

SEPTEMBER 1, 2025

Bonnyville Interagency

NEWSLETTER



Bonnyville & District FCSS
(780) 826-2120
bdfcss@town.bonnyville.ab.ca

Welcome to Bonnyville 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.



SEPTEMBER 17
NOVEMBER 19

Meetings run from 9:30-11:30am and the location will be sent out a week before. Please bring brochures and posters about your programs/services.

If you have any questions, please email
acabay@town.bonnyville.ab.ca



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DO YOU NEED VOLUNTEERS?

**CALLING ALL NON-PROFITS,
COMMUNITY GROUPS,
AND AGENCIES!**



Our organization is looking to help you promote your volunteer opportunities and connect you with willing volunteers!

For more information please call 780-826-2120

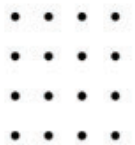
Scan the QR code or click the link in the description to fill out the form to add your volunteer opportunity to our database.





MEALS ON WHEELS PROGRAM

The Meals on Wheels program provides a nutritious meal for those who are unable to prepare meals for themselves. These may be seniors, new moms, individuals with impairment, convalescents, etc. The Meals on Wheels program is available to residents living in the Town of Bonnyville.



Meals are delivered by volunteers and are available Monday to Friday during lunch hour including holidays. The cost for each meal is \$11.60 per day and will be invoiced to the client on a monthly basis.



For more information or to register, please call
(780) 826-2120



FAMILY ROOM

We will open our doors on Wednesday
afternoons from 2:00 to 4:00 PM,
starting May 28th.

The classroom will be arranged to create a
comfortable space for individuals who
prefer a low-sensory environment.



TUESDAY

Sept. 2 Sunflower Craft
 Sept. 9 Leaf Painting
 Sept. 16 Discovering Textures
 Sept. 23 Dress-up Craft
 Sept. 30 Closed

THURSDAY

Sept. 4 Science of Colors
 Sept. 11 School Bus Craft
 Sept. 18 Owl Craft
 Sept. 25 Cutting Spaghetti

**The Family Room is open Monday, Tuesday,
 and Thursday from 10:00am - 12:00pm
 and Wednesday afternoons from 2:00 pm - 4:00 pm**



For more information on
 joining the Family Room
 Please Call 780-826-2120

4714 48 Street / Bag 1006 Bonnyville, AB T9N 2J7 | Email: bdfcss@town.bonnyville.ab.ca

Grandma's House

We are excited to announce the launch of an afternoon session of Grandma's House for children who are not currently enrolled in a preschool program. Sessions will start May 29th.

- To book a spot phone in the morning after 8:30am
- It will be open Thursday afternoons from 1:30 - 3:45
- The fee is \$5 per session
- Punch cards are available for 5 and 10 sessions

We provide a safe environment for your child to develop independence, promote social inclusion, and help to develop healthy relationships



For more information or to register your child call 780-826-2120 (Spaces are limited)





LFRN LAKELAND FAMILY RESOURCE NETWORK



How can LFRN Support You?

Support

We focus on improving family support, well-being, and social connections through family-centered programs, services, and advocacy.

Navigation

Helps families navigate challenges and access the resources necessary for a better quality of life.



Parenting Sessions

Evidence-based positive parenting promotes healthy child development by encouraging nurturing, supportive parent-child relationships through one-on-one or small group sessions.

Lakeland
FAMILY RESOURCE NETWORK



Lakeland Family Resource Network

Parenting Programs



Group Triple P

For parents of children 5-12

- Why do children behave as they do?
- Encouraging good behavior
- Managing misbehavior
- Goals for change



Triple P Teen

For parents of children 12-16

- Developing a positive relationship
- Increasing desirable behavior
- Teaching new skills
- Managing problem behavior
- Deal with risky behavior



Love and Logic

For parents of children 0-17

- Teach responsibility without losing love
- Set limits without waging war
- Avoid power-struggles
- Help kids own and solve their problems
- Put an end to arguing and back talk



TRIPLE P PRIMARY CARE

For parents of children 5-12

- For parents of children who have or are at risk of developing behavior problems
- The emphasis is on the management of a specific child behaviour
- A brief targeted prevention/early intervention for families with specific concerns about their child's behaviour



TRIPLE P FEAR-LESS

- A multi-level intervention for parents of children with anxiety
- The program helps parents understand the causes of anxiety and the role parents play in helping children overcome their anxiety



For parents of children 5-12

- Why children misbehave and how to redirect them.
- Non-violent discipline
- How to build courage and character in your child.
- Opening up the lines of communication with your children.



