

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, May 13th in St Paul

780-645-5311

5002-51 Ave, St Paul

Mon, Apr 14th in Elk Point

780-724-3800

4906-48 St, Elk Point





Prevention & Awareness

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Summer Program Assistant

The mandate of FCSS is proventive social support and programming. FCSS has created a system that relies on local knowledge and leadership, and the unique strengths of local cultures to inspire communities of individuals to prevent crisis.

Responsibilities

- Assist and support the coordinator with Summer Programs for children ages 7-11 years
- Maintain accurate records on all programs under the direction of the coordinator as well as daily time sheets, accident reports, medication/allergy records, attendance and parental
- Ensure effective relations with parents, volunteers, contract transportation drivers and facility attendants
- Ensure that all facilities used are kept clean and secure and that all equipment and supplies centuries end
- Active involvement in the advertising and marketing of FCSS summer programs
- Assist in the preparation of the final summary on artivities including pro and post surveys.
- Ensure that any issues are reported to the FCSS director immediately

Knowledge, Skills and Abilities

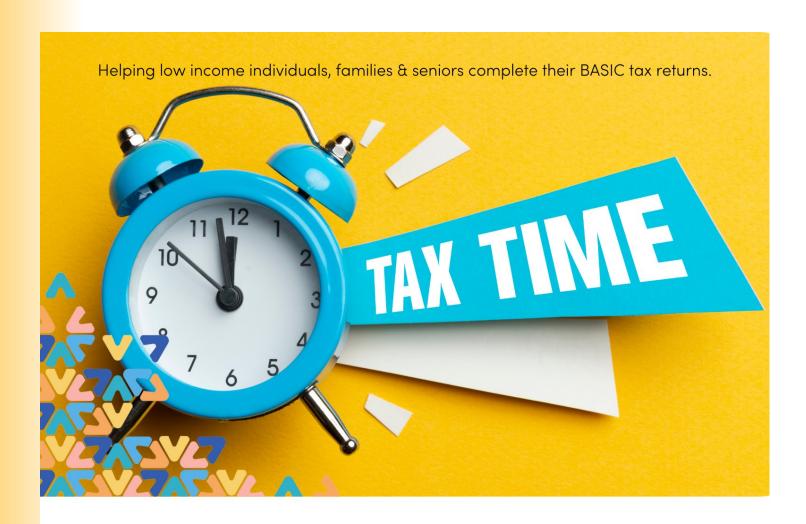
- A valid driver's license and access to vehicle is required.
- A clear Criminal Record and Child Welfare Record Check are required and we will require both. checks to be renewed every three years.
- Good organizational skills, ability to work with children.
- Must work effectively and efficiently with others and alone with little or no supervision, always be punctual, self-mativated, communicate openly, takes direction well, and responds to public inquires in a calm and friendly manner
- Problem Solving.
- Decision Making
- Team Building

This is a term position, commencing May 5, 2025 and auding on August 18, 2025. Regular office hours are: 8:30 a.m. - 4:30 a.m. Manday to Friday with some evening/weekend events.

Qualified applicants are invited to submit a cover latter, resume & references by April 15, 2025 to:

St. Paul Regional FCSS 5002 - 51 Ave, Box 1480 St. Paul, AB TOA 3AG Firmil bbillg@town.stpaul.ab.co

We would like to thank all applicants for their interest. However, only those applicants selected for an interview will be conlected for further information



Need HELP with your TAXES?

We can help!

Are you eligible?

Do you have a MODEST INCOME

(single income under \$35,000 or family income under \$45,000*) *Threshold increases \$2500/child for family income.

AND a simple tax situation? If YES, we can help.

What is the next step?

Once you have ALL your tax documents visit us at FCSS with your papers & valid identification.

Mar 3 - April 30 8:30AM -4:30PM

we close for lunch 12:30pm-1:30pm

FREE

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











Did you know

Seniors with low-income can get financial assistance to help with monthly living expenses? We can help. If you:

- are 65 years of age or old
- have lived in Alberta for at least 3 months
- receive the Old Age Security pension from the Government of Canada
- meet financial eligibility criteria

from the Government of



Visit in person

8:30-4:30PM

in **ELK POINT**

Tuesday or Wednesday 780-724-3800

in ST PAUL

Monday - Friday 780-645-5311



scan the QR code or visit **stpaulfcss.ca** for more information and quick links









Urban Poling

is focused on increasing mobility and function for every age, ability and fitness level. Through their educational programs and uniquely designed poles, their mission is to help people realize that their full potential is not only achievable but also sustainable, by doing exactly what their body was designed to do - move.

Join us in this LEARN TO URBAN POLE, then continue their mission with us in our weekly community walking club. You'll be amazed by all the benefits! No experience required, we supply the poles. Register TODAY!

Wednesday Thursday **April 23**

@ FCSS in St Paul 5002-51 Ave, St Paul

April 24

@ FCSS in Elk Point 4906-48 Street, Elk Point

1:30PM



REGISTER

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









TELUS® WISE Parents Workshop

This TELUS Wise® workshop is for parents and caregivers, offering resources to support youth in navigating the digital world safely.

Tuesday, April 29, 2025

6:00 - 7:30 PM



St Paul Regional FCSS

5002 - 51 Avenue, St. Paul

WORKSHOP HIGHLIGHTS:

- Screen time: Managing screen use and setting healthy boundaries.
- Cyberbullying: Identifying and addressing online harassment.
- Sexting: Understanding the risks and communicating effectively.
- Gaming: Promoting responsible gaming behavior.
- Social media: Safe and responsible platform use.
- Parental controls: Tools for monitoring and managing digital activity.





St Paul Regional FCSS recognizes the incredible efforts of Volunteers in our community and is proud to present the

Caring Cups Project

During National Volunteer Week, coupons are given to Not-For-Profit organizations to distribute to their volunteers. Participating sponsors honor these coupons by giving a free beverage to our community volunteers.

Coupons are Valid April 28th -May 2nd, 2025 only.

Contact us if you are a not for profit organization wanting to share Caring Cup Coupons.



"preventative social programing to promote & enhance well-being"

www.stpaulfcss.ca



Come together WITH your teen

for a 4-part skills-building wellness event.

These educational workshops intended to help individuals increase their coping and self-efficacy through self-exploration and self-management.

> Week 1 Problem-Solving. Week 2 Positive Activities. Week 3 Managing Reactions & Helpful Thinking. Week 4 Healthy Connections





Tuesdays

May 6, 13, 20 & 27

6:30PM-8:30PM

@FCSS 5002-51 Ave, St Paul

TO REGISTER

Call 780-645-5311











"Where HOPE outshines grief"

Camp Sunshine is a **bereavement** Day Camp for children who have experienced the death of a significant person in their lives. It is a fun and safe place for children from ages 7 to 12 to explore their grief and learn tools to help them cope in their daily lives.

July 8, 9, 10 & 11, 2025

9:00 am - 3:00 pm







Remembering

Connect with us for details Deadline to register is May 30th. 780-645-5311





Family and Community



Behind The Mask -Women's Edition

Join us monthly, as we tap into the idea that many of us wear a figurative "mask" to hide our true feelings.

Together we will focus on discussing personal struggles, emotions and vulnerabilities.

This is a safe, guided space that provides opportunity to break down barriers that we otherwise hide behind.

Each month we will engage in different topics or activities that help you navigate your journey.

Tuesday April 8th 7:30PM

@ FCSS 5002-51 Ave

DISCUSSION ABOUT LOSS

For anyone who has experienced the end of a relationship. Together we will share our experiences without judgement. Offer support and tools, embracing the power of community in healing.

FOR MORE INFORMATION

Call 780-645-5311









Behind the Mask -Men's Edition

Join us monthly, as we tap into the idea that many of us wear a figurative "mask" to hide our true feelings. Together we will focus on discussing personal struggles, emotions and vulnerabilities.

This is a safe, guided space that provides opportunity to break down barriers that we otherwise hide behind.

Each month we will engage in different topics or activities that help you navigate your journey.

Find our group on facebook, scan the QR.





@ FCSS 5002-51 Ave

DISCUSSION ABOUT LOSS

For anyone who has experienced the end of a relationship. Together we will share our experiences without judgement. Offer support and tools, embracing the power of community in healing.

FOR MORE INFORMATION

Call 780-645-5311









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.

2025 St Paul Meeting Dates:

January 14th

March 11th

May 13th

Sept 9th

Nov 4th

Mondays

In Elk Point

4906A-48 Street

Tuesdays

In St Paul

5002-51 Ave

2025 Elk Point Meeting Dates:

Feb 10th CANCELLED

April 14th

June 9th

October 6th

Dec 8th

10AM - 11AM

Call 780-645-5311 for more info.









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 stay for about 24 hours then they'll be picked up to return to their home.

Weekdays

Winter Edition

9AM - 4PM

CALL TO

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







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



St Paul **780-645-5311** 5002-51 Avenue

Elk Point

780-724-3800 4904 48 Street







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















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





ACTION FOR HAPPINESS

BCLive April 2025



starting today more active this month. to being Commit

omeone laugh body a boost Give your light early in the day. Dim the lights in the evening Get notural

today (even if you think you can't singl) Get active by singing body & mind with yoga, meditation Relax your tai chi or

Enjoy ដ

favourite music. moving to your Really go for it

for a loved one do an errand or neighbour Go out and

dance, cycle or stretch today to run, swim, Make time

cause you really

believe in

and a chat for a walk

activist for a

friend outside

Meet a

Become an

and really notice scan meditation how your body - Do a bodyregular activity into a playful game today

