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August 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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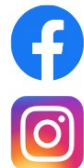
call for **VOLUNTEERS**



20 Reasons to Volunteer...

1. It's fun!
2. You meet new people.
3. You're helping a good cause.
4. You improve skills.
5. You help your community.
6. You learn something new.
7. You connect with others.
8. You make a difference.
9. It's good karma.
10. You gain confidence.
11. You feel better about yourself.
12. You get out of the house.
13. It's impressive.
14. You're giving back.
15. You'll make friends.
16. It's good for your health.
17. You make an impact.
18. You inspire others.
19. You gain new perspectives.
20. You can share your experiences.

call to get started
780-645-5311
www.stpaulfcss.ca



Promoting positive relationships & connections
for families to their community.



Rain or Shine!

Join us for a day filled with food,
games, and fun at our annual
Community Block Party!

****Everyone is welcome****
to this free, family-friendly
event. Come together and
connect with your neighbors
and community!

Friday

Aug 15, 2025

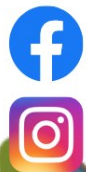
11AM-2PM

FREE EVENT

St Paul Splash Park

LAGASSE PARK, 4501 LAKESHORE DRIVE

Call 780-645-5311 for more information.



Fostering community connections and promoting a feeling of belonging.

COMMUNITY AWARENESS 2025 NIGHT

Join us

for an exciting evening
where organizations are on
hand to promote, register
members and discuss their
role in our community.

Community Awareness
Night is FREE to attend and
open to all.

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

for more information
or to reserve your community
organization table.

Wednesday

Sept 3rd, in Elk Point

ALLIED ARTS CENTRE
4605-57 AVE

Sept 10th, in St Paul

ST PAUL REC CENTRE
4802-53 ST

5:00-8:00 PM





2025 FASD DAY EVENT
FREE BBQ AND 2nd ANNUAL MOCKTAIL
CHALLENGE
FRIDAY SEPTEMBER 5TH, 2025



Come enjoy a hotdog and watch local teams
compete in our mocktail challenge

@ The St. Paul Co-op Home & Agro Centre

5017 42nd St, St. Paul

BBQ 11 am – 2 pm

Mocktail Challenge 12 pm – 1 pm

Want to enter your team?

Call us at 780-594-9905



Engaging community, supporting well-being.

Drop, Swap or Shop at our Annual

CLOTHING EXCHANGE

Annual Clothing Exchange

We are currently accepting gently used, ****CLEAN**** clothing and shoes for ****ALL AGES**** that you have outgrown, changed your mind about, or simply no longer wear.

100% FREE

Bring your own bag.

DROP OFF
Tuesday
Sept 9
1PM-8PM

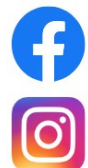
Pre-sorting by size is greatly appreciated.

SHOP
Wednesday
Sept 10
1PM-8PM
Thursday
Sept 11
9AM-12PM

Recreation Centre, South Door 4802-53 St.
Call 780-645-5311 for more information.



Lakeland
FAMILY RESOURCE NETWORK



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.

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



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

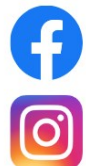
1-3PM

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

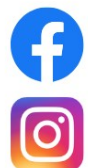
Tuesday or Wednesday
780-724-3800

in ST PAUL

Monday - Friday
780-645-5311



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



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



LEARN to URBAN POLE

Urban Poling

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

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

Wednesday's

@ FCSS
in St Paul
5002-51 Ave

Thursday's

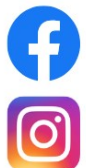
@ FCSS
in Elk Point
4906-48 Street



1:30PM

REGISTER

Call St Paul 780-645-5311
or Elk Point 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

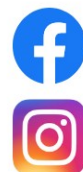
4906A-48 Street

Tuesdays
In St Paul

5002-51 Ave

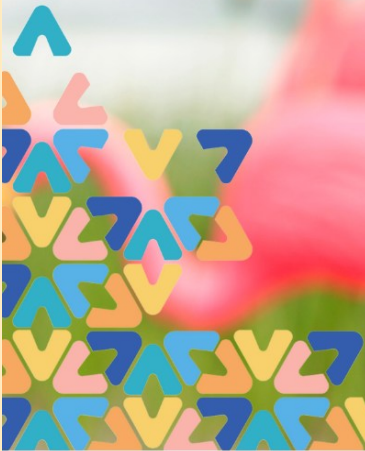
10AM - 11AM

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?

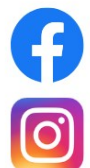
**Let us help
you out...**

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.

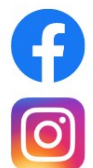
If you are a caregiver for a senior, connect with us, we can help.

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



St. Paul Regional FCSS &
Family Resource Network

st.paul_fcss



Altruistic August 2025



MONDAY



4 Ask someone how they feel and really listen to their reply

TUESDAY



5 Spend time wishing for other people to be happy and well

WEDNESDAY



6 Smile and be friendly to the people you see today

THURSDAY



7 Give time to help a project or cause you care about

FRIDAY

1 Set an intention to be kind to others (and yourself) this month

SATURDAY

2 Send an uplifting message to someone you can't be with

SUNDAY

3 Be kind and supportive to everyone you interact with

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2025 August

St Paul LOCATION

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

| MON | TUE | WED | THU | FRI |
|--|--|---|--|--|
|  | | | | 01 Paint a Canvas Tote Bag 2pm-4pm REGISTER |
| 04 CLOSED | 05 No Program | 06 No Program | 07 No Program | 08 No Program |
| 11 ASQ Screening 2pm-4pm REGISTER | 12 Museum Tour & Butter Making ages 5yrs+ 10am-12pm REGISTER | 13 Summer Connection 9am-12pm REGISTER | 14 Home Alone ages 10yrs+ 1pm-3pm REGISTER Moms Matter Games Night & Italian Sodas 6:30pm-8pm REGISTER | 15 Community Block Party See Poster |
| 18 Bug Hunt at Lagasse Park 10am-12pm DROP IN Babysitting Course ages 12yrs+ 9am-3:30pm REGISTER | 19 Dinosaur Dig at St. Paul Elem. School 10am-12pm DROP IN | 20 Summer Connection 9am-12pm REGISTER | 21 Teddy Bear Picnic @ Spring Creek Park 10am-12pm DROP IN Triple P Tipsheet Mealtime Problems 2pm-3pm REGISTER | 22 Storytime & Craft 10am-12pm DROP IN |
| 25 Summer Luau 2pm-3:30pm DROP IN | 26 Create Healthy Back To School Snacks 2pm-4pm REGISTER | 27 Summer Connection 9am-12pm REGISTER | 28 Rhymes That Bind at Desjardins Park 2pm-3:30pm DROP IN | 29 No Program |

Lakeland
 FAMILY RESOURCE NETWORK

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



st.paul_fcss



St. Paul Regional
 FCSS & Family
 Resource Network



**Meet some new
friends and get
creative!**

**Join us in painting
your very own tote
bag!!**

YOUTH 7+

LFRN St Paul 5002-51 Ave

Paint a Canvas Tote Bag

Friday 01
August

2pm-4pm

CALL TO REGISTER

780-645-5311

FREE

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





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 11
August

2pm-4pm
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.



Join us for a journey through history. Discover the rich heritage of rural life, explore exhibits and then roll up your sleeves to churn fresh butter the old fashion way.

YOUTH 5+
St. Paul Museum 5413-50 Ave

Sparks curiosity,
fosters critical
thinking and
encourages deeper
understanding of
our community.

Museum Tour & Butter Making

Tuesday August **12**
10am-12pm
CALL TO REGISTER
780-645-5311

\$10 CASH
per family
due onsite.

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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





CAREGIVERS

LFRN St Paul 5002-51 Ave

Moms Matter Games Night & Italian Sodas

Thursday 14
August

6:30pm-8pm

CALL TO REGISTER

FREE

780-645-5311

Join us for a games night,
where laughter, friendly
competition and refreshing
drinks are guaranteed!

Let's unwind, connect and
enjoy a night full of fun and
great company!

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.

For moms or
caregivers of
children 0-18yrs



***NEW age
requirement
is 10 yrs+**



Various topics include:

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

***Participants must be at least 10 years old.**

YOUTH 10+
LFRN St Paul 5002-51 Ave

Home Alone Course

Thursday August **14**
1pm-3pm

\$10 REGISTRATION FEE

CALL TO REGISTER
780-645-5311

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

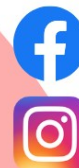
Lakeland

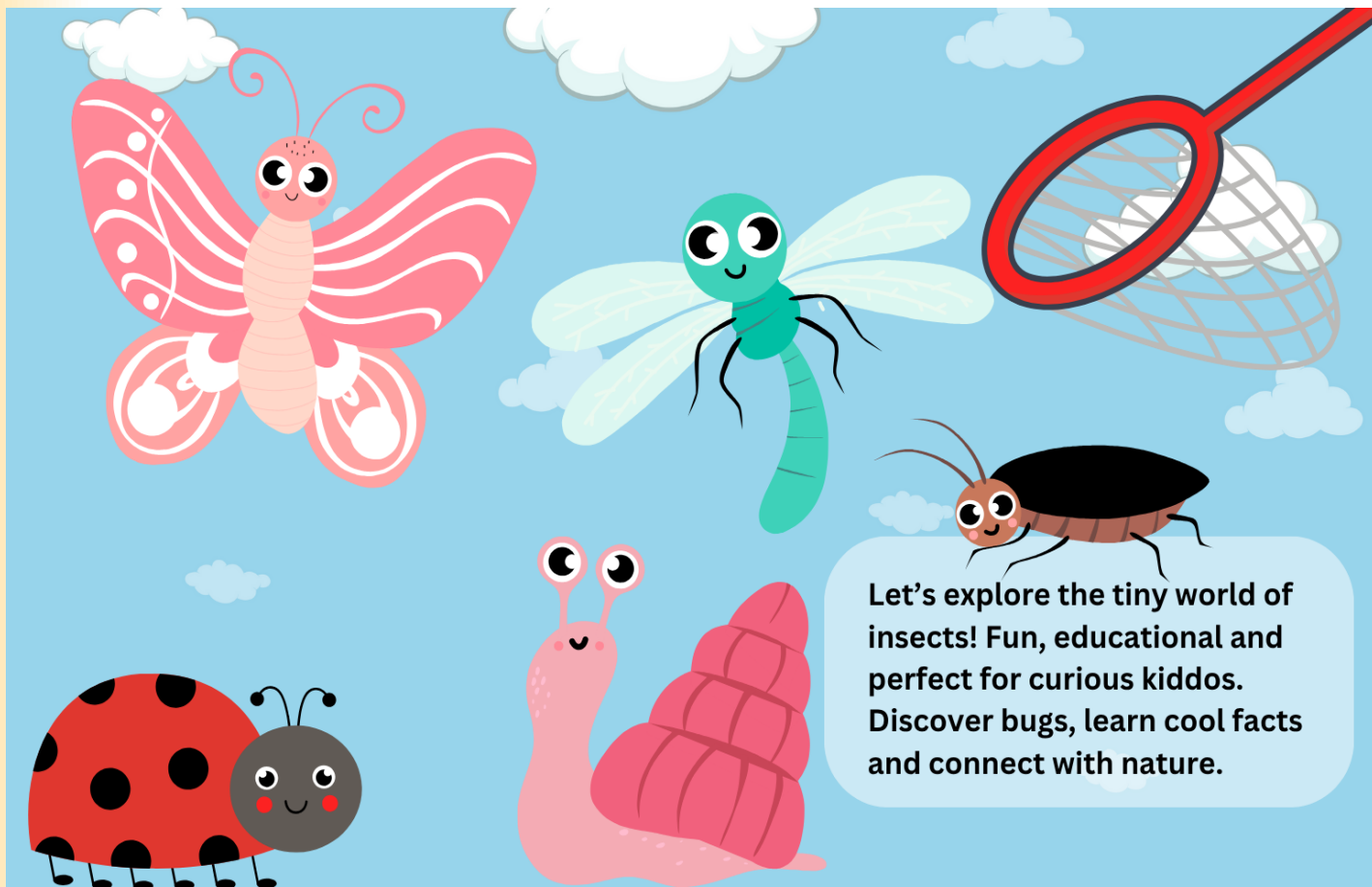
FAMILY RESOURCE NETWORK

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.





Let's explore the tiny world of insects! Fun, educational and perfect for curious kiddos. Discover bugs, learn cool facts and connect with nature.

AGES 0-6

White Gazebo at Lagasse Park Corner of
44 Street and Lakeshore Drive

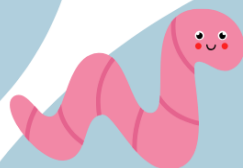
Going on a Bug Hunt

Monday August 18

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.



Encourages observation skills, patience and hands-on learning about ecosystems and lifecycles.





Babysitting COURSE

Improving time management,
boosting creativity, increasing patience
and building confidence.

\$50

**per student, includes
course book & light snack.
Please send a nut free lunch.**

Course topics include; babysitter responsibilities, how to take care of a baby, feeding techniques, common emergency situations, first aid & more.

***Participants must be
12 years of age**

Cash or cheque only
made payable to:
St. Paul Regional FCSS

Monday August 18, 2025

9AM-3:30PM

@ FCSS

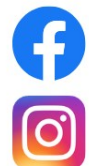
5002-51 Avenue, St Paul

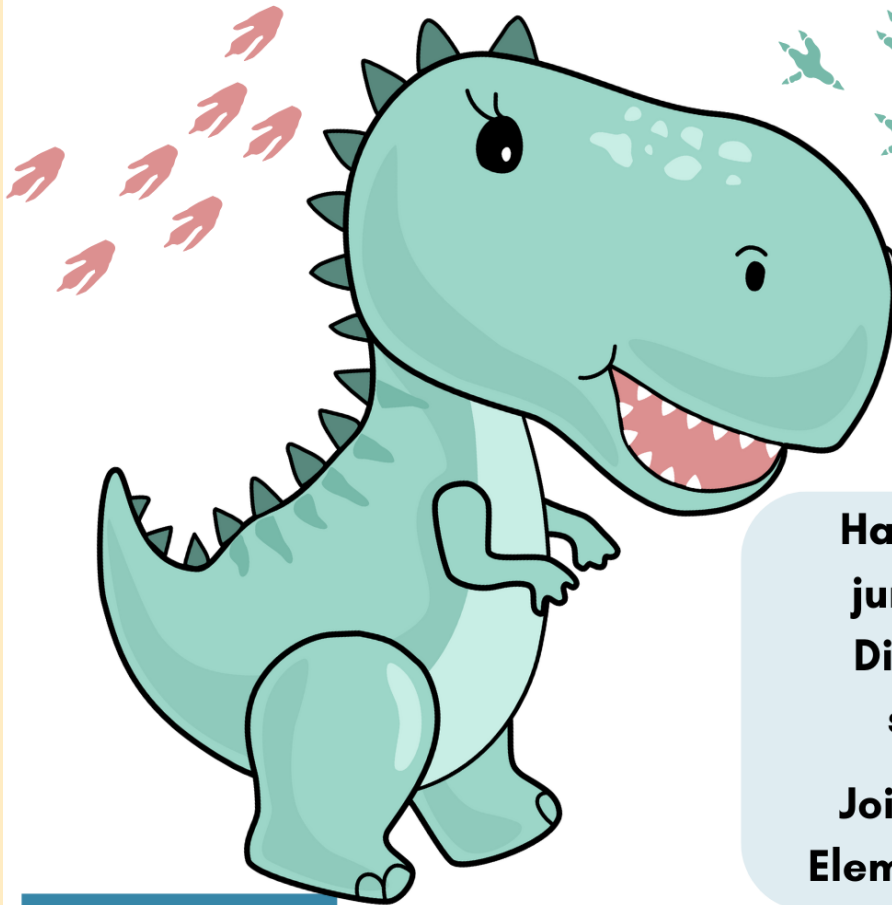
REGISTER

Call 780-645-5311



St. John Ambulance





**Have fun becoming a
junior archeologist!
Dig with us and find
some dinosaurs!**

**Join us at the St. Paul
Elementary School park.**

AGES 0-6

**St. Paul Elementary School
Park 4520-48 ave**

Dinosaur Dig

Tuesday August 19

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.

Encourages curiosity
and develops fine
motor skills and
problem-solving.



Join us for a very special
picnic at the park!

You bring your Teddy Bear
and we provide the picnic!



AGES 0-6

Spring Creek Park 4413-58 Street

Encourages
imagination, builds
emotional expression
and allows for a
creative environment
to practice empathy.

Teddy Bear Picnic

at Spring Creek Park

Thursday August 21

10am-12pm



DROP IN
780-645-5311

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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





Triple P Positive Parenting Program helps you:

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

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

Mealttime Problems

Thursday August 21
2pm-3pm

CALL TO REGISTER
780-645-5311

FREE



Lakeland

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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 |



AGES 0-6

LFRN St Paul 5002-51 Ave

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

Storytime & Craft

Friday August 22

10am-12pm



DROP IN
780-645-5311

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





AGES 0-6

LFRN St Paul 5002-51 Ave

Summer Luau Party

Monday August 25

2pm-3:30pm

DROP IN

780-645-5311



Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





Learn how to create your own healthy snacks for your school lunches.

YOUTH 7+

LFRN St Paul 5002-51 Ave

Healthy School Snacks

Tuesday August 26

2pm-4pm

CALL TO REGISTER

780-645-5311

FREE

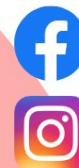
Lakeland

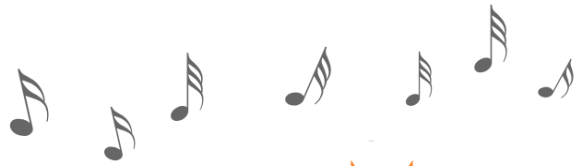
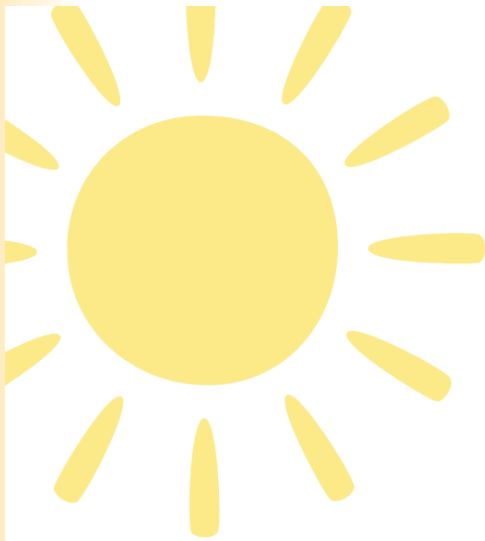
FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





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

AGES 0-6

Desjardins Park 5524-50 Street

Afternoon Rhymes that Bind

at Desjardins Park

Monday August 28

2pm-3:30pm

DROP IN

780-645-5311



Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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

Helping promote healthy family relationships.