For parents of children 13-17

- Effective Discipline
- Teach responsibility
- Improve Communication
- How to handle drugs, sexuality, and violence



For Parents of children 0-5

- Ages and stages of development
- Building a strong bond
- Your child's growing brain
- Choices and consequences
- 6 ways to prepare your child for school success

Contact: Hub Coordinator (780) 201-3499
LFRN Programmer (780) 826-2120

Lakeland
FAMILY RESOURCE NETWORK



WIGGLES AND GIGGLES BABY GROUP

**THURSDAY
FROM 1:30-3:00 P.M.**

NOTE: Change in the day,
from Tuesday to **Thursday**

September 04 Rhyme Time
at the Library

September 11 Sensory Bags

September 18 Fun with Music,
Movement and
Making Shakers

September 25 Safe Painting Fun

For caregivers with
babies up to
12 months of age.

**For more information,
please call
780-201-3499**

Parent Child Centre
4714-48 street
Bonnyville, AB T9N 2J7

Lakeland
FAMILY RESOURCE NETWORK

ADHD Coffee Chat

Understanding Behavior in Neurodiverse Children

1. When Is Discipline Appropriate?
2. Impulsive Reactions or Intentional Behavior?
Knowing the Difference



Speaker:
Emma Spenceley

September 11, 2025
6:30 PM

4714-48 Street
Bonnyville, AB
In-person or via Zoom

Register Now:



Register using
the QR Code

Lakeland
FAMILY RESOURCE NETWORK





Virtual Session
via Zoom

Lunch and Learn

BEING BULLIED

August 25, 2025
12:00 - 1:00 p.m.

Please register
using the QR code

Lakeland
FAMILY RESOURCE NETWORK





EMPLOYMENT SERVICES

FOR PEOPLE WITH DISABILITIES AND
BARRIERS TO EMPLOYMENT



WAGE SUBSIDY

Employers, ask us about wage subsidy that may be available to offset the cost of extra training required by some individuals.



EMPLOYMENT SUPPORTS

If you qualify you may receive assistance with obtaining work clothes, boots, and other work-related gear for starting your new job.



EXPOSURE COURSES

Assistance may be provided for short training courses to increase your chances at landing the job.



MOBILE JOB SERVICES

Delivering job search, resume development and printing services for those living rurally in surrounding communities.



OUR FRIENDLY FACILITATORS WORK WITH YOU TO:

Job Seekers

- Understand your strengths and abilities and plan a career path that suits you.
- Support you with your job search including creating a great resume.
- Provide short-term job coaching after you get a job to help you succeed, if needed.

Employers

- Refer qualified people with compatible skill sets.
- Provide on-the-job supports to help with staff retention, if needed.
- Support your efforts to build a more diverse workforce.

SERVICES PROVIDED IN



Bonnyville: 780.201.6005
Cold Lake: 780.594.6244
Lac La Biche: 780.623.1281
St. Paul: 780.614.1944
Vegreville: 780.603.8182



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





Learners Prep Course



★ Email info@thehivelakeland.ca or call
587-201-2528 to register!



October 1-3 , 2025 4pm-7pm
at The Hive by Kickstand
with Employabilities

EMPLOY
Abilities

FREE

MOBILE EMPLOYMENT SERVICES

- Resume building
- Job search help
- Form filling assistance
- Printing services
- Career planning
- Job leads



SEP 16 10am - 2pm

ALICE MELNYK PUBLIC LIBRARY
5009 Diefenbaker Ave. Two Hills, AB

SEP 18 12pm - 3pm

VILNA LIBRARY
5431 50 St, Vilna

SEP 18 9am - 3pm

COLD LAKE FIRST NATIONS
English Bay



EMPLOYAbilities
NORTH



EMPLOYMENT CENTRE



OUR FRIENDLY FACILITATORS WORK WITH YOU TO:

Job Seekers

- Understand your strengths and abilities and plan a career path that suits you.
- Support you with your job search including creating a great resume.
- Provide short training courses to increase your chances at landing the job.
- Access the resources needed for a successful job search such as on-site computers, printer and phone.
- Improve pre-employment skills through weekly workshops, in-person and virtual.

Employers

- Refer qualified people with compatible skill sets.
- Showcase your job postings in the centre and on Facebook.
- Organize and provide hiring events, hiring fairs and job fairs to boost visibility.

