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September

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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Aging well in community



Meals on Wheels
**NEEDS
YOU!**

**Calling individuals
AND groups!**

Give back through
volunteerism.

FCSS is looking for caring community members to join our Meals on Wheels Volunteer Team in both St Paul AND Elk Point. By delivering a hot meal, you'll also be delivering comfort, connection, and a friendly smile to someone's day.

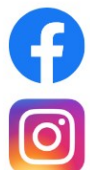
It's amazing what a big difference
a little time can make.

Weekdays
Year Round

**11:30AM-
12:30PM**

Call **TODAY** for details.

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



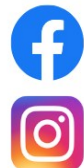
call for **VOLUNTEERS**



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



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

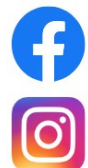
Pre-sorting by size is greatly appreciated.

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



Sept 10

WORLD SUICIDE PREVENTION DAY



HELP AVAILABLE 24/7
1-833-456-4566



TEXT 45645



suicideprevention.ca



Strengthening community connection.

National Coffee Day



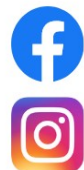
Coffee Time!

Join us at FCSS as we celebrate
National Coffee Day!

Take a break, grab a cup, and enjoy
some warm conversation with us.

Because coffee tastes better
when shared with friends!

Come for the coffee,
stay for the community.



Monday
Sept 29
9AM-11AM
FREE
5002-51 Ave St Paul



NATIONAL DAY FOR
TRUTH AND RECONCILIATION
Learn more online at Canada.ca



ANNEX A

NATIONAL DAY FOR TRUTH AND RECONCILIATION DESCRIPTION OF VISUAL ELEMENTS

Among the various visual elements illustrating Indigenous cultures, the circle is at the center which represents being together in a spirit of reconciliation. The orange colour represents truth-telling and healing. The First Nations, Inuit and Métis are represented in the image.

*Smoke is used in different ways by all three Indigenous groups in Canada. Whether it is to smoke fish and meat, to burn sage and tobacco or for sacred ceremonies, it is a significant symbol in Indigenous culture.

DESCRIPTION OF THE THREE ICONS



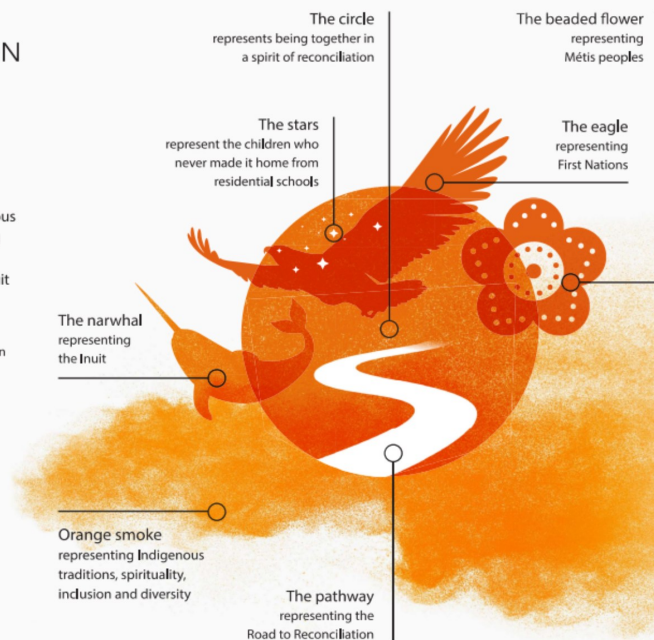
The eagle to represent the First Nations



The narwhal to represent the Inuit



The beaded flower to represent the Métis peoples



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

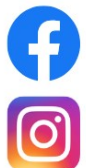
@ FCSS
in Elk Point
4906-48 Street



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

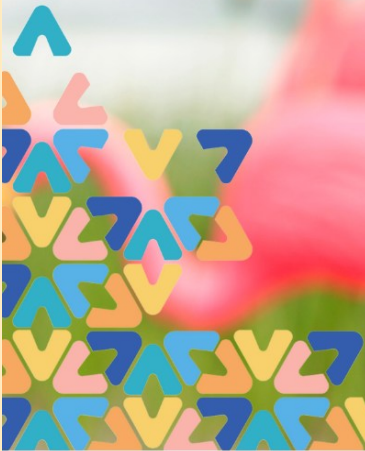
10AM - 11AM

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?

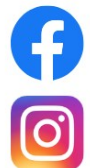
**Let us help
you out...**

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.

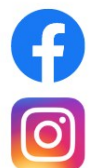
If you are a caregiver for a senior, connect with us, we can help.

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



St. Paul Regional FCSS &
Family Resource Network

st.paul_fcss



Self-Care September 2025



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1

Find time for self-care. It's not selfish, it's essential

2

Notice the things you do well, however small

3

Let go of self-criticism and speak to yourself kindly

4

Plan a fun or relaxing activity and make time for it

5

Forgive yourself when things go wrong. Everyone makes mistakes

6

Focus on the basics: eat well, exercise and go to bed on time

7

Give yourself permission to say 'no'

8

Be willing to share how you feel and ask for help when needed

9

Aim to be good enough, rather than perfect

10

When you find things hard, remember it's ok not to be ok

11

Make time to do something you really enjoy

12

Get active outside and give your mind and body a natural boost

13

Be as kind to yourself as you would to a loved one

14

If you're busy, allow yourself to pause and take a break

15

Find a caring, calming phrase to use when you feel low

16

Leave positive messages for yourself to see regularly

17

No plans day. Make time to slow down and be kind to yourself

18

Ask a trusted friend to tell you what strengths they see in you

19

Notice what you are feeling, without any judgement

20

Enjoy photos from a time with happy memories

21

Don't compare how you feel inside to how others appear outside

22

Take your time. Make space to just breathe and be still

23

Let go of other people's expectations of you

24

Accept yourself and remember that you are worthy of love

25

Avoid saying 'I should' and make time to do nothing

26

Find a new way to use one of your strengths or talents

27

Free up time by cancelling any unnecessary plans

28

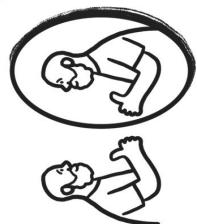
Choose to see your mistakes as steps to help you learn

29

Write down three things you appreciate about yourself

30

Remind yourself that you are enough, just as you are






ACTION FOR HAPPINESS

Happier · Kinder · Together

2025 September

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 NO PROGRAM STAT HOLIDAY	02 Run, Jump, Skip 10am-12pm DROP IN	03 NO PROGRAM	04 Loose Parts Play 10am-12pm DROP IN	05 Car Seat Check 10am - 12pm REGISTER
08 Making Music 10am - 12pm DROP IN	09  DROP OFF 1pm - 8pm @ Rec Centre	10 Community Awareness Night @ the Rec Center 5pm - 8pm SHOP 1pm-8pm FREE	11  SHOP 9am - 12pm FREE	12 ASQ Screening 10am-12pm REGISTER
15 Fine Motor Fun 10am - 12pm DROP IN	16 Mallaig Tot Time 9:30am-11:30am DROP IN Traditional Teaching 10am - 11:30am REGISTER	17 Dungeons & Dragons 6pm-8pm ages 12-18yrs REGISTER	18 Rhymes That Bind 10am-12pm DROP IN	19 PD Day Youth Program 9am-3:30pm REGISTER
22 Triple P Tip sheet Separation Anxiety 10am-11am REGISTER	23 Mallaig Tot Time 9:30am-11:30am DROP IN	24 Mindful Matters 3:30pm-5:30pm REGISTER	25 Run, Jump, Skip 6pm-7:30pm DROP IN	26 NO PROGRAM STAFF TRAINING
29 Storytime & Craft 10am - 12pm DROP IN	30 NO PROGRAM National Truth & Reconciliation Staff Development			

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



AGES 0-6

ACFA Gym 4617-50 Ave

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

Run, Jump, Skip

Tuesday
September 02

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

Loose Parts Play

Thursday
September **04**
10am-12pm



DROP IN
780-645-5311

Express creativity
and imagination
skills with
common
everyday items.

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.





**Get your car seat checked
by a certified technician.**

**Learn how to properly
install your child's
car seat or booster seat.**

**Find out if it's
time for a change.**

CAREGIVERS

LFRN St Paul 5002-51 Ave

When used
correctly, child
safety seats can
reduce the risk of
fatal injury by 71%
& the risk of serious
injury by 67%

Car Seat Check

Friday
September 05

10am-12pm

**CALL TO REGISTER
780-645-5311**

FREE



Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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





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

AGES 0-6

LFRN St Paul 5002-51 Ave

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

Making Music

Monday
September **08**
10am-12pm



DROP IN
780-645-5311

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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





Is your child meeting the developmental milestones?

