

NOVEMBER 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.

**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 NOVEMBER CALENDAR

TUESDAY

- Nov. 4 Fall Leaf People
- Nov. 11 Closed
- Nov. 18 Decorating a Fairy Door
- Nov. 25 Christmas Ornaments

THURSDAY

- Nov. 6 Cut and Paste Pics
- Nov. 13 Painting Day
- Nov. 20 Pirate Ship Craft
- Nov. 27 Marshmallow Snowman

**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



Bonnyville & District
Family and Community
Support Services

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.**

- November 06** Remembrance Day Craft
- November 13** Yoga with Yoga-for-You
Meet at the Centre
4714 48 street
- November 20** Sensory Play with Spaghetti
- November 27** Meet at Cafn8
5003 50 Ave

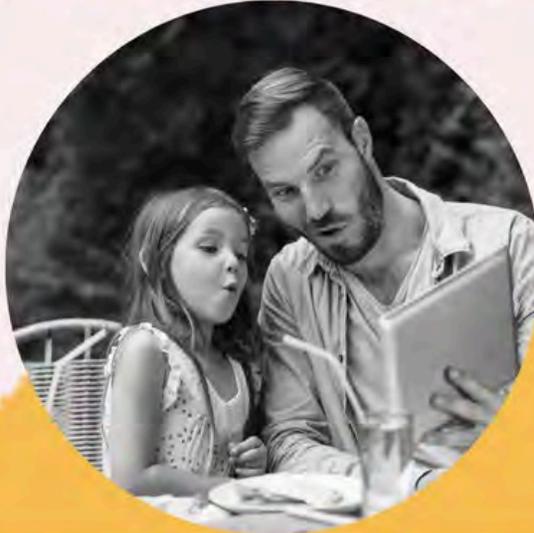
For caregivers with babies up to 12 months of age.

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

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

Lakeland
FAMILY RESOURCE NETWORK

YOU'RE A GREAT DAD



Discover practical tips to build stronger, more connected relationships with your children.

Unlock Your Power as a Dad; Know Your True Value; Talk So They'll Listen; Parent Smarter, Not Harder; Master Your Child's Emotions; Balance Fatherhood & Life

Four Sessions

November 17, 24

December 01, 08

6:30 - 8:00 p.m.

Virtual Sessions via **Zoom**

Lakeland
FAMILY RESOURCE NETWORK



Please register using the QR code





ADHD and Neurodivergence Coffee Chat

Sensory Processing

Helping Minds Thrive, One Sensory Step at a Time!

- ✓ November 13, 2025
- ✓ 6:30 p.m.
- ✓ In-person
4714-48 street
Bonnyville or
Online

Presenter: occupational therapist, Paige Kwiatkowski



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](tel:780.201.6005)
 Cold Lake: [780.594.6244](tel:780.594.6244)
 Lac La Biche: [780.623.1281](tel:780.623.1281)
 St. Paul: [780.614.1944](tel:780.614.1944)
 Vegreville: [780.603.8182](tel: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



