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June

2025 NEWSLETTER

Interagency

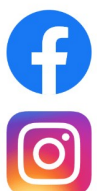
Welcome to
St Paul Regional
FCSS Interagency.
We promote the free exchange
of information, concerns and
solutions among human service
organizations in our community.
We will act as a body to
facilitate collaboration among
members with common goals.

NEXT MEETING

10am–11am

Tues, Sept 9th in St Paul
780-645-5311
5002-51 Ave, St Paul

Mon, June 16th in Elk Point
780-724-3800
4906-48 St, Elk Point



Prevention & Awareness

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ASHMONT SUMMER CAMP



Mondays & Wednesdays

Building Better Brains!

The purpose of these camps is to encourage cooperation, communication and self-confidence by skill and play development.

**Starting July 2
until August 13**

no camp July 9th

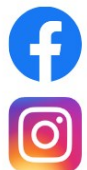
10AM-2PM

AT ASHMONT AGRIPLEX

Ages 7 to 12

TO REGISTER

Please contact Brooke at
780-645-5311 or by email at
bdechaine@town.stpaul.ab.ca



MALLAIG SUMMER CAMP



Tuesdays & Thursdays

Building

Better Brains!

The purpose of these camps is to encourage cooperation, communication and self-confidence by skill and play development.

**Starting July 3
until August 12**

no camp July 8th or 10th

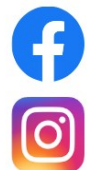
10AM-2PM

AT MALLAIG HALL

Ages 7 to 12

TO REGISTER

Please contact Brooke at
780-645-5311 or by email at
bdechaine@town.stpaul.ab.ca



ELK POINT SUMMER CAMP



Fridays!

Building Better Brains!

The purpose of these camps is to encourage cooperation, communication and self-confidence by skill and play development.

July 4th & 18th

Aug 1st & 8th

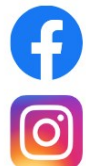
1-3PM

AT THE SPLASH PARK

Ages 7 to 12

TO REGISTER

Please contact Brooke at
780-645-5311 or by email at
bdechaine@town.stpaul.ab.ca



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
than regular walking

BALANCE

improve balance and confidence for
walking with four points of contact

OFF LOADING

takes stress off painful hip
and knee joints

CORE STRENGTHENING

1000 ab contractions
per 1000 steps

FULL BODY WORKOUT

uses all your body muscles

WALKING

you can walk more, faster and further

POSTURE

promotes an upright posture

CARDIO

25% more of a cardiovascular workout
compared to walking alone

URBANPOLING **Wednesdays**

Join Us!

1:30PM

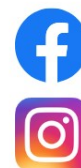
@ FCSS

(5002-51 Ave, St Paul)



REGISTER

Call 780-645-5311





BENEFITS

WEIGHT MANAGEMENT

burns up to 46% more calories
than regular walking

BALANCE

improve balance and confidence for
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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 Thursdays

Join Us!

1:30PM

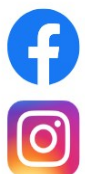
@ FCSS

(4906-48 St, Elk Point)



REGISTER

Call 780-724-3800



**Registration
Extended!**

Only a few
spots left



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 June 6th.

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

June 17th

7:30PM

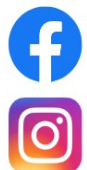
@ FCSS 5002-51 Ave

SUBSTANCES AND CONSEQUENCES

Men let's have the conversation that matters. Join us for a powerful session where we open up about substance use, choices, and consequences. No judgment. Just real men sharing real experiences and supporting each other through it.

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
DATE CHANGE ~~June 9th~~ June 16th
October 6th
Dec 8th

Mondays
In Elk Point

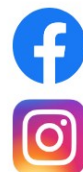
4906A-48 Street

Tuesdays
In St Paul

5002-51 Ave

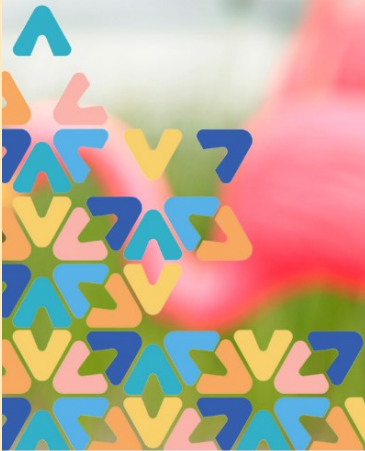
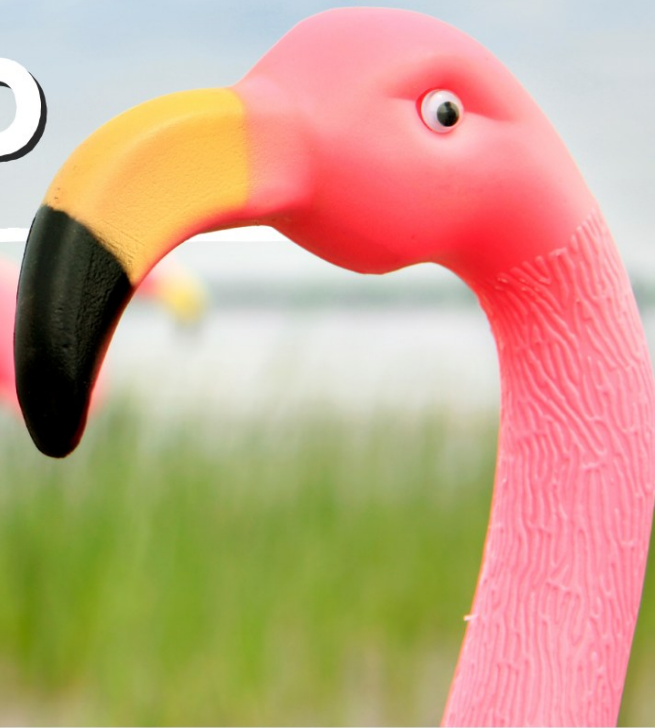
10AM - 11AM

Call 780-645-5311 for more info.



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?

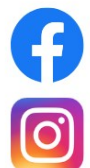
**Let us help
you out...**

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.

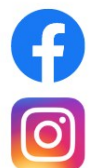
If you are a caregiver for a senior, connect with us, we can help.

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



St. Paul Regional FCSS &
Family Resource Network

st.paul_fcss



Joyful June 2025

SUNDAY

1 Decide to look for what's good every day this month

MONDAY

2 Say positive things in your conversations with others

TUESDAY

3 Re-frame a worry and try to find a helpful way to think about it

WEDNESDAY

4 Take a photo of something that brings you joy and share it

THURSDAY

5 Think of 3 things you're grateful for and write them down

FRIDAY

6 Get out into green space and feel the joy that nature brings

SATURDAY

7 Do something healthy which makes you feel good

8 Find joy in music: sing, play, dance, listen or share

9 Ask a friend what made them happy recently

10 Bring joy to others by doing something kind for them

11 Eat good food that makes you happy and really savour it

12 Write a gratitude letter to thank someone

13 Take a light-hearted approach. Choose to see the funny side

14 Share a happy memory with someone who means a lot to you

15 Look for something to be thankful for where you least expect it

16 Speak to others in a warm and friendly way

17 Take time to notice things that you find beautiful

18 Look for something good in a difficult situation

19 Get outside and find the joy in being active

20 Rediscover and enjoy a fun childhood activity

21 Send a positive note to a friend who needs encouragement

22 Watch something funny and enjoy how it feels to laugh

23 Create a playlist of uplifting songs to listen to

24 Bring to mind a favourite memory you feel grateful for

25 Show your appreciation to people who are helping others

26 Make time to do something playful, just for the fun of it

27 Be kind to you. Do something that brings you joy

28 Notice how positive emotions are contagious between people

29 Share a friendly smile with people you see today

30 Make a list of the joys in your life (and keep adding to it)

31

32

33

34

35



ACTION FOR HAPPINESS

Happier • Kinder • Together

2025

JuNe

St Paul 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

02

Mindful Matters
3:30pm-5:30pm
REGISTER

03

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

04

Story & Craft
2pm-3:30pm
DROP IN

05

Buggies on
the Block
1:30pm - 3:30pm
DROP IN

06

ASQ Screening
10am-12pm
REGISTER

09

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

10

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

11

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

12

Hot Diggity Dad!
Ages 0-10 years
with their
Dads/Father Figures
5:30pm-7:30pm
DROP IN

13

Father's Day Craft
10am-12pm
DROP IN

16

DIY Suncatchers
3:30pm-5:30pm
REGISTER

17

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

18

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

19

Buggies on
the Block
1:30pm - 3:30pm
DROP IN

20

Emotion Coaching
ONLINE
2pm-3pm
REGISTER

23

Little Chef's
10am-12pm
REGISTER

24

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

25

Making Music
10am-12pm
DROP IN

26

Fine Motor Fun
10am-12pm
DROP IN

27

Rhymes That Bind
10am-12pm
DROP IN

30

No Program



Lakeland

FAMILY RESOURCE NETWORK

5002 - 51 Ave

St Paul AB T0A 3A0

Call: 780-645-5311

Text: 780-614-1941

Web: stpaulfcss.ca



st.paul_fcsc

St. Paul Regional
FCSS & Family
Resource Network

June 2025

www.stpaulfcsc.ca

Interagency 17



Topics may include

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

YOUTH 7+

LFRN St Paul 5002-51 Ave

Mindful Matters

Family Connections & Summer Bucket List

Monday 02
June

3:30pm-5:30pm

CALL TO REGISTER
780-645-5311

FREE

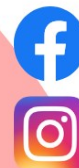
Lakeland

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.





Triple P Positive Parenting

Program helps you:

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

CAREGIVERS

LFRN St Paul 5002-51 Ave

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

Triple P Tip Sheet

Bedtime Problems

Tuesday 03
June
10am - 11am

CALL TO REGISTER
780-645-5311

FREE



Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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



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



AGES 0-6

LFRN St Paul 5002-51 Ave

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

AFTERNOON

Storytime & Craft

Wednesday
June 04

2pm-3:30pm

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.