Turn a

and natural food today and drink

be grateful for your body and

as possible

outdoora

today

much time

Spend as

what it can do

Eat healthy

Listen to

lota of water

feels

a priority and go to bed in Make sleep good time

even if you're

as possible,

goal or sign up

with less screen

Have a day

housework or chores into a

Turn your

time and more

fun form of

exercíse

movement

an exercise

Set yourself

to an activity

challenge

stuck inside

Move as much

multi-coloured vegetables rainbow' of 20 Fecusion eating a today

today. Got up

new exercise,

some seeds and

encourage

outside. Plant

Be active

16 Go exploring

around your

lacal area

new things

Try out a

2

activity or dance plass

mare often

and move

time sitting

Spend less

exercise to do while waiting for the kettle Find a fun to boil

walk outside for

time to recharge

go wildlife-

spotting

yourself

night and take

no acreena

in nature. Feed

the birds or

24 Get active

Have a

15 minutes

your day and

extra break in

Take an



Happier - Kinder - Together

0

April 2025

breathe during

the day

stretch and

Regularly pouse to

Interagency 17

St Paul LOCATION ApriL

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 Mallaig Tot Time 9:30am-11:30am DROP IN	02 Ashmont Afterschool 3:30pm - 5:30pm REGISTER	03 Moms Matter Board Games & Snacks 6:30pm-8pm REGISTER	04 Triple P Tipsheet Mealtime Problems 2pm-3pm REGISTER
07 Read & Roll 10am - 11am @ the Library ages 3yrs-4yrs REGISTER	08 Mallaig Tot Time 9:30am-11:30am DROP IN	09 Ashmont Afterschool 3:30pm - 5:30pm REGISTER	Round Dan a with Head start SEE POSTER FOR DETAILS 6pm pm	11 No Program
Growing Minds JR 3:30pm - 5:30pm REGISTER	Run, Jump, Skip 10am – 12pm DROP IN	Triple P Primary Care ONLINE 6:30pm – 7:30pm REGISTER	A CONTRACTOR OF THE CONTRACTOR	
14 Read & Roll 10am - 11am @ the Library ages 3yrs-4yrs REGISTER	15 Mallaig Tot Time 9:30am-11:30am DROP IN	16 Ashmont Afterschool 3:30pm - 5:30pm REGISTER Dungeons & Dragons ages 12yrs-18yrs 6pm-8pm	17 PD Day Youth Program 9am–3:30pm REGISTER	CLOSED GOOD FRIDAY
Growing Minds JR 3:30pm - 5:30pm REGISTER	Traditional Teachings 10am – 11:30am REGISTER	REGISTER Triple P Primary Care ONLINE 6:30pm - 7:30pm REGISTER		
CLOSED EASTER MONDAY	22 Mallaig Tot Time 9:30am-11:30am DROP IN	23 Ashmont Afterschool 3:30pm - 5:30pm REGISTER	24 Storytime & Craft 2pm-3:30pm DROP IN	25 Icky, Sticky, Messy <i>Spring Edition</i> 10am-12pm DROP IN
	Youth Earth Day Activities 3:30pm-5:30pm REGISTER	Triple P Primary Care ONLINE 6:30pm – 7:30pm REGISTER	Run, Jump, Skip 6pm – 7:30pm DROP IN	
28 Read & Roll 10am - 11am the Library ages 5yrs-4yrs REGISTER Growing Minds JR 3:30pm - 5:30pm REGISTER	29 Mallaig Tot Time 9:30am-11:30am DROP IN	30 Loose Parts 2pm-3:30pm DROP IN Ashmont Afterschool 3:30pm - 5:30pm REGISTER Triple P Primary Care ONLINE 6:30pm - 7:30pm REGISTER	SHAP COL	Ster Ster





Text: 780-614-1941 Web: stpaulfcss.ca





BAREGIVERS LFRN St Paul 5002-51 Ave

For moms or caregivers of children 0-18yrs

Moms Matter Games Night Thursday 07 & Snacks

Thursday 03
April

6:30pm-8pm

CALL TO REGISTER 780-645-5311



Lakeland

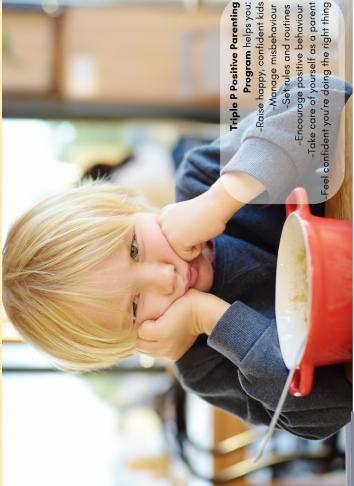
FAMILY RESOURCE NETWORK





Building a toolbox

of ideas for



Tip Sheet

Mealtime Problems CALL TO REGISTER 780-645-5311 2pm - 3pm

Friday April

Triple P

FREE

FAMILY RESOURCE NETWORK

Call 780-645-5311 or visit our website at stpaulfcss.ca Connect with us for more information.

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

0

Interested in a Tip Sheet? Feeling depressed After the Birth of Your Baby Preparing Your Child for a New Baby Balancing Work and Family Supporting Your Partner Coping With Stress **General Topics** Being a Parent Home Safety

loddler lopics	5
Sharing	
Hurting Others	
Wandering	
Disobedience I	
Tantrums	
Language	
Independent Eating	ating
Bedtime Problems	ems
Whining	
Toilet Training	

Toilet Training	Teenager
	Friends and
Preschooler Topics	Coping with
Mealtime Problems	Taking Drug
Nightmares and Night Terrors	Money and
Seperation Problems	Drinking Alo
Tidying Up	Coping with
Travelling in the Car	Fads and Fa
Interrupting	Sexual Beh
Having Visitors	Eating Habi
Going Shopping	Rudeness a
Fighting and Aggression	Smoking
Disobedience II	Truancy

coldor in Springer
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

IERN St Paul 5002-51



AGFA Gym 4617-50 Ave

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

Run, Jump, Skip

Tuesday 08
April

10am-12pm



DROP IN 780-645-5311

Lakeland

FAMILY RESOURCE NETWORK







BAREGIVERS LFRN St Paul 5002-51 Ave

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

Triple P Primary Care

Wednesdays 6:30pm-7:30pm

APR 09, 16, 23 & 30

CALL TO REGISTER 780-645-5311



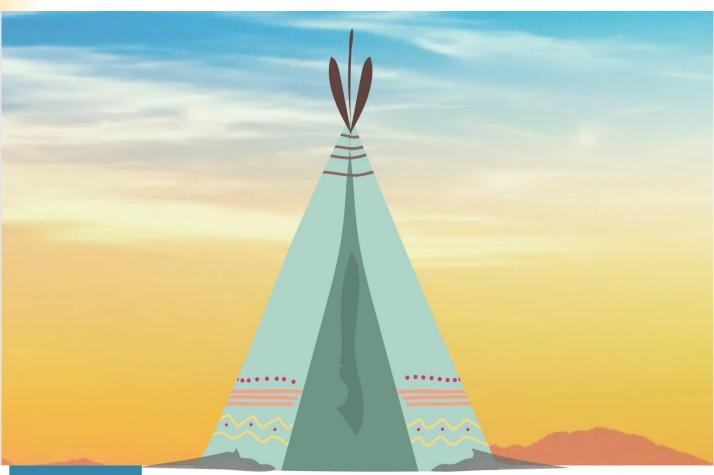


FREE

FAMILY RESOURCE NETWORK







Traditional Teaching with Jan Tailfeathers

Tuesday 15 April 15

10am-11:30am

CALL TO REGISTER 780-645-5311







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



10000 18 12-18 LFRN St Paul 5002-51 Ave

Connect with friends and learn a new game.

Dungeons & Dragons

Wednesday 16 April 16

6pm-8pm CALL TO REGISTER

CALL TO REGISTER 780-645-5311



Lakeland

FAMILY RESOURCE NETWORK







PD Day Youth Program

Thursday **17**April **17 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







YOUTH 7+ FRN St Paul 5002-51 Ave

Encouraging awareness and connection with engaging activites and discussions.

Earth Day Activities

Tuesday 22

3:30pm-5:30pm

CALL TO REGISTER 780-645-5311



Lakeland

FAMILY RESOURCE NETWORK







AGES 0-6 FRN St Paul 5002-51 Ave

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

AFTERNOON

Storytime & Craft

Thursday April 24

2pm-3:30pm



DROP IN 780-645-5311

Lakeland

FAMILY RESOURCE NETWORK







GES 0-6

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

evening Run, Jump, Skip

Thursday 24
April 24

6pm-7:30pm



DROP IN 780-645-5311

Lakeland

FAMILY RESOURCE NETWORK







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

St Pau

Encouraging sensory development and helping build social-emotional skills.

Icky, Sticky, Messy Spring Edition
Friday April 25

10am-12pm



DROP IN 780-645-5311



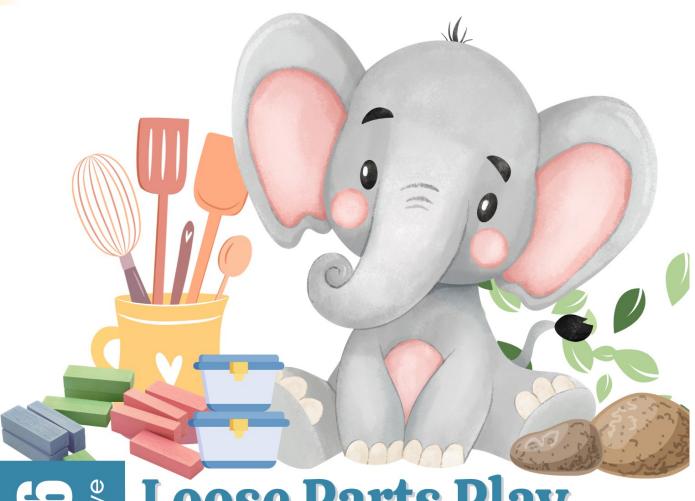
Lakeland

FAMILY RESOURCE NETWORK



Connect with us for more information.

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



AGES 0-6-FRN St Paul 5002-51 Ave

Express creativity and imagination skills with common everyday items. **Loose Parts Play**

Wednesday 30 April 30 2pm-3:30pm



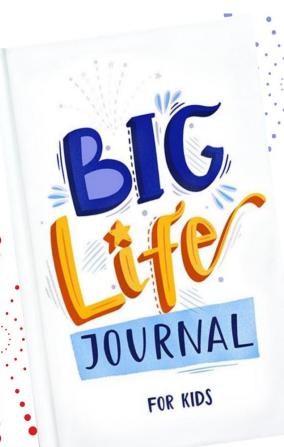
DRŌP IN 780-645-5311

Lakeland

FAMILY RESOURCE NETWORK







SESSION ONE

BELIEVE IN YOURSELF; MISTAKES HELP YOU GROW

SESSION TWO

BE PRESENT; BE GRATEFUL

SESSION THREE

BE UNIQUE, BE YOU; CHALLENGES MAKE YOU STRONGER

SESSION FOUR

EFFORT IS KEY; LOVE LEARNING

SESSION FIVE

BE KIND; MAKE A DIFFERENCE IN THE WORLD

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

1007H 7-10 FRN St Paul 5002-51 Ave

Snacks & your very own Big Life Journal included.

Growing Minds Junior Edition Mondays 3:30-5:30pm

APR 07, 14, 28 MAY 05 & 12



CALL TO REGISTER 780-645-5311

Lakeland

FAMILY RESOURCE NETWORK





CLEAN, used clothing and shoes for ALL AGES

Accepting good,

SPRING
CLOTHING
EXCHANGE

RECREATION CENTRE 4802-53 ST.

Donation Drop Off Time:

Tues. May 13 1pm-8pm

Doors Open:

Wed. May 14 1pm-8pm

Thurs. May 15 9am-12pm

COST IS FREE!
BRING YOUR OWN BAG!



