

FEBRUARY 1, 2026

# 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:  
March 18<sup>th</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)



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# DO YOU NEED VOLUNTEERS?

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

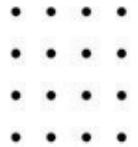


Our organization is looking to help you promote your volunteer opportunities and connect you with willing volunteers!

For more information please call 780-826-2120

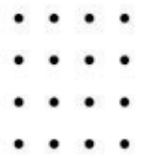
Scan the QR code or click the link in the description to fill out the form to add your volunteer opportunity to our database.





# 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





Meals on Wheels

# Volunteers Needed!



Bonnyville & District FCSS is seeking volunteers to help deliver Meals on Wheels to individuals in Bonnyville.

The Meals on Wheels program operates Monday to Friday at lunchtime, and we are currently looking for volunteer drivers on Mondays, Tuesdays, and Fridays.

Contact us today to learn more about this exciting volunteer opportunity.

**780-826-2120**





# FAMILY ROOM FEBRUARY CALENDAR

## FINE MOTOR WEEK

Feb. 3 Fruit Loop Necklace

Feb. 5 Finding Shapes

## SCIENCE WEEK

Feb. 10 Enjoying Magnets

Feb. 12 Making Dancing Bugs

## SENSORY WEEK

Feb. 17 Making Slime

Feb. 19 Digging for Treasure

## MESSY WEEK

Feb. 24 Shaving Cream Play

Feb.26 Flour and Water Play

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



# 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



This group is a warm, supportive space for moms and their babies (0-12 months) to connect, learn, and share.

**February 12, 2026**

**Celebrating  
Valentine's Day with  
a craft full of love  
and snacks.**



*Lakeland*

FAMILY RESOURCE NETWORK

4714-48 Street Bonnyville, AB  
780-201-3499

**FREE!**

# PARENT CONFERENCE

**FEBRUARY 21, 2026  
9:00 A.M. TO 3:30 P.M.  
MOVIE THEATRE AT THE  
BONNYVILLE CENTENNIAL CENTRE  
OR VIRTUALLY**

## PRESENTERS

**Big Names, Great Content**

**Carmen Moore**

Public Speaker/  
Consultant/Educator/  
Author/ and Parent



“Autism, Honest  
Discussion, and  
Practical Ideas”

**Margo Proulx**

Canadian Certified  
Counsellor



“Understanding  
Teen  
Development”

**Shannon Parker**

Registered Provisional  
Psychologist



“Building  
Healthy  
Relationships”

**Ann Douglas**

Author and Public  
Speaker  
Ann will be streaming  
live from Ontario.



“Parenting  
Through  
the Storm”



Please  
register using  
the QR code:

**Lunch, Refreshments, and Door Prize**

**C. MOORE**  
IN EDUCATION



Lakeland  
Psychological  
Services



**Lakeland**  
FAMILY RESOURCE NETWORK



# ADHD AND NEURODIVERGENCE COFFEE CHAT

## Neurodiversity and Lying

Do you find honesty can be tricky  
for your neurodiverse child?

February 12, 2026

6:30 - 8:00 p.m.

4714 - 48 Street

Bonnyville

Video and Discussion

Attend in-person  
or virtually



Please  
Register

*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.





Lakeland  
EMPLOYMENT 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.

Canada Alberta



Join us weekly for

# Wednesday Workshops

Free, virtual workshops at 10 am to enhance your employment skills

February 2026 Calendar	
February 4, 2026	Applying Online & Traditional
February 11, 2026	Time Management
February 18, 2026	Goal Setting
February 25, 2026	Overcoming Barriers

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.