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

Aug 13

Aug 20

Aug 27

To register for
one, some or
all dates

**PLEASE CALL
780-645-5311**

Connecting youth
through games,
crafts, activities
and laughs.

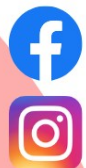
Lakeland

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.



2025 August

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

Craft & Treat
10am-12pm
DROP IN

Buggies on
the Block
1:30pm
DROP IN

04

CLOSED
CIVIC HOLIDAY



05

Office
OPEN

8:30am-12:30pm
1:30pm-4:30pm



06

Office
OPEN

8:30am-12:30pm
1:30pm-4:30pm



07

CLOSED



08

CLOSED



11

CLOSED



12

Office
OPEN

8:30am-12:30pm
1:30pm-4:30pm



13

Office
OPEN

8:30am-12:30pm
1:30pm-4:30pm



14

CLOSED



15

CLOSED



18

Triple P Tipsheet
Mealtime Problems
10am-11am
REGISTER

Games & Ice Cream
Sundaes
2pm-4pm
REGISTER

19

Office
CLOSED

staff in training

20

Office
CLOSED

staff in training

21

Office
CLOSED

staff in training

22

Office
CLOSED

staff in training

25

Triple P Tipsheet
Bedtime Problems
10am-11am
REGISTER

Back to School
Activities
2pm-4pm
REGISTER

26

Office
OPEN

8:30am-12:30pm
1:30pm-4:30pm

27

Office
OPEN

8:30am-12:30pm
1:30pm-4:30pm

28

Triple P Parenting
Baby
10am-11am
REGISTER

29

Loose Parts Play
10am-12pm
DROP IN

Buggies on
the Block
1:30pm
DROP IN



Lakeland
FAMILY RESOURCE NETWORK

4906 - 48 St

Elk Point AB T0A 1A0

Call: 780-724-3800

Text: 780-614-1941

Web: stpaulfcss.ca



st.paul_fcsc



St. Paul Regional
FCSS & Family
Resource Network



AGES 0-6

LFRN Elk Point 4906-48 St

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

Craft and Treat

Friday
August 01

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.



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



0-18 MONTHS

Stafford Park, Centennial Drive

Buggies on the Block

Weather Permitting

(Watch social media for updates)

Fridays
1:30pm

DROP IN

780-724-3800



No walks on
August 8, 15, 22.

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

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

Mealtime Problems

Monday 18
August

10am - 11am

CALL TO REGISTER

780-724-3800

FREE



CAREGIVERS LFRN Elk Point 4906 48th St

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

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.



Interested in a Tip Sheet?

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

| Infant Topics |
|-----------------------|
| Sleeping Patterns |
| Crying |
| Promoting Development |
| Separation Anxiety |

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

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

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

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| Rudeness and Disrespect |
| Smoking |
| Truancy |

| Triple P Caregiver Capacity Building Sessions |
|--|
| Family Transitions - Managing Separation and Divorce |
| Fear Less - Managing Your Child's Anxiety |
| Primary Care - Developing Parenting Plans |



YOUTH 7+

LFRN Elk Point 4906-48 St

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

Games & Ice Cream

Monday 18
August

2pm-4pm

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.





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- Feel confident you're doing the right thing

CAREGIVERS

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

Triple P Tip Sheet

Bedtime Problems

Monday 25 August
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.



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| Crying |
| Promoting Development |
| Separation Anxiety |

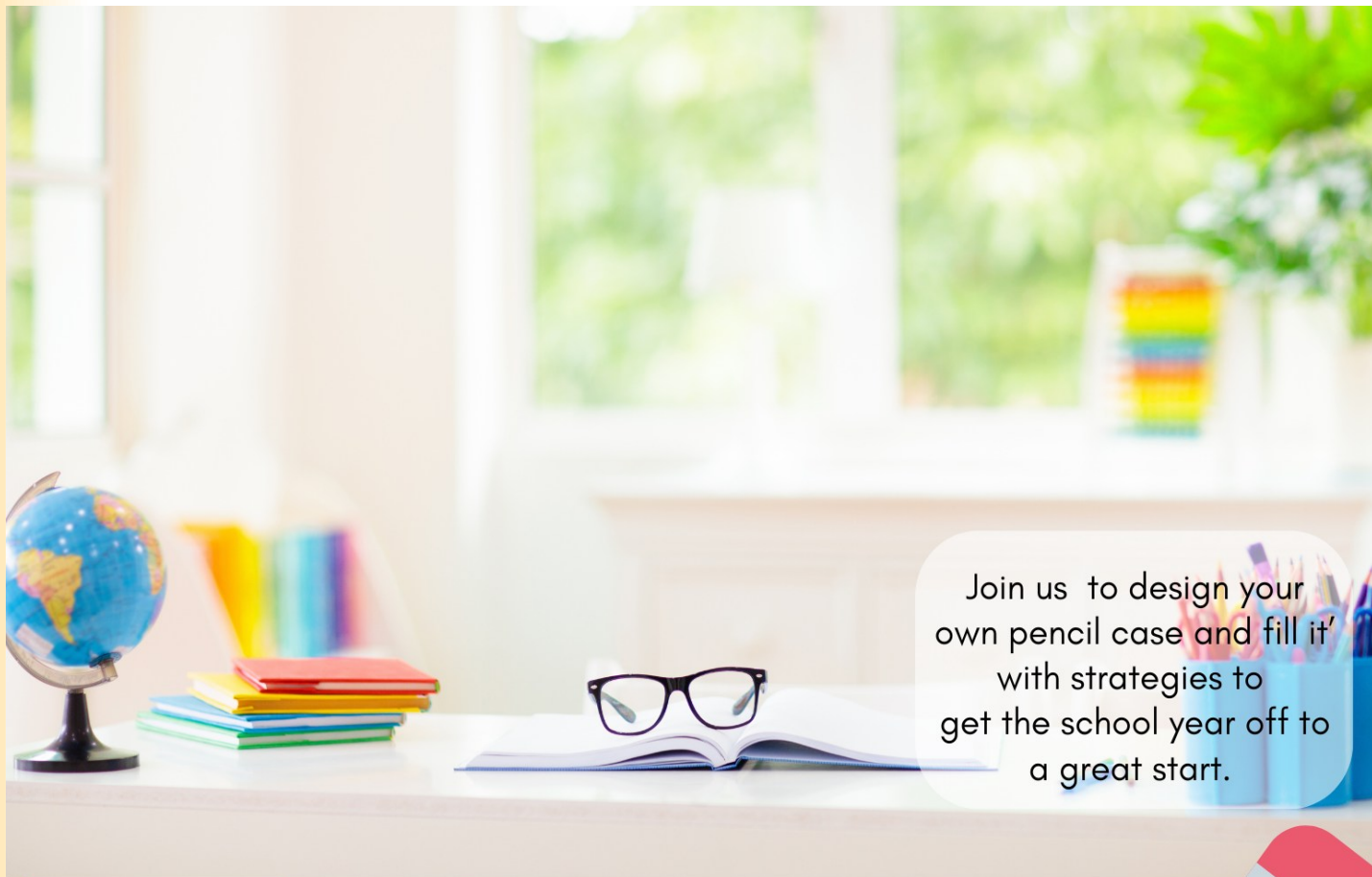
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|--------------------|
| Sharing |
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| Drinking Alcohol |
| Coping with Anxiety |
| Fads and Fashion |
| Sexual Behavior and Dating |
| Eating Habits |
| Rudeness and Disrespect |
| Smoking |
| Truancy |

| Triple P Caregiver Capacity Building Sessions |
|--|
| Family Transitions - Managing Separation and Divorce |
| Fear Less - Managing Your Child's Anxiety |
| Primary Care - Developing Parenting Plans |



Join us to design your own pencil case and fill it with strategies to get the school year off to a great start.

YOUTH 7+

LFRN Elk Point 4906-48 St

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

Back to School

Monday August 25

2pm-4pm

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.



TRIPLE P PARENTING

Triple P Baby aims to support parents in a positive transition into parenthood and the first year of baby's life. Parents will gain core skills in parenting, well-being and maintain positive relationships with partners and other supports.

CAREGIVERS
LFRN Elk Point 4906-48 St

Triple P Baby

***consists of 8 sessions
4 in person & 4 phone**

Thursdays

Aug 28, Sept 04, 11 & 18

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.

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





AGES 0-6
LFRN Elk Point 4906-48 St

Loose Parts Play

Friday
August **29**

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.





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](https://www.instagram.com/stpaul_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



What We Will Learn

- ◆ Basic Rules of the Road
- ◆ Road Signs
- ◆ Highways & Freeways
- ◆ Intersections & Turns
- ◆ Responsible Driving

NEW

TEEN CONNECT



AUGUST 26TH
& 28TH



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



St. Paul Regional
Family and Community
Support Services



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



St. Paul Regional FCSS & Family
Resource Network



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



OPEN HOUSE



SUNDAY
SEPT 14
2025



4:00PM -
5:30PM



FCSS
SPYC ROOM
5002-51 Ave



FREE



@SPYC_20

*driven by youth,
powered by purpose!*

The St. Paul Youth Council (SPYC) is a volunteer group led by youth aged 13-21, providing a platform for young individuals to express their ideas on Community Development & Engagement and Community Connections. We organize events, develop leadership skills, engage with current issues, contribute to the community, and foster connections with others – all while having fun!