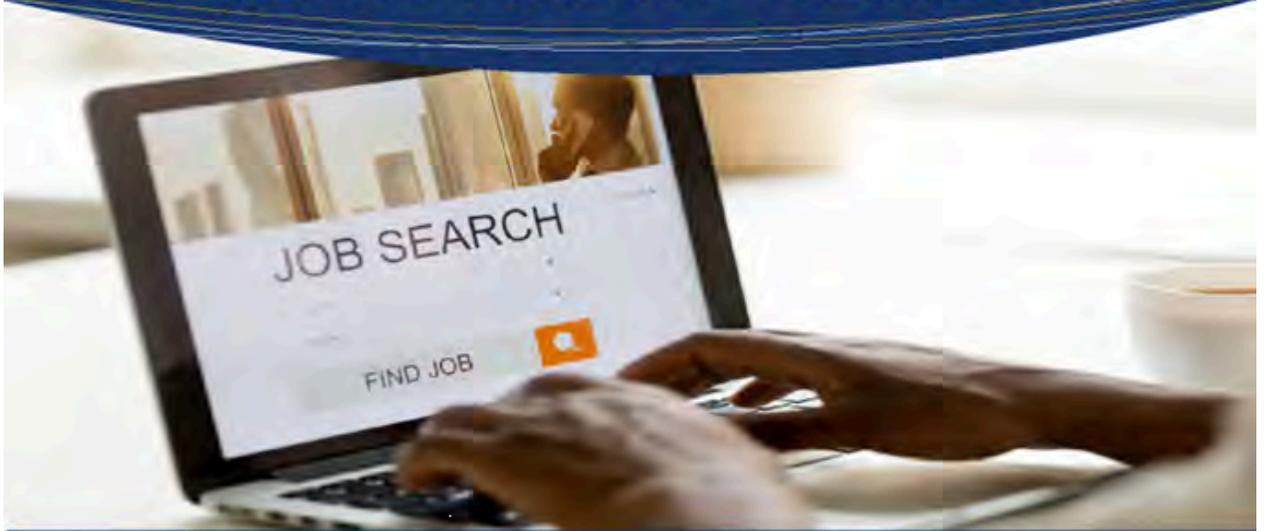
primco dene
group of companies

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





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.





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

November



Monday	Tuesday	Wednesday	Thursday	Friday
Youth Advisory Mtg 3 3:45-4:30pm Peer Tutoring 3:45-4:45pm Walk in Clinic 4:30-7pm Improv w/ Jamie 5:15-7pm	Indigenous Wellness: 4 National Aboriginal Veterans Day W Debra 4-5:30 pm Math tutor with Ben 3:30-5:30pm	Meal Night 5 4:30-7pm Rice Bowls Photography Course Week 4 Kehewin Cree Nation Programming On Site Portage College 5-6:30pm **Budgeting w/Frank	Crochet Club 6 4:30-6pm Board Games 4-7pm Dragonfly Bridge Pop Up 3:30-5pm	Feel Good Friday: 7 Youth Bake Off 4-6pm Employability Sessions 1-4pm
Crafternoon: 10 Mini Canvas Paint Night 3:30-5pm	Closed For 11 Remembrance Day	Meal Night 12 4:30-7pm Pulled Pork on a Bun Portage College 5-6:30pm **Budgeting w/Frank	Empower U(th) 13 4-5pm Library Mobile Book Cart 3:30-4:30pm Board Games 4-7pm	Feel Good Friday: 14 4-5pm Spill the Tea BeeLine** Adulting 201 Culinary Kits 5-7pm
Crafternoon: 17 Hot Chocolate Jars 3:30-5pm Walk in Clinic 4:30-7pm Improv w/ Jamie 5:15-7pm	Indigenous Wellness: 18 Mini Indigenous Art Paintings 3:30-5pm	Meal Night 19 4:30-7pm Pasta Night Portage College 5-6:30pm **Budgeting w/Frank Hive Monthly Birthday For All Youth in November	Crochet Club 20 4:30-6pm Board Games 4-7pm Death Cafe 5:30-6:30pm Tweens 11-13 Drop In 3:30-5	Feel Good Friday: 21 Movie Night 5-7 pm Dating in the 21 st Century (16+) 5-7pm Tweens 11-13 Drop In 3:30-5
Crafternoon: 24 Candle making 3:30-5pm Creative Collective: Hosted by Jamie 5-7pm	Indigenous Wellness: 25 Medicine Bags 3:30-5pm Math Tutor w/Ben 3:30-5:30pm	Meal Nights 26 4:30-7pm Boston Pizza Night Youth Bible Study 6-7pm Portage College 5-6:30pm **Budgeting w/Frank	Library Mobile 27 Book Cart 3:30-4:30 BYOBook Club 4-5pm Dragonfly Bridge Pop Up 3:30-5pm Board Games 4-7pm Tweens 11-13 Drop In 3:30-5	Feel Good Friday: 28 Spill the Tea 4-5pm BIPOC 5-6pm Tweens 11-13 Drop In 3:30-5
<p>*Age Expansion Services Officially begin Nov 17th 11-13 Year Old Youth Must Attend with a Parent or Caregiver to Preregister & Complete a Profile prior to attending for the first time</p>				

****PROGRAM FOR AGES 18-25**
PROGRAM FOR AGES 11-13





Youth Walk in Clinic



A dedicated clinic for youth ages 14–21 to access primary care services

Walk-in – No appointment needed!

Available Primary Care Services:

- Prescriptions
- Referrals
- Injections & Small Procedures
- Men’s Health
- Women’s Health
- Sexual Health

Alternating Mondays

November 3 & 17

5:00 PM – 7:00 PM

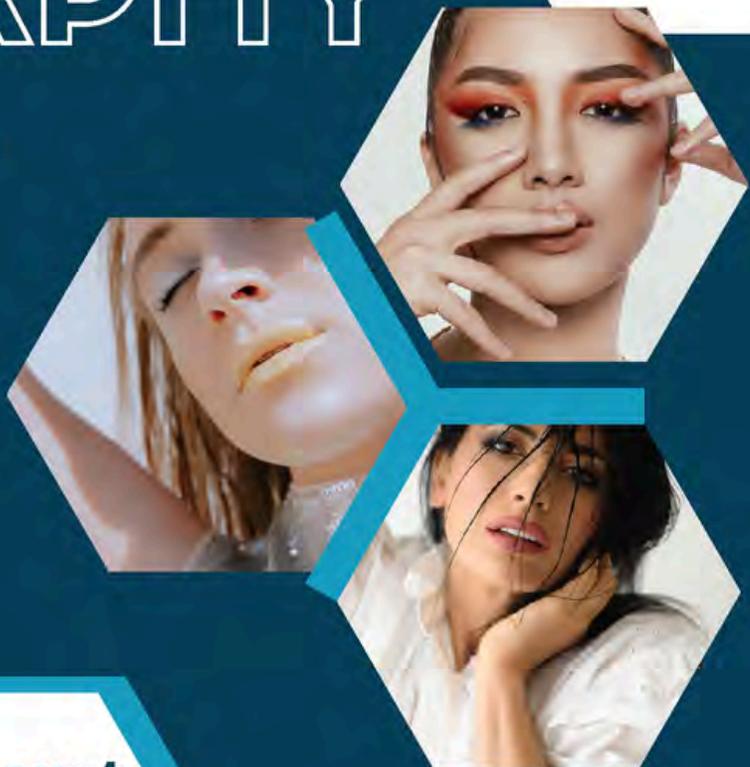
Confidential • Safe • Youth-Friendly
 For more info, contact 587-201-2528
info@thehivelakeland.ca





PHOTO GRAPHY CLASS

BASIC 4
WEEK
COURSE



with
Dawn Wickhorst
Professional Photographer

Wednesdays | Oct 15, 22, 29 &
5-6:30 pm | Nov 5
@ The Hive by Kickstand
****Bring your Camera or
Phone for taking Pictures**



Bible Study

FOR YOUTH ...

Come Join Pastor Karter to hang out, ask questions, and explore what the Bible says about life, hope, and purpose. Whether you've grown up in church or you're just curious, this is a safe place to learn and grow together. Open to everyone, no matter where you're at on your faith journey.



 **NOV.26, 2025**

 **6-7 PM**



QUESTIONS??

Contact us at info@thehivelakeland.ca



FREE Counselling Services

YOUR EMOTIONAL WELL-BEING MATTERS.

We have limited spots available for in-person counselling every Wednesday & Thursday

Walk- in- Counselling appointments available every second Monday between 1:45-6:00pm

@ The Hive by Kickstand Bonnyville



**To Book Please Call
587-201-2528**

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Creative Collective

WHERE
CREATIVITY
SPARKS
CREATIVITY
Nov 24

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!**

MONDAY'S 3 & 17
NOVEMBER, 2025 |
5:15-7PM



With Host Jamie Pruden



Fast thinking • Big
laughs • New friends

You Belong Here

B.I.P.O.C.

(Black Indigenous People Of Color)

GROUP

Friday November 28, 2025

5-6pm

@ The Hive by Kickstand Bonnyville

**Bring a friend & share
your ideas!**

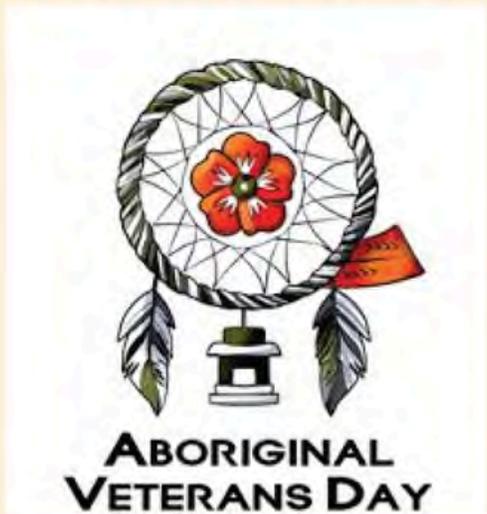




INDIGENOUS WELLNESS:



NATIONAL ABORIGINAL VETERANS DAY TEACHING



Join us for our Indigenous Wellness program, where special guest Debra John will share her knowledge and teach us about National Aboriginal Veterans Day. We will also continue to work on our beaded poppies together.

November 4, 2025
4-5:30pm
@ The Hive Kickstand



INDIGENOUS WELLNESS:

MINI INDIGENOUS ART PAINTINGS



Sam Bighetty-Calgary



Alex Janvier-Cold Lake



Betty Albert

Join us for our Indigenous Wellness program, where we will look at art of local Indigenous Artists and create our own mini “replicas” or original pieces.

November 18, 2025

3:30-5pm

@ The Hive Kickstand



INDIGENOUS WELLNESS: MEDICINE BAGS

Join us for our Indigenous Wellness program, where we will make our own medicine bags and learn together about how they can be used.

November 25, 2025
3:30-5pm
@ The Hive Kickstand



BAKE OFF

FRIDAY NOV 7, 25
4-6PM

Friendly, Chopped Style Baking Competition. May the best baker win!



Crochet Club

Whether you're just starting out or already have several projects on the go bring them down and spend the evening with other crafty youth!

4:30-6:00PM

NOVEMBER 6TH, 2025
NOVEMBER 20TH, 2025

FOR MORE INFO OR TO REGISTER CALL 587-201-2528

Beeline Proudly Presents

Culinary Kits

Join our exclusive cooking class for 18+ where we will uncover the secrets behind the vibrant world of Kitchen classics and simple meal prep and planning. Each participant will go home with their own bag of kitchen goodies and some food they prepare together

NOVEMBER 14, 2025 ~ 5-7 PM
@ The Hive by Kickstand FREE REGISTRATION

CALL 587-201-2528 or email info@thehivelakeland.ca to REGISTER

Crafternoons

Mondays @ the Hive By Kickstand

- Nov. 10 | Mini Canvas Painting
- Nov. 17 | Hot Chocolate Jars
- Nov. 24 | Candle Making



NEW DROP IN ♥XX

DAY/TIME FOR 11-13 YEAR OLDS!

STARTING NOV 20TH= THURSDAYS & FRIDAYS 3:30-5PM

MUST COME WITH PARENT FIRST FOR TOUR, MEET STAFF & PAPERWORK. PRE-REGISTRATION REQUIRED

For More Info Call 587-201-2528 or info@thehivelakeland.ca

16+ Join Us For

Dating

in the 21st Century!

with a mocktail competition, snacks & some serious 'spilled tea' about how to stay safe in the dating world!

Nov 21 ~ 5-7pm

@ The Hive by Kickstand Bonnyville with our friends from LCFASD

RSVP: 587-201-2528 OR INFO@THEHIVELAKELAND.CA

MEAL Nights

Rite Bowls	November 5
Pulled Pork on a Bun	November 12
Pasta Night	November 19
Boston Pizza	November 26

FREE FOOD Join Us! Learn New Cooking Skills



Caregiver Support Group

***In person session:
Tuesday November 25th***

***St Paul Office
4707 50th ave
11:30- 1pm***

***Bonnyville Office
C2 Centre 2nd Floor
6:30-8pm***



Topic: Strategies for Home

- *Connect with other Caregivers and Parents*
- *Coffee & tea provided*
- *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

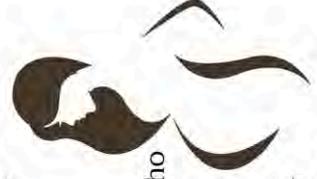
PREVENTION

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.



ROCK THE SOCK FUNDRAISER



Giving Tuesday
DECEMBER 2, 2025



The Lakeland Centre for FASD is collecting donations to fill stockings with gifts for individuals with FASD. Spreading holiday cheer to those who might not otherwise receive a Christmas surprise.

Donations may include but are not limited to:

Gift cards 🧣 Gloves 🧤 Socks 🧦 Toiletries
Make-up 🍪 Snacks 🍪 Toques 🧢 Books

Donations can be dropped of by **November 28, 2025** at the
Lakeland Centre for FASD 4823 50th Street, Cold Lake

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



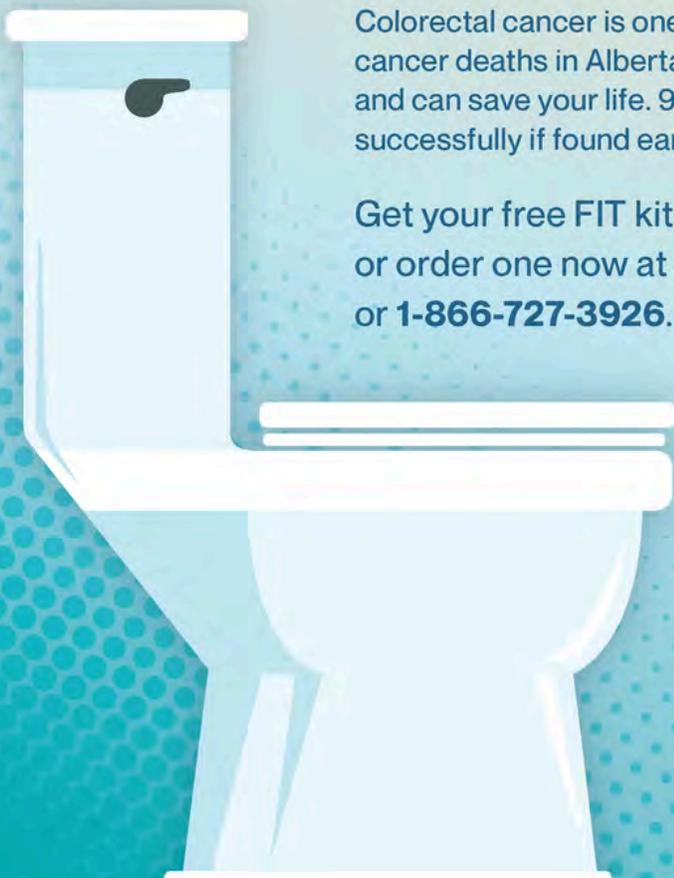
**Alberta Health
Services**

Healthy Albertans.
Healthy Communities.
Together.



Are you 50 to 74?

Get screened for colorectal cancer in the comfort of your own home with FIT (poop test).



Colorectal cancer is one of the leading causes of cancer deaths in Alberta. Screening with FIT is easy and can save your life. 90% of cases can be treated successfully if found early.

Get your free FIT kit. Talk with your doctor or order one now at screeningforlife.ca or **1-866-727-3926**.





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



November 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

Nov 6 Thu Morning 9:30-12pm
Nov 12 Wed Evening 5:30-8pm

Nutrition

Nov 13 Thu Morning 9:30-11am
Nov 19 Wed Evening 5:30-7pm

Ongoing Care

Nov 20 Thu Morning 9:30-12pm
Nov 26 Wed Evening 5:30-8pm
Foot Care & Seated Exercise
Nov 26 Wed Afternoon 1:30-2:30pm

Heart & Stroke Education

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

Overview & Prevention

Nov 18 Tue Evening 5:30-8pm
Nov 27 Thu Morning 9:30-12pm

Nutrition

Nov 25 Tue Evening 5:30-8pm

Managing Stress

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

Dec 9 & 16 Tue Mornings 9:30-10:30am

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 Nov 26 Wed Evening 5:30-8pm
1.2 Dec 3 Wed Evening 5:30-8pm
1.3 Dec 10 Wed Evening 5:30-8pm

Series 2

2.1 Nov 27 Thu Morning 9:30-12pm
2.2 Nov 20 Thu Morning 9:30-12pm
2.3 Dec 4 Thu Morning 9:30-12pm

Series 3

3.1 Dec 11 Thu Morning 9:30-12pm
3.2 Nov 4 Tue Evening 5:30-8pm
Dec 18 Thu 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.

November 4 to December 16
Tuesdays and Thursdays
Mornings 10-11:30am

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>



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

Wellspring Alberta's



INDIGENOUS CANCER SHARING CIRCLE

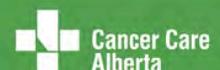
- Cost:** Free
- Where:** Online via Zoom or by phone
- When:** First monday of the month from 2-3:30pm MST
- Who:** Indigenous cancer patients and caregivers are welcome

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



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.

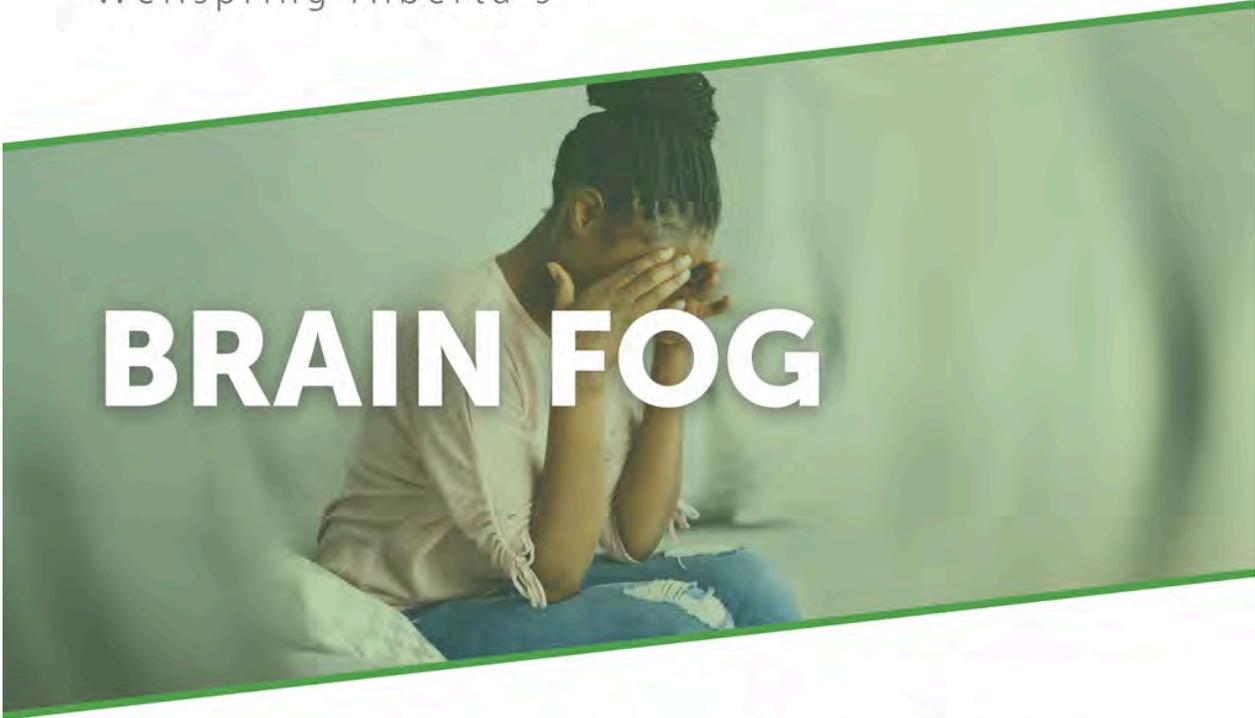


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Wellspring Alberta's



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.



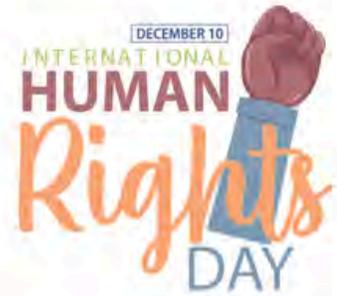
In collaboration with



Charitable Reg. #809013675 RR0001



UPCOMING VIRTUAL EVENTS



With the **JOHN HUMPHREY CENTRE** for **PEACE** and **HUMAN RIGHTS**



Beyond Quick Fixes: Embracing a Human Rights Approach to Poverty

Wednesday, December 10, 2025 9:00 a.m. – 12:00 p.m. MST • Online

Explore how a Human Rights-Based Approach moves beyond short-term fixes to create lasting, systemic change in addressing poverty and homelessness.

Participants will:

- Learn the difference between charity and rights-based frameworks
- See how HRBA supports dignity, inclusion, and equity
- Understand how human rights guide community responses to poverty

Invite only for interagency and community partners



REGISTER NOW



More Information at bit.ly/PLeregisterNOW



Anti-Racism: Learning to Confront the Uncomfortable

Wednesday, December 10, 2025 • 1:00 p.m. – 4:00 p.m. MST • Online

Reflect on how racism shows up in daily life, challenge assumptions, and learn how to take meaningful steps toward anti-racism.

Participants will:

- Examine biases and common misunderstandings
- Learn through a critical social justice lens
- Build awareness to support meaningful change

Open to everyone

Questions: ruth.snyder@portagecollege.ca



If you attend both sessions, you will receive a certificate eligible for Category A credits.

UPCOMING VIRTUAL EVENTS



Wills and Estates: Planning for the Future

📅 Wednesday, Nov. 5, 2025 | 1-3 pm

📍 Online

Learn about Wills, Personal Directives, and Powers of Attorney in this free virtual session. Gain practical information to help you plan ahead and manage your affairs with confidence.



Family Law: Consent for Child Counselling

📅 Wednesday, Nov. 12, 2025 | 1-3 pm

📍 Online

Learn who can consent to child counselling in Alberta and what to do when guardians disagree. This session offers practical legal information for parents, guardians, and professionals supporting children through family transitions.



Financial Boot Camp: Debt, Credit, Borrowing, and Consumer Protection

📅 Monday, Nov. 17, 2025 | 12-4:30 pm

📍 Online

Learn your rights and responsibilities with debt, credit, borrowing, and consumer protection in four focused one hour modules. Attend all four to receive a Certificate of Attendance.



REGISTER NOW



More Information at
bit.ly/PLEregisterNOW



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**



CELPIP PREP LESSONS



FREE
SESSION



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

IT'S ABOUT YOU

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- 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
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