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October 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, Nov 4th 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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Connecting families to community.



1ST annual

PUMPKINS IN THE PARK

Join us for Halloween fun at the 1st annual Lenora's No Frills Pumpkins in the Park!

Enjoy a 300-meter pumpkin walk, participate in a pumpkin carving contest, witness the pumpkin drop, and take photos at our booth. Warm up with hot chocolate and end the night with a movie at Elite Theater.

Costumes are encouraged!

Friday
Oct 31

7PM-8PM

AT LEGASSE PARK
-EAST END BY THE WHITE GAZEBO

FREE

DON'T MISS THIS SPOOK-TACULAR HALLOWEEN NIGHT!

Connect for more information or if you're interested in joining the fun as a partner. Call 780-645-5311 or email bbillo@town.stpaul.ab.ca.



TOWN OF
ST. PAUL
A People Kind of Place

fcss
St. Paul Regional
Family and Community
Support Services

Lakeland
FAMILY RESOURCE NETWORK



Engaging men in more authentic conversations.

Behind THE MASK



Behind the Mask -Men's Edition

Join us monthly, as we tap into the idea that many of us wear a figurative "mask" to hide our real feelings. Each month we will engage in different topics or activities that help you navigate your journey and self discovery.

We'll talk about:

Anxiety/Depression
Blended Families
Communication
Disabilities
Divorce
Emotions

Employment/Work Stress
Finance
Healthy Coping Skills
Parenting
Relationships
Substance Abuse

This is a safe, guided space that provides opportunity to break down barriers that we otherwise hide behind.

Find our group
on facebook,
scan the QR.

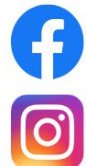


EVERY 3RD
Tuesday
Sept 16
Oct 21
Nov 18
Dec 16
7:30PM

@ FCSS 5002-51 Ave

FOR MORE INFORMATION

Call 780-645-5311



Preparing youth for the roads ahead.

Learners

EDUCATION CLASS

Learners Education Class

Prepare for your Learners written test by mastering the fundamentals with Lakeland Employment Services!

Join us to review:

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

Please note that we provide course materials and study guides, but not the actual test. This is a single group session held over three days. Future class will be held in Ashmont, Elk Point and St Paul.

Mallaig

Oct 14, 15 & 16

3:30-5:30PM

At the Mallaig library.

FREE TO REGISTER

Call 780-645-5311

Class open to youth aged 13-18yrs.



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.

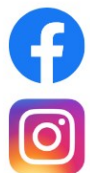
It's amazing what a big difference
a little time can make.

Weekdays
Year Round

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

Call **TODAY** for details.

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



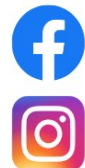
call for **VOLUNTEERS**



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



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

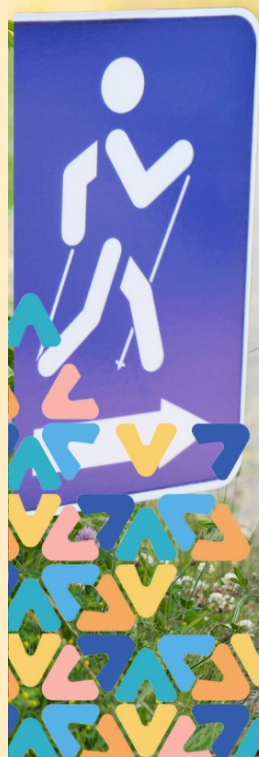
Monday - Friday
780-645-5311



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

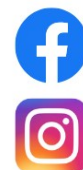
@ FCSS
in Elk Point
4906-48 Street



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

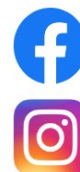
4906A-48 Street

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?

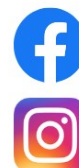
**Let us help
you out...**

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.

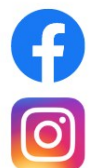
If you are a caregiver for a senior, connect with us, we can help.

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




St. Paul Regional FCSS &
Family Resource Network

st.paul_fcss




31 Days of Trying New Things *this* October

S	M	T	W	T	F	S
28	29	30	1	2	3	4
			Wake up to a new morning song.	Try a new coffee shop or new coffee beans or coffee syrup at home.	Go to a movie theater you haven't been to before.	Cook a Greek dinner recipe like pastitsio or moussaka.
5	6	7	8	9	10	11
Visit a scenic place nearby you haven't been to before.	Read an article from a news site you generally don't read.	Take a new route home after work.	Sign up for a dance class or try a simple dance routine at home.	Work on a new crossword today.	Try a new place for lunch today (or pack a new lunch recipe).	Cook an Italian recipe like saltimbocca or gnocchi.
12	13	14	15	16	17	18
Try a new hobby today (like tennis, embroidery, painting).	Take a photo of something you've just noticed that inspired you.	Pick up a new ingredient at the grocery store.	Write a short poem about fall.	Take a class on an interesting hobby (pottery, calligraphy, tango).	Start a scrapbook.	Try a new Mediterranean recipe.
19	20	21	22	23	24	25
Go on a day trip somewhere you've not been before.	Watch an episode of a TV show from a genre you normally wouldn't.	Go on a scenic walk somewhere new.	Learn a new word today.	Visit a local museum you haven't been to before.	Try a new board game for game night with friends/family.	Try a new sport (fencing, squash, rock climbing).
26	27	28	29	30	31	1
Act like a tourist in your town/city today and explore new places.	Teach yourself a simple DIY skill (like sewing a button).	Work on a simple DIY house project (like creating a gallery wall).	Try a new restaurant for dinner or lunch.	Go for a scenic drive somewhere new.	Wear a new & interesting Halloween costume today.	 Ordinary & Happy

2025 October

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
Grateful and Thankful 		01 No Program	02 Stay & Play 10am-12pm DROP IN	03 No Program
06 No Program	07 Mallaig Tot Time 9:30am-11:30am DROP IN	08 No Program	09 Loose Parts Play 10am-12pm DROP IN	10 No Program
	Run, Jump, Skip 10am - 12pm DROP IN			
13 No Program Thanksgiving What are you thankful for?	14 Mallaig Tot Time 9:30am-11:30am DROP IN	15 Ashmont After School 3:30pm - 5:30pm REGISTER	16 Mom's Matter Fall Paint Night 6:30pm-8pm REGISTER	17 Triple P Tip sheet Bedtime Problems 10am-11am REGISTER
	Traditional Teaching 10am - 11:30am REGISTER			
20 Read & Roll at the Library ages 3-4yrs 10:30am-11:30am REGISTER	21 Mallaig Tot Time 9:30am-11:30am DROP IN	22 Ashmont After School 3:30pm - 5:30pm REGISTER	23 Halloween at Sunnyside Manor 2pm-3pm REGISTER	24 Decorating a Pumpkin 10am-12pm DROP IN
Lego Challenge 3:30pm-5:30pm REGISTER		Dungeons & Dragons ages 12yrs-18yrs 6pm-8pm REGISTER	Run, Jump, Skip 6pm - 7:30pm DROP IN	
27 Read & Roll at the library ages 3-4yrs 10:30am-11:30am REGISTER	28 Mallaig Tot Time 9:30am-11:30am DROP IN	29 Ashmont After School 3:30pm - 5:30pm REGISTER	30 Icky, Sticky, Messy Halloween Edition 10am-12pm DROP IN	31 Lenora's No Frills 1 st Annual Pumpkins in the Dark! 7pm-8pm @ Lagasse Park SEE POSTER FOR DETAILS
Youth Pumpkin Carving 3:30pm-5:30pm REGISTER				

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_fcscs



St. Paul Regional
FCSS & Family
Resource Network

Join us for a
morning of play.

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



AGES 0-6

LFRN St Paul 5002-51 Ave

Develop early
friendships and
build social
confidence.

Stay & Play

Thursday 02
October

10am - 12pm



DROP IN
780-645-5311

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





AGES 0-6

ACFA Gym 4617-50 Ave

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

Run, Jump, Skip

Tuesday 07
October

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

Express creativity
and imagination
skills with
common
everyday items.