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

CAREGIVERS
LFRN St Paul 5002-51 Ave

ASQ Screening

Friday
September **12**
10am-12pm
CALL TO REGISTER
780-645-5311

FREE

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

Lakeland

FAMILY RESOURCE NETWORK

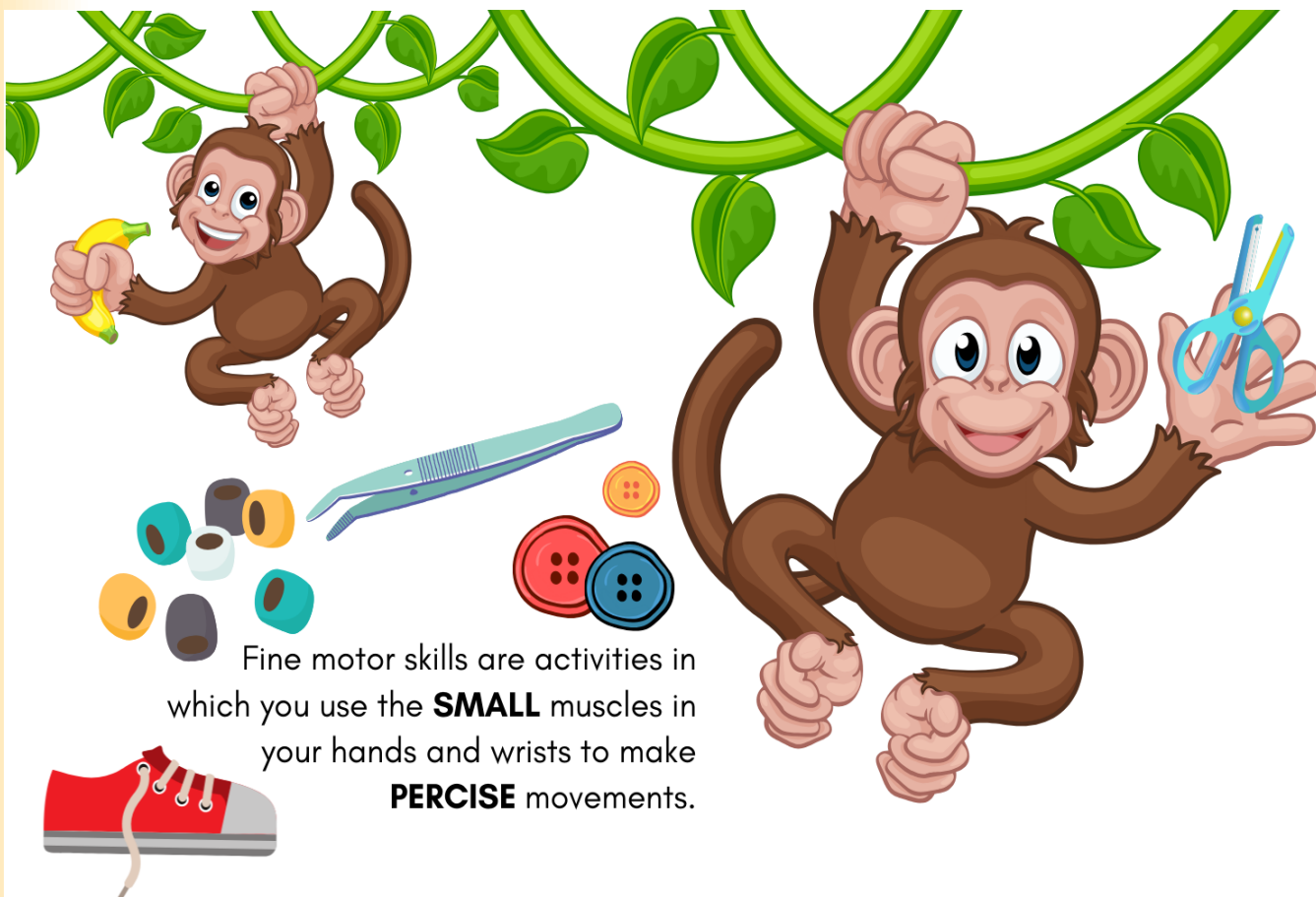
Connect with us for more information.

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

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



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



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

AGES 0-6

LFRN St Paul 5002-51 Ave

Developing fine motor skills through play.

Fine Motor Fun

Monday September 15

10am-12pm

DROP IN

780-645-5311



Lakeland

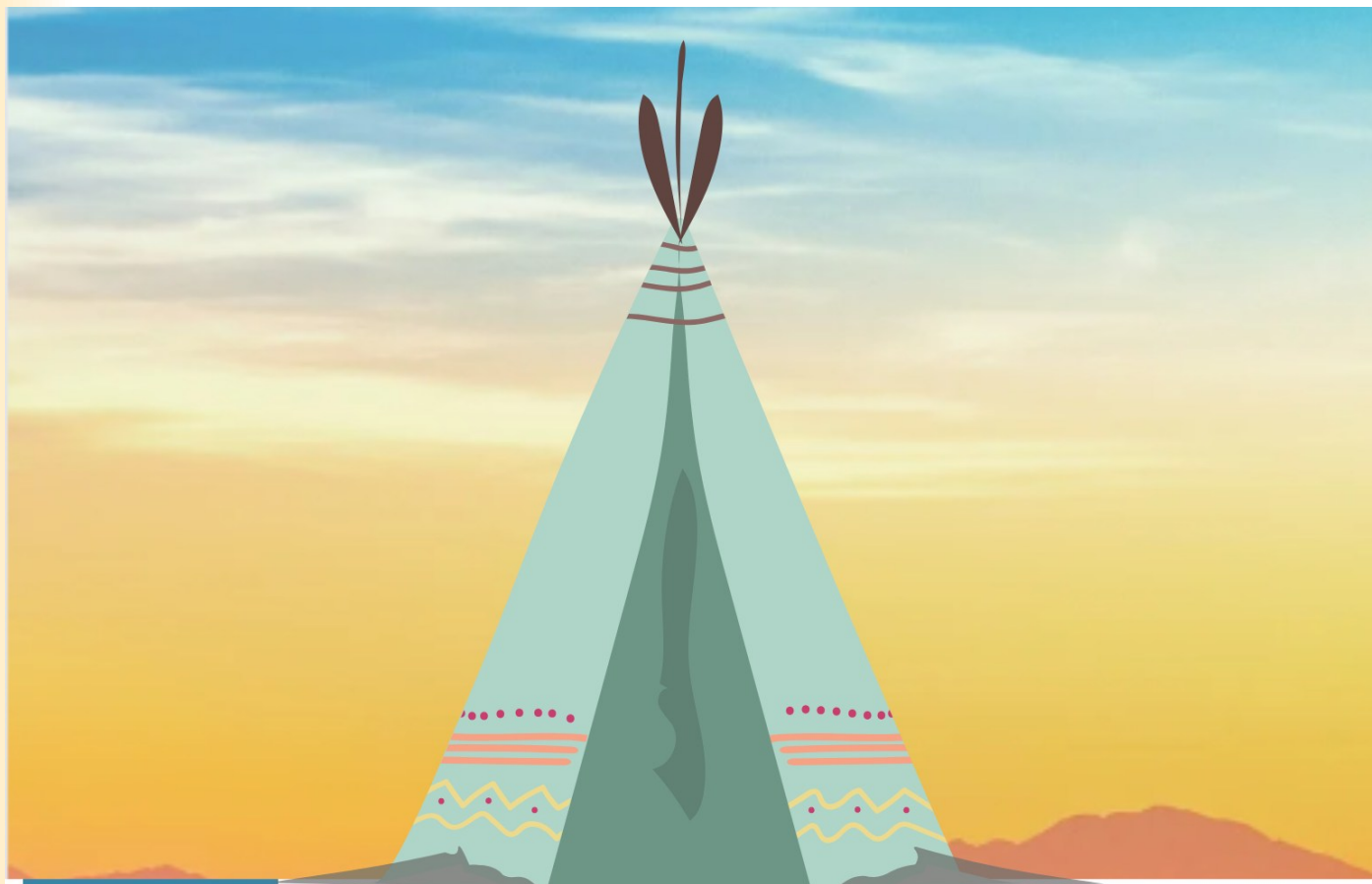
FAMILY RESOURCE NETWORK

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

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

Traditional Teaching

with Jan Tailfeathers

Tuesday
September **16**

10am-11:30am

CALL TO REGISTER
780-645-5311



UNIVERSITY
nuheiof'ine thaiyots'j nistameymākanak
BLUE QUILLS

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





Dungeon Master in attendance

Snacks Provided

YOUTH 12-18

LFRN St Paul 5002-51 Ave

Dungeons & Dragons

Wednesday 17
September

6pm-8pm

CALL TO REGISTER

780-645-5311

FREE

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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

Connect with
friends and learn
a new game.





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

AGES 0-6

LFRN St Paul 5002-51 Ave

Helping
promote
healthy family
relationships.

Rhymes that Bind

Thursday
September **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.





15 spaces available.

\$25 CASH refundable deposit per child.

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

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

First come first served.

KINDERGARTEN-GRADE 6

LFRN St Paul 5002-51 Ave

PD Day Youth Program

Friday 19
September

9am - 3:30pm

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

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

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

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





Triple P Positive Parenting Program helps you:

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

Triple P Tip Sheet

Separation Anxiety

Monday
September 22
10am - 11am

CALL TO REGISTER
780-645-5311

FREE



CAREGIVERS
LFRN St Paul 5002-51 Ave

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



Interested in a Tip Sheet?

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

Infant Topics
Sleeping Patterns
Crying
Promoting Development
Separation Anxiety

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

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

Teenager Topics
Friends and Peer Relationships
Coping with Depression
Taking Drugs
Money and Work
Drinking Alcohol
Coping with Anxiety
Fads and Fashion
Sexual Behavior and Dating
Eating Habits
Rudeness and Disrespect
Smoking
Truancy

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



Friendships

Activities and discussions will be centered around gaining tools to build healthy relationships, set boundaries and handle peer pressure with confidence.

