



INSIDE THIS ISSUE:

May

2025 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, May 13th in St Paul

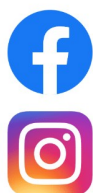
780-645-5311

5002-51 Ave, St Paul

Mon, June 9th in Elk Point

780-724-3800

4906-48 St, Elk Point



Prevention & Awareness

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Enhancing access to social supports.

programs & services for **SENIORS**

from the Government of *Alberta*

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

Visit

in person

8:30-4:30PM

in ELK POINT

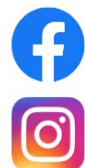
Tuesday or Wednesday
780-724-3800

in ST PAUL

Monday - Friday
780-645-5311



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



Let's
CELEBRATE
SENIORS'
WEEK



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JUNE 2	JUNE 3	JUNE 4	JUNE 5	JUNE 6
ST PAUL	HEINSBURG	MALLAIG	ELK POINT	ASHMONT
REC CENTRE	SENIORS CENTRE	SENIORS CENTRE	SENIORS CENTRE	LEGION

Inviting all Seniors (55+) to celebrate "you" during our Seniors' Week. Come connect, laugh & learn with St. Paul Regional FCSS & Guests.

Refer to schedule above for days & locations. Light lunch provided.

11 am-1 pm
REGISTER
Call 780-645-5311





BENEFITS

WEIGHT MANAGEMENT

burns up to 46% more calories
then 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

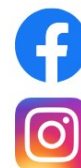
@ FCSS

(5002-51 Ave, St Paul)



REGISTER

Call 780-645-5311





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WEIGHT MANAGEMENT

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improve balance and confidence for
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CARDIO

25% more of a cardiovascular workout
compared to walking alone

 **URBANPOLING**
Thursdays

Join Us!

1:30PM

@ FCSS

(4906-48 St, Elk Point)



REGISTER

Call 780-724-3800



FEEDING OUR farmers



connecting community to resources for
better mental health and well-being

We are here to help!

FCSS is here for our community!
Connecting, supporting and in this case,
delivering a meal.

We know you are busy, worried and
stressed! We also know you overcome
challenges, prevail and are very proud.
Let us come to you to feed your mind, soul
and most importantly STOMACH!

**If you are a farmer or know a farmer
who would enjoy a meal and visit with
FCSS nominate them today!**

We will bring a meal to the farmer and
farm hands in the field with supports and
resources, we will ask some questions and
have conversation to learn what your
specific needs are. We are NOT farmers,
so you may need to lead us in direction or
text us a pin to your location!



St. Paul Regional
Family and Community
Support Services

your field

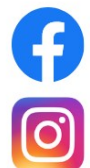
May 26-30th

SCHEDULE A TIME

FREE TO REGISTER

Call 780-645-5311

Call our office to register. Please provide
number of servings required, preferred date &
time, county division & contact information.
Location can be updated morning of.





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

Developing healthy relationships.



WELLNESS EXCHANGE

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



**SAVE
THE DATE**



Camp Sunshine

"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

♥ Sharing ♥ Learning ♥ Remembering

Connect with us for details
Deadline to register is May 30th.

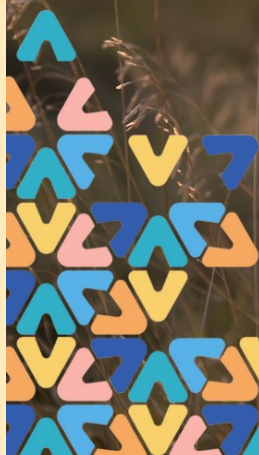
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St. Paul Regional
Family and Community
Support Services

Engaging women in more authentic conversations.



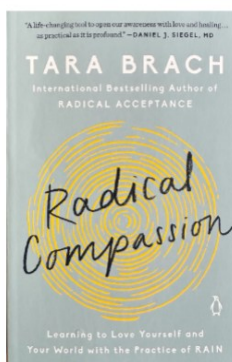
Behind THE MASK

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
May 13th
7:30PM

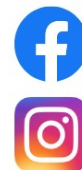
@ FCSS 5002-51 Ave


**RADICAL COMPASSION
BY INTERNATIONAL
BESTSELLING AUTHOR
TARA BRACH**

Learning to LOVE Yourself and
Your WORLD with the practice
of RAIN Meditation.

FOR MORE INFORMATION

Call 780-645-5311





Engaging men in more authentic conversations.

Behind THE MASK

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.



Tuesday
May 20th
7:30PM

@ FCSS 5002-51 Ave

DISCUSSION ABOUT SHAME AND GUILT

Too often, men carry the weight of shame and guilt in silence. But real strength comes from facing it — together. Join us for an open, judgment-free conversation about the pressures, expectations, and emotional weight many men experience. Let's break the silence, not each other.

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

2025 Elk Point Meeting Dates:

Feb 10th CANCELLED
April 14th
June 9th
October 6th
Dec 8th

Mondays

In Elk Point

4906A-48 Street

Tuesdays

In St Paul

5002-51 Ave

10AM - 11AM

Call 780-645-5311 for more info.



2025 North Regional Gathering

St. Paul

Join other Community-Based Seniors Serving professionals
in your area for a day of learning and connection.



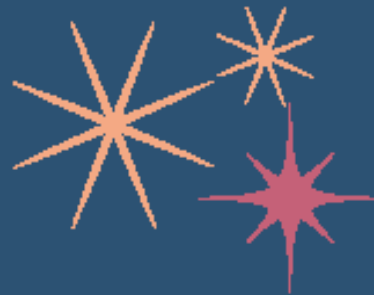
Thursday, May 15

9:30 am – 4:00 pm

St. Paul Senior Citizen's Centre
(4809 47 St, St. Paul, AB T0A 3A3)

What to expect:

- HAA Update to community
- HAA Asset-based community development workshop
- New models by HAA
- Exploring EDI
- Conversation Cafes
- Community feedback
- Networking
- Great food!



REGISTER HERE
(FREE)

For more information on this gathering
please reach out to Michael at
michael.procinsky@healthyagingalberta.ca



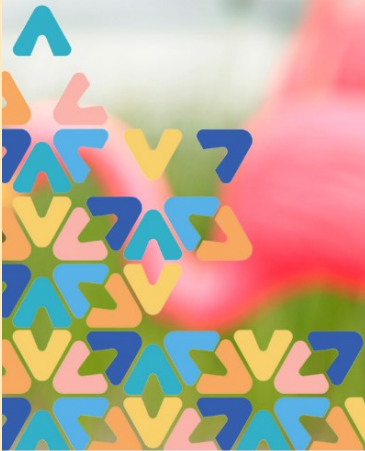
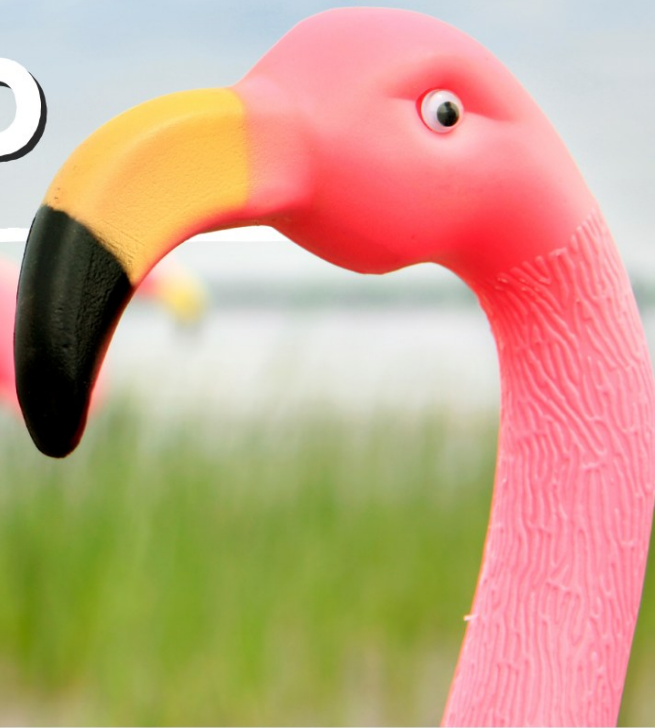
A network of
community allies
for older adults.

In collaboration with:



Promoting a sense of community and belonging.

YOU'VE BEEN FLOCKED



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

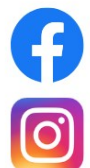
**Let us help
you out...**

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

Weekdays
9AM - 4PM

CALL TO
RESERVE

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

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.

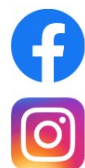
If you are a caregiver for a senior, connect with us, we can help.

