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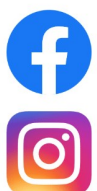
July 2024 NEWSLETTER Interagency

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.

NEXT MEETING 10am–11am

Tues, Sept 10th in **St Paul**
780-645-5311
5002-51 Ave, St Paul

Mon, Oct 7th in **Elk Point**
780-724-3800
4906-48 St, Elk Point



Prevention & Awareness

- P2... Experience St Paul
- P3... Movie Night Elk Point
- P4... St Paul Women Let's Talk
- P5... Movie Night St Paul
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- P7... You've Been Flocked
- P8... Kids Summer Camps
- P9... Community Awareness
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- P12... Baby Wise Bundle
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- P17... LFRN Calendar St Paul
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Stay Informed

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Health & Wellness

- P43-49... Alberta Health Services
- P50... Mental Health Literacy
- P51-52... Seniors Without Walls

For Your Development

- P53... Weaving Wicitownin
- P54... Alberta's Housing Roadmap & RDSP Financial Planning
- P55... Caregiver Support Night
- P56... 2024 Youth Teepee Summit
- P57... FASD Conference
- P58... École Mallaig Preschool
- P59... Cyber Seniors
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Ways to Connect

- P73... Town of St Paul Community Guide
- P74... Town of St Paul App
- P75... Canada Day Town of St Paul
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- P77... Mallaig Library Events
- P78... Kids Summer Camps
- P79... Arts Foundation Paint Workshop
- P80... Histore entre Amis
- P81... Summer BBQ in Ashmont
- P82... Jump Volleyball Camp
- P83... Arts Foundation Camp Rock
- P84... Visual Arts Centre Clay Class
- P85-87... Together We're Better Camps
- P88... ACFA Summer Camp
- P89... Arts Foundation Theatre Camp
- P90... Visual Arts Centre Power Pack!
- P91... Ashmont Heritage Days & Farmers Market
- P92... Haying in the 30's in Mallaig
- P93... Chamber of Commerce Rodeo Week Kick off Party
- P94... St Paul Rodeo Mile
- P95... Canada-Alberta Job Grant info Session
- P96... St Paul Slow Pitch Tournament
- P97... Iron Horse Ultra
- P98... Elk Ppoint Ultra 60KM
- P99... Career Connections
- P100... Leadership Essentials Workshop
- P101... SAGE Haven
- P102... Chamber of Commerce
- P103-111... St Paul Library Events

Connect to the Community EXPERIENCE ST PAUL



Welcome to St. Paul!

Whether you're a local or just passing through, we've got a whole bunch of fun waiting for you!

Explore attractions, join in activities, or snag ALL the goodies on your connect card.

Snap a selfie of you diving into the community vibes for a shot at winning a fabulous prize!

**Visiting
St Paul?**
EXPERIENCE IT!
June 1st -
Sept 30th
2024



Send selfies to
fcss@town.stpaul.ab.ca
Draw Date Oct 1st



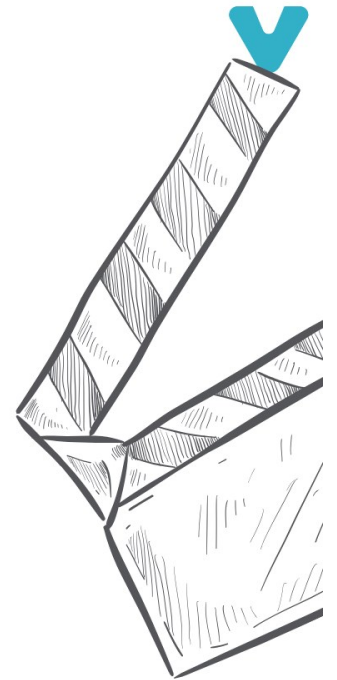
fcss
St. Paul Regional
Family and Community
Support Services

CALL 780-645-5311
for more information or visit
FCSS 5002-51 Avenue or the
Tourist Information Center
AKA "the Landing Pad"
5012-53 Street, St Paul.





MOVIE NIGHT



**CONCESSION
AVAILABLE**

"SUPER MARIO BROS"

The movie will take place in the A.G. Ross Arena in Elk Point

MONDAY, JULY 1

Starts at 8:00 PM

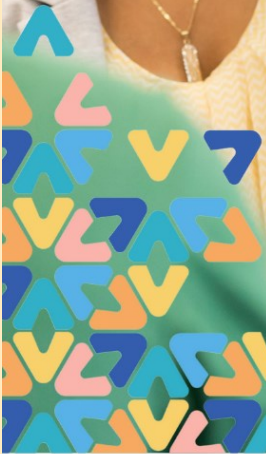
Please bring your own lawn chairs



**FOR MORE INFORMATION
CONTACT THE OFFICE AT
780-645-5311**



Connecting **Women** through
conversation



Ladies, Let's Talk

Come out for casual,
open conversation.

Meet other like minded
women to chat about
whatever is on your mind.

Learn, grow,
share & connect.

Meeting once a month on the
2nd Tuesday of each month.
Facilitated to women,
by women.

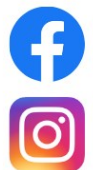
Wednesday

July 17, 2024

7:30 PM

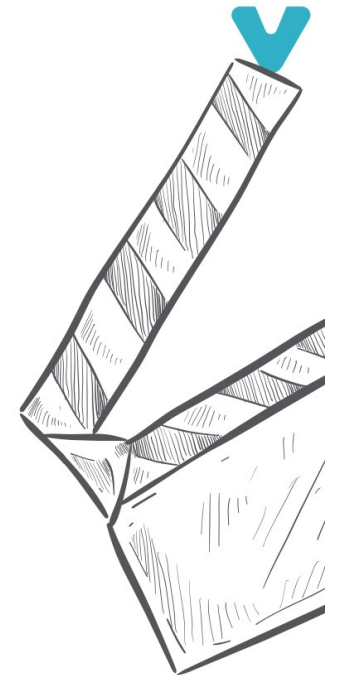
@FCSS Boardroom, 5002-51 Ave, St Paul.

Call 780-645-5311
for more info
& to connect.





MOVIE NIGHT



CONCESSION AVAILABLE

"ELEMENTAL"

The movie will take place at the Reunion Station in St. Paul

FRIDAY, JULY 26

Starts at Dusk

Please bring your own lawn chairs



FOR MORE INFORMATION
CONTACT THE OFFICE AT
780-645-5311





Connect, get outdoors and walk your way to better health.

BENEFITS

WEIGHT MANAGEMENT

burns up to 46% more calories than regular walking

BALANCE

improve balance and confidence for walking with four points of contact

OFF LOADING

takes stress off painful hip and knee joints

CORE STRENGTHENING

1000 ab contractions per 1000 steps

FULL BODY WORKOUT

uses all your body muscles

WALKING

you can walk more, faster and further

POSTURE

promotes an upright posture

CARDIO

25% more of a cardiovascular workout compared to walking alone



URBANPOLING Wednesdays

Join Us!

1:30PM

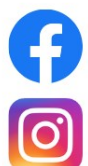
@ FCSS

(5002-51 Ave, St Paul)



REGISTER

Call 780-645-5311



Promoting a sense of community.

YOU'VE BEEN FLOCKED



Is there someone you wish to celebrate or want to let know that you're thinking about them?

**Let us help
you out...**

Call us to book your "flock of happy pink flamingos"! We will set up and take down the flock safely at the town location of your choice along with a personalized door hanger explaining why your person has been flocked. The flock will hang out for about 24 hours then they'll be picked up to return to their home.

Weekdays

May - September

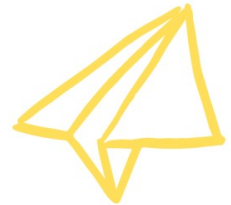
9AM - 4PM

CALL TO
RESERVE

St Paul 780-645-5311
Elk Point 780-724-3800



KIDS AGED 7-12 SUMMER CAMP



MALLAIG

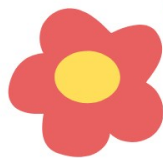
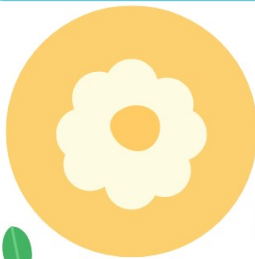
- AT THE MALLAIG HALL
- STARTING JULY 2 UNTIL AUGUST 15
- EVERY TUESDAY AND THURSDAY
- FROM 10AM TO 2PM

ASHMONT

- AT THE ASHMONT AGRIPLEX
- STARTING JULY 3 UNTIL AUGUST 19
- EVERY MONDAY AND WEDNESDAY
- FROM 10AM TO 2PM

ELK POINT

- LOCATION MAY VARY DEPENDING ON WEATHER
- ONLY JULY 5, 19, 26, AND AUGUST 9
- FROM 1PM TO 3PM



To register please contact Brooke or Emma at 780-645-5311 or by email at bdechaine@town.stpaul.ab.ca before June 30



Fostering community connections and promoting a feeling of belonging.

COMMUNITY AWARENESS 2024 NIGHT

Join us

for an exciting evening where organizations are on hand to promote, register members and discuss their role in our community. Community Awareness Night is FREE to attend and open to all.

**Call 780-645-5311 or
780-724-3800**

for more information
or to reserve your community
organization table.

Wednesday

Sept 4th, in Elk Point

6:30 PM-8:30 PM

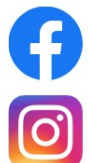
ALLIED ARTS CENTRE
4605-57 AVE

Wednesday

Sept 11th, in St Paul

5 PM-8 PM

ST PAUL REC CENTRE
4802-53 ST





Connect with us!

Regional FCSS Interagency promotes the free exchange of information, concerns and solutions among human service organizations in the region of St Paul. This body meets to facilitate collaboration among members with common goals.

2024 St Paul Meeting Dates:

- January 9th
- March 12th
- May 14th
- Sept 10th
- Nov 12th

2024 Elk Point Meeting Dates:

- Feb 12th
- April 8th
- June 10th
- October 7th
- Dec 9th

Mondays

In Elk Point

4906A-48 Street

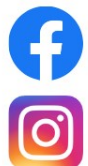
Tuesdays

In St Paul

5002-51 Ave

10AM - 11AM

Call 780-645-5311 for more info.





Are you new to our community?

We invite you to stop by for a visit & to receive your FREE Friendly Welcome package filled with promotional and informational items from local businesses and community organizations.

We look forward to meeting you!

Welcome Home

Come Connect

St Paul

780-645-5311
5002-51 Avenue

Elk Point

780-724-3800
4904 48 Street



St. Paul Regional FCSS & Family Resource Network



st.paul_fcss





*Congratulations
& a very warm welcome to your new arrival!*

BABY WISE BUNDLE

Parents of babies born in the region of St Paul will receive a coupon to redeem a FREE Baby Wise Bundle at either of our Regional FCSS offices. Bundles are full of information, guides and giveaways to help welcome your newborns into our community.

St Paul
780-645-5311
5002-51 Avenue

Elk Point
780-724-3800
4904 48 Street



St. Paul Regional FCSS & Family Resource Network

st.paul_fcss





Support for **CAREGIVERS**



Improving the well-being of another.

CAREGIVERS SUPPORT PACKAGE

Caregiving is the most special gift you can give to another human being and sometimes you need a little support.

We've created a FREE package with resources to support you on your caregiving journey.

If you are a caregiver for a senior, connect with us, we can help.

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



St. Paul Regional FCSS &
Family Resource Network



st.paul_fcss





Scan for our calendar.

YOUTH DROP-IN

Let's dive into some summertime fun!



July & August

MONDAY-
THURSDAY



4PM- 6PM



See Calendar
for locations!



FCSSyouth@town.stpaul.ab.ca



780-614-1941



FREE

This summer, we're basking in all the gorgeous sunshine outdoors! Take a peek at our calendar for exciting happenings and to find our daily spot! And, if rain crashes our party, we'll be waiting for you at FCSS, 5002 51 Ave!

Explore our programming on Facebook and Instagram!