Come in today!
5110A 54 Ave.
Bonnyville
780-343-0924



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



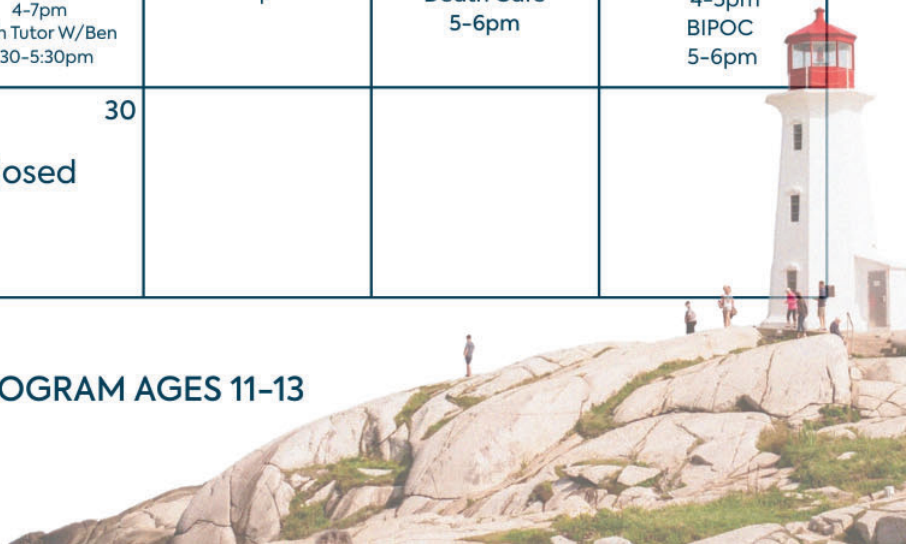
September



Monday Tuesday Wednesday Thursday Friday

1 Closed	2 Indigenous Wellness: Orange Shirt Beading 4-7pm Math Tutor W/Ben 3:30-5:30pm	3 Meal Night: Spaghetti/ Mocktails 4-7pm	4 Board Games 4-7pm	5 Feel Good Friday: Spill the Tea 4-5pm
8 Youth Advisory 3:30-4:15pm Walk in Clinic 5-7pm	9 Indigenous Wellness: Orange Shirt Beading 4-7pm Math Tutor W/Ben 3:30-5:30pm Improv Workshop w/Jamie 4-6pm	10 Meal Night: Boston Pizza 4-7pm World Suicide Prevention Day Booth	11 Board Games 4-7pm	12 Feel Good Friday : Movie Night 4-7pm
15 Crafternoon: Silicone Keychain 4-7pm	16 Indigenous Wellness: Dreamcatchers 4-7pm Math Tutor W/Ben 3:30-5:30pm	17 Meal Night: Grilled Cheese 4-6pm	18 Board Games 4-7pm Library Mobile Book Cart 3:30-4:30pm	19 Feel Good Friday: Spill the Tea 5-6pm Portage College: Public Legal Education 4-5pm
22 Creative Collective 5-6pm Walk in Clinic 5-7pm	23 Indigenous Wellness: 7 Sacred Teachings with Debra John 4-7pm Math Tutor W/Ben 3:30-5:30pm	24 Meal Night: Chili and Bannock 4-7pm	25 Board Games 4-7pm Death Cafe 5-6pm	26 Feel Good Friday: Fitness 4-5pm BIPOC 5-6pm
*Tween Quest: 29 Mind and Movement Challenge 8:30-3:30pm Crafternoon: Molding Clay Magnets 4-7pm	30 Closed			

*PRE-REGISTERED PROGRAM AGES 11-13





B.I.P.O.C

(Black Indigenous People Of Color)

GROUP

Friday September 26, 2025

5-6pm

@ The Hive by Kickstand
Bonnyville

Bring a friend & share
your ideas!



PEER SUPPORT GROUP: SPILL THE TEA



A PEER SUPPORT GROUP IS A SAFE
SPACE WHERE PEOPLE COME
TOGETHER TO SHARE THEIR LIVED
EXPERIENCES, SUPPORT ONE
ANOTHER, AND LEARN THROUGH
MUTUAL UNDERSTANDING

SEPT 5TH AND 19TH
FROM 5-6PM



Creative Collective

WHERE
CREATIVITY
SPARKS
CREATIVITY
Sept 22

5 PM – 7 PM



@ The Hive by
Kickstand Bonnyville

FREE ENTRY

JOIN OUR HOST JAMIE
PRUDEN-BRING WHATEVER
CREATIVE PROJECT YOU
ARE WORKING ON. WE WILL
HAVE SNACKS, DRINKS AND
A GREAT ATMOSPHERE TO
SPARK YOUR CREATIVITY.