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



St. Paul Regional FCSS &
Family Resource Network

st.paul_fcss



Meaningful May 2025

MONDAY



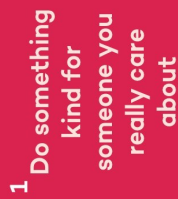
TUESDAY



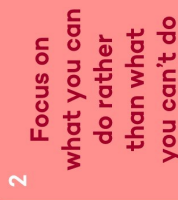
WEDNESDAY



THURSDAY



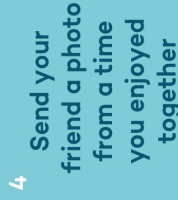
FRIDAY



SATURDAY



SUNDAY



5 Let someone know how much they mean to you and why

6 Look for people doing good and reasons to be cheerful

7 Make a list of what matters most to you and why

8 Set yourself a kindness mission to help others today

9 What values are important to you? Find ways to use them today

10 Be grateful for the little things, even in difficult times

11 Look around for things that bring you a sense of awe and wonder

12 Listen to a favourite piece of music and remember what it means to you

13 Find out about the values or traditions of another culture

14 Get outside and notice the beauty in nature

15 Do something to contribute to your local community

16 Show your gratitude to people who are helping to make things better

17 Find a way to make what you do today meaningful

18 Send a handwritten note to someone you care about

19 Reflect on what makes you feel valued and purposeful

20 Share photos of 3 things you find meaningful or memorable

21 Look up at the sky. Remember we are all part of something bigger

22 Find a way to help a project or charity you care about

23 Recall three things you've done that you are proud of

24 Make choices that have a positive impact for others today

25 Ask someone else what matters most to them and why

26 Remember an event in your life that was really meaningful

27 Focus on how your actions make a difference for others

28 Do something special and revisit it in your memory tonight

29 Today do something to care for the natural world

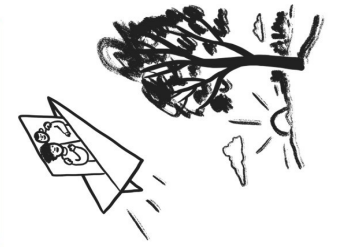
30 Share a quote you find inspiring to give others a boost

31 Find three reasons to be hopeful about the future



ACTION FOR HAPPINESS

Happier • Kinder • Together



2025

St Paul LOCATION

M a y

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

Baby Bunch
1:30pm - 3pm
DROP IN

02

Rhymes That Bind
10am-12pm
DROP IN

Youth Board
Games
3:30pm-5:30pm
DROP IN

05

Home School
Hang-out
1:30pm-3pm
REGISTER

06

Mallaig Tot Time
9:30am-11:30am
DROP IN

07

Mother's Day Craft
at SunnySide
10am-11am
REGISTER

08

Baby Bunch
1:30pm-3pm
DROP IN

09

Saturday 10 is
Mother's Day
HIGH TEA
ages 7-12
SEE POSTER FOR DETAILS
11am-1pm
REGISTER

Growing Minds JR
3:30pm - 5:30pm
REGISTER

Run, Jump, Skip
10am - 12pm
DROP IN

Ashmont Afterschool
3:30pm - 5:30pm
REGISTER

Youth Indigenous
Beads
3:30pm-5:30pm
REGISTER

12

Staff in Training

13



Clothing Exchange



DROP OFF
1pm - 8pm
@ Rec Centre

SHOP
1pm - 8pm
FREE

SHOP
9am - 12pm
FREE

16

PD Day
Youth Program
9am-3:30pm
REGISTER

19

CLOSED

20

Mallaig Tot Time
9:30am-11:30am
DROP IN

21

Triple P Tipsheet
Potty Training
10am-11am
REGISTER

22

Storytime & Craft
10am-12pm
DROP IN

23

ASQ Screening
10am-12pm
REGISTER

Icky, Sticky, Messy
10am - 12pm
DROP IN

Ashmont Afterschool
3:30pm - 5:30pm
REGISTER

Dungeons & Dragons
6pm - 8pm
REGISTER

Baby Bunch
1:30pm-3pm
DROP IN

26

Home School
Hang-out
1:30pm-3pm
REGISTER

27

Mallaig Tot Time
9:30am-11:30am
DROP IN

28

Ashmont Afterschool
3:30pm-5:30pm
REGISTER

29

Run, Jump, Skip
6pm - 7:30pm
DROP IN

30

TEEN CONNECT
Roll with it
Stress Less Event
3:30pm-6:30pm
see poster for details
REGISTER

Growing Minds JR
3:30pm - 5:30pm
REGISTER

Traditional
Teachings
10am - 11:30am
REGISTER

5002 - 51 Ave

St Paul AB T0A 3A0

Call: 780-645-5311

Text: 780-614-1941

Web: stpaulfcss.ca



st.paul_fcscs



St. Paul Regional
FCSS & Family
Resource Network

Lakeland

FAMILY RESOURCE NETWORK

May 2025

www.stpaulfcscs.ca

Interagency 19



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

Friday 02
May

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

ACFA Gym 4617-50 Ave

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

Run, Jump, Skip

Tuesday May 06

10am-12pm

DROP IN

780-645-5311



Lakeland

FAMILY RESOURCE NETWORK

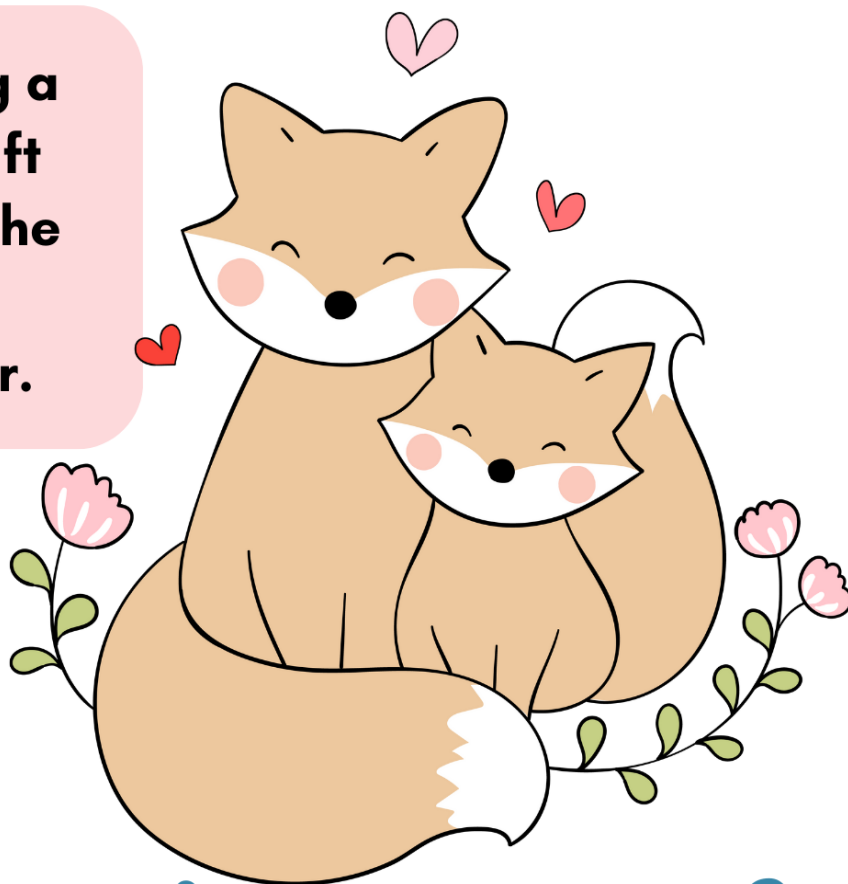
Connect with us for more information.

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

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



Join us in creating a
Mother's Day craft
and visiting with the
Seniors at
Sunnyside Manor.



AGES 0-6

Sunnyside Manor, 4522 47 Ave

Promoting
intergenerational
and community
connection.