SPYC20 OR st.paul_fcsc



St. Paul Regional FCSS & Family Resource Network

2024 YOUTH DROP IN

July

Ages 13-18

HOSTED IN
St Paul
 5002 - 51 Ave
 Use the SPYC Door
 4pm - 6pm

MON	TUE	WED	THU	FRI
<p>Check Facebook for other Canada Day events!</p> <p>CLOSED</p> <p>1</p>	<p>Tuesday's Bonfire & Hangout</p> <p>2, 9, 16, 23 & 30</p>	<p>Outdoor Games</p> <p>@ UFO Landing Pad</p> <p>3</p>	<p>Yoga</p> <p>@ Rogerson Park OR FCSS IF RAINING</p> <p>4</p>	<p>Take a Walk!</p> <p>CLOSED</p> <p>5</p>
<p>Movie Mondays!</p> <p>8, 15, 22, 29</p> <p> FREE Popcorn</p> <p>YOU Choose the movie each week!</p> <p> MOVIE NIGHT</p> <p></p>	<p>4-6PM AGES 13-15</p> <p>6-8PM AGES 16-18</p> <p>8-10PM AGES 19-25</p> <p>@ Lions Park (Mainstreet)</p> <p>FREE Marshmallows</p> <p>Hangout Lawn Games Bring a lawn chair</p> <p></p>	<p>Pokémon Go</p> <p>@ Fish Pond Gazebo GYM</p> <p>10</p>	<p>Lets make SMASH Burgers</p> <p>11</p>	<p>CHECK TOWN APP FOR LOCAL EVENTS</p> <p>CLOSED</p> <p>12</p>
		<p>Come Play Volleyball</p> <p>@ Lagasse</p> <p>17</p>	<p>Art Walk St. Paul</p> <p>@ Racette Bear Statue</p> <p>18</p>	<p>Check Out the splash park! @ Lagasse</p> <p>CLOSED</p> <p>19</p>
		<p>Pokémon Go</p> <p>@ Trail Sign Lagasse GYM</p> <p>24</p>	<p>Makin' Walking Tacos</p> <p>25</p>	<p>FCSS OUTDOOR MOVIE @REUNION STATION</p> <p>CLOSED</p> <p>26</p>
		<p>Basketball Freestyle</p> <p>@ Racette</p> <p>31</p>		<p>SATURDAY 27 SKATE MANIA</p> <p></p>



Call: **780-645-5311**
 Text: **780-614-1941**

Email: **FCSSyouth@town.stpaul.ab.ca**
 Web: **stpaulfcss.ca**



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St. Paul Regional FCSS & Family Resource Network

Jump Back Up July 2024



MONDAY

1 Take a small step to help overcome a problem or worry

8 Avoid saying "must" or "should" to yourself today

15 Set yourself an achievable goal and take the first step

22 Find 3 things you feel hopeful about and write them down

29 Be a realistic optimist. Focus on what could go right

TUESDAY

2 Adopt a growth mindset. Change "I can't" into "I can't...yet"

9 Put a problem in perspective by seeing the bigger picture

16 Find fun ways to distract yourself from unhelpful thoughts

23 Remember that all feelings and situations pass in time

30 Reach out to a friend, family member or colleague for support

WEDNESDAY

3 Be willing to ask for help when you need it

10 Reach out to someone you trust and share your feelings with them

17 Use one of your strengths to overcome a challenge today

24 Choose to see something good about what has gone wrong

31 Remember we all struggle at times - it's part of being human

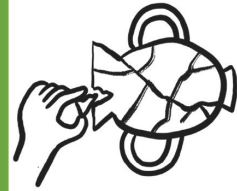
THURSDAY

4 Find something to look forward to today

11 Look for something positive in a difficult situation

18 Let go of the small stuff and focus on the things that matter

25 Notice when you are feeling judgmental and be kind instead



FRIDAY

5 Get the basics right: eat well, exercise and go to bed on time

12 Write your worries down and save them for a specific 'worry time'

19 If you can't change it, change the way you think about it

26 Catch yourself over-reacting and take a deep breath



SATURDAY

6 Pause, breathe and feel your feet firmly on the ground

13 Challenge negative thoughts. Find an alternative interpretation

20 When things go wrong, pause and be kind to yourself

27 Write down 3 things you're grateful for (even if today was hard)



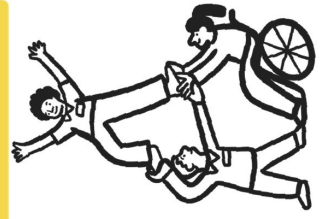
SUNDAY

7 Shift your mood by doing something you really enjoy

14 Get outside and move to help clear your head

21 Identify what helped you get through a tough time in your life

28 Think about what you can learn from a recent problem



ACTION FOR HAPPINESS


Happier • Kinder • Together

2024

St Paul LOCATION

July

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

MON	TUE	WED	THU	FRI
01 CLOSED CANADA DAY See poster for events	02 Triple P Tipsheet <i>Tantrums</i> 10am-11:00am REGISTER	03 Youth Board Games 2pm-4pm DROP IN	04 Buggies on the Block 1:30pm - 3:30pm DROP IN	05 Fine Motor Fun 10am-12pm DROP IN
08 CAMP SUNSHINE	09 CAMP SUNSHINE	10 CAMP SUNSHINE	11 CAMP SUNSHINE	12 CAMP SUNSHINE
15 Rhymes That Bind 10am-12pm DROP IN	16 Kids in the Kitchen 2pm-4pm REGISTER	17 Growing Minds JR 2pm-4pm REGISTER	18 Fire Hall Tour 10am-12pm REGISTER	19 Car Seat Check 2pm-4pm REGISTER
Growing Minds JR 2pm-4pm REGISTER			Buggies on the Block 1:30pm-3:30pm DROP IN	
22 Growing Minds JR 2pm-4pm REGISTER	23 Summer Luau Party 10am-12pm DROP IN	24 Growing Minds JR 2pm-4pm REGISTER	25 Home Alone 10am-12pm REGISTER	26 No Program
	Kids in the Kitchen 2pm-4pm REGISTER	Dungeons & Dragons 6pm-8pm REGISTER	Buggies on the Block 1:30pm-3:30pm DROP IN	
29 ASQ Screening 10am-12pm REGISTER	30 Kids in the Kitchen 2pm-4pm REGISTER	31 Nature Walk and Picnic at Westcove 12pm-2pm REGISTER		
Growing Minds JR 2pm-4pm REGISTER				

Lakeland
 FAMILY RESOURCE NETWORK

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

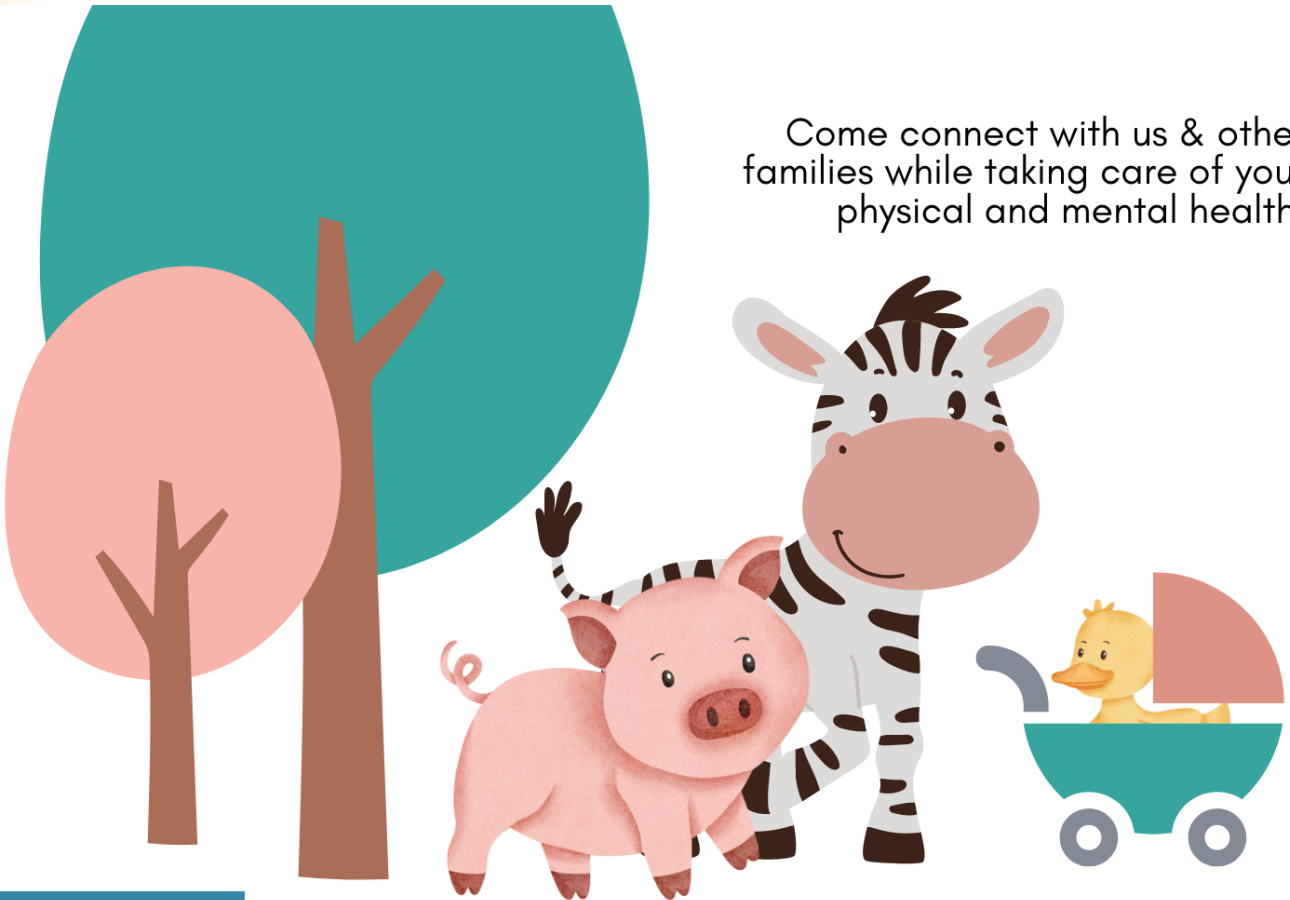


st.paul_fcsc



St. Paul Regional FCSS & Family Resource Network

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



0-18 MONTHS

Lagasse Park, East parking lot

Buggies on the Block

Weather Permitting
(Watch social media for updates)

Thursdays
1:30pm

DROP IN

780-645-5311



Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





Triple P Positive Parenting Program helps you:

- Raise happy, confident kids
- Manage misbehaviour
- Set rules and routines
- Encourage positive behaviour
- Take care of yourself as a parent
- Feel confident you're doing the right thing

CAREGIVERS
LFRN St Paul 5002-51 Ave

Triple P Tip Sheet

Tantrums

Tuesday July 02
10am - 11am

CALL TO REGISTER
780-645-5311

FREE



Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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



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

Interested in a Tip Sheet?

General Topics

Preparing Your Child for a New Baby
Feeling depressed After the Birth of Your Baby
Home Safety
Coping With Stress
Balancing Work and Family
Being a Parent
Supporting Your Partner

Infant Topics

Sleeping Patterns
Crying
Promoting Development
Separation Anxiety

Toddler Topics

Sharing
Hurting Others
Wandering
Disobedience I
Tantrums
Language
Independent Eating
Bedtime Problems
Whining
Toilet Training

Preschooler Topics

Mealtime Problems
Nightmares and Night Terrors
Separation Problems
Tidying Up
Travelling in the Car
Interrupting
Having Visitors
Going Shopping
Fighting and Aggression
Disobedience II

Primary Schoolers Topics

Behavior at School
Being Bullied
Chores
Homework
Fears
Bedwetting
Stealing
Self-Esteem
Lying
ADHD
Creativity
Sport
Swearing

Teenager Topics

Friends and Peer Relationships
Coping with Depression
Taking Drugs
Money and Work
Drinking Alcohol
Coping with Anxiety
Fads and Fashion
Sexual Behavior and Dating
Eating Habits
Rudeness and Disrespect
Smoking
Truancy

Triple P Caregiver Capacity Building Sessions

Family Transitions - Managing Separation and Divorce
Fear Less - Managing Your Child's Anxiety
Primary Care - Developing Parenting Plans