YOUTH 7+

LFRN St Paul 5002-51 Ave

Topics may include:
Mindfulness,
Emotion Regulation,
Gratitude, Self love,
Friendships, Empathy,
Problem Solving,
Community Minded.

Mindful Matters

Wednesday September **24**
3:30pm-5:30pm

CALL TO REGISTER
780-645-5311

FREE

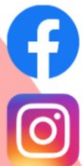
Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





evening
Run, Jump, Skip

Thursday
September **25**
6pm-7:30pm

DROP IN
780-645-5311



AGES 0-6

ACFA Gym 4617-50 Ave

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

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





AGES 0-6

LFRN St Paul 5002-51 Ave

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

Storytime & Craft

Monday 29
September
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.



2025

Elk Point LOCATION

September

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

NO PROGRAM
STAT HOLIDAY

02

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

03

Office
OPEN
8:30am-12:30pm
1:30pm-2:30pm
**Community
Awareness Night
5:00-8:00pm
@ Allied Arts
FREE**

04

Triple P Parenting
Baby
10am-11am
REGISTER

05

Story & Craft
10am-12pm
DROP IN

08

Home Alone
Ages 10+
3:30pm-5:30pm
REGISTER

09

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

10

Office
OPEN
8:30am-11:30am
CLOSED
11:30am-4:30pm

11

Triple P Parenting
Baby
10am-11am
REGISTER

12

Making Music
10am-12pm
DROP INBaby Bunch
1:30pm-2:30pm
REGISTER

15

Clay Creations
3:30pm-5:30pm
REGISTER

16

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

17

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

18

Triple P Parenting
Baby
10am-11am
REGISTER

19

PD DAY
9am-3:30pm
REGISTERHomeschool
Hangout
2pm-3:30pm
REGISTER

22

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

23

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

24

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

25

Triple P Tipsheet
Healthy Screen Time
Habits
10am-11am
REGISTER

26

**NO PROGRAM
STAFF TRAINING**Moms Matter
Wooden Pumpkin
6:30pm-8pm
REGISTER

29

Paint Night
Youth 7+
3:30pm-5:30pm
REGISTERPaint Night
Youth 14+
6:30pm-8:00pm
REGISTER

30

NO PROGRAM
National Truth &
Reconciliation
Staff
Development

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

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

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

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.





AGES 0-6

LFRN Elk Point 4906-48 St

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

Storytime & Craft

Friday
September 05

10am-12pm

DROP IN

780-724-3800



Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





YOUTH 10+
LFRN Elk Point 4906-48 St

Home Alone Course

Monday 08
September

3:30pm-5:30pm

CALL TO REGISTER
780-724-3800

\$10 REGISTRATION FEE

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.



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

Join us in September

create a sensory bag make & take

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

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



0-18 MONTHS

LFRN ELK POINT 4906 48ST

Baby Bunch
Friday **12**
September
1:30pm



REGISTER
780-724-3800

Lakeland

FAMILY RESOURCE NETWORK

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





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

AGES 0-6
LFRN Elk Point 4906-48 St

Making Music

Friday
September **12**
10am-12pm
DROP IN
780-724-3800



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

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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





YOUTH 7+

LFRN Elk Point 4906-48 St

Providing positive spaces for peer interactions and connections.

Clay Creations

Monday
September 15

3:30pm-5:30pm

CALL TO REGISTER
780-724-3800

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





YOUTH 6+

LFRN Elk Point 4906 48ST

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

Home School Hangout

Thursday
September **18**

2pm - 3:30pm

CALL TO REGISTER

FREE

780-724-3800

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





8 spaces available.

\$25 CASH refundable deposit per child.

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

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

First come first served.

KINDERGARTEN-GRADE 6

LFRN Elk Point 4906 48 St

PD Day Youth Program

Friday
September 19

9am - 3:30pm

FOR MORE INFORMATION
CALL 780-724-3800

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

Must bring
their own
nut free
snacks & lunch.

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





Take some time away
to do something fun
and creative.

Join us in creating a
fall inspired pumpkin.



CAREGIVERS

Elk Point LFRN 4906 48st

Moms Matter Wooden Pumpkin

Monday
September **22**

6:30pm-8pm

CALL TO REGISTER

780-724-3800

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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



For moms or
caregivers of
children 0-18yrs



Topics may include

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

YOUTH 7+

LFRN Elk Point 4906 48ST

Providing positive
spaces for peer
interactions and
connections.

Mindful Matters

Self Love

Monday
September 22

3:30pm-5:30pm

CALL TO REGISTER

780-724-3800

FREE

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





Triple P Positive Parenting

Program helps you:

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

Triple P Tip Sheet

Healthy Screen Time Habits

Thursday September 25
10am - 11am

CALL TO REGISTER
780-724-3800

FREE



for every parent

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

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



YOUTH 7+

LFRN Elk Point 4906-48 St

Providing positive spaces for peer interactions and connections.

Paint Night

Monday September 29

3:30pm-5:30pm

CALL TO REGISTER
780-724-3800

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





Join us in relaxation and express yourself through the medium of art. Art is an enjoyable way to alleviate stress and embrace your individuality. Come out, create some art and discover the benefits it can bring to your mood and happiness.

YOUTH 14+
LFRN Elk Point 4906-48 St

Providing positive spaces for peer interactions and connections.

Paint Night

with Miss Donna

Monday September **29**
6:30pm-8:00pm

CALL TO REGISTER
780-724-3800

Cost \$10
per participant.
REGISTER BY
Sept 19.

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.





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





@SPYC_20

ON INSTAGRAM

let's get social!



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



Rural Public Transit Study



Bus/Shuttle Service

Small bus or van, available on request or on a scheduled route



Carpooling

Connecting drivers and passengers heading the same way



Carsharing

Membership access to a car fleet for short-term rentals



Bike Sharing

Short-term rentals of bicycles within a rental zone



E-Bike Sharing

Short-term rentals of e-bikes, borrowed from docking stations



E-Scooter Sharing

Short-term rentals of e-scooters within a rental zone

If you had more public transit options, what would you use in the St. Paul Region?



Scan the QR Code to complete a survey to help determine the feasibility of public transit options throughout the St. Paul Region.



STEP

St. Paul / Elk Point
Economic Development Alliance



COUNTY COMMUNICATOR

Our Mission is to Create Desirable Rural Experiences

RUNNING FOR COUNCIL?

Nominations are still open!
Forms can be found at the
Admin Office or on our
2025 Municipal Election webpage.

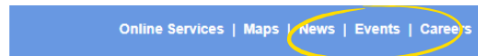
- ✓ Notice of Intent to Run
- ✓ Form 4 - Nomination Paper and Candidate Acceptance
- ✓ Form 5 - Candidate Financial Information

Along with all forms, a \$100 deposit (cash, cheque, debit, or credit card) is required. Please call 780-645-3301 to make an appointment before filing.

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

WEBSITE SUBMISSIONS - EVENTS CALENDAR

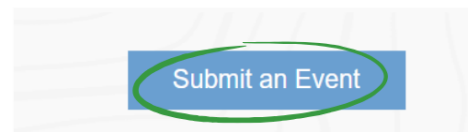
- 1 Open our 'Events' webpage, in the top header.



COUNTY OF
ST. PAUL

For Residents ▾

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



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

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

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

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

Community at the Core | Accountability in Action | Lead and Succeed | Unwavering Integrity | Innovate to Elevate

ONLINE CRIME REPORTING

is now available



Report it online!



YOU CAN FILE A REPORT IF:

- You have lost something that costs less than \$5000
- Someone has stolen something from you that costs less than \$5000
- Someone has vandalized your property or vehicle and it will cost less than \$5000 to repair it
- The crime happened within the jurisdiction of the Alberta RCMP
- Thefts over \$5,000 are accepted from oil, telecommunications, and utility companies



YOU CANNOT USE ONLINE CRIME REPORTING IF:

- There is a witness or suspect
- There are lost or stolen items involving personal identity, firearms, licence plates or decals



All crimes reported online to the Alberta RCMP will be followed up with a phone call from a police officer within five business days.

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





REGISTERED BUSINESS

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



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



Our E-mail
amanda_chief48@hotmail.com

PO Box 909
Onion Lake, SK



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

*Providing you safe and
confidential transportation
or delivery services*

1/2



WHY CHOOSE US?



- ✓ First Nations owners and operators who pride ourselves in confidentiality
- ✓ Able to accommodate last minute trips
- ✓ First Aid Certified and experienced Medical Transportation drivers
- ✓ Fast delivery and exceptional service

A LITTLE ABOUT US...

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

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

OUR CHILDREN



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

Ay-Hiy!



