OCTOBER15, 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



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

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

For more infromation please call 780-826-2120







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



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.

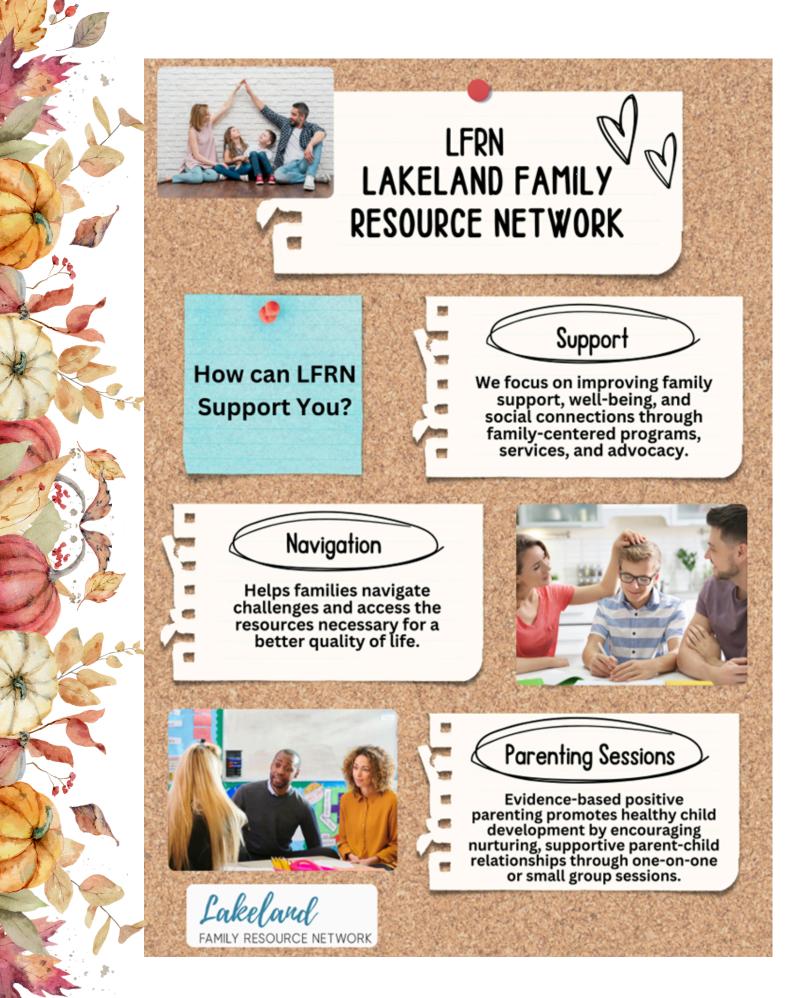
Wednesday & Friday Mornings 9:30 - 11:45 am and Thursday Afternoons from 1:30 - 3:45 pm To register please call (780) 826-2120





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







Lakeland **Family** Resource Network

Parenting Programs

Group Triple P

For parents of children 5-12

- Why do children behave as they do?

Triple P Teen

For parents of children 12-16

- Increasing desirable behavior

- Teach responsibility without losing love
- 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





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

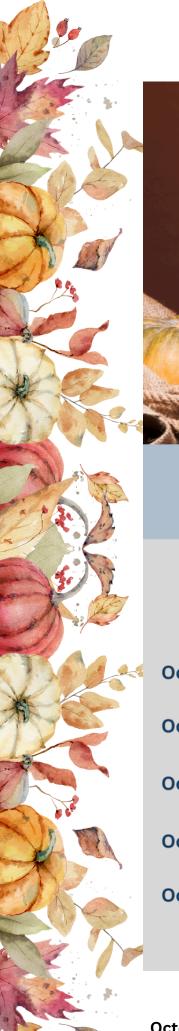


For Parents of children 0-5

- 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

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







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



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













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

D LAKE ENERGY CENT

5513 - 48 Avenue



November 6, 2025



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















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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
- 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.