YOUTH 7+

LFRN St Paul 5002-51 Ave

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

Youth Board Games

Wednesday July **03**
2pm-4pm

DROP IN
780-645-5311

FREE

Lakeland

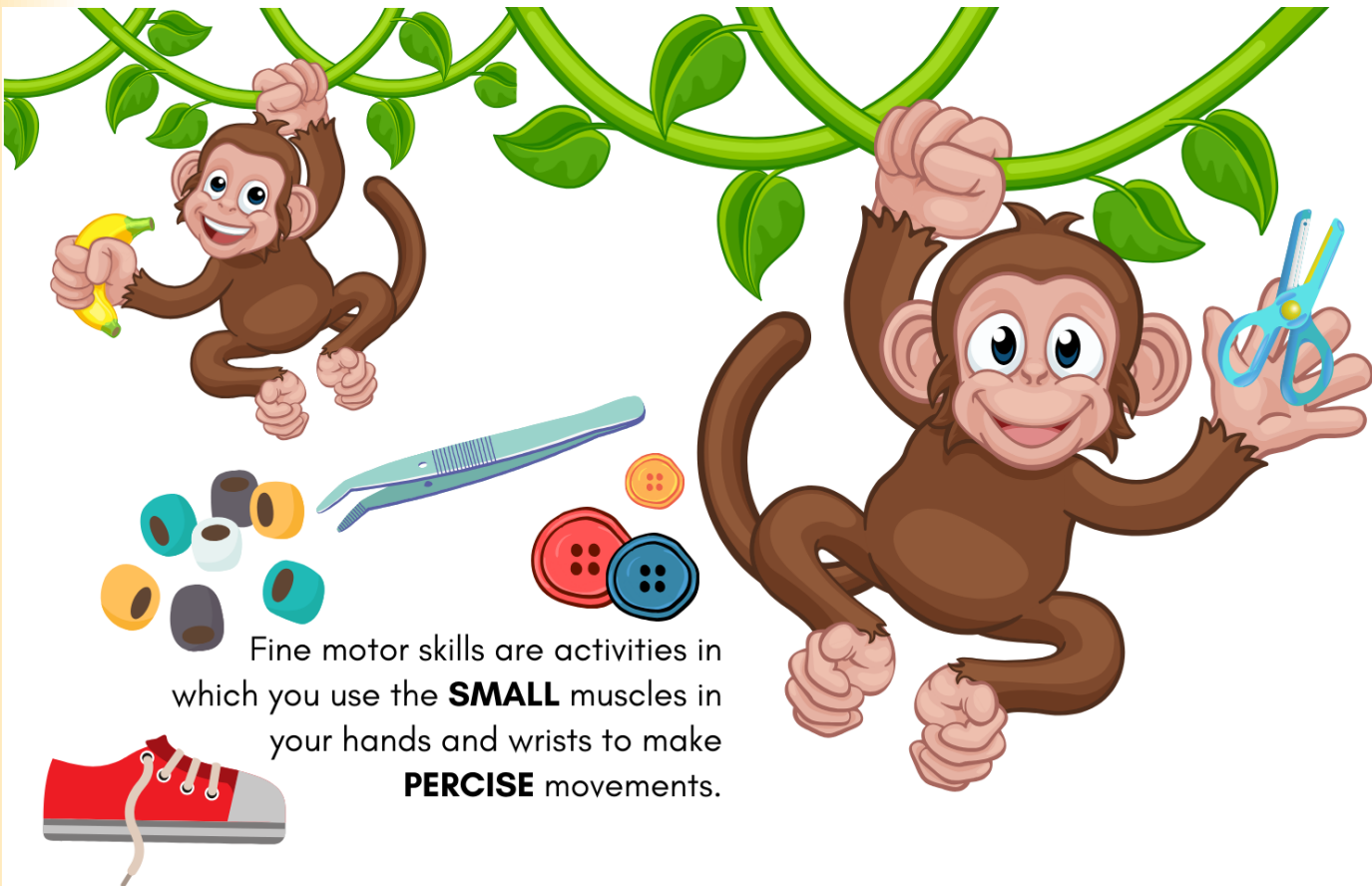
FAMILY RESOURCE NETWORK

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

AGES 0-6

LFRN St Paul 5002-51 Ave

Developing fine motor skills through play.

Fine Motor Fun

Friday July 05

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.





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

AGES 0-6

LFRN St Paul 5002-51 Ave

Helping promote healthy family relationships.

Rhymes that Bind

Monday July 15

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.





BIG Life JOURNAL

FOR KIDS

WEEKLY THEMES

- ▶ **WEEK ONE**
BELIEVE IN YOURSELF;
MISTAKES HELP YOU GROW
- ▶ **WEEK TWO**
BE PRESENT;
BE GRATEFUL
- ▶ **WEEK THREE**
BE UNIQUE, BE YOU;
CHALLENGES MAKE YOU STRONGER
- ▶ **WEEK FOUR**
EFFORT IS KEY;
LOVE LEARNING
- ▶ **WEEK FIVE**
BE KIND;
MAKE A DIFFERENCE IN THE WORLD

Created specifically for 7 to 10 year-olds.
A 5 week program that teaches children
how to develop a growth mindset through
inspiring stories, colorful illustrations
and engaging guided activities.

YOUTH 7-10

LFRN St Paul 5002-51 Ave

Growing Minds **Junior Edition**

JULY 15, 17, 22, 24 & 29

2pm-4pm

CALL TO REGISTER
780-645-5311

FREE

Lakeland

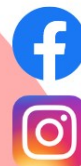
FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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

Snacks & your
very own
Big Life Journal
included.





This **four week program** is an introduction to kitchen safety, food handling, nutrition and cooking. Join peers to create meals and participate in fun activities.

YOUTH 10+

LFRN St Paul 5002-51 Ave

Kids in the Kitchen

July 16, 23, 30

August 06

2pm - 4pm

4 week program

CALL TO REGISTER

780-645-5311

FREE

Lakeland

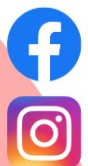
FAMILY RESOURCE NETWORK

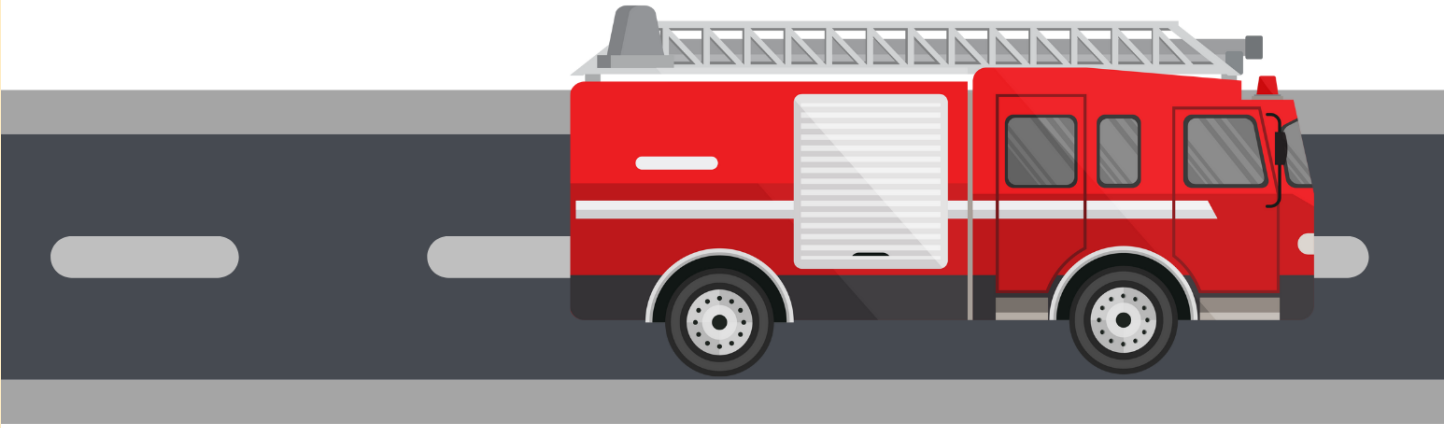
Connect with us for more information.

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

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

Teaching children healthy nutrition practices, kitchen safety and safe food handling in a fun manner.





TOUR THE FIRE HALL

AGES 0-6

St. Paul Fire Hall 5101 50 Street

**THURSDAY
JULY 18
AT 10:00AM**

TO REGISTER CALL
780-645-5311



Lakeland

FAMILY RESOURCE NETWORK



Join us as
we tour the
St. Paul Fire Hall

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





Get your car seat checked
by a certified technician.

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

Find out if it's
time for a change.

CAREGIVERS

LFRN St Paul 5002-51 Ave

Car Seat Check

Friday
July 19

2pm-4pm
CALL TO REGISTER
780-645-5311

FREE



St. John Ambulance



St. Paul Regional
Family and Community
Support Services

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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



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



AGES 0-6

LFRN St Paul 5002-51 Ave

Summer Luau Party

Tuesday July 23

10am-12pm

DROP IN

780-645-5311



Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





**Dungeon Master
in attendance**
Snacks Provided

YOUTH 12-18

LFRN St Paul 5002-51 Ave

Dungeons & Dragons

Wednesday July **24**

6pm-8pm

CALL TO REGISTER

780-645-5311

FREE

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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



Connect with friends and learn a new game.



Various topics include:

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

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

YOUTH 8+

LFRN St Paul 5002-51 Ave

Home Alone Course

Thursday July **25**
10am - 12pm

\$10 REGISTRATION FEE

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.



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



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

Monday July **29**

10am-12pm

CALL TO REGISTER

780-645-5311

FREE

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

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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

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





Get to know the nature around us.
Join us for a walk in nature followed
by a picnic we will provide.

FOR ALL AGES
WESTCOVE CAMPGROUND

Nature Walk & Picnic

at WestCove

Wednesday July 31

12pm - 2pm

CALL TO REGISTER

780-645-5311

FREE

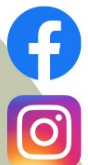
Lakeland

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.





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




Lakeland

FAMILY RESOURCE NETWORK

2024
July

Elk Point LOCATION

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

MON	TUE	WED	THU	FRI
01  CLOSED CANADA DAY	02 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	03 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	04 Summer Craft 2:00pm - 4:00pm REGISTER	05 Matching Pattern Games 10am - 12pm DROP IN Buggies on the Block 1:30pm - 3:30pm DROP IN
08 CLOSED Camp Sunshine	09 CLOSED Camp Sunshine	10 CLOSED Camp Sunshine	11 CLOSED Camp Sunshine	12 NO PROGRAM
15 Have a coffee with someone special!	16 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	17 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	18 Games & Ice cream 1:30pm-3:30pm REGISTER	19 Rhymes That Bind 10am - 12pm REGISTER
22 Think about what made you smile today!	23 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	24 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	25 NO PROGRAM	26 Story & Craft 10am - 12pm REGISTER
29 Try something NEW this week!	30 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	31 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm		



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

Sharing happiness within the community



**Share the
Sunshine**

This Summer

Would you like to brighten someone's day with a card of Sunshine? FCSS is here to help you do just that! Stop by our office to pick up your set of Sunshine cards and start distributing. You never know who's day you will change with one Sunshine card.

July & August
Tuesday & Wednesday

8:30AM-4:30PM

**STOP BY OUR ELK POINT
OFFICE @ 4906 48ST
and grab your FREE
set of Sunshine Cards.**





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

YOUTH 7+
LFRN Elk Point 4906-48 St

Youth Group Crafts

Thursday July 04

2:00pm-4:00pm

FREE TO REGISTER
780-724-3800

Encouraging listening skills, attention span and creativity.