## **Learner Licence Prep Course**

SCAN ME TO REGISTER



**Dates:** February 22, 23, 2026

**Time:** 9:30 AM to 3:00 PM

**Place:** Lakeland  
Employment Services

5110A 54 Ave  
Bonnyville, AB

**Cost:** Free

**Register:** Ryan Nicoll

**(780)343-0924**



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



# February



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Youth Advisory Mtg 3:45-4:30pm Peer Tutoring 3:45-4:45pm Crafternoon: Friendship Bracelets 4-6pm</p>	<p>3</p> <p>Indigenous Wellness: Medicine Wheel Teaching 4-5pm</p>	<p>4</p> <p>BCHS Lunch Pop Up Meal Night / Fuel Up &amp; Finish Up Pancakes with fruit 4:30-6pm Portage College 5-6:30pm **Budgeting w/Frank Caregiver Connect 7:30-8:30</p>	<p>5</p> <p>Game Night 4-6pm Meditation Group Therapy with Jay 4-5pm Tweens 11-13 Drop In 3:30-5pm</p>	<p>6</p> <p>Feel Good Friday: Spill the Tea 4-5pm Tweens 11-13 Drop In 3:30-5pm</p>
<p>9</p> <p>Crafternoon: Hand Crafted Flowers 3:30-5pm Walk in clinic 5-7pm</p> <p>Scholarship/Bursary Info Night 6-8pm</p>	<p>10</p> <p>NDHS Lunch Pop Up Thrive Soaring Podcast Planning 3:30-4:30pm Indigenous Wellness: Bannock Making w/Debra 4:30-5:30pm Employabilities World of Work Presentation 4-6pm</p>	<p>11</p> <p>Meal Night / Fuel Up &amp; Finish Up Mary Browns 4:30-6pm Kehewin Outreach Program 4-7pm Portage College 5-6:30pm **Budgeting w/Frank</p>	<p>12</p> <p>Game Night 4-6pm Library Mobile Book Cart 3:30-4:30pm Cookie of the Month 4:30-5:30pm Tweens 11-13 Drop In 3:30-5pm Dragonfly Pop Up 4-5pm</p>	<p>13</p> <p>Feel Good Friday: Sweet Vibes Social 4-6pm Tweens 11-13 Drop In 3:30-5pm</p>
<p>16</p> <p>Closed for Family Day</p> <p>Alberta Winter Games</p>	<p>17</p> <p>Indigenous Wellness: Sharing Circle 4-5pm THRIVE Bowling at King Pins 4-6pm</p>	<p>18</p> <p>Meal Night / Fuel Up &amp; Finish Up Stir Fry 4:30-6pm Portage College 5-6:00pm **Budgeting w/Frank Open at 12-Close at 6pm</p>	<p>19</p> <p>Game Night 4-6pm Meditation Group Therapy with Jay 4-5pm Tweens 11-13 Drop in 3:30-5pm</p>	<p>20</p> <p>Feel Good Friday: Spill the Tea 4-5pm BIPOC 5-6pm Tweens 11-13 Drop In 3:30-5pm</p>
<p>23</p> <p>Creative Collective Mocktail Night 5-7pm Walk in clinic 5-7pm</p>	<p>24</p> <p>Indigenous Wellness: Beading Circle 4-5pm Youth Bible Study 5-6pm Improv @ NDHS /w Jamie 3:30pm</p>	<p>25</p> <p>Meal Night / Fuel Up &amp; Finish Up Boston Pizza 4:30-6pm Portage College 5-6:30pm **Budgeting w/Frank</p>	<p>26</p> <p>Game Night 4-6pm Library Mobile Book Cart 3:30-4:30pm Tweens 11-13 Drop in 3:30-5pm</p>	<p>27</p> <p>Feel Good Friday: Affirmation Station 4-5pm Death Cafe 5:30-6:30pm Tweens 11-13 Drop In 3:30-5pm</p>
<p>Want to Volunteer for the Alberta Winter Games February 13-16th Use QR Code</p>			<p>Caregiver Connect 7:30-8:30 1st Wednesday Of Each Month</p>	

## Change in Hours

\*\*PROGRAM FOR AGES 18-25

PROGRAM FOR AGES 11-13

**You Belong Here**

# **B.I.P.O.C.**

**(Black Indigenous People Of Color)**

## **GROUP**

**Friday February 20<sup>th</sup> 2026**

**5-6pm**

**@ The Hive by Kickstand Bonnyville**

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





# INDIGENOUS WELLNESS:



## BEADING CIRCLE



Join us for our Indigenous Wellness program, where we will continue our youth beading circle. Bring a project you are working on already, or start something new with us.