Join us, we want to hear your voice!

Want more details?

Call us: 780-645-5311

Visit us: 5002-51 Ave

Find us online: stpaulfcss.ca



S.P.Y.C.

St. Paul Youth Council

The Power of our Voice





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

Deadline for nomination is
September 22 at 12 p.m.

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

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

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

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

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

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

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

CHIEF ADMINISTRATIVE OFFICER
jwallsmith@county.stpaul.ab.ca

ADMINISTRATION: 780-645-3301
PUBLIC WORKS: 780-645-3306

WEBSITE SUBMISSIONS - EVENTS CALENDAR

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

Online Services | Maps | News | Events | Careers



COUNTY OF
ST. PAUL

For Residents ▾

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

Submit an Event

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

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

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

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

August 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

| | | |
|--------|-------------|--------------|
| Aug 12 | Tue Morning | 9:30am– 12pm |
| Aug 14 | Thu Evening | 5:30– 8pm |

Nutrition

| | | |
|--------|-------------|------------|
| Aug 19 | Tue Morning | 9:30– 11am |
| Aug 21 | Thu Evening | 5:30– 7pm |

Ongoing Care

| | | |
|--------|-------------|--------------|
| Aug 26 | Tue Morning | 9:30am– 12pm |
| Aug 28 | Thu Evening | 5:30– 8pm |

Foot Care & Seated Exercise

| | | |
|--------|-------------|---------------|
| Aug 12 | Tue Morning | 9:30– 10:30am |
|--------|-------------|---------------|

Heart & Stroke Education

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

Overview & Prevention

| | | |
|--------|--------------|--------------|
| Aug 5 | Tue Mornings | 9:30am– 12pm |
| Aug 13 | Wed Evenings | 5:30– 8pm |

Nutrition

| | | |
|--------|--------------|------------|
| Aug 12 | Tue Mornings | 9:30– 11am |
| Aug 20 | Wed Evenings | 5:30– 7pm |

Managing Stress

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

Aug 13 & 20 Wed Mornings 9:30– 10:30am

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 | Wed | Aug 13 | 1:30pm– 4pm |
| 1.2 | Wed | Aug 20 | 1:30pm– 4pm |
| 1.3 | Wed | Aug 27 | 1:30pm– 4pm |

Series 2

| | | | |
|-----|-----|--------|--------------|
| 2.1 | Tue | Aug 5 | 9:30am– 12pm |
| 2.2 | Tue | Aug 12 | 9:30am– 12pm |
| 2.3 | Tue | Aug 19 | 9:30am– 12pm |

Series 3

| | | | |
|-----|-----|--------|--------------|
| 3.1 | Thu | Aug 7 | 5:30pm– 8pm |
| 3.2 | Thu | Aug 14 | 5:30pm– 8pm |
| 3.1 | Tue | Aug 26 | 9:30am– 12pm |

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.

Monday and Wednesday
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 Disease

| | |
|-----------------------------------|---------------|
| Wednesday Mornings | 9:30pm – 12pm |
| Aug 27, Sep 3, 10, 17, 24 & Oct 1 | |

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:

Aug 18-Sept 29 Mon/Wed 6:00pm-7:30pm

Sept 9-Oct 21 Tue/Thurs 10:00am-11:30am

Sept 9-Oct 21 Tue/Thurs 1:00pm-2:30pm

- 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



Primary Care
Alberta

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



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



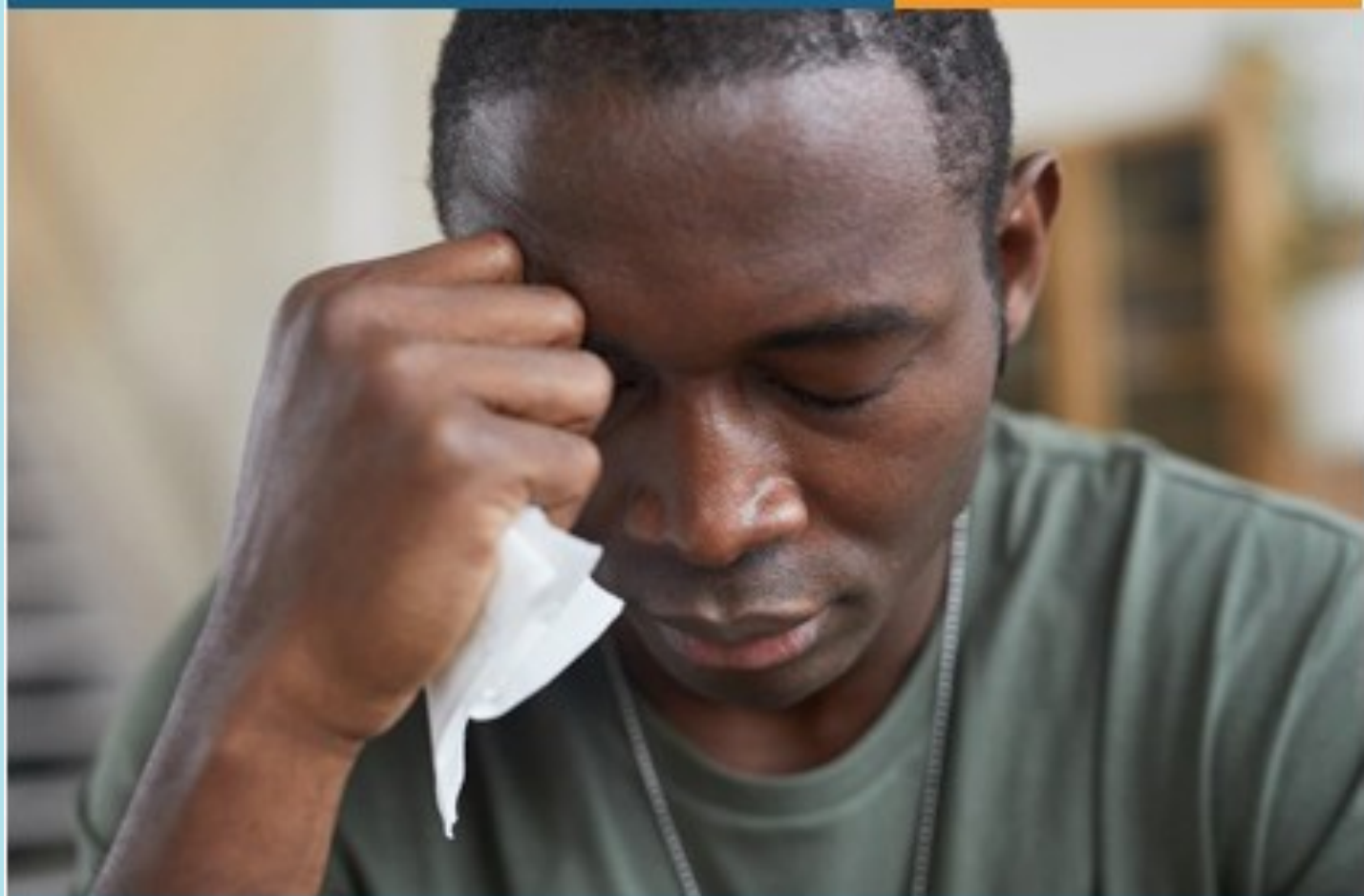
Healthy Albertans.
Healthy Communities
Together.

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)

| ST. PAUL | ELK POINT |
|---|--|
| <p>Where: Lakeland Primary Care Network (Boardroom) St. Paul Wellness Centre #101 – 4801 – 39 Street</p> <p>Time: 6:30 – 8:30 pm</p> <p>When: 3rd Wednesday of each month</p> <p>Dates:</p> <p>September 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> | <p>Where: Elk Point Healthcare Centre (Board Room) 5310 – 50 Avenue</p> <p>Time: 6:30 – 8:30 pm</p> <p>When: 3rd Tuesday of each month</p> <p>Dates:</p> <p>September 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> |
| <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.

AUGUST 2025

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--|
| <p>To join by phone, call: 1-855-703-8985 and enter meeting ID: 225-573-6467#</p> | | | | |
| 4 Happy Heritage Day! 11am: Exercise 1pm: Next Stop 3pm: Tom Sawyer Part 5 4:30pm: Name That Theme Song | 5 11am: Imagination Circle 1pm: In the Headlines 1pm: Mental Health Allyship 3pm: All Request Music | 6 9:30am: NPR Tiny Desk Concerts 11am: Muttart Conservatory 1pm: Worldviews 3pm: Exercise | 7 9:30am: Gratitude 11am: Let's Talk About 1pm: David Attenborough 3pm: Would You Rather? | 1 9:30am: Singing the Blues 11am: Exercise 1pm: Writing For Fun 3pm: Animal Spotlight |
| 11 11am: Exercise 1pm: Next Stop 3pm: Tom Sawyer Part 5 4:30pm: Name That Theme Song | 12 9:30am: Ponder This 11am: Mindfulness with Carol 1pm: Person, Place or Thing 1pm: Mental Health Allyship 3pm: Readers' Corner | 13 9:30am: Mystery Chronicles 11am: Coffee Chat 1pm: Science Savvy 3pm: Exercise | 14 No morning programs 1pm: Story Lines 3pm: History Of... | 15 9:30am: Country Classics 11am: Exercise 1pm: Writing For Fun 3pm: Mysteries & Folklore |
| 18 11am: Exercise 1pm: Some Good News 3pm: Tom Sawyer Part 6 4:30pm: Broadway Musicals | 19 9:30am: Nostalgia Moments 11am: Imagination Circle 1pm: Hello From Alberta 3pm: Nutrition For Health | 20 9:30am: Name That Tune 11am: Michael Jackson 1pm: Let's Talk About 3pm: Exercise | 21 9:30am: Gratitude 11am: Global Events 1pm: For Your Body 3pm: Coffee Chat | 22 9:30am: Jazz Music 11am: Exercise 1pm: Whistleblowers 3pm: In the Headlines |
| 25 11am: Exercise 1pm: The Big Picture 3pm: Tom Sawyer Part 7 4:30pm: Wheel of Fortune | 26 9:30am: Coffee Chat 11am: Music Meditation 1pm: Tall Ships 3pm: Brain Games | 27 9:30am: Kids Say It Best 11am: Death Cafe 1pm: Canadian Resources 3pm: Exercise | 28 9:30am: Gratitude 11am: Who Why When 1pm: Dig It! Gardening Club 3pm: Animal Spotlight | 29 9:30am: Folk Music 11am: Exercise 1pm: Literary Reflections 3pm: BINGO |