Loose Parts Play

Thursday 09
October
10am-12pm



DROP IN
780-645-5311

Lakeland

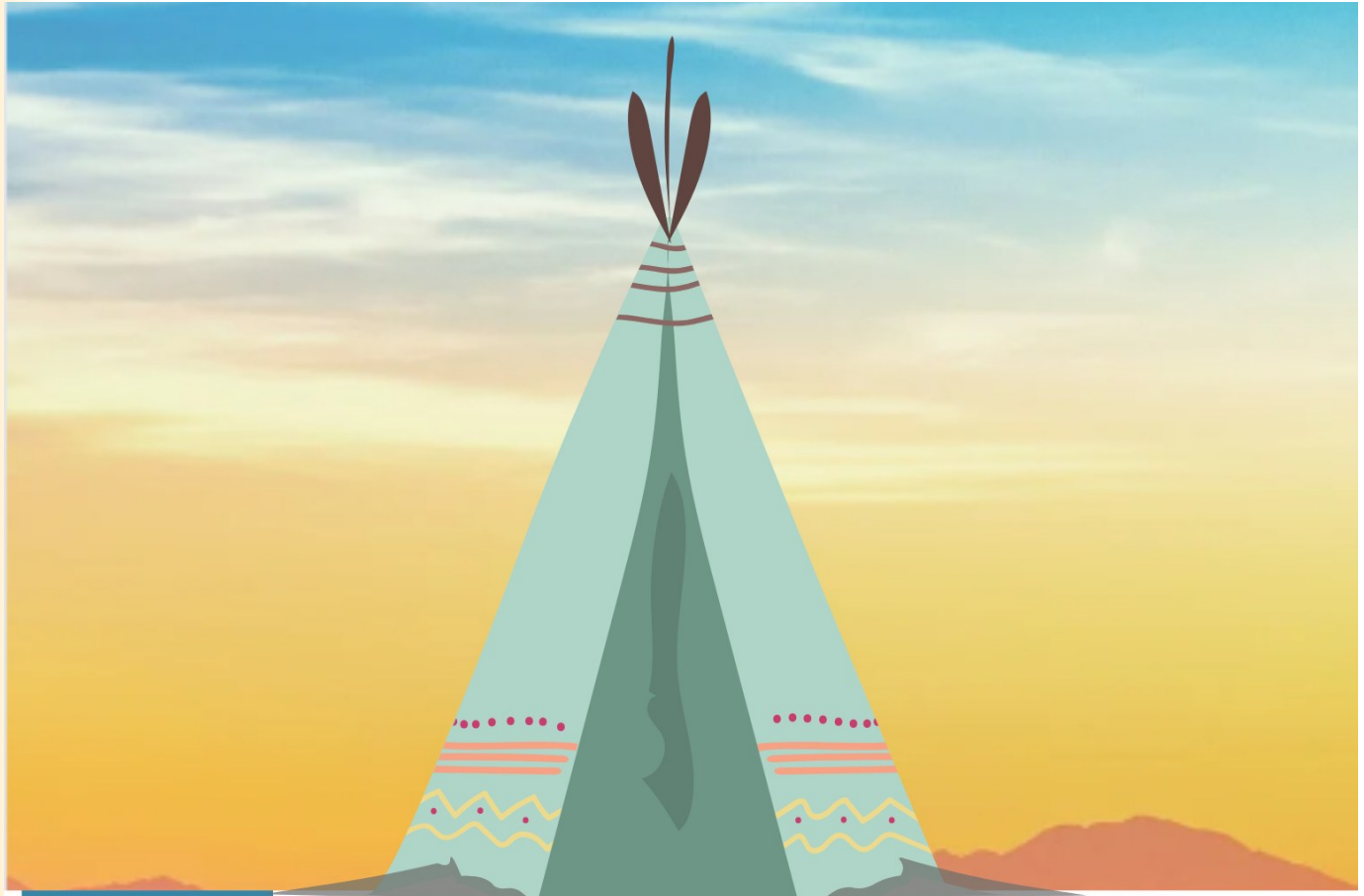
FAMILY RESOURCE NETWORK

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





AGES 0-6

LFRN St Paul 5002-51 Ave

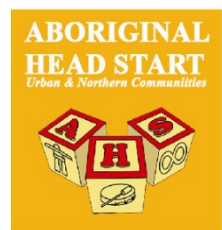
Traditional Teaching

with Jan Tailfeathers

Tuesday October 14

10am-11:30am

CALL TO REGISTER
780-645-5311



UNIVERSITY
nuhelot'ine thaiyots' nistameyimākanak
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.

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



Take a break and let your creativity flow! Join us for an instructor-led fall paint class just for moms.

**No experience needed!
Enjoy a relaxing evening of art, laughter and seasonal vibes!**



CAREGIVERS

LFRN St Paul 5002-51 Ave

For moms or
caregivers of
children 0-18yrs

Moms Matter

Fall Paint Night



Thursday
October **16**

6:30pm-8pm

CALL TO REGISTER

FREE

780-645-5311

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





Triple P Positive Parenting Program

- Triple P 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

Bedtime Problems

Friday 17
October
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



Explore your creativity and build your confidence! Come meet new people and participate in a number of different individual and team challenges.

YOUTH 7+
LFRN St Paul 5002-51 Ave

Encourages
creativity,
communication,
patience and
confidence.

Youth Lego Challenge

Monday
October 20

3:30pm-5:30pm

CALL TO REGISTER

FREE

780-645-5311



Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





**Dungeon Master
in attendance**
Snacks Provided

YOUTH 12-18

LFRN St Paul 5002-51 Ave

Dungeons & Dragons

Wednesday October **22**

6pm-8pm

CALL TO REGISTER

780-645-5311

FREE

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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

Connect with
friends and learn
a new game.





evening

Run, Jump, Skip

Thursday October 23

6pm-7:30pm

DROP IN

780-645-5311



AGES 0-6
ACFA Gym 4617-50 Ave

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

Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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



Join us in creating a
Halloween craft and
visiting with the
Seniors at
Sunnyside Manor.

Come in your costumes!



AGES 0-6

Sunnyside Manor, 4522 47 Ave

Halloween Craft at Sunnyside Manor

Thursday
October **23**
2pm-3pm

CALL TO REGISTER
780-645-5311



Promoting
intergenerational
and community
connection.

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
sensory
development
and helping build
social-emotional
skills.

Decorate a Pumpkin

Friday
October 24

10am-12pm

DROP IN

780-645-5311



Join us for a
morning of fun
with pumpkins

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.





Explore the art of transforming an ordinary pumpkin into a spooky, silly, or spectacular masterpiece.

Perfect for young artists, Halloween lovers, and anyone who enjoys getting a little messy in the name of creativity.

YOUTH 7+

LFRN St Paul 5002-51 Ave

Expressing
creativity,
building
confidence,
encouraging
social interaction
and connection.

Pumpkin Carving

Monday 27
October

3:30pm-5:30pm

CALL TO REGISTER

780-645-5311

FREE

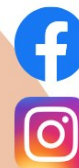
Lakeland

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.





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

AGES 0-6

LFRN St Paul 5002-51 Ave

Icky, Sticky, Messy

Halloween Edition

Thursday 30
October
10am-12pm

DROP IN
780-645-5311



Encouraging sensory development and helping build social-emotional skills.

Lakeland

FAMILY RESOURCE NETWORK

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



Connecting youth in our community.



**Ashmont
Youth Program**

FREE

Join us for fun after school at the
Ashmont Community Library.
Each week we will offer a variety
of games, crafts, activities &
more.

Snacks will be included too!!

**Parent registration/
consent to be completed
prior to start.**

Contact St Paul Regional FCSS
for more information
@ 780-645-5311



ASHMONT

youth

PROGRAM

Wednesdays
Starting October 15
3:30PM-5:30PM

@ the Ashmont Community Library

**TO REGISTER CALL ASHMONT
SCHOOL at 780-726-3777**

AGES 6-12

**15 SPOTS AVAILABLE
FIRST COME, FIRST SERVE**

Lakeland

FAMILY RESOURCE NETWORK





Connecting & learning through play.

Join us with your little ones as we explore educational toys, play with others & learn new experiences through story time, singing & crafts.

Mothers, fathers, grandparents & caregivers are all welcome.



DROP IN

Light snack provided.

For more info call 780-645-5311

Mallaig
Tuesdays

9:30AM–11:30AM

@ Mallaig Seniors Hall



Lakeland

FAMILY RESOURCE NETWORK

Read and Roll

**A Parent/Child interactive
program for 3 and 4 year olds.**

Read books together and then roll with
activities to explore the concepts of
each story. Snack /Childcare Provided

**Mondays - at the Library!
7 week Program**

10:30- 11:30 am / Max 6 kids

Keep the fun going at home
with our take home activities!

To register or for
more information,
call 780-645-5311

SESSION RUNNING

Oct 20, 27,

Nov 03, 10, 17, 24

Dec 01



FREE!













Lakeland

FAMILY RESOURCE NETWORK

2025 October

Elk Point LOCATION

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

MON	TUE	WED	THU	FRI
 <p>HAPPY thanksgiving</p>		01 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	02 	03 Fall Storytime & Craft 10am-12pm DROP IN Baby Bunch 1:30pm-2:30pm DROP IN
06 Thanksgiving Activities 3:30pm - 5:30pm REGISTER 	07 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	08 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	09 Homeschool Hangout 2pm-5:30pm REGISTER 	10 PD Day Youth Program 9am -5:30pm REGISTER
13 CLOSED THANKSGIVING What are you thankful for? 	14 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	15 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	16 Kids have Stress Too! 2pm-3pm REGISTER	17 Fall Rhymes that Bind 10am - 12pm DROP IN
20 Board Games 3:30pm - 5:30pm DROP IN	21 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	22 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	23 	24 Icky, Sticky, Messy Halloween Edition  10am-12pm DROP IN
27 Pumpkin Carving 3:30pm - 5:30pm REGISTER 	28 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	29 Office OPEN 8:30am - 12:30pm 1:30pm - 4:30pm	30 Homeschool Hangout 2pm-5:30pm REGISTER 	31 Halloween Fun 10am - 12pm DROP IN 



Lakeland
FAMILY RESOURCE NETWORK

4906 - 48 St
Elk Point AB T0A 1A0
 Call: 780-724-3800
 Text: 780-614-1941
 Web: stpaulfcss.ca



stpaul_fcsc



St. Paul Regional
FCSS & Family
Resource Network



AGES 0-6

LFRN Elk Point 4906-48 St

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

Storytime & Craft

Friday
October 03

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.



Join us in October for sensory fun

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
October 03

1:30pm

DROP IN

780-724-3800



Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





YOUTH 7+

LFRN Elk Point 4906-48 St

Expressing
creativity,
building
confidence,
encouraging
social interaction
and connection.

Thanksgiving Activity

Monday
October **06**

3:30pm-5:30pm

FREE 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

Home School Hangout

October 9 & 30

2pm - 3:30pm

CALL TO REGISTER

FREE

780-724-3800

Lakeland

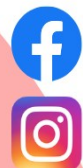
FAMILY RESOURCE NETWORK

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.

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





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
October 10

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.





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

CAREGIVERS

Elk Point LFRN 4906 48 ST

Kids Have Stress Too

Thursday October 16

2pm-3pm

CALL TO REGISTER

780-724-3800

FREE



Lakeland

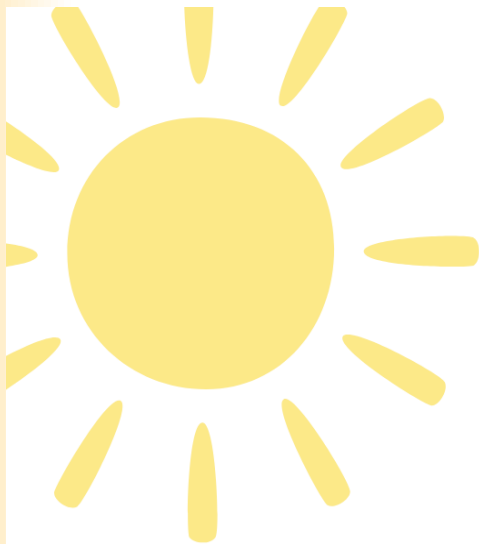
FAMILY RESOURCE NETWORK

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.