CAREGIVERS

LFRN St Paul 5002-51 Ave

For moms or
caregivers of
children 0-18yrs

Moms Matter Fairy Gardens

Thursday 05
June

6:30pm-8pm

CALL TO REGISTER

FREE

780-645-5311

Take some time away
to do something fun
and creative.

Join us in creating your
own fairy garden.

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 06
June

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.





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

Monday 09
June

9am - 3:30pm

FOR MORE INFORMATION
CALL 780-645-5311

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

Must bring their own nut free snacks & lunch.

Lakeland

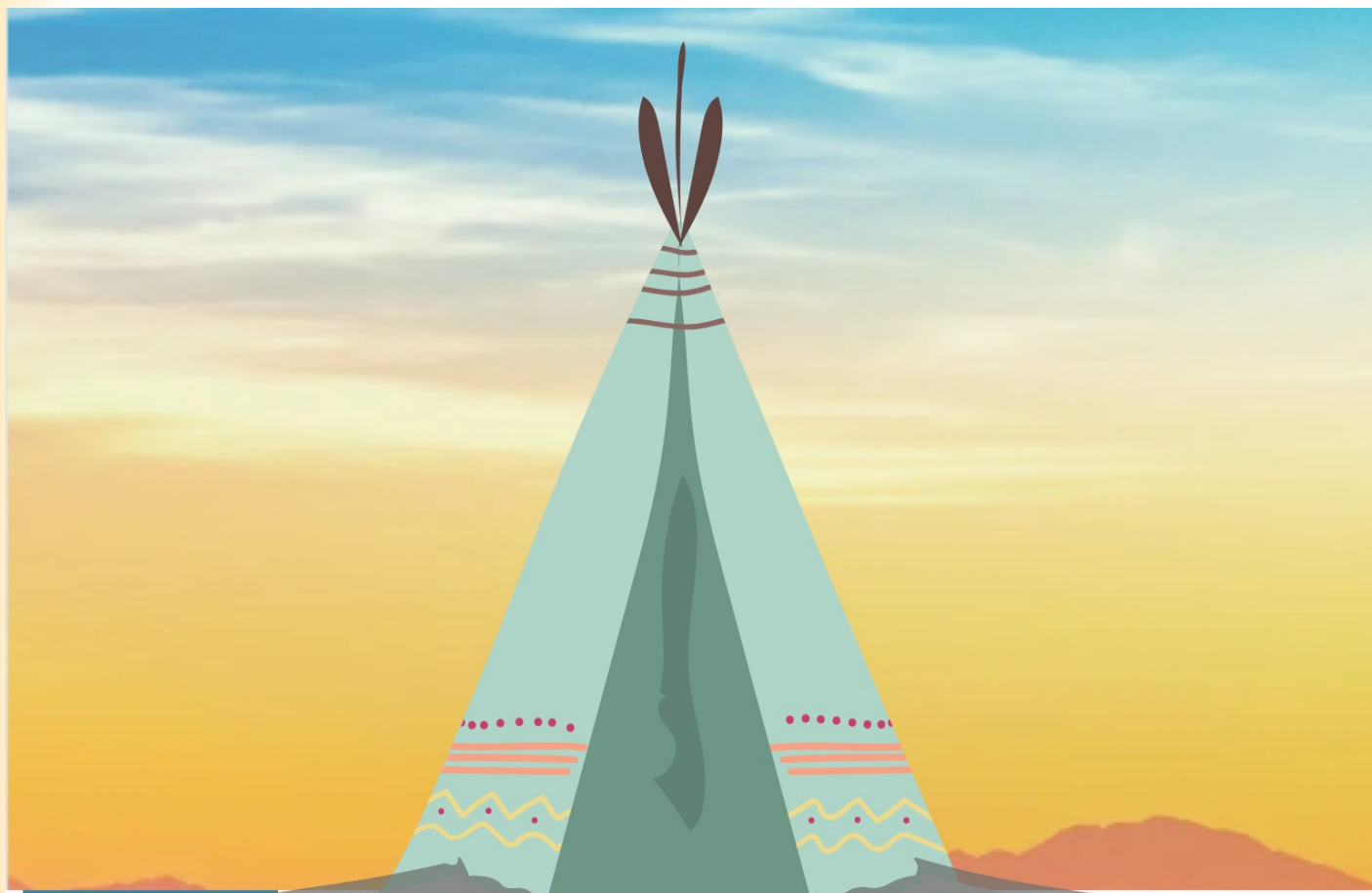
FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





AGES 0-6

LFRN St Paul 5002-51 Ave

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

Traditional Teaching

with Jan Tailfeathers

Tuesday June 10

10am-11:30am

CALL TO REGISTER
780-645-5311



Lakeland

FAMILY RESOURCE NETWORK

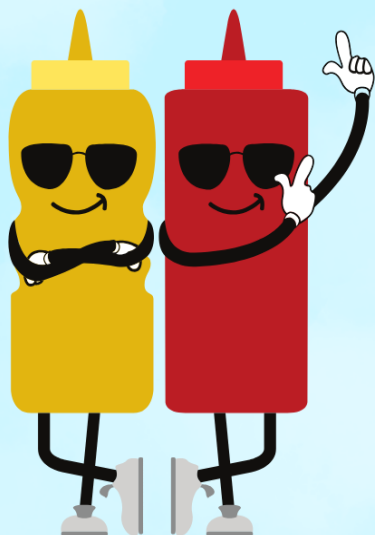
Connect with us for more information.

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

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



Come celebrate your Dad/Father Figure!
Join us for an evening of fun, laughter
and of course hot dogs!



AGES 0-10YRS

LFRN St Paul 5002-51 Ave

Hot Diggity Dad

Thursday June 12

5:30pm-7:30pm

DROP IN

780-645-5311



Lakeland

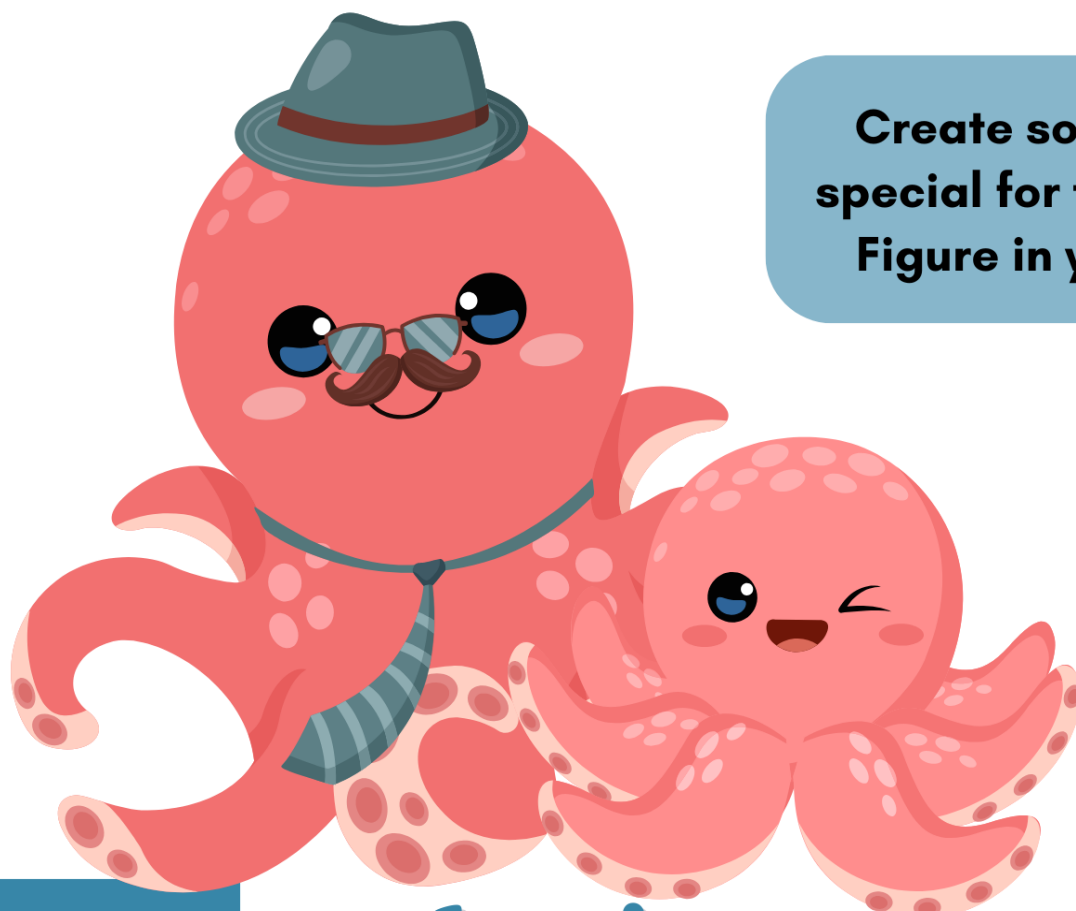
FAMILY RESOURCE NETWORK

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.





Create something
special for the Father
Figure in your life!

AGES 0-6

LFRN St Paul 5002-51 Ave

Father's Day Craft

Friday June 13

10am-12pm

DROP IN

780-645-5311



Supporting family
connection and
appreciation
through creativity.

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





YOUTH 7+
LFRN St Paul 5002-51 Ave

Encouraging
listening skills,
attention span
and creativity.

DIY Suncatchers

Monday June 16

3:30pm-5:30pm

CALL TO REGISTER

FREE

780-645-5311

Explore your artistic side &
design colorful art to
brighten up any space.
All all materials provided,
just bring your imagination.