IMPROV GROUP



HA-HA- WOW

**NO SCRIPTS. NO
PRESSURE. JUST
LAUGHS, GAMES &
CREATIVITY.
ALL YOUTH
WELCOME!**



**9 SEPTEMBER,
2025 | 4-6PM**



With Host Jamie Pruden

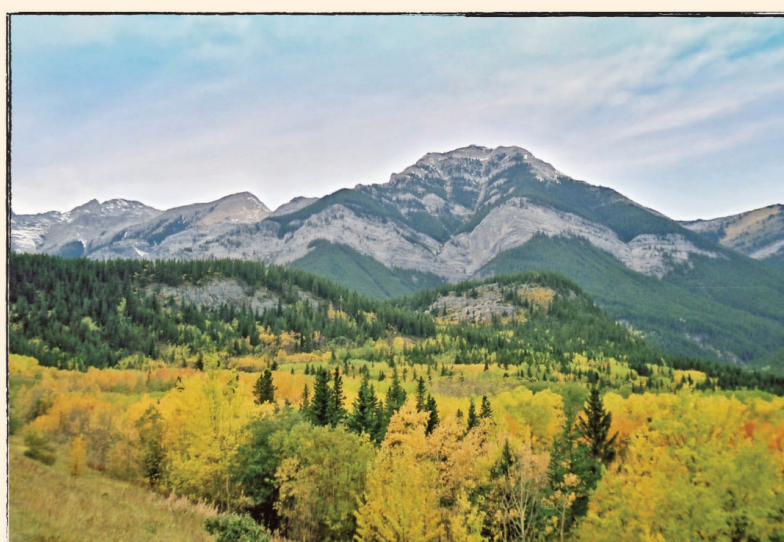


**Fast thinking • Big
laughs • New friends**



INDIGENOUS WELLNESS:

7 SACRED TEACHING WITH DEBRA JOHN



Join us for our Indigenous Wellness program, where special guest Debra John will guide us through the 7 Sacred Teachings.

- Canvas and paint will be provided

September 23, 2025

4-7pm

@ The Hive Kickstand



JOIN OUR YOUTH ADVISORY

LET YOUR VOICE BE HEARD.

First Monday of every month
3:30pm-4:15pm

Pizza Sponsored by:





2025 FASD DAY EVENT
FREE BBQ AND 3rd ANNUAL MOCKTAIL
CHALLENGE
WEDNESDAY SEPTEMBER 17TH, 2025



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

@ The Town Hall Parking Lot
4917 49th Ave, Bonnyville

BBQ 11 am - 1 pm

Mocktail Challenge 12 pm - 1 pm

Want to enter your team?
Call us at 780-594-9905





Mocktail Competition Guidelines

Team Structure:

- Each team must have 2 to 5 members.

Mocktail Requirements:

- Each team is responsible for preparing 4 servings of the same mocktail for the judges.
- Creativity is encouraged! Get inspired with themes, special supplies, or even team costumes!

Supplies & Ingredients:

- Basic ingredients will be available.
- Extra or special ingredients may be provided as needed, but availability is not guaranteed.
- If your mocktail requires special equipment like a blender or extension cords, your team is responsible for bringing your own.

Scan the QR Code below for more information about LCFAID supports and services.





UPCOMING

FASD AWARENESS MONTH EVENTS



Join us for a free BBQ & Mocktail Challenge!

SEPTEMBER

5

SEPTEMBER

WHERE: St. Paul Co-op Home & Argo Centre

WHEN: 11:00 am - 2:00 pm

9

SEPTEMBER

WHERE: Cold Lake LCFASD Office

WHEN: 11:00 am - 1:00 pm

17

SEPTEMBER

WHERE: Bonnyville Town Hall Parking Lot

WHEN: 11:00 am - 1:00 pm

23

SEPTEMBER

WHERE: Lac La Biche LCFASD Office

WHEN: 11:00 am - 1:00 pm



Want to register your group for a Mocktail Challenge? Call us at 780.594.9905!