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

AGES 0-6

LFRN Elk Point 4906-48 St

Helping
promote
healthy family
relationships.

Rhymes that Bind

Friday 17
October

10am-12pm

DROP IN

780-724-3800



Lakeland

FAMILY RESOURCE NETWORK

Connect with us for more information.

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

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





YOUTH 7+

LFRN Elk Point 4906-48 St

Expressing
creativity,
building
confidence,
encouraging
social interaction
and connection.

Board Games

Monday
October **20**

3:30pm-5:30pm

FREE 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.





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

AGES 0-6

LFRN Elk Point 4906-48 St

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

Icky, Sticky, Messy Halloween Edition

Friday
October 24

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.





Explore the art of transforming an ordinary pumpkin into a spooky, silly, or spectacular masterpiece. Perfect for young artists, Halloween lovers, and anyone who enjoys getting a little messy in the name of creativity.

YOUTH 7+

LFRN Elk Point 4906-48 St

Pumpkin Carving

Monday
October **27**

3:30pm-5:30pm

FREE TO REGISTER
780-724-3800

Expressing
creativity,
building
confidence,
encouraging
social interaction
and connection.

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 for Halloween
fun and activities.
Wear your costume.

AGES 0-6
LFRN Elk Point 4906-48 St

Developing
positive
relationships
between children
and parental
figures.

Halloween Fun

Friday
October 31

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.





COUNCIL ELECTIONS

There are numerous opportunities available with diverse commitment levels. Everyone welcome, come take a look!
—your voice truly matters!



COUNCIL MEETING



OCTOBER
5



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

POWER HOUR

UTILITY PRESENTATION

UNDERSTANDING UTILITY CHOICES FOR SENIORS

October 28 - 12:00 pm

Online

Zoom Platform

Join us to learn about:

- Tips for utilities while moving
- Shopping for utilities
- Understanding utility bills
- Saving money on utilities
- Winter Utilities Reconnection Program

A question-and-answer session will follow the presentation

presented by
utilitiesconsumer
advocate



310-4UCA (4822) | UCAhelps@gov.ab.ca
UCAhelps@gov.ab.ca | UCAhelps.alberta.ca



COUNTY COMMUNICATOR

Our Mission is to Create Desirable Rural Experiences

ADD TO THE COUNTY EVENTS CALENDAR

MUNICIPAL ELECTION

Vote for your Division Councillor and Reeve-at-Large, at the Advanced Polls or on Election Day!

Residents are eligible to vote if they:

- are at least 18 years of age,
- are a Canadian citizen, and
- reside in Alberta and their place of residence is in the County of St. Paul on election day.

Voters must provide Government-issued photo ID or one piece of ID with their full name and address.

Find the candidate list, voting dates, and polling locations on the County website under '2025 Municipal Election'

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

Online Services | Maps | **Events** | Careers



COUNTY OF
ST. PAUL

For Residents ▾

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

Submit an Event

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

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

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

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

DIVISION 1, DARRELL YOUNGHANS
dyounghans@countv.stpaul.ab.ca
780-645-8513

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

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

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

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

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

CHIEF ADMINISTRATIVE OFFICER
jwallsmith@countv.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

October 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

Oct 2 Thurs Evening 5:30-8pm

Oct 15 Wed Afternoon 1:30-4pm

Nutrition

Oct 9 Thurs Evening 5:30-7pm

Oct 22 Wed Afternoon 1:30-3pm

Ongoing Care

Oct 16 Thurs Evening 5:30-8pm

Oct 29 Wed Afternoon 1:30-4pm

Foot Care & Seated Exercise

Oct 23 Thurs Morning 10:30-11:30am

Heart & Stroke Education

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

Overview & Prevention

Oct 9 Thu Afternoon 1:30-4pm

Nutrition

Oct 16 Thu Afternoon 1:30-4pm

Better Choices, Better Health

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

Living with Chronic Pain

Thursday Afternoons 1:00-3:30pm

November 6, 13, 20, 27, December 4 & 11

Living with Chronic Disease

Wednesday Evenings 6-8:30 pm

November 5, 12, 19, 26, December 3 & 10

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 Oct 16 Thu Morning 9:30am-12pm

1.2 Oct 23 Thu Morning 9:30am-12pm

1.3 Oct 30 Thu Morning 9:30am-12pm

Series 2

2.1 Oct 7 Tue Evening 5:30-8pm

2.2 Oct 14 Tue Evening 5:30-8pm

2.3 Oct 21 Tue Evening 5:30-8pm

Series 3

3.1 Oct 1 Wed Afternoon 1:30-4pm

Oct 28 Tue Evening 5:30-8pm

3.2 Oct 8 Wed Afternoon 1:30-4pm

Oct 14 Tue Morning 9:30-12pm

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.

October 27 to December 3

Mondays and Wednesdays

Afternoons 1:00pm - 2:30pm

OR

Evenings 6:00pm - 7:30pm

November 4 to December 16

Tuesdays and Thursdays

Mornings 10-11:30am

Managing Stress

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

Oct 16 & 23 Thu Afternoons 1:30-2:30pm



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.

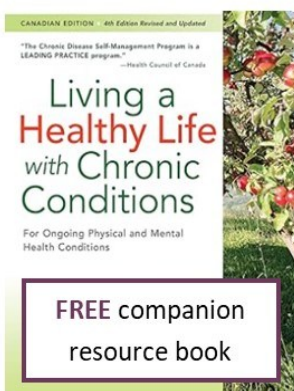
They are not healthcare providers and cannot offer medical advice.

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 August 5, 2025



**Nutrition
Services**

Essential partners
in health



**Primary Care
Alberta**

Alberta Healthy Living
Program



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 August 5, 2025



**Nutrition
Services**

Essential partners
in health



**Primary Care
Alberta**

Alberta Healthy Living
Program

Eating to Improve Blood Pressure



This class is for anyone with high blood pressure 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 August 5, 2025



**Nutrition
Services**

Essential partners
in health



**Primary Care
Alberta**

Alberta Healthy Living
Program



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	September 17	09:00 – 10:30	Zoom	1-866-506-6654 (Lethbridge or rural) 1-866-795-9709 (Brooks, Medicine Hat, and rural area)
	September 26	09:00 – 10:30		
	October 1	13:00 – 14:30		
	October 14	18:00 -19:30		
	October 15	09:00 -10:30		
	October 24	09:00 -10:30		
	November 4	13:00 – 14:30		
	November 12	18:00 -19:30		
	November 28	09:00 -10:30		
	December 2	13:00 – 14:30		
December 17	09:00 -10:30			
Weight Management Series 10-part series, 1 class/ week	July 29 – Oct 7	18:00 – 20:00	Zoom	Hosted by South Zone
	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.



**Primary Care
Alberta**
Alberta Healthy Living
Program

Updated September 8, 2025

Wellness Exchange

Supporting wellbeing through skill-building workshops

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

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

Upcoming Free Workshops

Week 1 – Problem solving

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

Thursday, September 18, 2025 10:30 am – 12:00 pm [Register for September 18](#)

Wednesday, November 5, 2025 6:30 pm – 8:00 pm [Register for November 5](#)

Week 2 – Positive activities

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

Thursday, September 25, 2025 10:30 am – 12:00 pm [Register for September 25](#)

Wednesday, November 12, 2025 6:30 pm – 8:00 pm [Register for November 12](#)

Week 3 – Managing reactions

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

Thursday, October 2, 2025 10:30 am – 12:00 pm [Register for October 2](#)

Wednesday, November 19, 2025 6:30 pm – 8:00 pm [Register for November 19](#)

Week 4 – Helpful thinking

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

Thursday, October 9, 2025 10:30 am – 12:00 pm [Register for October 9](#)

Wednesday, November 26, 2025 6:30 pm – 8:00 pm [Register for November 26](#)

Week 5 – Healthy Connections

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

Thursday, October 16, 2025 10:30 am – 12:00 pm [Register for October 16](#)

Wednesday, December 3, 2025 6:30 pm – 8:00 pm [Register for December 3](#)

*AHS, Recovery Alberta, Acute Care, Assisted Living and Primary care staff can register through MyLearningLink.

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

recoveryalberta.ca



August 2025

Living with Stroke Support Group

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

Discussion topics may include:

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

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

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

FREE!

Pre-registration required

Available for residents of communities in the North Zone



To register and receive the Zoom link visit:

<https://redcap.link/strokesupport>



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



**Alberta Health
Services**

Healthy Albertans.
Healthy Communities.
Together.



Rehabilitation AdviceLine

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

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

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

1-833-379-0563

— 9 a.m. to 5 p.m. Monday to Friday

ahs.ca/RAL



Health Link
Advice 24/7



**Alberta Health
Services**

Healthy Albertans.
Healthy Communities
Together.