2/2

September 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

Sep 10	Wed Morning	9:30am– 12pm
Sep 11	Thu Evening	5:30– 8pm

Nutrition

Sep 17	Wed Morning	9:30am– 11am
Sep 18	Thu Evening	5:30– 7pm

Ongoing Care

Sep 24	Wed Morning	9:30am– 12pm
Sep 25	Thu Evening	5:30– 8pm

Foot Care & Seated Exercise

Sep 24	Wed Evening	7:00– 8:00pm
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Heart & Stroke Education

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

Overview & Prevention

Sep 9	Tue Evening	5:30– 8pm
Sep 24	Wed Morning	9:30am– 12pm

Nutrition

Sep 12	Tue Evenings	5:30– 7pm
Oct 1	Wed Morning	9:30am– 12pm

Managing Stress

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

Sep 24 & Oct 1 Wed Evenings 5:30– 6:30pm

Help using Zoom is available!

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	Tue	Sep 9	5:30pm– 8pm
1.2	Tue	Sep 16	5:30pm– 8pm
1.3	Tue	Sep 23	5:30pm– 8pm

Series 2

2.1	Wed	Sep 3	1:30– 4pm
2.2	Wed	Sep 10	1:30– 4pm
2.3	Wed	Sep 17	1:30– 4pm

Series 3

3.1	Tue	Aug 26	9:30am– 12pm
3.2	Tue	Sep 2	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.

Tuesdays and Thursdays

Sep 9– Oct 21

Morning sessions 10-11:30 am

Afternoon Sessions 1-2:30pm

Better Choices, Better Health

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

Living with Chronic Pain

Wednesday Afternoons 1pm – 3:30pm
September 10, 17, 24, October 1, 8, & 15

Thursday Evenings 6 pm - 8:30pm
September 25, October 2, 9, 16, 23 & 30

Living with Chronic Disease

Wednesday Evenings 6–8:30 pm
November 5, 12, 19, 26, December 3 & 10



Register for a Zoom class:

1-877-349-5711

Or

<https://www.healthylivingprogram.ca>



Primary Care
Alberta

Free Exercise Program

Alberta Healthy Living Program

Education that supports your health and your life

Upcoming Sessions:

Sept 9-Oct 21	Tue/Thurs	10:00am-11:30am
Sept 9-Oct 21	Tue/Thurs	1:00pm-2:30pm
Oct 20-Nov 26	Mon/Wed	1:00pm-2:30pm
Oct 20-Nov 26	Mon/Wed	6:00pm-7:30pm

- 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 don't have to do it alone

Get support for coping with long-term health concerns.



What Will a Peer Coach Do?

- Explore how to solve problems, set action plans, and achieve goals
- Check in with you on your goals, and help make decisions towards healthy habits
- Help find services and programs in your community
- Be a supportive listening ear — a safe place to share
- Talk with you for 30 minutes every week for 3 months
- Connect with adults in the Edmonton and Northern Alberta areas who cannot to use online options

Who are the Peer Coaches?

They are trained AHS volunteers who may be living with similar health issues.

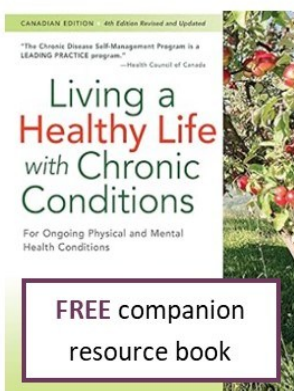
They are not healthcare providers and cannot offer medical advice.

How Do I Get a Peer Coach?

There is **NO COST** to be paired with a coach. Scan the QR code or call the number listed.

Registration: 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, August 14	12:00 p.m. – 1:00 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, September 4	6:00 p.m. – 7:00 p.m.	
	Tuesday, September 25	1:00 p.m. – 2:00 p.m.	
	Wednesday, October 8	12:00 p.m. – 1:00 p.m.	
	Wednesday, October 22	9:00 a.m. – 10:00 a.m.	
	Tuesday, November 4	6:00 p.m. – 7:00 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 July 17, 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	Thursday, September 18	12:00 p.m. – 1:00 p.m.	Register online or call 1-877-314-6997 Hosted by Central Zone
Online	Wednesday, December 10	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 July 17, 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	Tuesday, August 12	12:00 p.m. – 1:00 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>
	Monday, September 15	12:00 p.m. – 1:00 p.m.	
	Thursday, October 16	6:00 p.m. – 7:00 p.m.	
	Thursday, November 13	9:00 a.m. – 10:00 a.m.	

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

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

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

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



Updated July 17, 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	August 15	09:00 – 10:30	Zoom	1-866-506-6654 (Lethbridge or rural) 1-866-795-9709 (Brooks, Medicine Hat, and rural area) Hosted by South Zone
	August 27	18:00 -19:30		
	September 2	13:00 – 14:30		
	September 17	09:00 – 10:30		
	September 26	09:00 – 10:30		
	October 1	13:00 – 14:30		
	October 14	18:00 -19:30	In Person Medicine Hat	
	October 15	09:00 -10:30	Zoom	
	October 24	09:00 -10:30		
	November 4	13:00 – 14:30		
Weight Management Series 10-part series, 1 class/ week	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		
	Oct 21- Jan 6	18:00 – 20:00		
	Oct 30 – Jan 15	13:00 – 15:00		
	Nov 19 – Feb 4	18:00 – 20:00		

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.



Alberta Health Services

Alberta Healthy Living Program

Updated August 18, 2025

Support Weekly Action Team-SWAT



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

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

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

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

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



Updated December 16, 2024



Wellness Series:



In this series, you will learn about:

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

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

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

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

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



Updated May 16, 2025



Living with Stroke Support Group

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

Discussion topics may include:

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

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

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

FREE!

Pre-registration required

Available for residents of communities in the North Zone



To register and receive the Zoom link visit:

<https://redcap.link/strokesupport>



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



**Alberta Health
Services**

Healthy Albertans.
Healthy Communities.
Together.



Rehabilitation AdviceLine

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

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

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

1-833-379-0563

— 9 a.m. to 5 p.m. Monday to Friday

ahs.ca/RAL



Health Link
Advice 24/7



**Alberta Health
Services**

Healthy Albertans.
Healthy Communities
Together.

Dementia Advice

Available through Health Link



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

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



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



AlbertaQuits Helpline



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

1-866-710-QUIT (7848)

— 8 a.m. to 8 p.m. daily



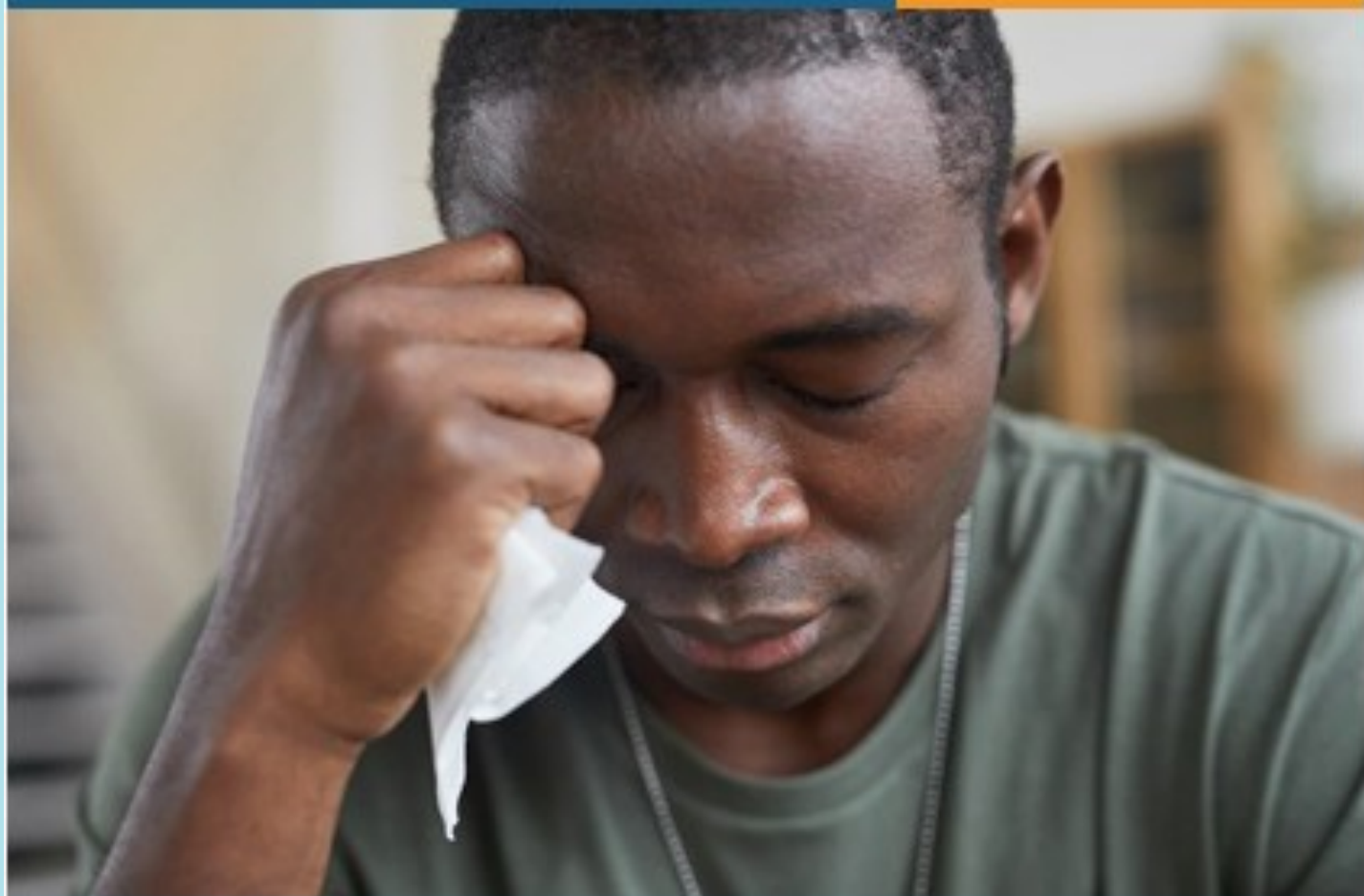
Healthy Albertans.
Healthy Communities
Together.

