b> <b>REGISTER</b>
<b>11</b> Christmas Story & Craft 10am-12pm <b>DROP IN</b>	<b>12</b> Mallaig Tot Time 9:30am-11:30am Decorating Christmas Cookies <b>DROP IN</b>  Making Music 10am-12pm <b>DROP IN</b>	<b>13</b> Youth Create Christmas Ornaments 3:30pm-5:30pm <b>REGISTER</b>  Solo Parenting Support Group 6:30pm-7:30pm <b>REGISTER</b>	<b>14</b> Ashmont Tot Time 9:30am-11:30am Decorating Christmas Cookies <b>DROP IN</b>  Baby Bunch 1:30pm - 3:30pm <b>DROP IN</b>	<b>15</b>  <b>NO PROGRAM</b>
<b>18</b> Triple P Hassle Free Shopping 2pm - 3pm <b>REGISTER</b>	<b>19</b> Mallaig Tot Time 9:30am-11:30am <b>DROP IN</b>  Traditional Teachings 10am - 11:30am <b>REGISTER</b>	<b>20</b> Icky, Sticky, Messy Christmas Edition 10am - 12pm <b>DROP IN</b>	<b>21</b> Ashmont Tot Time 9:30am-11:30am <b>DROP IN</b>  Baby Bunch 1:30pm - 3:30pm <b>DROP IN</b>  Run, Jump, Skip 6pm - 7:30pm <b>DROP IN</b>	<b>22</b>  <b>NO PROGRAM</b>
<b>25</b>  <b>CLOSED</b>  <b>MERRY</b>	<b>26</b>  <b>CLOSED</b>  <b>CHISTMAS</b>	<b>27</b>  <b>CLOSED</b>  <b>HAPPY</b>	<b>28</b>  <b>CLOSED</b>  <b>NEW</b>	<b>29</b>  <b>CLOSED</b>  <b>YEAR</b>

*Lakeland*  
 FAMILY RESOURCE NETWORK

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



st.paul\_fcsc



St. Paul Regional  
 FCSS & Family  
 Resource Network



**AGES 0-6**

ACFA Gym 4617-50 Ave

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

# Run, Jump, Skip

Tuesday 05  
December

**10am-12pm**

DROP IN

780-645-5311



*Lakeland*

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





Is the stress of the holidays too much?  
Feeling overwhelmed and exhausted?  
Join us for a group discussion that gives  
positive parenting suggestions to help you  
through the holiday season.

**CAREGIVERS**

LFRN St Paul 5002-51 Ave

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

# Managing Holiday Stress

Wednesday  
December 06

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.





**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 during our office hours (8:30am-12:30pm, 1:30pm-4:30pm).**

**First come first served.**

**KINDERGARTEN-GRADE 6**

LFRN St Paul 5002-51 Ave

# PD Day Youth Program

Friday  
December 8

**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.

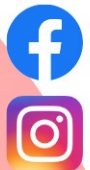
*Lakeland*

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

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

# Storytime & Craft

## Christmas Edition

Monday 11  
December

10am-12pm

DROP IN

780-645-5311



*Lakeland*

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





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

**AGES 0-6**

LFRN St Paul 5002-51 Ave

# Making Music Christmas Edition

Tuesday  
December 12

10am-12pm

DROP IN

780-645-5311



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

*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.





Join us in creating a variety of Christmas ornaments.

**YOUTH 7+**

LFRN St Paul 5002-51 Ave

# Christmas Ornaments

Wednesday December 13

3:30pm-5:30pm

CALL TO REGISTER  
780-645-5311

**FREE**



Encouraging listening skills, attention span and creativity.

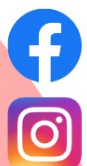
*Lakeland*

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

Wednesday December 13

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.





A discussion group for positive parenting suggestions to help avoid shopping hassles.

Topics include:

- why children misbehave on shopping trips
- how to prevent problems
- how to manage behavior