St. Paul Regional Family and Community Support Services



Read and Roll

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

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

Mondays - at the Library! 7 week Program

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

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

SESSION RUNNING Mar 03, 17, 24, 31 Apr 07, 14, 28











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)

				all ages (White)
MON	TUE	WED	THU	FRI
	01 Office OPEN 8:30am – 12:30pm 1:30pm – 4:30pm	02 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	Kindness is the perfect way to share with others that there is love to be found in this world.	04 OFFICE CLOSED
O7 Youth Group Beaded Keychain Ages 12+ 3:30pm - 5:30pm REGISTER		09 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	Let the sounds of nature, be your playlist today!	11 Easter Activities 10am - 12pm DROP IN Run, Skip, Jump Saturday, Apr 12 10am-11:30am
Youth Group Easter Activities 3:30pm - 5:30pm REGISTER	15 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	16 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	17 PD Day Youth Program 9am –3:30pm REGISTER	18 CLOSED GOOD FRIDAY
21 CLOSED EASTER MONDAY	22 Office OPEN 8:30am – 12:30pm 1:30pm – 4:30pm		24	25 OFFICE CLOSED
28 Youth Group Mindful Matters Family Connection 3:30pm - 5:30pm REGISTER Gym Night 7:00pm-8:30pm AGES 13-18 DROP IN	29 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	30 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	Hap	py





4906 - 48 St **Elk Point AB TOA 1A0**

Call: 780-724-3800 Text: 780-614-1941 Web: stpaulfcss.ca



st.paul_fcss





YOUTH 12+ LFRN Elk Point 4906-48 St

Providing postive spaces for peer interactions and connections.

Traditional Beading

Monday 07
April 07

3:30pm-5:30pm

CALL TO REGISTER
780-724-3800

Lakeland

FAMILY RESOURCE NETWORK









AGES 0-6 RN Elk Point 4906-48 St

Connecting with us and other families in a fun environment.

Easter Activity Fun

Friday 11 April 11

10am-12pm



DRŌP IN 780-724-3800

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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









AGES 0-6 Point Elementary Gym

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

Run, Jump, Skip

Saturday 12 April 12

10am-11:30am



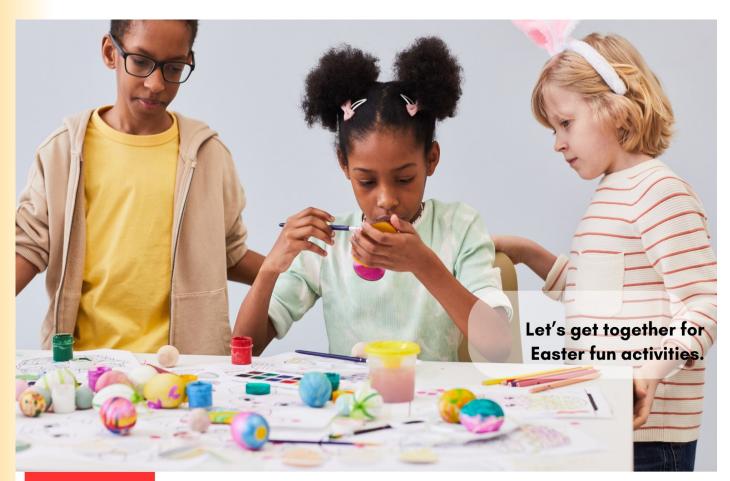
DROP IN 780-724-3800

Lakeland

FAMILY RESOURCE NETWORK







YOUTH 7+ -RN Elk Point 4906-48 St

Providing postive spaces for peer interactions and connections.

Easter Activities

Monday 14
April 14

3:30pm-5:30pm

CALL TO REGISTER 780-724-3800

Lakeland

FAMILY RESOURCE NETWORK









PD Day Youth Program

Thursday 17
April 17

9am - 3:30pm

FOR MORE INFORMATION CALL 780-724-3800

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

Must bring their own nut free snacks & lunch.

Lakeland

FAMILY RESOURCE NETWORK







Mindful Matters

Family

Monday 28 Connections

3:30pm-5:30pm

CALL TO REGISTER 780-724-3800



Lakeland

FAMILY RESOURCE NETWORK



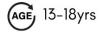












Calling all teens ages 13-18!

Join us for monthly events packed with fun activities, new friends and great memories. Be apart of the excitement!

Stay tuned for dates, locations, and details. Bring your friends and let's have a blast!

Call: 780-645-5311

Email: FCSSyouthetown.stpaul.ab.ca

Web: stpaulfcss.ca





SPYC20 and st.paul_fcss



St. Paul Regional FCSS & Family Resource Network







4:00PM-5:30PM



ST PAUL MUNICIPAL LIBRARY



(AGE) 13-18yrs (\$) FREE



Last One Before Summer!

Board Game Night!

Join us on the first Friday of each month at the St. Paul Library to test your luck with our variety of board games, trivia, card games, and much more.
Bring your friends and let's have a blast!

Call: 780-645-5311



Web: stpaulfcss.ca





SPYC20 and st.paul_fcss



St. Paul Regional FCSS & Family Resource Network













Canning Class - Pickled Carrots!!

Instruction by Little Feet Homestead!

Join us for a fun hands-on canning class designed just for teens! In this 4-hour session, you'll learn the basics of safe water bath canning while making your own jar of delicious pickled carrots to take home. Whether you're new to canning or looking to build a new skill, this class is the perfect way to get started. Spots are limited, Call 780-645-5311 to register!

Call: 780-645-5311

Email: FCSSyouth@town.stpaul.ab.ca

Web: stpaulfcss.ca









OPEN GYM NIGHT



WEDNESDAY APRIL 2ND



7:00PM -8:30PM



RACETTE JR HIGH SCHOOL



FREE



eSPYC 20

Play, Chill, Repeat

The St Paul Youth Council invites youth in grades 7-12 to an Open Gym Night at Racette Jr. High School on April 2nd, 7PM-8:30 PM.

Join us for a fun evening of basketball, volleyball, music, and more! Be active with friends in a relaxed environment. No registration needed—just show up, play, and have a great time! FREE ENTRY!

RSVP 780-645-5311



St. Paul Youth Council The Power of our Voice



EASTER EGG HUNT



APRIL 1ST - 30TH 2025



24 HOURS



All around St. Paul



FRFF



The St. Paul Youth Council is calling all Youth in grades 7-12 to go on an epic **Easter Egg Hunt!**

Get ready to spot those sneaky little eggs hiding in public spaces and businesses around the Town of St Paul waiting for you to discover them! Happy Hunting!

Scan the QR Code on the eggs or here with your egg location to enter for a chance to win a prize basket!

RSVP 780-645-5311



The Power of our Voice



Find all 20



YOUTH CONFRENCE



SATURDAY MAY 24TH 2025



9:00 AM-7:00 PM



SENIOR CITIZEN CENTER 4809-47 STREET



\$20 Per Ticket



@SPYC_20

Empowering youth to make change

The St Paul Youth Council invites youth in grades 7-12 to join us for a day of Learning, connecting and growing to become the leaders of tomorrow-TODAY! Ticket include inspiring speakers. interactive activities, lunch, dinner & a networking social hour.

RSVP FCSSYouth@town.stpaul.ab.ca





St. Paul Youth Council The Power of our Voice

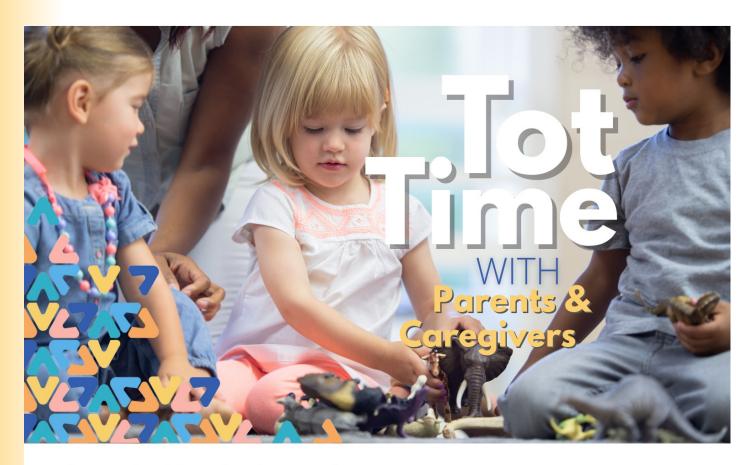












Connecting & learning through play.

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.











COUNTY COMMUNICATOR

Our Mission is to Create Desirable Rural Experiences

WEBSITE SUBMISSIONS - EVENTS CALENDAR

Open our 'Events' webpage, in the top header. Online Services | Maps | News | Events | Caree



For Residents V

Subscribe to calendar

LET'S BUILD THE ELECTOR **REGISTER!**

Register, update, or verify your information for the municipal election: www.voterlink.ab.ca

A resident is eligible to vote if they meet the following criteria:

- is at least 18 years of age
- is a Canadian citizen, and
- resides in Alberta and their place of residence is in the County of St. Paul on election day.

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



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

dyounghans@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

Idechaine@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

Witha

4241 50 Avenue A&W St. Paul

St. Paul RCMP

the community together in a they can discuss important Bringing police officers and casual environment where issues and connect on a personal level.

Upcoming Dates: March 25 April 29 **May 27**

9:00-10:00









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.

TPS://OCRE-SIELC.RCMP-GRC.GC.CA/ALBERT





2024-2025 CARE PARTNER SUPPORT GROUPS

All group meetings are on a drop-in basis. No registration is required. For further information please call: 1-866-950-5465 (Alzheimer Society) or 780-645-1188 Ext.2 (Terry Sims - Lakeland Primary Care Network)

ST. PAUL

Where: Lakeland Primary Care Network

(Boardroom) St. Paul Wellness Centre

#101 - 4801 - 39 Street

Time: 6:30 - 8:30 pm

When: 3rd Wednesday of each month

Dates:

September 18, 2024 October 16, 2024 November 20, 2024 December 18, 2024 January 15, 2025 February 19, 2025 March 19, 2025 April 16, 2025 May 21, 2025 June 18, 2025

ELK POINT

Where: Elk Point Healthcare Centre

(Board Room) 5310 - 50 Avenue

Time: 6:30 - 8:30 pm

When: 3rd Tuesday of each month

Dates:

September 17, 2024 October 15, 2024 November 19, 2024 December 17, 2024 January 21, 2025 February 18, 2025 March 18, 2025 April 15, 2025 May 20, 2025 June 17, 2025

The Care Partner Support Group is designed for family members, friends, & caregivers of someone living with Alzheimer's/Dementia who want to meet others experiencing similar situations with a chance to share experiences, learn new information, receive peer support, and help each other cope more effectively.



North Zone Public Health

North Zone Prenatal Education Classes

AHS Public Health offers free prenatal education classes with information about pregnancy, labour & delivery, breastfeeding, and after birth & newborn care.

Prenatal classes are available in the following communities:

All North Zone residents:

- Join from any location in the AHS North Zone.
- Virtual classes are offered once a month on Saturday (9 a.m. to 4 p.m.).
- To register, visit North Zone Online Prenatal Class Registration Form.

Barrhead:

- In-person classes are offered quarterly on Saturday (9:30 a.m. to 4 p.m.).
- For class dates and to register, call Barrhead Public Health: 780-674-3408.