Wednesday Workshops

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





1:30 pm



5110A 54 Avenue, Bonnyville



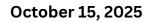
Follow the Lakeland Job Club Facebook page for employment information, workshop schedules, and job leads for the Northeast Region



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









Join us weekly for



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	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	

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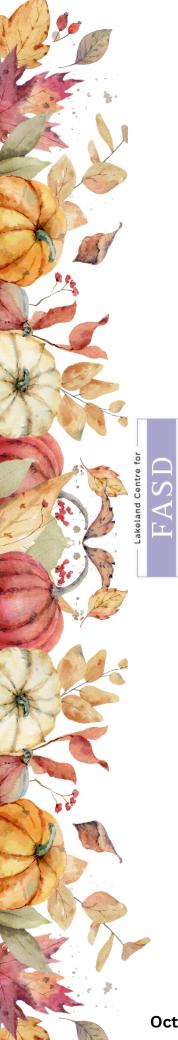












DIAGNOSTIC

Diagnostic & Assessment

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

Training & Awareness

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



NTERVENTION

Fetal Alcohol Spectrum Disorder

A unique long-term live-

PREVENTION

in addiction recovery

women struggling with problematic substance

centre, available for

Plans are created to strengthen each women's

physical, mental, spirtual and emotional health.

use. Individual Recovery

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

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

FASD Outreach

*Out of province bed available

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

Program supports women for up to

Summer Camp

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

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



Living with Stroke Support Group

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

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

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

Where: Offered online via Zoom Video Conferencing

FREE!

Pre-registration required

Available for residents of communities in the North Zone



To register and receive the Zoom link visit: https://redcap.link/strokesupport



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



Healthy Albertans. Healthy Communities. Together.







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



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)







Coordinated Care A Home to Hospital to Home support program providing Program for nationts 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					

Heart & Stroke Education

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

Overview & Prevention

Overview

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!

]

Register for a Zoom class:

1-877-349-5711

Or

https://www.healthylivingprogram.ca

Weight Management

Build healthier habits. Understand ways that thinking patterns, sleep, physical activity and nutrition impact your goals.

See website for Individual Class Descriptions

		Dooonparon			
Seri	es 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





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





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.





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





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.



In collaboration with



Charitable Reg. #809013675 RR0001





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: <u>f</u>rank.collins@portagecollege.ca







- 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.

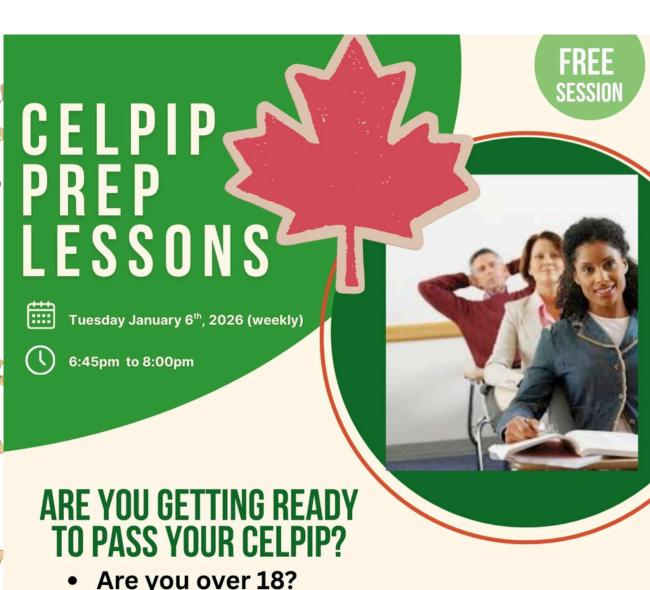


https://nomoredebts.org/partner/PCPLEP

Referral Code: PCPLEP

PARTNERS IN PROVIDING PUBLIC LEGAL EDUCATION:





- 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.corbi@a4hc.ca/(780)815.1978 oksana.valle@a4hc.ca / (780)545.9375









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