Addiction and Mental Health Helpline

Available through Health Link



Health Link
Addiction 24/7



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

1-866-332-2322

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



Alberta Health
Services

Seek expert advice 24/7



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

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



Date: March, 2025



Primary Care
Alberta

Do you have chronic pain?

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

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




Primary Care
Alberta



2025-2026 CARE PARTNER SUPPORT GROUPS

All group meetings are on a drop-in basis. No registration is required.

For further information please call: 1-866-950-5465 (Alzheimer Society) or
780-645-1188 Ext.2 (Terry Sims - Lakeland Primary Care Network)

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>	

Caregiver Education Team Newsletter

September 2025



Recovery Alberta is proud to offer FREE online programming to caregivers of school-age children and youth as well as adults in the community who want to learn more about addiction and mental health topics.

Sessions are offered online through the Zoom conferencing application. A link to access the online session will be sent by email to those who have registered for the session.

Caregiver Education Sessions

Building Executive Functioning Skills *Supporting Success in Learning*

For parents and caregivers of children in grades K-6

Part 1:
Monday, September 15
12:00 – 1:00 pm

Part 2:
Monday, September 22
12:00 – 1:00 pm

Adult Education Sessions

Stepping Out, Staying Grounded *Supporting Mental Wellness in Higher Education*

For adults supporting their own wellness or the wellness of others

Tuesday, September 16
12:00 – 1:00 pm

Participant Feedback

"The session provided a good overview of strategies and provided good info. Thanks for running this!"

"The speakers were very knowledgeable and gave lots of information."



Professional Practice & Education Services
Edmonton

For more information, visit www.cyfcaregivereducation.ca

Caregiver Education Sessions

September 2025



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

Building Executive Functioning Skills Supporting Success in Learning

In these Lunch & Learn webinars, we will review and discuss ways to support the development of your child's executive skills such as working memory, inhibition, and mental flexibility.

Part 1: The Impact of Executive Functioning

In this session, we will look at what executive functions are, their importance in our daily lives, and how executive skill difficulties may impact our children.

Date: Monday, September 15, 2025

12:00 – 1:00 pm

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

Part 2: Supporting Executive Functioning Development

In this session, we will focus on three foundational executive functions and strategies for supporting our children as they grow in their skills.

Date: Monday, September 22, 2025

12:00 – 1:00 pm

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

Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cvfccaregivereducation.ca

Participant Feedback:

"This presentation was loaded with invaluable information and resources! Thank you for helping parents and kids!"

"I can definitely apply this to my own children and classroom. Hope to be a part of more of these!"

"Helpful, realistic advice and suggestions. Thank you!"



Professional Practice & Education Services
Edmonton

For more information, visit www.cvfccaregivereducation.ca

Adult Education Sessions

September 2025



These free adult sessions are intended to provide community members with information and strategies regarding addiction and mental health challenges that can affect us all.

Stepping Out, Staying Grounded

Supporting Mental Wellness in Higher Education

In this one-hour webinar, we will explore mental health challenges young adults face as they transition into post-secondary education and take on more independent roles. We'll discuss common stressors such as academic pressures, relationships, and financial strain and provide resources and tips to help.

Date: Tuesday, September 16, 2025

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of others.

Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register, click [HERE](#) or go to:

www.cvfcaregivereducation.ca

Participant Feedback:

"Content, delivery, and duration were all 'just right!'"

"The information was very good and clear to understand."

"Thank you! So grateful for all the resources!"



Professional Practice & Education Services
Edmonton

For more information, visit www.cvfcaregivereducation.ca



What is the Seniors' Centre Without Walls?

The Seniors' Centre Without Walls (SCWW) is a free, phone-based program that offers recreational activities, skill-building lessons, health and well-being topics, and friendly conversations for older adults (55+) who find it difficult to leave their home to participate in community activities.

How do I register?

Call **780-395-2626** and **press 1**

How do I join a program?

You can join by phone or by computer:



Join by phone:

1. Call toll-free: **1-855-703-8985**
2. When prompted, enter Meeting ID: **225-573-6467#**
3. Press # if you are asked for any more numbers

If you have difficulty connecting with the toll-free number, try:

- **1-833-955-1088** (toll free) OR
- **587-328-1099** (charges may apply, contact your phone carrier for more information)



Join by computer:

Go to:

zoom.us/j/2255736467

Video will not be used for any SCWW programs.

SEPTEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Happy Labour Day! 	2 11am: Imagination Circle 1pm: How It's Made 3pm: Story Lines 	3 9:30am: Chicken Soup for the Soul 11am: Coffee Chat 1pm: History Of... 3pm: Exercise 	4 9:30am: Gratitude 11am: Let's Talk About 1pm: Next Stop 3pm: In the Headlines 	5 9:30am: All Request Music 11am: Exercise 1pm: Writing For Fun 3pm: Gene Hackman
8 11am: Exercise 1pm: Caregivers Alberta 3pm: Tom Sawyer Part 8 	9 9:30am: Ponder This 11am: Mindfulness with Carol 1pm: Mysteries & Folklore 3pm: Readers' Corner 	10 9:30am: Vinyl Cafe 11am: Whistleblowers 1pm: Worldviews 3pm: Exercise 	11 No programs 	12 9:30am: Songs From Movies 11am: Exercise: Chair Yoga 1pm: Science Savvy 3pm: Coffee Chat
15 11am: Exercise 1pm: The Big Picture 3pm: Tom Sawyer Part 9 	16 9:30am: Nostalgia Moments 11am: Imagination Circle 1pm: Murray Sinclair 3pm: Nutrition For Health 	17 9:30am: Mystery Chronicles 11am: EPL Presents! 1pm: Let's Talk About 3pm: Exercise 	18 9:30am: Gratitude 11am: Coffee Chat 1pm: For Your Body 3pm: Global Events 	19 9:30am: Classical Music Hour 11am: Exercise 1pm: Writing For Fun 3pm: BINGO
22 11am: In the Headlines 	23 11am: Mindfulness 	24 11am: Coffee Chat 	25 11am: Animal Spotlight 	26 11am: Exercise
29 11am: Truth and Reconciliation 	30 National Day of Truth and Reconciliation 	To join by phone, call: 1-855-703-8985 and enter meeting ID: 225-573-6467#		



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





MOMS THERAPY GROUP

FOR MOMS WITH BABIES 0-18 MTHS

DOES NOT HAVE TO BE 1ST BABY

GOAL:

CREATE A SPACE FOR MOM'S WITH BABIES 0-18 MONTHS TO SHARE AND NORMALIZE EXPERIENCES, LEARN FROM ONE ANOTHER, MAKE FRIENDS AND SOCIALIZE, ALL WHILE RECEIVING THE BENEFITS OF THERAPY

WHERE: ST PAUL

WHEN: 6WEEK PROGRAM. WEDNESDAYS 2-4 PM

AUG 20TH

AUG 27TH

SEPT 3RD

SEPT 10TH

SEPT 17TH

1 WEEK BREAK

OCT 1ST

FEE:

\$250 REGISTRATION FEE FOR FULL 6 WEEK PROGRAM (12HRS OF THERAPY!)

APPLICABLE FOR COVERAGE THROUGH BENEFITS

REDUCED FEE AVAILABLE (MESSAGE ME AND WE CAN FIGURE SOMETHING OUT!)



RUN BY REGISTERED PROVISIONAL

PSYCHOLOGIST

AND FELLOW NEW MOM- KAITLYN

BUECHLER

780-710-5407

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).

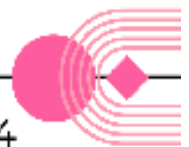
Who Can Access?

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/>



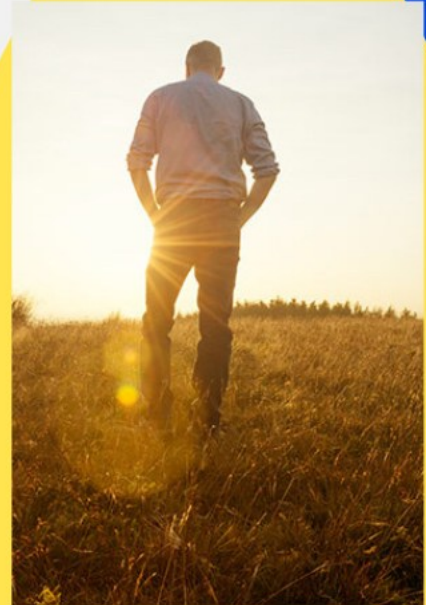
LAC BELLEVUE RECREATION & AG SOCIETY
PRESENTS

EMPOWERING MINDS

**Mental health challenges are real—and so is the
power of a caring community.**

Join neighbors, leaders, and everyday heroes for
an evening of connection, compassion, and
practical tools. Hear a powerful keynote, enjoy a
free community supper, and leave empowered to
spot the signs of struggle and offer meaningful
support.