Dementia Advice

Available through Health Link



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

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



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



AlbertaQuits Helpline



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

1-866-710-QUIT (7848)

— 8 a.m. to 8 p.m. daily



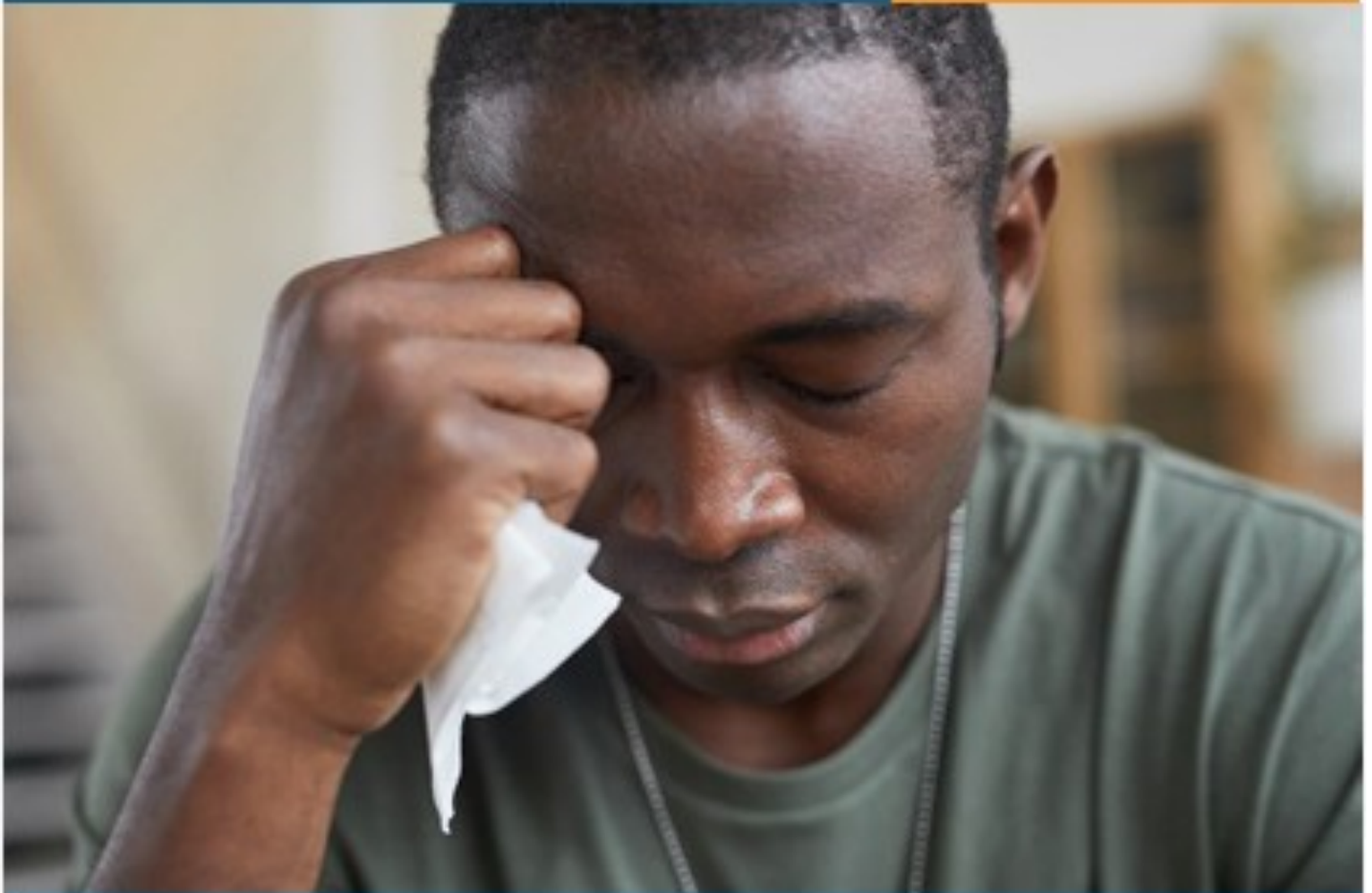
Healthy Albertans.
Healthy Communities
Together.

Addiction and Mental Health Helpline

Available through Health Link



Health Link
Addiction 24/7



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

1-866-332-2322

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



Alberta Health
Services

Seek expert advice 24/7



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

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



Date: March, 2025



Primary Care
Alberta

Do you have chronic pain?

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

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




Primary Care
Alberta



2025-2026 CARE PARTNER SUPPORT GROUPS

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

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

<p style="text-align: center;">ST. PAUL</p> <p>Where: Lakeland Primary Care Network (Boardroom) St. Paul Wellness Centre #101 – 4801 – 39 Street</p> <p>Time: 6:30 – 8:30 pm</p> <p>When: 3rd Wednesday of each month</p> <p>Dates:</p> <p style="padding-left: 40px;">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 style="text-align: center;">ELK POINT</p> <p>Where: Elk Point Healthcare Centre (Board Room) 5310 – 50 Avenue</p> <p>Time: 6:30 – 8:30 pm</p> <p>When: 3rd Tuesday of each month</p> <p>Dates:</p> <p style="padding-left: 40px;">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

October 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.

October Education Sessions

More than Just a Bad Day *Understanding Depression*

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

Monday, October 6
12:00 – 1:00 pm

Parenting Strategies for Positive Mental Health

For parents and caregivers of children in grades K-6

Part 1:
Monday, October 20
12:00 – 1:00 pm

Part 2:
Monday, October 27
12:00 – 1:00 pm

November Education Sessions

Understanding Anxiety Series

For adults supporting their own wellness or supporting the wellness of children and teens

Part 1:
An Introduction
Monday, November 3
12:00 – 1:00 pm

Part 2:
Calming Our Bodies
Monday, November 10
12:00 – 1:00 pm

Part 3:
Settling Our Minds
Monday, November 17
12:00 – 1:00 pm

Part 4:
Overcoming Avoidance
Monday, November 24
12:00 – 1:00 pm

Participant Feedback

"The presenters were professional and friendly. The learning environment felt safe, and I felt confident learning from the presenters. Thank you for providing these valuable education sessions!"



Professional Practice & Education Services
Edmonton

For more information, visit www.cyfcaregivereducation.ca

October Education Sessions

Fall 2025



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

More than Just a Bad Day Understanding Depression

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

Date: Monday, October 6, 2025

Time: 12:00 – 1:00 pm

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

Parenting Strategies that Promote Positive Mental Health

Explore factors that contribute to your child's mental health and wellness and learn how you can be your child's greatest mental health asset.

Part 1: Increasing Wellness Deposits

We will look at what mental health and wellness is and discuss strategies for increasing your child's protective factors that provide a buffer to life's challenges and promote wellness.

Date: Monday, October 20, 2025

Time: 12:00 – 1:00 pm

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

Part 2: Reducing Wellness Withdrawals

We will discuss strategies for reducing mental health 'withdrawals' – the risk factors that increase stress and drain your child's inner resources.

Date: Monday, October 27, 2025

Time: 12:00 – 1:00 pm

For caregivers of children 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.cvfcaredivereducation.ca

Participant Feedback

"I really enjoyed the format, content and delivery of the presentation."

"It was good, and I look forward to more learnings like this."



Professional Practice & Education Services
Edmonton

For more information, visit www.cvfcaredivereducation.ca

November Education Sessions

Fall 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. When topics are presented as a series, participants can attend one or all sessions.

Understanding Anxiety Series

Part 1: An Introduction

This session will distinguish between normal worries and anxiety that is no longer helpful or productive and will help participants to identify signs that they or their child/youth may be experiencing anxiety.

Date: Monday, November 3, 2025

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of children and youth.

Part 2: Calming Our Bodies

In this session, we will review how the body reacts to stress triggers, ways we can start to notice the body's stress responses, and strategies for regulating ourselves, children, and youth.

Date: Monday, November 10, 2025

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of children and youth.

Part 3: Settling Our Minds

In this session, we will look at how anxiety can lead to negative thoughts and thinking traps that can hold us back. Strategies for encouraging more realistic thinking will be discussed.

Date: Monday, November 17, 2025

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of children and youth.

Part 4: Overcoming Avoidance

In this session, we will discuss how avoidance of stressors can increase our stress response over time. We will discuss ways to manage stressful situations in steps and effective coping skills.

Date: Monday, November 24, 2025

Time: 12:00 – 1:00 pm

For adults supporting their own wellness or the wellness of children and youth.

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.cvfcaredivereducation.ca

Participant Feedback

"[The facilitators] were awesome and engaging so well with us...keep up the great work. Thank you."



Professional Practice & Education Services
Edmonton

For more information, visit www.cvfcaredivereducation.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.

OCTOBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
To join by phone, call: 1-855-703-8985 And enter meeting ID: 225-573-6467#		1 9:30am: Short Stories 11am: Program Preview 1pm: Global Events 3pm: Exercise	2 9:30am: Gratitude 11am: Canadian Women in Aviation 1pm: Let's Talk About 3pm: Name That Tune	3 9:30am: Classical Music Hour 11am: Exercise 1pm: Writing For Fun 3pm: Coffee Chat
6 11am: Exercise 1pm: Some Good News 3pm: The Wizard of Oz 4:30pm: Jeopardy	7 9:30am: Ponder This 11am: Imagination Circle 1pm: Inner Beauty Day 1pm: Good Grief 3pm: History of Cowrie Shells	8 9:30am: Coffee Chat 11am: Science Savvy 1pm: Brain Games 1pm: Finding Your Joy 3pm: Exercise	9 No Programs	10 9:30am: Your Favourite Songs 11am: Exercise: Chair Yoga 1pm: In The Headlines 3pm: Gratitude
13 Happy Thanksgiving!	14 9:30am: Nostalgia Moments 11am: Mindfulness with Carol 1pm: All Request Music 1pm: Good Grief 3pm: Readers' Corner	15 9:30am: Trivia 11am: Coffee Chat 1pm: How It's Made 1pm: Finding Your Joy 3pm: Exercise Q&A	16 No Morning Programs 1pm: Literary Reflections 3pm: Centre For Sexuality	17 9:30am: Songs of Your Childhood 11am: Exercise 1pm: Writing For Fun 3pm: Who Why When
20 11am: Exercise 1pm: The Big Picture 3pm: The Wizard of Oz 4:30pm: Name That Tune	21 9:30am: Let's Talk About 11am: Imagination Circle 1pm: Worldviews 1pm: Chronic Pain 3pm: Nutrition for Health	22 9:30am: Vinyl Café 11am: Fandom 1pm: In The Headlines 1pm: Finding Your Joy 3pm: Exercise	23 9:30am: Gratitude 11am: Story Lines 1pm: Judy Garland 3pm: Working Through Grief	24 9:30am: All Female Artists 11am: Exercise 1pm: History of Easter Island 3pm: Coffee Chat
27 11am: Exercise 1pm: Next Stop 3pm: The Wizard of Oz 4:30pm: Dinner Theatre	28 9:30am: Every Voice Matters 11am: Music Meditation 1pm: Finish the Phrase 1pm: Chronic Pain 3pm: Canadian Resources	29 9:30am: Mystery Chronicles 11am: Year Without a Summer 1pm: What If? 1pm: Finding Your Joy 3pm: Exercise	30 9:30am: Gratitude 11am: Animal Spotlight 1pm: Coffee Chat 3pm: Word Games	31 9:30am: Halloween Music Hour 11am: Exercise 1pm: Writing For Fun 3pm: BINGO



All visits are 100% covered by Alberta Health

1.888.342.4822

AIVCC.ca

**3
EASY
STEPS**



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

HOW OUR **VIRTUAL CLINIC WORKS**

1



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

2



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

3



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

**OPEN
7 DAYS
A WEEK**

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

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

Foundations Counselling

Now Accepting New Clients



Located in the heart of Bonnyville, Foundations Counselling is dedicated to providing accessible mental health support to our community. We understand the unique challenges faced by individuals in rural areas and are committed to offering compassionate care tailored to your needs.