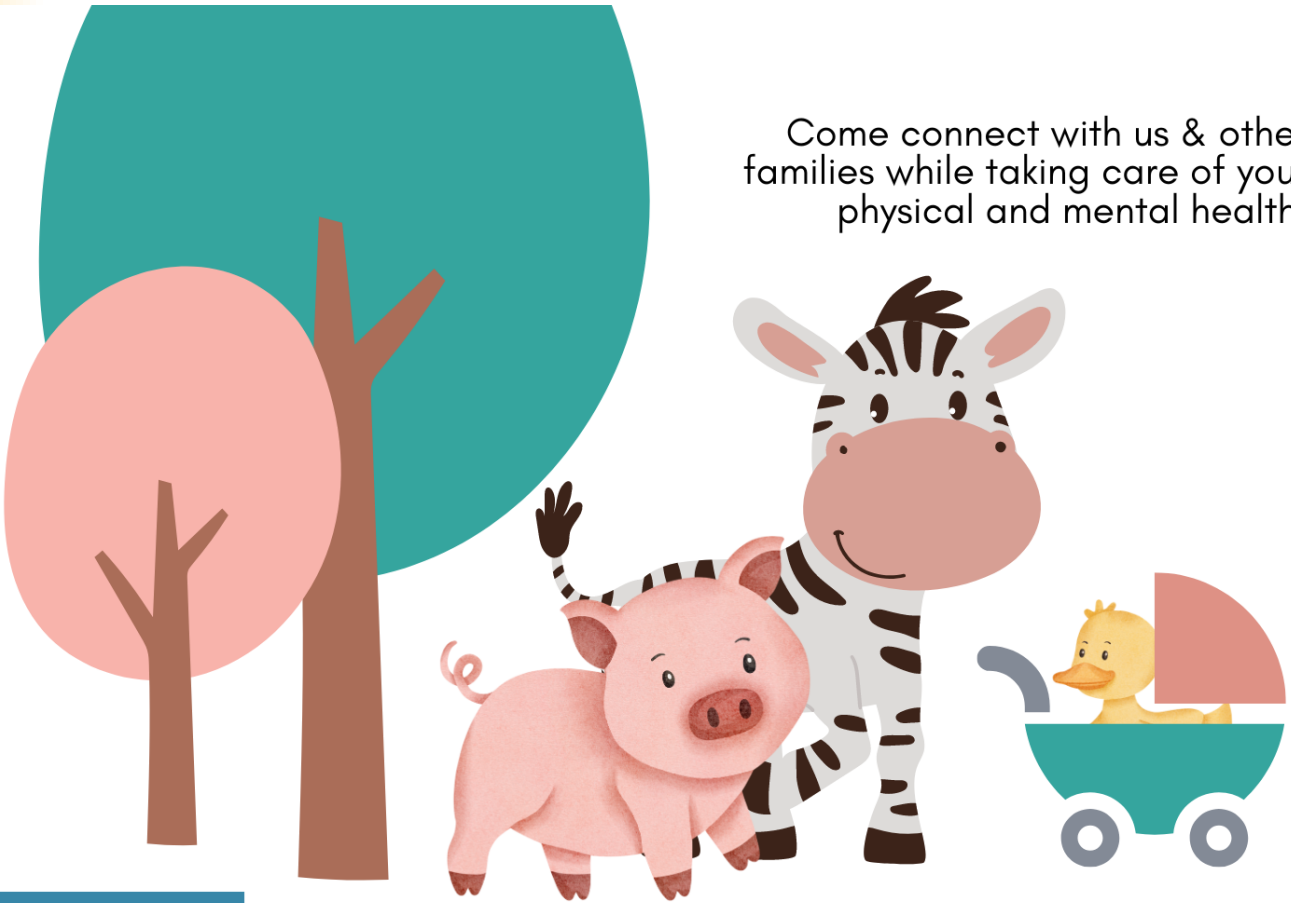
Lakeland

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.



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



0-18 MONTHS

Stafford Park, Centennial Drive

Buggies on the Block

Weather Permitting (Watch social media for updates)

Fridays 1:30pm

DROP IN

780-724-3800



There will be no Buggies on the Block from July 12th-26th.

Lakeland

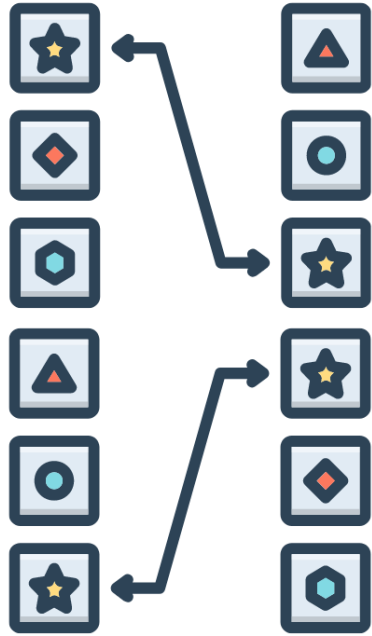
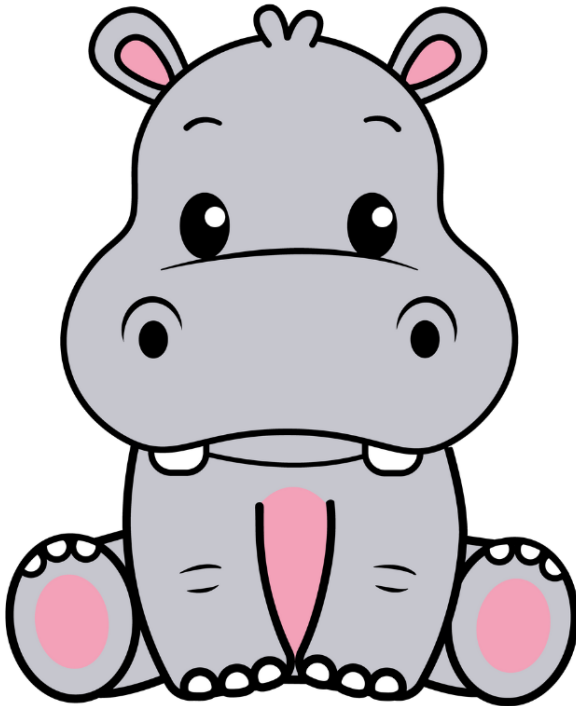
FAMILY RESOURCE NETWORK

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.





AGES 0-6

LFRN Elk Point 4906-48 St

Matching Patterns

Friday July **05**

10am-12pm

DROP IN

780-724-3800



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

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





YOUTH 7+

LFRN Elk Point 4906-48 St

Board Games Play

WITH ICE CREAM TREAT

Thursday July 18

1:30pm-3:30pm

FREE TO REGISTER
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.



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

AGES 0-6

LFRN Elk Point 4906-48 St

Rhymes that Bind

Friday **19**
July

10am-12pm

REGISTER

780-724-3800



Helping promote healthy family relationships.

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





AGES 0-6

LFRN Elk Point 4906-48 St

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

Storytime & Craft

Friday July **26**

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.





COUNTY COMMUNICATOR

Our Mission is to Create Desirable Rural Experiences

WEBSITE SUBMISSIONS - EVENTS CALENDAR

Jump in to camping season!



Floatingstone

One of Alberta's Top 13 Beaches to visit



Lac Bellevue

Spacious beach and a brand-new playground

Stoney Lake

Easy access to the lake with convenient boat launch



Westcove

Find all your outdoor and summer sports



Book today through campreservations.ca



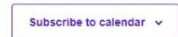
1 Open our 'Events' webpage, in the top header.



COUNTY OF ST. PAUL

For Residents ▾

2 Scroll down to the 'Submit Event' button, below the first page of listed events.



3 Complete the Event Form with your event info. Click off on the CAPTCHA and waiver boxes before selecting 'Submit'.

4 As the form does not include an upload section for images or posters, attachments can be sent separately by email to countysp@county.stpaul.ab.ca

Include the Event Name and Organization Name in the Subject Line of the email.

REEVE, GLEN OCKERMAN
gockerman@county.stpaul.ab.ca
780-210-1025

DIVISION 1, DARRELL YOUNGHANS
dyoungmans@county.stpaul.ab.ca
780-645-8513

DIVISION 2, KEVIN WIRSTA
kwirsta@county.stpaul.ab.ca
780-614-5959

DIVISION 3, ROSS KREKOSKI
rkrekoski@county.stpaul.ab.ca
780-614-8295

DIVISION 4, MAXINE FODNESS
mfodness@county.stpaul.ab.ca
780-645-4778

DIVISION 5, DALE HEDRICK
dhedrick@county.stpaul.ab.ca
780-210-0889

DIVISION 6, LOUIS DECHAINE
ldechaine@county.stpaul.ab.ca
780-210-0467

CHIEF ADMINISTRATIVE OFFICER
jwallsmith@county.stpaul.ab.ca
780-646-6742

ADMIN OFFICE: 780-645-3301

Community at the Core | Accountability in Action | Lead and Succeed | Unwavering Integrity | Innovate to Elevate



4713 – 50 Street, St. Paul, Alberta, T0A 3A4
Mission Statement: "A Hand UP Not a Hand OUT"

AFFORDABLE HOUSING OPPORTUNITY

The SPACH Society is now accepting applications from families for the affordable rent-to-own home scheduled for construction. The property is a (3) bedroom home to be located in the town of St Paul. Eligibility requirements are as follows:

1. Applicants will be required to participate in a home ownership training webinar (date to be determined).
2. Applicants must currently reside in the St Paul region.
3. Applicants must be able to achieve mortgage payments of \$1,250.00 per month plus taxes and utilities.
4. Applicants must be willing to assume responsibility for maintaining the property to an acceptable standard. (subject to inspection)
5. During the rental period, pets will not be allowed.
6. Applicants will be required to contribute 500 hours of community service.

Applicants must agree to the following:

- Interviews with SPACH Society members and their agents (ie: financial advisors)
- Rental reference checks
- Personal reference checks
- Financial means assessment
- Disclosure of the names and ages of family members who will occupy the home
- Submission of any and all plans to guarantee their success in this program, personal, social and financial
- Sharing information regarding previous home ownership experience

For more information contact:

Zan Reilly @ (780) 645-0799
Email: spachsociety@gmail.com

Applications for selection for the affordable rent-to-own home are available at:

St Paul Regional FCSS Office, 5002-51 Ave, St Paul, AB
Servus Credit Union 4738-50 Ave, St Paul, AB
Musée St Paul Museum 5209-50 Ave, St Paul, AB

SCREEN TEST

Mobile Mammography Screening is coming to:

St. Paul

July 2 to 11, 2024

Community Health Services



Appointments are required. Call to book:

1-800-667-0604 (toll free)

To learn more visit: screeningforlife.ca

*Thank you for supporting Screen Test for over 30 years.
Together we are saving lives, one community at a time.*



**SCREENING
FOR LIFE.CA**



Post until: Jul. 11, 2024

Caregiver Education Team Newsletter

May/June 2024



Alberta Health Services is proud to offer FREE online programming to caregivers of school-age children and youth as well as adults in the community who want to learn more about addiction and mental health topics.

Sessions are offered online through the Zoom conferencing application. A link to access the online session will be sent by email to those who have registered for the session.

Adult Education Sessions

Understanding Anxiety Series

For adults supporting their own wellness or the wellness of a loved one.

**Part 1:
An Introduction**
Wednesday, May 1
12:00 – 1:00 pm

**Part 2:
Calming Our Bodies**
Wednesday, May 8
12:00 – 1:00 pm

**Part 3:
Settling Our Minds**
Wednesday, May 22
12:00 – 1:00 pm

**Part 4:
Overcoming Avoidance**
Wednesday, May 29
12:00 – 1:00 pm

Adult Education Sessions

NEW! Wellness Exchange Series

For adults supporting their own wellness or the wellness of a loved one.

Part 3: Managing Reactions
Wednesday, May 1
6:00 – 7:30 pm

Part 4: Helpful Thinking
Wednesday, May 15
6:00 – 7:30 pm

Part 5: Healthy Connections
Wednesday, May 29
6:00 – 7:30 pm

Caregiver Education Sessions

Test Anxiety *Strategies for Success*

For parents and teens (grades 7-12) to attend together

Monday, June 3
6:00 – 7:30 pm

Adult Education Sessions

Silver Linings

For adults supporting their own wellness or the wellness of a loved

Part 1:
Tuesday, June 4
12:00 – 1:00 pm

Part 1:
Tuesday, June 11
12:00 – 1:00 pm



Professional Practice & Education Services
Addiction & Mental Health
Edmonton Zone

For more information, visit www.cyfcaregivereducation.ca

July 2024 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, or as a refresher for those continuing to manage diabetes.

Overview

Jul 4	Thurs Morning	9:30-12:00pm
Jul 25	Thurs Evening	5:30-8:00pm
Aug 6	Tues Afternoon	1:30-4:00pm
Aug 15	Thurs Morning	9:30-12:00pm

Nutrition

Jul 11	Thurs Morning	9:30-11:00am
Aug 1	Thurs Evening	5:30-7:00pm
Aug 13	Tues Afternoon	1:30-3:00pm

Ongoing Care

Jul 18	Thurs Morning	9:30am-12:00pm
Aug 8	Thurs Evening	5:30-8:00pm

Heart & Stroke

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

Overview & Prevention

Jul 17	Wed Morning	9:30am-12:00pm
Aug 7	Wed Morning	9:30am-12:00pm

Nutrition

Jul 24	Wed Morning	9:30am-12:00pm
Aug 14	Wed Morning	9:30am-11:00am

Moving Matters

Discuss methods of getting moving safely and learn how this can help you. Explore what gets in your way and make a plan to get started, stay motivated and have fun.

Aug 19 - Mon Morning - 9:30am - 12:00pm

Help using Zoom is available!