25

Lakeland Centre for FASD
CELEBRATING 25 YEARS OF EXCELLENCE



DIAGNOSTIC

Diagnostic & Assessment

Mobile multidisciplinary teams provide assessment & diagnosis for children, complex youth and adult clients. Anyone can make a *confidential* referral by contacting the LCFASD main office.

Training & Awareness

Basic to advanced training and education in all aspects of FASD is available for small or large community and professional groups. Training is tailored to meet the specific needs of the audience.



INTERVENTION

Services to individuals with a diagnosis of FASD and their families.

Post-Diagnostic Outreach Services
Transition Planning
Employment Supports
Counselling
Therapy Groups
Support Groups



Summer Camp

LCFASD offers 6 gender and age specific overnight summer camps where children (7-17 yrs) diagnosed with FASD can be themselves, meet others, create friendships and have a positive and enjoyable camp experience.

Activities include:
Arts & Crafts
Outdoor Activities
Swimming
Yoga
Field Trips
Cooking
Cultural Experiences
Drumming
Nature Adventures

PREVENTION

A unique long-term live-in addiction recovery centre, available for women struggling with problematic substance

use. Individual Recovery Plans are created to strengthen each women's physical, mental, spiritual and emotional health.

*Out of province bed available

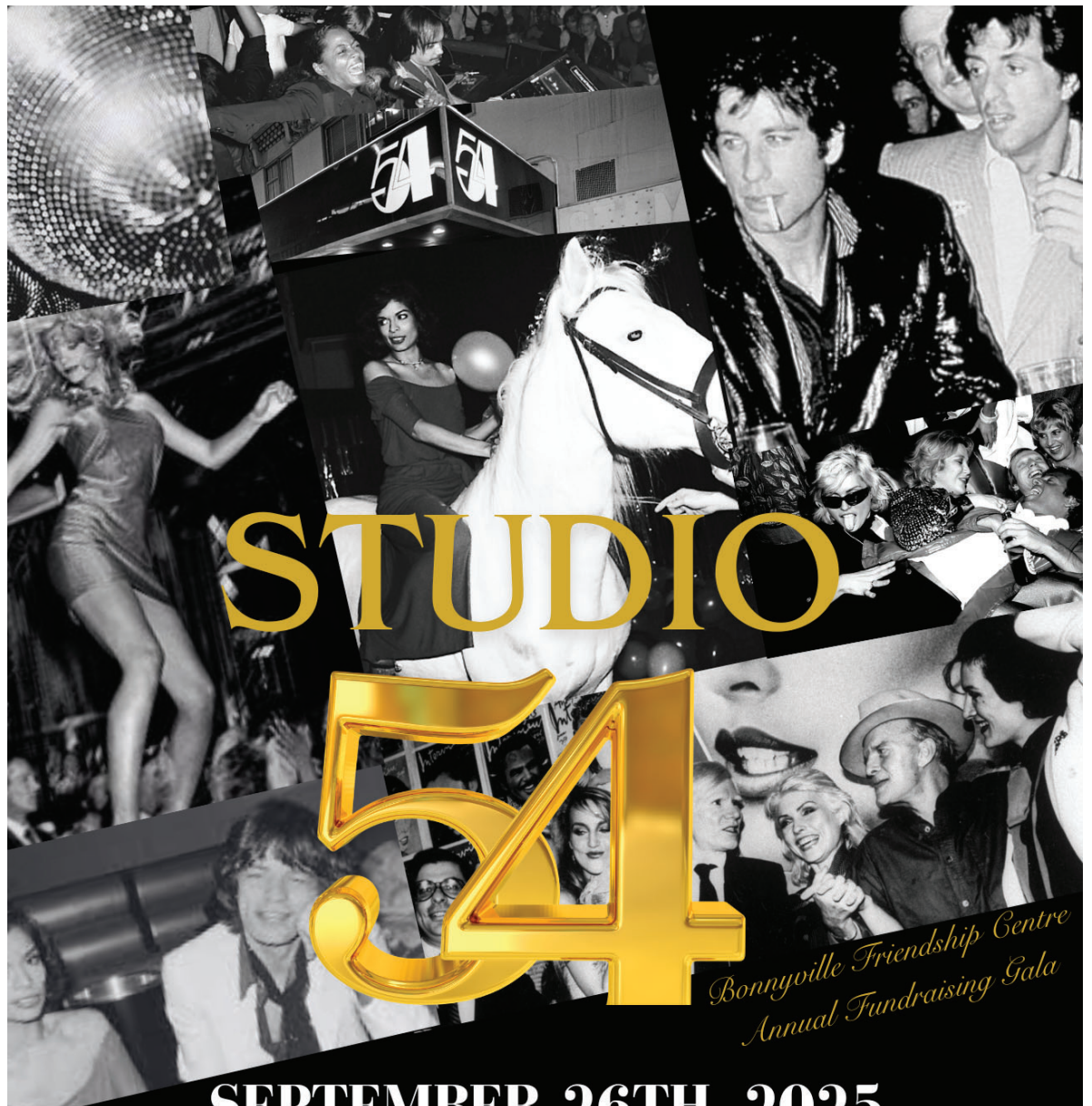


Mothers to Be



Intensive voluntary program for women, who are pregnant/recently given birth, used alcohol/drugs anytime during their pregnancy and wish to make positive changes in their lives.

Program supports women for up to 3 years.



STUDIO

54

*Bonnyville Friendship Centre
Annual Fundraising Gala*

SEPTEMBER 26TH, 2025

DOORS OPEN AT 7:00PM
LOCATION: BONNYVILLE & DISTRICT CENTENNIAL CENTRE
TABLES SEAT 8 - \$750
INDIVIDUAL TICKETS - \$100.00
EVENT IS 18+

CALL 780-826-3374 TO GET YOUR TICKETS
High Limit Band, Award Winning DJ & Live Production
Showcase, Cash Bar, Live & Silent Auction, Door Prizes,
50/50 Draw, 360 Photobooth, Ukrainian Buffet
& Midnight Pizza Smorg

HONORING THE MMIW & STOLEN CHILDREN

With Guest Speakers
Rachelle Venne & Jackson Tahuka

OCTOBER 6TH, 2025

AT THE BONNYVILLE CENTENNIAL
CENTRE

DOORS OPEN AT 5:30PM

BANQUET 6:00PM

CEREMONY 7:00PM

**CALL 780-826-3374 FOR YOUR
FREE TICKETS**



Rachelle Venne

CEO, Esquao, Institute for the
Advancement of Aboriginal Women



Jackson Tahuka