**CAREGIVERS**

LFRN St Paul 5002-51 Ave

# Triple P Parenting

Monday  
December 18

**2pm Hassel Free Shopping**

CALL TO REGISTER  
780-645-5311

**FREE**



*for every parent*

*Lakeland*

FAMILY RESOURCE NETWORK

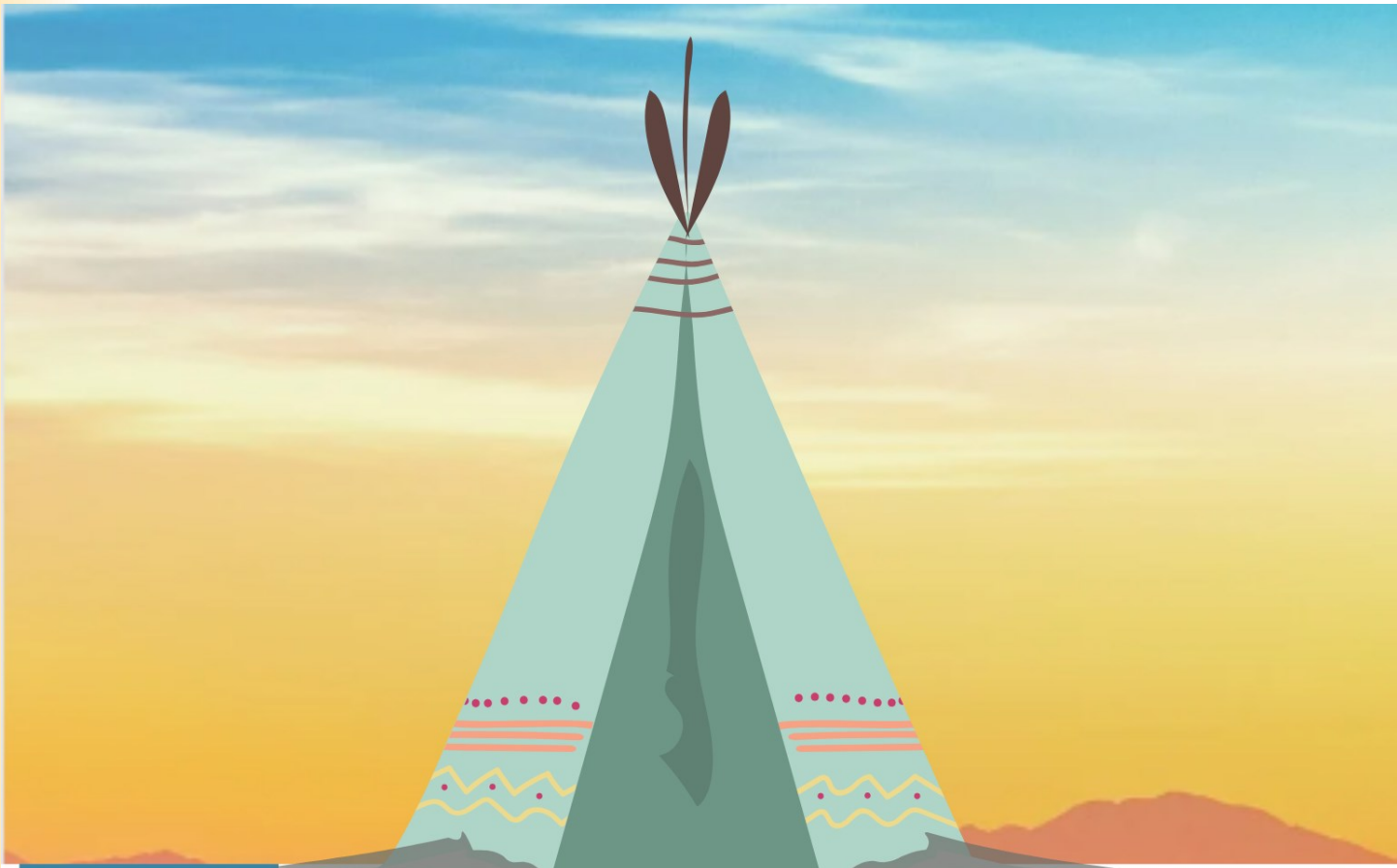
Connect with us for more information.

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

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



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



**AGES 0-6**

LFRN St Paul 5002-51 Ave

# Traditional Teaching

with Jan Tailfeathers

Tuesday December **19**

**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.



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 St Paul 5002-51 Ave

# Icky, Sticky, Messy Christmas Edition

Wednesday  
December **20**  
**10am-12pm**

DROP IN

780-645-5311



Encouraging sensory development and helping build social-emotional 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.





evening

# Run, Jump, Skip

Thursday December 21

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.





# Girls Supporting Girls



with Registered Provisional Psychologist;  
**Kaitlyn Buechler**

**FOR AGES 10-13**

\*8 spots available

Supporting & building healthy identities together. Learning about self esteem, body image, healthy relationships and boundaries, anxiety, emotional regulation & more.



6 week program, \$60  
**Tuesdays 4:00pm - 5:30pm**

**January 9, 16, 23, 30 February 6, 13**

LFRN Centre 5002 - 51ave

**RSVP**

with payment by

**January 3**

Call 780-645-5311

**SNACKS PROVIDED**



*Lakeland*

FAMILY RESOURCE NETWORK



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

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.



2023

Elk Point LOCATION

# December

**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

MERRY  
*Christmas*

AND HAPPY NEW YEAR

				<b>01</b> Christmas Cards for Seniors 10am - 12pm <b>DROP IN</b>
<b>04</b> Say HELLO to friends you know and EVERYONE you meet!	<b>05</b> Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	<b>06</b> Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	<b>07</b> Youth Group Christmas Ornaments 3:30pm - 5:30pm <b>REGISTER</b>	<b>08</b> <b>NO PROGRAM</b>
<b>11</b> Go walking in A WINTER WONDERLAND!	<b>12</b> Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	<b>13</b> Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	<b>14</b> Youth Group Gingerbread Houses 3:30pm - 5:30pm <b>REGISTER</b>	<b>15</b> Christmas Ornaments 10am - 12pm <b>REGISTER</b>
<b>18</b> Enjoy the festive season with FAMILY and FRIENDS!	<b>19</b> Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	<b>20</b> Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	<b>21</b> Youth Group Games 3:30pm - 5:30pm <b>DROP IN</b>	<b>22</b> <b>NO PROGRAM</b>
<b>25</b> <b>CLOSED</b> Have a MERRY CHRISTMAS!	<b>26</b> <b>CLOSED</b>	<b>27</b> <b>CLOSED</b>	<b>28</b> <b>CLOSED</b>	<b>29</b> <b>CLOSED</b>



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



**YOUTH 7+**

LFRN Elk Point 4906-48 St

Encouraging listening skills, attention span and creativity.

## Christmas Ornaments

Thursday  
December **07**

**3:30pm-5:30pm**

FREE TO REGISTER  
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

## Gingerbread Houses

Thursday  
December **14**

**3:30pm-5:30pm**

FREE TO REGISTER  
780-724-3800

Create it, build  
it and eat it  
using our  
senses!

*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



Come join us for some Christmas fun.

# AGES 0-6

LFRN Elk Point 4906-48 St

Encouraging listening skills, attention span and creativity.

## Christmas Ornaments

Friday December 15

10am-12pm

REGISTER

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  
December 21

**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.



# 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](http://stepeconomicdevelopment.ca)



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



STEP  
St. Paul / Elk Point  
Economic Development Alliance



# ONLINE CRIME REPORTING

*is now available*



## Report it online!



### YOU CAN FILE A REPORT IF:

- You have lost something that costs less than \$5000
- Someone has stolen something from you that costs less than \$5000
- Someone has vandalized your property or vehicle and it will cost less than \$5000 to repair it
- The crime happened within the jurisdiction of the Alberta RCMP
- **Thefts over \$5,000** are accepted from oil, telecommunications, and utility companies



### YOU CANNOT USE ONLINE CRIME REPORTING IF:

- There is a witness or suspect
- There are lost or stolen items involving personal identity, firearms, licence plates or decals



All crimes reported online to the Alberta RCMP will be followed up with a phone call from a police officer within five business days.