***Because sometimes, the difference between
despair and hope... is you.***



GUEST SPEAKER
AWARD WINNING
MENTAL HEALTH ADVOCATE
IAN HILL



SCAN TO REGISTER



October 25th
Doors open at 5PM
Supper at 6:30PM

Lac Bellevue Hall
(9132 TWP RD 562)
Corner of TWP562 & HWY 881

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



Important Updates:

Canadian Adult Education Credential

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



*CHANGING
LIVES THROUGH
ADULT
FOUNDATIONAL
LEARNING IN
CONNECTED
COMMUNITIES*





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



RURAL RESPONSE TO SEXUAL ABUSE TRAINING



*Supporting Survivors,
Each and Every Day.*

<https://bit.ly/Dragonfly-RRSA>
Register & attend



*Full-day, in-person training on responding to sexual violence in rural areas
Tuesday, September 23, 2025 from 9:00 AM – 5 PM MST
Location: Waniskah Room, Portage College Lac La Biche Campus*

WORKERS' RESOURCE CENTRE



<https://bit.ly/PLE-WRC>
Register & attend

*Learn how the Workers' Resource Centre supports
Albertans facing job loss, wage issues, and
workplace problems—free help is available.*

PARTNERS IN PROVIDING PUBLIC LEGAL EDUCATION:

18 September 2025 | Virtual Session



**PORTAGE
COLLEGE**

**Alberta LAW
FOUNDATION**



<https://bit.ly/PLE-AAAlert>
Register & attend

PLE Connections:
Monday, September 29, 2025
1:30 PM – 2:30 PM (MST)
Online (Virtual Event)



ABORIGINAL ALERT
CANADA'S INDIGENOUS AWARENESS NETWORK

*Learn how Aboriginal Alert, a national
Indigenous awareness network, works to
share alerts, support families, and connect
communities to resources.*



Managing Your Money

Resources and Support to Help with Your Financial Journey

- **Financial Workshops:** Discover free, interactive, scheduled online financial workshops that cover a variety of topics such as credit, food and finance, creating a spending plan, and saving on expenses.
- **Learning Hub:** Access loads of short, 5 minute lessons on how to budget, save money, improve your credit, understand your credit report, plus a whole lot more.
- **Budgeting Resources:** Learn practical, simple steps to build a budget that works. This includes access to a variety of helpful online resources including a budget calculator and online workshops.



<https://nomoredebts.org/partner/PCPLEP>

Referral Code: PCPLEP

PARTNERS IN PROVIDING PUBLIC LEGAL EDUCATION:



**PORTAGE
COLLEGE**

**Alberta LAW
FOUNDATION**

**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

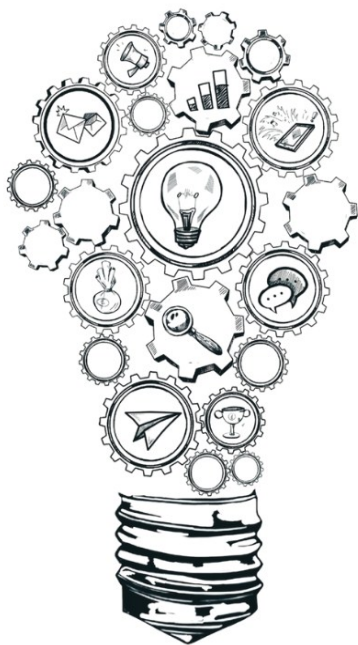


1:30 pm



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

September 2025 Calendar	
September 3, 2025	Goal Setting
September 10, 2025	Overcoming Barriers
September 17, 2025	Internet Safety
September 24, 2025	Stretching Your Food Dollars

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.



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

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 thalyots'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)



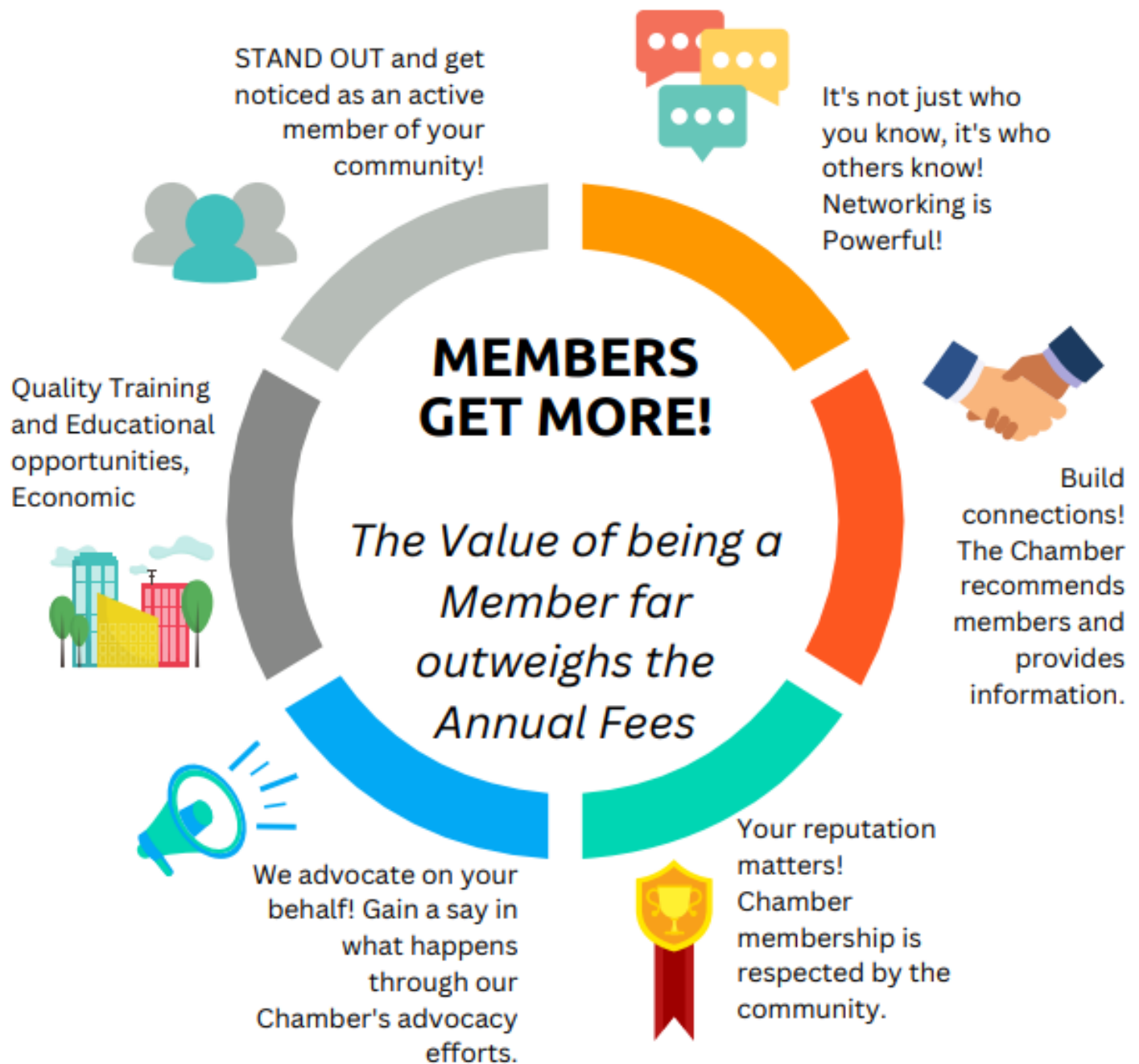
We are supported by **Emergency Medical Services**



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

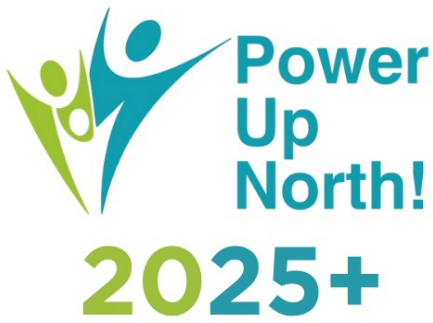
The Town of St. Paul respectfully acknowledges it is situated within Treaty Six Territory, the homeland of the Metis, Dene, Saulteaux and Cree people, and part of a trading route and gathering place for other Indigenous Nations.

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



ENTREPRENEURSHIP: WOW! WHAT A JOURNEY

The Entrepreneurs Conference:
Created for Small-Medium Rural Businesses

Learn about:

- Strategic Planning
- Entrepreneurship
- Employee Relations
- Employee Retention Plan



- Leadership
- Change Management
- Alberta's Current Economy

- Workplace Culture
- Agritourism
- Customer/ Client Relations
- Immigration for Employers



**October 7th (5:30pm- 8:30pm) and
October 8th (7:30am - 7:00pm)
Portage College - St. Paul**

REGISTER NOW



To register and for more information, visit our website:

www.powerupnorth.com

**Community
Futures** 
Northeast
Alberta
Partnership



RELATIONSHIPS: KEEPING GREAT PEOPLE ON YOUR TEAM

SEPTEMBER 24, 2025
WEDNESDAY
1:30 PM - 2:30 PM



MICHELLE WRIGHT
ENTREPRENEUR/ COMMUNITY VOLUNTEER



JOIN THIS WEBINAR TO HEAR REAL
LIFE SUGGESTIONS ON HOW TO
CREATE AND MANAGE A POSITIVE
ENVIRONMENT SO THAT YOUR
BUSINESS OR ORGANIZATION IS THE
PLACE THAT PEOPLE WANT TO BE.