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 June 17

10am-12pm

DROP IN

780-645-5311



Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





**Dungeon Master
in attendance**
Snacks Provided

YOUTH 12-18
LFRN St Paul 5002-51 Ave

Dungeons & Dragons

Wednesday June **18**

6pm-8pm

CALL TO REGISTER
780-645-5311

FREE

Lakeland

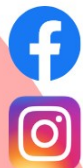
FAMILY RESOURCE NETWORK

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.





evening

Run, Jump, Skip

Thursday June 19

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.





AGES 0-6

LFRN St Paul 5002-51 Ave

Little Chefs

Monday June 23

10am-12pm

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.

Little hands learn
how to mix and
make yummy
treats while
practicing fine
motor skills.





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

AGES 0-6

LFRN St Paul 5002-51 Ave

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

Making Music

Wednesday June 25

10am-12pm

DROP IN

780-645-5311



Lakeland

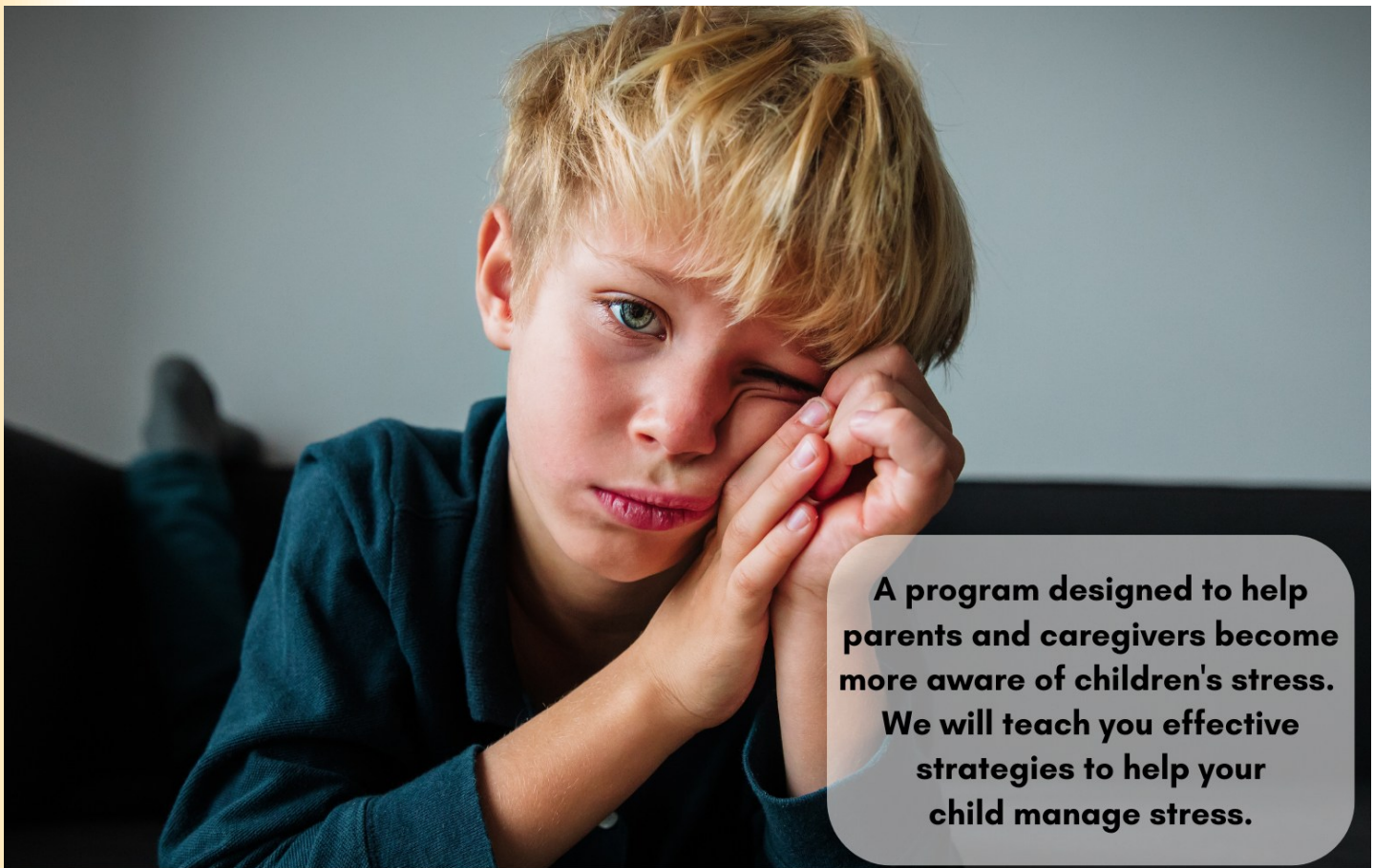
FAMILY RESOURCE NETWORK

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.





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

CAREGIVERS

LFRN St Paul 5002-51 Ave

Kids Have Stress Too

Wednesday June 25

2pm-3pm

CALL TO REGISTER

780-645-5311

FREE



Lakeland

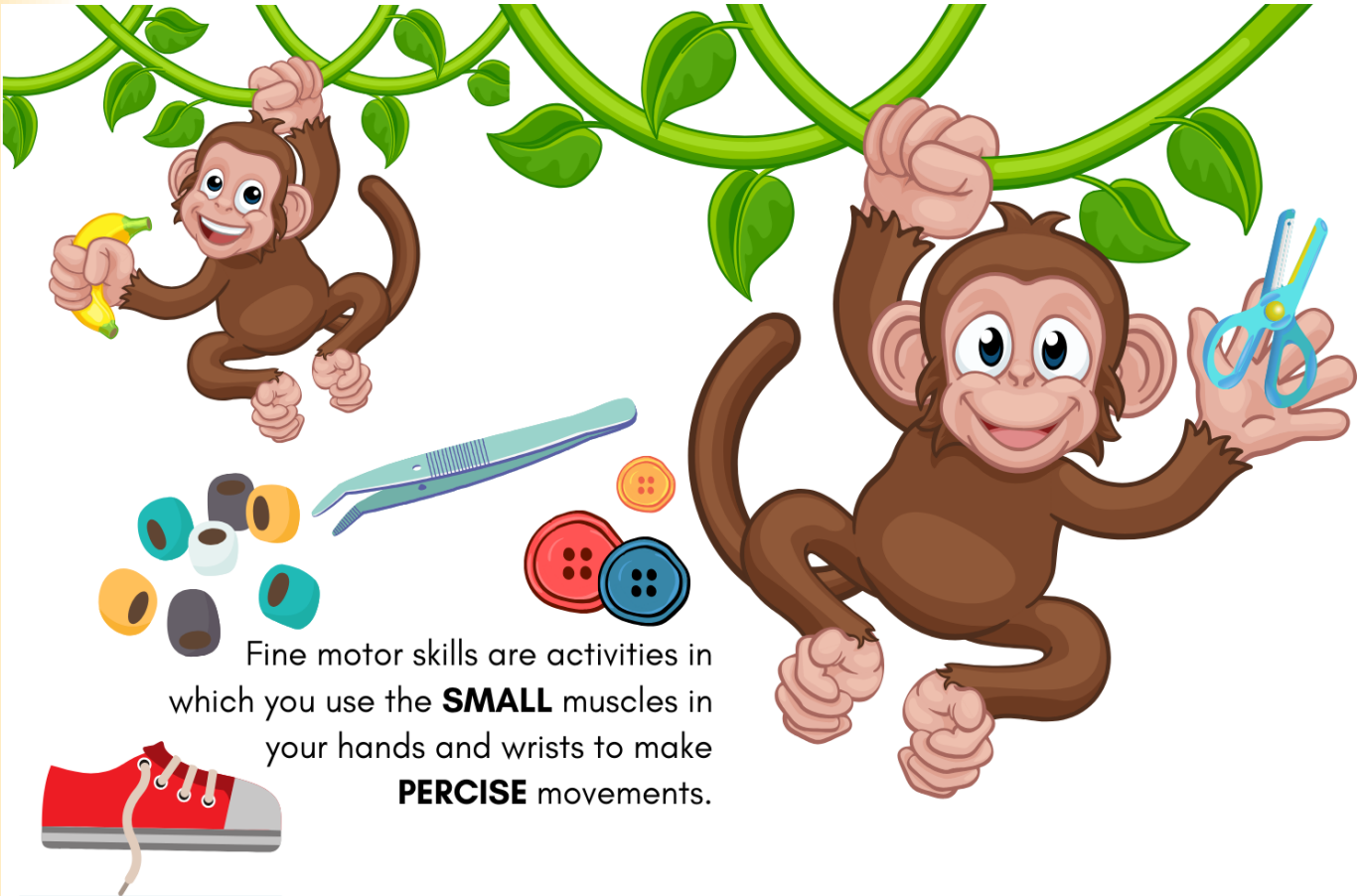
FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





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

AGES 0-6

LFRN St Paul 5002-51 Ave

Developing fine motor skills through play.

Fine Motor Fun

Thursday June 26

10am-12pm

DROP IN

780-645-5311



Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





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

AGES 0-6

LFRN St Paul 5002-51 Ave

Helping
promote
healthy family
relationships.