[HTTPS://OCRE-SIELC.RCMP-GRC.GC.CA/ALBERTA](https://ocre-sielc.rcmp-grc.gc.ca/alberta)



Royal Canadian Mounted Police  
Gendarmerie royale du Canada

Canada



# IT'S ABOUT YOU

- Aboriginal Art
- Academic Foundations
- Advanced Care Paramedic
- Pre-Apprenticeship Carpentry
- Pre-Apprenticeship Welding
- Apprenticeship Electrician
- Apprenticeship Steamfitter/Pipefitter
- Apprenticeship Welder
- Artisan Entrepreneurship
- Bachelor of Business Administration (NAIT)
- Business Administration Certificate
- Business Administration — Accounting
- Business Administration — Management
- College Preparation
- Community Social Work
- Culinary Arts
- Early Learning and Child Care
- Educational Assistant
- Emergency Medical Responder
- Fine Arts
- Hairstyling
- Heavy Equipment Operator
- Natural Resources Technology
- Office Administration
- Open Studies
- Professional Cooking Certificate
- Power Engineering, 4th Class
- Power Engineering, 3rd Class
- Practical Nurse
- Pre-Employment Heavy Equipment Technician
- Pre-Employment Welding
- Primary Care Paramedic
- University Degree Options
- University Transfer



1-866-623-5551  
portagecollege.ca





# Better Choices, Better Health For Chronic Pain

## Group support for people living with long-term pain

- Arthritis
- Fibromyalgia
- Back Pain
- Migraines
- Pelvic Pain
- Other long term pain

### Next group series:

Nov 14, 21, 28, Dec 5, 12, 19  
Tuesdays 1:30 - 4:00 p.m.

Or

Nov 14, 21, 28, Dec 5, 12, 19  
Tuesdays 6:00 - 8:30 p.m.

### Living with pain can feel like it takes over your life

- Talk with others about how to feel better
- Try techniques to calm your nervous system
- Explore solutions to poor sleep, fatigue and difficult emotions
- Discuss ideas about healthy eating and physical activity
- Solve problems and set goals
- Attend with a friend or family member

**This 6-week virtual workshop by Zoom helps you make small steps to take control of your health.**



**Register Now 1-877-349-5711**  
[www.healthylivingprogram.ca](http://www.healthylivingprogram.ca)



# Exercise Program

Experience the health benefits!

Learn to exercise safely while living with a health condition.



## Upcoming Sessions:

**Tuesdays and Thursdays**

November 7 - December 14

10:00 to 11:30a.m. Or 1:00 to 2:30 p.m.



### Free Zoom Exercise Program

- Tailored to your fitness level - led by exercise therapist
- 2 times per week for 6 weeks
- Learn to exercise safely through Zoom in your own home.
- No equipment needed!



Visit [www.healthylivingprogram.ca](http://www.healthylivingprogram.ca)

Or [Click here to connect](#) with our exercise team

For adults living with one or more chronic health conditions. It is safe fun, interactive in a small group setting.



For more information call  
**1-877-349-5711**



**Alberta Health  
Services**

Alberta Healthy Living  
Program

# December 2023 Workshops for Adults by ZOOM

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

## 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

Dec 6 Wed 1:30 p.m. to 4:00 p.m.  
Dec 7 Thurs 9:30 a.m. to 12:00 p.m.

### Nutrition

Dec 4 Mon 5:30 p.m. to 7:00 p.m.  
Dec 13 Wed 1:30 p.m. to 3:00 p.m.  
Dec 14 Thurs 9:30 a.m. to 11:00 a.m.

### Living with Diabetes - Ongoing Care

Dec 11 Mon 5:30 p.m. to 8:00 p.m.  
Dec 20 Wed 1:30 p.m. to 4:00 p.m.  
Dec 21 Thurs 9:30 a.m. to 12:00 p.m.

## Heart & Stroke

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

### Overview & Prevention

Dec 6 Wed 5:30 p.m. to 8:00 p.m.  
Dec 12 Tue 1:30 p.m. to 4:00 p.m.  
Dec 14 Thurs 9:30 a.m. to 12:00 p.m.

### Nutrition

Dec 13 Wed 5:30 p.m. to 7:00 p.m.  
Dec 19 Tue 1:30 p.m. to 3:00 p.m.  
Dec 21 Thurs 9:30 a.m. to 11:00 a.m.

## 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—Classes 1.1, 1.2 & 1.3

Dec 6, 13, & 20 Wed 9:30 a.m. to 12:00 p.m.

### Series 2—Classes 2.1, 2.2, & 2.3

Dec 5, 12, & 19 Tue 1:30 p.m. to 4:00 p.m.  
Dec 7, 14, & 21 Thurs 5:30 p.m. to 8:00 p.m.

### Series 3—Classes 3.1 & 3.2

Dec 5 & 12 Tue 9:30 a.m. to 12:00 p.m.

## 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.

**NEW SESSIONS STARTING in JANUARY  
REGISTER NOW!**

## Managing Stress

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

Dec 7 & 14 Thurs 1:30 p.m. to 4:00 p.m.



To register for a Zoom class call:

**1-877-349-5711**

Or

<https://www.healthylivingprogram.ca>



**Alberta Health  
Services**

Alberta Healthy Living  
Program

# Living with Stroke Support Group

A group to provide stroke survivors and their families with educational and emotional support following a stroke. This group will offer a place for survivors and caregivers to come together virtually and share their experiences with others.

*Discussion topics may include:*

- Post-Stroke Fatigue
- Mood and Cognition
- Healthy Eating
- Physical Activity
- Stress Management
- Stroke Prevention

**When:** 2<sup>nd</sup> Thursday of every month at 3:00pm

**Where:** Offered online via **Zoom Video Conferencing**

**\*FREE!\***

**\*Pre-registration required\***

**\*Available for residents of communities in the North Zone\***



**To register and receive the Zoom link visit:**

<https://redcap.link/strokesupport>



Or for more information: Ph - 780-402-8166



Healthy Albertans.  
Healthy Communities.  
Together.