Scan the QR code to register

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

ADULT BOARDGAME NIGHT

18+

FRIDAY SEPT. 5
FRIDAY SEPT. 19

LIBRARY AFTER DARK

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

LAST WEDNESDAY OF THE MONTH BOOK CLUB

6:30pm at the St Paul Library

Want to join, or need more information?
E-mail Programs@stpaullibrary.ab.ca



Family Story-time At the Library

Fridays at 10:30am

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

*Registration required for kids participating in the craft.

This months Theme:
Fun on the farm

September 5th

September 12th

September 19th

September 26th



Bi Lingual 
with Franco Accueil



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

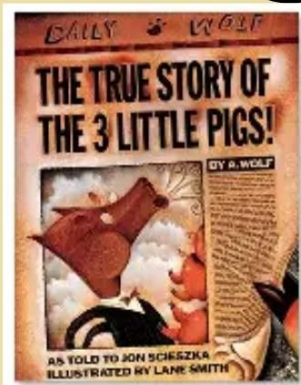
FRIDAY FABLES

AT THE LIBRARY

SEPTEMBER 19TH

AGES
6 TO 10

1:00
PM



Kids ages 6 to 10 will enjoy a fun themed story and a craft or an activity at the St. Paul Municipal Library

Registration Required / Limited Space



TO REGISTER GO TO OUR WEBSITE'S REGISTRATION PAGE AT
WWW.STPAULLIBRARY.AB.CA/PROGRAMS
OR CONTACT US BY EMAIL AT PROGRAMS@STPAULLIBRARY.AB.CA

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



TEEN MARKET TRAINING AT THE ST PAUL MUNICIPAL LIBRARY

Young entrepreneurs aged 12 to 18 are invited to join two learning sessions designed to grow their budding businesses. Upon completing the sessions, participants will showcase their ventures at our vibrant Teen Market on November 15th! Registration is required through the St Paul Municipal Library website.

.....

Thursday October 23rd 4:00 to 5:00 pm
INTRODUCTION TO ENTREPRENEURSHIP

- What are you selling
- How to market it



Thursday October 30th 4:00 to 5:00pm
SELLING YOUR PRODUCT

- Budgeting
- Product pricing
- Making a profit

Thursday November 13th 4:00 to 5:00pm
QUESTIONS AND PREP

- Finish up things for the market
- Use the library services to help you
- Finalize any details



To Register Scan me



November 15th 2:00pm to 4:30pm
TEEN MARKET

- Set up your table
- Sell your stuff
- Promote your Business

If you are not able to make the session but still want a table at the teen market, you can still register for a table.



www.stpaullibrary.ab.ca
4802 53 St, St Paul AB T0A 3A4
(780) 645-4904
programs@stpaullibrary.ab.ca





ACCESSIBLE ACTIVITY

PROGRAM FOR ADULTS WITH DISABILITIES

at the St. Paul Municipal Library

Thursday September 18th

Session 1: 1:00 to 1:40pm

Session 2: 1:45 to 2:30pm



MAKE YOUR
OWN
STRESS
BALL

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

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



FAMILY DAY HOME STORYTIME

AT THE ST. PAUL LIBRARY

SEPTEMBER 16
10:30AM

OCTOBER 21
10:30AM

NOVEMBER 16
10:30AM

DECEMBER 16
10:30AM

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

Activity geared for
kids under 3 years



REGISTRATION REQUIRED



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

Aventures dans les livres d'histoires

Storybook Adventures

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

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



Apprendre par le jeu

Ou / Where?

Centre Communautaire – l'ACFA

4617 50 Avenue

Quand / When?

Le 18 septembre / September

De / From: 9h30 à 11h30

Venez explorer et jouer avec vos enfants pendant la matinée!

Aucune inscription exigée. .

Come explore and play with your kids for the morning.

No registration needed.



Groupe de jeux

*Ecole du Sommet
4609 40 street
9h30 à 11h30*

Le 10 septembre/September

Découvrir le Centre de ressource
Discover the Resource center

Le 17 septembre/September

Petits Chefs



Lire et rire!

Un programme interactif pour
parents et enfants de 3 à 4 ans.

Animation de livres avec activités créatives
pour explorer des concepts de chaque histoire

Collation et service de garde inclus.

Programme de 4 semaines

9h15 -10h15

Limite de 6 enfants.

Les lundis à la bibliothèque municipale
Le 6,20,27 octobre et 3 novembre 2025

Pour s'inscrire;

Facebook Messenger ou Instagram : Franco-accueil SPEF

Pauline à Franco-accueil, 780-645-5050



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



Hosted by Kairos Prairies North

Sponsored by the United Church
Justice and Reconciliation Fund



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)



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**



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

INTRODUCTION TO POTTERY FOR TEENS



WEDNESDAYS AFTER SCHOOL

6 Week Introduction to
Pottery for Teens *Ages 12-17*

This 6 week Fall course runs on
Wednesdays from 5:30 pm - 8:30 pm

You will learn basic hand-building &
wheel throwing with a focus on simple
forms, trimming, making & attaching
handles, waxing and glazing.

WEDNESDAY CLASS DATES FOR SEPT & OCT 2025:

September 3, 10, 17, 24 & October 1 & 15. No class on October 8th. October 15th is glazing/final class. Your instructors are Rosanne & Brock. Course cost is **\$200** per teen and includes all materials and use of tools. Limit of **8** students. Please make sure to leave your name and number and Rosanne will return your call. Your position is not guaranteed until full payment has been made. We accept credit card, debit, cash, cheque or e-transfer to spvac@telus.net (payment installments can be arranged). Students must be able to attend all classes as one class builds onto the next and clay projects are time sensitive with drying, trimming and firing. No long nails, loose sleeves or jewellery, and long hair will need to be tied up. **To register please text or call instructor Rosanne at 1-250-702-0794 and leave a detailed message.**

The St. Paul Visual Arts Centre is
located at 4613 53 south of the pool.

Visit us at www.spvac.com or on
Facebook [@StPaulVisualArts](https://www.facebook.com/StPaulVisualArts)



NEEDLE FELTING WORKSHOP

Pumpkins & Veggies



with **Barb Maile**
for **Adults & Teens 16+**
SATURDAY
September 13, 2025

Time: 9:00 am - 1:00 pm **Cost:** \$87 and includes all supplies!

In this **BEGINNER** class you will create vegetable characters using needle felting techniques. Learn to handle unspun wool and a felting needle to secure the fibres and shape your vegetables. Students will create 2 projects – a simple pumpkin and a second vegetable of choice with a face. Learn to blend colors, and shape and create faces just using a felting needle on the vegetable project.

Embellishments such as other fibres can be added during felting. All materials for this class are included. Students may want to bring a notebook to jot things down or draw templates for facial components. **After you've registered with Barb*** the Centre will accept cheque, cash, credit card, or e-transfers to spvac@telus.net Please include the class date and name in the e-transfer memo.

Contact **Barb** at **780-646-3346** to register

The **St. Paul Visual Arts Centre** is located just south of the swimming pool at **4613-53 Street**

Visit us www.spvac.com or on Facebook [@StPaulVisualArtsCentre](https://www.facebook.com/StPaulVisualArtsCentre)



ATELIER by Herman Poulin

“The Bison Trail”

Animal Sculpture Workshop

for Adults & Teens 14+



Thursday, Sept. 18 & Friday, Sept. 19, 2025

Level: Beginner Time: 6:00 - 9:00 pm Cost: \$70

During this **2 NIGHT Workshop**, renowned sculptor Herman Poulin will guide you through the process of creating the basic, simplified form of the bison with an emphasis on: **motion composition and contour, sculptural balance in relation to its base, sculptural strength, master cuts.** You will be introduced to: **foil/clay & paint medium, finishes and coloured patina effects, presentation and authenticity, Q & A talk on metal electroforming of above sculpture.** **All materials are supplied!** The Centre accepts various forms of payment including e-transfers to spvac@telus.net and cash, cheque or credit card *once you have registered*. Please include your name and class date in the e-transfer note.

Register by contacting Renee at : 780-614-7821

The St. Paul Visual Arts Centre is located just south of the swimming pool at 4613-53 Street

Visit us www.spvac.com or on

Facebook @StPaulVisualArtsCentre



WATERCOLOUR TECHNIQUES CLASS!

with Janine Huber

for Adults & Teens 16+



Saturday, September 27, 2025

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

This class is for beginners and anyone wanting to refresh their skills. You will practice a variety of **wet-on-wet techniques**, then apply your learning to create a small painting of your choice (templates provided). The Centre accepts various forms of payment including cash, cheque, credit card, and e-transfers to **spvac@telus.net** once you have registered with Janine*. Please include the date and class in the e-transfer memo.