Weight Management

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

Series 1—Classes 1.1, 1.2, & 1.3

Jul 9, 16, & 23	Tues Morning	9:30am-12:00pm
Aug 6, 13, & 20	Tues Afternoon	1:30-4:00pm

Series 2—Classes 2.1, 2.2, & 2.3

Aug 15, 22, 29	Thurs Morning	9:30am-12:00pm
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Series 3—Classes 3.1 & 3.2

Jul 9 & 16	Tues Morning	9:30am-12:00 pm
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Supervised Exercise Program -Virtual Classes-

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

June 25-Aug 1, Tues/Thurs 10am-11:30am

Managing Stress

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

July 16 & 23 Tue Afternoons 1:30am-4:00pm

Better Choices, Better Health

Build skills to help overcome the physical and emotional challenges and manage your health

Living with a Chronic Condition

July 24 - Aug 28 - Wed Mornings 9:30am - 12:00pm

Living with Chronic Pain

July 3 – August 7 - Wed Mornings - 9:30pm - 12:00pm



To register for a Zoom class call:

1-877-349-5711

Or

<https://www.healthylivingprogram.ca>



**Alberta Health
Services**

Alberta Healthy Living
Program

Alberta Healthy Living Program

Education that Supports your Health and Your Life



Better Choices Better Health® Group Support for living with a long-term health condition

- Connect with others living with chronic conditions (Diabetes, Weight, Heart conditions, Anxiety)
- Discuss anger, fear & frustration
- Try strategies to improve your sleep
- Explore healthy eating choices
- Better manage medications
- Solve problems and set goals
- Attend with a friend or family member

**Next 6-week workshop runs:
Wednesday afternoons
May 8, 15, 22, 29, June 5, & 12
1:30 - 4:00 p.m.
Join Online by zoom**

Chronic Pain Group Support Better Choices Better Health®

- Connect with others experiencing long-term pain
- Hear how others manage pain & fatigue
- Discuss anger, fear & loss
- Try strategies to improve your sleep
- Explore how food influences pain
- Better manage medications
- Practice a gentle movement program
- Solve problems and set goals

**Next 6-week workshop runs:
Thursdays evenings
June 13, 20, 27, July 4, 11, & 18
6:00 - 8:30 p.m.
Join Online by zoom**



Register at:
www.healthylivingprogram.ca
1-877-349-5711



**Alberta Health
Services**

Alberta Healthy Living
Program

Free Exercise Program

Alberta Healthy Living Program

Education that supports your health and your life



Upcoming Sessions:

June 3 - July 15, Mon/Wed	1:00pm-2:30pm
June 3 - July 15, Mon/Wed	6:00pm-7:30pm
June 25 - Aug 1, Tues/Thurs	10am-11:30am

- Tailored to your fitness level
- Twice per week for 6 weeks
 - No equipment needed
 - Learn to exercise safely
- Use Zoom in your own home

If you are an adult living with one or more chronic health conditions, join this **FREE, safe, fun and interactive** small-group setting.

Experience the Health Benefits

Free Virtual Exercise Program

Register at:

www.healthylivingprogram.ca



For more information:
Call 1-877-349-5711



**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: 2nd 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.



Learn More About Pediatric Rehabilitation: Child and Youth Development Resources

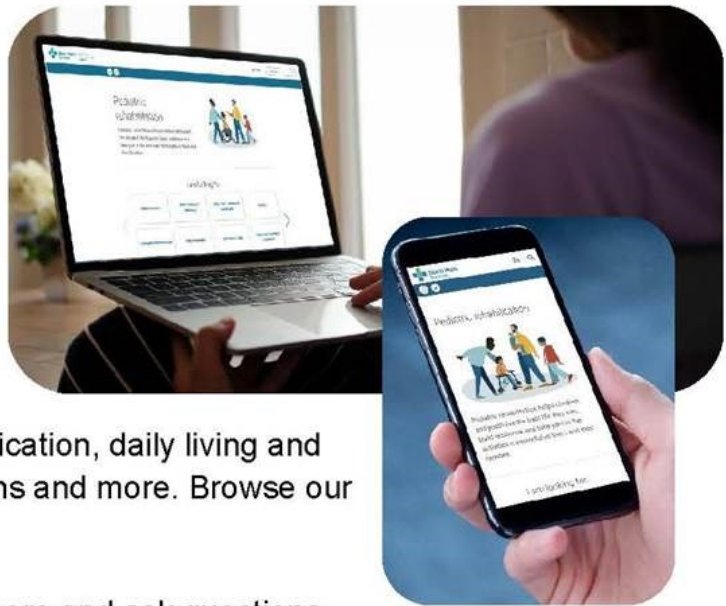
Caregivers, parents, and those who work with children and youth from birth to age 18 are invited to explore an exciting new platform to learn directly from Alberta-based pediatric rehabilitation experts:

AHS.ca/PedRehab

AHS.ca/PedRehab offers information and advice on a wide range of child development topics including communication, daily living and gross motor skills, behaviours, emotions and more. Browse our resources or use the site to:

- Register for webinars to learn more and ask questions about the most common challenges identified by parents and caregivers.
- Find a call-in advice line for parents and caregivers.
- Connect to local services for children and youth.

All AHS resources are available at no cost.



Pediatric Rehabilitation helps children and youth live well, build resiliency, and take part in activities meaningful to them and their families.

Visit AHS.ca/PedRehab today



mentalhealthliteracy.org

[@mh_literacy](https://twitter.com/mh_literacy)

youtube.com/c/MHLiteracy

facebook.com/MHLiteracy

[@mhliteracy](https://instagram.com/mhliteracy)

mhliterate@gmail.com

Mental health awareness in Canada is growing, yet awareness isn't enough. It's time to utilize the best available scientific evidence to take meaningful action.

It's time to #GetLiterate

Understanding Mental Health Literacy

Mental health literacy is part of health literacy and includes four key components:

- Build skills to get and stay mentally healthy
- Improve understanding of common mental disorders and treatments
- Reduce stigma
- Increase effective help-seeking

Learning About the Stress Response

Mental health is the capacity to successfully adapt to life's challenges. It includes a wide range of thoughts and feelings, as well as the stress response. By learning how to handle daily stressors, we can strengthen our problem-solving skills and build resilience.

The Stress Response video



bit.ly/MHL_stress1

Understanding Stress (and what to do about it) poster



bit.ly/MHL_stress2

Evidence-Based Medicine framework video



Want to feel empowered in making decisions about health and mental health care? Learn how the Evidence-Based Medicine framework can help.

bit.ly/MHL_evidencebased

Becoming Media and Website Savvy video



Overwhelmed with all the health information out there? Learn how to sift through misinformation and get evidence-based answers with this video.

bit.ly/MHL_mediasavvy

Communicating With Your Health Provider handout



Prepare for your appointment with your health care provider. Feel empowered and take action with an informed conversation.

bit.ly/MHL_ask

MHL Pyramid poster



bit.ly/MHL_Pyramid1

MHL Pyramid Explained video



bit.ly/MHL_Pyramid2

Adolescent Development

Parenting Your Teen booklet



bit.ly/MHL_parent2teen

Teening Your Parent booklet



bit.ly/MHL_teenprimer

The Big 5 (+1) for Mental Health poster

Research continues to support a handful of basic lifestyle factors that help keep us mentally healthy.



bit.ly/MHL_big5

Check out the Mental Health Literacy Toolbox to learn more!



bit.ly/MHL_toolbox



What is the Seniors' Centre Without Walls?

The Seniors' Centre Without Walls (SCWW) is a free, phone-based program that offers recreational activities, skill-building lessons, health and well-being topics, and friendly conversations for older adults (55+) who find it difficult to leave their home to participate in community activities.

How do I register?

Call **780-395-2626** and **press 1**

How do I join a program?

You can join by phone or by computer:



Join by phone:

1. Call toll-free: **1-855-703-8985**
2. When prompted, enter Meeting ID: **225-573-6467#**
3. Press # if you are asked for any more numbers

If you have difficulty connecting with 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)



Join by computer:

Go to:

zoom.us/j/2255736467

Video will not be used for any SCWW programs.

JULY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>NO PROGRAMS</p> <p>HAPPY CANADA DAY!</p> <p>8 9:30am: Ponder This 11am: Exercise 1pm: The Big Picture 3pm: Robert Louis Stevenson</p> <p>15 9:30am: The 1960s 11am: Exercise 1pm: Some Good News 3pm: Treasure Island Pt 1</p> <p>22 9:30am: The Art of Noticing 11am: Exercise 1pm: Klondike Gold Rush 3pm: Treasure Island Pt 2</p> <p>29 9:30am: The Art of Noticing 11am: Exercise 1pm: Animal Spotlight 3pm: Treasure Island Pt 3</p>	<p>2</p> <p>11am: Imagination Circle 1pm: Program Preview 3pm: Readers' Corner 4:30pm: Name That Sound</p> <p>9 11am: Mindfulness 1pm: Science Savvy 3pm: Let's Talk About... 4:30pm: Wheel of Fortune</p> <p>16 11am: Imagination Circle 1pm: Mental Health Allyship Pt 1 3pm: Would You Rather? 4:30pm: Jeopardy</p> <p>23 11am: Mindfulness with Bonnie 1pm: Mental Health Allyship Pt 2 3pm: Pierre Trudeau 4:30pm: Trivia</p> <p>30 11am: Music Meditation 1pm: Olympics 3pm: Coffee Chat 4:30pm: Scattergories</p>	<p>3</p> <p>9:30am: All Request Music 11am: Crime and Justice 1pm: Coffee Chat 3pm: Exercise</p> <p>10 9:30am: Mystery Chronicles 11am: Music Therapy 101 1pm: Person Place or Thing 3pm: Exercise</p> <p>17 9:30am: Coffee Chat 11am: EPL Presents! 1pm: Don't Quote Me 3pm: Exercise</p> <p>24 9:30am: In The Headlines 11am: Get to Know Us: Karoline 1pm: Who Why When 3pm: Exercise</p> <p>31 9:30am: Vinyl Café 11am: Great Barrier Reef 1pm: Let's Talk About... 3pm: Estranged Relationships</p>	<p>4</p> <p>9:30am: Gratitude 11am: Why Who When 1pm: In The Headlines 3pm: Lily Tomlin</p> <p>NO MORNING PROGRAMS</p> <p>11 1pm: For Your Body 3pm: Coffee Chat 4:30pm: Dinner Theatre</p> <p>18 9:30am: Gratitude 11am: Name That Tune 1pm: Calgary Stampede 3pm: Working Through Grief 4:30pm: Dinner Theatre</p> <p>25 9:30am: Gratitude 11am: Shark Week 1pm: Coffee Chat 3pm: Funny Bone</p>	<p>5</p> <p>9:30am: Classical Music Hour 11am: Exercise Chair Yoga 1pm: Worldviews 3pm: Brain Games</p> <p>12 9:30am: Kickin' Country Music 11am: Exercise 1pm: Writing for Fun 3pm: Vulnerable Animals</p> <p>19 9:30am: All Request Music 11am: Exercise 1pm: Weird and Wonderful 3pm: In The Headlines</p> <p>26 9:30am: Latin Dance 11am: Exercise 1pm: Writing for Fun 3pm: BINGO</p>

Pre-registration required

Special Events

Conversations

Health & Wellness

Learn & Discover

Just for Fun!

To join by phone, call: **1-855-703-8985**
 Enter meeting ID: **225-573-6467#**

Mannawanis Native Friendship Centre



WEAVING WICHITOWIN

LEARNING YOUTH EDUCATION

Program

Starting July

Every Tues 5pm to 7pm

Every Thurs 5pm to 7pm

Ages 6 to 12

Ages 13 to 18

Program Includes:

Cultural Based Teachings

Budgeting

Nutrition

Mental Health

Medicine Wheel
Teachings

Sports Program

Gift cards
&

Prize Incentives
will be given

To register please contact
Twila at 780-645-4630



**Lakeland Centre for FASD
presents**

**Alberta's Housing Roadmap
& RDSP Financial Planning**

**Hotel Dene, Cold Lake
6:30–8 pm
July 11th**





Caregiver Support Night

Virtual Session:

July 15th, 7-8pm via Zoom
(download Zoom app & contact for link)

In person session: (Bonnyville)

Bonnyville Centennial Centre

2nd Floor, Room # 248

July 22nd, 7-8pm



Topic: Boundaries

- **Connect with other Caregivers and Parents**
- **Learn how to set boundaries**
- **Light snacks and refreshments**
- **For more information or to register please email admin@lcfasd.com or contact your Outreach Coordinator for the zoom link**



780-594-9905




lcfasd.com



2024 YOUTH TEEPEE SUMMIT

July 29 - 31, 2024

Reconciliation to Reconcili-ACTION

 **North East River Valley Event Center, Edmonton**
903 - 153 Ave NE - Edmonton, Alberta T5Y 6K8

Register Now!



Stay tuned for more announcements!