**Following a stroke**, survivors often face challenges maintaining their previous level of social function.

Participation in support groups can help improve social engagement.

Video conferencing helps increase access to support groups in areas where there are limited resources available.

Studies have shown that video conferencing, can provide effective support like in-person sessions.

## Benefits of a Stroke Support Group

- ✓ Improve sense of physical, emotional, mental, spiritual well-being.
- ✓ Reduce feelings of isolation.
- ✓ Improve coping skills.
- ✓ Learn new information.
- ✓ Receive support from others going through similar experiences.

## Registration

Pre-Registration is required to attend this **FREE** group session.

After you register, you will receive an email with the ZOOM link to the meeting. A reminder email will be provided 24 hours before the session.

## To register:

<https://redcap.link/strokesupport>



Or for more information Call:

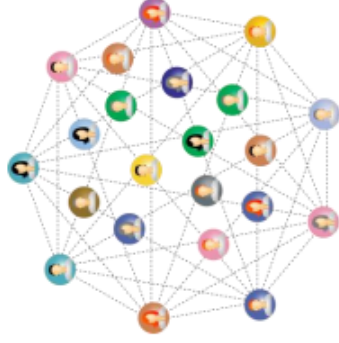
Ph - 780-402-8166

### LEARN THE SIGNS OF STROKE

**F**ACE is it drooping?  
**A**RM can you raise both?  
**S**PEECH is it slurred or jumbled?  
**T**IME to call 9-1-1 right away

ACT **F.A.S.T.** BECAUSE THE QUICKER YOU ACT, THE MORE OF THE PERSON YOU SAVE.

© 2017 AND 2018 FOUNDATION OF CANADA, 2018



# Living with Stroke Virtual Support Group



North Zone



## Mission & Beliefs

### Mission:

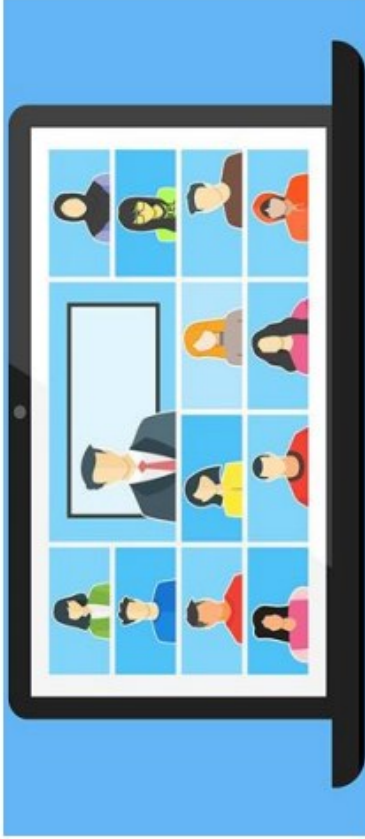
To provide a safe, caring, and positive space for stroke survivors and their families in their journey following the impacts of a stroke on their way of life.

### Beliefs:

**This group welcomes** stroke survivors and their families who are looking for support for themselves and/or to learn how to support others.

**The goal is to help** stroke survivors and their families in living well after stroke.

**The group values** respect, compassion, and confidentiality.



## Meetings

**When:** 2<sup>nd</sup> Thursday of every month - starting at 3:00 pm

**Session Length:** 1.5 hours

**Pre-Registration:** Required to receive a Zoom access link via email.

**Location:** From the comfort of your own home.

**Format:** Virtual, informal, and interactive.

Participants will have the opportunity to share their story if they wish, or just listen to others. A facilitator will be present to guide discussions as needed.

Time will be allotted for an educational moment to discuss tips for living well with stroke and how to reduce the risk of another stroke.

## Education moment topics:

- Preventing another stroke
- Mood changes following stroke
- Post-stroke fatigue
- Communication
- Managing blood pressure
- Medications
- Eating well
- Physical activity
- Stress management
- Goal setting
- Brain exercises
- Sexuality changes
- Building confidence

*Group members may suggest the topics that are most important to them so that sessions can be tailored to the priorities of those attending.*

*Topics not on the list can be requested.*






## 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)**

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



# 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**

<b>Alyssa</b> Program Assistant	<b>780-239-8427</b>
<b>Janine</b> Program Assistant	<b>780-231-4393</b>
<b>Elizabeth</b> Program Assistant	<b>780-238-9612</b>

# DECEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
<p>To join by phone, call:  <b>1-855-703-8985</b>                      When prompted, enter Meeting ID:  <b>225-573-6467#</b></p>				
<p><b>4</b>                      9:30am: Nostalgia Moment                      11am: Exercise                      1pm: The Big Picture                      3pm: Prince Caspian Part 3</p>	<p><b>5</b>                      11am: Imagination Circle                      1pm: Stephanie Kwolek                      3pm: Reader's Corner                      4:30pm: Don't Quote Me</p>	 <p><b>6</b>                      9:30am: Mystery Chronicles                      11am: Coffee Chat                      1pm: <b>Estranged Relationships</b>                      1pm: Great Bear Rainforest                      3pm: Exercise</p>	<p><b>7</b>                      9:30am: Gratitude                      11am: Brain Games                      1pm: Some Good News                      3pm: Discover Hanukkah                      4:30pm: The Nutcracker Part 3</p>	<p><b>1</b>                      9:30 am: All Request Music                      11am: Exercise                      1pm: R U Online?                      3pm: In The Headlines</p>
<p><b>11</b>                      9:30am: Nostalgia Moment                      11am: Exercise                      1pm: Writing For Fun                      3pm: Prince Caspian Part 4</p>	<p><b>12</b>                      11am: Mindfulness                      1pm: Let's Talk About                      3pm: Respiratory Health                      4:30pm: Trivia</p>	<p><b>13</b>                      9:30am: Innocence Files                      11am: Holiday Traditions                      1pm: <b>Estranged Relationships</b>                      1pm: Robbie Robertson                      3pm: Exercise</p>	<p><b>14</b>                      No Programs</p>	<p><b>15</b>                      9:30am: Vinyl Café                      11am: Exercise                      1pm: Don't Sweat The Small Stuff                      3pm: BINGO</p>
<p><b>18</b>                      9:30am: Nostalgia Moment                      11am: Exercise                      1pm: The Big Picture                      3pm: Prince Caspian Part 5</p>	<p><b>19</b>                      11am: Imagination Circle                      1pm: Pet Tales: Clever Creatures                      3pm: NFH: Holiday Eating                      4:30pm: Name That Tune</p>	<p><b>20</b>                      9:30am: From John to Justin                      11am: EPL Presents!                      1pm: <b>Estranged Relationships</b>                      1pm: My Travels                      3pm: Exercise</p>	<p><b>21</b>                      9:30am: Gratitude                      11am: The Storyteller                      1pm: FYB: Blood Sugar &amp; Diabetes                      3pm: Working Through Grief</p>	<p><b>22</b>                      9:30am: Holiday Favourites                      11am: The Shepherd</p>
<p><b>25</b>                      Christmas Day  </p>	<p><b>26</b>                      Boxing Day  </p>	<p><b>27</b>                      11am: Coffee Chat</p>	<p><b>28</b>                      11am: Who Why When</p>	<p><b>29</b>                      11am: Quiz of the Year</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**

