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July

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, Oct 6th in Elk Point

780-724-3800

4906-48 St, Elk Point



Prevention & Awareness

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Community Connecting **ROCK SNAKES** are BACK!!



The rock snake siblings are still not long enough to reach each other. Help them to grow and reconnect by adding **PAINTED ROCKS** to their tail.

Rock Snake Locations:

RICKY is at the west end of Lagasse Park.

ROCKO is at Glen Avon school in St. Paul.

ROSCO is on Main Street in Ashmont.

RANGO is at the Mallaig Public Park.

PEBBLE is at the Westcove Campground Splash Park.

ROCKSY is at the Elk Point Public Library.



Send photos to:
bdechaine@town.stpaul.ab.ca

For more information:
CALL 780-645-5311



St. Paul Regional FCSS &
Family Resource Network



[st.paul_fcss](https://www.instagram.com/st.paul_fcss)

Enter to Win

When you add your **PAINTED ROCK**, submit a photo with the snakes name and you will be entered into our Community Connecting **ROCK SNAKE DRAW!**

Deadline to enter is August 17th.



COME JOIN US
FOR AN OUTDOOR
MOVIE NIGHT!!

*Concession available.



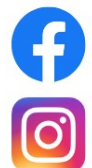
*Bring your own lawn chair.



Tuesday
July 1, 2025
7:30 PM

A.G. Ross Arena
Elk Point

FOR MORE
INFORMATION
Call 780-645-5311





COME JOIN US
FOR AN OUTDOOR
MOVIE NIGHT!!

*Concession available.



*Bring your own lawn chair.



Friday
July 25, 2025
AT DUSK

Reunion Station,
St. Paul

FOR MORE
INFORMATION
Call 780-645-5311



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 7th or 9th

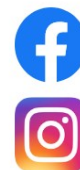
10AM-2PM

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

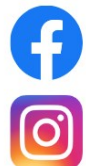
1-3PM

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





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

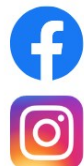
@ FCSS

(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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WALKING

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CARDIO

25% more of a cardiovascular workout
compared to walking alone

 **URBANPOLING**
Thursdays

Join Us!

1:30PM

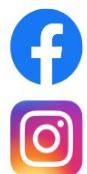
@ FCSS

(4906-48 St, Elk Point)



REGISTER

Call 780-724-3800





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

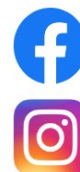
4906A-48 Street

Tuesdays
In St Paul

5002-51 Ave

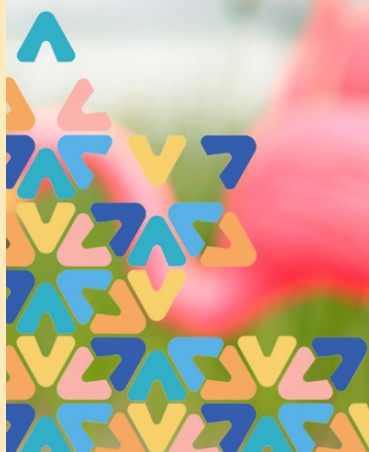
10AM - 11AM

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?

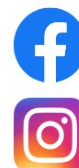
**Let us help
you out...**

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.

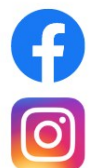
If you are a caregiver for a senior, connect with us, we can help.

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



St. Paul Regional FCSS &
Family Resource Network

st.paul_fcss



Jump Back Up July 2025



MONDAY



TUESDAY

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

WEDNESDAY

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

THURSDAY

3 Be willing to ask for help when you need it

FRIDAY

4 Find something to look forward to today

SATURDAY

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

SUNDAY

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

7 Shift your mood by doing something you really enjoy

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

9 Put a problem in perspective by seeing the bigger picture

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

11 Look for something positive in a difficult situation

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

13 Challenge negative thoughts. Find an alternative interpretation

14 Get outside and move to help clear your head

15 Set yourself an achievable goal and take the first step

16 Find fun ways to distract yourself from unhelpful thoughts

17 Use one of your strengths to overcome a challenge today

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

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

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

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

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

23 Remember that all feelings and situations pass in time

24 Choose to see something good about what has gone wrong

25 Notice when you are feeling judgmental and be kind instead

26 Catch yourself over-reacting and take a deep breath

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

28 Think about what you can learn from a recent problem

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

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

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



ACTION FOR HAPPINESS


Happier · Kinder · Together

2025

St Paul LOCATION

July

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

MON	TUE	WED	THU	FRI
	01 CLOSED CANADA DAY See poster for events	02 Youth Board Games 2pm-4pm DROP IN	03 Storytime & Craft 2:30pm-4pm DROP IN	04 No Program
07 CAMP SUNSHINE	08 CAMP SUNSHINE	09 CAMP SUNSHINE	10 CAMP SUNSHINE	11 CAMP SUNSHINE
14 Rhymes That Bind at Desjardins Park 10am-12pm DROP IN	15 Youth Paint Class w/ Miss Donna 2pm-4pm REGISTER	16 Summer Connection 9am-12pm REGISTER	17 Fire Hall Tour 10am-12pm REGISTER	18 Fun Friday Stay & Play 10am-12pm DROP IN
Triple P Tip sheet Separation Anxiety 2pm-3pm REGISTER		Dungeons & Dragons for ages 12-18yrs 6pm-8pm REGISTER	Buggies on the Block 1:30pm-3:30pm DROP IN	
21 ASQ Screening 10am-12pm REGISTER	22 Nature Walk at Westcove for all ages 1pm-3pm REGISTER SEE POSTER FOR DETAILS	23 Summer Connection 9am-12pm REGISTER	24 No Program Staff in Training	25 No Program Staff in Training
28 Kids Have Stress Too 2pm-3pm REGISTER	29 Ye Olde MacLean Hobby Farm for ages 0-10yrs 10am-12pm REGISTER SEE POSTER FOR DETAILS	30 Summer Connection 9am-12pm REGISTER	31 Making Music 10am-12pm DROP IN Buggies on the Block 1:30pm-3:30pm DROP IN	

Lakeland
FAMILY RESOURCE NETWORK

5002 - 51 Ave

St Paul AB T0A 3A0

Call: 780-645-5311

Text: 780-614-1941

Web: stpaulfcss.ca



stpaul_fcsc



St. Paul Regional
FCSS & Family
Resource Network



YOUTH 7+

LFRN St Paul 5002-51 Ave

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

Youth Board Games

Wednesday July **02**
2pm-4pm

DROP IN
780-645-5311

FREE

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





AGES 0-6

LFRN St Paul 5002-51 Ave

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

Storytime & Craft

Thursday July 03

2:30pm-4pm

DROP IN

780-645-5311



Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





Triple P Positive Parenting Program

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

Triple P Tip Sheet

Separation Anxiety

Monday 14
July
2pm - 3pm

CALL TO REGISTER
780-645-5311

FREE



CAREGIVERS

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

LFRN St Paul 5002-51 Ave

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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



Interested in a Tip Sheet?

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

Infant Topics
Sleeping Patterns
Crying
Promoting Development
Separation Anxiety

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

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

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

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



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

AGES 0-6

Desjardins Park 5524-50 Street

Helping promote healthy family relationships.

Rhymes that Bind

at Desjardins Park

Monday July 14

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.





with **Miss
Donna**

YOUTH 7+

LFRN St Paul 5002-51 Ave

Painting

Tuesday July **15**

2pm-4pm

CALL TO REGISTER

780-645-5311

**\$10 CASH
registration fee
required by
July 10!**

Lakeland

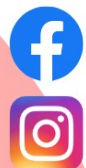
FAMILY RESOURCE NETWORK

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.

Helping to cultivate
creativity, build
confidence and
support overall
development in a fun
and engaging way.





**Dungeon Master
in attendance**
Snacks Provided

YOUTH 12-18

LFRN St Paul 5002-51 Ave

Dungeons & Dragons

Wednesday July **16**

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.



Where Summer friends come to connect!



Unleash that midweek energy by creating something cool, playing awesome games and having some serious fun!

A light breakfast will be provided.

YOUTH 7+
LFRN St Paul 5002-51 Ave

Summer Connections

Wednesdays

9am - 12pm

FREE

July 16

July 23

July 30

To register for
one, some or
all dates

PLEASE CALL
780-645-5311

Connecting youth
through games,
crafts, activities
and laughs.