Mother's Day Craft at Sunnyside Manor

Wednesday
May **07**

10am-11am

CALL TO REGISTER
780-645-5311



Lakeland

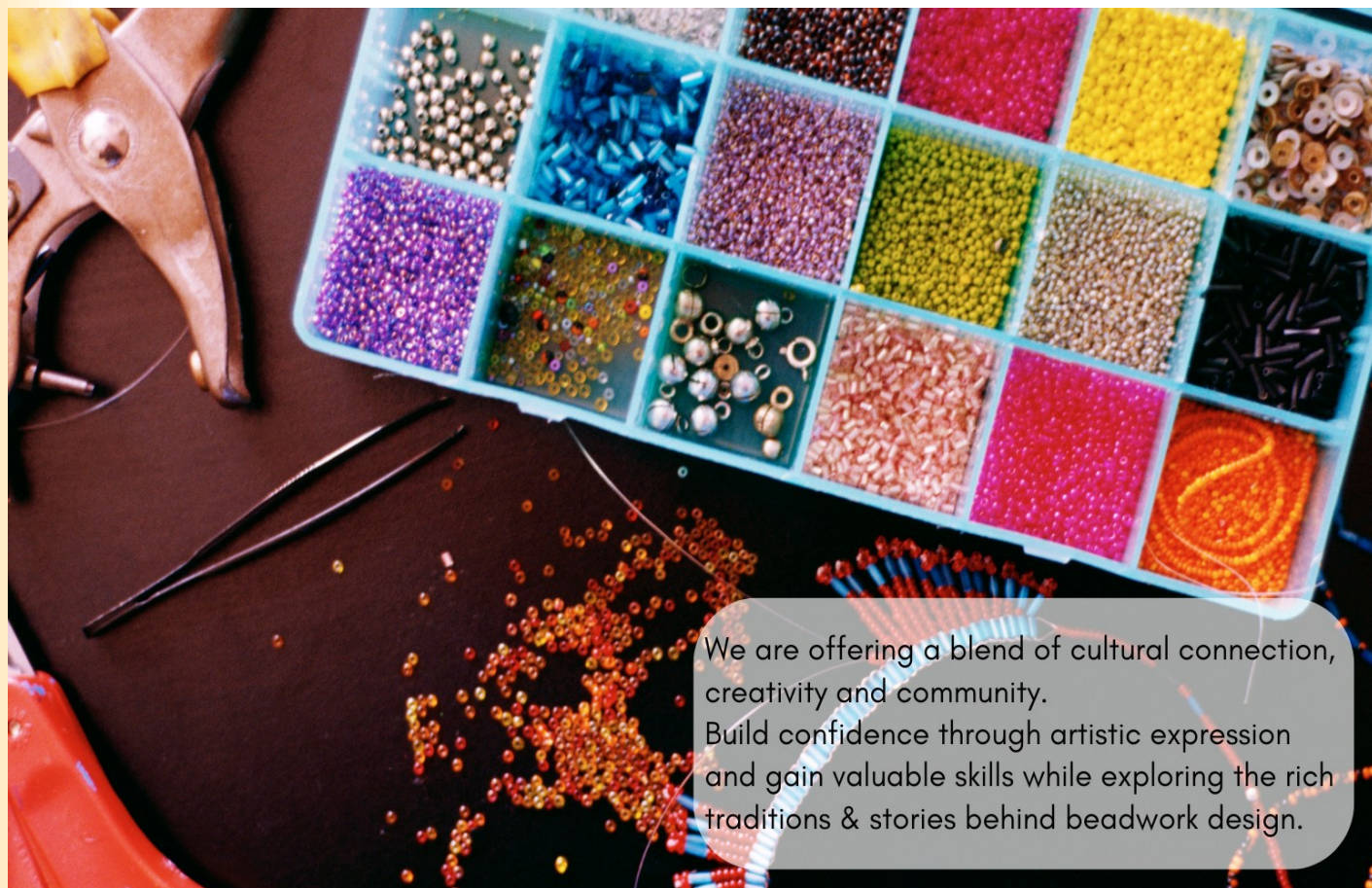
FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





We are offering a blend of cultural connection, creativity and community. Build confidence through artistic expression and gain valuable skills while exploring the rich traditions & stories behind beadwork design.

YOUTH 7+
LFRN St Paul 5002-51 Ave

Indigenous Beading

Thursday
May 08

3:30pm-5:30pm

CALL TO REGISTER
780-645-5311

FREE

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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

Fostering a pride in identity and encouraging intergenerational knowledge-sharing.



Join us for a delightful Mother's Day
High Tea celebration!
Enjoy an elegant time with sweet
treats, savory bites and heartwarming
moments. Come dressed to impress
and ready to make memories!



YOUTH 7-12YRS

LFRN St Paul 5002-51 Ave

Mother's Day High Tea

Saturday
May **10**

11am - 1pm

CALL TO REGISTER

780-645-5311

FREE

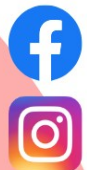
Lakeland

FAMILY RESOURCE NETWORK

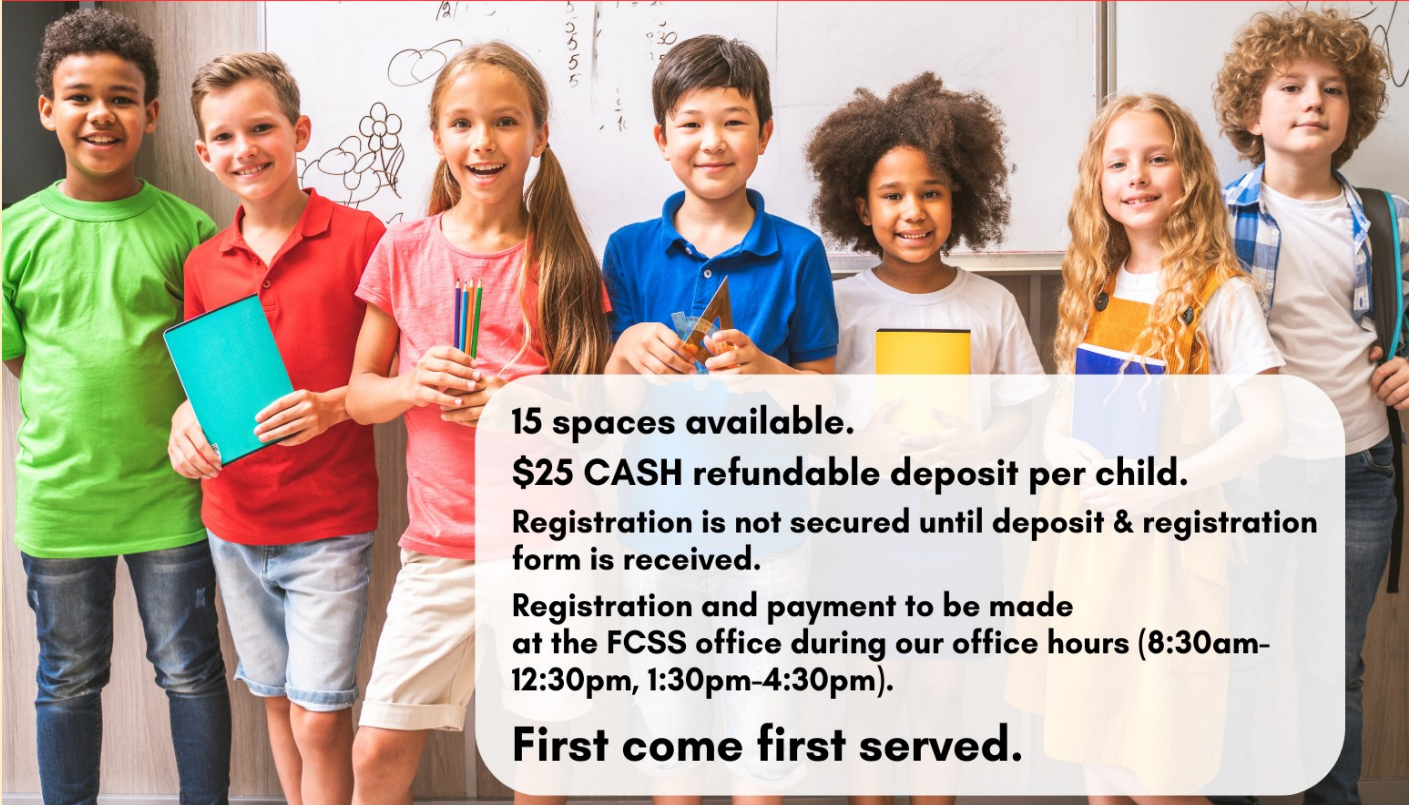
Connect with us for more information.

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

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



Open to SPERD & Ecole du Sommet students



15 spaces available.

\$25 CASH refundable deposit per child.

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

Registration and payment to be made at the FCSS office during our office hours (8:30am-12:30pm, 1:30pm-4:30pm).

First come first served.

KINDERGARTEN-GRADE 6

LFRN St Paul 5002-51 Ave

PD Day Youth Program

Friday
May **16**

9am - 3:30pm

**FOR MORE INFORMATION
CALL 780-645-5311**

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

**Must bring
their own
nut free
snacks & lunch.**

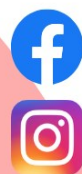
Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





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

AGES 0-6

LFRN St Paul 5002-51 Ave

Encouraging sensory development and helping build social-emotional skills.

Icky, Sticky, Messy

Tuesday May 20

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.





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

Triple P Tip Sheet

Potty Training

Wednesday 21
May
10am - 11am

CALL TO REGISTER
780-645-5311

FREE



CAREGIVERS

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

LFRN St Paul 5002-51 Ave

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.



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

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



**Dungeon Master
in attendance**
Snacks Provided

YOUTH 12-18

LFRN St Paul 5002-51 Ave

Dungeons & Dragons

Wednesday May **21**

6pm-8pm

CALL TO REGISTER

780-645-5311

FREE

Lakeland

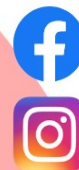
FAMILY RESOURCE NETWORK

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.





AGES 0-6

LFRN St Paul 5002-51 Ave

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

Storytime & Craft

Thursday
May **22**
10am-12pm



DROP IN
780-645-5311

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





Is your child meeting the developmental milestones?