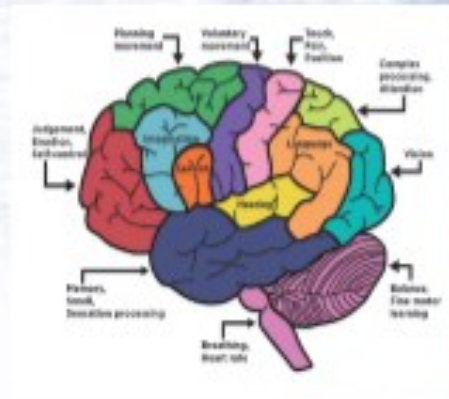
**May 9th, 2023 @2pm**

**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](mailto:kcameron@spanet.ab.ca)**

**Or call 780-645-3441 ext 234**

**Or 780-646-2969**

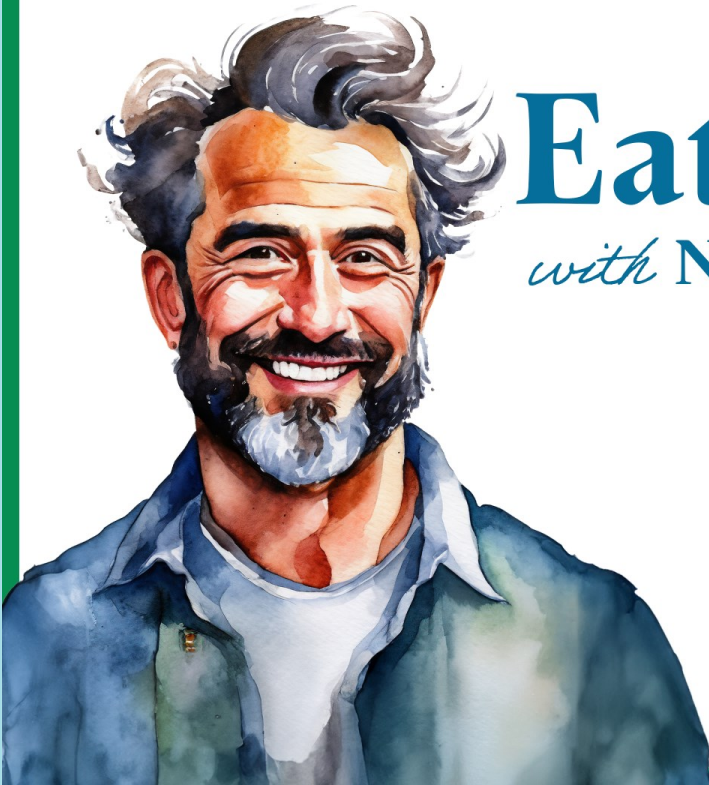
ALBERTA



Brain Injury Network



For more information call the  
ABIN Coordinator  
780-645-3441 Ext 232  
Or email [abin@spanet.ab.ca](mailto:abin@spanet.ab.ca)



# Eating Well

with **Non-Alcoholic Fatty Liver Disease**

**Virtual Presentation**  
with a Lakeland PCN Registered Dietitian

**Wed Jan 24 @ 4pm - 5pm**

Phone **780-645-1188** to Register



## Mark your calendars!

# Healthy Eating for Cholesterol & Triglycerides

**Virtual Presentation**  
with a Lakeland PCN Registered Dietitian

**Mon Jan 29 @ 4pm-5pm**

Phone **780-645-1188** to Register



# Help when you need it.



9-8-8  
toll free, 24/7

**9-8-8** Suicide Crisis Helpline

9-8-8: Suicide Crisis Helpline is funded by the Government of Canada



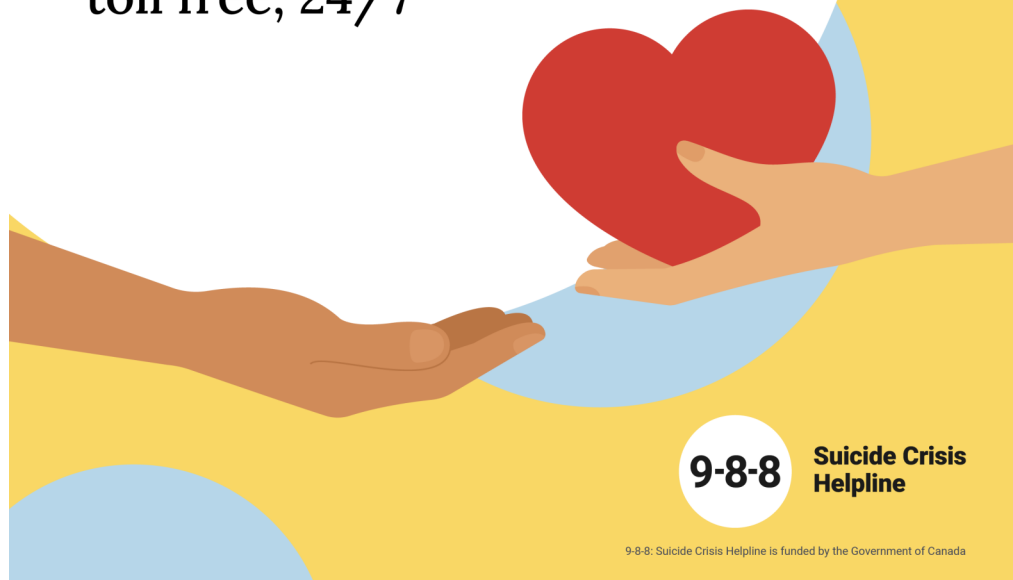
# You're not alone.