All visits are 100% covered by Alberta Health

1.888.342.4822

AIVCC.ca

**3
EASY
STEPS**



**Alberta Indigenous
Virtual Care Clinic
(AIVCC)**

HOW OUR **VIRTUAL CLINIC WORKS**

1



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

2



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

3



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

**OPEN
7 DAYS
A WEEK**

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

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

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).

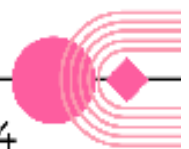
Who Can Access?

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



**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

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





Join us weekly for

Wednesday Workshops

Free, virtual workshops at **10 am** to enhance your employment skills

| August 2025 Calendar | |
|----------------------|---------------------------------|
| August 6, 2025 | Employer Expectations |
| August 13, 2025 | Success in the Workplace |
| August 20, 2025 | Applying Online and Traditional |
| August 27, 2025 | Time Management |

For more information or to register:

| | | |
|--------------|--------------|--|
| Cold Lake | 587-491-2028 | cbrant@employabilities.ab.ca |
| Bonnyville | 780-343-0924 | rnicoll@employabilities.ab.ca |
| Lac La Biche | 780-627-3071 | lkovalik@employabilities.ab.ca |
| St. Paul | 780-646-6729 | ehilligas@employabilities.ab.ca |
| Vegreville | 780-631-1471 | ahernandez@employabilities.ab.ca |



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



Accredited trainer



INTERMEDIATE FIRST AID COURSE

\$180

Our Standard First Aid – Level C – CSA Intermediate First Aid course is a comprehensive 2-day program designed to teach you essential skills to effectively respond to medical emergencies in the workplace, home or other setting. This course is designed to meet provincial workplace regulatory requirements and covers cardiopulmonary resuscitation (CPR), including responding to breathing, airway and circulation emergencies for adults, children and infants, as well as control of bleeding, shock, stabilizing fractures and dislocations, head and spine injuries, and more. This course is ideal for everyday people who want to be prepared for the unexpected.



MARTIN RECREATION CENTRE
23B HORSESHOE BAY DRIVE.
AUGUST 23/24
8:30-4:30PM

For more information, please
text Lori 780-645-0042



Mitêh (Heart) Starter Lifesaver Training
www.heartstartertraining.ca
Info@heartstartertraining.ca

Portage College
St. Paul, AB

Ages 5-8
\$25/child

Junior Heart Starters



AED

CHOKING

CPR



**Kids are taught
by trained
medical
professionals
and certified
Heart and Stroke
instructors**



**OUR
ACTIVITIES**

- ✓ Basic CPR training
- ✓ AED Training
- ✓ Choking simulations
- ✓ Junior Heart Starter Certificate

LIMITED SPACE
Sessions
limited to 12
participants

FOR MORE INFORMATION

780-646-3166



Jr. First Aiders

Ages 5-8

Course Content
2 hours

Splints

Slings

Simple Wound Care
Choking Emergencies



**Mitêh (Heart) Starter
-Lifesaver Training**

www.heartstartertraining.ca 780-646-3166

Made with PosterMyWall.com

Tantrums



lunch and learn

Tantrums

Virtual via Zoom

August 11, 2025

12:00-1:00 p.m.



Please register
using the QR code

Lakeland

FAMILY RESOURCE NETWORK

summer 2025 COMMUNITY GUIDE



Download Our App & Connect

Google Play



App Store



2025
ELECTION
www.stpaul.ca

ST. PAUL VOTES



 October 20, 2025

VOTER REGISTRATION

Deadline: August 10, 2025

Visit voterlink.ab.ca OR register by phone:
310-0000, then dial 780-427-7191

To vote, you must be on the permanent electors register (voters list).
Pre-registering will make voting quicker and easier on election day.



QUESTIONS?

Email: elections@town.stpaul.ab.ca

Phone: 1-403-597-6140

Katlyn Kostaschuk, Returning Officer



St. Paul & Area

Your local attraction and retention committee is:

HEALTH PROFESSIONS ATTRACTION AND RETENTION COMMITTEE (ARC)
COMMUNITY CONTACT: TOWNHALL@TOWN.STPAUL.AB.CA | 780-645-4481

RECREATION AND ACTIVITIES

- BMX & Skatepark
- Clancy Richard Arena & CAP Arena
- Floating Stone Lake Campground
- Indoor and outdoor fitness facilities
- Indoor Aquatic Centre
- Iron Horse Trail
- Lac Bellevue Campground
- Magic Lantern Elite Theatre
- Outdoor splash park
- St. Paul Golf Course
- St. Paul Museum
- St. Paul Visual Arts Centre
- St. Paul Arts Foundation
- Stoney Lake Campground
- Wednesday & Friday farmers market
- Westcove Municipal Recreation Area

RESTAURANTS, COFFEE SHOPS, & GROCERY STORES

- BarBurrito
- Bistro 56
- Burger Baron
- Chloe's Oriental Variety Store
- Cornerstone Co-op
- Edo Japan
- Express Pizza
- Giant Tiger
- Happy House
- Jaminah's Bakery
- KFC
- Lakeland Brewing Company
- Pizza Hut
- Smitty's Family Restaurant & Hideaway Lounge
- Sobeys St. Paul
- The Nest
- Tin Cup by Little Greek (Golf Course)
- Twisted Fork
- UFO Pizza



Hidden Gem! St. Paul Artwalk showcases over 30 unique and meaningful art pieces throughout the townsite with many highlighting various cultures that make up our community. The Artwalk can be enjoyed independently or as part of the Artwalk Tour.



This information is provided courtesy of the Rural Health Professions Action Plan.

For more information visit RhPAP.ca.





Did You Know? In 1967, a proposal was made to build the world's first UFO Landing Pad as a landmark for the town. The Government of Canada responded to this proposition and, during the grand opening on June 3, 1967, St. Paul was declared the Centennial Capital of Canada.

FINANCIAL INSTITUTIONS

- ATB Financial
- Canadian Imperial Bank of Canada
- Servus Credit Union
- TD Canada Trust

PLACES OF WORSHIP

- All Saints Ukrainian Orthodox Cultural Church
- Alliance Church (St. Paul)
- Bethel Family Worship Centre
- Kingdom Hall of Jehovah's Witnesses
- Paroisse Cathédrale
St. Paul Cathedral Parish
- St. Paul Ukrainian Catholic Church -
Protection of The Blessed Virgin Mary
- The Church of Jesus Christ
of Latter Day Saints
- The Jesus Rock of Ages Global Ministry
- United Church of Canada
(St. Paul/Ashmont United Church)

VOLUNTEER & SERVICE CLUBS

- 4H Club
- Champions for Change
- Community Garden Society
- St. Paul Agricultural Society
- St. Paul & District Lions Club
- St. Paul Legion
- St. Paul Youth Council

SCHOOLS & RESOURCES FOR PARENTS

- Ecole du Sommet - Playschool to Gr. 12;
all subjects in French
- Glen Avon School: K-9
- Portage College
- University nuhelot'ine
thaiyots'j' nistameyimākanak Blue Quills
- Racette Junior High: 6-9
- Regional High School: 10-12
- St. Paul Alternate Education Centre
- St. Paul Elementary: K-5
- St. Paul Friends of Playschool Society

ADDITIONAL SERVICES & RESOURCES

- Chamber of Commerce
www.stpaulchamber.ca, 780-645-5820
- County of St. Paul
www.countystpaul.ab.ca, 780-645-3301
- St. Paul Regional FCSS
www.stpaulfcss.ca, 780-645-5311
- Town of St. Paul
www.stpaul.ca, 780-645-4481

For more information, please check out the St Paul Community Guide at
<https://www.stpaul.ca/residents/community-guide>.