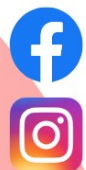
Lakeland

FAMILY RESOURCE NETWORK

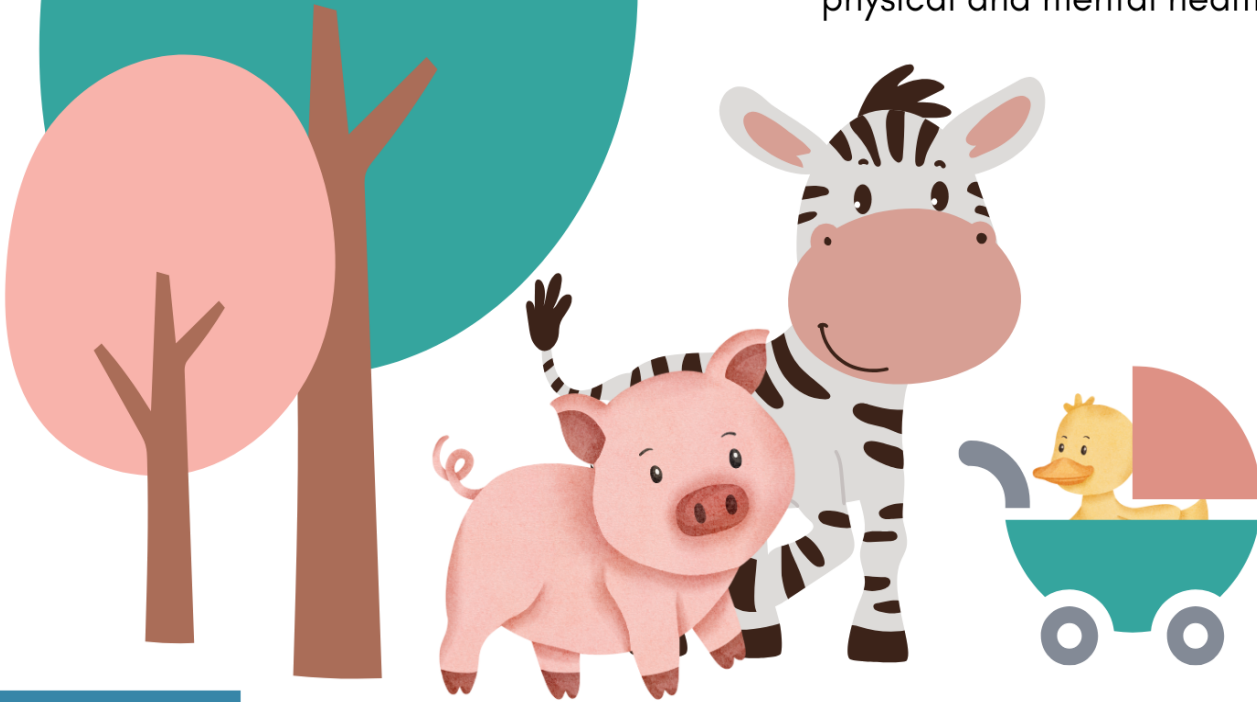
Connect with us for more information.

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
July 17 & 31

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.





TOUR THE FIRE HALL

AGES 0-6

St. Paul Fire Hall 5101 50 Street

Join us as
we tour the
St. Paul Fire Hall

Thursday July 17
at 10:00AM

TO REGISTER CALL
780-645-5311



Lakeland

FAMILY RESOURCE NETWORK



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



Join us for a
morning of play.

Explore our center,
have some fun and
meet new friends!



FUN FRIDAY

Stay & Play

Friday July 18

10am - 12pm

DROP IN
780-645-5311



AGES 0-6
LFRN St Paul 5002-51 Ave

Develop early
friendships and
build social
confidence.

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

Monday July 21

10am-12pm

CALL TO REGISTER

780-645-5311

FREE

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

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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

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





Get to know the nature around us.
Join us for a walk in nature and a light snack.

FOR ALL AGES
WESTCOVE CAMPGROUND

Nature Walk at WestCove Campground

Tuesday **22**
July

1pm - 3pm

CALL TO REGISTER

780-645-5311

FREE

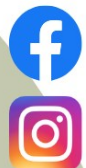
Lakeland

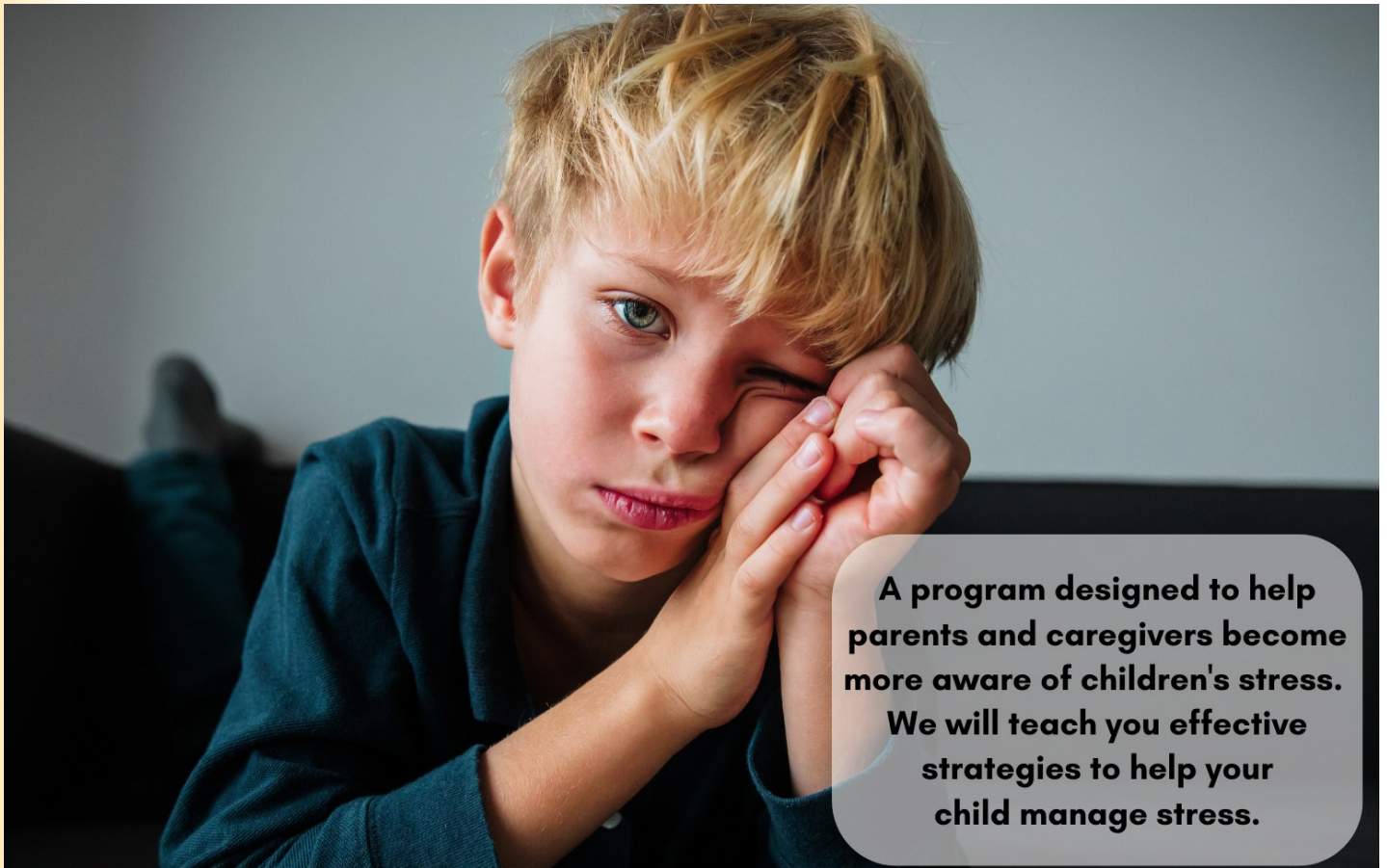
FAMILY RESOURCE NETWORK

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.





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

Monday July 28

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.





Payment is \$15/guest
*includes meeting the animals,
an adventure and a treat.

Meet us there or at FRN Centre
for 9am sharp and we drive
following each other.

Spaces are limited.

AGES 0-10YRS

MD of Bonnyville 45015- Township Road 613

Ye Olde MacLean Hobby Farm

Tuesday July **29**

10am - 12pm

CALL TO REGISTER

780-645-5311

Parents pay the
fees, we supply
the picnic!

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





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

AGES 0-6

LFRN St Paul 5002-51 Ave

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

Making Music

Thursday July 31

10am-12pm

DROP IN

780-645-5311



Lakeland

FAMILY RESOURCE NETWORK

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



2025
July

Elk Point LOCATION

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

MON	TUE	WED	THU	FRI
	01 CLOSED CANADA DAY	02 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	03 Mom's Matter Fairy Garden 6pm-8pm REGISTER	04 Loose Parts Play 10am - 12pm DROP IN Buggies on the Block 1:30pm - 3:30pm DROP IN
07 Summer Memory Journal 2:00pm - 4:00pm REGISTER	08 CLOSED Camp Sunshine	09 CLOSED Camp Sunshine	10 CLOSED Camp Sunshine	11 CLOSED Camp Sunshine
14 Glass Jar Fairy Garden 2:00pm - 4:00pm REGISTER	15 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	16 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	17 Triple P Tipsheet Tidying Up 10am-11am REGISTER	18 Bubbles at the Spray Park 10am - 12pm DROP IN Buggies on the Block 1:30pm - 3:30pm DROP IN
21 Shoe Jewelry 2:00pm-4:00pm REGISTER	22 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	23 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	24 Kids have Stress too 10am-11am REGISTER	25 Summer Luau Party 10am - 12pm DROP IN Buggies on the Block 1:30pm - 3:30pm DROP IN
28 Chalk Art & Ice Cream 2:00pm-4:00pm DROP IN	29 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	30 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	31 ASQ Screening 10am-12pm 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_fcsc



St. Paul Regional
FCSS & Family
Resource Network



CAREGIVERS

Elk Point LFRN 4906 48st

For moms or
caregivers of
children 0-18yrs

Moms Matter

Thursday July 03

6:30pm-8pm

CALL TO REGISTER
780-724-3800

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 **780-724-3800** 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

Loose Parts Play

Friday
July **04**

10am-12pm

DROP IN

780-724-3800



Express creativity
and imagination
skills with
common
everyday items.