Cold Lake:

- In-person classes available starting April 8, 2025.
- Offered Tuesdays for five weeks (6:30 p.m. to 8:30 p.m.).
- To register, call Cold Lake Public Health: 780-594-4404.

Edson:

- In-person group classes available between September and June. Call Edson Public Health to inquire.
- Individual sessions are available, as requested.
- For class dates and to register, call Edson Public Health: 780-725-6083 (ext. 4).

Fairview:

- In-person classes are available upon request. Daytime, evening, and weekend availability.
- To register, call Fairview Public Health: 780-835-4951.

Fort McMurray:

- In-person drop-in classes are offered on Wednesday (5:30 p.m. to 7:30 p.m.) at Fort McMurray Community Health Services (113 Thickwood Blvd).
- Registration is not required.

March 2025 North Zone ahs.ca/prenatal



Grande Prairie:

- In-person classes are offered on certain Saturdays (1:00 p.m.).
- For upcoming classes and to register, visit Grande Prairie Public Health Prenatal Class Series.

High Level:

- In-person classes are available upon request.
- To register, call High Level Public Health: 780-841-3230.

Hinton:

- In-person classes offered quarterly (Tuesdays, 7 p.m. to 9 p.m.)
- To register, call Hinton Public Health: 780-865-2277

La Crete:

- In-person classes are available upon request.
- To register, call La Crete Public Health: 780-928-6800.

Lac La Biche:

- In-person classes are available upon request.
- To register, call Lac La Biche Public Health: 780-623-4471 (extension 0).

Manning:

- In-person classes are available upon request. Daytime and evening availability.
- To register, call Manning Public Health: 780-836-7361.

McLennan

- In-person classes offered three times a year in evening sessions.
- To register, call McLennan Public Health: 780-324-3750

Peace River/Grimshaw:

- In-person and virtual Zoom classes are offered every three months. Daytime, evening, and weekend availability.
- To register, call Peace River Public Health: 780-624-7260.

Slave Lake

- In-person classes available upon request.
- To register, call Slave Lake Public Health at 780-849-3947.

Westlock:

- Virtual Zoom classes are offered every four months on Sundays (9 a.m. to 4 p.m.).
- To register, call Westlock Public Health at 780-349-3316.

March 2025 North Zone ahs.ca/prenatal



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







April 2025 Alberta Healthy Living Program Workshops

Be Supported on your Journey to Better Health Virtual classes by Zoom



For those newly diagnosed with diabetes or pre-diabetes, or as a refresher for those living with diabetes.

Overview

Apr 2 Wed Morning 9:30-12pm Apr 10 Thurs Evening 5:30-8pm

Apr 17 Thurs Afternoon 1:30-4pm

Nutrition

Apr 9 Wed Morning 9:30-11am Apr 17 Thurs Evening 5:30-7pm

Ongoing Care

Apr 16 Wed Morning 9:30-12pm Apr 24 Thurs Evening 5:30-8pm Apr 24 Thurs Afternoon 1:30-4pm

Foot Care & Seated Exercise

May 15 Thurs Morning 10-11am

Heart & Stroke Education

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

Overview & Prevention

April 8 Tue Afternoon 1:30-4pm

Nutrition

Apr 3 Thurs Evening 5:30-7pm April 15 Tue Afternoon 1:30-3pm

Managing Stress

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

Apr 3 & 10 Thurs Evenings 6-7pm

Moving Matters

Learn to get moving safely and how it can help you. Make a plan to get started, stay motivated and have fun.

Apr 15 Tue Morning 10-11am

Weight Management

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

Apr 8, 15, & 22 Tue Morns 9:30-12pm

Series 2-Classes 2.1, 2.2, & 2.3

Apr 10, 17, & 24 Thurs Afternoons 1:30-4pm

Series 3—Classes 3.1 & 3.2

May 8 & 15 Thurs Afternoons 1:30-4pm

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.

Apr 14 - May 22, Tue/Thurs @ 10-11:30am Apr 14 - May 22, Tue/ Thurs @ 1-2:30pm

Better Choices, Better Health

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

Living with Chronic Conditions

May 6 - Jun 10 Tue Afternoons 1:30-4pm

Living with Chronic Pain

May 21 - Jun 25 Wed Mornings 10am-12pm

Special In-Person Class—SLAVE LAKE

April 17—May 22

Thursday Afternoons 1:00-3:30pm

Help using Zoom is available!



To register for a Zoom class call:

1-877-349-5711

https://www.healthylivingprogram.ca



Alberta Healthy Living Program

Peer Coaching for Healthy Living

You can reach your best health with the help of a coach!



- Solve your problems, set action plans, and achieve your goals
- Stay on track
- Make decisions towards healthy habits
- Find programs and services in your community
- Feel supported with social and emotional connection
- 30 minute telephone call every week for 3 months
- Talk to trained peers who may have similar experiences
- There is no medical advice
- Get a coach It's free!

To register:

North Zone: 1-877-349-5711

Edmonton Zone: 825-404-7460 (press 3)







Caregiver Education Team Newsletter

April 2025



Recovery Alberta 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.

Caregiver Education Sessions

Parenting Strategies for Positive Mental Health

For parents and caregivers of children in grades K-6

Part 1:

Wednesday, April 9 12:00 – 1:00 pm

Part 2:

Wednesday, April 16 12:00 – 1:00 pm

Understanding Self-Injury

For parents and caregivers supporting teens in grades 7-12.

Wednesday, April 30 12:00 – 1:00 pm

Adult Education Sessions

Resilience through Connecting, Caring, and Coping

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

Tuesday, April 8 12:00 - 1:00 pm

Substance Use A Harm Reduction Approach

For adults, and for caregivers supporting youth in grades 7-12

Wednesday, April 16 6:00 – 7:30 pm

Participant Feedback

"Great session, thank you! I appreciated the specific tips, ideas, and guidance."

"Great resources and information!"

You are doing an awesome job..."

"Like the interactive activities. Great information, thank you!"



Professional Practice & Education Services Edmonton

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

April 2025



These free sessions are intended to provide parents, caregivers, and community members with information regarding addiction and mental health challenges that can affect children and youth. When topics are presented as a series, participants can attend one or all sessions.

Parenting Strategies that Promote Positive Mental Health

Explore factors that contribute to your child's mental health and wellness and learn how you can be your child's greatest mental health asset.

Part 1: Increasing Wellness Deposits

In this one-hour Lunch & Learn webinar, we will look at what mental health and wellness is and discuss strategies for increasing your child's mental health 'deposits' – the protective factors that provide a buffer to life's challenges and promote wellness.

Date: Wednesday, April 9, 2025

Time: 12:00 - 1:00 pm

For caregivers of children grades K-6, for adults only.

Part 2: Reducing Wellness Withdrawals

In this one-hour Lunch & Learn webinar, we will discuss strategies for reducing mental health 'withdrawals' – the risk factors that increase stress and drain your child's inner resources. We will also look at the key perspectives that help children feel more resilient and able to take on their world.

Date: Wednesday, April 16, 2025

Time: 12:00 – 1:00 pm

For caregivers of children grades K-6, for adults only.

Registration:

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.

To register, click <u>HERE</u> or go to:

www.cyfcaregivereducation.ca

Participant Feedback:

"I felt it was presented very well. Perfect amount of time and covered each topic just enough. Love the information we received after; it was very helpful."

"Wonderful, professional, informative, thank you!"



Professional Practice & Education Services Edmonton

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

April 2025



These free sessions are intended to provide parents, caregivers, and community members with information regarding addiction and mental health challenges that can affect children and youth. When topics are presented as a series, participants can attend one or all sessions.

Understanding Self-Injury

In this session, we will explore various motivations in youth who are intentionally harming themselves and factors behind non-suicidal self-injurious behaviour. Strategies to support youth who may be engaging in self-injury will be discussed.

Date: Wednesday, April 30, 2025

Time: 12:00 – 1:00 pm

For caregivers of youth in grades 7-12; for adults only.

Registration:

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.

To register, click <u>HERE</u> or go to:

www.cyfcaregivereducation.ca

Participant Feedback:

"I thought the delivery, time, and length were all great."

"Thank you for sharing your knowledge and time. I learned so much."

"I find these [sessions] are great reminders to be positive when it is so easy to be negative."



Professional Practice & Education Services Edmonton

For more information, visit www.cyfcaregivereducation.ca

Adult Education Sessions

These free sessions are intended to provide parents, caregivers, and community members with information regarding addiction and mental health challenges that can affect children and youth. When topics are presented as a series, participants can attend one or all sessions.

Resilience through Connecting, Caring, and Coping

Resiliency is something we want, but how do we foster it? Join us for this Lunch & Learn webinar where we look at stress and burnout, the power of resilience in getting through the 'tough stuff', and how self-compassion and self-care are essential to our well-being. We will discuss strategies for building our own personal supportive networks and inner coping skills to strengthen our ability to 'bounce back'.

Date: Tuesday, April 8, 2025

Time: 12:00 - 1:00 pm

For adults supporting their own wellness or the

wellness of a loved one.

Substance Use

A Harm Reduction Approach

The experience of substance use is different for each person. Learn about some common substances, the science behind addiction, and the many benefits of harm reduction. We will discuss strategies to support loved ones who may be using substances, through understanding and courageous conversations along the recovery journey.

Date: Wednesday, April 16, 2025

Time: 6:00 - 7:30 pm

For adults supporting their own wellness or the wellness of a youth (grades 7-12) or loved one, for

adults only.

April 2025

Registration:

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.

To register, click HERE or go to:

www.cyfcaregivereducation.ca

Participant Feedback:

"I ended up liking the virtual delivery more than I thought. I liked typing in my responses to questions."

"The method of engagement was very effective. This made me feel heard. Very gentle, open, inclusive.'

Professional Practice & Education Services Edmonton

For more information, visit www.cyfcaregivereducation.ca

Recovery Alberta



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
- 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.

APRIL 2025

THURSDAY						
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11am: Science Sarvy 11am: Brain inagination Circle 11am: Brain Sames 11am: Brain Games 11am: Brain Figure Proparty 11am: Brain Games				9:30am: Crime & Justice	9:30am: Gratitude	9:30am: Female Artists
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			4:30pm: Wheel of Fortune	3pm: Exercise		

Pre-registration required

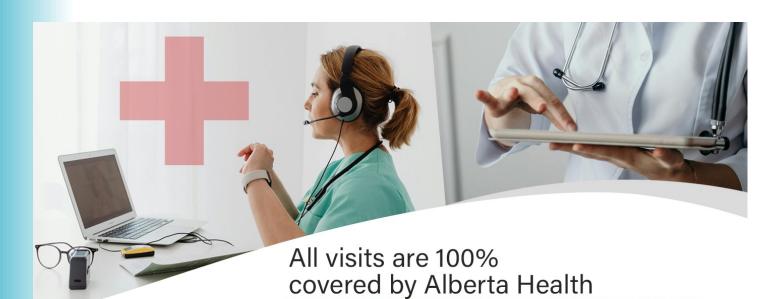
Just for Fun!