If you're ready to take steps toward lasting well-being, we're here to support you. Reach out today to explore how we can help.

Unit 206
5028 50 Ave, Bonnyville
780-201-3830

Info@FoundationsCounsellingServices.ca

www.FoundationsCounsellingServices.ca



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

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



One-Line Talk/Text: 1-866-403-8000
Chat: www.thedragonflycentre.com Izzy Chat



When Love Hurts *Support Group*

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

Have you experienced this in the past?

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

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

DETAILS

Registration required

No cost to participate

Email: dvcc@CapellaCentre.ca

Call/Text: 780-645-9561

Community Support Team

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

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

Our Services Include:

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

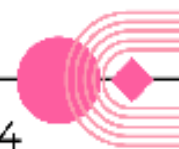
Who Can Access?

Anyone who:

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

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

You do not need to be in crisis to connect.





EXPANDING HOPE

Supporting Young Parents Across Alberta

What is Expanding Hope?

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



Scan Me!

Learn More!

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



expandinghope@terracentre.ca



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





EXPANDING HOPE

Supporting Young Parents Across Alberta

What We Offer:

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



Scan Me!

Learn More!

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



expandinghope@terracentre.ca



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





Disability Support for Communities in Alberta

Hosted by Voice of Albertans with Disabilities



I N C L U S I O N

**Book your free appointment or
presentation to get help with:**

- AISH
- CPPD
- DTC
- CDB
- and OAS

780-488-9088

www.vadsociety.ca

**Applications done over the
phone or in person**



Together, We Hold the Power!

Our Goal

To create safe, supportive spaces where people with disabilities feel seen, respected, and empowered. We aim to break down barriers and build bridges between individuals, communities, and the supports they deserve.



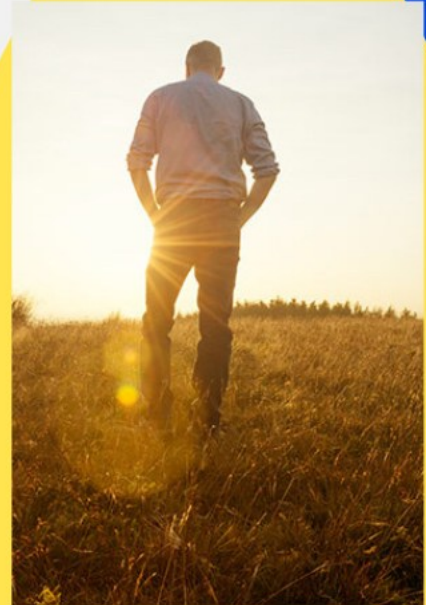
LAC BELLEVUE RECREATION & AG SOCIETY
PRESENTS

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



Istkewwak Healing Together

**Weekly Meetings
Tuesdays-Thursday
5:00-7:00 pm**

**Mannawanis Native Friendship Centre
780-645-4630 for more information
ask for Twila**





Napewak Healing Together

Weekly Meetings on Wednesdays

1:00- 3:00 pm

Mannawanis Native Friendship Centre

780-645-4630 For more information

ask for Twila



You Can Have a Meaningful Impact



Eastern Alberta
Regional Victim
Serving Society

Become a Volunteer Advocate

About Us The Eastern Alberta Regional Victim Serving Society provides a broad range of services under the Victims of Crime and Public Safety Act and Regulation, and in partnership with the Government of Alberta, the Alberta RCMP, community-based victim serving organizations, municipalities, and other local agencies.

Role Description Advocates provide non-judgmental, practical, and emotional assistance. They provide information, support, and referrals to available services for people undergoing loss and tragic circumstances.

Essential Functions Volunteer Advocates provide victims of crime or tragedy with non-judgmental, practical, and emotional assistance through follow-up or immediate crisis intervention at the request of the RCMP and other community agencies. They provide direct crisis intervention and court support while maintaining strict confidentiality. Services are always responsive, trauma-informed, culturally appropriate, inclusive, respectful, and client-centered.

You are at least 18 years of age, a Canadian Citizen, have no criminal convictions, are able to communicate fluently in English, and be willing to regularly volunteer for a minimum 1-year commitment.

Apply Today For a complete Volunteer Advocate job description go to www.earvss.ca/volunteer. We are committed to having an accessible, diverse, inclusive, and barrier-free work environment where everyone can reach their full potential. We encourage all qualified persons to apply by email with their resume and cover letter, describing their experience and motivation for wanting to join the Eastern Alberta Regional Victim Serving Society, to

info@earvss.ca



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

READ MORE ➔



CONTACT US

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



Community Adult Learning Program



Courses offered or supported through CALP:

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



Important Updates:

Canadian Adult Education Credential

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



*CHANGING
LIVES THROUGH
ADULT
FOUNDATIONAL
LEARNING IN
CONNECTED
COMMUNITIES*





Canadian Adult Education Credential* (CAEC) Prep

*The CAEC has replaced the GED
See your local CALP site for more information

English, Math, Science & Social Studies





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.

Canada

Alberta

The Northern Alberta Development Bursary Program

The Northern Alberta Development (NAD) Bursary Program provides return of service bursaries to students who agree to live and work within the program boundary in their field of studies after they graduate.

Students need to apply for a bursary for each year they want to be considered. Students can apply for more than one bursary but can only accept one bursary in an academic year.

The Northern Alberta Development Bursary (NADB)

Students entering a program of studies that is one or two years long or students entering the last two years of their program of studies can access up to \$7,000 per year.

Specialty Bursaries

- Medical or Dentistry Student - \$14,000/year.
 - Funding available for up to 4 years of program.
- Nurse Practitioner Student - \$10,500/year.
 - Funding available for up to 3 years of program.
- Pharmacy Student - \$7,000/year.
 - Funding available for up to 4 years of program.
- Veterinary Student - \$7,000/year.
 - Funding available for up to 4 years of program.



Application Dates: January 2 – April 30.

The First Nations, Métis and Inuit (FNMI) Bursary

Students in a certificate or diploma program can access up to \$7,000 per year for their studies.

Students in a bachelor's, master's or PhD program can access up to \$11,500 per year for any year of their studies.

Application Dates: First intake February 1 to June 1.
Second intake from June 5 to November 15.

Bursary Partnership Program (BPP) Bursary

Students are sponsored by a business, organization, or municipality. The NAD program does not find a sponsor for students.

- The NAD program will match the sponsor's bursary amount up to \$3,500.00 per student per year.
- Higher matching funds are available for:
 - Medical or Dentistry students can access up to \$28,000/year.
 - Nurse Practitioner can access up to \$21,000/year.
 - Pharmacy or Veterinary students can access up to \$14,000/year.

Deadline for sponsors to provide NAD with required documents is November 30.

For more details visit: [Northern Alberta Development Bursary Program | Alberta.ca](https://www.alberta.ca/nad-bursary-program)



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

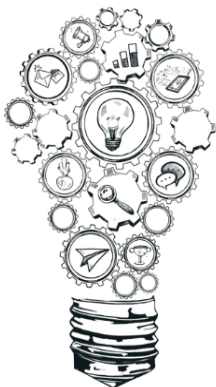
Wednesday Workshops

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

October 2025 Calendar	
October 1, 2025	Basic Computer Skills
October 8, 2025	Email
October 15, 2025	Word
October 22, 2025	Smart Devices
October 29, 2025	Ways to Handle Stress

For more information or to register:

Cold Lake	587-491-2028	cbrant@employabilities.ab.ca
Bonnyville	780-343-0924	rnicholl@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.





Pass the learners
written exam
the first time!

Learner Licence Prep Course

Dates: Oct 14, 15, 16, 2025

Time: 3:30PM-5:30PM

Place: Mallaig School Library

Cost: Free

To Register Contact: FCSS @ 780-645-5311



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

Inclusive Child Care: **FREE TRAINING**

Positive Solutions Training Series



These sessions are **NOT** eligible for Release Time nor Professional Development funding.

1

Making Connections

Oct 1, 2025
7:00 to 8:00 pm

Explore ways to build relationships, provide encouragement & celebrate success.

2

Keeping It Positive

Oct 8, 2025
7:00 to 8:00 pm

Understand how playful interactions & creating fun in everyday moments can be powerful practices. Examine why children do what they do & how to use positive language.

3

Behavior Has Meaning

Oct 15, 2025
7:00 to 8:00 pm

Determine the meaning of behavior and understanding effective ways to develop and teach household and community rules.

4

The Power of Routines

Oct 29, 2025
7:00 to 8:00 pm

Discover the importance of routines and the Routine Based Support Guide while identifying strategies for making transitions successful.

5

teach me what to Do

Nov 5, 2025
7:00 to 9:00 pm

The when & why of teaching key social/emotional & problem-solving skills including feeling vocabulary. Learn calming strategies to cope with big feelings & teach self-regulation skills.

← 2 hour session!