Feb, 24, 2026 4-5:00pm @  
The Hive Kickstand



# INDIGENOUS WELLNESS:



## BANNOCK MAKING



Join us for our Indigenous Wellness program, where we will learn how to make bannock with our friend Debra John. Come enjoy learning a new skill.

Feb. 10, 2026, 4:30–5:30 pm  
@ The Hive Kickstand

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# Youth Walk in Clinic



A dedicated clinic for youth ages 11-25 to access primary care services in our community

Walk-in – No appointment needed!

Available Primary Care Services:

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

Mondays  
February 9<sup>th</sup> & 23<sup>rd</sup>  
 5:00 PM – 7:00 PM

Confidential • Safe • Youth-Friendly  
 For more info, contact 587-201-2528  
[info@thehivelakeland.ca](mailto:info@thehivelakeland.ca)





**Join Us For:**

**A CELEBRATION OF  
LOVE & FRIENDSHIP**

**FUN CENTRES &  
ACTIVITIES  
FOCUSED AROUND  
BEING THE BEST  
VERSION OF YOU!**



**GRACE MACLELLAN  
THE HIVE KICKSTAND OPS LEAD**

**WHEN:**

**Wednesday Feb 11, 2026**

**4:30pm-7pm**

**@ KIH EW WACISTON-  
OLD HEADSTART  
BUILDING**



# 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.



 **FEB. 24<sup>TH</sup> 2026**  
 **5-6PM**



**QUESTIONS??**

Contact us at [info@thehivelakeland.ca](mailto:info@thehivelakeland.ca)



# SOARING MTG

Come Join Us for our  
Youth Soaring Grant  
Podcast Planning  
Meeting.

TUESDAY  
FEBRUARY  
10TH

3:30 pm



\*Food will be provided



# DEATH CAFE

Death Cafe offers a supportive space where we eat cake and talk about death, grief and loss; something that touches every life but is rarely discussed. Through guided conversation, participants are invited to share reflections, listen to others, and explore how loss, grief and personal understanding shape our experiences.



For more information please  
contact us:

info@thehivelakeland.ca  
587-201-2528



THE HIVE BY KICKSTAND  
BONNYVILLE

# CAREGIVER CONNECT

Building skills and support for those caring for someone experiencing emotional dysregulation.

Join us and find connections and hope to regain balance in your own life.

**STARTS FEB 4TH**

7:30-8:30 pm

**FOR MORE INFO**

 587-201-2528

Confidential, Peer to Peer Support, Led  
by Two People with Lived Experience



Every 1<sup>st</sup>  
Wednesday  
of the  
Month



# COOKIE OF THE MONTH

with Jo-Anne

**Don't Miss It**  
**THURSDAY FEB. 12TH**  
**4:30-5:30PM**

 **The Hive by Kickstand**  
**Bonnyville**

 **info@thehivelakeland.ca**  
**587-201-2528**





# Creative Collective

WHERE  
CREATIVITY  
SPARKS  
CREATIVITY  
Feb. 23

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.