Beyond T H E S P E C T R U M

F A S D C O N F E R E N C E 2 0 2 4

HOSTED BY THE LAKELAND CENTRE FOR FASD

OCTOBER 22ND & 23RD, 2024

RADISSON HOTEL &
CONVENTION CENTRE

4520 76 AVENUE NW,
EDMONTON, ALBERTA

beyondthespectrum@lcfasd.com

Ticket Prices

Early Bird (May - July) - \$300.00

Regular (August - October) - \$350.00

STAY
INFORMED



Keynotes

KEITH
DA SILVA

DDS, MSC, FRCDC

ASSISTANT PROFESSOR
UNIVERSITY OF SASKATCHEWAN



KATHERINE
FLANNIGAN

PHD, R. PSYCH

RESEARCH ASSOCIATE
CANFASD



AUDREY
MCFARLANE

B.CR, MBA

EXECUTIVE DIRECTOR
CANFASD





St. Paul Education

ÉCOLE MALLAIG PRESCHOOL

*is now accepting registrations
for the 2024-25 school year!*

3 CLASSES
PER WEEK
ONLY \$37.00
A MONTH!

THIS PROGRAM INCLUDES:

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

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

📞 780-635-3858 ✉️ handkell@sperd.ca

Note: Program subject to sufficient enrollment





Cyber-Seniors provides **FREE** technology support and training for older adults.



TECH DROP-IN

Come with your questions and we will do their best to answer them. If we think it requires more time we will help you book a one-on-one call. No Charge.

THURSDAYS
ONLINE

12:00 - 2:00 PM

To register visit:

cyberseniors.org/webinars/



RURAL ROOTS ACADEMY

A FUN AND FLEXIBLE APPROACH
TO EDUCATION



OFFERING:

A Supervised drop off centre for students to access teacher support for homeschooling and alternate schooling

High School & Career Planning guidance

Supplemental course material for all students

After school support for students enrolled in local schools

***YOUR HOMESCHOOLING AND ALTERNATE
EDUCATION HUB FOR THE LAKELAND!***

AGES 8+

FEES:

\$40/Day (open 8:30am-5:30pm)

\$25/ half day (8:30 -1:00 or 1:00-5:30)

\$15 after school (anytime after 3)

High School Planning: **\$75 one time fee**

Career & Post Secondary Planning: **\$150 one time fee**



**REGISTRATION
NOW
OPEN**

Contact Laura: 780-614-8985 (call or text)
ruralrootsed@gmail.com, www.ruralrootsacademy.com

Follow us on Facebook and Instagram

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

www.labourforcelink.ca



Empower Your Workforce with Labour Force Link: Your Complete Solution for Customized Support and Expert Guidance

FREE support for employers:

- **Recruitment Strategies:** Tips and tools to find and keep great employees.
- **Links to Workers:** Connect to job-seekers via our website, social media, and organized hiring events.
- **Help You Grow:** Improve your employee's skills, plan for the future, and create a diverse and inclusive workplace.
- **Job Market Support:** Smart advice on dealing with local job shortages so your business stays strong.
- **Information & Referrals:** Links to helpful resources and assist with applying for government-funded programs.

Contact Us:

- Athabasca & Lac La Biche 780-404-4496
- Bonnyville & Cold Lake 587-201-4858
- St. Paul & Vegreville 780-242-2484

Lauren Houle



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

Canada

Alberta



**FIRST NATIONS
HEALTH CONSORTIUM**



TRANSITIONING INTO ADULTHOOD & TREATY STATUS REGISTRATION



Did you know?
First Nations Health Consortium staff work with First Nations families on treaty status registration assistance as well as advising youth during their journey to adulthood.



Find out more:
1-844-558-8748
www.abfnhc.com/support-services



EMPLOYMENT SERVICES

FOR PEOPLE WITH DISABILITIES AND BARRIERS TO EMPLOYMENT



WAGE SUBSIDY

Employers, ask us about wage subsidy that may be available to offset the cost of extra training required by some individuals.



EMPLOYMENT SUPPORTS

If you qualify you may receive assistance with obtaining work clothes, boots, and other work-related gear for starting your new job.



EXPOSURE COURSES

Assistance may be provided for short training courses to increase your chances at landing the job.



MOBILE JOB SERVICES

Delivering job search, resume development and printing services for those living rurally in surrounding communities.



OUR FRIENDLY FACILITATORS WORK WITH YOU TO:

Job Seekers

- Understand your strengths and abilities and plan a career path that suits you.
- Support you with your job search including creating a great resume.
- Provide short-term job coaching after you get a job to help you succeed, if needed.

Employers

- Refer qualified people with compatible skill sets.
- Provide on-the-job supports to help with staff retention, if needed.
- Support your efforts to build a more diverse workforce.

SERVICES PROVIDED IN



Bonnyville: [780.201.6005](tel:780.201.6005)
 Cold Lake: [780.594.6244](tel:780.594.6244)
 Lac La Biche: [780.623.1281](tel:780.623.1281)
 St. Paul: [780.614.1944](tel:780.614.1944)
 Vegreville: [780.603.8182](tel:780.603.8182)



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
and Vegreville.

JOB SEEKERS

We can work with you to:

- Understand your strengths and abilities and plan a career path that suits you.
- Support you with your job search including creating a great resume.
- Assist, if eligible, with obtaining work clothes, boots, or other work-related gear for starting your new job.
- Assist, if eligible, to obtain short training courses to increase your chances at landing the job.



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

EMPLOYMENT SKILLS WORKSHOPS



July 2024 Calendar	
July 3, 2024	Transferable Skills
July 10, 2024	Skills and Interests
July 17, 2024	Resume Development
July 24, 2024	Communication Skills
July 31, 2024	Marketing Yourself

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 rnicolli@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



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.





Lakeland
EMPLOYMENT SERVICES

IN-PERSON WORKSHOPS

JULY WORKSHOP SCHEDULE

July 3, 2024	Job Search Online and Traditional
July 10, 2024	How to Setup a Bank Account
July 17, 2024	How to Apply for ID Cards
July 24, 2024	How to Apply for Your Treaty Card
July 31, 2024	Resume Development

WEDNESDAY AFTERNOONS – 1:30 PM

4701 50Ave 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 

Get connected & feel confident online.

Learn how with the Digital Literacy Program

START YOUR FREE TRAINING

(888) 839-9239

alberta.ca/DigitalLiteracy



Funded in part by the
Government of Canada's
Skills for Success Program

Canada

Alberta



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!

CALL 780-646-3166 OR VISIT TO REGISTER WWW.HEARTSTARTERTRAINING.CA

Mitch (Heart) Starter
PRESENTS

Youth Zone

Ages 9-15
(some exceptions)

Participants will receive an Emergency first aid completion certificate.

Participants 12+ will receive full Emergency first aid -Level C (CSA Basic) certification through Heart and Stroke

Snacks, Lunch, drinks provided

July 12th, 2024

10:00am-4:30pm

Portage College, St. Paul

\$70.00



ALL HOSTS ARE ACTIVE MEDICAL PERSONNEL

summer 2024 COMMUNITY GUIDE



TOWN OF

ST. PAUL

A People Kind of Place



*Scan
& Access*



Download Our App & Connect

Google Play

App Store



TOWN OF

ST. PAUL

ST. PAUL CANADA DAY!

MONDAY JULY 1, 12PM - 4PM
RECREATION CENTRE

Axe Throwing • Petting Zoo • Rollerskating/Inline Skating
Vendors Market • Sparkle Tattoo's • Balloon Animals
FREE Donuts, Ice Cream & Coffee • Face Painting
Food Trucks • Show & Shine • Bouncy Houses • Arts & Crafts
Caity Hoops Circus Performance: 12:15pm - 12:45pm
Kehewin Native Dance Theatre: 1pm - 2pm
Jason Circus Performance: 2pm - 2:45pm
Live Music w/ Tyler Fodchuk: 3pm - 4pm
FREE Sponsored Movie(s) at Elite Theatre: 4:30pm
The NeverEnding Story (1984) & The Lego Movie (2014)

FIREWORKS AT APPROX. 11:00 PM

SPONSORED BY:





Canada

CANADA DAY 2024

SCHEDULE OF EVENTS:

SUNDAY JUNE 30TH:

- 10am- Interdenominational Church Service at Main Stage
- Ball Tournament at Elk Point Ball Diamonds. Only \$20/player. Championship Game 6:30pm at North Hill.
- Minor Ball Skills Competition at Ball Diamonds,
- 3:00pm- Soap Box Car Derby at Arena
- 8pm- Beer Gardens, concession, live music & minute-to-win-it games at arena
- 11pm- **FIREWORKS!**

MONDAY JULY 1:

- 8-10:00am *Friends of the Library* free pancake breakfast
- 10am free ice cream at Lakeland Realty
- **10:30am *note time change*-** Canada Day Parade (line up 9:30 eco centre)
- 11-2 Co-op BBQ- Proceeds to Helping Hands
 - *all **above** events happening downtown*
 - *all **below** at the Canada Day Stage & Arena*
- 11:30am- National Drumming event with Chinese Choir, Dragon & Lion Dances with live drumming event at 12:00
- 12:50-4:00pm- Main Stage Entertainment
- 1:00-4:00pm- Family Fun Entertainment, activities, games, vendor market, concession & food trucks!
- 4:30pm-5:30pm- Family Challenge behind arena
- 5:00-7:00pm- Pyroghy Supper at Allied Arts
- 8:00pm- FCSS Free Family Movie Night Featuring Super Mario Brothers in Arena



JULY



Sunday	Monday	Tue.Sday	Wedne.Sday	Thur.Sday	Friday	Saturday
	1	2 Come in and enjoy a book! 3:30-6:30	3 Come in and enjoy a book! 4:00-8:00	4 Decorate a Rock Snake Story and Craft 10:30	5	6
7	8	9 Come in and enjoy a book! 3:30-6:30	10 Mary Lambert Performance 6:30pm	11 Come in and enjoy a book! 9am-1pm	12	13
14	15	16 Come in and enjoy a book! 3:30-6:30	17 Family Movie Night 6:30pm	18 Succulent Flower Container Drop in from 10am-12pm	19	20
21	22	23 Come in and enjoy a book! 3:30-6:30	24 Tea Party and Snacks 6:30pm	25 Come in and enjoy a book! 9am-1pm	26	27
28	29	30 Come in and enjoy a book! 3:30-6:30	31 Come in and enjoy a book! 4:00-8:00	☀️☀️☀️☀️☀️		



AUGUST



Sunday	Monday	Tue.Sday	Wedne.Sday	Thursday	Friday	Saturday
				1 Decorating Challenge Story and Craft 10:30am	2	
4	5	6 Come in and enjoy a book! 3:30-6:30	7 Come in and enjoy a book! 3:30-8:30	8 Stepping Stones Story and Craft 10:30am	9	10
11	12	13 Come in and enjoy a book! 3:30-6:30	14 Family Movie Night 6:30pm	15 Decorate Pencil Case Story and Craft 10:30am	16	17
18	19	20 Come in and enjoy a book! 3:30-6:30	21 Come in and enjoy a book! 3:30-8:30	22 Tea Party and snacks 11:00am	23	24
25	26	27 Back to regular hours 8:00am-6:30pm	28 8:00am-8:30pm	29 8:00am-6:30pm	30	31



KIDS SUMMER CAMP

TIME: 9AM - 4PM
AGE: 5 - 12 YEARS OLD
COST: \$250.00/WEEK

Week 1: July 2 - 5 (*short week \$200)
Week 2: July 8 - July 12
Week 3: July 15 - July 19
Week 4: July 22 - July 26
Week 5: July 29 - Aug 2
Week 6: Aug 6 - Aug 9 (*short week \$200)
Week 7: Aug 12th - Aug 16
Week 8: Aug 19th - Aug 23
Week 9: Aug 26th - Aug 30

REGISTER AT:
ST. PAUL AQUATIC CENTRE
780 645 3388





The Sassy Giraffe Workshop

with Deanna Graham

Join us for a fun and lively family night as we paint sassy giraffes! 8 years old and up.