Learn & Discover

Health & Wellness

Conversations

Special Events



1.888.342.4822 AIVCC.ca

3 EASY STEPS



Alberta Indigenous Virtual Care Clinic (AIVCC)

HOW OUR VIRTUAL CLINIC WORKS

1

Call **1-888-342-4822** and a Medical Office Assistant will **register** you and **book** your appointment.

2



Speak to a Doctor by telephone or video using your preferred device. 3



Our office will fax prescriptions, requisitions and more where you would like them to go.

OPEN 7 DAYS A WEEK

MONDAY, WEDNESDAY OPEN LATE
TUESDAY, THURSDAY, FRIDAY
SATURDAY, SUNDAY AND SOME HOLIDAYS

8:30AM - 8:30PM

8:30AM - 4:30PM 12:30PM - 4:30PM

.....

Hello, Neighbour!

Jeremy Peressini, Registered Kinesiologist

A little about me: Aquatic exercise and swimming is one of my particular areas of expertise, both as a Kinesiologist and as an athlete. It is difficult to over-state how therapeutic an effect the water is capable of being for certain chronic conditions and I take joy in helping patients leverage this.

Why Kinesiology? The term 'kinesis' implies movement and my job is to help you leverage it in pursuit of your health goals. The underlying issues that movement is key at addressing range from type-2 diabetes and cardiovascular disease to osteoporosis, osteoarthritis and even cancer. At Lakeland Primary Care Network. our Kinesiology program gives each referred patient access to individual assessment, exercise prescription, structured group exercise and workshops, as well as referral to programming from the Alberta Healthy Living Program. I also help you lever the resources of your local community including any fitness centre or swimming pool, walking groups, and recreational venues.



Interesting Facts About Movement: Our current understanding of osteoarthritis is that not only repetitive overuse of an affected joint puts you at risk but also underuse and sedentariness. At the other end of the spectrum, an athlete in training, racking up very high amounts of vigorous exercise is not necessarily at the pinnacle of their overall health.

Canada's Movement Guidelines: Sleep, sedentariness, and activity are the key factors in Canada's movement guidelines. The activity factors take into account not just vigorous aerobic and muscle strengthening components, but also the light physical and in certain cases balance challenging. That is because each of these makes a different contribution to your overall risk profile for certain types of chronic disease.

Get in Touch or Learn More!

https://lakelandpcn.com/programs-services/kinesiology-program/



Jeremy Peressini, Registered Kinesiologist Lakeland Primary Care Network

The Relational Heart:

Gottman's are leading relational and couples counselling health and research institute. Social inclusion and non-discrimination are Social Determinants of Health! Learn more: https://www.gottman.com

Local Resources

Find a psychologist, therapist, or registered social worker in your area for mental health and relationship counselling! https://www.psychologytoday.com



The Four Directions Health Neighbourhood is a grassroots primary care improvement group working toward better community understanding of health and wellness and does not necessarily endorse all people or services showcased.

https://northzonepcns.ca/nzhn/



Know Your Neighbour

March 2025

All Things Heart!



"A key element of Indigenous worldview is "relationship and reciprocity".

These two concepts are united in a single phrase because they are seen as deeply related, both arising from the fundamental view that the Land generates and empowers life, including the non-material parts of life such as language, culture, and dream.

As a result, people in Indigenous worldview see Knowledge as something that emerges from reciprocal relationships."

- Michael Anthony Hart

Heart disease affects approximately 2.4 million Canadian adults, and is the second leading cause of death in Canada.

We can all reduce our risk of heart disease by making healthy lifestyle choices, including quitting smoking, eating a healthy and balanced diet, getting enough sleep, exercising regularly, and monitoring blood pressure and cholesterol levels.

(www.healthcanada.gc.ca)



Did you know you can ask your primary care team about cardiovascular disease risk screening? This screening gives you a score indicating your 10-year risk of a heart attack or stroke. Your doctor can use this score to help lower your risk and

prevent these events.

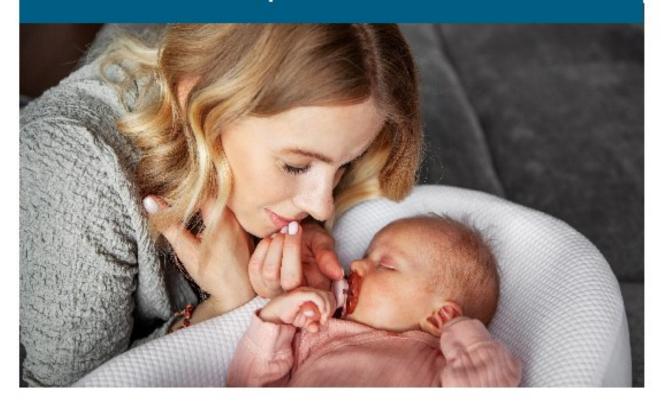


albertafindadoctor.ca



Alberta Indigenous Virtual Care Clinic

Seek expert advice 24/7



Concerned about your newborn? Questions about mom's post-partum health? Nervous new parent?

> Call the New Parent and Newborn Line 1-833-805-BABY (2229)





ALBERTA BRAIN INJURYNETWORK

SURVIVORS SUPPORT



GROUPS!



WHEN & WHERE?

3rd Tuesday Every Month at the St. Paul Municipal Library at 1pm February 18th ~ March 18th April 15th ~ May 20th WHO?

All community members who have an acquired brain injury and looking to make connections with supports and community!!!

FOR MORE INFO CALL: 780-645-3441 EXT. 232



Or E-MAIL abin@spanet.ab.ca



Foundations Counselling

Now Accepting New Clients

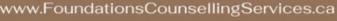


Located in the heart of Bonnyville,
Foundations Counselling is dedicated to
providing accessible mental health
support to our community. We
understand the unique challenges faced
by individuals in rural areas and are
committed to offering compassionate
care tailored to your needs.

If you're ready to take steps toward lasting well-being, we're here to support you. Reach out today to explore how we can help.

Unit 206 5028 50 Ave, Bonnyville 780-201-3830

Info@FoundationsCounsellingServices.Ca











Demeria Memorial Fund Presents:



\$25.00 Registration per session. (Includes Energy Snacks) Limited Spots. Scholarships Available: contact demeria.memorial@ gmail.com / 780-210-9355 for more information On Farm near Mallaig, Alberta

Horses For Healing

Equine Retreat with Teena Dietz from Serenity Farm & Stables

May 22 - 26, 2025



Donations Accepted to help towards this Mental Wellness Initiatives.



Equine Healing Recovery Croup - (For those journeying through Personal Recoveries), Introduction to Equine Therapea id Healing Demonstrations - (Are you interested in learning how horses can help heal) Seniors Choice Sessions

Equine sessions Offered

Equire Healing for Coping with PTSD / Trauma Workshop. Anxiety in Adults Equine Therapeutic Experience

Family Sessions Deeper Healing with the Herd - (Involving Meditalian & Centle Yaga).

Amazing Health Kids Equine Adverture - (Helping Anxiety For Kids). Grief Retreat Healing the Heart

Heal the Healers (Fron Line Workers, RCMP, Veterans, Health Care Providers, Social Workers). Caring for Caretakers - (Are you overwhelmed with daring for your loved ones?)

*Subject to Change pending on numbers

Mernatives

Allan Kehler-BEd, B.PhEd. International Keynote Speaker, Mental Health Advocate on Resilience & Healing

May 5, 2025

At the Mallaig Legion - 3501 1 Street West 7:15 pm



Copies of Allan Kehler books will be available.

Every Individual will receive a free copy of Allan's memoir.

Born Resilient Clothing will be for sale. Every clothing item sold \$5.00 will be donated to the Demeria Memorial Mental Health Initiatives.

For more information Contact demeria.memorial@gmail.com or phone 780-210-9355

You Can Have a Meaningful Impact



Become a Volunteer Advocate

About Us The Eastern Alberta Regional Victim Serving Society provides a broad range of services under the Victims of Crime and Public Safety Act and Regulation, and in partnership with the Government of Alberta, the Alberta RCMP community-based victim serving organizations, municipalities, and other local agencies.

Role Description Advocates provide non-judgmental, practical, and emotional assistance. They provide information, support, and referrals to available services for people undergoing loss and tragic circumstances.

Essential Functions Volunteer Advocates provide victims of crime or tragedy with non-judgmental, practical, and emotional assistance through follow-up or immediate crisis intervention at the request of the RCMP and other community agencies. They provide direct crisis intervention and court support while maintaining strict confidentiality. Services are always responsive, trauma-informed, culturally appropriate, inclusive, respectful, and client-centered.

You are at least 18 years of age, a Canadian Citizen, have no criminal convictions, are able to communicate fluently in English, and be willing to regularly volunteer for a minimum 1-year commitment.

Apply Today For a complete Volunteer Advocate job description go to www.earvss.ca/volunteer. We are committed to having an accessible, diverse, inclusive, and barrier-free work environment where everyone can reach their full potential. We encourage all qualified persons to apply by email with their resume and cover letter, describing their experience and motivation for wanting to join the Eastern Alberta Regional Victim Serving Society, to

info@earvss.ca

ril 2025 Events

TH W Feels PLE PROGRAM CRA: STUDENTS **BINGO** AND INCOME ST. PAUL LIBRARY VIRTUAL 6-7:30 PM 2:00-3:00 PM SERVICE DISRESPECTING CANADA CONSENT OVERVIEW (GRADES 7-12) VIRTUAL 1:00 - 2:00 PM VIRTUAL NOON - 1:30 PM Equality SYSTEMIC 15 FASD & THE RACISM AND JUSTICE BECOMING AN SYSTEM ALLY VIRTUAL 1:00 - 4:00 PM 1:00 - 3:00 PM LAC LA BICHE HOW TO TALK TO YOUR CHILD ABOUT NAVIGATING GRANDPARENT RIGHTS & CO-PARENTING SEXUAL ABUSE HARMONY VIRTUAL HYBRID NOON - 1:30 PM 1:00 - 2:30 PM 28 SEX WORK AND DOMESTIC ABUSE VIRTUAL 2:00-4:00 PM

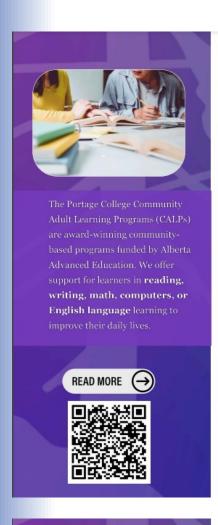


Register & Join us!