# BOWLING

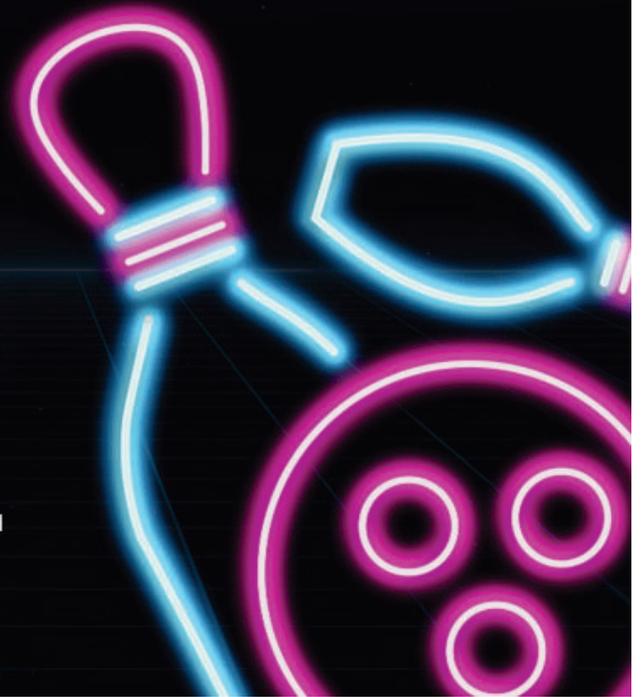
## *Night*

@ King Pins

 17 Feb 2026

 4-6:00 pm

18 youth spots available  
register at the Hive by Kickstand  
or email [info@thehivelakeland.ca](mailto:info@thehivelakeland.ca)  
or call 587-201-2528





# Game Night: *extravaganza!*

Join us for a night filled with exciting board, card & various trivia games, a little friendly competition and a whole lot of fun!

**HIVE GAME NIGHTS**

- 🌟 **Date:** Thursdays
- 🌟 **Location:** The Hive by Kickstand
- 🌟 **Time:** 4:00-7:00 pm

*Let the fun begin!*

Bring your best game face and let's see who comes out on top!



PLEASE JOIN US FOR A

*Valentine's Day*  
**SWEET VIBES  
SOCIAL**

COME JOIN US FOR AN EVENING OUT WITH  
YOUR FRIENDS. ENJOY DINNER, MOCKTAILS,  
GAMES, AND OUR PHOTOBOOTH

FEBRUARY **13** 4-6PM

The HIVE By Kickstand





# JOIN OUR YOUTH ADVISORY

LET YOUR VOICE BE HEARD.

First Monday of Every Month  
3:45pm-4:30pm

Join in person or via Google Meet  
(Message for link)

Pizza Sponsored by:





# MEAL Nights



Pancakes & Fruit	February 4
Mary Browns	February 11
Stir Fry	February 18
Boston Pizza	February 25



*Join Us! Learn  
New Cooking Skills*





# Library Mobile Book Cart:

Upcoming Dates:  
February 12<sup>th</sup>  
February 26<sup>th</sup>





# INDIGENOUS WELLNESS:

## SHARING CIRCLE



Join us for our Indigenous Wellness program, where we will participate in a sharing circle to work towards building a community through communication and healing.

Feb. 17, 2026, 4-5 pm  
@ The Hive Kickstand





# INDIGENOUS WELLNESS:



## MEDICINE WHEEL TEACHING



Join us for our Indigenous Wellness program, where we will learn about the medicine wheel and what it represents as a teaching tool, and a guide to living well.

Feb. 3, 2026, 4-5 pm  
@ The Hive Kickstand



# SCHOLARSHIP

# BURSARY INFO NIGHT

*Where to start? Questions? Need help? Students and Caregivers join us for an evening of information and connection.*



## SCHOLARSHIP & BURSARY BENEFITS:

- Reduces the cost of education
- Helps you reach your goals
- Supports your learning journey
- Lowers stress and financial pressure
- Invests in your future

**Monday  
February 9, 26  
6-8pm**

**for more info call 587-201-2528**



# CRAFTERNOONS IN FEBRUARY

## Friendship Bracelets

MONDAY  
FEB. 2ND  
4-6PM



## Hand Crafted Flowers

MONDAY  
FEB. 9TH  
3:30-5PM



CONTACT US:  
INFO@THEHIVELAKELAND.CA  
587-201-2528



# ADULTING WITH FRANK

Learn new skills and achieve your goals.



Adulting doesn't come with a manual - so Frank made one! This class breaks down budgeting, resume building, job prep, and other must-know life skills in a supportive, no judgment space.