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

No walk on July 11.



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

Encouraging
listening skills,
attention span
and creativity.

Summer Memory Journal

Monday
July 07

2pm-4pm

CALL TO REGISTER

780-724-3800



Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





YOUTH 7+

LFRN Elk Point 4906-48 St

Encouraging
listening skills,
attention span
and creativity.

Glass Jar Fairy Garden

Monday
July **14**

2pm-4pm

CALL TO REGISTER

780-724-3800



Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





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

Tidying Up

Thursday
July 17

10am - 11am

CALL TO REGISTER
780-645-5311

FREE



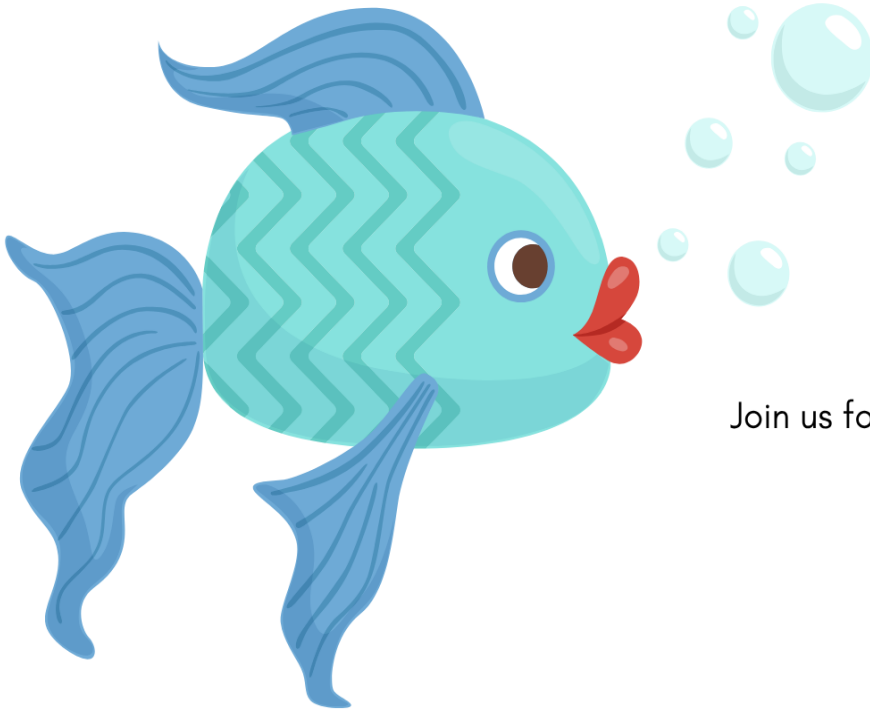
Lakeland

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.





Join us for fun at the spray park.

AGES 0-6
Elk Point Spray Park

Bubbles at the Spray Park

Friday July **18**

10am-12pm

DROP IN

780-724-3800



Will move to FCSS office
if weather is unsuitable.

Explore your
senses with
textures from
outside.

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

Encouraging
listening skills,
attention span
and creativity.

Shoe Jewelry

Monday July **21**

2pm-4pm

CALL TO REGISTER
780-724-3800



Lakeland

FAMILY RESOURCE NETWORK

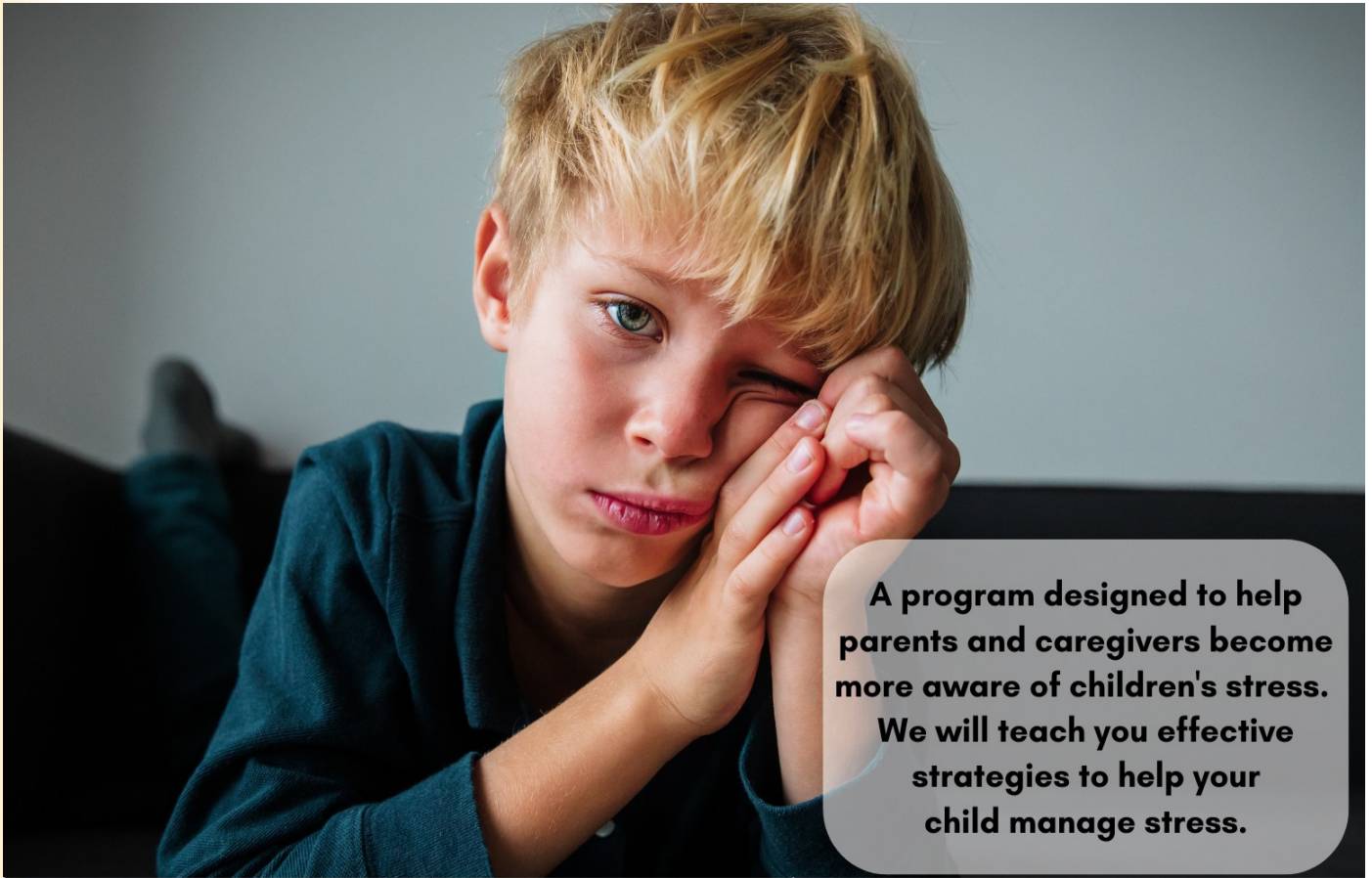
Connect with us for more information.

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

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

wear your favorite
shoes to
accessorize!





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

Elk Point LFRN 4906 48 ST

Kids Have Stress Too

Thursday July 24

10am-11am

CALL TO REGISTER

780-724-3800

FREE



Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





AGES 0-6

LFRN Elk Point 4906 48 St

Summer Luau Party

Friday
July 25

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+
Elk Point Out Door Rink

Chalk Art & Ice Cream

Monday July **28**

2pm-4pm

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.



Encouraging
listening skills,
attention span
and creativity.



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 Elk Point 4906-48 St

ASQ Screening

Thursday July 31

10am-12pm

CALL TO REGISTER

780-724-3800

FREE

30 min appointments

for ages:

2 months-60 months

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

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
JULY 4TH



4:00 PM-
5:30 PM



5101 48TH STREET
PAWZ N KLAUZ



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](#)



St. Paul Regional FCSS & Family Resource Network



JULY 8TH & 10TH



10AM – 3PM



*Lakeland Employment
Services 4701 50 Ave
2nd floor*



13–18yrs



FREE

Learners Education Class

Learn the basics and get ready for your Learner's written test!
We do not provide the test just the course material and study guides!
This is one group hosted over two days!
Call FCSS St. Paul Office to Register!