Make an appointment to fill out the Ages & Stages Questionnaire, receive information, referrals & access other programs we offer.

CAREGIVERS

LFRN St Paul 5002-51 Ave

ASQ Screening

Friday
May **23**

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.





AGES 0-6

LFRN St Paul 5002-51 Ave

Traditional Teaching

with Jan Tailfeathers

Tuesday May 27

10am-11:30am

CALL TO REGISTER
780-645-5311



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

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





evening

Run, Jump, Skip

Thursday May 29

6pm-7:30pm

DROP IN

780-645-5311



AGES 0-6

ACFA Gym 4617-50 Ave

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

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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



Join us in May
01, 08 & 22

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

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



0-18 MONTHS

LFRN St Paul 5002-51 Ave

Baby Bunch

Thursdays
1:30pm

DROP IN
780-645-5311



Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





YOUTH 6+

LFRN St Paul 5002-51 Ave

Creating
opportunity to
meet and interact
with others.
Developing
socialization skills.

Home School Hangout

Monday May 05 & 26

1:30pm - 3pm

CALL TO REGISTER
780-645-5311

FREE

Lakeland

FAMILY RESOURCE NETWORK

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



RECREATION CENTRE 4802-53 ST.

Accepting good, CLEAN, used clothing
and shoes for **ALL AGES**

We would greatly appreciate,
if clothing was pre-sorted
by size and gender!!

Please call 780-645-5311
for more information

SPRING CLOTHING EXCHANGE

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!

Lakeland








FAMILY RESOURCE NETWORK



2025
May

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 Look for reasons to be KIND!	02 Mother's Day Craft 10am - 12pm DROP IN
05 Youth Group Mother's Day Craft 3:30pm - 5:30pm REGISTER	06 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	07 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	08 CLOSED 	09 CLOSED  Run, Jump, Skip Saturday, May 10 10am-11:30am See Poster for more details. DROP IN
12 CLOSED 	13 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm DROP OFF 1pm - 8pm St. Paul Rec Centre	14 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm SHOP 1pm - 8pm FREE	15 SHOP 9am - 12pm FREE	16 PD Day Youth Program 9am - 3:30pm REGISTER
19 CLOSED VICTORIA DAY 	20 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	21 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	22 Moms Matter Paint Night 6:30pm - 8:00pm REGISTER 	23 Story time @ the fire station 10am-12pm DROP IN
26 Youth Group Mindful Matters 5 Day Friendship Challenge 3:30pm - 5:30pm REGISTER	27 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	28 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	29 Offer gentle words of support to someone 	30 Story time & Craft 10am-12pm DROP IN



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



AGES 0-6

LFRN Elk Point 4906-48 St

Giving
joy and love to
those we care
about.

Mother's Day Craft

Friday
May 02

10am-12pm

DROP IN

780-724-3800



Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

Call **780-724-3800** or visit our website at **stpaulfcss.ca**
Providing services and support for ages 0-18yrs, parents and caregivers.





Let's create a
craft for your special
person.

YOUTH 7+

LFRN Elk Point 4906-48 St

Giving
joy and love to
those we care
about.

Mother's Day Craft

Monday
May **05**

3:30pm-5:30pm

CALL TO REGISTER
780-724-3800

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





AGES 0-6

Elk Point Elementary Gym

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

Run, Jump, Skip

Saturday May 10

10am-11:30am



DROP IN
780-724-3800

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

Call **780-724-3800** or visit our website at **stpaulfcss.ca**
Providing services and support for ages 0-18yrs, parents and caregivers.





Take some time
away to do
something for
yourself.

Join us and
paint a summer
picture.

CAREGIVERS

A.G Ross Arena, 5326 51 St

For moms or
caregivers of
children 0-18yrs

Moms Matter

Paint Night

Thursday
May **22**

6:30pm-8pm

CALL TO REGISTER
780-724-3800

Register &
pmt by
May 8th.

\$10/Person

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 May **23** at the fire station

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.





Topics may include

Mindfulness
Emotion Regulation
Gratitude
Self love
Friendships
Empathy
Problem Solving
Community Minded

YOUTH 7+

LFRN Elk Point 4906 48ST

Mindful Matters

Monday May **26**

5 Day
Friendship
Challenge

3:30pm-5:30pm

CALL TO REGISTER

780-724-3800

FREE

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





AGES 0-6

LFRN Elk Point 4906-48 St

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

Story Time and Craft

Friday
May **30**

10am-12pm

DROP IN

780-724-3800



Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





FRIDAY
MAY 2ND



4:00 PM-
5:30 PM



5101 48TH STREET
PAWZ N KLAUZ



AGE 13-18yrs



FREE

Fireside Friday!

Kick back, relax, and enjoy good vibes over a bonfire, games and chalk art!
Hang out with friends, grab some snacks, and make the most of summer nights!

Call: 780-645-5311

Email: FCSSyouth@town.stpaul.ab.ca

Web: stpaulfcss.ca



SPYC20 and [st.paul_fcsc](https://www.instagram.com/st.paul_fcsc)



St. Paul Regional FCSS & Family Resource Network



 **THURSDAY MAY 22ND**
 **6:00 PM-8:00 PM**
 **ST. PAUL & DISTRICT ARTS FOUNDATION**
 4822 50 AVE
  **AGE** 13-18yrs
  **\$** FREE

Teen Karaoke Night!

Grab your friends, pick your favorite song and hit the stage at Teen Karaoke Night with DJ Earthman! Whether you're a shower singer, a pop star in the making, or just in it for the fun, this is your chance to shine! Sing solo, duet with a friend, or belt it out as a group—no pressure, just good vibes!

Free for teens, with snacks, drinks and a night full of music and memories.
 Don't miss out—come sing, dance, and have a blast!

Call: 780-645-5311

Email: FCSSyouthetown.stpaul.ab.ca

Web: stpaulfcss.ca



SPYC20 and [stpaul_fcsc](https://www.instagram.com/stpaul_fcsc)



St. Paul Regional FCSS & Family Resource Network



THURSDAY
MAY 29TH



6:30 PM-
7:30 PM



FCSS OFFICE
5002 51 AVE ST PAUL



13-18yrs



\$25

Teen Flower Arrangement Class!

Instruction By The Jungle Flowers!

Get creative and learn the art of flower arranging in this fun, hands-on class designed just for teens! You'll discover floral design techniques, color pairing, and styling tips to create your own beautiful bouquet to take home. Whether you're a budding florist or just love flowers, this class is the perfect way to express your creativity. Limited spots are available—**register today!**

Call: 780-645-5311

Email: FCSSyouth@town.stpaul.ab.ca

Web: stpaulfcss.ca



St. Paul Regional
Family and Community
Support Services



SPYC20 and [st.paul_fcsc](https://www.instagram.com/stpaul_fcsc)



St. Paul Regional FCSS &
Family Resource Network



TEEN CONNECT



FRIDAY
MAY 30TH



3:30 PM-
6:30 PM



REC CENTER
4802 53 ST



AGE 13-18yrs



FREE

Roll With It- Stress Less Event!

Join us for a fun and active way to manage stress at our Stress Less Teen Event! We're learning to chill out, laugh it off, and literally roll with it—inside giant inflatable bumper balls! Discover simple ways to handle stress while bumping, bouncing, and blowing off steam with friends. It's all about movement, mindfulness, and making memories. Don't miss this chance to de-stress and have a blast!

Call 780-645-5311 to register today!

Call: 780-645-5311

Email: FCSSyouth@town.stpaul.ab.ca

Web: stpaulfcss.ca



Lakeland
FAMILY RESOURCE NETWORK



SPYC20 and st.paul_fcsc



St. Paul Regional FCSS & Family Resource Network



2025 LAKELAND YOUTH CONFERENCE



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



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



**GIANT
TIGER**



May 2025

www.stpaulfcss.ca

Interagency 48



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



COUNTY COMMUNICATOR

Our Mission is to Create Desirable Rural Experiences

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.

WEBSITE SUBMISSIONS - EVENTS CALENDAR

- 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.

Subscribe to calendar ▾



- 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 DECHAIINE
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

Coffee With a Cop

St. Paul RCMP

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

A&W St. Paul
4241 50 Avenue



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.


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



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)

<p style="text-align: center;">ST. PAUL</p> <p>Where: Lakeland Primary Care Network (Boardroom) St. Paul Wellness Centre #101 – 4801 – 39 Street</p> <p>Time: 6:30 - 8:30 pm</p> <p>When: 3rd Wednesday of each month</p> <p>Dates:</p> <p>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</p>	<p style="text-align: center;">ELK POINT</p> <p>Where: Elk Point Healthcare Centre (Board Room) 5310 – 50 Avenue</p> <p>Time: 6:30 - 8:30 pm</p> <p>When: 3rd Tuesday of each month</p> <p>Dates:</p> <p>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</p>
<p>The Care Partner Support Group is designed for family members, friends, & caregivers of someone living with Alzheimer's/Dementia who want to meet others experiencing similar situations with a chance to share experiences, learn new information, receive peer support, and help each other cope more effectively.</p>	

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.