6

Responding with Purpose

Nov 12, 2025
7:00 to 8:00 pm

Learning powerful prevention strategies and ways to respond with purpose to child behavior in home and community settings.

7

Putting it All Together

Nov 19, 2025
7:00 to 9:00 pm

Identify the meaning of behavior by examining what happens before & after the problem behavior. Identify the three parts of a behavior plan: prevention, new skills to teach, & responses.

← 2 hour session!



To register: follow the link in the QR Code to Eventbrite

Registration closes 2 days ahead of each workshop. All workshops are held virtually on Zoom.



winter 2026

COMMUNITY GUIDE



*Scan
& Access*

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



WELCOME TO

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)



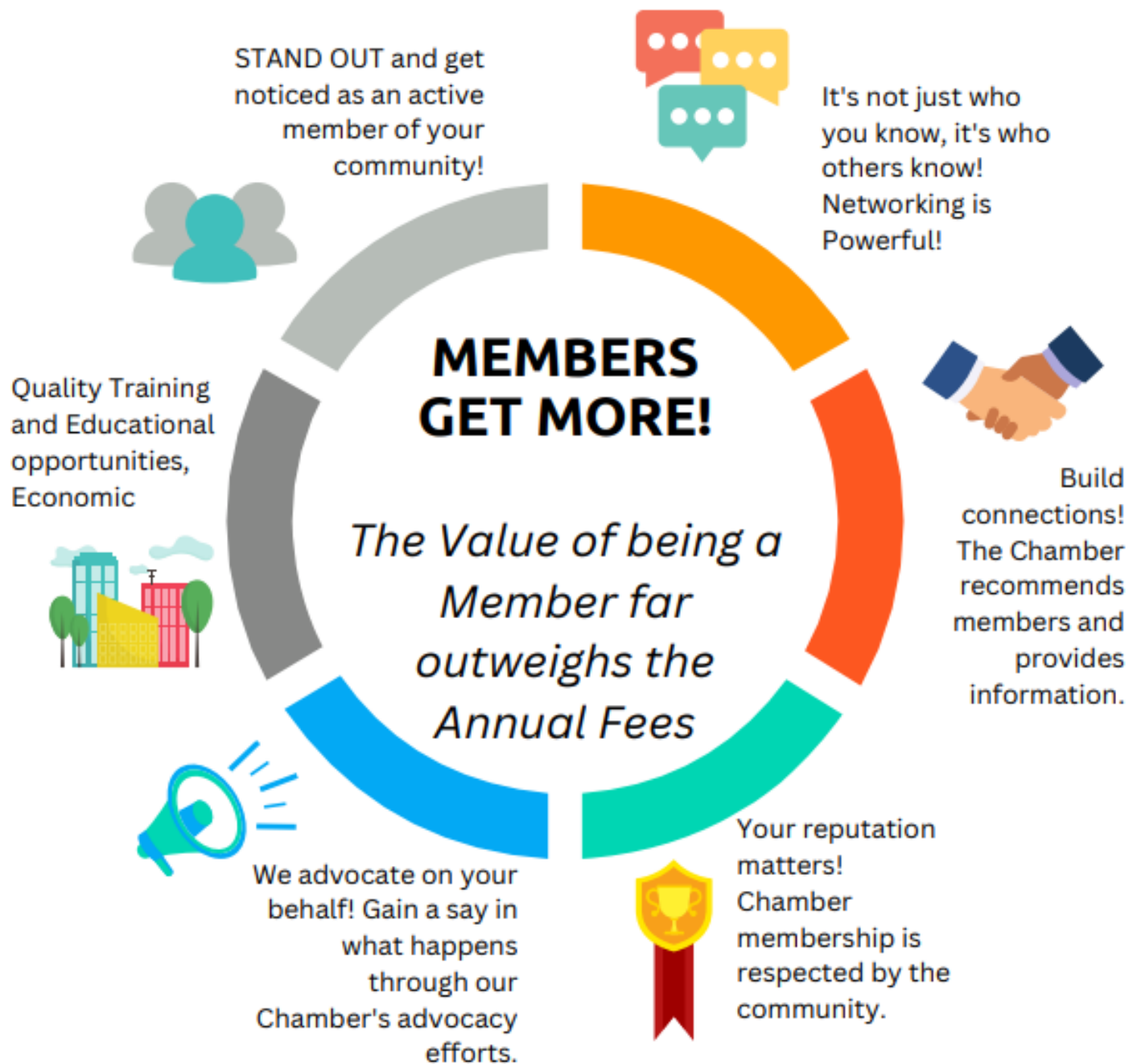
We are supported by **Emergency Medical Services**



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.

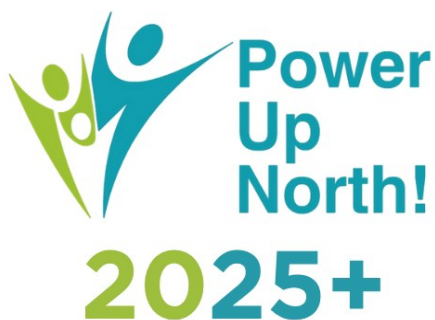
Why Become a Chamber Member



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

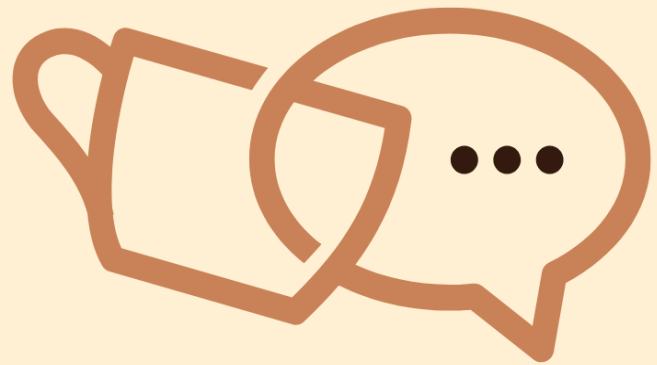
**Community
Futures** 
Northeast
Alberta
Partnership

Community Connection at St. Paul Municipal Library



**WE WANT
TO PROMOTE
YOU!**

**SET UP AT ONE OF OUR
TABLES TO INTERACT
WITH OUR PATRONS,
AND SHARE WHAT YOU
DO FOR OUR
COMMUNITY.**



**FOR MORE INFORMATION PLEASE
CONTACT MONIQUE BY EMAILING
PROGRAMS@STPAULLIBRARY.AB.CA**



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



780-645-4904



www.stpaullibrary.ab.ca

Community Connection at the St. Paul Municipal Library



**Coffee With a
Queer! Come
chat with Pride
St Paul!**

**The Chair of Pride St.
Paul will be present.**

**WEDNESDAY
OCTOBER 8TH
1PM TO 3PM**

- **What is Pride St. Paul and why Pride in your community is so important!**
- **What does it mean to be an ally and how can folks become one!**
- **Any and all questions are welcome, this is a safe place for ALL conversations!**



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

 **780-645-4904**  **www.stpaullibrary.ab.ca**

Guest Story-time

**WITH THE DRAGONFLY
CENTRE**

Thursday 16th 4 to 5pm

A story and conversation to empower and teach children about personal body safety, feelings, safe and unsafe touch, private parts, secrets and surprises, consent, and respectful relationships.



**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**



HALLOWEEN HEAD PAINTING

SATURDAY OCTOBER 25TH 10AM TO 2PM

AT THE ST. PAUL MUNICIPAL LIBRARY

DROP IN. ALL AGES WELCOME.

WWW.STPAULLIBRARY.AB.CA OR
PROGRAMS@STPAULLIBRARY.AB.CA

4802 53 STREET

ST. PAUL, ALBERTA T0A 3A0

PHONE: 780-645-4904





ACCESSIBLE ACTIVITY

PROGRAM FOR ADULTS WITH DISABILITIES

at the St. Paul Municipal Library

Thursday October 16th

Session 1: 1:00 to 1:40pm

Session 2: 1:45 to 2:30pm



PUZZLE
PIECE
PUMPKINS

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 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 month's Theme:
Monsters

October 3rd

October 10th

October 17th

October 24th

October 31st

* bilingual
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

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



Teen Time

Make your own
Bookshelf insert

Thursday October 9th
3:45 to 5:00

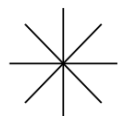


Session 2 of 2

Teens, ages 13 to 18 will
use their creative skills
to complete their
bookshelf insert.



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



FAMILY DAY HOME STORYTIME



AT THE ST. PAUL LIBRARY

SEPTEMBER 16
10:30AM

OCTOBER 21
10:30AM

NOVEMBER 18
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

mini Pop-up **TEEN** **MARKET**

Unique items from young minds



NOVEMBER 15TH



**SATURDAY
NOVEMBER
15TH**



**2:00 pm
to
4:30 pm**



**ST PAUL
MUNICIPAL
LIBRARY**



www.stpaullibrary.ab.ca

 **780-645-4904**

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 16 octobre / October

De / From: 9h30 à 11h30

**Venez explorer et jouer avec vos enfants pendant la matinée!
Aucune inscription exigée. .**

**Come explore and play with your kids for the morning.
No registration needed.**





Groupe de jeux

École du Sommet
4609 40 street
9h30 à 11h30

*Le 1 octobre/October
Automne / Autumn*

*Le 8 octobre/October
Petits Scientifique - Little scientist
&*

*Activité avec Monique Poulin de la Bibliothèque municipale
Spécial activity with Monique Poulin from the Muncial Library*

*Le 15 octobre/October
Visite des pompiers - Sécurité d'incendie*

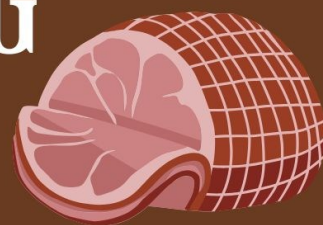
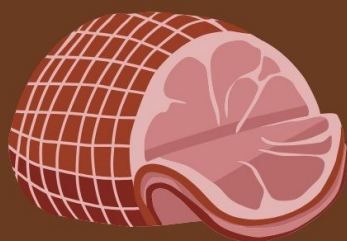
*Le 22 octobre/October
Célébrons Diwali! /Celebrate Diwali!*