Rhymes that Bind

Friday **27**
June

10am-12pm

DROP IN

780-645-5311



Lakeland

FAMILY RESOURCE NETWORK

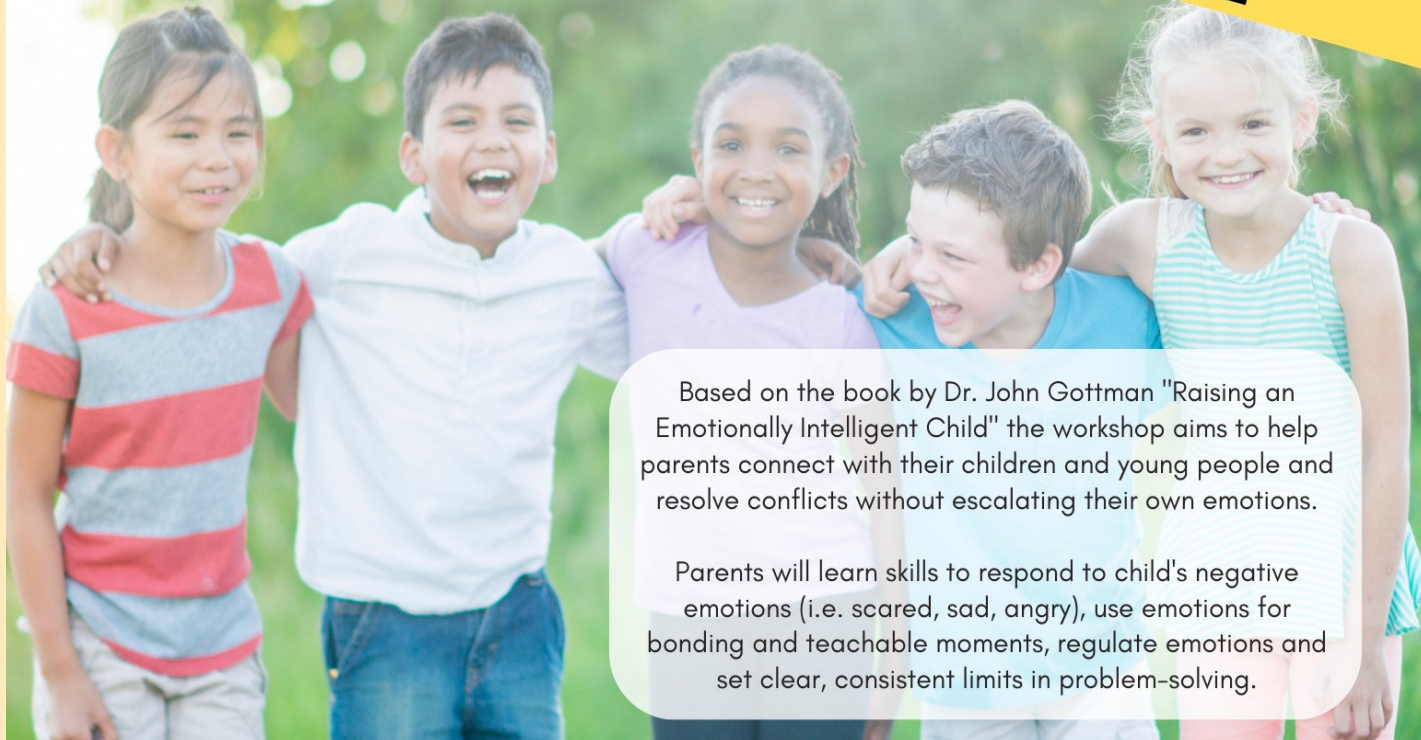
Connect with us for more information.

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

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



ONLINE



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

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

CAREGIVERS

LFRN St Paul 5002-51 Ave

FIVE STEPS for
building
emotional
intelligence in
your child.

Emotion Coaching

4 week course

FRIDAYS IN JUNE
06, 13, 20 & 27

2pm-3pm

CALL TO REGISTER
780-645-5311

FREE

Lakeland

FAMILY RESOURCE NETWORK

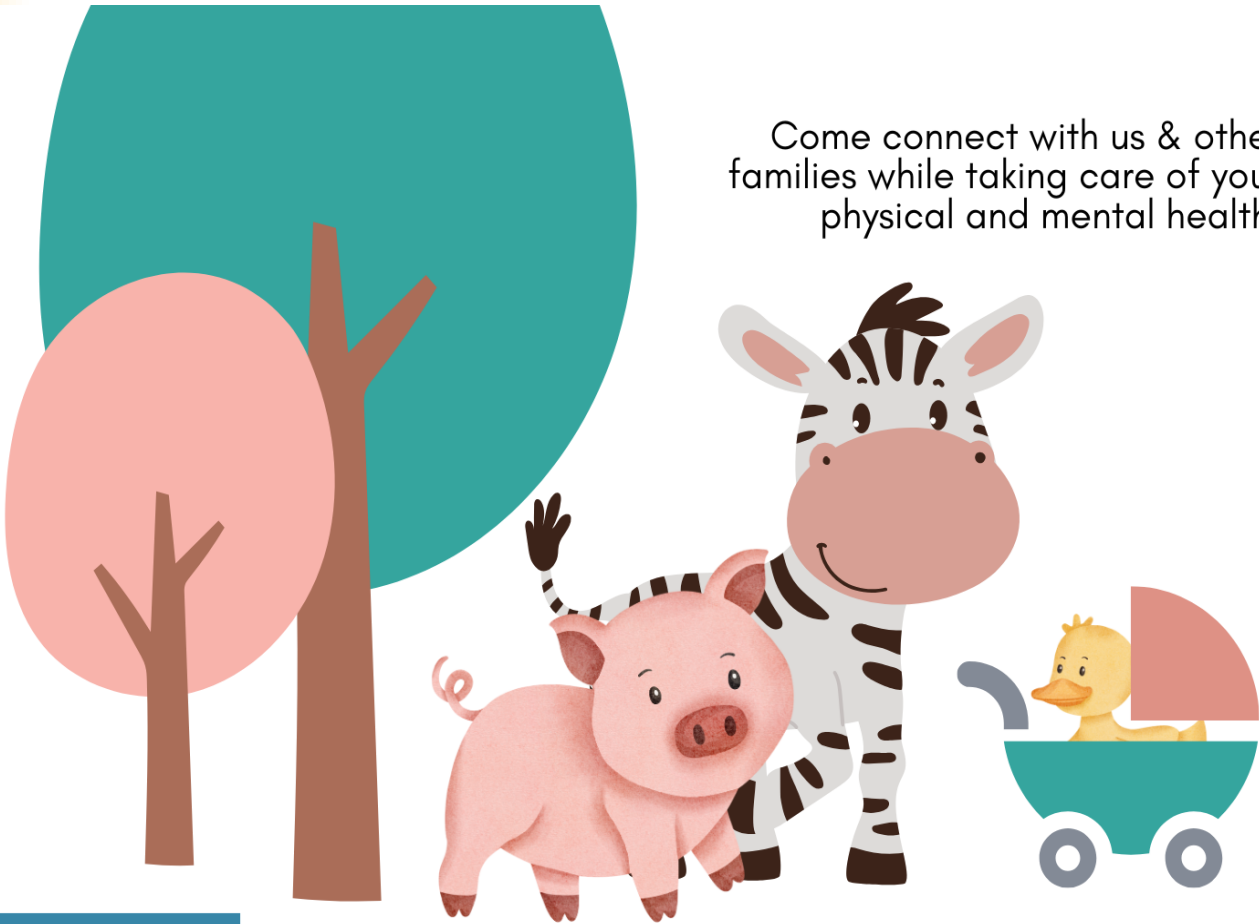
Connect with us for more information.

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

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



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



0-18 MONTHS

Lagasse Park, East parking lot

Buggies on the Block

Weather Permitting
(Watch social media for updates)

Thursday
June 05 & 19

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.





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









2025

Elk Point LOCATION

June

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
02 Youth Group Fathers Day Craft 3:30pm - 5:30pm REGISTER	03 CLOSED	04 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	05 The past does not define you. Live in this MOMENT! 	06 Rhymes That Bind 10am - 12pm DROP IN Buggies on the Block 1:30pm DROP IN 
09 CLOSED	10 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	11 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	12 BE GENEROUS with compliments. 	13 Father's Day Craft 10am - 12pm DROP IN Buggies on the Block 1:30pm DROP IN 
16 Youth Group Board Games 3:30pm - 5:30pm DROP IN	17 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	18 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	19 Reach out to someone you MISS. 	20 CLOSED
23 Youth Group Mindfull Matters Summer Board 3:30pm - 5:30pm REGISTER	24 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	25 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	26 Keep TRYING. It will be WORTH it. 	27 Icky Sticky Messy Play 10am- 12pm DROP IN Buggies on the Block 1:30pm DROP IN 
30 Kool-Aid Fun 3:30pm - 5:30pm REGISTER				



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_fcscs


 St. Paul Regional
 FCSS & Family
 Resource Network

— HAPPY —
Father's
— DAY —



Create something
special for the Father
figure in your life!

YOUTH 7+

LFRN Elk Point 4906-48 St

Supporting family
connection and
appreciation
through creativity.

Father's Day

Monday
June 02

3:30pm-5:30pm

CALL TO REGISTER

FREE 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.





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

AGES 0-6

LFRN Elk Point 4906-48 St

Helping
promote
healthy family
relationships.

Rhymes that Bind

Friday
June 06

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.





AGES 0-6

LFRN Elk Point 4906-48 St

Supporting family
connection and
appreciation
through creativity.

Father's Day

Friday
June **13**

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.





YOUTH 7+

LFRN Elk Point 4906-48 St

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

Board Games Play

Monday June 16

3:30pm-5:30pm

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.





Topics may include

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

YOUTH 7+

LFRN Elk Point 4906 48ST

Mindful Matters

My Big Life
Summer Board

Monday June 23

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.





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

AGES 0-6

LFRN Elk Point 4906-48 St

Icky, Sticky, Messy

Friday **27**
June

10am-12pm

DROP IN

780-724-3800



Encouraging sensory development, and helps build social-emotional skills.

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 have fun with
Kool-Aid Crystals. Join us
and see what we can create.

YOUTH 7+

LFRN Elk Point 4906-48 St

Providing positive
spaces for peer
interactions and
connections.

Fun with Kool-Aid

Monday June 30

3:30pm-5:30pm

CALL TO REGISTER

FREE 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.



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



0-18 MONTHS

Stafford Park, Centennial Drive

Buggies on the Block

Weather Permitting

(Watch social media for updates)

Fridays
1:30pm

DROP IN

780-724-3800



No walk on June 20.