9-8-8  
toll free, 24/7

**9-8-8** Suicide Crisis Helpline

9-8-8: Suicide Crisis Helpline is funded by the Government of Canada



# Working Relationships

Its not about you!

## Leadership - An Attitude NOT a Title

- Learn Tools to:
- create dynamic positive
- relationships with your team & customers
- avoid unnecessary conflict
- understand yourself & others
- Improve your leadership readiness
- Receive tools to help you coach effectively



Presented By:  
Brad Kotowich

Focused Leadership Group

**January 16, 2024**

Breakfast - 7:30

Session - 8:00am - 11:30am

The Landing Hotel and Conference Centre

**\$25**

Register: [www.stpaulchamber.ca](http://www.stpaulchamber.ca)



## **BUSINESS SUPPORT NETWORK MEETING**

**Thursday, January 11, 2024**

**11:30am – 1:30pm**

**\*\*\*\*Canalta Meeting Room\*\*\*\***

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

**Please scan the QR Code and complete the questionnaire to help us make the most of your time and these valuable meetings.**



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

**Mission Statement:**

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

**Network Purpose:**

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

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



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**

# Have you hired, or intend to hire Newcomers in your Workplace?

The Rural Development Network is currently recruiting employers to begin training in mid-January 2024.



**This project will host six (6) virtual training sessions on topics such as:**

*The Hiring Process - Part 1*

*The Hiring Process - Part 2*

*Inclusive Workplace Policy*

*Understanding Newcomers in the Workplace*

*Intercultural Competency and Communication*

*Newcomer and Indigenous Perspectives*

**This is a free virtual training program to support your businesses sustainability and address your labour shortages through teaching successful practices for recruitment, hiring and retention of newcomer employees.**

**Should your organization be interested in this valuable training, please scan the QR Code as your expression of interest.**

**If you would like more information, please contact:**

***Project Manager, Soheila Homayed  
at [soheilah@ruraldevelopment.ca](mailto:soheilah@ruraldevelopment.ca)***





**Lakeland**  
**EMPLOYMENT SERVICES**

# IN-PERSON WORKSHOPS

## DECEMBER WORKSHOP SCHEDULE

December 6, 2023

Communication Skills

December 13, 2023

Skills & Interests

December 20, 2023

Resume Development

**WEDNESDAY AFTERNOONS – 1:30 PM**

4701 50Ave 2<sup>nd</sup>  
floor, Northstar  
Complex  
**St. Paul**  
**780-646-6729**

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

**[ehilligas@employabilities.ab.ca](mailto: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 SKILLS WORKSHOPS



December 2023 Calendar	
December 6, 2023	Budgeting
December 13, 2023	Mental Health & Self Care
December 20, 2023	Open Forum

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](mailto:cbrant@employabilities.ab.ca)

Bonnyville 780-343-0924 or email [rnicol@employabilities.ab.ca](mailto:rnicol@employabilities.ab.ca)

Lac La Biche 780-627-3071 or email [rfraser@employabilities.ab.ca](mailto:rfraser@employabilities.ab.ca)

St. Paul 780-646-6729 or email [ehilligas@employabilities.ab.ca](mailto:ehilligas@employabilities.ab.ca)

Vegreville 780-631-1471 or email [bsutherland@employabilities.ab.ca](mailto: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



**Employment Services  
for Albertans with Disabilities**

## **ARE YOU A JOB SEEKER?**

### **EMPLOYMENT FACILITATORS WORK WITH YOU TO:**

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

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



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

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

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



# 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

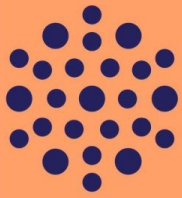
We can help you by:

- 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](http://www.employabilities.ab.ca)



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](mailto: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](mailto: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](mailto:lakelandccsc@gmail.com)

Website: [www.lakelandxcski.com](http://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.



# Life After Grief & Loss

*Finding Your Way Through Change*

## **Free Counselling Program for those who have experienced recent or historical grief & loss**

If you are an adult living in our geographical service area and have experienced grief and loss in your life that is causing impact to your well-being, this counselling program may help you. We offer 5-6 individual counselling sessions free of charge to provide coping skills, a safe place to explore difficult thoughts and emotions, and strategies for managing the individual change process following grief and loss.

These sessions are provided by one of our Master's of Arts in Counselling Psychology Students as they complete their 9 month internship with our agency. All cases are reviewed by the Clinical Supervisor or Clinical Manager for quality care, service, and treatment.

Whether you have experienced a recent loss or a historical loss, this program is available for anyone to register. Please note that there are only a certain number of spots and participants will be chosen on a "first come, first serve basis" as well as on applicability for the program. Please use the link or QR code for more information on the program and to register. You can also call the office and book a time to speak with Natalie (Counsellor) if you have any questions.

Virtual Video, Phone, and In-person (Bonnyville & St. Paul) available

Service Area: Bonnyville, Cold Lake, St. Paul, Lac La Biche, Athabasca, Slave Lake and surrounding rural communities, Nations and Settlements

Grief & Loss Counselling Program  
Registration Form



## *Hope & Healing Happens*

Toll Free: 1-866-300-4325



## 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](mailto: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***



## BUILD SOCIAL CAPITAL

### WHAT WE DO

## People. Planet. Prosperity.

The Village App is a powerful relationship building tool that allows municipalities, organizations and residents to foster real life connections through asks, offers, and events. With a focus on tangible actions, it facilitates resource sharing and service coordination, as residents and local organizations engage in exchanging, sharing, or donating goods and services, strengthening the local economy while fostering social cohesion and sustainable living.