SCAN ME

or email: ruth.snyder@portagecollege.ca

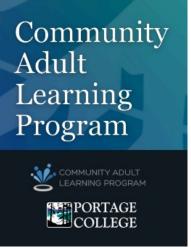


CONTACT US

- Portage College Building, Saddle Lake
- portagecollege.ca
- danielle.mcarthur@portagecollege.ca
- Office: 780-614-3478







Courses offered or supported through CALP:

- Computer Skills for Edlers (Computers, iPads, and Phones)
- English (Reading and Writing)
- Math
- CAEC (Canadian Adult Education Credential, formerly known as GED)
- Literacy for Daily Living, (such as filling out forms or applications)
- Pathways to Employment Program (life skills, academic upgrading to complete high school, job placement)



Important Updates:

Canadian Adult Education Credential

Credential (CAEC) is a Canadian education credential that meets industry standards as a replacement for the General Educational Development (GED) The CAEC tests offer adults a way to obtain a high school equivalency diploma recognized by Alberta Education.

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CHANGING 99
LIVES THROUGH
ADULT
FOUNDATIONAL
LEARNING IN
CONNECTED
COMMUNITIES



Want to learn how to use an iPad, iPhone or Computer?

Date: Wednesdays

Time: Drop in any time between 1:00 and 3:30PM Location: Elk Point Library 5123 50 Ave, Elk Point, AB

Contact Sandie at 780-614-6368 for more information.

If you don't have a device, iPads and laptops are available for use.







Canadian Adult Education Credential* (CAEC) Prep

*The CAEC has replaced the GED
See your local CALP site for more information

English, Math, Science & Social Studies









Navigating Justice & Community Support for Mental Health & Addictions

A full-day learning event exploring the intersection of mental health, addictions, and the justice system.

Speakers

- Darcie Charlton Senior Counsel and Agent Supervisor, Public Prosecution Service of Canada
- Jennifer Taylor Registered Psychiatric Nurse (RPN), Regional Police and Crisis Team (RPACT)
- Donna Fries Bonnyville Indian-Metis Rehabilitation Centre (BIMRC)
- A full list of speakers will be available soon stay tuned for updates!

Resource Tables

- Native Counselling Services of Alberta
- BearPaw Media and Education
- 2nd Floor Women's Recovery Centre, Cold Lake and more to come!

Tickets \$33.50

includes lunch & refreshments



May 16, 2025



9:00 AM - 4:30 PM



Bonnyville Friendship Centre 4711 50 Avenue Bonnyville, AB



https://bit.ly/navagatingjustice





Alberta LAW FOUNDATION

***Eligible for Category A Social Work Competency Hours



MT MORROW TCHR...

NAVIGATING GRANDPARENT RIGHTS AND CO-PARENTING HARMONY









Friday, April 25, 2025 1:00 - 2:30 PM



Portage College 5025 - 49 Avenue, St. Paul

Key topics include:

- Understanding grandparent rights: What they are and when they apply.
- Steps to pursue grandparent rights in a respectful and effective manner.
- Best practices for co-enjoying time with children while maintaining harmonious relationships.

Join us for an engaging and informative session exploring the vital topics of grandparent rights and cooperative parenting in diverse family settings. Whether you're a grandparent seeking to understand your rights or a parent looking to foster healthy family dynamics, this session offers valuable insights and practical guidance.

ELK POINT LIBRARY

5123 50 AVE

THURSDAY MORNINGS 9:30 - 10:30

CONTACT SANDIE AT 780 614 6368 FOR MORE INFORMATION

ENGLISH CONVERSATION

Improve your English speaking skills



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

Bonnyville & Cold Lake

St. Paul & Vegreville

780-404-4496 587-201-4858

780-242-2484





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





The Northern Alberta Development Bursary Program

The Northern Alberta Development (NAD) Bursary Program provides return of service bursaries to students who agree to live and work within the program boundary in their field of studies after they graduate.

Students need to apply for a bursary for each year they want to be considered. Students can apply for more than one bursary but can only accept one bursary in an academic year.

The Northern Alberta Development Bursary (NADB)

Students entering a program of studies that is one or two years long or students entering the last two years of their program of studies can access up to \$7,000 per year.

Specialty Bursaries

- Medical or Dentistry Student \$14,000/year.
 - Funding available for up to 4 years of program.
- Nurse Practitioner Student \$10,500/year.
 - Funding available for up to 3 years of program.
- Pharmacy Student \$7,000/year.
 - Funding available for up to 4 years of program.
- Veterinary Student \$7,000/year.
 - Funding available for up to 4 years of program.

Application Dates: January 2 - April 30.

The First Nations, Métis and Inuit (FNMI) Bursary

Students in a certificate or diploma program can access up to \$7,000 per year for their studies. Students in a bachelor's, master's or PhD program can access up to \$11,500 per year for any year of their studies.

Application Dates: First intake February 1 to June 1.

Second intake from June 5 to November 15.

Bursary Partnership Program (BPP) Bursary

Students are sponsored by a business, organization, or municipality. The NAD program does not find a sponsor for students.

- The NAD program will match the sponsor's bursary amount up to \$3,500.00 per student per
- Higher matching funds are available for:
 - Medical or Dentistry students can access up to \$28,000/year.
 - Nurse Practitioner can access up to \$21,000/year.
 - Pharmacy or Veterinary students can access up to \$14,000/year.

Deadline for sponsors to provide NAD with required documents is November 30.

For more details visit: Northern Alberta Development Bursary Program | Alberta.ca



Classification: Public



9 Youth Unlimited ™

FREE

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

Grades 6-12

Tuesdays &Thursdays

3:30 - 5:30pm

Elk Point Youth Centre 4826 Railway Ave Elk Point

Want to know more about how you can help support youth in Elk Point? Contact Payton at:

payton@yfced.com







Thursday, April 24 ~ 4 - 8 PM Friday, April 25 ~ 4 - 8 PM Saturday April 26 ~ 10 AM - 4 PM

St. Paul Visual Arts Centre

4613-53 Street, St. Paul, AB

Find something special for Mother's or Father's Day 2025 Handmade pottery, art, glass fusion, fabric arts, crafts & more!

Uniquely made by local

Artists & Makers



www.spvac.com
Find us on Facebook:
@StPaulVisualArtsCentre

Wet Felting Workshop



Flower Bouquet

with Barb Maile

for Adults & Teens 16+ Saturday, May 3, 2025

Time: 10:00 am - 4:00 pm

~ 45 minutes for lunch break (bring a bag lunch) ~ Cost: \$120 and includes all supplies!

This is an Intermediate Level Workshop & requires previous wet felting experience through Barb or other equivalent. Create 3 flowers in the colours of your choice, each measuring 6 inches in diameter, with stems attached using wet felting techniques. Learn to handle unspun merino wool, blend colours, and lay the fibres to create your choice of flowers and stems. Then wet felt - a process of using warm soapy water and agitation - to turn your designs into beautiful, felted flowers ready for the vase! Embellishments such as silk or other fibres can be added. Sample flowers of lily, hibiscus, iris & poppy will be available for inspiration. Wear short sleeves or a fitted shirt. Students may want to bring a notebook to jot things down. After registering with Barb* the Centre will accept cheque, cash or credit card, or e-transfers to spvac@telus.net Please include the class name and date in the e-transfer note.

Contact Barb at 780-646-3346 to register The St. Paul Visual Arts Centre is located just south of the swimming pool at 4613-53 Street

> Visit us www.spvac.com or on Facebook @StPaulVisualArtsCentre







WATERCOLOUR CLASS

Wilderness Waterfall





with Janine Huber for Adults & Teens 16+ **Saturday April 12, 2025**

Time: 1:00-4:00pm Cost: \$40

In this watercolour class you will learn different techniques to create this 11" X 14" watercolour painting. 2 Designs to choose from! Drawing templates available. Janine will walk you through it step by step! All materials are supplied including a 16x20 mat. The Centre accepts various forms of payment including e-transfers to spvac@telus.net cash, cheque or credit card *once you have registered with Janine.

Register by contacting Janine at:

780-614-4833 (cell) or 780-726-2444 (landline)

The St. Paul Visual Arts Centre is located just south

of the swimming pool at 4613-53 Street





ATELIER by Herman Poulin



"The Bird Girl"

Figurative Sculpture Workshop

for Adults & Teens 14+

Thursday, April 3 & Friday, April 4, 2025

Level: Beginner

Time: 6:00 - 9:00 pm Cost: \$66

Inspired by the Swiss Master Sculptor Alfredo Giacometti, sculptor and painter Herman Poulin will guide you through the process of building a basic elongated human form with emphasis on: motion and position, sculptural balance, sculptural base, sculptural properties, composition and strength, master cuts. You will be introduced to: foil/clay paint medium, finishes and coloured patina effects, presentation and authenticity, Q & A talk on metal electroforming of above sculpture. All materials are supplied! The Centre accepts various forms of payment including e-transfers to **spvac@telus.net**, cash, cheque or credit card *once you have registered*. Please include your name and class date in the e-transfer note.

Register by contacting SPVAC volunteer: 780-614-7821

The St. Paul Visual Arts Centre is located just south

of the swimming pool at 4613-53 Street

Visit us www.spvac.com or on Facebook @StPaulVisualArtsCentre







RURAL EMPLOYERS'
AWARENESS ON DIVERSITY

AND INCLUSION (READI) TRAINING

The Rural Development Network invites you to participate in a <u>free</u> training program to support your business sustainability through successful hiring, onboarding & retention practices of newcomer employees.



BENEFITS FOR EMPLOYERS

- Address ongoing labour shortages
- Increased understanding of how to meet the needs of immigrant employees
- Access to a toolkit of important resources and information
- Improved hiring practices
- Customized training tailored to your workplace needs



REQUIREMENTS:

We invite employers across AB to participate in this free workplace training - virtually or inperson.





For more information, email: Soheila Homayed, Program Manager soheilah@ruraldevelopment.ca



Please join us for a mixer with Lakeland **Employment Services and let** us know how we can assist you with our services. Mocktails and light snacks available.

THURSDAY, MAY 8 5-7 PM

NORTHSTAR COMPLEX 2ND FLOOR, 4701 50 AVE ST. PAUL 780-646-6729







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











April 2025 Calendar				
April 2, 2025	Overcoming Barriers			
April 9, 2025	Boundaries			
April 16, 2025	Building Relationships			
April 23, 2025	Communication Skills			
April 30, 2025	Resume Development and Cover Letters			

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

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

Cold Lake 587-491-2028 or email cbrant@employabilities.ab.ca Bonnyville 780-343-0924 or email rnicoll@employabilities.ab.ca Lac La Biche 780-627-3071 or email Ikovalik@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.