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.

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.

St. Paul:

- In-person classes are offered in the evening (Day TBD, 6:30 p.m. to 8:30 p.m.).
- To register, call St. Paul Public Health at 780-645-3396.

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.

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



**Alberta Health
Services**

Healthy Albertans.
Healthy Communities.
Together.



May 2025 Alberta Healthy Living Program Workshops

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



Managing Diabetes

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

Overview

May 6 Tue Evening 5:30-8pm

May 15 Thurs Afternoon 1:30-4pm

Nutrition

May 1 Thurs Afternoon 1:30-3pm

May 13 Tue Evening 5:30-7pm

May 22 Thurs Afternoon 1:30-3pm

Ongoing Care

May 20 Tue Evening 5:30-8pm

May 29 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

May 6 Tue Morning 9:30am-12pm

May 15 Thurs Evening 5:30-8pm

Nutrition

May 13 Tue Morning 9:30am-12pm

May 22 Thurs Evening 5:30-7pm

Managing Stress

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

May 13 & 20 Tue Mornings 9:30-10:30am

Help using Zoom is
available!



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

May 8, 15, & 22 Thurs Eves 5:30-8pm

Series 2—Classes 2.1, 2.2, & 2.3

May 6, 13 & 27 Tue Mornings 9:30-11am

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.

Jun 9 – Jul 16 Mon & Wed Afternoons 1-2:30pm

Jun 9 – Jul 16 Mon & Wed Evenings 6-7:30pm

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

For those with Fibromyalgia

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

For anyone living with long-term pain

May 26 - Jun 30 Monday Evenings 6-8:30pm

To register for a Zoom class call:

1-877-349-5711

Or

<https://www.healthylivingprogram.ca>



**Alberta Health
Services**

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!**

<https://redcap.link/PeerCoachingParticipantIntake>

To register:

North Zone: 1-877-349-5711

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



Caregiver Education Team Newsletter

May/June 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

Understanding Autism

For parents and caregivers of children in grades K-12

Part 1:

Tuesday, May 13
12:00 – 1:00 pm

Part 2:

Tuesday May 20
12:00 – 1:00 pm

Junior-High Jitters

Transitioning to the Teenage Years

For parents/caregivers and pre-teens (grades 6-8) to attend together.

Tuesday, May 27
6:00 – 7:30 pm

Adult Education Sessions

More than Just a Bad Day *Understanding Depression*

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

Wednesday, May 7
12:00 – 1:00 pm

Silver Linings

Supporting Wellness in the Later Years

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

Part 1:

Wednesday, June 11
12:00 – 1:00 pm

Part 2:

Wednesday, June 18
12:00 – 1:00 pm

Participant Feedback

"Excellent presentation. The presenters seem like they have practiced well to deliver the content. I love that they are precise and clear and focused. Thank you!"

"Thanks for making this accessible to the public."

"These sessions are excellent! The content itself is so bang on and very helpful."



Recovery Alberta
Mental Health and Addictions Services

Professional Practice & Education Services
Edmonton

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

May/June 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 Autism

In this introduction to autism spectrum disorder (ASD), participants will learn how ASD may affect the way children and adolescents interpret and interact with the rest of the world and the people in it. Once we understand the core characteristics of ASD, we will then discuss strategies to support our child's wellness.

Part 1: Tuesday, May 13, 2025

Time: 12:00 – 1:00 pm

For parents and caregivers of children and youth grades K-12; for adults only.

Part 2: Tuesday, May 20, 2025

Time: 12:00 – 1:00 pm

For parents and caregivers of children and youth grades K-12; for adults only.

Junior-High Jitters

Transitioning to the Teenage Years

Is your child going into grade 7 and feeling nervous about it? This session will provide information about developmental changes teens experience, as well as the challenges they may face in this school transition. We will look at ways to support these changes and boost wellness.

Date: Tuesday, May 27, 2025

Time: 6:00 – 7:30 pm

For caregivers and pre-teens (grades 6-8) to attend together.

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:

"The method of presentation is excellent."

"The techniques shared in this webinar were helpful and I am looking forward to trying to pass on some of them to the families I work with."

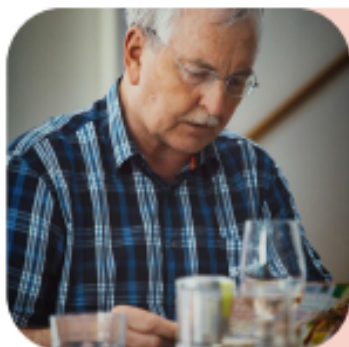


Professional Practice & Education Services
Edmonton

For more information, visit www.cyfcaregivereducation.ca

Adult Education Sessions

May/June 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.

More than Just a Bad Day Understanding Depression

In this session, we will discuss what mental health is, the difference between sadness and depression, and common signs and symptoms of depression. Treatment options and supportive strategies for coping and support will be shared.

Date: Wednesday, May 7, 2025

Time: 12:00 – 1:00 pm

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

Silver Linings Supporting Wellness in the Later Years

As we age, we may face many stressors and challenges - we may not be as strong as we used to be, we may experience medical illnesses and loss associated with roles and loved ones. We may become lonelier, or it may be harder to cope with life transitions. This series will provide a basic overview of mental health challenges that older adults may face and some coping strategies and supports that can be used to overcome the stressors contributing to these challenges.

Part 1: Wednesday, June 11, 2025

Time: 12:00 – 1:00 pm

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

Part 2: Wednesday, June 18, 2025

Time: 12:00 – 1:00 pm

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

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:

"Loved this session. The time, length and information were perfect."

"I like both the video and lecture way of learning. I like the virtual delivery, time of day, and length of each session."

"The information, discussion, elaboration, and videos all together, have made this a very valuable resource. Thank you all very much."



Professional Practice & Education Services
Edmonton

For more information, visit www.cyfcaregivereducation.ca



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.

MAY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>To join by phone, call: 1-855-703-8985 and enter meeting ID: 225-573-6467#</p>				
5 9:30am: Ponder This 11am: Exercise 1pm: Crime & Justice 3pm: Marley & Me Part 5	6 11am: Imagination Circle 1pm: Funny Bone 3pm: Wellness BINGO 4:30pm: Word Games	7 9:30am: Armchair Travels 11am: Story Lines 1pm: Finding Your Joy 1pm: Who Why When 3pm: Exercise	1 9:30am: Gratitude 11am: Would You Rather 1pm: History Of... 3pm: Ageism Roundtable 4:30pm: Broadway Musicals	2 9:30am: Folk Music 11am: Exercise 1pm: Science Savvy 3pm: In The Headlines
12 9:30am: Now & Then 11am: Exercise 1pm: The Big Picture 3pm: Marley & Me Part 6	13 11am: Mindfulness with Carol 1pm: How It's Made 3pm: Readers' Corner	14 9:30am: Mystery Chronicles 11am: Provincial Archives of AB 1pm: Finding Your Joy 1pm: Coffee Chat 3pm: Exercise	15 9:30am: Gratitude 11am: Let's Talk About 1pm: For Your Body 3pm: Working Through Grief 4:30pm: Dinner Theatre	16 9:30am: Classical Music 11am: Exercise 1pm: Wab Kenew 3pm: Jeopardy
19 Victoria Day No Programs	20 11am: Imagination Circle 1pm: Coffee Chat 3pm: Nutrition for Health 4:30pm: Trivia	21 9:30am: Animal Spotlight 11am: In The Headlines 1pm: Finding Your Joy 1pm: Next Stop: Halifax 3pm: Exercise	22 9:30am: Gratitude 11am: Global Events 1pm: SCWW Advisory Group 3pm: Brain Games	23 9:30am: 90's Pop Music 11am: Exercise Q&A 1pm: Writing for Fun 3pm: From John to Justin
26 9:30am: Some Good News 11am: Exercise 1pm: Ask Us: Emily 3pm: Marley & Me Part 7	27 11am: Misinformation 1pm: How It's Made 3pm: Death Café	28 9:30am: Chicken Soup for the Soul 11am: Let's Talk About 1pm: Finding Your Joy 1pm: Brent Butt 3pm: Exercise	29 9:30am: Gratitude 11am: Hello From Alberta 1pm: Canadian Resources 3pm: Worldviews 4:30pm: Broadway Musicals	30 9:30am: Argentinian Music 11am: Exercise 1pm: Coffee Chat 3pm: BINGO



All visits are 100% covered by Alberta Health

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

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)



Date: March, 2025



Primary Care
Alberta

ALBERTA BRAIN INJURY NETWORK

SURVIVORS SUPPORT



GROUPS!



WHEN?