“Municipalities with strong community building initiatives experience a 15% decrease in social issues.

### KEY FEATURES



#### HYPERLOCAL

Share location-specific requests, offers or events.



#### COORDINATION

Share resources between other organizations or source from the wider community.



#### TROLL-FREE

There's no room for negative comments or crowdsourced opinions.



#### INTENTION ECONOMY

Unlike attention-based platforms, there's no maintenance required to retain engagement.

### OUR VISION

Be a catalyst for positive change, bridging gaps in resources between individuals, organizations, and municipalities to create vibrant communities that thrive on mutual assistance.

250 307 4858

ashley@thevillageapp.co

# CHRISTMAS

## *Business Decorating*

# *Challenge*

**December 1 - 31**

*Let's celebrate the  
Season and make our  
town beautiful*



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



SHOP  
**LOCAL**

ST. PAUL

**NOVEMBER 1 - DECEMBER 31**

**Draw Date: January 10, 2024**

**PRIZES**

**To be determined by Business Participation**  
Gift Cards & Cash Prizes

**For every \$20 spent at participating businesses**  
**you will get an entry into the draw**

**Businesses MUST register to participate:**

**FREE for Chamber Members**

**\$50 Fee for Non-Chamber Members**

**QR Code provided to each participating business**

*St. Paul & District Chamber of Commerce*  
*executivedirector@stpaulchamber.ca*  
*780-645-5820 or call/text 780-210-5820*

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





# MEMBER MIXER

**DECEMBER 14** 5:30pm - 7:30pm

Hosted By:

**Canalta Hotel St. Paul**

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](http://stpaulchamber.ca/events)

Snacks &  
Beverages  
Provided



Bi-Monthly  
Business  
Networking

Join Us For



# Santa's Food Drive

Spread holiday cheer  
and make a difference  
in our community!

8/12/2023

5-9 PM

## HOW CAN YOU HELP?

- DONATE NON-PERISHABLE FOOD
- MONETARY DONATIONS
- VOLUNTEER YOUR TIME

*Spread the Joy!*

Follow our Page to see the  
map, and where you can see  
us!



Fashion for the Foodbank  
and  
St. Paul Chamber of Commerce

4th Annual

# FOOD DRIVE

## WHERE ARE WE GOING?

8 December 2023 | 5-9 PM



follow along with  
us on Glymspe



# St. Paul Christmas Activities & Events

## Schedule of Events/Activities

Current as of: Nov 21, 2023

### Friday, December 1



#### 6th Annual Tim Horton's Christmas Tree Lighting

7pm - 8pm at the St. Paul Museum

Timbits, Hot Chocolate, Inflatables, Santa and more

#### Christmas Market

4:00pm - 8:00pm at Portage College Event Gym

Contact: Shelley 780-614-1003



### Saturday, December 2

#### The Big Christmas Craft Sale

10:00am - 4:30pm at the Rec Centre

FREE Admission - food bank donations welcome

Crafts, Glass, Pottery Art, Sewing, Jewelry, Decor,  
Sculpture & More

#### The Nutcracker - 10th Anniversary Shows

Dec 2 - 2:30pm & 7:00pm

Dec 3 - 2:30pm

Presented by the St. Paul & District Arts Foundation

<https://www.artfoundation.ca/projects/the-nutcracker>

#### Christmas Ornament Painting

10:30am - 4:00pm FREE @ St. Paul Library

Drop in, pick and paint an ornament. All supplies provided.

#### Pop Tart House Building

2:00pm - 4:00pm at Portage College

House kits will be supplied (while quantities last)

#### Lakeland Cross-Country Ski Club

St. Paul Golf Course Clubhouse Downstairs - 12:00pm - 3:00pm

*Subject to sufficient snow - follow on Facebook for details*

Try out cross country skiing for the day - fun for the whole family -  
sizes available for everyone

### Friday, December 8

#### Santa's Food Bank Parade 5:00pm - 9:00pm

Food Bank donations will be accepted along the parade route as well as prior to the event at the Chamber Office

Follow "Fashion for the Food Bank" on Facebook

Download the APP "Glympse" and follow the parade route using the public tag of "santasfooddrive2023"



*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](mailto:executivedirector@stpaulchamber.ca)  
Website: [stpaulchamber.ca](http://stpaulchamber.ca)  
Facebook: St. Paul & District Chamber of Commerce

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

# Groupe de jeux

Où / Where: École du Sommet

Quand / When: 9h30 à 11h30

6 déc.

## La neige / Snow

Petit chef:

Décorer des biscuits

Cookie decorating

13 déc.

## Noël / Christmas



# EVERYTHING XMAS TRIVIA/NAME THAT TUNE

**DEC 15 8PM**

**\$40/TEAM**

**3 ROUNDS**

**OF PRIZES**

**780-614-9466  
TO ENTER**



**ALL  
PROCEEDS  
TO THE  
COMMUNITY  
XMAS  
HAMPER  
PROGRAM**

MANNAWANIS NATIVE FRIENDSHIP CENTRE

*Community*  
CHRISTMAS  
*Supper*



DECEMBER 15 FRIDAY

STARTING AT 6:00 PM

4901 - 50 street

*Santa will be on site & Door prizes*

# 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



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

# 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](mailto:SPMultiCC@gmail.com)



Presented by:



# Letters for Santa

La Bibliothèque Municipale de Saint-Paul

Un ensemble pour écrire une  
lettre au Père Noël Noël, disponible  
du 21 novembre au 9 décembre  
Assurez-vous de déposer votre lettre  
avant le 9 décembre!  
Récupérez votre lettre du Père Noël  
du 12 au 16 décembre.  
Les lettres non récupérées vous  
seront envoyées par courrier.



# Letters for Santa

At the St Paul Library

Santa letter writing kit available  
November 21st to December 9th

Make sure to drop off your letter  
before December 9th!