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



TEEN CONNECT



THURSDAY
JULY 17TH



9:00 PM-
11:00 PM



WEST COVE
CAMPGROUND



13-18yrs
+ Family



FREE



Movie Night In The Park!



Join us for an action-packed family night with Teen Connect's Retro Drive-In Movie — featuring the highly anticipated Captain America: Brave New World!

🛡️ Suit up and dive into the next chapter of the Marvel universe as Sam Wilson takes on the shield and steps into his role as the new Captain America. With high-stakes missions, powerful new enemies, and familiar allies, this blockbuster is packed with heart, heroism, and epic action! A must-watch for Marvel fans of all ages!

Call: 780-645-5311

Email: FCSSyouth@town.stpaul.ab.ca

Web: stpaulfcss.ca



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



St. Paul Regional FCSS & Family Resource Network



FRIDAY
AUGUST 1ST



7:00 PM-
8:30 PM



REUNION STATION
4112 53AVE



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: FCSSyouthetown.stpaul.ab.ca

Web: stpaulfcss.ca



SPYC20 and [st.paul_fcsc](#)



St. Paul Regional FCSS & Family Resource Network



SATURDAY
AUGUST
2ND



12:00 PM-
2:00 PM



START AT
LAGASSE PARK



13-18yrs



FREE

Amazing Race- Teen Edition!

Get ready for an action-packed adventure! Grab your friends and race against the clock to complete exciting challenges, solve puzzles, and navigate your way to the finish line. Speed, strategy, and teamwork will be key—do you have what it takes to win?

Don't miss out on the fun—sign up and join the race! 🏆🔥
Scan the QR Code To register now!

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



HENNA BOOTH

Hands of Art, Henna Magic!



MONDAY
JULY 21ST



4:30PM -
6:30PM



Lions Park
(4838 50AVE)



FREE



@SPYC_20

The St Paul Youth Council invites **youth in grades 7-12** to experience the beauty of Henna art! Henna is a natural plant-based dye used for temporary body art, with cultural roots in India, the Middle East, and Africa. Designs last 1-2 weeks and darken over time.

Stop by for a small to medium Henna design on your hand or arm—no registration needed!



S.P.Y.C.

St. Paul Youth Council
The Power of our Voice



GLOW IN THE DARK CAPTURE THE FLAG



FRIDAY
AUGUST
1ST



8:30PM -
10:00PM



*Reunion Station/
St. Paul Soccer Fields*



FREE!



@SPYC_20

"Glow Bright, Run Fast, Capture!"

The St Paul Youth Council invites **youth in grades 7-12** to Get ready to light up the night at our Glow-in-the-Dark Capture the Flag event!

Gear up with glow sticks, and dive into an epic game of strategy, speed, and stealth under the stars. Whether you're defending your flag or making a daring dash across enemy lines, this high-energy event is packed with glowing fun and friendly competition.



S.P.Y.C.

St. Paul Youth Council
The Power of our Voice



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

July 2025

www.stpaulfcss.ca

Interagency 53



COUNTY COMMUNICATOR

Our Mission is to Create Desirable Rural Experiences

RUNNING FOR COUNCIL?

The Local Authorities Election Act requires **all** candidates to file the necessary forms before beginning the campaign process.

Find forms at the Admin Office or on our [2025 Municipal Election](#) webpage!

- ✓ Notice of Intent to Run
- ✓ Form 4 - Nomination Paper and Candidate Acceptance
- ✓ Form 5 - Candidate Financial Information

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

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

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

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

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

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

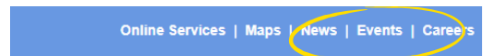
DIVISION 6, LOUIS DECHAINE
ldechaine@county.stpaul.ab.ca
780-210-0467

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

ADMIN OFFICE: 780-645-3301

WEBSITE SUBMISSIONS - EVENTS CALENDAR

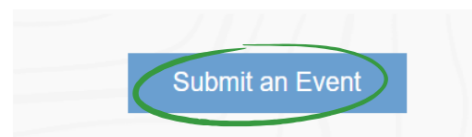
- 1 Open our 'Events' webpage, in the top header.



COUNTY OF
ST. PAUL

For Residents ▾

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



- 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.

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

July 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

Jul 2 Wed Evening 5:30- 8pm

Jul 8 Tue Afternoon 1:30- 4pm

Nutrition

Jul 15 Tue Afternoon 1:30- 3pm

Jul 16 Wed Evening 5:30- 7pm

Ongoing Care

Jul 9 Wed Evening 5:30- 8pm

Jul 22 Tue Afternoon 1:30- 4pm

Foot Care & Seated Exercise

Jul 24 Thu Afternoon 1:30- 2:30pm

Heart & Stroke Education

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

Overview & Prevention

Jul 10 Thu Afternoon 1:30- 4pm

Nutrition

Jul 17 Thu Afternoon 1:30- 3pm

Managing Stress

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

Jun 16 & 23 Wed Evenings 5:30- 6:30pm

Moving Matters

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

Jul 16 Wed Evening 7- 8pm

Weight Management

Build healthier habits. Understand ways that thinking patterns, sleep, physical activity and nutrition impact your goals.

See website for Individual Class Descriptions

Series 1

1.1 Tues July 15 9:30am-12pm

1.2 Tues July 22 9:30am-12pm

1.3 Tues July 29 9:30am-12pm

Series 2

2.1 Wed July 9 1:30pm- 4pm

2.2 Wed July 16 1:30pm- 4pm

2.3 Wed July 23 1:30pm- 4pm

Series 3

3.1 Wed July 30 1:30pm- 4pm

Supervised Exercise Program -Virtual Classes-

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

Mon and Wed

August 18 - Sep 29 2025 6 - 7:30 pm

Better Choices, Better Health

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

Living with Chronic Pain

Tuesday Afternoons 1:30pm – 4pm

July 8, 15, 22, 29, Aug 5, & 12

Living with Chronic Disease

Wednesday Mornings 9:30am—12:00pm

July 16, 23, 30, Aug 6, 13, 20

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

Group Support Workshops Alberta Healthy Living Program

Chronic Pain

Better Choices Better Health®

- Connect with others experiencing long-term pain (due to arthritis, fibromyalgia, or other pain conditions)
- Hear how others manage pain & fatigue
- Discuss anger, fear & loss
- Try strategies to improve your sleep
- Explore how food influences pain
- Manage medications better
- Practice a gentle movement program
- Solve problems and set goals

Next 6-week workshop runs:
Tuesday Afternoons
July 8, 15, 22, 29 Aug 5, & 12
1:30pm - 4:00 p.m.
Join online by Zoom

Long-term Health Conditions

Better Choices Better Health®

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

Next 6-week workshop runs:
Wednesday Mornings
July 16, 23, 30, Aug 6, 13 & 20
9:30am - 12:00 p.m.
Join online by Zoom

Don't Wait!
Register now &
Take charge of your
health!



Register at:

www.healthylivingprogram.ca

1-877-349-5711



**Alberta Health
Services**

Alberta Healthy Living
Program

Free Exercise Program

Alberta Healthy Living Program

Education that supports your health and your life

Upcoming Sessions:

June 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	Thursday, June 12	6:00 p.m. – 7:00 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>
	Wednesday, June 25	9:00 a.m. – 10:00 a.m.	
	Thursday, July 17	12:00 p.m. – 1:00 p.m.	
	Thursday, August 14	12:00 p.m. – 1:00 p.m.	
	Thursday, September 4	6:00 p.m. – 7:00 p.m.	
	Tuesday, September 25	1:00 p.m. – 2:00 p.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 May 23, 2025





This Photo by Unknown Author is licensed under [CC BY-SA-NC](#)

Free!
Online workshop
for parents and
caregivers of
children
age 6–12

Mealtime Struggles in School-Aged Children: Building Trust, Confidence, and Feeding Skills

Join AHS dietitians via Zoom

- Explore the benefits of positive mealtimes and what gets in the way.
- Learn some practical ideas to build your child's trust, comfort, and confidence with more foods.
- Share ideas and learn about resources to build more positive mealtimes with your child.

Scan the QR code to register,
or click the link: <https://redcap.link/wciygxt8>



SCAN ME

Questions?

Publichealthnutrition.centralzone@albertahealthservices.ca



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	Thursday, June 5	6:00 p.m. – 7:00 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>
	Thursday, July 3	12:00 p.m. – 1:00 p.m.	
	Tuesday, August 12	12:00 p.m. – 1:00 p.m.	
	Monday, September 15	12:00 p.m. – 1:00 p.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 May 23, 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



Support Weekly Action Team-SWAT



This supportive group allows participants to set and work on goals each week. This group encourages goal sharing, problem solving and fosters a safe place to overcome any barriers that may come up. Each session is unique as a diverse range of health topics may be addressed depending on weekly discussions.

Participants must have attended a previous Alberta Healthy Living Program workshop to join SWAT. Participants can register as often as they would like.