- July 2, 2024
- 6:00 PM - 8:30 PM
- 5822 50th Ave St. Paul
- \$30.00 / Person

e-transfer to:

mpdowntownartsstudio@outlook.com



HISTOIRE *entre* AMIS

10H00 À 11H30



MERCREDI
WEDNESDAY
3, 10, 17, 24 ET 31
Juillet/July



OÙ/WHERE :
BIBLIOTHÈQUE MUNICIPALE
MUNICIPAL LIBRARY

4802 53 ST, ST. PAUL, AB T0A 3A4

**GRATUIT
FREE**

**DES ACTIVITÉS AMUSANTES ET
CRÉATIVES**

FUN & CREATIVE ACTIVITIES

Summer
BBQ



\$22

Steak Plate

OR

\$10

Hamburger
Plate

*Brought to you
by the
Ashmont Legion*

*All profits will continue
to support community
projects!*

FRIDAY NIGHT BBQS

June 7

July 5

Aug 2

Sept 6

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

Ashmont Legion Hall

JUMP VOLLEYBALL PRESENTS

VOLLEYBALL CAMP 2024

ST. PAUL

JULY 8-12, 2024

WHAT TO EXPECT:

- ✓ EXPERIENCED VOLLEYBALL COACHES
- ✓ TEAM BUILDING EXERCISES
- ✓ SKILL DEVELOPMENT
- ✓ FRIENDLY MATCHES
- ✓ LOTS OF FUN!!

AGE GROUP

**GRADES
5 - 12**

REGISTRATION FEE

\$ 300

*** \$ 275/ATHLETE WHEN YOU REGISTER 2 OR MORE ATHLETES ***

CAMP LOCATION

GLEN AVON (GRADES 5 - 8)
REGIONAL (GRADES 9 - 12)

REGISTRATION

LINK IN BIO!

MORE INFO:



1 (780) 614-7414



JUMPVOLLEYBALLCAMP@GMAIL.COM

CAMP ROCK



\$400 JULY 8-12
9AM - 5PM

***AGES 13 - 20**
music experience required



WITH LEVON VOKINS

Music Degree, Audio Engineer & Professional Musician

Etransfer mpdowntownartsstudio@outlook.com to register



4822 50 AVE, ST. PAUL



Tic-Tac-Toe & Hand Dish

**Clay Hand-building with
Rosanne Hale & Brock Duncan
for Youth Ages 8+**

Tuesday, July 9, 2024

Time: 1:00 pm - 4:00 pm Cost: \$35
at the **St. Paul Visual Arts Centre**
4613-53 Street, St. Paul, AB

Kids will learn basic hand-building by cutting, scoring and slipping, embossing and under-glazing to create a tic-tac-toe game as well as a hand dish. Projects will be dried, bisque-fired, clear glazed and glaze-fired by the Centre. Participants may bring their own nut-free snack and water bottle. Pre-Registration and pre-payment are required. ***After you've registered with Rosanne*** payment can be made to the St. Paul Visual Arts Centre by cheque, cash, or e-transfer at spvac@telus.net Please include the class date and child's name in the e-transfer memo.

**Please text or call instructor Rosanne between
9am - 8pm by July 7th at 1-250-702-0794**

**Visit us at www.spvac.com or on
Facebook [@StPaulVisualArtsCentre](https://www.facebook.com/StPaulVisualArtsCentre)**



Together We're Better Camprground Drop-ins Tuesdays - Fridays

Floating Stone Lake Day Use Area

July 2 - 5th
July 9 - 12th

1 p.m. -
4 p.m.

Lac Bellevue Day Use Area

July 30 - Aug 2nd
Aug 6th - 9th

- Crafts
- Games
- Stories
- Activities



CALL LILY AT 780-872-4596 FOR MORE INFORMATION

*All days are Weather Dependent. Watch Facebook for notifications: <https://www.facebook.com/TWBMHCSt.Paul>



St. Paul Education



Together We're Better



St. Paul TEEN Day CAMP



TWB
Mental Health
Capacity Building

JULY 23 - 26



FREE

Ages 13 - 17

★ Sports

★ Art

★ S.T.E.M

★ Games

★ Music



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

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

TWEEN

SUMMER

MINI CAMP



ACTIVITIES

- Games
- Sports
- Music
- S.T.E.A.M
- FUN

FREE

**AGES
10 - 12**

ST. PAUL

**JULY
16 - 17**



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

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



**Formulaire d' Inscription-
Registration Form :**

**Saint-paul@acfa.ab.ca
780-645-4800
4617-50Ave**

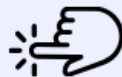
SUMMER CAMP D'ÉTÉ

Activités:

- **Arts & Bricolages- Arts & Crafts**
- **Semaines en Plein Air- Outdoor week**
- **Semaine de Culture- Culture Week**

Detenir une Adhésion familiale valide l'ACFA
Must have a valid family membership for ACFA

ACFA membership



2024

**8 juillet- 2 août
July 8th- August 2nd**

**9h00-15h00
Places Limitées-
Limited Spots**

**AGES :
5-12**

**30\$-Sem/enfant
30\$/week/child**

**15\$ par enfant supplémentaire
15\$ per additional kids**

Canada

CA Theatre IMP

GAMES - STORY TELLING - VISUAL ARTS - IMPROV - CHARACTER DEVELOPMENT - PARTNER AND GROUP EXERCISES - PHYSICAL COMEDY - SOLO PERFORMANCE PRACTICE

\$400 FOR THE WEEK - FOR AGES 15 - 18

ETTRANSFER MPDOWNTOWNARTSSTUDIO@OUTLOOK.COM TO REGISTER



JULY 15-19
9AM - 5PM
WITH CHRISTINE LESIAK

With a Master of Fine Arts in Drama from the University of Alberta, a Bachelor of Science in Physics, and extensive experience teaching in universities, workshops, private and public schools.



4822 50 AVE, ST. PAUL

St. Paul District Arts Foundation



Power Pack!

Discover Your Hidden Super Powers

with Intentional Creativity
Teacher Deanna Miller

Tuesday, July 23, 2024

Time: 6:30 pm - 9:30 pm

Age: 18+ (16+ if accompanied by an adult) Cost: \$54

St. Paul Visual Arts Centre

4613-53 Street, St. Paul, AB

Revealing the Hidden Gifts Within Through Intentional Creativity ~ Acrylic Painting

- Discover your hidden super powers
- Listen to your inner voice
- Open to what you are meant to create in this life
- Share your gifts in community

Learn more about Deanna on Instagram [@prairieartist](#)
on Facebook [@deannamillerart](#) or at www.deannamillerart.ca

The Centre accepts various forms of payment including e-transfers,
which can be sent to spvac@telus.net **once you've registered**
Please include the **class date and name** in the e-transfer note.

Register by contacting SPVAC volunteer at: 780-614-7821

Visit us at www.spvac.com or on Facebook [@StPaulVisualArtsCentre](#)



ASHMONT & DISTRICT AG SOCIETY



HERITAGE DAYS & FARMERS' MARKET

JULY 27-28



COME OUT TO THE ASHMONT
AGRIPLEX GROUNDS

MORE DETAILS COMING SOON

HAYING IN THE 30'S



**FOR SAFETY ISSUES
NO OPEN CAMPFIRE
NO DOGS
ALLOWED ON GROUNDS**

AUGUST 3 - 4, 2024

**MALLAIG, AB
RAIN OR SHINE**



MEMORIES OF THE PAST

**NO ADMISSION
DONATIONS ACCEPTED**



- HORSE DRAWN EQUIPMENT DEMO
- TOUR THE VILLAGE
- LIVE MUSIC ALL DAY
- SATURDAY NIGHT HOE-DOWN
- KIDS GAMES
- VIEWING ZOO
- FACE PAINTING
- ROPE MAKING
- NUMEROUS ATTRACTIONS & DISPLAYS



SCHEDULE OF EVENTS

SATURDAY

10:00am OPENING CEREMONIES PARADE TO FOLLOW

11:00am - 5:00pm

DEMO AND ATTRACTIONS

6:00 pm BEEF ON A BUN

9:00 pm OLD FASHION HOE DOWN

SUNDAY

9:00 am INTER-FAITH CHURCH

9:30 am PANCAKE BREAKFAST

DEMO AND ATTRACTIONS

11:30 am to 4:00 pm

**100% OF ALL DONATIONS GO TO SUPPORT THOSE
WHO ARE UNDERGOING CANCER TREATMENTS**

For more information:

CONTACT:

780-210-9523

780-210-9527

www.hayinginthe30s.com

Haying in the 30's

Box 35

Mallaig, AB

TOA 2K0



St. Paul & District Chamber of Commerce Rodeo Week Kick off Party



FUN MONEY
Casino Games
8-11 pm

18+ ADULTS ONLY



August 28, 2024

St. Paul Rec Centre

**Join us to celebrate local businesses and all they
do to support our community**



\$60 per person | \$450 for a table for 8



**Treat your staff,
co-workers or a
group of friends
for a fun evening
of networking**

**Cocktails @ 5:30pm
Supper @ 6:00pm**



**\$20.00 per team with
cash payouts**

St. Paul & District
Chamber of Commerce

Tickets available online at: www.stpaulchamber.ca
For more information contact Chamber of Commerce at:
Phone: 780-645-5820 or Cell (text) 780-210-5820
executivedirector@stpaulchamber.ca

St. Paul
RODEO
MILE



AUGUST 31, 2024*

***BEFORE the Rodeo Parade**

U9 (1/4 Mile) begins at 9:45am - \$20

Full 1 Mile begins at 10:00am - \$30

(Cost includes T-Shirt)

Stay tuned for more information on how to register on social media or
contact Tim Penner at penntim@spcrd.ca



Brought to you by:



Canada-Alberta Job Grant Information Session

Private Business including Sole Proprietors & Partnerships, Non-Profit sector employers, First Nation & Metis Settlements

The Canada-Alberta Job Grant is a training program where an employer applies on behalf of their present or future employees for eligible training costs. Employers decide who gets training and what type of training may be needed for their employees.

Join us and Luke Groenen from the Ministry of Jobs, Economy, and Trade to learn how CAJG can help your business with financial support for employee training.

Attend via in person or virtually

Two Sessions to choose from:

Thursday, September 5 - 8:30am-10:00am

OR

Wednesday, September 18 - 12:00pm-1:30pm

Funding provided by the Government of Canada through the Workforce Development Agreement.

Please register by email:

executivedirector@stpaulchamber.ca

or Phone: 780-645-5820





SLO-PITCH TOURNAMENT

SEPTEMBER 7/8, 2024

St. Paul, AB

Men's &
Ladies
Homerun
Derby

Camping
available
nearby

Entry Fee - \$400

Co-ed - 6/4 with EH

Umpires for Playoffs

CASH PRIZES!!

Beer Gardens
& Concession
on site

Contact Yvonne:

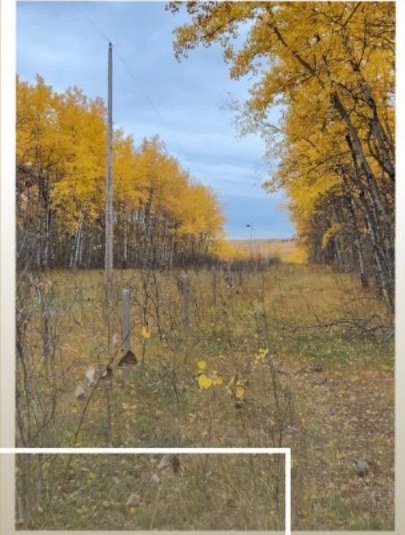
780-645-1097 or

cordexsam@gmail.com



**24
TEAMS**





REGISTRATION

2024

IRON HORSE ULTRA

Early Bird

\$100/Runner
December 15th to
January 31st

Regular

\$150/runner
February 1 to
June 30th

Late

\$200/Runner
July 1st to
September 15th

Register now and find out more

through our website

www.ironhorseultra.com

Iron Horse



Ultra 100

Race Weekend: October 4th, 5th and 6th
Race Starts: 7:00 AM Saturday, October 5th

Elk Point Ultra - 60KM



WHEN: OCTOBER 5, 2024

START TIME: 12:00PM

REGISTER AT;

[WWW.IRONHORSEULTRA.COM/
ELK-POINT-ULTRA-60](http://WWW.IRONHORSEULTRA.COM/ELK-POINT-ULTRA-60)





CAREER CONNECTIONS

REGIONAL JOB FAIR

Join us for a day of networking and connect with jobseekers in the area!



THURSDAY, 17 OCTOBER 2024



Optional workshop:
10:00am - 11:00am

Gate Open:
12:00 PM - 07:00 PM



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



Early Bird rate : \$75.00
Regular rate: \$100.00

Register by Sept. 15 for Early Bird Discount!