IN-PERSON WORKSHOPS

APRIL WORKSHOP SCHEDULE

April 2, 2025 Interview Skills

April 9, 2025 Job Search Online and Traditional

April 16, 2025 Resume Development

April 23, 2025 Internet Safety

April 30, 2025 Stretching Your Food Dollars

WEDNESDAY AFTERNOONS - 1:30 PM

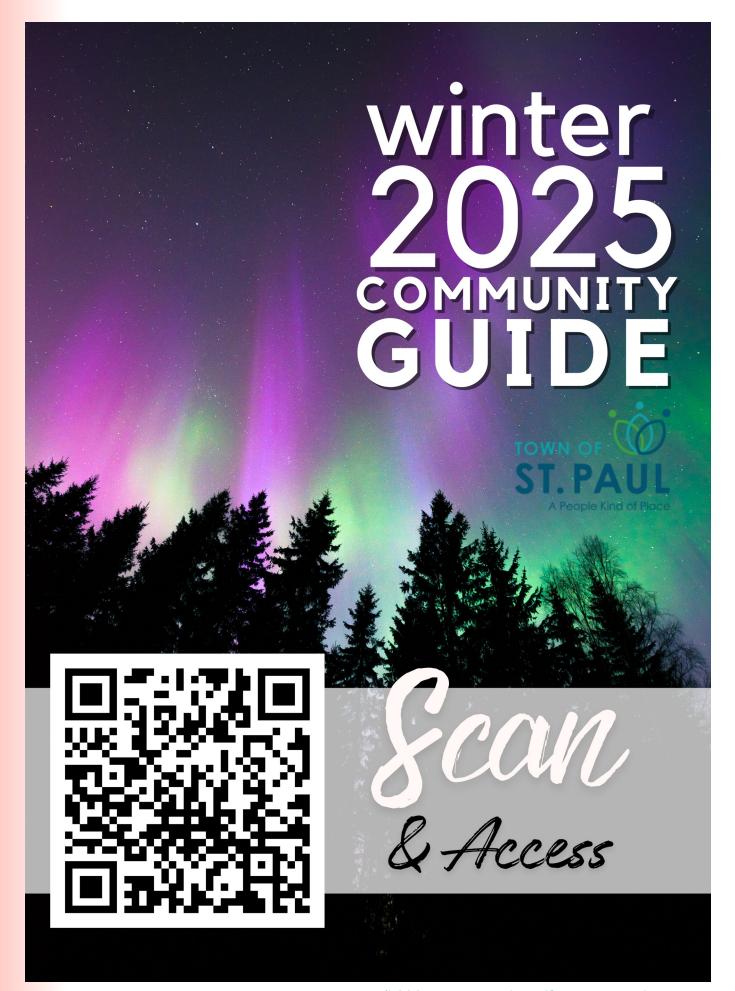
4701 50Ave 2nd floor, Northstar Complex St. Paul 780-646-6729

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.









Coming Feb. 2025!



1st & 3rd Saturday every month 10am - 4pm St.Paul Senior Citizen's Club

All vendor types welcome!

For information or to register:

StPaulWeekendMarket@gmail.com

Why Become a Chamber Member

STAND OUT and get noticed as an active member of your community!



It's not just who you know, it's who others know! Networking is Powerful!

Quality Training and Educational opportunities, Economic



MEMBERS GET MORE!

The Value of being a

Member far

outweighs the

Annual Fees



Build connections! The Chamber recommends members and provides information.

We advocate on your behalf! Gain a say in what happens through our Chamber's advocacy efforts.



Your reputation matters! Chamber membership is respected by the community.



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



GOLF TOURNAMENT

ST. PAUL GOLF COURSE JUNE 6, 2025

REGISTRATION STARTS AT 9:00AM SHOTGUN START @ 10:00AM

Join fellow businesses and community members to support, celebrate community and network

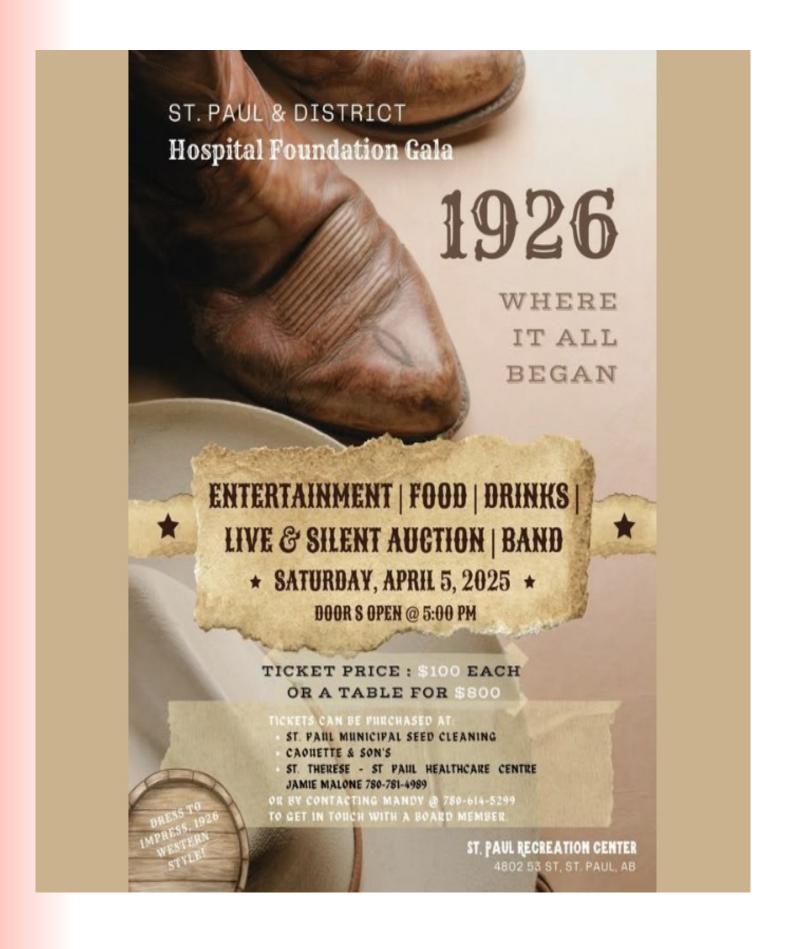
SAVE THE DATE!

More details to follow soon

If you would like to showcase your business during this event, we are also accepting

Sponsorship Opportunities

For more information please contact the St. Paul Chamber: 780-645-5820 or executivedirector@stpaulchamber.ca



31ST ANNUAL ST. PAUL FISH AND GAME SUPPER

&

LIVE SILENT AUCTION

April 26th, 2025

St. Paul Recreation Center 4802 53rd Ave

Cocktails @ 5:30 pm

Supper @ 6:30 pm

ALL live/silent auction items are sponsored locally!

Supper provided by DAC catering-

Tickets Available at:

Warehouse Sports 5232-50 Ave, Ph. 780-645-4665

Tickets: \$45 each

Table (8): \$360 each

AVRIL

APRIL

LUNDI MONDAY	MARDI TUESDAY	MERCREDI WEDNESDAY	JEUDI THURSDAY	VENDREDI FRIDAY	SAMEDI SATURDAY	DIMANCHE SUNDAY
	1	GROUPE DE JEUX PETITS CHEFS 9H30 -1H30	3	4	5	6
7	8	9 GROUPE DE JEUX TENTE DE LECTURE 9H30-11H30	10	11	12 TENTE DE LECTURE À LA BIBLIOTHÈQUE MUNICIPALE 10H00 - 12H30	13
14	15	16 GROUPE DE JEUX 9H30-11H30	17 APPRENDRE PAR LE JEU 9H30-11H30	18	19	20
21	22	23 GROUPE DE JEUX DÉCOUVRE LE CENTRE DE RESSOURCE	24	25	26	27
28	29	30 GROUPE DE JEUX 9H30-11H30				
	Tree quivert de 9h0			France		

Centre de ressource ouvert de 9h00 à 15h00 durant la semai

Resource centre open 9:00 till 3:00 during the week

Appeler/Call: 780-645-5050



Le 2 avril / April

Petits Chefs! - Little Chefs!

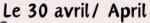
Le 9 avril/April

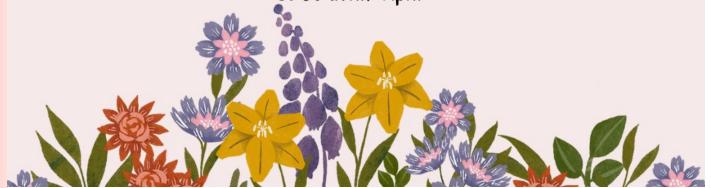
Tente de Lecture - Reading Tent

Le 16 avril/April

Le 23 avril/April

Découvrir le Centre de Ressource - Discover the Resource Center







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





Cabane à sucre April 6 avril, 2025 12h00-15h00

Centre communautaire 4617-50ave



Tente de lecture
April 8 avril, 2025
agora
centre communautaire



5 à 7 Easter BINGO de Pâques April 11 avril, 2025



APJ (Apprendre par le jeu)
17 avril, 2025
9h30-11h30



Bureau fermé Office closed 18-21 avril, 2025 Joyeuse Pâques



Café Causerie 29 avril 10h-11h agora ACFA



Aventure dans les livres d'histoires



Storybook Adventures
13 mai 2025

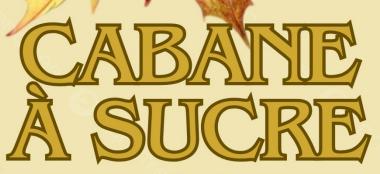
agora centre communautaire



Canadian Heritage Patrimoine canadien



ACFA Régionale de Saint-Paul 4617-50 Ave St Paul, AB 780-645-4800 saint-paul@acfa.ab.ca



6 auril, 2025 12h00-15h00

entre communautaire

4617-50 ave St Paul 780-645-4800

- Sleigh rides
- Maple taffy
- Hot meal
- Farmers Market
- Music

- Traîneau à chevaux
- Tire d'érable
- Repas chaud
- Un marché
- Musique











Apprendre par le jeu ou/Where?

Centre Communautaire - l'ACFA 4617 50 Avenue

Quand/When?

Le 17 avril/April Le 15 mai/May Le 19 juin/June Le 10 & 17 juillet/July Le 7 & 21 août/August Le 18 septembre/September Le 16 octobre/October Le 20 novembre/November Le 18 décembre / December

De/From: 9h30 à 11h30

Venez explorer et jouer avec vos enfants pendant la matinée! Aucune inscription exigée. .

Come explore and play with your kids for the morning. No registration needed.







** AČFA **** *RÉGIONALE DE SAINT-PAUL **

présente:

Soirée Jazz'art May 10 mai 2025

Doors Open at 6:00pm

Starts at 7:00pm

Tickets: 25\$ member

30\$ non-membre

Portes ouvrent à 18h00

Commence à 19h00

Billets: 25\$ membre

30\$ non-membre

Table de 8: 200\$

Au Centre Communautaire

* 4617-50 Ave, Saint-Paul

Pour plus d'information / For More Information 780-645-4800













LEMONADE DAL PRESENTED BY **COMMUNITY FUTURES**



REGISTRATION OPENS MARCH 1, 2025

Free, Fun Youth Entrepreneurship program

lemonadeday.org/northern-alberta



Take action and create change when you volunteer at MS Walk on May 25.











FOR ONE NIGHT ONLY, ON AUGUST 20TH, ALL OF ELK POINT WILL COME TOGETHER TO CELEBRATE THE INCLUSIVITY OF OUR PEOPLE AND THE DIVERSE CULTURES WHICH MAKE OUR COMMUNITY 'THE RIGHT PLACE TO BE'. YOU CAN BE A PART OF HISTORY BY SPONSORING THE EVENT!