Class Type	Date	Time	How to Register
Online	Mondays (Excludes statutory holidays)	9:00 a.m. – 10:00 a.m.	Register online or call 1-877-314-6997 Hosted by Central Zone
	Fridays (Excludes statutory holidays)	12:00 p.m. – 1:00 p.m.	<i>*More dates may be available by calling or registering online</i>

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 December 16, 2024



Wellness Series:



In this series, you will learn about:

1. **Problem Solving:** Clearly define problems, explore solutions, and build confidence in your decision-making.
2. **Positive Activities:** Stay connected to your values and others and improve your physical and emotional health.
3. **Managing Reactions:** Protect your well-being and respond to stress in healthy ways.
4. **Helpful Thinking:** Build confidence, reduce stress, and improve your mood.
5. **Healthy Connections:** Foster a sense of belonging, reduce isolation, and strengthen resilience.

This series is offered online and hosted by Central Zone. Register online or call 1-877-314-6997.

Topic	Date	Time	How to Register
Problem Solving	Thursday, September 11	1:00 p.m. – 2:30 p.m.	Register online
Positive Activities	Thursday, September 18	1:00 p.m. – 2:30 p.m.	Register online
Managing Reactions	Thursday, September 25	1:00 p.m. – 2:30 p.m.	Register online
Helpful Thinking	Thursday, October 2	1:00 p.m. – 2:30 p.m.	Register online
Healthy Connections	Thursday, October 9	1:00 p.m. – 2:30 p.m.	Register online

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 May 16, 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



**Alberta Health
Services**

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



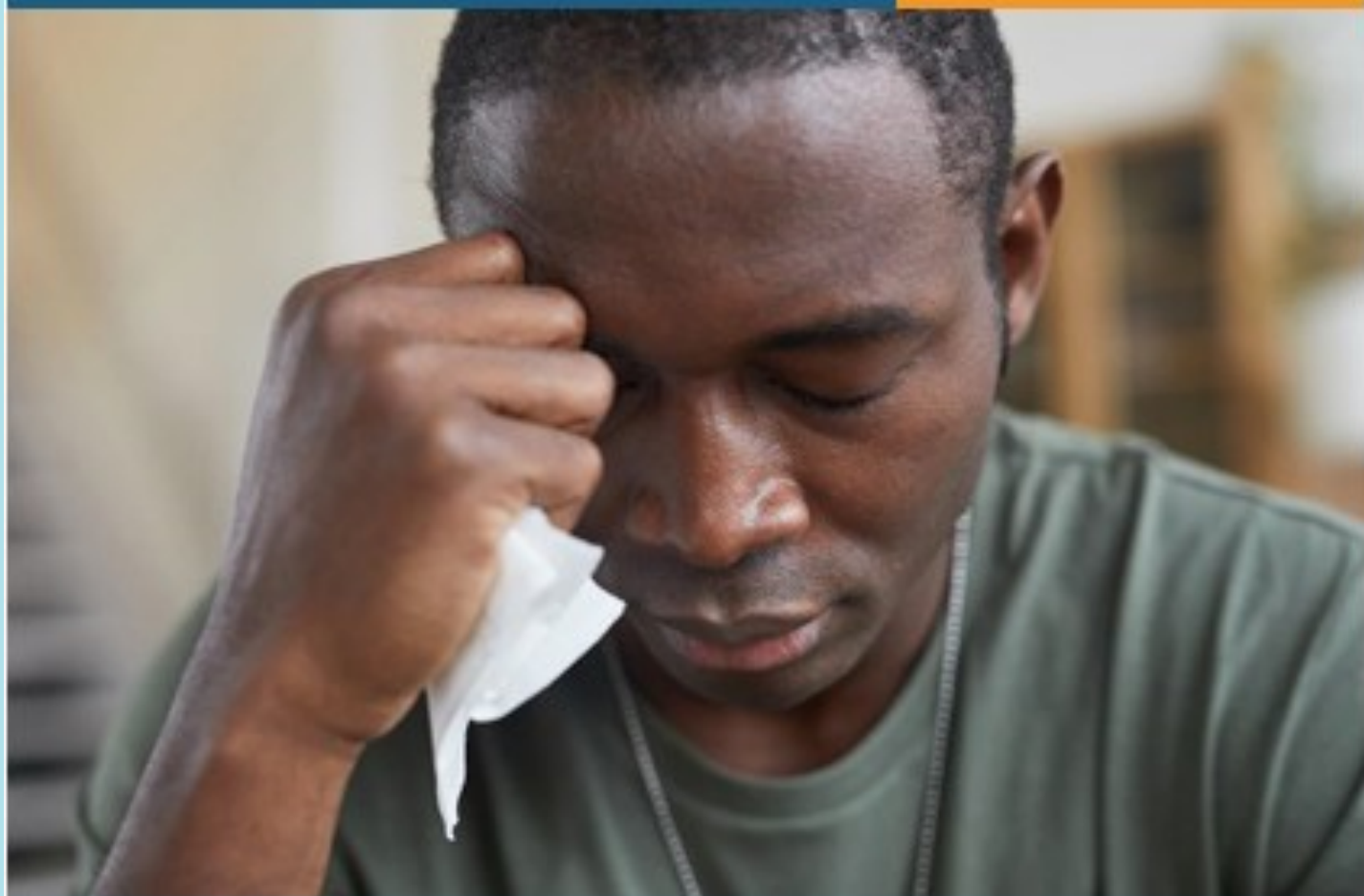
Healthy Albertans.
Healthy Communities
Together.

Addiction and Mental Health Helpline

Available through Health Link



Health Link
Addiction 24/7



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



2025-2026 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> <ul style="list-style-type: none"> September 17, 2025 October 15, 2025 November 19, 2025 December 17, 2025 January 21, 2026 February 18, 2026 March 18, 2026 April 15, 2026 May 20, 2026 June 17, 2026 	<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> <ul style="list-style-type: none"> September 16, 2025 October 21, 2025 November 18, 2025 December 16, 2025 January 20, 2026 February 17, 2026 March 17, 2026 April 21, 2026 May 19, 2026 June 16, 2026
<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.

JULY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Happy Canada Day!	2 9:30am: All Request Music 11am: Program Preview 1pm: Who Why When 3pm: Exercise	3 9:30am: Gratitude 11am: Meteorology With Myles 1pm: Next Stop 3pm: In the Headlines	4 9:30am: Canadian Artists 11am: Exercise 1pm: Writing For Fun 3pm: Coffee Chat
7	8 9:30am: Ponder This 11am: Mindfulness with Carol 1pm: Global Events 3pm: Readers' Corner 4:30pm: Dinner Theatre	9 9:30am: Mystery Chronicles 11am: The Green Party 1pm: Coffee Chat 3pm: Exercise	10 No morning programs 1pm: Worldviews 3pm: History Of...	11 9:30am: Classical Music Hour 11am: Exercise: Chair Yoga 1pm: Let's Talk About 3pm: Word Games
14	15 9:30am: Nostalgia Moments 11am: Imagination Circle 1pm: Whistleblowers 3pm: Nutrition For Health	16 9:30am: In the Headlines 11am: Science Savvy 1pm: Story Lines 3pm: Exercise	17 9:30am: Gratitude 11am: How It's Made 1pm: For Your Body 3pm: Coffee Chat	18 9:30am: Name That Tune 11am: Exercise 1pm: Writing For Fun 3pm: The Midnight Sun
21	22 9:30am: Coffee Chat 11am: Mindfulness 1pm: Jeopardy 3pm: Mysteries & Folklore	23 9:30am: Vinyl Cafe 11am: Seniors Housing 1pm: Let's Talk About 3pm: Exercise	24 9:30am: Gratitude 11am: Arlene Dickinson 1pm: Some Good News 3pm: Canadian Resources	25 9:30am: Summer Love Songs 11am: Exercise 1pm: Next Stop 3pm: BINGO
28	29 9:30am: What If? 11am: Speaking Out 1pm: Brain Games 3pm: Crafting Circle	30 9:30am: Short Stories 11am: Speaking Out: The Music 1pm: Coffee Chat 3pm: Exercise Q&A	31 9:30am: Gratitude 11am: Who Why When 1pm: SCWW Advisory Group 3pm: Music Meditation	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

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



When Love Hurts *Support Group*

Are you in a relationship that leaves you feeling **afraid**,
confused, or **devalued**?

Have you experienced this in the past?

Register for our 12-week support group for women who
have experienced hurtful or controlling relationships.

Together, we'll share support, explore ways to heal, and
move forward.

DETAILS

Registration required

No cost to participate

Email: dvcc@CapellaCentre.ca

Call/Text: 780-645-9561

Community Support Team

The Community Support Team is part of Capella Centre Alberta's mission to support individuals affected by family violence, trauma, and hardship. We provide compassionate, confidential, and non-judgmental support to women, children, and families in the community.

We work in St. Paul and surrounding areas to ensure everyone has access to the help they need wherever they are on their journey.

Our Services Include:

- One-on-one support and safety planning
- Help navigating complex life situations
- Advocacy and referrals to other services
- Outreach visits to rural or remote areas (when possible).