The 2nd Tuesday of Every Month @ 1pm

May 13th ~ June 10th

WHERE?

Zoom

Email: kcameron@spanet.ab.ca for the link

WHO?

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



FOR MORE INFO CALL: 780-646-2969

ALBERTA BRAIN INJURY NETWORK

SURVIVORS SUPPORT



GROUPS!



WHEN & WHERE?

3rd Tuesday Every Month
at the St. Paul Municipal Library at 1pm
May 20th ~ June 17th

WHO?

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

FOR MORE INFO CALL: 780-646-2969



Or E-MAIL kcameron@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

www.FoundationsCounsellingServices.ca





OPEN HOUSE

Come tour our Main Office and
join us for this special event

Date: May 14, 2025 Time: 10 am - 1 pm

4808 50 Ave, Bonnyville AB

*For our
community
partners*



**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
Sessions
Offered**

Equine Healing Recovery Group - (For those journeying through personal recoveries)
Introduction to Equine Therapy to Healing Demonstrations - (Are you interested in learning how horses can help heal?)
Seniors Choice Sessions
Equine Healing for Coping with PTSD / Trauma Workshop
Anxiety in Adults
Equine Therapeutic Experience
Family Sessions
Deeper Healing with the Herd - (Involving Meditation & Gentle Yoga)
Kids Equine Adventure - (Helping Anxiety For Kids)
Grief Retreat - Healing the Heart
Heal the Healers (Front Line Workers, RCMP, Veterans, Health Care Providers, Social Workers)
Caring for Caretakers - (Are you overwhelmed with caring for your loved ones?)

**Amazing Health
Alternatives**

***Subject to Change pending on numbers**



MAY 5, 2025, 7:15 PM - 8:45 PM

MALLAIG LEGION

3501 1 ST W, MALLAIG, AB

The Ecole Mallaig School & The Demeria Memorial Fund Presents This
COMMUNITY EVENT



EVERY INDIVIDUAL RECEIVES
A COPY OF ALLAN'S MEMOIR

Born Resilient CLOTHING AVAILABLE

\$5

FROM EACH PURCHASE
GOES BETWEEN THE ECOLE MALLAIG
SCHOOL STUDENT COMPASSION
FUND & THE DEMERIA MEMORIAL
HEALTH INITIATIVES



TICKETS ARE AVAILABLE AT THE DOOR BY DONATION
FOR MORE INFORMATION CONTACT demeria.memorial@gmail.com or phone 780-210-9355

You Can Have a Meaningful Impact



Eastern Alberta
Regional Victim
Serving Society

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



FREE CRA WEBINARS DURING ALBERTA SENIORS WEEK

Join the Canada Revenue Agency for virtual information sessions.

The Canada Revenue Agency is offering free online information sessions during Alberta Seniors Week. To register for any (or all) of the webinars, send an email to the address below with your name and the session(s) you would like to attend. We will email you to join the webinar via Microsoft Teams.

DATE (in English)	Monday June 02, 2025 10:00 AM MT	Tuesday June 03, 2025 10:00 AM MT	Thursday June 05, 2025 10:00 AM MT
TOPIC	Be Scam Smart	Seniors Benefits & Credits (joint session with Service Canada)	Be Scam Smart
Virtual Platform	MS Teams	MS Teams	MS Teams
Register now by emailing: OUTREACHABG@CRA-ARC.GC.CA			



Canada Revenue
Agency

Agence du revenu
du Canada

Canada



The Portage College Community Adult Learning Programs (CALPs) are award-winning community-based programs funded by Alberta Advanced Education. We offer support for learners in **reading, writing, math, computers, or English language** learning to improve their daily lives.

READ MORE →



CONTACT US

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



Community Adult Learning Program



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

The Canadian Adult Education 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.



*CHANGING
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.



COMMUNITY ADULT
LEARNING PROGRAM



PORTAGE
COLLEGE



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





RESTORATIVE JUSTICE

WHAT IT IS AND HOW IT CAN BE HELPFUL TO VICTIMS OF CRIME

Monday
May 12th
Noon - 1 PM MST

Presented in collaboration with the Restorative Opportunities Program, Correctional Service Canada.

EMPLOYMENT INSURANCE

Understanding EI: Eligibility, Applications, and Next Steps



Wednesday
May 28th
Noon - 1 PM MST



SCAN ME

Register:
<https://bit.ly/PLERegisterNOW>



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/navigatingjustice>

*****Eligible for Category A
Social Work Competency Hours**



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 | 780-404-4496 |
| ▪ Bonnyville & Cold Lake | 587-201-4858 |
| ▪ St. Paul & Vegreville | 780-242-2484 |



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

Canada

Alberta

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 year.
- 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](https://www.alberta.ca/nad-bursary-program)





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
3:30 - 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@yfcad.com



@the_garage_yu



The Garage-Yu

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](https://www.facebook.com/StPaulVisualArtsCentre)



YOUTH CLAY CLASS

Hand Built Fish Wind Chime

for Ages 7-14

Saturday, May 10, 2025

Time: 1:00 - 4:00 pm

Cost: **\$50** All supplies included

Join Rosanne & Brock for an afternoon of hand-building with clay! Participants will learn the pinch pot method to create a 7-piece 3D fish wind chime & underglaze with colours of their choice! These will take a few weeks to dry and be kiln fired to completion.

Participants need to bring a snack that is nut-free, a water bottle and wear cloths that can get dirty.

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, credit or debit card or, e-transfer to spvac@telus.net Please include the **class date & child's name** in the e-transfer memo. A minimum of 48 hrs. is required for cancelations.

Contact Rosanne between the hours of 10 a.m. & 6 p.m. to register at 1-250-702-0794
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](https://www.facebook.com/StPaulVisualArtsCentre)



FABRIC DESIGN WORKSHOP



Batik Design

with Cindi Plant

Saturday, May 17, 2025

for Ages 18+

Time: 10:00 am - 4:00 pm

Cost: \$120 ~ Bring a Bag Lunch

Create your own beautiful Batik design! Batik is the art of creating designs on fabric using dyes and wax as a resist. All supplies for this class are provided: 22" square 100% cotton and frame, soy wax, procion MX dyes, plus painting and wax tools so the student does not need to bring a thing. Please wear dye-friendly clothes and/or an apron. *Several designs suitable for this process will be provided by the instructor for you to choose from or you may bring your own (ask Cindi about requirements).* No prior experience is necessary! Once registered* we accept cheque, cash, or E-transfer via spvac@telus.net Please include the class date and name in the e-transfer memo.

Register by calling: 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](https://www.facebook.com/StPaulVisualArtsCentre)



RURAL EMPLOYERS' AWARENESS ON DIVERSITY AND INCLUSION (READI) TRAINING

The Rural Development Network invites you to participate in a free 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 in-person.



REGISTER NOW



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.

Canada

Alberta

EMPLOYMENT SKILLS WORKSHOPS



May 2025 Calendar	
May 7, 2025	Internet Safety
May 14, 2025	Stretching Your Food Dollars
May 21, 2025	Basic Computer Skills
May 28, 2025	Email

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

MAY WORKSHOP SCHEDULE

May 7, 2025	Communication Skills
May 14, 2025	Skills and Interests
May 21, 2025	Interview Skills
May 28, 2025	Job Search Online and Traditional

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 



Learner Licence Prep Course

Dates: May 12th-13th and June 9th-10th

Time: 10:00 AM to 3:00 PM

Place: Lakeland Employment Services
St. Paul Northstar Complex
Floor 4701 50 Ave 2nd Floor

Cost: Free - 2 Sessions offered

To Register Contact:

Ethan Hilligas (780-646-6729)

Darlene Johnson (780-210-7917)



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

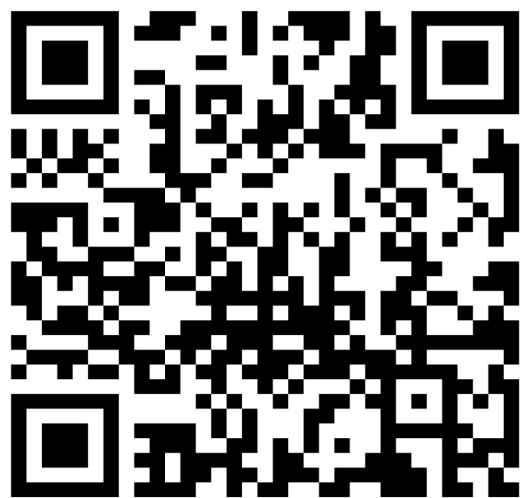


May 2025

www.stpaulfcss.ca

Interagency 90

winter 2025 COMMUNITY GUIDE



*Scan
& Access*

Download Our App & Connect

Google Play



App Store





May 3 10-4

Register @
stpaulweekendmarket@gmail.com
(Senior's Club 47 St.)

