

OCTOBER 15, 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.

***Next Interagency Meeting is:
November 17th***

BONNYVILLE INTERAGENCY MEETINGS 2026

MEETING DATES:

JANUARY 21
MARCH 18
MAY 20
JULY 15
SEPTEMBER 16
NOVEMBER 18

Meetings location will be sent out a week before the meeting and will run from 9:30-11:30am unless otherwise stated. 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 SEPTEMBER CALENDAR

TUESDAY

- Oct. 7 Scarecrow Craft
- Oct. 13 Closed (Monday)
- Oct. 14 Paper Doll Dress-Up
- Oct. 21 Wooden Scarecrow
- Oct. 28 Fun Pumpkin Faces

THURSDAY

- Oct. 9 Fun with Pasta
- Oct. 16 Wood Halloween Signs
- Oct. 23 Black Cat Craft
- Oct. 30 Halloween Party!

**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

A Safe place to bring your child to develop
independence and social skills.
We welcome children 19 months to 4 years of age.
Your child does not have to be potty trained to attend.

Wednesday & Friday Mornings
9:30 - 11:45 am and
Thursday Afternoons from 1:30 - 3:45 pm
To register please call (780) 826-2120

\$5
A VISIT



For more information on any
of our programs, please call
780-826-2120

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



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.**

October 02 No Baby Group Today

October 09 Thanksgiving Craft

October 16 No Baby Group Today

October 23 Stroller Walk at the C2

October 30 Halloween Party
(Wear your cutest and spookiest costume)

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



BECOMING CONSCIOUS ALLIES

Become a Conscious Ally to your
LGBTQ2+ Child, Relative or Friend.
Create a space where your loved
one feels seen, heard and safe.

When: October 28, 2025

Time: 7:00 p.m.

Where: 5011, 50 Avenue
Bonnyville



Lakeland
FAMILY RESOURCE NETWORK

 **FYREFLY** | INSTITUTE FOR GENDER
AND SEXUAL DIVERSITY



Please Register
using the QR code



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.





JOB FAIR

COLD LAKE ENERGY CENTRE

5513 - 48 Avenue

THURSDAY
November 6, 2025



TIME
10AM TO 7PM



CONTACT
780-201-7755



tracey@employabilities.ab.ca

bussing is available for CLFN Members
from Town site and E-Bay generously
provided by Primco Dene



primco dene
group of companies

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

Canada

Alberta



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.

Canada  Alberta 

Join us weekly for

Wednesday Workshops

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



Lakeland
EMPLOYMENT SERVICES



1:30 pm



5110A 54 Avenue,
Bonnyville



Call **780-343-0924** 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	rnicoll@employabilities.ab.ca
Lac La Biche	780-627-3071	lkovalik@employabilities.ab.ca
St. Paul	780-646-6729	ehilligas@employabilities.ab.ca
Vegreville	780-631-1471	ahernandez@employabilities.ab.ca

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





JOIN OUR YOUTH ADVISORY

LET YOUR VOICE BE HEARD.

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

Pizza Sponsored by:





Caregiver Support Group

In person session:
October 20th, 2025
Lunch & Chat 12-1pm
Kehewin Prevention & Wellness Building

Topic: Back to school and
IPPs



- *Soup & Bannock provided*
- *Connect with other Caregivers and Parents*
- *For more information or to register please email admin@lcfasd.com or contact your Outreach Coordinator*



780-594-9905



lcfasd.com



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.

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



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
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Heart & Stroke Education

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

Overview & Prevention

Oct 9	Thu Afternoon	1:30-4pm
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Nutrition

Oct 16	Thu Afternoon	1:30-4pm
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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
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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

SCREEN TEST

Mobile Mammography Screening is coming to:

Cold Lake First Nation Health Centre

October 27 & 28, 2025

Transportation is available, call 780-594-2473



Photo courtesy of the Alberta Cancer Foundation

Call toll free to book an appointment:

1-800-667-0604

To learn more visit: screeningforlife.ca/breast

If you're 45 to 74 years of age, have a mammogram every 2 years or as decided by you and your healthcare provider. No referral needed.



Primary Care
Alberta



Screen Test

Post until: October 27, 2025

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



Charitable Reg. #809013675 RR0001



[Digital Skills

Starting October 15th and running through December 17th

Topics include: Google search for beginners, credibility of online sources, strong passwords, online scams, & introduction to Google apps.

Days & Time: Wednesdays, 6:45–8:00pm

Location: Bonnyville Centennial Center (Room 253).

*To register contact: frank.collins@portagecollege.ca





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**

**FREE
SESSION**

CELP PIP PREP LESSONS



Tuesday January 6th, 2026 (weekly)



6:45pm to 8:00pm



ARE YOU GETTING READY TO PASS YOUR CELPIP?

- **Are you over 18?**
- **Looking for support to pass your CELPIP?**

The Community Adult Learning Center (CALP) in partnership with A4HC will be offering FREE Adult English lessons. Registration is mandatory.

CONTACT FOR MORE INFORMATION

paola.corbie@a4hc.ca / (780) 815.1978
oksana.valle@a4hc.ca / (780) 545.9375



**PORTAGE
COLLEGE**



PORTAGE
COLLEGE

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
Pre-Employment Heavy Equipment Technician
Pre-Employment Welding
Primary Care Paramedic
University Degree Options
University Transfer



1-866-623-5551
portagecollege.ca