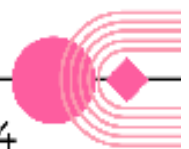
Who Can Access?

Anyone who:

- Is experiencing or at risk of abuse, past or present
- Wants help accessing local resources and services
- Is feeling overwhelmed, unsafe, and/or uncertain

Email: fvl@capellacentre.ca | **Call/Text:** (780) 227-6104

You do not need to be in crisis to connect.





EXPANDING HOPE

Supporting Young Parents Across Alberta

What is Expanding Hope?

- Virtual supports for pregnant & parenting people aged 21 & under
- Designed to meet the unique needs of those living in rural communities
- Provides referrals & connections to resources within your community



Scan Me!

Learn More!

Scan the QR code to visit our website and to fill out the self-referral form!



expandinghope@terracentre.ca



<https://terracentre.ca/expanding-hope/>





EXPANDING HOPE

Supporting Young Parents Across Alberta

What We Offer:

- Virtual training for service providers on key topics & issues related to young parents
- Regular Community of Practice sessions where professionals can meet and collaborate
- Referral pathways into Expanding Hope's Participant Services



Scan Me!

Learn More!

Scan the QR code to visit our website & join our mailing list!



expandinghope@terracentre.ca



<https://terracentre.ca/expanding-hope/>



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



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*





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





UPCOMING EVENT!

INDIGENOUS PATIENT SAFETY INVESTIGATOR AND ADVOCATE

*Helping Indigenous patients Feel Safe and
Heard in Health Care*

16 July 2025 | Virtual Session

Public Legal Education
Connections

This session will introduce Tony Cardinal, Alberta's Indigenous Patient Safety Investigator and Advocate. He supports First Nations, Métis, and Inuit patients and families when there are concerns about racism, discrimination, or unsafe experiences in health care. He also works closely with Elders and Knowledge Keepers to offer cultural and spiritual support, and helps ensure Indigenous voices are heard in complaint processes.

To Register

Scan this barcode or visit
<https://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.



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)



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



July 2025 Calendar	
July 2, 2025	Resume Development and Cover Letters
July 9, 2025	Communication Skills
July 16, 2025	Marketing Yourself
July 23, 2025	Interview Skills
July 30, 2025	Interview Questions

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

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

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



Join us weekly for

Wednesday Workshops

Free, in-person workshops to enhance your employment skills.



Lakeland
EMPLOYMENT SERVICES



1:30 pm



Northstar Complex, 2nd floor
4701 50 Avenue,
St. Paul

Call **780-646-6729** for more information or to register.

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



Apprenticeship
and Industry Training
tradesecrets.alberta.ca

Join us to learn about the trades and the

APPRENTICESHIP PROGRAM



🕒 July 7 9-11 am



Northstar Complex, 2nd floor
4701 50 Avenue,
St. Paul

Call **780-646-6729** for more information
or to register.



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



PANCAKE BREAKFAST

8am - 10am • St. Paul Legion located at 4925- 49 Avenue

AFTERNOON SCHEDULED EVENTS

11am - 3pm • Car Show

12pm - 12:30pm • Calvin Vollrath w/ Friends

12:45pm - 1:15pm • Circus Performance

1:15pm - 1:45pm • DJ Music by Earthman Media

2:00pm - 2:45pm • Circus Performance

3pm - 4pm • Kehewin Native Dance Theatre

4:30 pm • FREE Sponsored Movies at Elite Theatre • The Goonies (1985) & Antz (1998)

**TUESDAY
JULY 1**

RECREATION CENTRE

**FREE DONUTS/COFFEE
WHILE SUPPLIES LAST**

AFTERNOON | 12PM TO 4PM

Axe Throwing • Petting Zoo • Rollerskating • Vendors Market • Sparkle Tattoos

Balloon Animals • Food/Concessions Avail. • Bouncy Houses • Arts & Crafts

SPFD Hose Spraying • Banner Art Walk • St. Paul Museum FREE Admission

EVENING EVENTS | REC CENTRE GROUNDS

6pm - 9pm • Fundraiser BBQ - Hosted by St. Paul Affordable Community Housing

9pm • A Celebration of Canadian Fiddling feat. Calvin Vollrath, Daniel Gervais, Mark Sullivan & Jeremy Rusu

FIREWORKS AT APPROX. 11:00 PM



summer 2025 COMMUNITY GUIDE



Download Our App & Connect

Google Play



App Store



PRESENTED BY



RCMP MUSICAL RIDE

Experience the tradition

23 JULY, 2025

\$20 ADULTS - \$10 AGES 13-17 - FREE UNDER 12

SHOWS AT 02:30PM & 08:30PM
AT CLANCY RICHARD ARENA

pre-show entertainment

RCMP DEMONSTRATIONS

TICKETS AVAILABLE AT WWW.STPAULSCOUNTY.COM



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



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.)



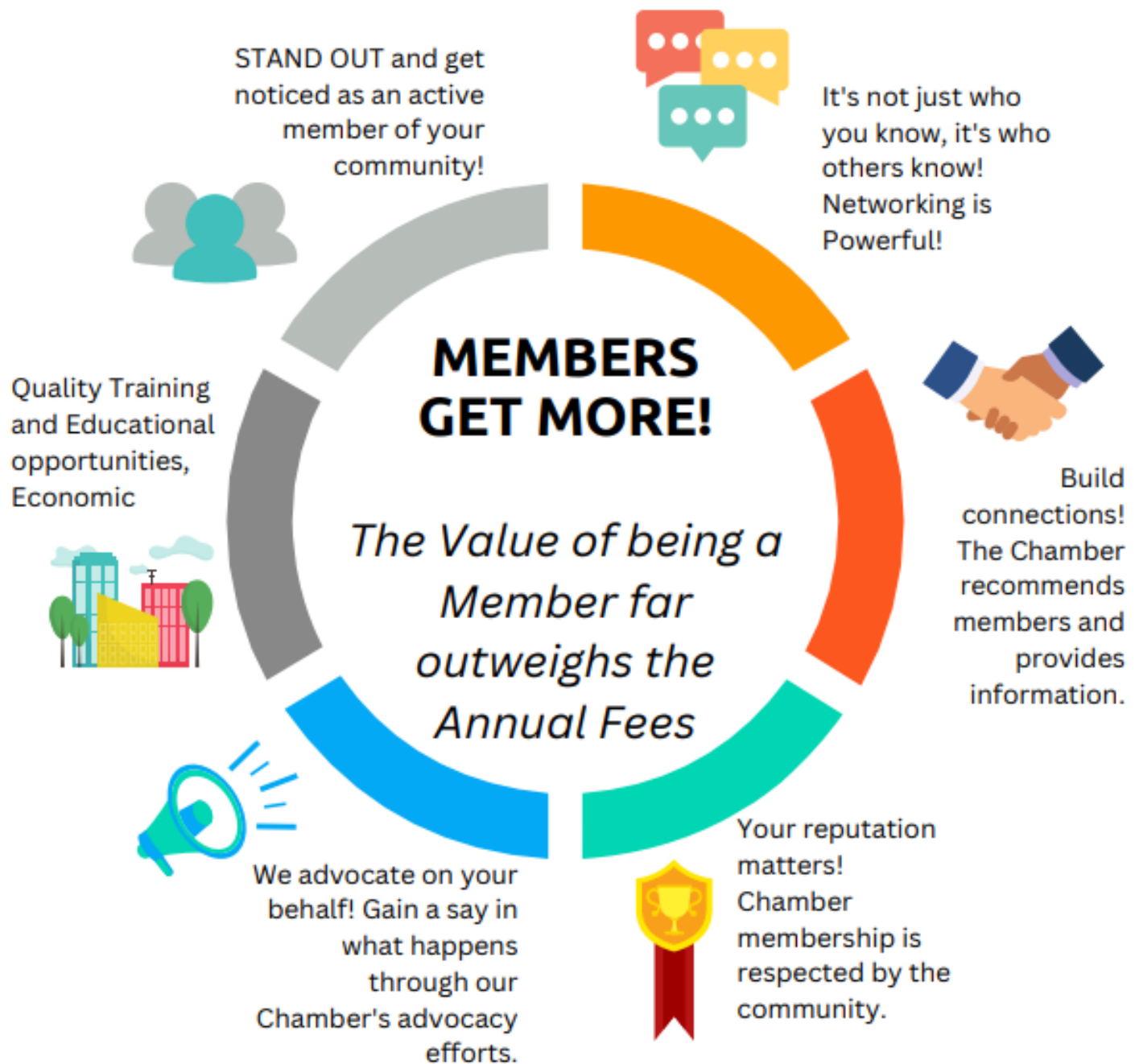
St. Paul Weekend Market

Sat. Sept. 20 10-4

Participants of all kinds are welcome!
Indoor/Outdoor option

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

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

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**



Canada 

CANADA DAY 2025

SCHEDULE OF EVENTS:

MONDAY JUNE 30TH:

- 6:30pm-Ball Game at Elk Point Ball Diamonds.
- 6:30pm-Soap Box Car Race at Arena
- 7pm- Beer Gardens, Food Trucks, Karaoke with Crazy Jane!- Arena
- 11pm- **FIREWORKS!**

TUESDAY JULY 1: *Join us for a Special Announcement!