Participants of all kinds welcome!
Indoor/Outdoor option

St. Paul Weekend Market

Audrey Yee-Yee's
CATERING & MARKET CAFE
EST. 2015
HOMEMADE GOODNESS

Vine in or take-out

Father's Day Market

Sat. June 7 10-4

Participants of all kinds are welcome!
Indoor/Outdoor option

Register @
stpaulweekendmarket@gmail.com
(Senior's Club 47 St.)

St. Paul Weekend Market

Audrey Yee-Yee's
CATERING & MARKET CAFE
EST. 2015
HOMEMADE GOODNESS

Dine in or take-out



St. Paul Weekend Market

Audrey Yee-Yee's
CATERING & MARKET CAFE
EST. 2015
HOMEMADE GOODNESS

Sat. July 19 10-4

Register @
stpaulweekendmarket@gmail.com
(Senior's Club 47 St.)

Participants of all kinds are welcome!
Indoor/Outdoor option




St. Paul Weekend Market

Audrey Yee-Yee's
CATERING & MARKET CAFE
EST. 2015
HOMEMADE GOODNESS

Sat. Aug. 16 10-4

Participants of all kinds are welcome!
Indoor/Outdoor option

Register @ stpaulweekendmarket@gmail.com
(Senior's Club 47 St.)



St. Paul Weekend Market

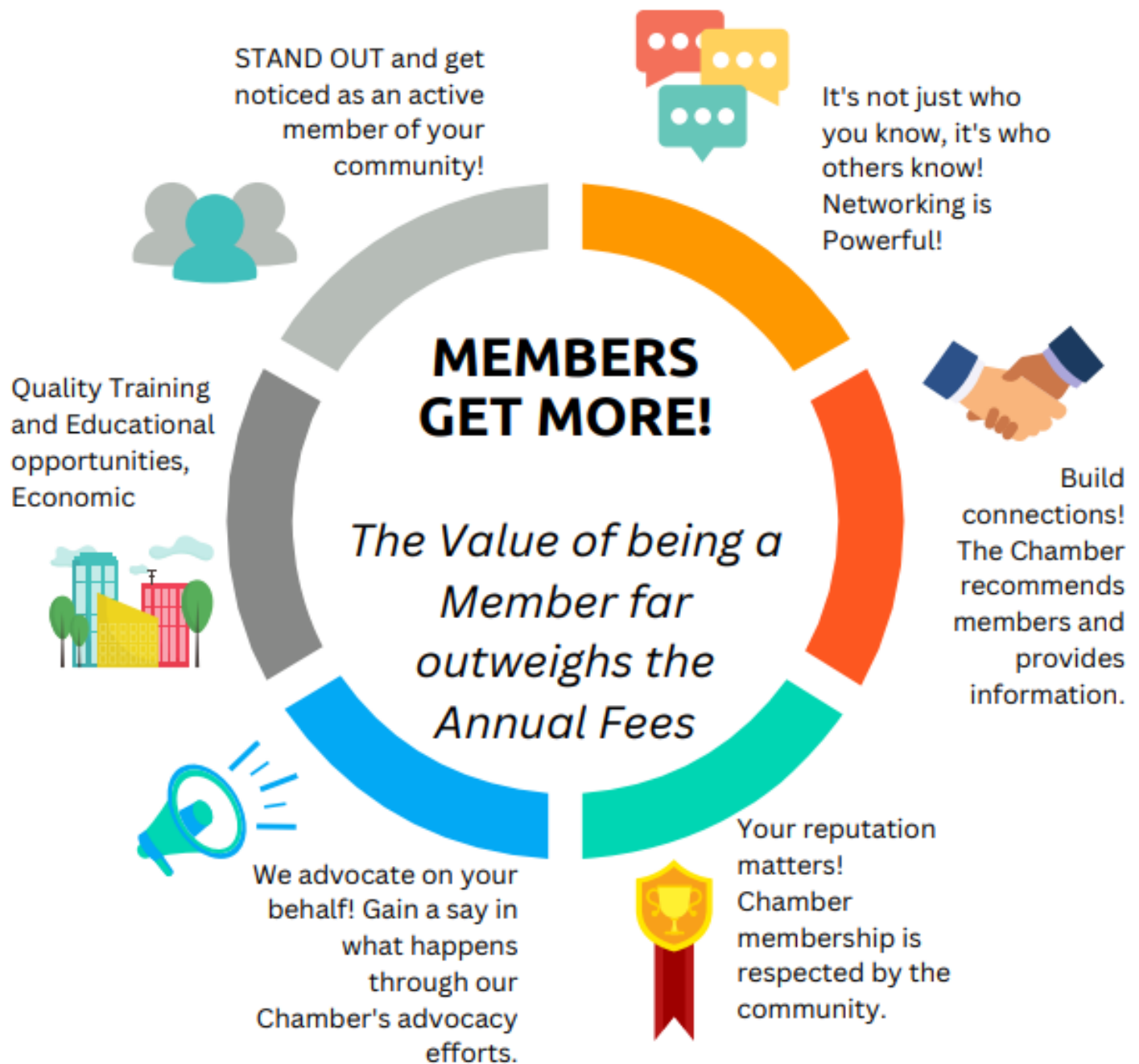
Audrey Yee-Yee's
CATERING & MARKET CAFE
EST. 2015
HOMEMADE GOODNESS

Sat. Sept. 20 10-4

Participants of all kinds are welcome!
Indoor/Outdoor option

Register @ stpaulweekendmarket@gmail.com
(Senior's Club 47 St.)

Why Become a Chamber Member



St. Paul & District
Chamber
of Commerce

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

St. Paul & District

Chamber
of Commerce



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*

Donuts will be Provided to all Participants

Supper Included

Registration & Sponsorship:
www.stpaulchamber.ca/events

**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**

Business Support Network Meeting



Thursday, May 8, 2025

11:30am – 1:30pm

****Canalta Meeting Room****

Lunch Provided by: St. Paul Chamber

Guest Speaker: Alberta Workforce Consultant

Mission Statement:

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

Network Purpose:

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



St. Paul & District
Chamber
of Commerce

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



REGISTERED BUSINESS

- Able to become vendors with various providers
- We service surrounding communities and cities
- No limit on distance



Contact Us
(306)407-0067
(306)307-3517



Our E-mail
amanda_chief48@hotmail.com

PO Box 909
Onion Lake, SK



*we look forward to serving
you and your community!*

*Providing you safe and
confidential transportation
or delivery services*

1/2



A LITTLE ABOUT US...

Tansi, Our names are Amanda and Fitzgerald Jr. We are from Onion Lake Sk and both have been working with Medical Transportation for almost 3 years. In this time, we have built positive relationships with our clients and learned a lot about the supply and demand in the transportation field.

That's where we come in, we created our company in the hopes to eliminate the need of outside companies. Our goal is to help our community and surrounding communities with safe and friendly last minute transportation needs.



WHY CHOOSE US?



First Nations owners and operators who pride ourselves in confidentiality



Able to accommodate last minute trips



First Aid Certified and experienced Medical Transportation drivers



Fast delivery and exceptional service

OUR CHILDREN



We are familiar with the importance of confidentiality and the understanding of our intergenerational trauma. Therefore we provide a judge-free and supportive service to treatment facilities, family visitations or any other obligations. We look forward to working with you.

Ay-Hiy!



2/2

RÉSERVEZ LA DATE/RESERVE THE DATE

AGA

28 mai 2025, à 19h00

CENTRE COMMUNAUTAIRE

4617-50 AVE

780-645-4800



ACFA

Régionale de Saint-Paul



Alberta
Foundation
for the Arts

CUISINE COMMUNAUTAIRE POUR LES ÂÎNÉS

**GRATUITEMENT PRÉPARER
DES REPAS**

DATES DISPONIBLE:



MARDI 22 AVRIL

MARDI 20 MAI

MARDI 17 JUIN

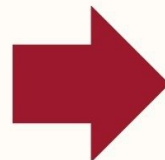
ENTRE 9H00-12H00

DISPONIBILITÉ LIMITÉE
LIMITED AVAILABILITY



**Cuisine du Centre récréatif / Rec center kitchen
4802-53e Rue Saint Paul**

**RÉSERVER VOTRE PLACE
SAINT-PAUL@ACFA.AB.CA
780-645-4800**



ACFA
Régionale de Saint-Paul

Fafa



**TOWN OF
ST. PAUL**
A People Kind of Place

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.



Aventures dans les livres d'histoires

Storybook Adventures

Ce programme permet aux enfants et aux adultes qui les accueillent d'explorer ensemble la magie de la lecture, en favorisant l'apprentissage de la littérature chez les jeunes enfants et en leur donnant le goût de la lecture pour la vie.

A program where children and caregivers explore the magic of story time together, fostering early literacy skills and a lifelong love of reading.