HEALTHCARE SERVICES

Hospitals & Clinics

- Associated Medical Clinic
- Dr. Abdulsalam Corp.
- Florence Women's Health Services
- IMPACT Health - Physiotherapy
- Lakeland Respiratory
Consulting Services Inc.
- Living Hope Medical Clinic
- Shift Imaging
- St. Paul Independent Medical
Practitioners
- St. Paul Therese Health
Centre (Acute Inpatient
Psychiatry, Auxiliary Ward,
Medical, Pediatrics, Maternity,
Physiotherapy)

Public Health Facilities

- AHS - Addictions & Mental
Health Services (Located in the
Provincial Building)
- St. Paul Community Health
Services

Private/Blended practice

- Aspen Hills Denture Centre
- Coleman Chiropractic Clinic
- Dr. Randy Warchola –
Chiropractic Services
- Lakeland Family Eye Care
- Smile Quest Dental
- St. Paul Dental Care/Dr. Ken Miller
- St. Paul Denture Clinic
- St. Paul Eye Care
- St. Paul Family Dental Centre
- St. Paul Orthodontics

Pharmacies

- Catalyst Pharmacy
- Cornerstone Co-op Pharmacy
- No Frills
- Greg's Value Drug Mart
- Shoppers Simply Pharmacy
(2 locations)



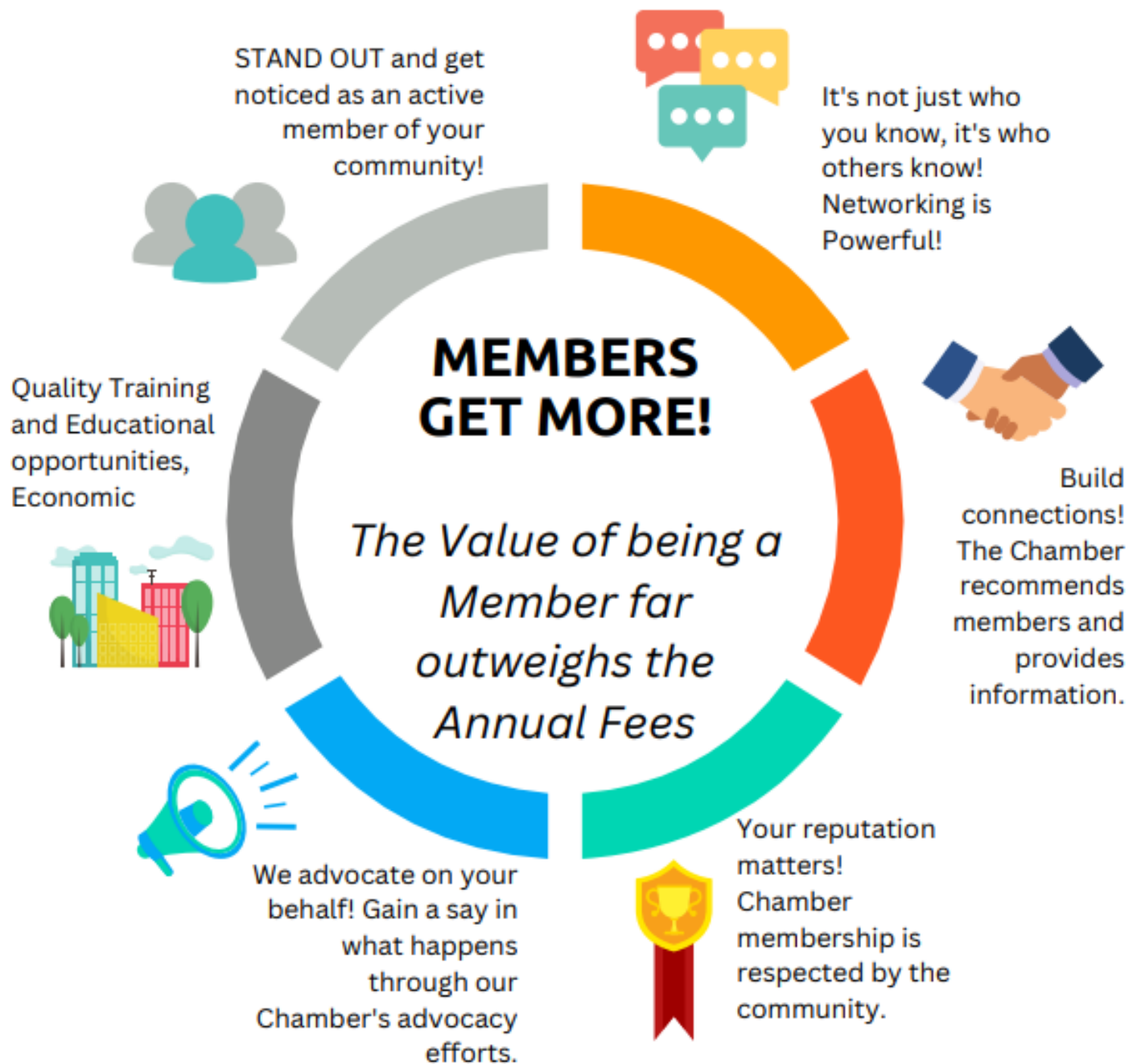
We are supported
by **Emergency
Medical Services**



We are connected
to the **Lakeland
Primary Care
Network**

The Town of St. Paul respectfully acknowledges it is situated within Treaty Six Territory, the homeland of the Metis, Dene, Saulteaux and Cree people, and part of a trading route and gathering place for other Indigenous Nations.

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**



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 20th - 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

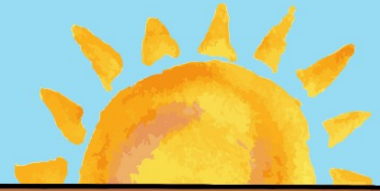
4802 - 53rd Street St Paul Alberta



780-645-4904



www.stpaullibrary.ab.ca



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!

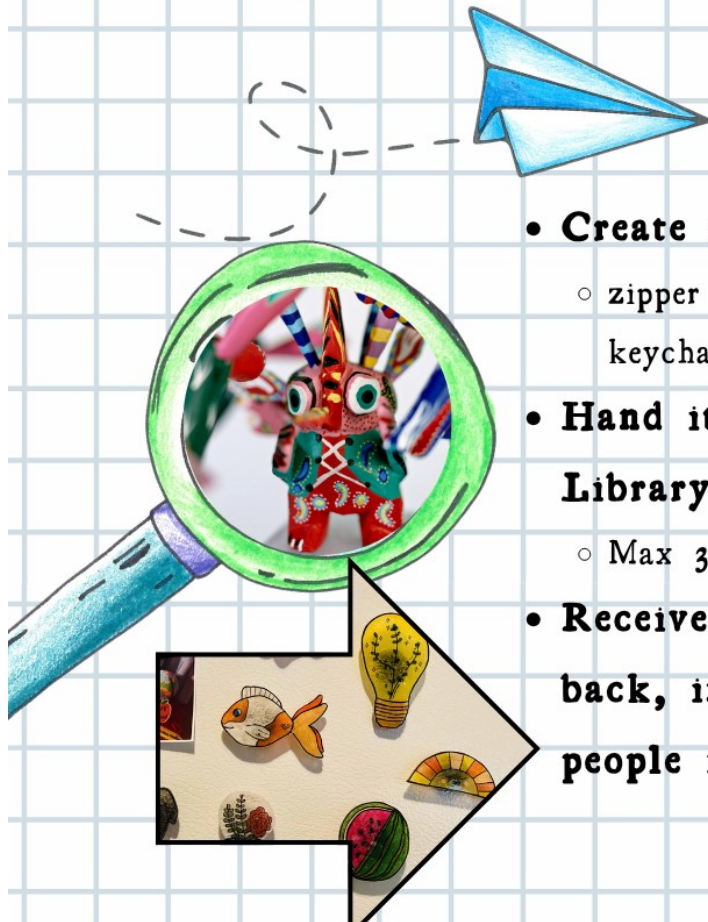


SUMMER READING 2025

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



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





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

Apprendre par le jeu

Ou / Where?

Centre Communautaire - l'ACFA

4617 50 Avenue

Quand / When?

Le 7 août / August

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.**



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



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

UPDATED!

SUMMER CAMPS!

Full Day Camps:

August 6: 8 spots left

August 13: 5 spots left

August 20: 7 spots left

\$40

MH Equine Field Trip:

August 15 8:30–12:30

\$45

AGES 6–12

To book: www.ruralrootsacademy.com
780-614-8985 (call or text)



**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



August Activities

At the St. Paul Museum

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

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!

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.

16 Août- Journée de Ferm- Une Samedi pleine d'évènement qui commence à 11:00h. Les évènement 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 activitéée nouvelle pour construire des carillons éoliens et des ornements parfumé.

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!



MUSÉE
ST. PAUL
MUSEUM

780-645-5562
www.stpaulmuseum.ca
Facebook, Instagram and
Tiktok @StPaulMuseum
admin@stpaulmuseum.ca

ALBERTA
OPEN
FARM DAYS



PRESENTED BY  servus
credit union

OPEN FARM DAYS at the Museum!

Saturday August 16, 2025
Free Admission from 11am-3pm

Join us at the
Musée St. Paul Museum
for Alberta Open Farm
Days 2025!

Experience the Klatt
Ranch petting zoo!!

Hop on a hay-ride!
Enjoy log cutting, cream
separating, butter &
ice cream making
demonstrations
and more!



 St. Paul
Veterinary Clinic

 Community
Futures
St. Paul-Smoky Lake Region

5409- 50Ave (Main Street St. Paul)

Decolonizing Ourselves: Residential School Tour and Our Future in Treaty

Learn about our
Treaty Obligations and see,
first-hand, how the wound
of Residential Schools
can be transformed.