& Tha Cree Drum Group

There is so much work to be done,
including people you might not think of
"from the pharmacist to the postman,
everyone needs be aware of MMIW and
be aware of what they can do".



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.





Mental Health Services **Walk-In Clinic**

Tuesday: 1 p.m. – 3 p.m.
Wednesday: 1 p.m. – 3 p.m.

New Park Place
5201 44 St., Bonnyville
Call: 780-826-2404

For after-hours support contact the AHS 24/7 Helplines:
Mental Health Helpline: 1-877-303-2642
Addictions Helpline: 1-866-332-2322

Mental Wellness – Client Centered – Support – Education – Healing



Alberta Health
Services

Healthy Albertans.
Healthy Communities.
Together.



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



Bonnyville Primary Care Network

Coordinated Care Program

A Home to Hospital to Home support program providing short-term care for patients discharged from Acute Care without a family doctor or nurse practitioner

An Evidenced-Based Approach to Keep You Connected

Evidence shows that connecting patients with prescribers and multidisciplinary team members in their community after a hospital discharge improves patient outcomes and reduces the risk of readmission.

The Bonnyville PCN is partnering with the Bonnyville Health Center to introduce the Coordinated Care Program - Preventing patients from falling through the gaps by creating a link between them and a team of healthcare providers.

Connecting Patients with Healthcare Providers

For More Information

visit www.bonnyvillepcn.ca
or phone 780-826-3346 ext. 234





RESILIENCE SCALE Masterclass

ADULTS 18 + | FREE WORKSHOP | BREAKFAST PROVIDED

Join the Alberta Family Wellness Initiative for the Resilience Scale Masterclass:

A free, three-hour interactive workshop which introduces the Brain Story and Resilience Scale Framework to community leaders and professionals from the health, education, justice, and children's services systems to build resilience and improve outcomes for individuals, families, and communities. The Resilience Scale metaphor depicts how adversities, positive supports, and acquired skills and abilities interact to influence resilience and impact lifelong physical and mental health outcomes. Using the Resilience Scale, organizations can clarify the role they play in providing mental health interventions and services to improve referral pathways and facilitate organizational change management.