Includes:

- Workshop by Workforce Consultant from Labour and Workforce Strategies
- 8X8 Booth Space
- Lunch



[Register](#)





LEADERSHIP ESSENTIALS WORKSHOP



Canada Alberta Job Grant

Employers, potentially receive up to 2/3 of Training Cost reimbursed

- Module 1:** Self Aware Leader
- Module 2:** Leadership Development
- Module 3:** Communication Essentials

Workshop Dates 9am-4pm

- October 30, 2024 (Module 1)
- November 6, 2024 (Module 2)
- November 13, 2024 (Module 3)

Registration:

\$1,900 + GST

Includes workshop, ongoing leadership site, tools, training, handouts & certification.

For more information, or to register please contact Yvonne at St. Paul Chamber:
executivedirector@stpaulchamber.ca
780-645-5820
<https://stpaulchamber.ca>

This 3-part workshop focuses on the learning and development of effective leaders. The program's goal is for learners to understand effective leadership and communication basics, as well as develop and apply these necessary skills to their organization, and commit to continuous improvement.



Lead Instructor
SARA HURTUBISE
Director, CPHR, B.Comm
Lakeland HR Solutions

Proud Partnership
St. Paul & District
Chamber of Commerce

S.A.G.E Haven

A support group and safe space for anyone who identifies as a member or ally of the 2SLGBTQIA+ community.

(Participation is confidential)

Families and youth welcome!


Attend in person or online!


Access resources!

Connect with others!

For more information regarding dates/times/locations and online options to attend, please contact us via email or Facebook Messenger.

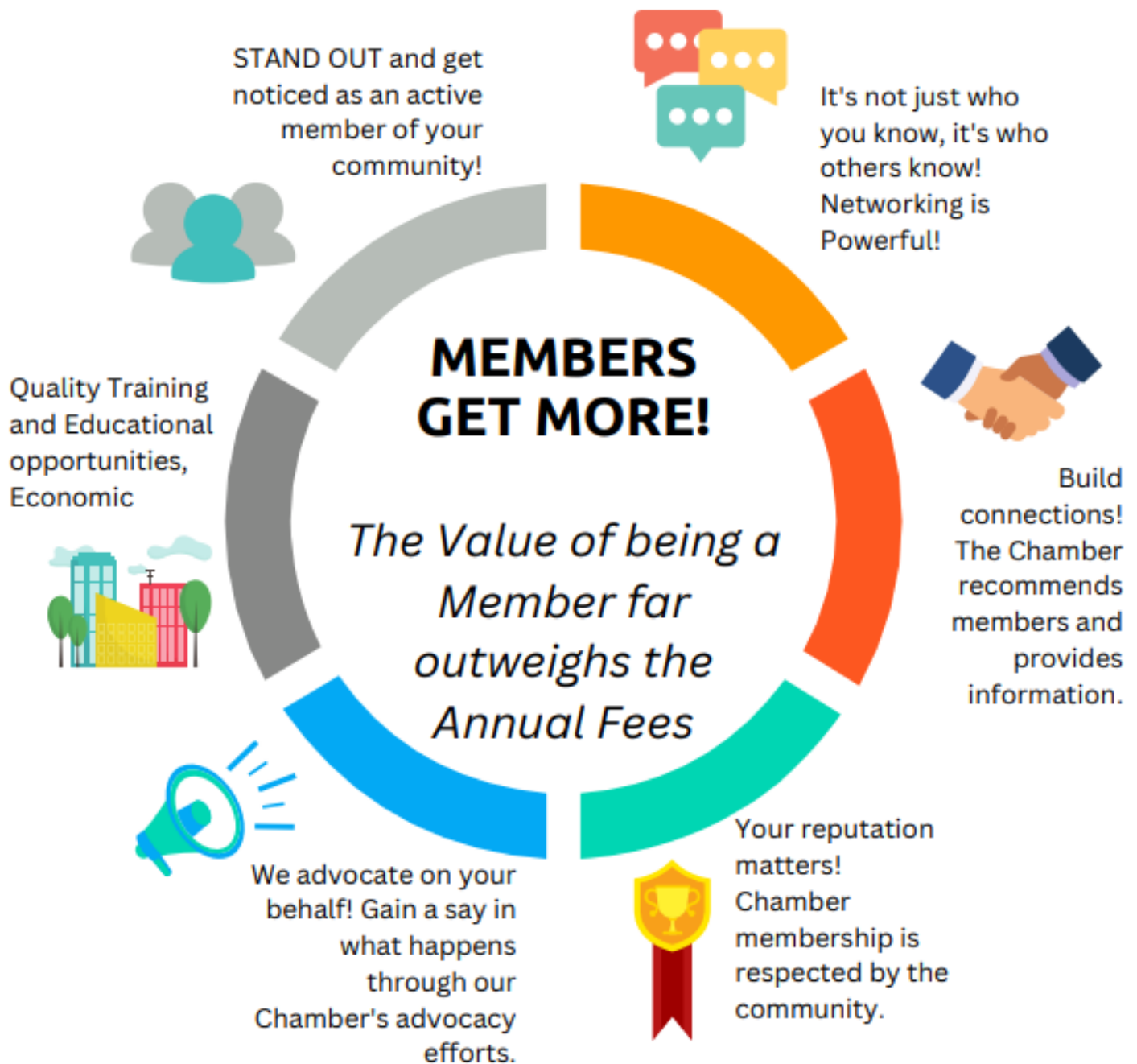
 pridestpaul@gmail.com

 Pride St. Paul - Alberta

We're here to help, we're here to listen,
& there are more of us than you realize 



Why Become a Chamber Member



4802 50 Avenue - PO Box 887
St. Paul, Alberta T0A 3A0
Phone: 780-645-5820
Cell: 780-210-5820 (texting accepted)
Email: executivedirector@stpaulchamber.ca
Website: www.stpaulchamber.ca

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:





Programming for Ages: 8 and up

July and August

2:00 pm to 3:30 pm

READY FOR SOME SUMMER FUN?

**TUESDAYS AND THURSDAYS
JULY 2ND THROUGH
AUGUST 20TH**

**Register for one or
all programs
through our
website**

**These programs are free thank to our
sponsors:**



www.stpaullibrary.ab.ca
4802 53rd Street St. Paul AB T0A 3A0
780-645-4904
ajubinville@stpaullibrary.ab.ca





Programming for Ages: 5* - 7

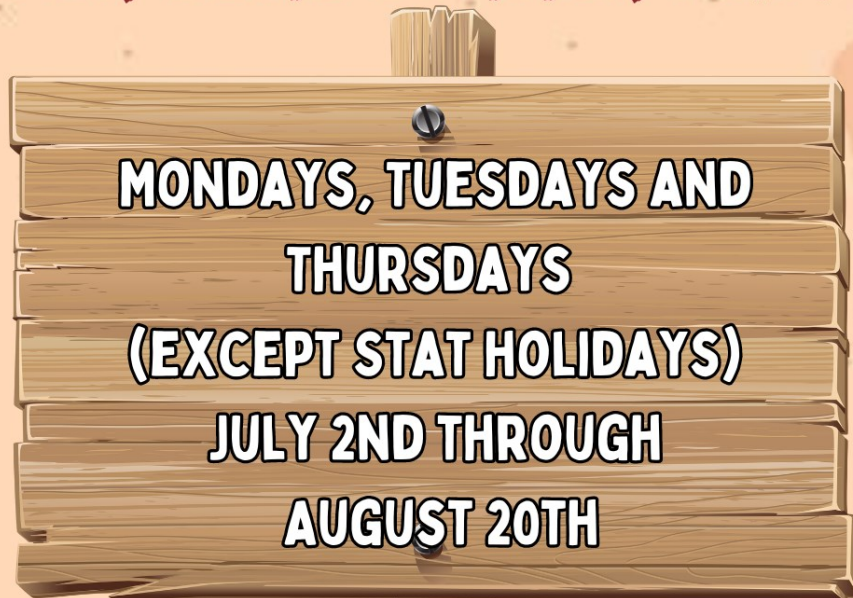
*Must have completed kindergarden

July and August

10:15 am to 11:45am

READY FOR SOME SUMMER FUN?

Register for
one or all
programs
through our
website



**These programs are free thank to our
sponsors:**



www.stpaullibrary.ab.ca
4802 53rd Street St. Paul AB T0A 3A0
780-645-4904
ajubinvill@stpaullibrary.ab.ca



At the St Paul Library

SUMMER READING PROGRAM 2024

READ
BEYOND THE
BEATEN PATH



ST PAUL MUNICIPAL LIBRARY

A collection of colorful game pieces including a white die, playing cards (Ace of Hearts, King of Hearts, Queen of Spades, Jack of Spades), a yellow trophy, a pink balloon, a blue balloon, a basketball, and a white paper airplane, all arranged around a central red circle.

**FAMILY
MINUTE
TO WIN IT**

WEDNESDAY, JULY 3RD

FUN QUICK GAMES FOR THE WHOLE FAMILY

FREE AND OPEN TO ALL AGES

PLEASE REGISTER ON OUR WEBSITE:

WWW.STPAULLIBRARY.AB.CA

FOR MORE INFO, CONTACT: +780-645-4904

ajubinville@stpaullibrary.ab.ca

St. Paul
DODGE



SUMMER READING PROGRAM 2024

READ
BEYOND THE
BEATEN PATH



**ALL AGES
WELCOME!**

**FREE
DROP IN**

JULY 10TH

LEGO

CHALLENGE

2:00 - 4:00 PM

READY! SET!

BUILD!

**COME JOIN US AT THE
LIBRARY FOR LEGO
CHALLENGES AND
ACTIVITIES**

**4802 53RD ST ST.PAUL AB
WWW.STPAULLIBRARY.AB.CA
780-645-4904**

AJUBINVILLE@STPAULLIBRARY.AB.CA



New Beginning Law

St. Paul
DODGE

At the St Paul Library



ST. PAUL MUNICIPAL LIBRARY



FAMILY
GAME NIGHT

WITH MARIOKART AND VR INCLUDED!

Spare Your Time for Fun

Wednesday, July 17th
6:00pm-7:30pm
 St. Paul Municipal Library



Games to Play
BOARD GAMES, CARD GAMES, VIDEO GAMES, VR & MORE!

Online registration is required at www.stpaullibrary.ab.ca



More information: 780-645-4804 or www.stpaullibrary.ab.ca
 or ajubinvill@stpaullibrary.ab.ca



SUMMER READING PROGRAM 2024

READ
BEYOND THE
BEATEN PATH



Family Park Meet up



WEDNESDAY, JULY 24
1-3pm at Lagasse West End Park
(with zipline)

Looking for a fun and relaxing way to spend a day outdoors? Join the Library for a planned day in the sun from 1:00 - 3:00 pm!

Bring your family and friends, and enjoy a day of outdoor stories, parachute fun, crafts, games and more!

For more info:
www.stpaullibrary.ab.ca
780-645-4904
ajubinvill@stpaullibrary.ab.ca



St. Paul
DODGE



SUMMER READING PROGRAM 2024

READ
BEYOND THE
BEATEN PATH



ST. PAUL LIBRARY
**FAMILY
TRIVIA
NIGHT**

Bring your family, play
& Win Prize

Wednesday,
July 31st

at St. Paul Municipal
Library
6pm

FREE
PLEASE
REGISTER
ON OUR
WEBSITE



For registration & further information
www.stpaullibrary.ab.ca
ajubinvill@stpaullibrary.ab.ca



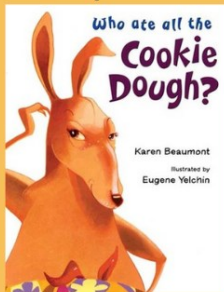


FAMILY STORY TIME

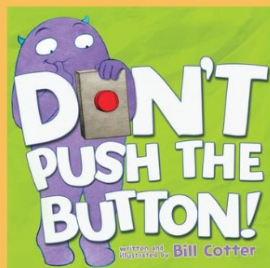
At the Library on Fridays at 10:30am

Enjoy stories, songs and activities geared for kids 4 and under
(all ages welcome)

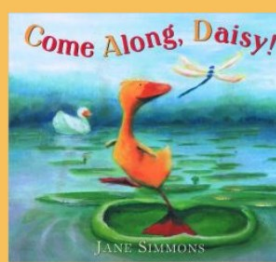
July 5th



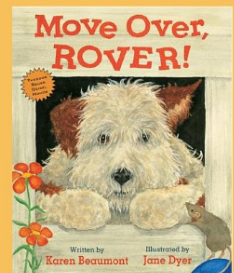
July 12th



July 19th



July 26th



Drop in for FREE
SEE YOU THERE!

Thank you to our
sponsors:

www.stpaullibrary.ab.ca
4802 53rd Street St. Paul AB T0A 3A0
780-645-4904
ajubinvill@stpaullibrary.ab.ca