*Le 29 octobre/October
Halloween!!*

5 à 7

9 octobre, 2025

ACTION DE GRÂCE THANKSGIVING



Centre Communautaire
4617-50 Ave
Saint-Paul
saint-paul@acfa.ab.ca
780-645-4800



ACFA
Régionale de Saint-Paul



Alberta
Foundation
for the Arts



Canadian
Heritage

Patrimoine
canadien



ACFA

Régionale de Saint-Paul



CAMP DE CONGÉ SCOLAIRE SCHOOL'S OUT DAY CAMP

Age 5 - 12

\$30 par jour / day

Adhésion a l'ACFA requis
ACFA Membership Required

8:30-4:00 pm



October 10 octobre 2025



Registration Form
Forme d'inscription



Centre Communautaire de l'ACFA
4617-50 Ave, St Paul
saint-paul@acfa.ab.ca
<https://saint-paul@acfa.ab.ca>
780-645-4800





ACFA
Régionale de Saint-Paul



Alberta
Foundation
for the Arts



Canadian
Heritage

Patrimoine
canadien

Vous présente à chaque dernier mardi du mois

Café causerie

Entre 10h et 11h à la rotonde de l'ACFA
4617-50 ave, Saint Paul

*Animé par Lise Belliveau /Herman Poulin
Joignez vous à nous avec vos idées,
votre patrimoine et votre bonne humeur!*

Invitation spéciale pour les aînés





Groupe de jeux

École du Sommet
4609 40 street
9h30 à 11h30

*Le 1 octobre/October
Automne / Autumn*

*Le 8 octobre/October
Petits Scientifique - Little scientist
&*

*Activité avec Monique Poulin de la Bibliothèque municipale
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*Le 22 octobre/October
Célébrons Diwali! /Celebrate Diwali!*

*Le 29 octobre/October
Halloween!!*

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



**RURAL ROOTS PRESENTS:
THE CITADEL THEATRE**



**A CHRISTMAS
CAROL**

AT THE CITADEL THEATRE, EDMONTON

DECEMBER 3, 2025

AGES 6+

\$100/PERSON

**BUS TO LEAVE AT 8:30AM, FROM
RURAL ROOTS ACADEMY, ST. PAUL**

SHOW FROM 11:30AM – 2:00PM

Rural Roots Academy Presents

AFTER SCHOOL DROP IN PROGRAM

Send your kids to Rural Roots Academy after school on Mondays. It is a safe, supervised area for students to complete homework, read, craft, etc..

MONDAY

3:15 – 5:30

4703 50th Ave St. Paul.

Located walking distance
from local schools.

\$15/hour

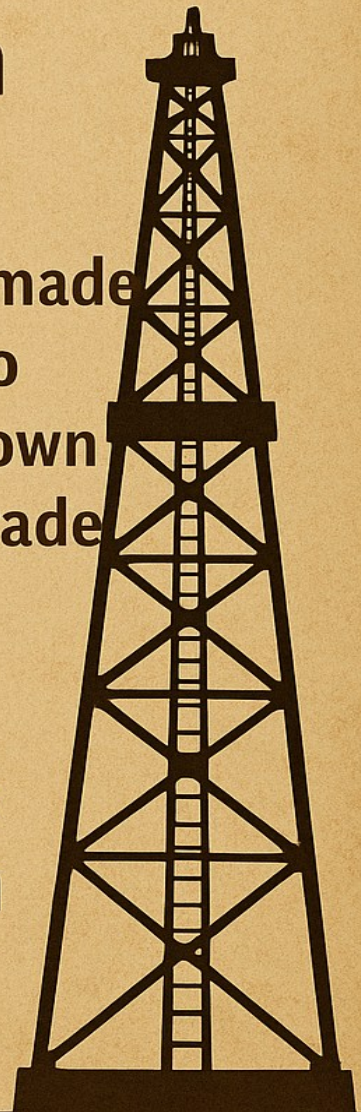
To register: email laura@ruralrootsacademy.com

RURAL ROOTS ACADEMY PRESENTS:
**CANADIAN ENERGY
MUSEUM**

**October 17th, 2025
10:30–3:00pm
\$75**

Students explore the way oil is made and extracted. From drill bits to derricks, this program breaks down the components of the energy trade.

**Age 10+
Bus Leaves
at 7:30 am**



Bus Leaves at 7:30 am

RURAL ROOTS PRESENTS:

ELK ISLAND NATIONAL PARK: BISON BOOTCAMP



OCTOBER 10, 2025

10:00 – 2:00

PERFECT FOR STUDENTS IN GRADE 3-7!

\$75/STUDENT

**BUS LEAVES AT 8:00 FROM
RURAL ROOTS ACADEMY IN ST. PAUL**





Rural Roots Academy Presents:

KINOSOO RIDGE RESORT



Arial Adventure
Park



Giant
Swing



Target Golf



SEPTEMBER 29, 2025
10:00AM - 3:00PM

**BUS PICK UP IN BOTH ST.
PAUL & BONNYVILLE!**

Bus leaves Rural Roots Academy in
St. Paul @ 8 AM, and will pick up at
the C2 Centre in Bonnyville 9 AM.

To book:

[https://ruralroots.simplybook.me/
v2/](https://ruralroots.simplybook.me/v2/) or call 780-614-8985

\$70 per kid

**Open to kids 7+ and
MUST be minimum 125
cm tall. No exceptions.**

**Bring snacks, lunch, water bottle,
and closed toe shoes.**

MUTTART CONSERVATORY



Students will explore how
plants, adapt, survive
and contribute through
hands-on conservation
activities

NOVEMBER 21, 2025
9:30 - 3:00

Ages 7+
\$75/student

Students will
investigate how
Alberta's landscapes
formed over



ROYAL
ALBERTA
MUSEUM



CINDI PLANT

Creators Speak Series


**SATURDAY
OCTOBER 4, 2025**

2:00 - 4:00 pm

\$10/ticket Includes Refreshments

Join us for an afternoon with **Textile Artist** Cindi Plant from Vermilion, AB! She will be displaying various pieces of her vibrant original fibre, batik & quilted works in this Trunk Show. Cindi will share her artistic journey of design, fabrication and problem solving in the creation of each unique piece.

"Inspired by the notion of bringing an idea into a physical, tangible reality, I especially enjoy how an artwork evolves to become itself. I seek to bring that vague, fleeting, conceptual something into a piece with substance; one that can be touched and held." - Cindi Plant

 Call **780-614-7821** for tickets

 **spvac@telus.net** www.spvac.com

 **4613 53 Street, St. Paul, AB**
Just South of the St. Paul Aquatic Centre



 Alberta
Foundation
for the Arts

YOUTH PAINTING CLASS



Cornucopia of Colours!

for Youth Ages 8+
with **Judy Thompson**

SUNDAY, October 5, 2025

Time: 1:00 pm - 4:00 pm Cost: \$25

Join artist and instructor Judy Thompson for this fun Youth Acrylic Painting Class inspired by this image! (11x14 canvas)

Wear old clothes that are ok to get paint on. Participants may bring their own nut-free snack and water bottle.

Pre-Registration and pre-payment are required.

The Centre accepts various forms of payment including e-transfers to spvac@telus.net or cash, cheque, debit or credit card ***once you have registered with Judy***. Please include the **class name & date** in the e-transfer note.

A minimum of 48 hrs notice is required for cancellations.

Contact Judy at 780-547-5578 to register.

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



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



ADULT PAINTING CLASS



The Magic of Fall

Acrylic Painting Class
with **Judy Thompson**
for Ages 18+

Thursday, October 16, 2025

Time: 6:30pm - 9:30pm Cost: \$40

Join artist and instructor Judy Thompson for this fun Fall night out with your friends creating this magical painting inspired by this image! (12x16 canvas) Aprons provided. Pre-Registration and pre-payment are required. The Centre accepts various forms of payment including e-transfers to spvac@telus.net or cash, cheque, debit or credit card ***once you have registered with Judy***. Please include the class name & date in the e-transfer note.

Contact **Judy** at **780-547-5578** to register.
The **St. Paul Visual Arts Centre** is located just south of the swimming pool at **4613-53 Street**



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



WET FELTING WORKSHOP



Pretty Poppies!

with **Barb Maile**
for Adults & Teens 16+

SATURDAY
October 25, 2025

Time: **10:00 am - 4:00 pm** (45 min lunch break)

Cost: **\$81** and Includes All Supplies!

In this full-day **BEGINNER** workshop you will use your creative to make a landscape picture approximately 40 cm x 25 cm (15.75" x 9.84") of poppies using wet felting techniques. Learn to handle unspun merino wool and lay the fibres to create your picture. Then wet felt - a process of using warm soapy water and agitation - to turn your design into a strong and beautiful piece of felted fabric! Sample felted pieces will be available for inspiration and at the end of the workshop, participants will be given ideas for displaying the finished work. Wearing of short sleeves or a fitted shirt is encouraged. The Centre accepts various forms of payment including cheque, cash, credit, debit card, or e-transfer to **spvac@telus.net** **once registered with Barb** Please include the class name & date 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 at **www.spvac.com** or on Facebook **@StPaulVisualArtsCentre**





THE BIG Christmas Craft Sale!

ST. PAUL RECREATION CENTRE
53 ST. & 48 AVE, ST. PAUL
IN THE MAIN HALL

42nd Annual Sale Hosted by
The St. Paul Visual Arts Committee

SAT DEC 6, 2025
10:00 AM - 4:30 PM

FREE ADMISSION!
FOOD BANK DONATIONS WELCOME
HOT LUNCH CONCESSION

Handmade Creations!

CRAFTS, POTTERY, ART, GLASS,
SEWING, JEWELRY, DECOR,
WOODCRAFTS
RESIN &
MORE!