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
JUNE 6TH



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



TEEN CONNECT



WEDNESDAY
JUNE 25TH



9:00 PM-
11:00 PM



REC CENTER
PARKING LOT



13-18yrs
+ Family



FREE



Retro Drive-In Movie Night!



Join us for a classic throwback family night with Teen Connect's Retro Drive-In Movie! We're featuring the legendary 1948 horror-comedy Abbott and Costello Meet Frankenstein!

👤 Step back in time and enjoy this spooky-fun film where the famous comedy duo, Bud Abbott and Lou Costello, find themselves tangled in a monster-filled adventure with Dracula, the Wolf Man, and Frankenstein's Monster! Packed with laughs and thrills, this is a must-watch for all ages!

Call: 780-645-5311

Email: FCSSyouth@town.stpaul.ab.ca

Web: stpaulfcss.ca



SPYC20 and st.paul_fcsc



St. Paul Regional FCSS & Family Resource Network



VISION LOCK WALL

*A place to lock in your vision
while you dream, plan & achieve.*



**ON
GOING**



ANYTIME!



Soccer field entrance.
53 Ave & 42 St



@SPYC_20

The **St Paul Youth Council** invites youth in
grades 7-12 to:

1. Bring a lock of your choice.
2. Attach your lock within the designated white posts.
3. Let your lock symbolize a goal, intention or dream you plan to achieve.
4. Return to claim your lock when you have achieved your vision, and set another!



S.P.Y.C.

St. Paul Youth Council

The Power of our Voice

June 2025

www.stpaulfcss.ca

Interagency 50



WATER WARS & WAFFLE CONES

Kick off Summer with Scoops & Splashes!



MONDAY
JUNE 9TH



12:00PM –
1:30PM



Lagasse Park
Splashpad



FREE



@SPYC_20

The St. Paul Youth Council invites youth in **grades 7-12** to the ultimate end-of-school splash bash! Get ready for an epic water fight then cool down with delicious waffle cones, music, games, and summer vibes. Wear clothes you don't mind getting soaked, bring a towel, and get ready to kick off your summer in the best way possible. Bring your friends for some fun and sweet treats! It's the perfect way to celebrate the start of summer. Free to attend!



S.P.Y.C.

St. Paul Youth Council

The Power of our Voice



COUNTY COMMUNICATOR

Our Mission is to Create Desirable Rural Experiences

WEBSITE SUBMISSIONS - EVENTS CALENDAR

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

Online Services | Maps | News | Events | Careers



COUNTY OF
ST. PAUL

For Residents ▾

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

Subscribe to calendar ▾

SUBMIT EVENT

- 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.

You're
Invited!

ASSESSMENT OPEN HOUSE



JUNE

04

9 a.m. - 4 p.m.

Call 587-465-1506 or email
tax@county.stpaul.ab.ca to
book an appointment.

Held at the County Admin
Office! Bring your Property
Assessment (from your Tax
Notice) and your questions.

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

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)





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



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

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.

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

June 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

Jun 3 Tue Evening 5:30-8pm
Jun 11 Wed Morning 9:30-12pm

Nutrition

Jun 10 Tue Evening 5:30-7pm
Jun 18 Wed Morning 9:30-11am

Ongoing Care

Jun 17 Tue Evening 5:30-8pm
Jun 25 Wed Morning 9:30-12pm

Foot Care & Seated Exercise

Jun 24 Tue Morning 10-11am

Heart & Stroke Education

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

Overview & Prevention

Jun 24 Tue Morning 9:30-12pm

Nutrition

Jun 24 Tue Morning 9:30-11am

Managing Stress

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

Jun 11 & 18 Wed Mornings 10:30-11:30am

Moving Matters

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

Jun 25 Wed 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

Jun 11, 18, & 25 Wed Afternoons 1:30-4pm

Series 2—Classes 2.1, 2.2, & 2.3

Jun 5, 12, & 19 Thurs Eves 5:30-8pm

Series 3—Classes 3.1 & 3.2

Jun 3 & 10 Tue Morning 9:30-12pm
Jun 26 & July 3 Thurs Eves 5:30-8pm

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 Pain

Thursday Afternoons
June 19, 26, July 3, 10, 17, & 24
1:00pm – 3:30pm

Help using Zoom is available!



To register for a Zoom class call:

1-877-349-5711

Or

<https://www.healthylivingprogram.ca>



**Alberta Health
Services**

Alberta Healthy Living
Program

Free Exercise Program

Alberta Healthy Living Program

Education that supports your health and your life

Upcoming Sessions:

June 9– July 16 Mon/Wed 1:00– 2:30pm

June 9– July 16 Mon/Wed 6:00-7:30pm

June 19– July 31 Tue/Thurs 10:00-11:30am

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

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

Experience the Health Benefits

Free Virtual Exercise Program

Register at:

www.healthylivingprogram.ca



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



**Alberta Health
Services**

Alberta Healthy Living
Program

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 offered for five weeks (6:30 p.m. to 8:30 p.m.).
- For class dates and 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.

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.

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)



Nutrition questions?

Health Link dietitians can help you.



Talk to a Health Link dietitian:

- Call: 811,
- Visit: ahs.ca/811, or
- Complete our self-referral form



Alberta Health
Services

MyHealth.Alberta.ca/811

Eating to Improve Cholesterol and Triglycerides



This class is for anyone with high cholesterol and/or triglycerides or those who would like to learn how nutrition can improve their heart health.

Class Type	Date	Time	How to Register
Online	Monday, May 12	1:00 p.m. – 2:00 p.m.	Register Online or Call 1-877-314-6997 Hosted by Central Zone <i>*More dates may be available by calling or registering online</i>
	Tuesday, May 27	12:00 p.m. – 1:00 p.m.	
	Thursday, June 12	6:00 p.m. – 7:00 p.m.	
	Wednesday, June 25	9:00 a.m. – 10:00 a.m.	

Note: This class does not talk about the Mediterranean-style of eating. To learn more about the Mediterranean-style of eating, join our [Heart Healthy Eating](#) class.

The 4-part [Heart Wise](#) workshop is for those interested in all areas of heart health management (i.e. physical activity, stress, sleep, nutrition) or who is at risk of developing heart disease.

These classes are for Albertans over the age of 18. Online classes are on Zoom and participants should have access to:

- A computer, tablet, or smartphone with a working camera and microphone;
- An internet connection; [visit this webpage to learn how to join a Zoom class](#);
- A private space in Alberta while attending the class.



Updated April 23, 2025



Eating Away from Home



Are you ready to stop overeating when eating out, at parties, or during holidays? Join a Dietitian to learn more about:

- How buffets, parties, vacations, and holidays can affect how much you eat
- Ways to reduce overeating when eating out and during special occasions

Class Type	Date	Time	How to Register
Online	Wednesday, June 25	12:00 p.m. – 1:00 p.m.	Register online or call 1-877-314-6997 Hosted by Central Zone
Online	Thursday, September 18	12:00 p.m. – 1:00 p.m.	

Call a registration number or click on “register online” for additional dates offered by that zone.

These classes are for Albertans over the age of 18. Online classes are on Zoom and participants should have access to:

- A computer, tablet, or smartphone with a working camera and microphone;
- An internet connection; [visit this webpage to learn how to join a Zoom class](#);
- A private space in Alberta while attending the class.



Updated April 23, 2025



Eating to Improve Blood Pressure



This class is for anyone with high blood pressure or those or those who would like to learn how nutrition can improve their blood pressure.

Class Type	Date	Time	How to Register
Online	Monday, May 5	12:00 p.m. – 1:00 p.m.	Register Online or Call 1-877-314-6997 Hosted by Central Zone
	Thursday, June 5	6:00 p.m. – 7:00 p.m.	<i>*More dates may be available by calling or registering online</i>

Note: This class does not talk about the Mediterranean-style of eating. To learn more about the Mediterranean-style of eating, join our [Heart Healthy Eating](#) class.
The 4-part [Heart Wise](#) workshop is for those interested in all areas of heart health management (i.e. physical activity, stress, sleep, nutrition) or who is at risk of developing heart disease.

These classes are for Albertans over the age of 18. Online classes are on Zoom and participants should have access to:

- A computer, tablet, or smartphone with a working camera and microphone;
- An internet connection; [visit this webpage to learn how to join a Zoom class](#);
- A private space in Alberta while attending the class.



Updated April 24, 2025



Weight Management Series

1 + 10 Week Program



Learn more about managing your weight and health in this series of classes that talk about:

- Tools for managing weight and health, lifelong.
- Strategies for managing eating habits, physical activity, sleep, time, and stress.
- Creating realistic action plans
- Overcoming challenges

NOTE: "Introduction to Weight Management" is required, to register for the 10-week series

Class Type	Date	Time	Location	How to Register
Introduction to Weight Management	May 6	13:00 – 14:30	Zoom	1-866-506-6654 (Lethbridge or rural) 1-866-795-9709 (Brooks, Medicine Hat, and rural area) Hosted by South Zone
	May 16	09:00 - 10:30		
	May 21	09:00 – 10:30		
	June 3	13:00 – 14:30		
	June 11	18:00 -19:30		
	June 18	09:00 -10:30		
	June 24	09:00 -10:30	In Person Medicine Hat	
	June 27	09:00 -10:30	Zoom	
	July 8	13:00 – 14:30		
	July 16	09:00 – 10:30		
Weight Management Series 10-part series, 1 class/ week	May 22- July 24	13:00 -15:00	Zoom	
	June 18 – Aug 20	18:00 – 20:00		
	July 8 – Sep 9	09:00 - 11:00	In Person Medicine Hat	
	July 29 – Oct 7	18:00 – 20:00	Zoom	
	Aug 7 – Oct 9	13:00 – 15:00	Hybrid	
	Aug 21 - Oct 23	18:00 – 20:00	Zoom	
	Sept 3 - Nov 5	18:00 – 20:00		
	Sep 23 – Dec 9	09:00 – 11:00		

Classes are for Albertans over the age of 18. Online classes are on Zoom participants should have access to:

- A computer, tablet, or smartphone with a working camera and microphone;
- An internet connection; [visit this webpage to learn how to join a Zoom class](#);
- A private space in Alberta while attending the class.