"HERITAGE SPONSOR" - \$200

- -Receive 20 sample food vouchers to redeem at the event
- -Banner placed prominently by the food vendors
- "Thank-You" on mic during the event
- -Large Sized logo on all digital advertisements.

"COMMUNITY SPONSOR" - \$100

- -Receive 10 sample food vouchers to redeem at the event
- -Banner placement at the event
- -"Thank-you" on mic at event
- -Medium Size logo on digital advertisements

PLEASE CONFIRM YOUR SPONSORSHIP BY APRIL 30, 2025
PLEASE SUBMIT YOUR BILLING INFORMATION TO CAITLYN BUSH
RECREATION@ ELKPOINT.CA OR MAKE CHEQUES PAYABLE TO TOWN OF
ELK POINT





THE FIRST EVER ELK POINT HERITAGE NIGHT! BECOME A PART OF HISTORY BY BECOMING A VENDOR WITH FOOD. ARTISAN AND RETAIL OPPORTUNITIES.

Within your booth space, you will:

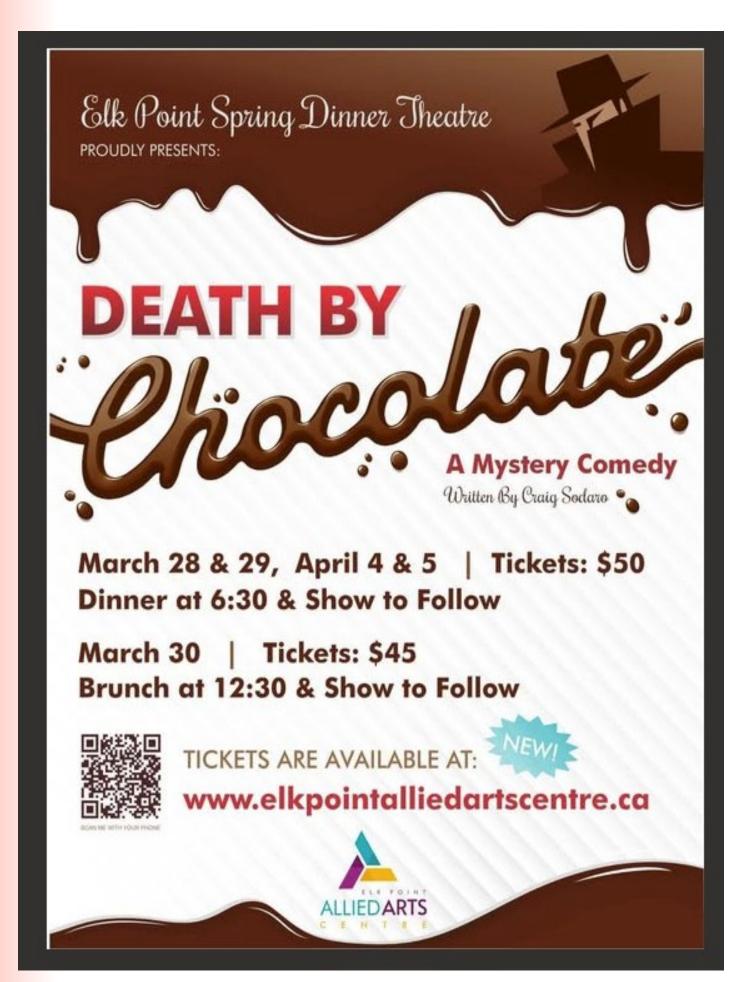
- -Showcase your culture and proudly sell your handcrafted items
- -Engage your visitors with stories, songs, dance and crafts... entertain and educate at your booth!
- -Share your heritage and invite visitors to join in a fun word search scavenger fun to win some exciting prizes.

LIMITED SPOTS AVAILABLE TO SELL HOT FOOD

BOOTH INVESTMENT: \$50.00 FOR FIRST TABLE \$20 PER ADDITONAL TABLE

PLEASE SUBMIT YOUR BOOTH REGISTRATION BY JULY 2, 2025 TO CAITLYN BUSH- RECREATION@ELKPOINT.CA OR CALL 780-573-6175 WITH INQUIRIES.







ELK POINT ALLIED ARTS

Farmers Market

EVERY THURSDAY 12PM - 5 PM 4605 57AVE, ELK POINT AB

- BAKED GOODS
- JAMS & JELLIES
- PRESERVES
- HANDMADE ITEMS
 LEATHER WORK
- SEWING
- KNITTING

- VERTICAL ROOTS
- FRESH PRODUCE
- CUSTOM BLENDED COFFEE
 HANDMADE JEWELRY
- FROZEN UKRAINIAN FOOD
- WOOD WORK

- PAMPERED CHEF
- FARM FRESH EGGS
- INSPECTED MEAT
- HANDMADE BBQ SEASONINGS
- TUPPERWARE
- MANY MORE...

LUNCH -

"FRIENDS OF THE LIBRARY" HOTDOG, POTATO SALAD, AND FRUIT TART.





CONTACT PATTY JEFFERY TO BOOK A TABLE: (780) 819 7826

Elk Point Theatre Project PRESENTS

DREAMWORKS

April 26, 27 and May 3, 4

Saturday Shows Dinner at 5:30 pm Show at 7:00 pm

Sunday Shows Brunch at 11:30 am Show at 1:00 pm

Tickets

Digital tickets available online Option to pay in person at Elk Point Realty \$40 w/buffet \$20 under 12 w/buffet \$20 show only



www.elkpointalliedartscentre.ca/performances



Made with PosterMyWall.com







BUNNY ORNAMENT PAINTING AT THE ST. PAUL LIBRARY





SATURDAY APRIL 12TH
10:30AM TO 3:00PM
DROP IN, PICK OUT A BUNNY TO
PAINT. PAINT IT HERE OR AT HOME.
ONE BUNNY PER PARTICIPANT

ADULT BOARDGAME NIGHT (18+

FIRST AND THIRD FRIDAY OF THE MONTH AT 6PM LIBRARY AFTER DARK

TO REGISTER VISIT THE PROGRAMS TAB ON OUR WEBSITE WWW.STPAULLIBRARY.AB.CA OR EMAIL PROGRAMS@STPAULLIBRARY.AB.CA

ST. PAUL LIBRARY SOCIAL HUB



THURSDAYS 6:30 TO 7:30



COME IN AND MEET NEW PEOPLE,
LEARN ABOUT THINGS
HAPPENING IN OUR COMMUNITY,
JOIN IN ON THE EASY GROUP
PROJECT OF THE EVENING OR
JUST SIT AND CHAT.

HSt Paul Library 4802 53rd Street

Community Connection at St. Paul Municipal Library

WE WANT TO PROMOTE YOU!

SET UP AT ONE OF OUR TABLES TO INTERACT WITH OUR PATRONS, AND SHARE WHAT YOU DO FOR OUR COMMUNITY.



FOR MORE INFORMATION PLEASE
CONTACT MONIQUE BY EMAILING
PROGRAMS@STPAULLIBRARY.AB.CA

















Tente de Lecture **Reading Tent**

Venez écouter une histoire Come listen to a story

À la Bibliothèque Municipale / At the Municipal Library Samedi le 12 avril 2025 / Saturday April 12th 2025

10h00 - 12h30

Mme Monique et Mme Pauline liront des histoires en français et en anglais au cours de la matinée.

Mrs. Monique and Mme. Pauline will be reading stories in French and English throughout the morning



Registration not required Un inscription n'est pas obligatoire



At the St Paul Library



Family Story-time At the Library Fridays at 10:30am

Enjoy monthly themed stories, song and activities geared for kids 4 and under (all ages welcome)

*Registration required for kids participating in the craft.

This months Theme: Color and Art April 4th April 18th - Closed April 25th



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



FAMILY DAY HOME



STORYT AT THE ST. PA

10:30AM

Tuesday February 25th

Tuesday March 25th Tuesday **April 8th**

JOIN OTHER **DAYHOMES AT THE** LIBRARY FOR AN INTERACTIVE STORY, SONG AND **ACTIVITY OR CRAFT.**

Activity geared for kids under 3 years



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



A PROGRAM FOR ADULTS WITH DISABILITIES

Wednesday April 9th at 1:00 or 1:40pm

in the St. Paul Municipal Library

Join us in making seed bombs. Take some home or leave some at the library for a fundraiser.



To register go to our website's registration page at www.stpaullibrary.ab.ca/events or contact us by email at programs@stpaullibrary.ab.ca for more information

Teen Time

Make your own Stickers

Thursday April 24th 3:45



Teens, ages 13 to 18 will use their creative skills and learn how to make their own Stickers!



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





St. Paul Municipal Library

Tuesday, April 1 — 6:00 - 7:30 PM



JOIN US FOR A FUN BINGO **NIGHT TO LEARN MORE!**



bit.ly/PLEregisterNOW









2024/25 Season

Art 1: Ages 6 to 8 - Thursdays from 4:30 to 5:45pm Art 2: Ages 9 to 12 - Thursdays from 6:00 to 7:30pm Adult Art: Ages 18 and up - Mondays from 6:00 to 7:30pm

Private Guitar Ages 7 and up - Tuesdays and Wednesdays

Beading Ages 7 and up - Tuesdays from 6:45 to 7:30pm

Creative

Hip Hop Creative Movement: Ages 4 to 8 -Wednesdays from 4:00 to 4:30pm Novement Ballet Creative Movement: Ages 4 to 8 - Thursdays from 4:00 to 4:30pm

Tot & Me Ages 0 to 5 (plus a caregiver) - Tuesdays from 5:30 to 6:00pm

POW-WOW Ages 7 and up - Tuesdays from 6:00 to 6:45pm

Ballet 1: Ages 6 to 9 - Wednesdays from 4:30 to 5:15pm
Ballet 2: Ages 10 to 14 - Thursdays from 4:30 to 5:30pm
Ballet 3: Ages 15 and up - Thursdays from 5:30 to 6:30pm

Hip Hop 1: Ages 6 to 9 - Wednesdays from 6:00 to 6:45pm Hip Hop 2: Ages 10 to 14 - Wednesdays from 6:45 to 7:30pm Hip Hop 3: Ages 15 and up - Wednesdays from 7:30 to 8:15pm

Jazz 1: Ages 7 to 11 - Wednesdays from 5:15 to 6:00pm Jazz 2/3: Ages 10 and up - Thursdays from 6:30 to 7:15pm

Contemporary/ Ages 10 and up - Thursdays from 7:15 to 8:00pm Lyrical

Full Year is from September 9 to April 20. Half year of programming is also available. - Session 1 from September 9 to December 21 and Session 2 from January 6 to April 26. Financial Assistance is available, please initiate that conversation by emailing us. All questions and concerns can be sent to info@artfoundation.ca.

https://www.artfoundation.ca/