***Start today and transform your life through education!***



## Key Details:

- ✔ Accessible programs for all ages 18-25
- ✔ Wednesday's 5-6:30pm
- ✔ Practical and useful for real life.

 frank.collins@portagecollege.ca

 The Hive by Kickstand, Bonnyville AB

 <https://mykickstand.ca/communities/bonnyville/>



# 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



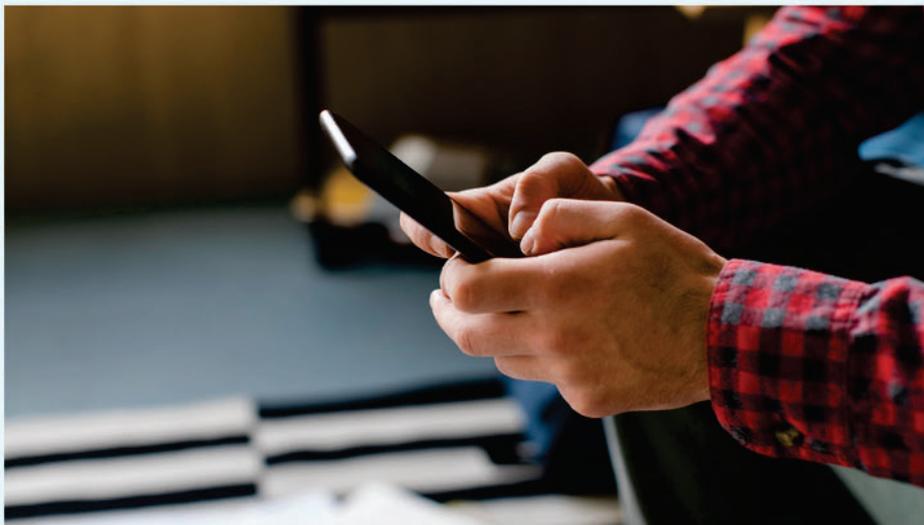
**Alberta Health  
Services**

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*



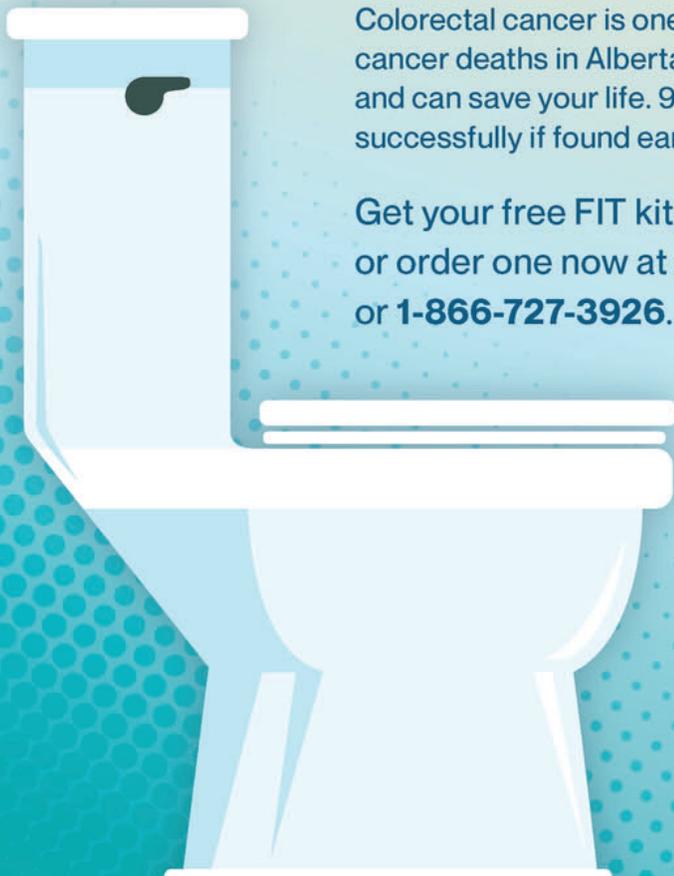
**Alberta Health  
Services**

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**.