Updated April 28, 2025



Living with Stroke Support Group

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

Discussion topics may include:

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

When: 2nd Thursday of every month at 3:00pm

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

FREE!

Pre-registration required

Available for residents of communities in the North Zone



To register and receive the Zoom link visit:

<https://redcap.link/strokesupport>



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



Healthy Albertans.
Healthy Communities.
Together.



Rehabilitation AdviceLine

Rehabilitation advice can help you recover and manage health conditions like injuries, chronic disease, Post-COVID Condition or concerns about your child's development.

**A healthcare professional on the line
can provide you with:**

- Activities and exercises to help with physical concerns
- Strategies to manage day-to-day activities affected by these concerns
- Available Rehabilitation Services
- Advice on how to support your child's development and well-being

1-833-379-0563

— 9 a.m. to 5 p.m. Monday to Friday

ahs.ca/RAL



Health Link
Advice 24/7



**Alberta Health
Services**

Healthy Albertans.
Healthy Communities
Together.

Dementia Advice

Available through Health Link



If you or someone you love is living with dementia, including Alzheimer's disease, there is a service available to answer your questions and provide advice. It's easy:

- 1 Call Health Link 24/7 by dialing 811 or complete the self-referral form online
- 2 A specialized dementia nurse will assess your needs and provide advice immediately for your concerns.



For more information on dementia and Alzheimer's disease visit [MyHealth.Alberta.ca](https://myhealth.alberta.ca).



AlbertaQuits Helpline



The AlbertaQuits Helpline is a free, confidential support service to help people cut back or quit using commercial tobacco or vaping products. Call the AlbertaQuits Helpline or complete the self-referral form online.

1-866-710-QUIT (7848)

— 8 a.m. to 8 p.m. daily



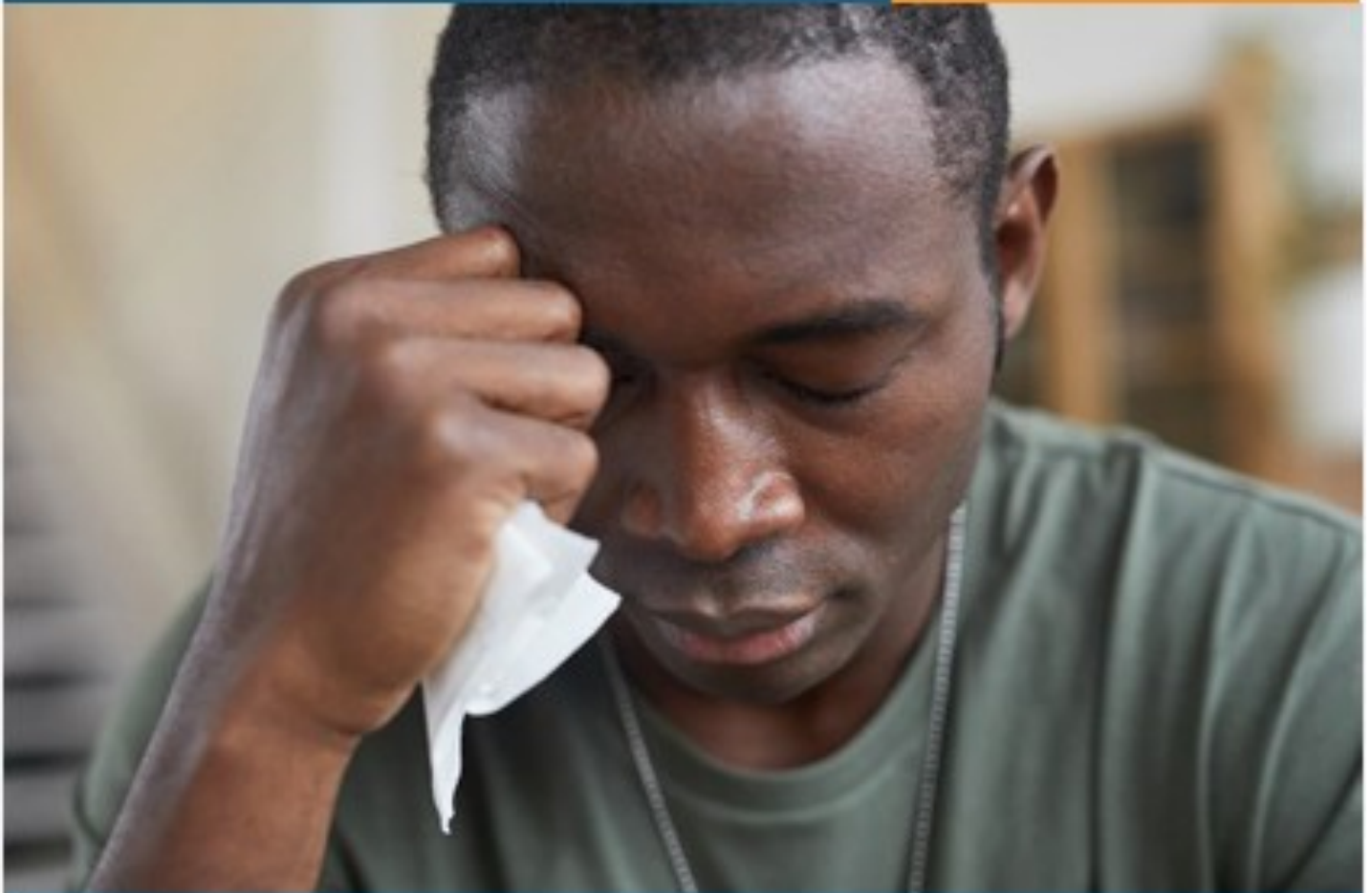
Healthy Albertans.
Healthy Communities
Together.

Addiction and Mental Health Helpline

Available through Health Link



Health Link
Addiction 811



If you are having trouble coping or need someone to talk to, call Health Link 24/7. Staff will assess your needs and provide advice immediately for your concerns.

1-866-332-2322

For more information on addiction and mental health visit **MyHealth.Alberta.ca**



Alberta Health
Services

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

Do you have chronic pain?

Join our free 6-week
online group program to
learn more about pain as
well as tips & tricks for
better managing your
pain in everyday life.

➤ **Call 1-877-719-7707
to learn more and
register for our
program**



Primary Care
Alberta



Wellness Exchange

Supporting wellbeing through skill-building workshops

This online series is designed to help increase our ability to cope with change, build resilience, and improve our overall well-being. Adults can register for any or all five topics.

Workshops are delivered online via Zoom. (available on smartphones, tablets, and computers).

Upcoming Free Workshops

Week 1 – Problem solving

Learning ways to problem-solve effectively helps us address the entire situation, influence what we can, and increase our confidence in the decisions that we make.

- Wednesday, January 15, 2025 1:30 pm – 3 pm [Register for Jan 15](#)
- Thursday, March 06, 2025 10:30 am – 12 pm [Register for Mar 6](#)
- Tuesday, May 13, 2025 10:30 am – 12 pm [Register for May 13](#)

Week 2 – Positive activities

Positive activities provide us with opportunities for enjoyment, improve our mood, increase our sense of control over our life, and create hope.

- Wednesday, January 22, 2025 1:30 pm – 3 pm [Register for Jan 22](#)
- Thursday, March 13, 2025 10:30 am – 12 pm [Register for Mar 13](#)
- Tuesday, May 20, 2025 10:30 am – 12 pm [Register for May 20](#)

Week 3 – Managing reactions

Having confidence that we're able to effectively manage our emotions is important, as it helps protect our well-being, maintain our healthy connections, make effective decisions, and respond in healthy ways.

- Wednesday, January 29, 2025 1:30 pm – 3 pm [Register for Jan 29](#)
- Thursday, March 20, 2025 10:30 am – 12 pm [Register for Mar 20](#)
- Tuesday, May 27, 2025 10:30 am – 12 pm [Register for May 27](#)

Week 4 – Helpful thinking

Shifting our unhelpful thinking to more helpful thinking is important to help increase our confidence in coping with stressors, improve our mood, and reduce the intensity of our reactions.

- Wednesday, February 05, 2025 1:30 pm – 3 pm [Register for Feb 5](#)
- Thursday, March 27, 2025 10:30 am – 12 pm [Register for Mar 27](#)
- Tuesday, June 3, 2025 10:30 am – 12 pm [Register for Jun 3](#)

Week 5 – Healthy Connections

Social support and connecting with others help us feel a sense of belonging and reduces isolation. Building healthy social connections helps increase our confidence and our overall well-being.

- Wednesday, February 12, 2025 1:30 pm – 3 pm [Register for Feb 12](#)
- Thursday, April 3, 2025 10:30 am – 12 pm [Register for Apr 3](#)
- Tuesday, June 10, 2025 10:30 am – 12 pm [Register for Jun 10](#)

*AHS and Recovery Alberta Staff can register through [MyLearningLink](#)

If you have questions about Wellness Exchange, contact: WellnessExchange@recoveryalberta.ca

recoveryalberta.ca



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."



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."

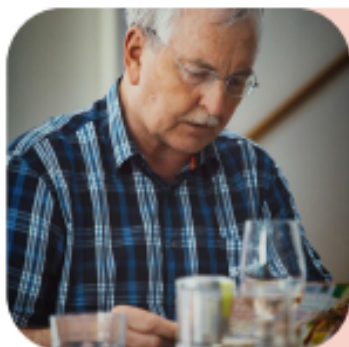


Professional Practice & Education Services
Edmonton

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

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>	



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.