ACFA
REGIONALE 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



ACFA
Régionale de Saint-Paul



LEMONADE DAY

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.**



YOU'RE INVITED TO MNFCS'S

National Day of Awareness for Missing and Murdered Indigenous Women, Girls, and Two-Spirit People (MMIWG2S+) Commemoration

Pipe Ceremony

Feast to follow

Keynote Speaker

Reveal of Commemorative Red Skirt
and Shirt in honour of our MMIWG2S+
prayer offering Ribbon ceremony



10:00 AM - 3:00 PM
5TH OF MAY 2025
Mannawanis Native
Friendship Centre



Please Wear Ribbon Attire



Spring Fling

WITH ELK POINT

Photo Contest:

SUBMIT A PHOTO YOU THINK REPRESENTS SPRING TIME IN ELK POINT
TO THE RECREATION DEPARTMENT FOR YOUR CHANCE TO WIN:

- A \$25 LOCAL GIFTCARD
- YOUR PHOTO IN OUR NEWSLETTER, AS OUR FACEBOOK PROFILE PICTURE FOR 2 WEEKS AND IN OUR 2026 ELK POINT CALENDAR!
- A \$100 LOCAL GIFTCARD AS THE ULTIMATE WINNER FOR THE WINTER AND YOUR PHOTO ON THE COVER OF OUR CALENDAR
- THE OFFICIAL CALENDAR TO TAKE HOME

SUBMIT ONLINE
[https://www.elkpoint.ca/2026-
calendar-photo-contest/](https://www.elkpoint.ca/2026-calendar-photo-contest/)
OR AT recreation@elkpoint.ca

SUBMISSION DEADLINE: May 16,
2025

Elk Point Heritage Night

Wednesday, August 20, 2025



Be a part of history...

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**



Join us for... Elk Point Heritage Night!



Wednesday, August 20, 2025
4-8pm

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 ADDITIONAL 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 | • VERTICAL ROOTS | • PAMPERED CHEF |
| • JAMS & JELLIES | • FRESH PRODUCE | • FARM FRESH EGGS |
| • PRESERVES | • CUSTOM BLENDED COFFEE | • HANDMADE JEWELRY |
| • HANDMADE ITEMS | • LEATHER WORK | • INSPECTED MEAT |
| • SEWING | • FROZEN UKRAINIAN FOOD | • HANDMADE BBQ SEASONINGS |
| • KNITTING | • WOOD WORK | • 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



SHREK

THE MUSICAL JR.

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



Chamber
OF
Commerce
ELK POINT & DISTRICT

EDC
ELK POINT ECONOMIC
DEVELOPMENT COMMITTEE

JOIN US FOR THE 2ND ANNUAL
SUMMER KICK OFF

Chili COOK-OFF!

FRIDAY, JUNE 27

CO-OP PARKING LOT- RAIN OR SHINE!

Enjoy each vendors chili from 12pm-1pm, be
sure to stay for the Award Ceremony right
after.

**ALL BUSINESSES, TEAMS, ORGANIZATIONS & INDIVIDUALS
WELCOME TO REGISTER!**

SPECIAL THANKS TO:

PRICE: \$2 TO SAMPLE EACH BOOTH'S CHILI
ALL PROCEEDS GOING TO "HELPING HANDS"



ADULT BOARDGAME NIGHT



**FRIDAY MAY 2ND.
FRIDAY MAY 16TH.**

LIBRARY AFTER DARK

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

Community Connection at the St. Paul Municipal Library



**COME GRAB A COFFEE
AND CHAT WITH**

**St Paul Friends of
Playschool**

Learn more about:

- How play school can benefit your child
- When is registration

**FRIDAY MAY
30TH
10:00 TO 11:30 AM**



**St. Paul Friends
of Playschool**



St Paul Municipal Library

4802 - 53rd Street St Paul Alberta

☎ 780-645-4904 🌐 www.stpaullibrary.ab.ca

Teen Time

Make your own Stickers

Thursday May 22nd 3:45



Teens, ages 13 to 18 will use their creative skills and learn how to make oragami minature books!



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

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:
Bugs, bugs, bugs

May 2nd

May 9th

May 16th

May 23rd

May 30th



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



ST. PAUL MUNICIPAL LIBRARY'S SPRING BOOK *Sale*



May 13th to May 17th



Next to the St. Paul Rec Center
4802 - 53rd Street St. Paul AB



ACCESSIBLE ACTIVITY

A PROGRAM FOR ADULTS WITH
DISABILITIES

Thursday May 15th at 1:00pm
in the St. Paul Municipal Library

Join LICA's
Environmental
Steward for a fun
presentation called
"Creepy Crawlers".
Followed by an
activity.



LICA
ENVIRONMENTAL STEWARDS

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

St. Paul Municipal Library

Creepy Crawlers

presentation by:



LICA
ENVIRONMENTAL STEWARDS

May 15th 3:45-5 pm

Ages 6 and up
Registration required for
this presentation and
activity.

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

Soil Painting



Thanks to Kaylie
Krys for the Photos!



Free Event for Teens and Adults

*All supplies will be provided.
Just bring your imagination!*

Wednesday, May 21, 2025 ~ 6:00pm

St. Paul & District Arts Foundation

4822-50 Ave, St Paul

Call to Register: 780-645-2781



**Painters
Filmmakers
Beaders
Dancers
Poets
Actors
Musicians
Mosaic Artists
Devised Theatre**

BREAK//THROUGH

**Photographers
Sculptors
Fashion Designers
Playwrights
Graffiti Artists
Printmakers
Textile Artists
Digital Creators
Drag
Writers
Illustrators**

Learn More



An Emerging Artist Program



St. Paul District Arts Foundation

Mother's Day PAINT NIGHT

MAY 2 AT 6:00PM
\$30/PERSON
ALL SUPPLIES INCLUDED

Etransfer
MPDOWNTOWNARTSSTUDIO@OUTLOOK.COM
to book your spot

4822 50 AVE ST PAUL





The St Paul & District Arts Foundation's

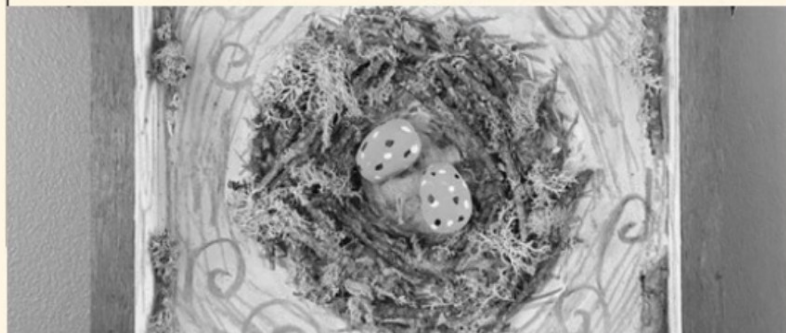
STUDENT ART SHOW 2025

Come experience what the visual art students have been working on this season.

**THURSDAY
08 MAY 2025**

Drop in 4:30-7:30

4822 50 Ave, St Paul





St. Paul District Arts Foundation

THE DINOSAUR EXHIBIT

3pm to 7pm

MAY

19th to 22th
26th to 29th

4822 50 Ave St Paul

A Paleontology Art Exhibit

Featuring a collection of artists from the community



CERTIFIED

CLOWN

you

**A WEEK OF COMEDY AND ART CLASSES
FOR YOUNG ADULTS**

WITH CHRISTINE LESIAK AND DANA SMYL

**AT THE ST PAUL &
DISTRICT ARTS
FOUNDATION**

**JULY 21 TO 25TH
AGES 14-18
10AM TO 5PM**

\$350 FOR THE WEEK

email info@artfoundation.ca
to register





**Farmers'
Market**

ASHMONT FARMER'S MARKET 2025 DATES

APRIL 12 - SPECIAL EASTER EVENT

MAY 17

JUNE 21

JULY 19

AUG 9-SPECIAL HERITAGE DAYS EVENT

SEPT 20

OCT 18

NOV 15

DEC 13 -SPECIAL CHRISTMAS EVENT

ASHMONT AGRIPLEX

SATURDAY 10:00AM - 2:00PM

**4019 AGRIPLEX RD. ASHMONT, AB
T0A 0C0**

**FOLLOW US ON
FACEBOOK**





Mallaig Highway Cleanup

May 3, 2025

10:00 AM

Meet at the Mallaig Unity Centre

Help make the
drive into Mallaig
look nice and clean,
while fundraising!



CANADIAN TIRE JUMPSTART FUNDRAISER

Featuring
**WAYNE
LEE**

Award Winning
Hypnotist



JUNE 20
ST PAUL
Recreation Centre

DINNER & SHOW TICKETS ... \$85
TABLE OF 8 \$640

COCKTAILS 6:00-7:00
DINNER 7:00-8:00
ENTERTAINMENT BEGINS at 9:00

Tickets on Sale
CANADIAN TIRE
780-645-3849

SILENT AUCTIONS

HOLLYWOOD THEME

Scan to hear
Wayne Lee's
personal message
regarding this
fundraiser



Semi-formal Attire