Cornerstone



Alberta
Foundation
for the Arts



Facebook: @StPaulVisualArtsCentre www.spvac.com

Adult Ballet Class

For all six sessions:

\$90.00

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

Every Wednesday

7:30-8:15 PM

Contact us :

mpdowntownartsstudio@outlook.com



4822 50th Ave St. Paul



St. Paul District Arts Foundation

St. Paul District Arts Foundation

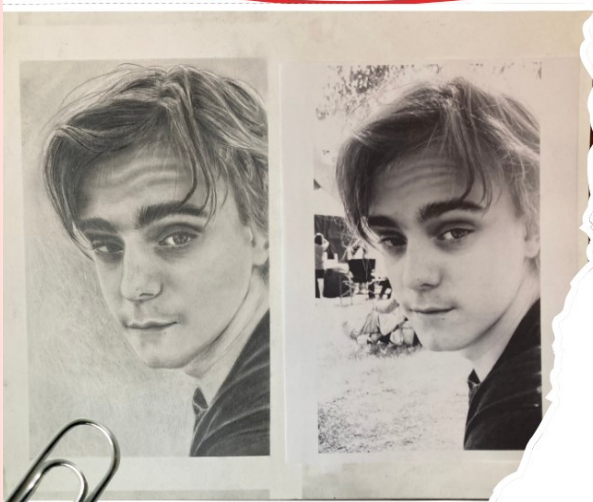
TAUGHT BY DANA SMYL

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



**MUSÉE
ST. PAUL
MUSEUM**

5409 50 AVE

ST. PAUL, AB

Stpaulmuseum.ca

We are now open for our off-season hours: Wednesdays and Thursdays from 10:00 am to 4:00 pm. To visit outside these hours, simply call us at 780-645-5562 and leave a message—we'll contact you to arrange a visit at your convenience.

Visit our gift shop before the holidays to find truly unique gifts you won't find anywhere else! Discover stunning pottery by Margo Lagasse and immerse yourself in the rich history of St. Paul through captivating books and music by celebrated local artists. Our shop also features art prints, original paintings, St. Paul history books, local author books, and CDs by Calvin Volrath and Daniel Gervais—beautiful treasures waiting to be appreciated.

The Willingdon CPR station continues to receive rave reviews, with its wealth of history showcasing how the railway shaped our community. Our Ukrainian display is growing every day! Explore newly acquired artifacts from early settlers, and visit Phase 2 of our exhibit, launched in April, which documents the remarkable contributions Ukrainian descendants have made to life in our communities, throughout Alberta, and across Canada.

ST PAUL

SEARCH AND RESCUE

50/50 Cash Raffle



Win up to
\$10,000*

Draw date:
October 15, 2025



Get Your Tickets Now!

500 for \$100

100 for \$50

10 for \$20

3 for \$10

1 for \$5

*The winner will receive a cash prize of 50% of
ticket sales up to a maximum prize of \$10,000.

For Full Rules go to <https://www.rafflebox.ca/raffles/pse>





ST. PAUL ANIMAL SHELTER

PRESENTS

ARTS AND CRAFTS WITH CATS!

COME ENJOY OUR ANIMAL THEMED PAINT NIGHT

WITH SOME OF OUR RESIDENT CATS!

WHEN: WEDNESDAY, OCTOBER 1

WHERE: ST. PAUL ANIMAL SHELTER

58032 RANGE ROAD 105

TIME: 6PM-8PM

COST: \$25/PERSON (AGE 13+)

SUPPLIES, SNACKS, AND DRINKS PROVIDED!





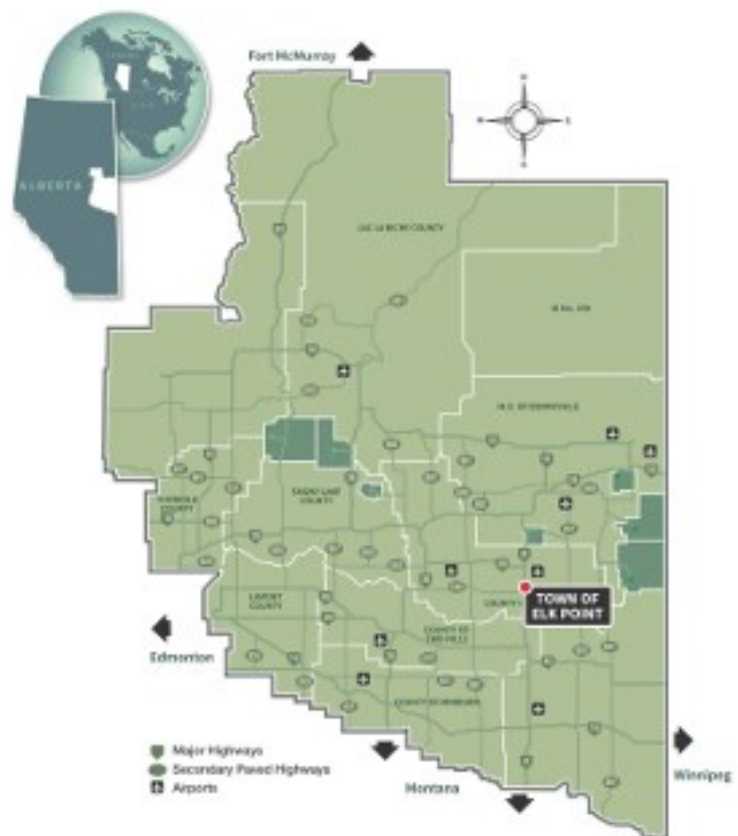
Living in The Town of Elk Point



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 nufelot?ne thalyot? nistameymakanak 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

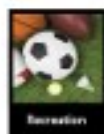


Community Services

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

FRESH GARDEN PRODUCE

HAMBURGER
TATER TOT POUTINE
DESSERT



NEW VENDORS WELCOME

CONTACT PATTY JEFFERY TO BOOK A TABLE: (780) 819 7826



Welcome Back,

AUTUMN

Calendar Photo Contest:

- Submit a Photo you think represents AUTUMN 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 Autumn 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: November 28, 2025

Buckin' Broncs & HONKY TONKS

Powered by Hollow River Transport Inc

- Doors Open..... **5:30 PM**
- Jr Buckers..... **6:30 PM**
- Open Futurity Horse Finals & Wild Horse Race..... **7:00 PM**
- Dance to follow

18+ \$20

12-17 \$10

11 and under free

**Food trucks & beer
gardens on site!**

22 Nov
2025

Elk Point
Ag Society





CANADA DAY LOGO CONTEST

EMAIL YOUR LOGO SUBMISSION FOR
ELK POINT CANADA DAY 2026
T-SHIRT CONTEST
WINNER WILL BE ANNOUNCED
AT EXTRAVAGANZA!!
PLEASE INCLUDE NAME AND CONTACT
INFORMATION WITH SUBMISSION

CONTEST RUNNING FROM
SEPT 1 - NOV 15, 2025

CATEGORY 12 AND UNDER
CATEGORY 13 AND UP

EPCanadaDayCom@gmail.com



**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**



HAM & TURKEY

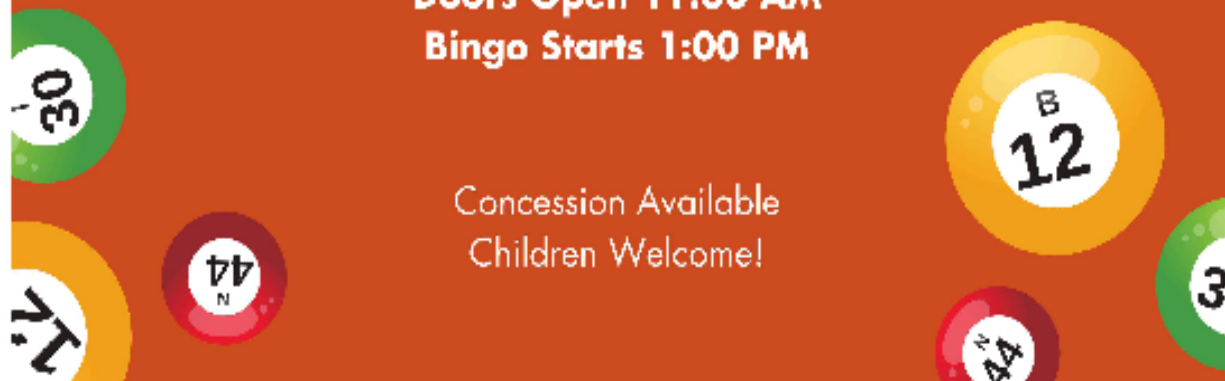


SUNDAY | 5 OCTOBER, 2025

4 Cash Bingos, 4 Meat Draws, 50/50 Games

Location: Ashmont Legion
Doors Open 11:30 AM
Bingo Starts 1:00 PM

Concession Available
Children Welcome!





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

Sunday Nordic Walking

With Lori

**2pm at Westcove
Starting in October**

Join our Sunday Nordic Walking Club for a fun, energizing way to move outdoors.

As a certified personal trainer and fitness instructor, I'll guide you on proper Nordic walking technique, posture, and pole use to help you walk more efficiently, build strength, and improve endurance.

Whether you're new or experienced, I'll provide tips, motivation, and support so you get the most out of every step.

Bring your own walking poles if you have them. Wear bright clothing and bells. Keep the hunters and bears away!





- **2025-2026 Activities**

October

- Nordic Ski Walking on **Westcove Trails**
with **Lori Sachko** Sundays @ 2:00
bring your poles- meet in boat launch parking lot
- Westcove trail prep Sun.Oct.19 @ 1:30
- AGM Tuesday Oct. 28 (6:30-7:30)
In-person/online at St. Paul Library conference room
Check Facebook or website for online link

November/December

- Drop-in membership drive
 - waxing your skis
 - season ski rentals for youth
 - classic x-c ski lesson
- E-mail: lakelandccsc@gmail.com
Website: www.lakelandxcski.com
- Facebook: <https://www.facebook.com/www.lakelandski.ca>