JUNE 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:30am: Ponder This 11am: Exercise 1pm: Coffee Chat 3pm: Marley & Me Part 8	3 11am: Imagination Circle 1pm: Celebrate Seniors 3pm: Wellness BINGO 4:30pm: Brain Games	4 9:30am: NPR Tiny Desk Concerts 11am: In The Headlines 1pm: Finding Your Joy 1pm: Crime & Justice 3pm: Exercise	5 9:30am: Gratitude 11am: History Of... 1pm: Health Advocates 3pm: Ageism Roundtable	6 9:30am: Name that Tune 11am: Exercise 1pm: Writing for Fun 3pm: Let's Talk About
9 9:30am: Now & Then 11am: Exercise 1pm: The Big Picture 3pm: Marley & Me Part 9	10 11am: Mindfulness with Carol 1pm: Science Savvy 3pm: Readers' Corner	11 9:30am: Mystery Chronicles 11am: Elizabeth Arden 1pm: Finding Your Joy 1pm: Funny Bone 3pm: Exercise	12 NO PROGRAMS	13 9:30am: All Request Music 11am: Exercise Chair Yoga 1pm: Coffee Chat 3pm: Next Stop: Budapest
16 9:30am: Who Why When 11am: Exercise 1pm: Worldviews 3pm: Marley & Me Part 10	17 11am: Imagination Circle 1pm: Coffee Chat 3pm: Nutrition for Health 4:30pm: Riddles	18 9:30am: Dig It! Gardening Club 11am: EPL Presents! 1pm: How It's Made 3pm: Exercise	19 9:30am: Gratitude 11am: In the Headlines 1pm: For Your Body 3pm: Working Through Grief	20 9:30am: Indigenous Artists 11am: Exercise 1pm: Writing for Fun 3pm: BINGO
23 11am: Story Lines 3pm: Marley & Me Part 11	24 11am: Misinformation	25 11am: Coffee Chat	26 11am: Global Events	27 11am: Exercise
30 11am: Some Good News	To join by phone, call: 1-855-703-8985 and enter meeting ID: 225-573-6467#			



Pre-registration required



Special Events



Conversations



Health & Wellness



Learn & Discover



Just for Fun!



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

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



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



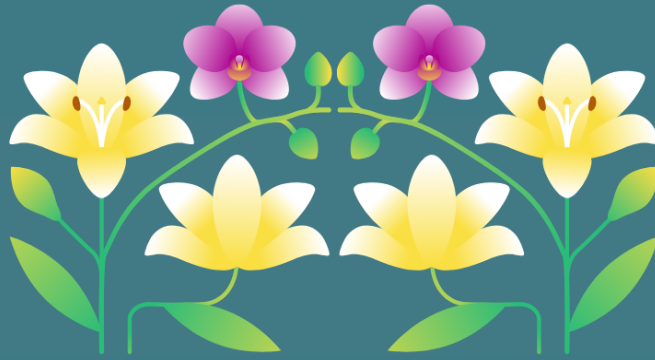
It's Alberta's ONE LiNE For Sexual Violence 6 Year Anniversary

Providing supports to survivors of
sexual violence from 9 am – 9pm
7 days a week in over 250
languages



One-Line Talk/Text: 1-866-403-8000

Chat: www.thedragonflycentre.com Izzy Chat



GENDER - BASED VIOLENCE

Discussion Circle

Experiences
Knowledge
Impacts
Resources
community gaps
challenges
Education

May (In Person) - May 28th 2025 - 1:00 - 4:00PM
June (Google Meets) - June 17th 2025 - 10:00 - 1:00PM

Mannawanis Native
Friendship Centre



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 Elders (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



CELEBRATING NATIONAL INDIGENOUS HISTORY MONTH

TURTLE ISLAND WORKSHOP SERIES:

*Indigenous Peoples,
Colonialism, & Reconciliation*



This introductory series provides an overview of the histories, laws, and policies that shaped the relationship between Indigenous Peoples and Canada.



**Wednesday June 18 & Thursday
June 19, 2025**



1pm-3pm

Online (Microsoft Teams)

Note: This workshop is delivered in four segments over two days. Participants must attend both days to receive a certificate of attendance.

**Strengthen or expand your
understanding of
Indigenous histories and
the ongoing impacts of
colonialism today.**



bit.ly/PLEregisterNOW



**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

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

EMPLOYMENT SKILLS WORKSHOPS



June 2025 Calendar	
June 4, 2025	Word
June 11, 2025	Smart Devices
June 18, 2025	Transferable Skills
June 25, 2025	Skills and Interests

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 micoll@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.

Canada

Alberta



Lakeland
EMPLOYMENT SERVICES

IN-PERSON WORKSHOPS

JUNE WORKSHOP SCHEDULE

June 4, 2025	Resume Development
June 11, 2025	Communication Skills
June 18, 2025	Skills and Interests
June 25, 2025	Interview Skills

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
2-Sessions Available

Time: 10am to 3:00 PM

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

Cost: Free

To Register Contact:

Ethan Hilligas (780-646-6729)

Darlene Johnson (780-210-7917)



The province of Alberta is working in partnership with the Government



June 2025

www.stpaulfcss.ca

Interagency 98

summer 2025 COMMUNITY GUIDE



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

Sat. July 19 10-4

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

Participants of all kinds are welcome!
Indoor/Outdoor option

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



St. Paul Weekend Market

Sat. Aug. 16 10-4

Participants of all kinds are welcome!
Indoor/Outdoor option

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

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



St. Paul Weekend Market

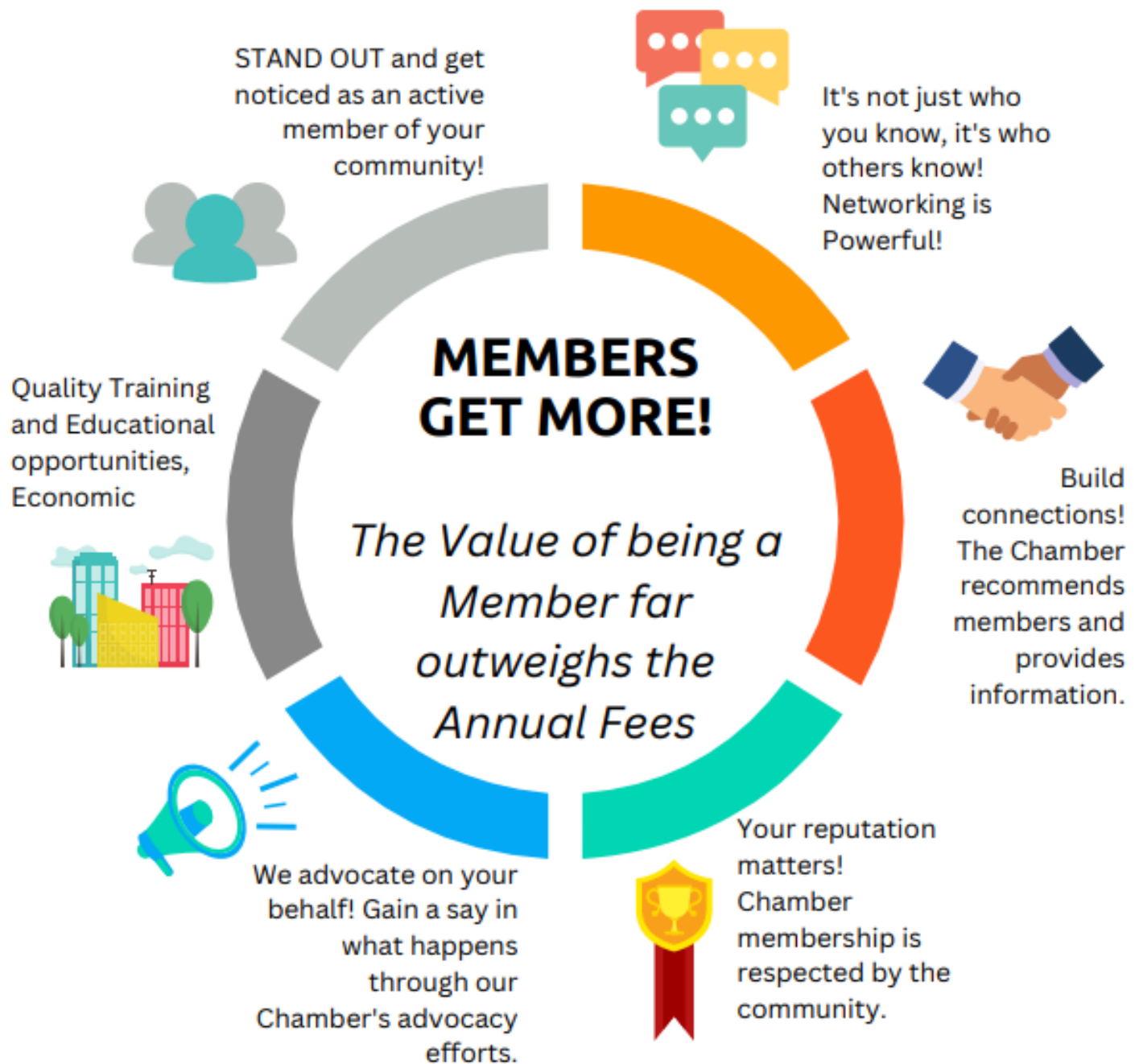
Sat. Sept. 20 10-4

Participants of all kinds are welcome!
Indoor/Outdoor option

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

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

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**

GOLF TEAM of 4

*******CHAMBER MEMBER*******

Available until 11:59pm June 1

Team of 4 golfers - \$440

GOLF TEAM of 4

*******NON-CHAMBER MEMBER*******

Available until 11:59pm June 1

Team of 4 golfers - \$480

**Event Title
Sponsor
\$2000**

GOLF TEAM of 4
*******LATE REGISTRATION*******
Available until 2:00pm June 5
Team of 4 golfers - \$520