Register by contacting Janine at:

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

The St. Paul Visual Arts Centre is located just south of the swimming pool at 4613-53 Street

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



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



St. Paul District Arts Foundation

4822 50th Ave St. Paul



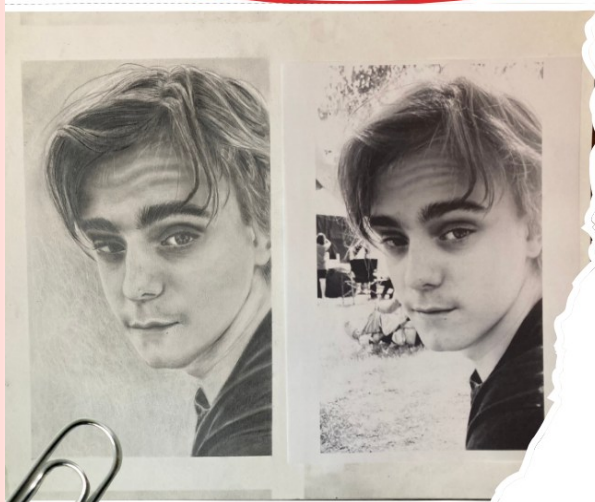
TAUGHT BY DANA SMYL

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



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



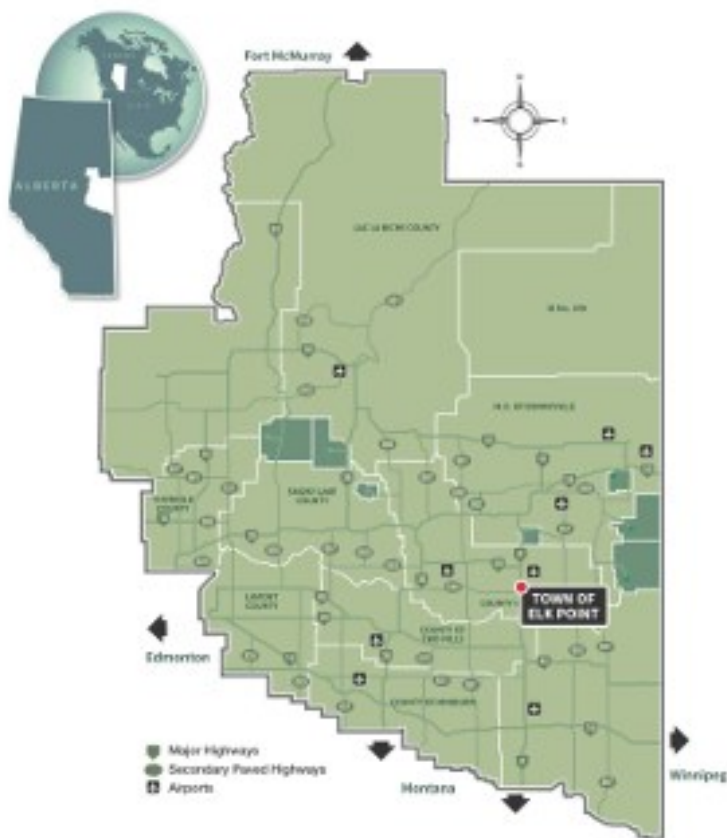
Living in The Town of Elk Point



ABOUT THE TOWN OF ELK POINT

The Town of Elk Point is located in the center of the Northeast Alberta region amidst the beauty of the North Saskatchewan riverbanks, lakes and rolling hills. Elk Point provides ample career, business, and investment opportunities in the prolific oil and gas industry, as well as the agriculture, manufacturing, and tourism sectors.

Elk Point is an ideal place to work and live as it offers excellent housing, education, healthcare, recreational opportunities and social connections in a rural setting. You will discover the rich history of the area from Fort George Buckingham House Interpretive Centre to the historical 100 foot mural. Come see why Elk Point is "The Right Place To Be."



The Town of Elk Point is a member of the Northeast Alberta Information HUB, which is the regional economic development alliance of Northeast Alberta.





Living in The Town of Elk Point



Healthcare

The Elk Point Healthcare Centre is a fully integrated facility with acute care, continuing care and community health services, including a pharmacy, rehabilitation, recreation and x-ray. Additional healthcare services such as medical clinics, dental care, counselling, chiropractic and pharmaceutical services are located within the Town, with accessible regional services provided through Lakeland Primary Care Network. Elk Point is part of the Rural Health Professions Action Plan (RHPAP) ensuring the community maintains accessible health professionals to serve its residents.



Education

Quality education is accessible in the Town of Elk Point through the St. Paul Regional Education School Division (SPERD) #1 at the primary and secondary levels. Additional educational supports exist ranging from daycare and nursery to post secondary availability within the Town and on a regional basis.

- Daycare/Nursery: Jack and Jill Playschool, Play 2 Learn Childcare, Elk Point Parent and Tot Playgroup
- Elk Point Elementary School (K-6)
- FG Miller Junior/Senior High School (7-12)
- Elk Point Outreach School (7-12)
- Portage College (St. Paul, Cold Lake and Lac La Biche campuses)
- University of Northern Saskatchewan (Blue Quills)



Housing

Elk Point offers quality housing options for all ages and incomes from apartments and condominiums to town and detached homes. Whether you are renting, building or purchasing an existing home, we have the properties, local builders and realtors to assist you. Realtors serving the area:

- Elk Point Realty
- Lakeland Realty
- Property Plus Realty
- Options Realty Lakeland

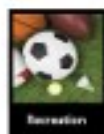


Community Services

Elk Point has a full range of services that include grocery and convenience stores, an award-winning bakery, pharmacy, clothing and variety stores, major hardware, tire and automotive supply outlets, hotels, full-service RV and restaurants.

The Town also features excellent municipal and emergency services with fire, ambulance and police services dispatched through 911.

Residents enjoy social connectivity through numerous support organizations and places of worship, as well as regional Family and Community Support Services (FCSS).



Recreation

The Town of Elk Point offers a variety of recreational and leisure opportunities for people of all ages, including the Elk Point Golf and Country Club (9 holes) and the Agricultural Society Riding Barn and Fair Grounds. Other sports and recreation facilities offered in the community include A.G. Ross Arena, ball diamonds, gymnasiums, soccer pitches, senior recreation facility, tennis courts, a curling rink, community hall and a performing arts theatre, along with clubs and organizations that support and utilize these facilities.

Located near the North Saskatchewan River, with Iron Horse Trail access and with numerous lakes accessible, Elk Point is a hub of recreation for those seeking camping, hiking, hunting and fishing experiences in true natural beauty.

DEMOGRAPHICS

Population	3,643 (2016 Municipal Census)
Families*	413
Aggregate Household Income*	\$53,981,931
Average Household Income*	\$84,475

*Source: 2014 Statistics Canada

Contact Us

Town of Elk Point
Box 448, Elk Point, AB, T0A 1A0
(780) 724-3810 / www.elkpoint.ca

STEP Economic Development Alliance
5105-49 Avenue, St. Paul, AB, T0A 3A4
780-646-2975 / stepeconomicdevelopment.ca

Alberta HUB



www.albertahub.com



ELK POINT ALLIED ARTS *Farmers' Market*

4605 57AVE, ELK POINT AB

EVERY THURSDAY 12PM - 5 PM

- BAKED GOODS
- JAMS & JELLIES
- PRESERVES
- HANDMADE ITEMS
- SEWING
- KNITTING
- QUILTING

- VERTICAL ROOTS
- FRESH PRODUCE
- FROZEN UKRAINIAN FOOD
- CUSTOM WOOD WORK
- CUSTOM PENS
- SUNSET GOURMET
- SOURDOUGH BREAD

- PAMPERED CHEF
- FARM FRESH EGGS
- HANDMADE JEWELRY
- INSPECTED MEAT
- BBQ SEASONINGS
- TUPPERWARE

★ **NEW VENDORS EVERY WEEK**

KITCHEN OPERATED BY:

KLATT RANCH PETTING ZOO

PULLED PORK SANDWICH

COLESLAW

APPLE CRISP



NEW VENDORS WELCOME

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**



Explore

MALLAIG & DISTRICT MUSEUM

TUESDAYS TO THURSDAYS

10 AM - 4 PM

Open on Special Request

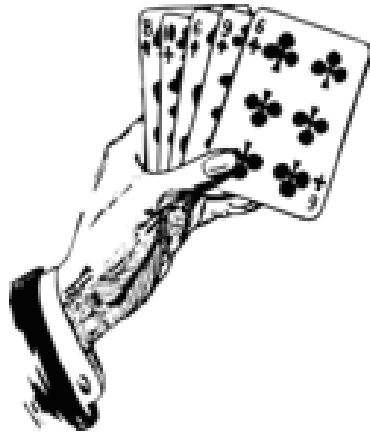
- Contact: Raymond Amyotte 780-635-3804, Georgette Corbiere 780-635-2112, Roberta Dallaire 780-614-4544.
- Summer Curator: Rae 780-210-9355
- mallaigdistrictmuseum.curator@gmail.com

**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**

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



SILENT AUCTION

KIDSPORT FUNDRAISER

**DONATE
YOUR
PRIZE
TODAY**



Proceeds will be in support of KidSport St. Paul



Iron Horse



Ultra 100

VOLUNTEERS NEEDED

We need volunteers before, during and
after Race weekend:

October 3rd to 5th

There's an opportunity for
everyone to be part of the longest
foot race in the Lakeland.



Find out more

www.ironhorseultra.com

info@ironhorseultra.com