**September 6th
10:30 am - 4:30 pm**

**Free event
including lunch**

Transportation from Edmonton available

**Held at:
University nuhelot'ine thaiyots'j
nistameyimâkanak Blue Quills**

On Treaty 6 Territory near St Paul, AB



PRE-REGISTRATION LINK

[https://secure.kairoscanada.org/civicrm/
event/register?id=401&reset=1](https://secure.kairoscanada.org/civicrm/event/register?id=401&reset=1)



Hosted by Kairos Prairies North

Sponsored by the United Church
Justice and Reconciliation Fund



S.A.G.E HAVEN

A welcoming support group for 2SLGBTQIA+ Folks and allies in our community who are looking for connection, support, and a safe space to be themselves.

Whether you need resources or just want to be surrounded by like-minded and affirming people, SAGE Haven offers a judgement-free zone where everyone is valued and seen.

Hosted the 3rd Wednesday of each Month
6-7pm

Send us a message on Facebook or Email us
for more details!

pridestpaul@gmail.com



**Hear ye' Hear ye !
Welcome To Our Annual Pride Event...**

Once Upon A Pride



**Dust off those crowns for a family-
friendly event as we celebrate love,
diversity, and community!
Costumes are encouraged so
don your finest garb - be it royal,
rustic, or whatever makes you feel like
the magical person
you are!**

**At The St. Paul
Library**

**Saturday
Sept 6th, 2025**

12-4pm

**BBQ
Glitter Tattoos
Facepainting
Games
Silent Auction
Crafts
Story Time
Guest Panel
Market**



Calling All Vendors & Community Organizations!!

We would love to have you at our
Annual Family-Friendly Pride Event!

Market Vendors

\$20 Table Fee

Sell your wares, crafts, arts and
creations!

Community Organizations

Set up a free booth to share your
resources and connect with the
community!

Deadline to book a spot is

AUGUST 15TH

email pridestpaul@gmail.com

(Let us know if you prefer to bring your
own table or if you are in need of one!)





Youth Painting Workshop

2-4 pm

Ages 6-13

August 7th 2025

\$20 per person

4822 50th Ave St. Paul

e-transfer to:

mpdowntownartsstudio@outlook.com



St. Paul & District Arts Foundation



LIVE MUSIC IN THE PARK

Bring Lawn chair
Whats The Scoop? Ice cream truck
will be there!



**Every Friday up until
August 22**

St. Paul - Lions Park 4838 50 Ave

12-1 PM



St. Paul District Arts Foundation



Summer POTTERY & ART Sale

3 Day Exhibit & Sale Rodeo Week 2025! **Pottery, Art, Fused Glass & More!**

Hand-made by our very own SPVAC
members & guest artists!

Thurs. AUGUST 28th ~ 4:00 - 8:00 pm

Fri. AUGUST 29th ~ 4:00 - 8:00 pm

Sat. AUGUST 30th ~ Noon - 4:00 pm

St. Paul Visual Arts Centre

4613 - 53 Street

South of the Aquatic Centre

www.spvac.com

FB: @StPaulVisualArtsCentre



Alberta
Foundation
for the Arts

Adult Ballet Class

For all six sessions:

\$90.00

Every Wednesday starting
September 17th - October
29th with October 15th off.

Every Wednesday

7:30-8:15 PM

Contact us :

mpdowntownartsstudio@outlook.com



4822 50th Ave St. Paul



St. Paul & District Arts Foundation

St. Paul Foundation
for the Arts

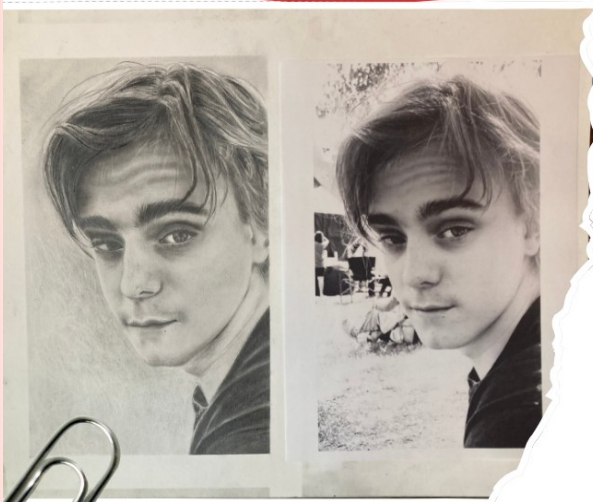
TAUGHT BY DANA SMYL

2025-2026 SEASON
SEPTEMBER-APRIL

Daytime ADULT ART CLASSES

WEDNESDAY
MORNINGS FROM
9-11AM

STARTING SEPTEMBER
@ THE ST. PAUL & DISTRICT
ARTS FOUNDATION



TRUST THE PROCESS

Dana will teach you the skills to gain confidence in your art. Start to understand how to use the proper tools and create art you never thought possible.



 Alberta
Foundation
for the Arts



BEGINNER
CLASSES

Monday Evening

ST. PAUL & DISTRICT ARTS FOUNDATION

Adult Art Classes 16+

WITH DANA SMYL

BEGINNER

MONDAY

4:30-6:00

ADVANCED

MONDAY

6:15-7:45



Email
info@artfoundation.ca
or through our website
artfoundation.ca
to register



DANCE CLASSES

Ages 6 to 18

Beginner to Advanced

**No mandatory
volunteering**

Weekly Classes

Wednesday & Thursdays

**As low as \$250
for the full year**

SOLOS

CONTEMPORARY

JAZZ

HIP HOP



REGISTER TODAY
artfoundation.ca/register



St. Paul & District Arts Foundation



BALLET

with Miss Olivia



Ages 4 to 18

Beginner to Advanced

Weekly Classes

Wednesday & Thursdays

**No mandatory
volunteering**

**As low as \$250
for the full year**

REGISTER TODAY

artfoundation.ca/register



Alberta
Foundation
for the Arts



St. Paul & District Arts Foundation

POW-WOW & BEADING

WITH RANDI LYNN NANEMAHOO-CANDLINE

THURSDAY 6:00-6:45 &
6:45-7:30

REGISTER AT WWW.ARTFOUNDATION.CA

*financial aid available. email info@artfoundation.ca

4822 50th Ave St. Paul



St. Paul & District Arts Foundation





St. Paul & District Arts Foundation



TOT AND ME DANCE!

AGES 3.5 - 6 WITH A CAREGIVER

Explore rhythm, music and creative
movement with your child!

Thursdays 5:30 - 6:00pm
September 7 to April 18, 2025

4822 - 50 Ave St. Paul

Email: mpdowntownartsstudio@gmail.com

www.artfoundation.ca/register



**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





**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



A.G ROSS ARENA FUNDRAISING COMMITTEE PRESENTS:

CORNHOLE TOURNAMENT

SATURDAY, SEPT 6

REGISTRATION 1:00 PM STARTS AT 2:00PM
BEER GARDENS & SUPPER TICKETS INCLUDED

**\$150
PER
TEAM**

**\$20
DANCE
ONLY**

**\$50
SPECTATOR
ALL DAY
ACCESS**

CONTACTS:
MARGARET (780) 210-0158
COURTNEY (780) 646-2627
PAYMENTS:
ELKPOINTARENA@GMAIL.COM

DEADLINE AUGUST 20, 2025

[HTTPS://TINYURL.COM/2025ELKPOINTCORNHOLE](https://tinyurl.com/2025ELKPOINTCORNHOLE)



**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**



ASHMONT & DISTRICT AG SOCIETY



HERITAGE DAYS & FARMERS' MARKET AUGUST 9 & 10, 2025

ASHMONT AGRIPLEX GROUNDS SATURDAY

FREE PANCAKE BREAKFAST PROVIDED BY
ASHMONT FIRE DEPARTMENT AT THE FIRE HALL - 8:30 - 10 AM
(DONATIONS WELCOME)

PARADE JUDGING AT 10:30 AM - STARTS AT 11 AM

FARMERS' MARKET - 10 AM - 3:30 PM

HAMBURGER FRY 12 - NOON

BEER GARDENS 12 NOON - 12 MIDNIGHT

CONCESSION ON GROUNDS OPEN FROM 1 PM - 5 PM
ICE CREAM TRUCK ON SITE

ANTIQUE TRACTOR AND SEMI PULLS
REGISTRATION AT 12 NOON
PULLS START AT 1 PM UNTIL COMPLETED
CASH PRIZES

BBO STEAK SUPPER 6 PM - 8 PM
\$25/PLATE - KIDS \$15/PLATE

PIE SILENT AUCTION - STARTS AT 7 PM

SLO-PITCH TOURNAMENT SATURDAY AND SUNDAY

RECREATIONAL/FAMILY BASED TEAMS ONLY
ENTRY \$100/TEAM



FOR SLO-PITCH TEAMS
CALL DANNY AT
780-210-0563



FOR PULLING
EVENTS
CALL ADAM AT
780-210-0509



FOR FARMERS'
MARKET TABLES
CALL SHARON AT
780-614-4849



Ecole Mallaig School

Sports Team Bottle Drive



Help support the school sports program with expenses that come throughout the year

Collection Date:
August 28

Drop-off Location:
Drop-off on the south side of the school

Drop-off Time:
10:00 AM – 3:00 PM



Thank you for supporting us with your donation!