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



# January 2026 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

Jan 8	Thu Afternoon	1:30-4pm
Jan 13	Tue Evening	5:30-8pm
Feb 18	Wed Morning	9:30-12pm

### Nutrition

Jan 15	Thu Afternoon	1:30-3pm
Jan 20	Tue Evening	5:30-7pm
Feb 25	Wed Morning	9:30-11am

### Ongoing Care

Jan 22	Thu Afternoon	1:30-4pm
Jan 27	Tue Evening	5:30-8pm

### Foot Care & Seated Exercise

Jan 20	Tue 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

Jan 20	Tue Morning	9:30-12pm
Jan 28	Wed Evening	5:30-8pm
Feb 18	Wed Afternoon	1:30-4pm
Mar 10	Tue Morning	9:30-12pm
Mar 19	Thu Evening	5:30-8pm

### Nutrition

Jan 27	Tue Morning	9:30-11am
Feb 4	Wed Evening	5:30-7pm
Feb 25	Wed Afternoon	1:30-3pm
Mar 17	Tue Morning	9:30-11am
Mar 26	Thu Evening	5:30-7pm

## Managing Stress

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

Jan 6 & 13	Tue Evenings	5:30-6:30pm
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## 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	Jan 15	Thu Morning	9:30-12pm
	Feb 3	Tue Evening	5:30-8pm
1.2	Jan 22	Thu Morning	9:30-12pm
1.3	Jan 29	Thu Morning	9:30-12pm

### Series 2

2.1	Jan 7	Wed Evening	5:30-8pm
2.2	Jan 14	Wed Evening	5:30-8pm
2.3	Jan 21	Wed Evening	5:30-8pm

### Series 3

3.1	Jan 28	Wed Evening	9:30-12pm
3.2	Feb 4	Wed Evening	5:30-8pm

## 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.

January 12 –Feb 23	Monday & Wednesday
Afternoons	1-2:30-pm
Evenings	6-7:30pm

## Better Choices, Better Health

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

### Living with Chronic Pain

Thursday Evenings	6:00-8:30pm
January 15, 22, 29, Feb 5, 12, & 19	

### Living with Chronic Disease

Wednesday Evenings	6-8:30 pm
February 3, 10, 17, 24, Mar 3 & 10	

Help using Zoom is available!



Register for a Zoom class  
or see more dates:

**1-877-349-5711**

<https://www.healthylivingprogram.ca>



Primary Care  
Alberta

# Free Exercise Program

Alberta Healthy Living Program

Education that supports your health and your life



## Upcoming Sessions:

**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

## MONEY MATTERS



### Are you looking for help with your cancer-related financial worries?

We understand how difficult it is to focus on getting well when you are worrying about money. A Wellspring Money Matters Case Manager is available by telephone or video chat to help you navigate government benefit programs and other financial resources that may be available. This program is available free of charge and without referral.



To request an appointment, visit:

[wellspring.ca/moneymatters](https://wellspring.ca/moneymatters)

 [moneymatters@wellspring.ca](mailto:moneymatters@wellspring.ca)

Wellspring is a charity that offers professionally-led programs and services to help with the emotional, social, practical and physical needs of people living with cancer. All at no charge.

[wellspring.ca](https://wellspring.ca) | 1-877-499-9904

## BRAIN FOG



### Having trouble thinking clearly? Is it sometimes hard to find the right words? You may have brain fog.

Brain fog involves cognitive changes that may result from cancer and its treatment. Symptoms include:

- decreased memory
- shorter attention spans
- difficulty problem solving
- reduced ability to multi-task

Join us for this free, eight-week online program to learn ways to address and improve these symptoms.

There is no charge to participate.

Licensed from Maximum Capacity.