- 8-10:00am *Friends of the Library* free pancake breakfast
- 10am-12pm free ice cream at Lakeland Realty
- 11am- **Canada Day Parade**(line up 9:30 eco centre)
- 11-2 Co-op Charity BBQ
 - *all **above** events happening downtown*
 - *all **below** events at the Canada Day Stage & Arena*
- 12:30pm- LIVE MUSIC- Felix & Friends
- 1pm- Speeches & National Anthem.
- 1:20-2pm- Felix & Friends
- 1:00-4:00pm-Family Fun Entertainment, activities, games vendor market, concession & food trucks!
- 2-2:45pm- Nikolia Entertainment
- 2:45-3:15-Cultural Dancers
- 3:30-4pm- Dog Agility Sponsored by BUSHels of Fun Pet Care Services
- 4:30pm-5:30pm- Family Challenge behind arena
- 5:00-7:00pm- Perogy supper at Arena
- 7:30-Arena-FCSS Free Family Movie Night "WILD ROBOT"

CANADA DAY FUN!

Join the Elk Point Firefighters
for the



JR. FIREFIGHTER CHALLENGE



A special event for kids aged 5-12!

Climb, race and spray your
way through fun Firefighter
obstacles and challenges

ELK POINT SPRAY
PARK CEMENT PAD
TIME: AFTER THE
PARADE



Certificates will be
awarded to all
participants!!



Canada Day Dog Agility Skills Competition!

**Test your family dogs' skills in this fun
and competitive Agility Challenge!**

- 3:30-4:00pm at the Arena Activity Grounds
- Prizes for Top Speed and Most Activities Completed
- All friendly dogs welcome to compete!

**Pre- Registration required. Please email
recreation@elkpoint.ca or call Caitlyn 780-573-6175**

Sponsored By:





ELK POINT HERITAGE NIGHT!

**THURSDAY AUGUST 21, 2025
4-8PM ALLIED ARTS CENTRE**

**SPONSORSHIP OPPORTUNITIES AND VENDOR SPACES AVAILABLE!
CONTACT CAITLYN BUSH 780-573-6175 OR
RECREATION@ELKPOINT.CA**





**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



Hello Summer ♡

Calendar Photo Contest:

- Submit a Photo you think represents SUMMER in Elk Point for your chance to WIN:
- A \$25 local Gift Card
- Your photo in our newsletter, as our Facebook Profile Photo for 2 weeks and placed 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/>
OR AT recreation@elkpoint.ca SUBMISSION DEADLINE: August 29, 2025





SUMMER HOURS

JULY 2ND TO SEPTEMBER 2ND

Monday - 10am to 5pm

Tuesday - 10am to 8pm

Wednesday - 10am to 8pm

Thursday - 9:30am to 8pm

Friday - 10am to 5pm

Closed Saturdays and Sundays

July 1st, August 4th and September 1st

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

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

Community Connection at the St. Paul Municipal Library



**COME GRAB A COFFEE
AND CHAT WITH**

Portage College Public Legal Education

**Find out how they can
help with:**

- Understanding the law
- Accessing legal resources
- Navigating legal systems

**AUGUST 14TH
1 PM TO 4 PM**



Alberta **LAW**
FOUNDATION



**PORTAGE
COLLEGE**



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



780-645-4904



www.stpaullibrary.ab.ca

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**



BEER'FAST

5km Charity Beer Run

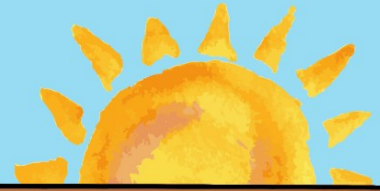
Saturday July 12th

Start time 2:00 PM

**At the Lakeland Brewing
Company Parking Lot**

**Registration is by donation
\$10 or more will get you a free Pint!
Register 1:30 to 2:00 July 12th at LBC
All Proceeds go to the
St. Paul Municipal
Library.**





CHALK ART CONTEST



Create your chalk art



Choose a title and take a picture



Submit online until Sunday, July 27



Vote for your favourite starting
Monday, August 4

Visit our website
for more info!



St Paul Municipal Library

DIG DEEPER

READ | INVESTIGATE | DISCOVER

SUMMER READING 2025

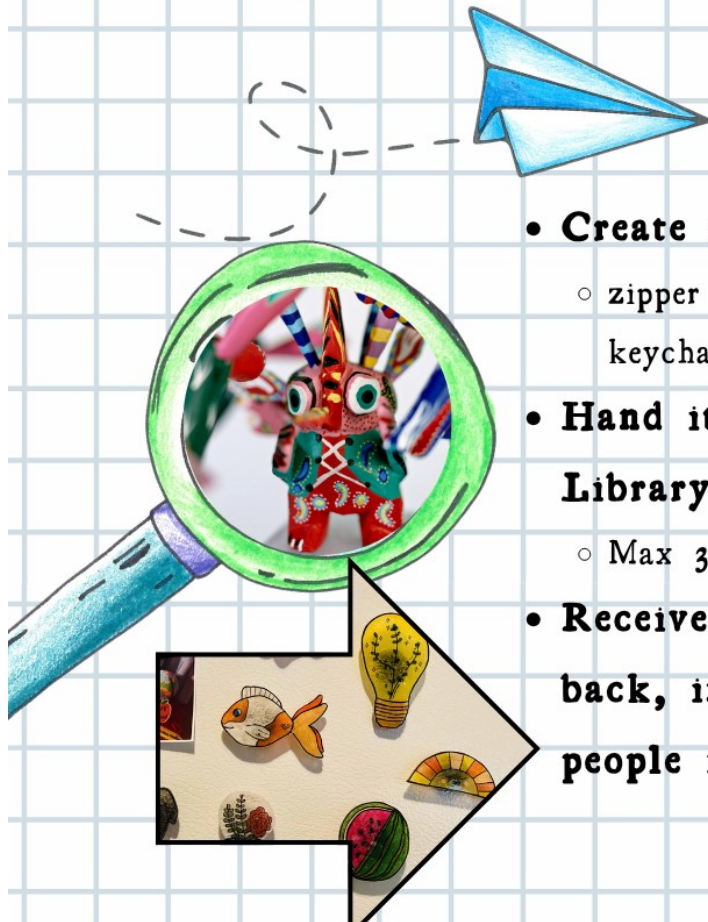
Log your reading
hours and get entered
to Win Prizes
July - August



NLLS
Reading Programs
EXPLORE



Swag Swap



- **Create a fun swag item.**
 - zipper pulls, magnets, bracelets, keychains, buttons, and more
- **Hand it in to the St Paul Library during the month of July.**
 - Max 3 items per person.
- **Receive the same number of items back, in August, made by other people in the NLLS region.**

St Paul Municipal Library

FRIDAY 15



READ

Read for 15 minutes (or more!) on a
Friday

RECORD

Submit your reading at
nllsreadingprograms.ca/friday-15

REWARD

Each time you record a Friday 15
enters you for a prize!





Histoire entre amis

ST. PAUL MUNICIPAL LIBRARY

@ 10AM TILL 12PM

JUILLET / JULY

9, 16 & 23

AOÛT / AUGUST

6, 13, 20 & 27



**VENEZ ÉCOUTER UNE HISTOIRE BILINGUE ET PARTICIPEZ
AUX ACTIVITÉS QUI SUIVRONT.**

**COME AND LISTEN TO A BILINGUAL STORY AND TAKE
PART IN THE ACTIVITIES THAT FOLLOW.**



NO REGISTRATION REQUIRED

4802 53 STREET

ST. PAUL, ALBERTA T0A 3A0



Apprendre par le jeu

Ou / Where?

Centre Communautaire – l'ACFA
4617 50 Avenue

Quand / When?

Le 10 juillet / July

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.



Apprendre par le jeu

Ou / Where?

Centre Communautaire – l'ACFA

4617 50 Avenue

Quand / When?

Le 17 juillet / July

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.**





Formulaire d'Inscription-
Registration Form :

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

AGES :
5-12

100\$-Semaine/enfant
100\$/week/child

2025

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

9h00-15h30
Places Limitées-
Limited Spots

ACFA membership



SUMMER CAMP D'ÉTÉ

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



ACFA
Régionale de Saint-Paul

Canada

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





Together We're Better



Two Hills & Area programs run in partnership with



780-657-3540

Campground Drop-ins

Tuesdays - Fridays

Floating Stone Lake Day Use Area

- Crafts
- Games
- Stories
- Activities

July 8 - 11 th

9 a.m. - 12 p.m.

Lac Bellevue Day Use Area

July 29 - Aug 1st

All Programs are FREE!