T U E S D A Y

SEPT. 16

LAKELAND INN 5411 - 55 STREET

8:00 AM - 12:00 PM

Free, registration is required



To register, please contact Cold Lake and District FCSS at 780-594-4495 or visit www.coldlake.com

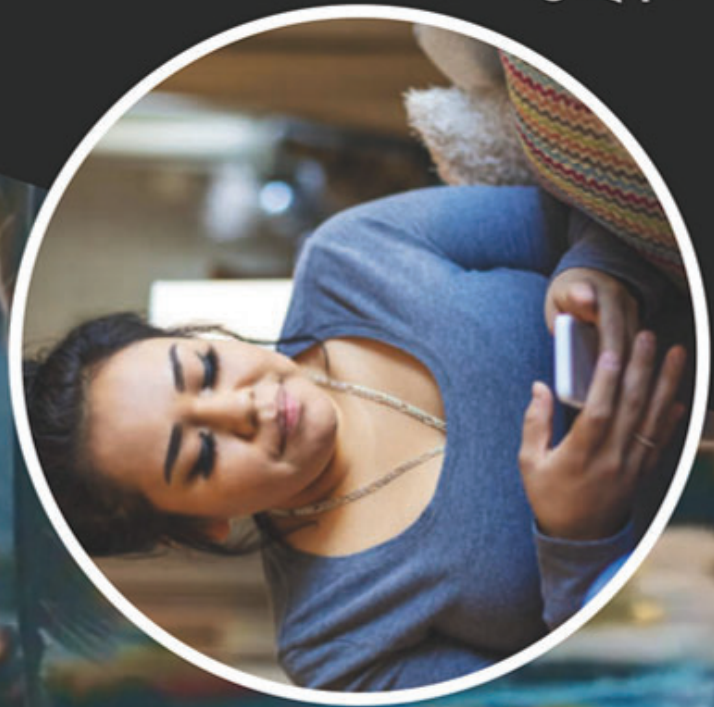




NEED HELP FINDING A JOB?

- ✓ RESUME WRITING
- ✓ DRIVERS TRAINING
- ✓ APPRENTICESHIPS
- ✓ CAREER TRAINING
- ✓ JOB PLACEMENTS

**CALL YOUR NEAREST TEAMS
ALBERTA SUPPORT CENTRE
TODAY!**





BONNYVILLE

APRIL WHITFORD 780.812.5751

EDMONTON

GIESELA MUELLER 780-573-3416

LAC LA BICHE

CADDIE BLOOD 780.520.7644

TASHINA PAUL 780.520.7826

LLOYDMINISTER

BEAU GADWA 780.872.9876

DANIELLE JOHN 780.872.3565



TEAMSALBERTA
The future of employment services.



About Us

Under the direction of Tribal Chiefs Employment and Training Services Association, TEAMS Alberta develops Indigenous and non-Indigenous skilled workers in Alberta.



The acronym TEAMS stands for what makes us unique in contributing to hundreds of job placements for Indigenous and Non-Indigenous Albertans per year.

**TECHNOLOGY. EMPLOYMENT.
APPRENTICESHIP. MOBILE SERVICES**

Contact Us



Phone

780-520-7644



Website

www.tcetsa.ca



Locations

Head Office: Edmonton, AB

Offices: Lac La Biche, Bonnyville and
Lloydminster, AB

GET HIRED NOW!





How We Work

Serving Indigenous and non-Indigenous job seekers and businesses in Eastern Alberta, our doors are open, and our mobile services are available to anyone looking for meaningful employment.

We are a one-stop-shop for clients seeking employment and companies seeking employees.

WE GO ABOVE AND BEYOND TO FIND AN EMPLOYMENT MATCH, DEVELOP ON-THE-JOB TRAINING, AND RETENTION STRATEGIES.

Our Employment Services

LOOKING FOR A JOB?

We'll connect you with jobs that are in high demand and employers that are waiting to hire you!



CAREER AND EMPLOYMENT SERVICES

- › Career Counselling
- › Employability Assessments
- › Job and Practicum Placement
- › Mentorship
- › Supported Referrals



TRAINING

- › Occupational Training
- › Apprenticeship Opportunities
- › Certificates
- › Drivers training

OUR ZERO-RED TAPE PROCESS WILL HELP GET YOU INTO A JOB AND ON A SOLID CAREER PATH QUICKLY.

For Employers



OVER 20 YEARS EXPERIENCE HELPING COMPANIES HIRE INDIGENOUS TALENT

We specialize in helping companies increase their Indigenous workforce and reconciliation efforts.

- › Advisory Services
- › Pre-Employment Assessments
- › Training
- › Retention Services
- › Wage Subsidies
- › Cultural Competency Training

ALL AT NO COST TO THE EMPLOYER!