* RAIN OR SHINE *



HAYING IN THE 30s

AUGUST 2 & 3, 2025

100% of donations support individuals undergoing cancer treatment



SATURDAY

- 10 AM** Opening Ceremonies and parade to follow
- 11 AM** Demos and attractions
- 06 PM** Beef on a bun & live auction
- 09 PM** Old fashioned hoe down

SUNDAY

- 09 AM** Non-Denominational Interfaith Service
- 09 :30** Pancake breakfast
- 11 :30** Demos and attractions
- 04 PM** Time to mosey on home

NO ADMISSION – DONATIONS WELCOME

Step back in time and enjoy a day packed with fun for the whole family! Experience **horse-drawn equipment in action**, catch **live music** all day, and explore **numerous attractions and displays** throughout the grounds. Bring the kids for **games**, **face painting**, a **viewing zoo**, and even **rope making**! Don't miss your chance to **tour the village** and soak in the charm of days gone by. Then, cap off the excitement with a **Saturday night hoe-down** that'll have everyone kicking up their boots! For more information hayinginthe30s.com



Please note: NO OPEN CAMPFIREs and NO DOGS ALLOWED ON GROUNDS

August 2-3, 2025

HAYING IN THE 30'S CANCER SUPPORT SOCIETY

www.hayinginthe30s.com

SATURDAY AUGUST 2, 2025

| | | | |
|---------------------|--|---|--------------------|
| 10:00 am | OPENING CEREMONY | Seed Drill, Side Delivery Rake, Plowing | 2:00 pm – 2:30 pm |
| 10:30 am | Parade | Saw Mill | |
| 10:00 am – 12:00 pm | Face Painting | Wood Pole Sharpening | |
| 11:00 am – 5:00 pm | All Displays Open | Blacksmith | 2:00 pm – 3:00 pm |
| 11:30 am – 3:00 pm | Rope Making | Discing, Binding, Stooking | 2:30 pm – 3:00 pm |
| 11:30 am – 5:00 pm | Petting Zoo | Hay Loader, Dump Rake | |
| 11:30 am – 12:00 pm | Plowing, Discing, Mowing | Baler | |
| | Shingle Mill Semi-Auto | Wood Splitter | |
| 12:00 pm – 12:30 pm | Corn Grinder | Saloon Bath | 2:30 pm – 4:30 pm |
| | Blacksmith | Face Painting | 3:00 pm – 3:30 pm |
| | Cultivating, Harrowing | Stage Coach Demo | |
| | Side Delivery Rake | Road Construction | |
| | Hay Loader, Baler | One Man Shingle Mill | |
| | Wood Pole Sharpening | Kids Games | 3:00 pm – 4:00 pm |
| | Wood Splitter | Thrashing Machine | 3:30 pm – 4:00 pm |
| 12:30 pm – 1:00 pm | Seed Drill, Dump Rake, Binding, Stooking | Grain Wagon | |
| | Saw Mill | Haul Stooks to Machine | |
| 1:00 pm – 1:30 pm | Plowing, Cultivating | ALL DISPLAYS CLOSE | 5:00 pm |
| | Thrashing Machine | Supper – Beef on a Bun | 6:00 pm |
| | Grain Wagon | LIVE AUCTION | 6:45 pm – 7:30 pm |
| | Haul Stooks to Machine | Old Time Hoe Down | 8:00 pm – 12:00 am |
| | Well Boring | | |
| 1:00 pm – 2:00 pm | Kids Games | | |
| 1:30 pm – 2:00 pm | Buzz Saw | | |
| | Disc, Harrow, & Mowing | | |
| | Shingle Mill Semi Auto | | |
| | Moose Calling (Trapper Cabin) | | |
| | Horse Shoeing Demo | | |

SUNDAY AUGUST 3, 2025

| | | | |
|--------------------|--|--------------------------|---------------------|
| 12:30 pm – 1:00 pm | Seed Drill, Dump Rake, Binding, Stooking | Interfaith | 9:00 am – 9:30 am |
| | Saw Mill | Breakfast | 9:30 am – 11:30 am |
| 12:30 pm – 1:30 pm | Blacksmith | Gospel Music | 9:45 am – 10:45 am |
| 1:00 pm – 1:30 pm | Plowing, Cultivating | Face Painting | 10:00 am – 12:00 pm |
| | Thrashing Machine | All Displays Open | 10:30 am – 4:00 pm |
| | Grain Wagon | Petting Zoo | 11:00 am – 3:00 pm |
| | Haul Stooks to Machine | Plowing, Discing, Mowing | 11:30 am – 12:00 pm |
| | Well Boring | Shingle Mill Semi Auto | |
| 1:00 pm – 2:00 pm | Kids Games | Corn Grinder | |
| 1:30 pm – 2:00 pm | Buzz Saw | Cultivating, Harrowing | 12:00 pm – 12:30 pm |
| | Disc, Harrow, & Mowing | Side Delivery Rake | |
| | Shingle Mill Semi Auto | Hay Loader, Baler | |
| | Moose Calling (Trapper Cabin) | Wood Splitter | |
| | Horse Shoeing Demo | Wood Pole Sharpening | |

** Program may be subject to changes **

* LOST/FOUND @ Bazaar & Donation Centre *

Explore

MALLAIG & DISTRICT MUSEUM

TUESDAYS TO THURSDAYS

10 AM - 4 PM

Open on Special Request

- Contact: Raymond Amyotte 780-635-3804, Georgette Corbiere 780-635-2112, Roberta Dallaire 780-614-4544.
- Summer Curator: Rae 780-210-9355
- mallaigdistrictmuseum.curator@gmail.com

**Wednesday Afternoon
Crib Games 1:30 pm
Starting July 23, 2025**



**Pancake Breakfast: Sunday August 23, 2025
8:30 am - 11:00 am
By Donation**

CABRINI PARK CHALLENGE CUP

**Bean Bag
Championship**



&

**Mallaig Antique
Tractor & Car Show**

August 23, 2025

Mallaig, Alberta

Breakfast at Mallaig & Dist. Museum

8:30 a.m. to 11:00 a.m.

Car & Tractor Registrations

10:00 a.m. to 12:00 p.m.

Prizes for People's choice and different categories

Tractor Parade @ 1:00 p.m.

Bean Bag Tournament

10:00 a.m. at ball diamonds, Cabrini Park

Parking Lot Pickleball 11:00 a.m. to 5:00 p.m.

***Beer Gardens *Food and Refreshments *Tons of FUN**

CONTACTS

Car Show

Henri Amyotte

780-635-3817/780-210-0581

Laurier Dechaine

780-210-3056

Tractor Show

Raymond Amyotte

780-635-3804

Neil Lilje

780-614-5819

Bean Bag Tournament

Laurier Jodoin

780-201-7124

Ryan Berg

780-210-7309

Parking Lot Pickleball

Denis Lamoureux

780-645-1502

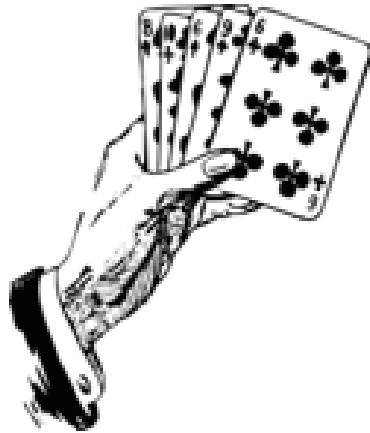
Proceeds to

Mallaig Museum, Mallaig Arena

Sponsors

Mallaig & Dist. Museum, Mallaig Chamber of Commerce,

Mallaig & District Museum



Wednesday Afternoon Crib

Starting Wednesday

July 23rd @ 1:30 pm

**Come for a Social, a Cup of Coffee &
some games of Crib**

At the Mallaig & District Museum





Mallaig Public Library:

The summer reading program will be starting July 1 until August 31. This is open to all ages! If you did not receive the tracker form, please keep track of the date, book read and for how many minutes (goes by 15-minute increments). When the library is open, you can come pick up your tracker sheet! Mallaig Library will be giving away biggest reader prizes in each age category, as well, enter it online as well through NLLS and you can win a grand prize through them as well. Happy reading!

PS.... Friday 15 will be starting July 4.... So, keep an eye out for the link next Friday!

*****With the power being shut off to the school, the library will be closed July 1-July 4. Possibly the following week after, however we are unsure of that just yet. Please continue to check our Facebook page for updates. If you need anything or have any questions, please do not hesitate to message us!

Welcome to
Kindergarten!



Caring and inclusive environment

French/English program

Full days on alternate school days

Must be 5 before December 31, 2025

Contact the office @ 780-635-3858

for more information



ÉCOLE MALLAIG PRESCHOOL

**is now accepting registrations
for the 2025-26 school year!**

**3 CLASSES
PER WEEK
ONLY \$40.00
A MONTH!**

THIS PROGRAM INCLUDES:

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

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

780-635-3858  handseville@eped.ca

Note: Program subject to sufficient enrollment



ALBERTA OPEN FARM DAYS



PRESENTED BY  **servus**
credit union

GET A GLIMPSE OF FARM LIFE AT **ALBERTA OPEN FARM DAYS**

PROVINCE WIDE, AUGUST 16 & 17, 2025



DISCOVER

Join farms as they open their gates to give Albertans the chance to experience farm life & understand where their food comes from.



TASTE

Give your tastebuds a unique experience at our farm-to-table events featuring some of Alberta's finest homegrown ingredients.



LEARN

Farms have a line-up of hands-on experiences to give Albertans a glimpse of what life on the farm looks and feels like.



JOIN US FOR THE 13TH ANNUAL OPEN FARM DAYS

Alberta Open Farm Days is a weekend that brings Albertans together to celebrate & experience agriculture, and **we want you to be our guest.**

Learn more about participating locations & plan your open farm day events by scanning this QR code or by visiting:



albertaopenfarmdays.ca



PROUDLY SPONSORED BY:

