

DECEMBER 1, 2025

# Bonnyville Interagency

NEWSLETTER



Bonnyville & District FCSS  
(780) 826-2120  
[bdfcss@town.bonnyville.ab.ca](mailto: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:  
January 21<sup>st</sup>**



## 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](mailto:acabay@town.bonnyville.ab.ca)

## INSIDE THIS ISSUE:

1. Cover Page
2. Table of Contents
3. Do You Need Volunteers?
4. Meals on Wheels
5. Family Room—December Calendar
6. Kimochis - Six Week Session
7. LFRN
9. Wiggles & Giggles
10. Your a Great Dad!
11. ADHD and Neurodivergence - Coffee Chat
12. Employabilities - Employment Services
13. Lakeland Employment Services
14. LES - Wednesday Workshops
15. HIVE - Improv Group
16. HIVE - Budgeting/Resume - Learner's Prep
17. HIVE - Counselling Services
18. FASD - Caregiver Support Group
19. FASD - Brochure
20. AHS - Living with Stroke Support Group
21. AHS - Alberta Quits
22. AHS - Mental Health Services - Walk In Clinic
23. AHS - Colorectal Cancer Screening
24. Injury Prevention - Walk Safely
25. PCA - Parent and Newborn Line
26. PCN - Coordinated Care Program
27. PCA - AB Healthy Living Program Workshops
28. PCA - Free Exercise Program
29. Wellspring - Indigenous Cancer Sharing Circle
30. Wellspring - Childrens' & Parents' Programs
31. Wellspring - Returning to Work
32. Wellspring - Brain Fog
33. Portage College - Benefit & Credit Newcomer
34. Portage College - Upcoming Virtual Events
35. Portage College - Managing Your Money
36. Portage College - CELPIP Prep Lessons
37. Portage College - It's About You



# 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

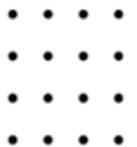
Scan the QR code or click the link in the description to fill out the form to add your volunteer opportunity to our database.





# 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 DECEMBER CALENDAR

### TUESDAY

- Dec. 2 Painting Santa Sleigh
- Dec. 9 Santa Craft
- Dec. 16 Christmas Pop-Up Card

### THURSDAY

- Dec. 4 Christmas Ornament
- Dec. 11 Welcoming Christmas Craft
- Dec. 18 Candy Houses

Family Room will be closed from  
December 22<sup>nd</sup> to January 2<sup>nd</sup> "Happy Holidays"

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

# Feelings can be messy... Kimochois can help



Join us for a six week session starting Tuesday, January 13 on feelings and how you can help your little one navigate and understand their feelings

When: Tuesday afternoons 2:00pm - 4:00pm  
Starting : Jan. 13<sup>th</sup> - Feb.17<sup>th</sup>  
Light snack will be provided.

Registration is required  
For parents and children ages 2 ½ - 4 yrs  
To register call 780-826-2120

Strong evidence links social-emotional health in the early childhood years (birth to 6) to:

- Subsequent school success and health in preteen/teen years
- Long-term health and well-being in adulthood
- Promotion of resilience • Prevention of later mental health problems (Durlak et al. 2011)





# 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.**

- December 04** Christmas Ornament and Christmas Tags
- December 11** Baby Bingo (Gifts to be won)
- December 18** Christmas Celebration with Mrs. Claus

**MERRY  
CHRISTMAS  
AND  
HAPPY  
NEW YEAR**



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

FREE 4-WEEK PARENTING PROGRAM

JANUARY 06, 13, 20, AND 27  
7:30-8:30 P.M.



## Topics of Discussion:

- Positively impacting your child's life.
- The invaluable role of a dad in the family.
- Effective communication skills.
- Positive parenting strategies for dads.
- Mastering your child's emotions.
- Achieving a balance between family and work.

## VIRTUAL SESSIONS USING ZOOM



Please register using the QR code

*Lakeland*  
FAMILY RESOURCE NETWORK





# ADHD and Neurodivergence

## Coffee Chat

### BODY FOCUSED REPETITIVE BEHAVIORS

- Nail Picking
- Skin Picking
- Hair Pulling



**DECEMBER 11, 2025**

**6:30 p.m.**

**In-person at  
4714-48 street  
Bonnyville, AB  
or Virtually  
using Zoom**

*Lakeland*  
FAMILY RESOURCE NETWORK



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](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.





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

December 2025 Calendar	
December 3, 2025	Communication Skills
December 10, 2025	Marketing Yourself
December 17, 2025	Christmas Trivia/Open Forum

For more information or to register:

Cold Lake	587-491-2028	<a href="mailto:cbrant@employabilities.ab.ca">cbrant@employabilities.ab.ca</a>
Bonnyville	780-343-0924	<a href="mailto:rnicoll@employabilities.ab.ca">rnicoll@employabilities.ab.ca</a>
Lac La Biche	780-627-3071	<a href="mailto:lkovalik@employabilities.ab.ca">lkovalik@employabilities.ab.ca</a>
St. Paul	780-646-6729	<a href="mailto:ehilligas@employabilities.ab.ca">ehilligas@employabilities.ab.ca</a>
Vegreville	780-631-1471	<a href="mailto:ahernandez@employabilities.ab.ca">ahernandez@employabilities.ab.ca</a>



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





# IMPROV GROUP



# HA-HA- WOW

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

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With Host Jamie Pruden

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MONDAY DEC 1,  
5:15-7PM  
MONDAY DEC 22,  
1-3 PM



Fast thinking • Big  
laughs • New friends



# Budgeting & Resume Building Skills

- Wednesdays from November 5 - December 17
- 5:00-6:30 pm
- The Hive, Bonnyville
- Free of Charge

Contact:  
[frank.collins@portagecollege.ca](mailto:frank.collins@portagecollege.ca)



## Learners Prep Course



★ Email [info@thehivelakeland.ca](mailto:info@thehivelakeland.ca) or call 587-201-2528 to register!



December 3-5, 2025 4pm-7pm  
 at The Hive by Kickstand  
 with Employabilities







# Caregiver Support Group

**In person session:**  
**December 8<sup>th</sup>, 2025**  
**Lunch & Chat 12-1pm**  
**Kehewin Prevention & Wellness Building**



Theme: Building a community of support

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

 780-594-9905

 [lcfasd.com](http://lcfasd.com)



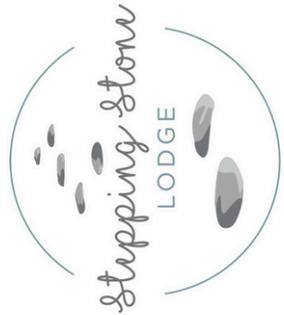
## DIAGNOSTIC

### 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



FASD Outreach

### 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:** 2<sup>nd</sup> 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

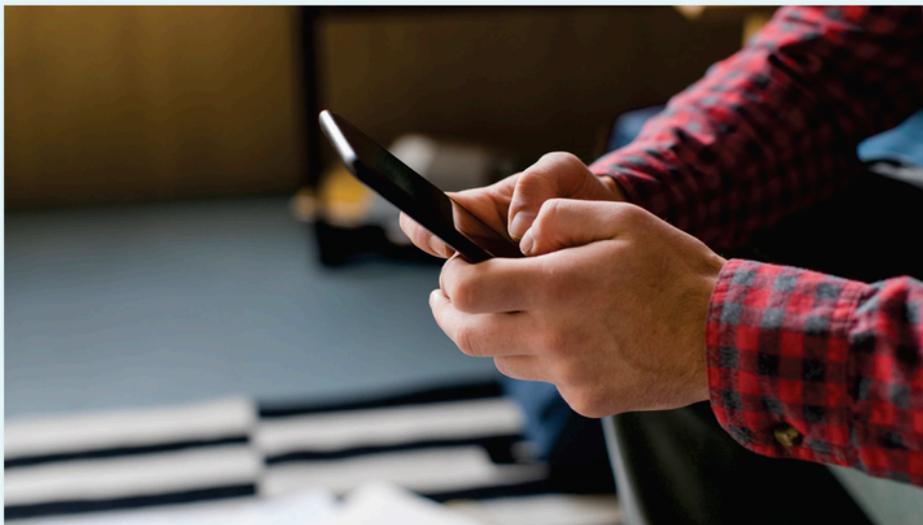


Healthy Albertans.  
Healthy Communities.  
Together.





# AlbertaQuits Helpline



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

## 1-866-710-QUIT (7848)

— 8 a.m. to 8 p.m. daily



Healthy Albertans.  
Healthy Communities  
Together.



# 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*



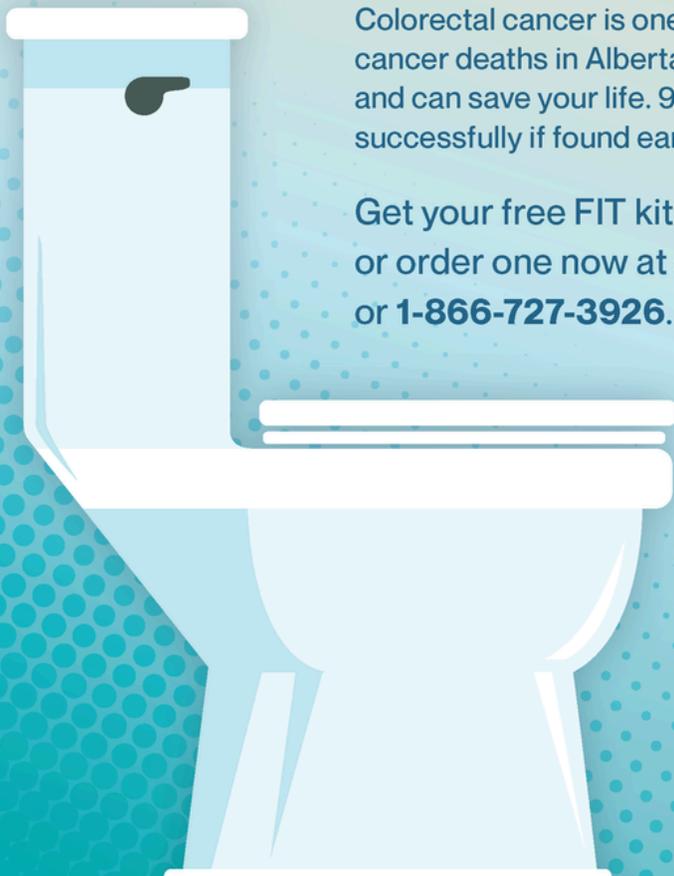
**Alberta Health  
Services**

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](http://screeningforlife.ca) or **1-866-727-3926**.





# Tips to Walk Safely in Winter

Stay Independent.  Prevent Falls.



Every year, 1 in 3 older Albertans will fall but there are things you can do to prevent falling.

## When walking on snow and ice:

- Take your time and avoid rushing.
- Wear shoes or boots with a wide, flat heel.
- Choose footwear with soles that stay flexible in the cold.
- Make sure footwear has the proper amount of grip - not too much and not too little.
- Wear ice grips over your shoes or boots to get better grip. Remove ice grips when indoors because they can be slippery.
- If you use a cane, put a retractable ice pick on the end of it.
- Carry a small bag or container of sand to sprinkle on icy spots you cannot avoid.
- Keep your hands free for gripping handrails or supports.

## Sunlight and snow can be challenging during winter months:

- In bright light or at night, it can be hard to see.
- Walking surfaces can be icy, slippery or sloped. Loose snow can also hide the condition of the surface.
- Snow can also affect hearing because it might muffle sounds like approaching vehicles.
- Be sure to wear sunglasses all year.



## Walk Like a Penguin

- Bend slightly and walk flat-footed.
- Point your feet out slightly like a penguin.
- Keep your centre of gravity over your feet as much as possible.
- Watch where you are stepping.
- Take shorter, shuffle-like steps.
- Keep your arms at your sides (not in your pockets!)
- Concentrate on keeping your balance.
- Go S-L-O-W-LY.
- Visit Albert Health Services at [www.penguinwalk.ca](http://www.penguinwalk.ca)



**Email:** [info@findingbalancealberta.ca](mailto:info@findingbalancealberta.ca)  
**Phone:** 780.492.6019  
**Website:** [www.findingbalancealberta.ca](http://www.findingbalancealberta.ca)



### LOCAL CONTACT INFORMATION:

Funding provided, in whole or in part, by Alberta Health. Provision of funding by Alberta Health does not signify that this project represents the policies or views of Alberta Health. | Sources available upon request. | REV: 11-2023

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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





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](http://www.bonnyvillepcn.ca)  
or phone 780-826-3346 ext. 234





# December 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

Dec 3 Wed Morning 9:30-11am

### Nutrition

Dec 10 Wed Morning 9:30-11am

### Ongoing Care

Dec 17 Wed Morning 9:30-11am

### Foot Care & Seated Exercise

Check back in January

## Heart & Stroke Education

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

### Overview & Prevention

Dec 10 Wed Afternoon 1:30-4pm

### Nutrition

Dec 4 Thur Morning 9:30-12pm

Dec 17 Wed Afternoon 1:30-4pm

## 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 New Class in January

1.2 Dec 3 Wed Evening 5:30-8pm

1.3 Dec 10 Wed Evening 5:30-8pm

### Series 2

2.1 New Class in January

2.2 New Class in January

2.3 Dec 4 Thu Morning 9:30-12pm

### Series 3

3.1 Dec 11 Thu Morning 9:30-12pm

3.2 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.

New classes starting January 2026  
Let us know you are interested by completing the registration form!

## Better Choices, Better Health

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

### Living with Chronic Pain

New classes coming January

### Living with Chronic Disease

New classes coming January

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:

Jan 12– Feb 23	Mon/Wed	1:00pm-2:30pm
Jan 12– Feb 23	Mon/Wed	6:00pm-7:30pm <small>(almost full)</small>
Feb 3– Mar 12	Tues/Thurs	10:00am-11:30am
Feb 3- Mar 12	Tues/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](http://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](http://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](http://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](http://wellspringalberta.ca) or call 1.866.682.3135.

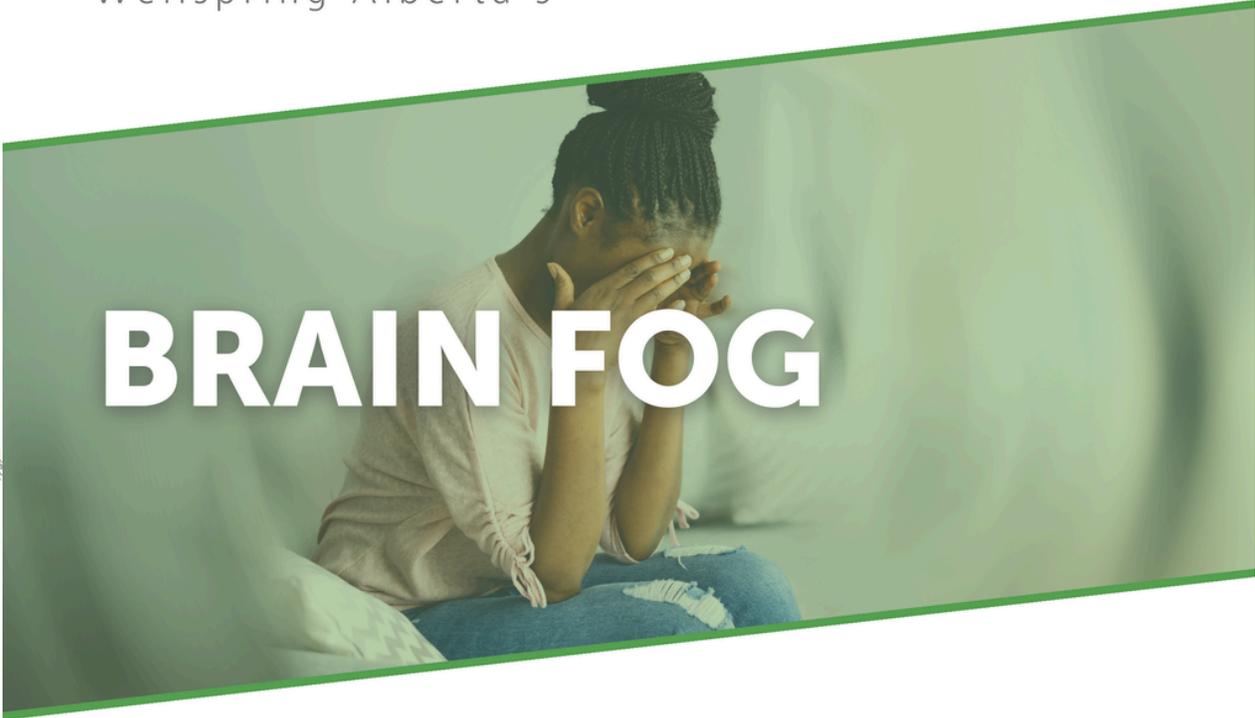


In collaboration with



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](http://wellspringalberta.ca) or call 1.866.682.3135.



In collaboration with



Charitable Reg. #809013675 RR0001



# UPCOMING VIRTUAL EVENT



25  
2001 - 2026

## BENEFIT AND CREDIT PAYMENTS FOR NEWCOMERS TO CANADA

Canada Revenue Agency (CRA)

*Newcomers to Canada will learn about the Canada Child Benefit, Disability Tax Credit, GST, Canada Workers Benefit, and Residency.*



**Benefit and Credit Payments for Newcomers to Canada**

Learn what benefits and credits are available for newcomers and what to know when you file taxes in Canada for the first time.

Date Tuesday January 20 2026  
Time 12 PM to 1 PM MST



**REGISTER NOW**



More Information at [bit.ly/PLRegisterNOW](https://bit.ly/PLRegisterNOW)

# UPCOMING VIRTUAL EVENTS



## Beyond Quick Fixes: Embracing a Human Rights Approach to Poverty

 **Date: Wednesday, December 10, 2025**

 **Time: 9:00 AM – 12:00 PM (MST)**

Getting to the root of poverty and houselessness is not simple. This session explores how a Human Rights-Based Approach (HRBA) can help move beyond temporary “band-aid” fixes toward real and lasting change.

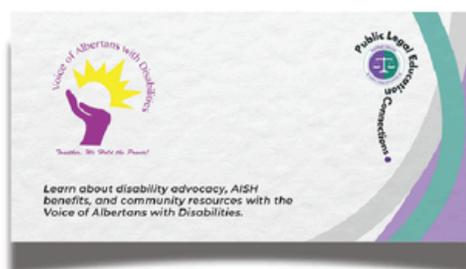


## Anti-Racism: Learning to Confront the Uncomfortable

 **Date: Wednesday, December 10, 2025**

 **Time: 1:00 PM – 4:00 PM (MST)**

This session invites participants to reflect deeply on racism and its impacts. Together we will explore common misunderstandings, the foundations of our ideas, and the ways racism shows up in daily life.



## Voice of Albertans with Disabilities: Advocacy and AISH Supports in Alberta

 **Date: Wednesday, December 17, 2025**

 **Time: 12:00 PM – 2:00 PM (MST)**

Join us for an informative Public Legal Education (PLE) Connections session with the Voice of Albertans with Disabilities (VAD) and a clear overview of the Assured Income for the Severely Handicapped (AISH) program



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# CELPIP PREP LESSONS



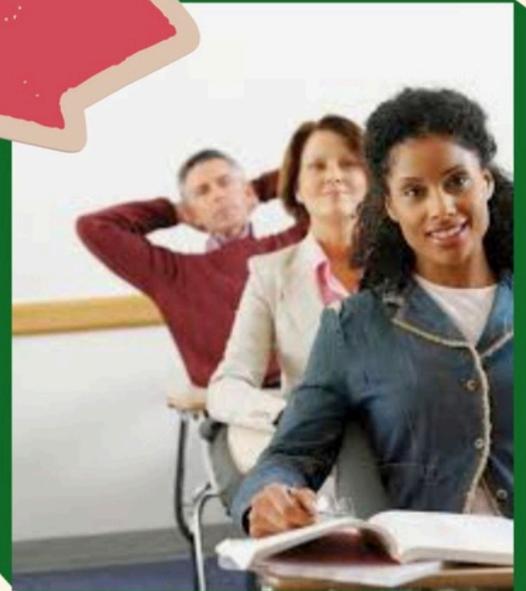
FREE  
SESSION



Tuesday January 6<sup>th</sup>, 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](mailto:paola.corbie@a4hc.ca) / (780)815.1978  
[oksana.valle@a4hc.ca](mailto:oksana.valle@a4hc.ca) / (780)545.9375





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