TEEN Day CAMPS

AGES 13 - 17

TWO HILLS
JULY 2 - 4

ST. PAUL
AUG 5 - 8

- ★ Nutrition ★ Games
- ★ Art ★ Music
- ★ S.T.E.M

TWEEN SUMMER MINI CAMP

ACTIVITIES

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

Ages 10 - 12

TWO HILLS

JULY
24 - 25

ST. PAUL

AUG
19 - 20



EMPOWER ME

CRAFTS & CREATIVITY

MAKING CHOCOLATE

OUTDOOR ACTIVITIES

TWO HILLS DATE AND TIME

JULY 14-17

FROM 10AM - 4PM
AT TWO HILLS FRN
REGISTRATION DEADLINE- JULY 10TH

Ages
11 - 17

MYRNAM DATE AND TIME

AUGUST 12-15TH

FROM 10AM - 4PM
AT THE MYRNAM LIBRARY
REGISTRATION DEADLINE AUGUST 7TH

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

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

Together We're Better

Campground Drop-ins

Tuesdays - Fridays

Floating Stone Lake Day Use Area

July 8 - 11 th

Lac Bellevue Day Use Area

July 29 - Aug 1st

- Crafts
- Games
- Stories
- Activities

9 a.m. -
12 p.m.



CALL LILY AT 780-872-4596 FOR MORE INFORMATION

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



Together We're Better



Recovery Alberta
MENTAL HEALTH AND ADDICTION SERVICES



TWO HILLS FRN AND MHCB PRESENTS



EMPOWER ME



Ages
11 - 17



SCAN ME TO
REGISTER

PREPARE FOR AN INSPIRING WEEK WITH ENGAGING DISCUSSIONS,
INTERACTIVE WORKSHOPS, MOTIVATIONAL SPEECHES AND MORE.

WHAT ARE WE UP TO?

CRAFTS & CREATIVITY

MAKING CHOCOLATE

OUTDOOR ACTIVITIES

TWO HILLS DATE AND TIME

JULY 14-17

FROM 10AM- 4PM
AT TWO HILLS FRN
REGISTRATION DEADLINE- JULY 10TH

MYRNAM DATE AND TIME

AUGUST 12-15TH

FROM 10AM- 4PM
AT THE MYRNAM LIBRARY
REGISTRATION DEADLINE AUGUST 7TH

FOR MORE INFORMATION CALL

Lily Belland at 780-872-4596 or email BELLILY@SPERD.CA

Registration Forms can also be picked up and dropped off
at Two Hills FCSS - 4712 50 st, Two Hills

TWEEN

SUMMER

MINI CAMP



ACTIVITIES

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

Scan me
to Register!



FREE

AGES
10 - 12

ST. PAUL

AUG

19 - 20

11 am - 4:00 pm

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

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

Registration Forms can also be picked up and dropped off at
St. Paul Education Central Office - 4313 48th Avenue, St. Paul

St. Paul TEEN Day CAMP



Mental Health
Capacity Building

AUG 5 - 8

11 am - 4 pm



FREE

Ages 13 - 17



**SCAN ME TO
REGISTER**

★ Music

★ S.T.E.M

★ Art

★ Nutrition



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

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

Registration Forms can also be picked up and dropped off at
St. Paul Education Central Office - 4313 48th Avenue, St. Paul



**Networks Program Mannwanis Native Friendship
Center Society**

SUMMER TEEN GIRL HEALING CIRCLE PROGRAM

**Weekly Sessions Wednesdays
6pm - 8pm**

A Healing Circle Group Program for teen girls 13yrs to 17yrs to come together as one to grow and learn cultural teachings, and life skill activities to better their Mental Health and well-being. Our goal is to help young teens learn healthy ways to cope with life's challenges and learn life skills. In addition, have access to mental health resources, counselling and elder mentorship. Furthermore, Awareness of the dangers of drugs, alcohol, sex education, healthy relationships and gang violence workshops. There are many fun-filled activities for them to enjoy this summer. Such as sweet grass braiding, calming kits, prayer, sharing circles and medicine wheel teachings. In addition, cooking, canning, singing, beading, ribbon skirt making, sewing, painting portraits, resume building. Furthermore, self-care and calming exercises. Free Beverages and refreshments included. Don't miss this Opportunity, parents welcome to participate in sessions, join us today.

Starts July 2, 2025

Availability Register Now

St Paul, Mannawanis Native Friendship Center Society

4901-50st St Paul, AB

Call today (780)-645-4630 or email networks@mannawanis.ca



WWFL SUMMER YOUTH PROGRAM

Weaving Wicłhitowin for Learning aims to support urban and rural Indigenous students:

Urban and rural Indigenous students have healthy relationships in their communities.

Students have a network of community-based social, emotional and academic support out-of-school.

Weaving Wicłhitowin For Learning specifically aims to better the educational journeys of urban and rural Indigenous students in Kindergarten to Grade 12.

The WWFL Summer Program will start July 14th, 2025

Monday & Tuesday 1pm-4pm- 8 yrs to 12 yrs

Wednesday & Thursday 1pm-4pm - 13 to 18yrs

Drop in and Register your child today

@ Mannawanis Native Friendship Centre

Call Today to ask for more information


(780) 645-4630





Joinons nous pour des activités amusant au musée cette été!


C'est activitée se passerait chaque Jeudi au musée(5409- 50 Ave) sauf si da dit autrement
Les événement vont commencer à 1:00h jusqu'à 3:00h



3 Juillet- Attrape Rêve et bracelets- Faits ta propre attrape rêve et bracelet que tu peux porter au maison!

10 Juillet- Des activités avec des roulés de papier de toilet et une chasse trésor- Viens au musée pour construire des pôles totems et des hiboux avec les rouleaux de papier de toilet, et participer à une chasse de trésor autour du musée

17 Juillet- Carnaval de Cent- Une journée avec beaucoup d'activités, comme une diseuse de bonne aventure, lence d'anneau et lance de sacs de haricot et beaucoup d'autre activité qui se passerait autour du musée.



23 Juillet- Cheveau fais de Bas et des Manège Musical- Cette journée est une mercredi et va être ouvert de 3:00h à 5:00h. Le musée sera ouvert jusqu'à 6:00h.


24 Juillet- Papillons de Filtrea Café et des Moulins à Vent- Cette journée est pleine d'activités que tu peux décorés et amenez au maison!

31 Juillet- Recherche d'ours et la Peinture à Faces- Créer vos propre jumelle pour utiliser au cherche d'ours et aidons nous à chercher l'ours et aussie des bonbons. Aussie s'amuser par avoir ta face peinturer.

7 Août- Journée Science- Vient nous joindre pour des activités scientifique qui inclurait le dépôt gluant, du beurre est des craquelins et aussie l'explosion de volcans!


16 Août- Journée de Ferm- Une Samedi plaine d'événement qui commence à 11:00h. Les événement inclus des tournée de wagon, des démonstration de beurre et de crème glacée et beaucoup d'autre e c'est toute gratuit!

21 Août- Carillons Éoliens et des Ornaments Parfumé- Joindrons nous pour des activités amusant et essayer des activitée nouvelle pour construire des carillons éoliens et des ornements parfumé.



Join us at the museum for fun summer activities!

Unless otherwise posted, these activities will take place on Thursdays at the Museum (5409- 50 Ave) starting at 1:00 pm until 3:00 pm



July 3th- Dream Catchers and Bracelets- Make your very own dream catcher and a bracelet you could wear home!

July 10th- Toilet Paper Roll Activities and Scavenger Hunt- Come down and make totem poles and owls and enjoy looking around the museum with the scavenger hunt.

July 17th- Penny Carnival- Lots of activities planned like fortune telling, ring and bean bag toss and many more games that will be set up around the museum.

July 23- Sock Horses to celebrate the Musical Ride Event!- Note this is on Wednesday and will run from 3:00 pm to 5:00 pm. The museum will be opened until 6:00 pm.

July 24th- Coffee Filter Butterflies and Windmills- This day is filled with a bunch of fun crafts that you can decorate and take home!



July 31st- Bear hunt and Face Painting- Create your own binoculars to use on your bear hunt. Find the bear who has goodies for you and enjoy some face painting by the summer crew!

Aug 7th- Science Day- Come and join activities such as making slime and butter and volcano explosions on our very fun science day.

Aug 16th- Open Farm Days. Note this is on a Saturday and it is a full day of events starting at 11 AM. Events happenings are wagon rides, butter and ice cream demonstrations, petting zoo and much more. And it all will be FREE. Thanks to our sponsors: St. Paul Community Futures.

Aug 21st- Wind Chimes and Scented Ornaments- Join us for some fun arts and crafts as we try some new activities such as making wind chimes and scented ornaments!

**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





**Farmers'
Market**

ASHMONT FARMER'S MARKET 2025 DATES

APRIL 12 - SPECIAL EASTER EVENT

MAY 17

JUNE 21

JULY 19

AUG 9-SPECIAL HERITAGE DAYS EVENT

SEPT 20

OCT 18

NOV 15

DEC 13 -SPECIAL CHRISTMAS EVENT

ASHMONT AGRIPLEX

SATURDAY 10:00AM - 2:00PM

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

**FOLLOW US ON
FACEBOOK**