**Golf Ball
Sponsor
\$1500**

**Golf Cart
Sponsor
\$1000**

**Dinner
Sponsor
\$1000**

**Dinner
Sponsor
\$1000**

**Dinner
Sponsor
\$1000**

**Golf Cart
Sponsor
\$1000**

**Putting
Green
\$500**
(If not utilized by Title
Sponsor)

**Hole
Sponsor
x 18
\$300**

**Golf Tee
Sponsor
\$350**

**Silent
Auction
Item**

**Door
Prize
Item**

Hire Tee Box Worker add \$100

Highest Score Sponsor
Provide 4 items minimum
of \$200 Value

Lowest Score Sponsor
Provide 4 items minimum of
\$200 Value

Random Score Sponsor
Provide 4 items minimum
of \$200 Value

**50/50
Supporting
St. Paul Minor
Hockey**

**50/50
Supporting
St. Paul Minor
Hockey**

For more information please contact the St. Paul Chamber:

Call: 780-645-5820

Email: executivedirector@stpaulchamber.ca



In Partnership with



THE GREATER LAKELAND RURAL CRIME WATCH MEETING



Are YOU ready to be part of the solution to reduce crime in our Region? Join us to collaborate

When: Monday, June 2 @ 7:00pm

Where: Canalta Hotel - St. Paul

How: In person or virtual

Contact Us

Email: tglruralcrimewatch@gmail.com

Facebook: The Greater Lakeland Rural Crime Watch Association

Scan here to join the meeting virtually



Rodeo Week Kick Off Party

St. Paul & District
Chamber
of Commerce

August 27, 2025

St. Paul Rec Centre

Cocktails @ 5:30pm

Supper @ 6:00pm

Wrangle up your team of co-workers or a group of friends for a fun evening of networking & laughs with an amazing Comedian:

SAVE THE DATE

More details coming soon



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



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



JUIN

JUNE



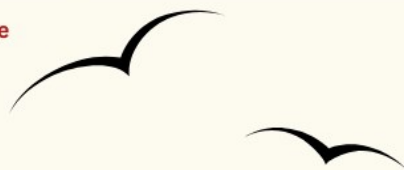
LUNDI MONDAY	MARDI TUESDAY	MERCREDI WEDNESDAY	JEUDI THURSDAY	VENDREDI FRIDAY	SAMEDI SATURDAY	DIMANCHE SUNDAY
						1
2	3 Aventure dans les livres d'histoires 10h00-12h00	4 GROUPE DE JEUX 9h30-11h30	5	6	7	8
9	10	11 GROUPE DE JEUX Fin d'année 9h30-11h30	12	13	14	15
16	17	18	19 Apprendre par le jeu 9h30-11h30	20	21	22
23	24	25	26	27	28	29



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

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

Appeler/Call: 780-645-5050



Pique-nique fin d'année!

Le 11 juin, 2025

**Au parc aquatique Lagassé
9h30 - 11h30**

**On se donne rendez-vous au parc Lagassé - parc aquatique.
En cas de température non clémente l'activité aura
lieu à l'École du Sommet.**

**Au menu: hotdogs, melon d'eau et gâteries
N'oubliez pas vos maillots, serviettes, crème solaire et un chapeau!**



Year end picnic!

June 11th, 2025

**At Lagassé water park
9:30 - 11:30**

**Meet us at the splash park in Lagassé Park.
If the weather does not cooperate our gathering will
take place at école du Sommet.**

**On the menu: hotdogs, watermelon and treats
Do not forget your bathing suit, towel, sunscreen and hat!**

CUISINE COMMUNAUTAIRE POUR LES ÂÎNÉS

**GRATUITEMENT PRÉPARER
DES REPAS**

DATES DISPONIBLE:



MARDI 22 AVRIL

MARDI 20 MAI

MARDI 17 JUIN

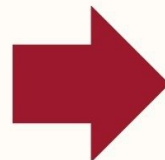
ENTRE 9H00-12H00

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

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.



Ou / Where?

Centre Communautaire - ACFA
4617 50 Avenue

Quand / When?

Le 10 juin / June 10h00 à 12h00

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.





Groupe de jeux

École du Sommet

4609 40 street

9h30 à 11h30

Le 4 juin/June

Petit Scientifiques

Little scientist

Le 11 juin/June

Fête fin d'année

Year end party

@ Lagassé Park





LEMONADE DAY

JUNE 14, 2025

Support Your Local Kids!

Look for *Lemonade Day* kids in your community!
Buy some Lemonade and support your local
young entrepreneurs.

VISIT OUR MAP TO FIND THE
LEMONADE STANDS NEAR YOU
lemonadeday.org/northern-alberta



*Lemonade
Day!*
NORTHERN ALBERTA

Sponsored By:



COME VISIT OUR STANDS!

- Elk Point
- St. Paul
- Saddle Lake
- Smoky Lake
- Spedden
- Vilna



LEMONADE DAY

JUNE 14, 2025

LEMONADE STAND MAP



STAND HOURS

10:00 am - 1:00 pm
*some earlier and later

Come support our Youths!

VISIT OUR MAP TO FIND THE
LEMONADE STANDS NEAR YOU
lemonadeday.org/northern-alberta

*Lemonade
Day!*
NORTHERN ALBERTA

Sponsored By:





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



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"



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**



St Paul Municipal Library
4802 - 53rd Street St Paul Alberta



780-645-4904



www.stpaullibrary.ab.ca



ACCESSIBLE ACTIVITY

PROGRAM FOR ADULTS WITH DISABILITIES

at the St. Paul Municipal Library



Thursday June 19th

Session 1: 1:00 to 1:40pm

Session 2: 1:45 to 2:30pm

COLOR
YOUR OWN
MAGNET

To register, go to our website's registration page at
www.stpaullibrary.ab.ca/programs

or contact us by email at programs@stpaullibrary.ab.ca



FAMILY DAY HOME STORYTIME

AT THE ST. PAUL LIBRARY

**WEDNESDAY JUNE 4TH
10:00 AM**

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

Activity geared for
kids under 3 years



REGISTRATION REQUIRED



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

AFTER SCHOOL ACTIVITY

Drop in
Ages 6 and up

Button / Badge Making

WEDNESDAY

JUNE 18TH

3:45 pm – 5:00 pm



**Northern Lights Library System's
Little Library
will be at the UFO Landing Pad**

**Saturday June 27th
till Tuesday July 15th**



**Free Books for
All Ages!**

**Go Check It out
before it flies
away.**

**Location: 4844-
5012 53 St, St.
Paul**



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:
At the Pond

June 6th

June 13th

June 30th

June 27th



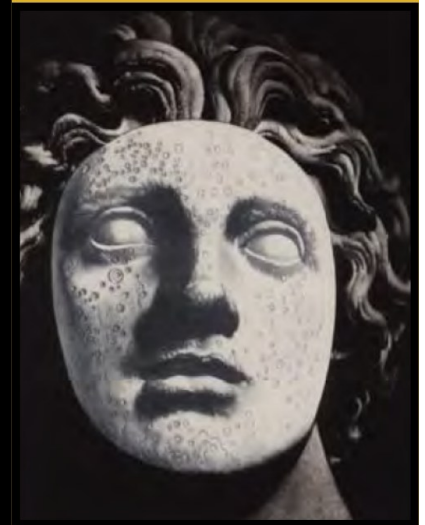
Register under the programs tab on our website at www.stpaullibrary.ab.ca or E-mail us at programs@stpaullibrary.ab.ca

St. Paul Municipal Library Presents:

TREX ART EXHIBITION

Oh, but they're weird & they're

WONDERFUL



**May 27th to June 14th
At the
St. Paul Library**



Family Story-time

At the Library

Fridays at 10:30am

***Registration required for kids participating in the craft.**

**A story, song
or activity and
craft geared
for kids 4 and
under (all ages
welcome)**



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

Community Needs Assessment



We want to hear from you!

Help determine the needs of our community

Two ways to participate:

- Online Meeting: September 9th - 3 pm to 5 pm
- In person Meeting: September 13th - 10 am to 12 pm at the St. Paul Municipal Library
4802 - 53rd Street

For more information or to get the online meeting link
e-mail -> librarian@stpaullibrary.ab.ca

Summer Camp Programs

LICA's programming offers an inside look at how we utilize the environment, along with ways in which we can protect it. Each program is designed to provide hands-on learning while promoting environmental awareness. Each program is scheduled for approximately 1 hour.

Vermicompost

The kids learn about Red Wiggler worms, their care, and their role in the environment. Each family receive a compost bin with worms to take home, which we build together.

Water Bugs

LICA will bring a collection of benthic macroinvertebrates from a local water body. The kids observe and identify the insects, and learn about how they are bio-indicators of water quality.

Animal Survival

Kids learn about wildlife camouflage and defense, then play a game of Animal Survival tag to learn about prey-predator dynamics.

Plants & Crafts

Kids are led on a nature walk to learn about native and invasive plants, then create a collage of plants they collect.

Wildlife Discovery

Kids are introduced to animals that live within our watershed with our collection of pelts, skulls, tracks, and scat.

Creepy Crawlies

Kids learn about insects and their role in the environment. Afterwards, the kids get outside with some bug nets and ID books!

These **FREE** programs are
available all summer!

To book your presentation:
outreach@lica.ca

  @infolica



**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

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



**OPEN HOUSE/PORTES
OUVERTE**

JUNE 22, 2025

5409-50 AVE ST. PAUL AB

12:00PM-4:00PM

[HTTPS://STPAULMUSEUM.CA](https://stpaulmuseum.ca)

**GRAND OPENING OF THE
CPR RAILWAY STATION**

**GRANDE OUVERTURE DE
LA GARE**



*Join us!
Venez nous joindres!*

LIVE MUSIC AND ENTERTAINMENT

LUNCH WILL BE AVAILABLE

MUSIQUE LIVE ET DIVERTISSEMENT

UN GOUTER SERA DISPONIBLE!

FOLLOW US @MUSEEST.PAULMUSEUM

INSTAGRAM AND/ET FACEBOOK



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



**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**

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