Santa's reply letters will be available  
for pick up December 12th to 16th.

Any letters that are not picked up will  
be send to you by mail.



# Family Story-time

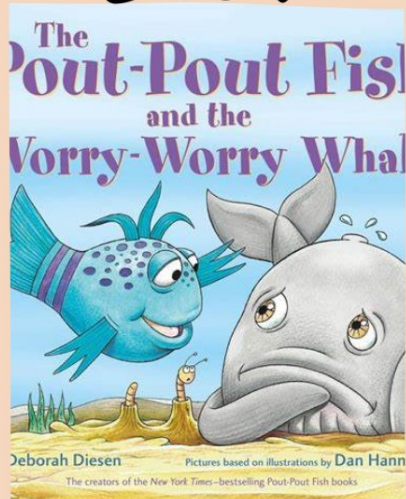
At the Library

Fridays at 10:30am

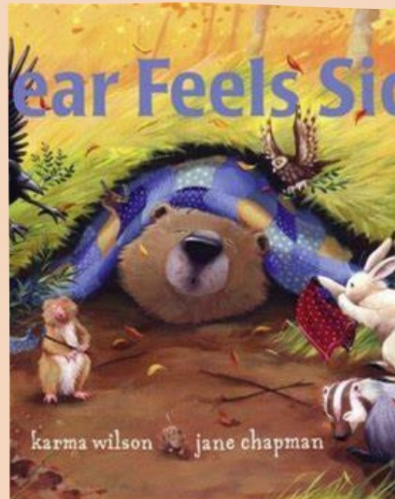


Register under the programs tab on our website  
at [www.stpaullibrary.ab.ca](http://www.stpaullibrary.ab.ca) or  
E-mail us at [programs@stpaullibrary.ab.ca](mailto:programs@stpaullibrary.ab.ca)

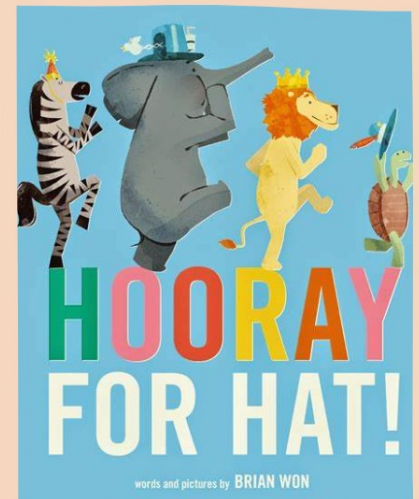
**Dec 1**



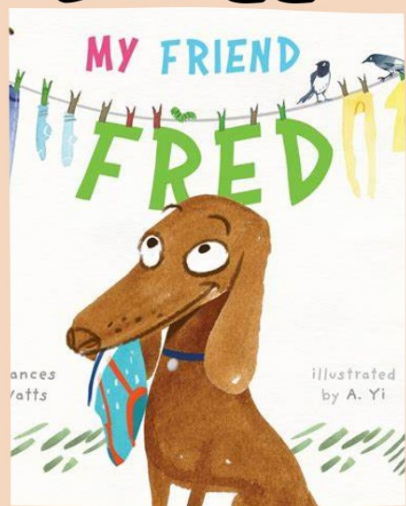
**Dec 8**



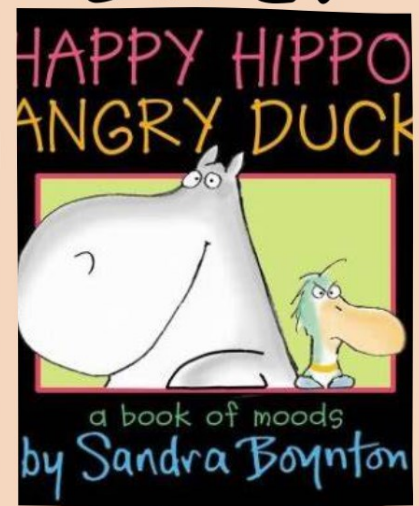
**Dec 15**



**Dec 22**



**Dec 29**





# ACCESSIBLE ACTIVITY

PROGRAM FOR ADULTS WITH DISABILITIES

Wednesday December 6th 7pm

at the St Paul Municipal Library



CHRISTMAS  
BUTTONS

To register go to our website's registration page at  
[www.stpaullibrary.ab.ca/programs](http://www.stpaullibrary.ab.ca/programs)  
or contact us by email at [programs@stpaullibrary.ab.ca](mailto:programs@stpaullibrary.ab.ca)



ST. PAUL MUNICIPAL LIBRARY

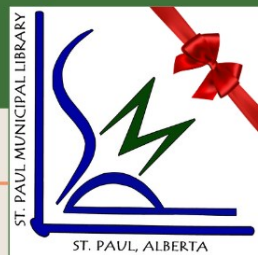
# GIFT WRAP FUNDRAISER

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)



# Guest Story-time at the Library

Fun with sounds and wordplay!  
Story and activities  
For ages 7 and under


Wednesday  
Dec 27th  
10:30am.



To register go to our website's registration page at [www.stpaullibrary.ab.ca/programs](http://www.stpaullibrary.ab.ca/programs) or contact us by email at [programs@stpaullibrary.ab.ca](mailto:programs@stpaullibrary.ab.ca)







# 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](http://www.stpaullibrary.ab.ca) to register**

# SANTA'S AT THE LIBRARY

COME JOIN US.  
SATURDAY DECEMBER 16TH  
FROM 11AM TO 1:30PM



# WINTER QUILT RAFFLE

Friends of St. Paul Library Society



Enter for a chance  
to win a beautiful  
antique quilt!

Ticket Price: \$2.00

Draw date:

January 31, 2024

# HIPHOP

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

scan to register>>>



Email [info@artfoundation.ca](mailto: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



St. Paul District Arts Foundation

Email [info@artfoundation.ca](mailto:info@artfoundation.ca) for questions



Alberta  
Foundation  
for the Arts

# 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](mailto: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](mailto:info@artfoundation.ca) for questions 