WE ARE ALWAYS SEEKING PARTNERSHIPS WITH INDUSTRY, POST-SECONDARY, AND GOVERNMENTS TO POSITIVELY TRANSFORM LIVES AND STRENGTHEN THE ALBERTA ECONOMY.

WE BELIEVE IN A FUTURE WHERE RECONCILIATION HAPPENS ON THE JOBSITE

Free Exercise Program

Alberta Healthy Living Program

Education that supports your health and your life

Upcoming Sessions:

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

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

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

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

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

Experience the Health Benefits

Free Virtual Exercise Program

Register at:

www.healthylivingprogram.ca



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



**Primary Care
Alberta**

www.labourforcelink.ca



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



INDIGENOUS CANCER SHARING CIRCLE

- Cost:** Free
- Where:** Online via Zoom or by phone
- When:** First monday of the month from 2-3:30pm MST
- Who:** Indigenous cancer patients and caregivers are welcome

The Indigenous Cancer Sharing Circle is a monthly gathering to create a safe space in which to welcome Indigenous Peoples across the province to connect, share experiences, and build a caring and supportive community. With a vision to ensure no one has to face cancer alone, this circle of sharing is co-led by an Elder and a Wellspring program leader.

To learn more visit wellspringalberta.ca or call 1.866.682.3135 and ask for Nancy Bilodeau.



In collaboration with



Charitable Reg. #809013675 RR0001



Wellspring Alberta's



CHILDREN'S AND PARENTS' PROGRAM

Cost: Free

Where: Online via Zoom

Who: Families with an adult
living with cancer -
those diagnosed and
caregivers

The Children's and Parents' program is an eight-week program that brings parents (or grandparents, aunts, uncles, etc) and children together for conversations about having cancer in the family, for connection, fun and tools to help cope with and express feelings.

To learn more visit wellspringalberta.ca or call 1.866.682.3135.



No one has to face cancer alone.

Charitable Reg. #809013675 RR0001

Wellspring Alberta's



RETURNING TO WORK

Cost: Free
Where: Online via Zoom
Who: Adults living with cancer - those diagnosed and caregivers

This six week program is designed to address work following cancer by providing support and strategies to move forward. It offers personalized preparation for returning to work, tips on managing health and personal information at work, and assistance in developing a primary self-care plan to support sustained health and wellness.

To learn more visit wellspringalberta.ca or call 1.866.682.3135.

 **wellspring** ALBERTA
CANCER SUPPORT

In collaboration with

 **Cancer Care**
Alberta

Charitable Reg. #809013675 RR0001

Wellspring Alberta's



BRAIN FOG

Cost: Free

Where: Online via Zoom

Who: Adults diagnosed with cancer

Brain Fog is an eight-week cognitive enhancement program designed to address cognitive changes associated with various cancer treatments. The program, developed by Dr. Heather Palmer (PhD Neuropsychology), provides education, enlightenment and practical strategies for dealing with the challenging aspects of post cancer brain change.

To learn more visit wellspringalberta.ca or call 1.866.682.3135.



In collaboration with



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RURAL RESPONSE TO SEXUAL ABUSE TRAINING



*Supporting Survivors,
Each and Every Day.*



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

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

WORKERS' RESOURCE CENTRE



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

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

18 September 2025 | Virtual Session



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

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



ABORIGINAL ALERT
CANADA'S INDIGENOUS AWARENESS NETWORK

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



Managing Your Money

Resources and Support to Help with Your Financial Journey

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



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

Referral Code: PCPLEP

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FOUNDATION**



IT'S ABOUT YOU

Aboriginal Art
Academic Foundations
Advanced Care Paramedic
Pre-Apprenticeship Carpentry
Pre-Apprenticeship Welding
Apprenticeship Electrician
Apprenticeship Steamfitter/Pipefitter
Apprenticeship Welder
Artisan Entrepreneurship
Bachelor of Business Administration (NAIT)
Business Administration Certificate
Business Administration — Accounting
Business Administration — Management
College Preparation
Community Social Work
Culinary Arts
Early Learning and Child Care
Educational Assistant
Emergency Medical Responder
Fine Arts
Hairstyling
Heavy Equipment Operator
Natural Resources Technology
Office Administration
Open Studies
Professional Cooking Certificate
Power Engineering, 4th Class
Power Engineering, 3rd Class
Practical Nurse
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Pre-Employment Welding
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University Degree Options
University Transfer



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