For more information  
or to register, visit:

[wellspring.ca](https://wellspring.ca)

Wellspring is a charity that offers professionally-led programs and services to help with the emotional, social, practical and physical needs of people living with cancer. All at no charge.

[wellspring.ca](https://wellspring.ca) | 1-877-499-9904



## BEREAVEMENT SUPPORT



## RETURNING TO WORK



- Will I be able to do my job?**
- What if I get sick again?**
- How can I stay well at work?**
- Cancer has changed me. Do I want to do this job again?**
- How can my employer accommodate my needs?**

Receive valuable information and support to ensure a successful and sustained transition back to work. In this six-week program, you will discuss topics such as readiness to work, need for employer accommodation, treatment side-effects that may impact job performance, and how to get ready for the return.

There is no charge to participate.



**For more information or to register, visit:**  
[wellspring.ca](http://wellspring.ca)

Wellspring is a charity that offers professionally-led programs and services to help with the emotional, social, practical and physical needs of people living with cancer. All at no charge.

[wellspring.ca](http://wellspring.ca) | 1-877-499-9904

Losing a loved one is complex. Grief can bring loneliness, guilt, anxiety, and other difficult emotions that affect all aspects of your life.

Wellspring's bereavement programs offer a safe, supportive space for those who have lost a loved one to cancer. In a confidential setting, you can share your stories, honour their memory, express your grief, and begin to navigate life after loss.

Some programs also offer guidance and referrals to help you move forward.



**LEARN MORE AT:**  
[wellspring.ca/bereavement](http://wellspring.ca/bereavement)

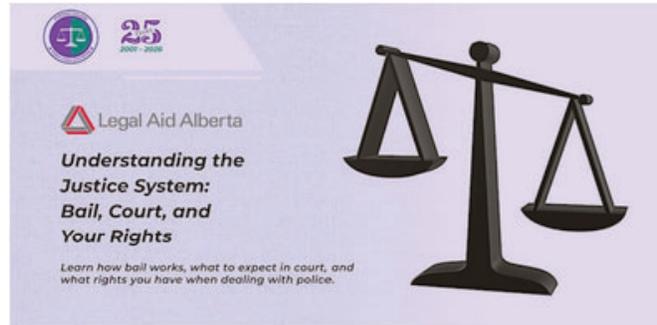
Wellspring is a charity that offers professionally-led programs and services to help with the emotional, social, practical and physical needs of people living with cancer. All at no charge.

[wellspring.ca](http://wellspring.ca) | 1-877-499-9904



# UPCOMING VIRTUAL EVENT

We invite you to join us for this virtual session...



## Understanding the Justice System: Bail, Court, and Your Rights

Date: Wednesday, February 4, 2026  
Time 1 PM to 2:30 PM MST

Learn how bail works, what to expect in court, and what rights you have when dealing with police.



REGISTER NOW



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



# CANADIAN CITIZENSHIP PREPARATION COURSE

Discover Canada and the rights and responsibilities of citizenship.  
Topics include: The People, regions, government and justice system

- **Bonnyville C2 Centre, Room 253**
- **Weekly, starting Wednesday, Jan 21-June 17**
- **6:45-8:00 pm**
- **Join at any time**
- **Free of Charge**





 PORTAGE  
COLLEGE



# Open House

March 2-4, 2026 | Free BBQ

## THREE LOCATIONS

- **Lac La Biche Campus**  
March 2, 2026 | 6-8PM
- **St. Paul Campus**  
March 3, 2026 | 6-8PM
- **Cold Lake Campus**  
March 4, 2026 | 6-8PM

## NEW PROGRAMS

- Addictions Counselling
- Aircraft Structures Technician
- Apprenticeship Carpentry
- Apprenticeship Heavy Equipment Technician
- Kinesiology
- Pre-Health Sciences

Contact us at 1-866-623-5551 or scan the QR code for more information or to sign up for our next Open House event!





# **CELP IP PREPARATION COURSE**

## **Free adult English lessons!**

- **Bonnyville C2 Centre, Room 253**
- **Weekly, starting Tuesday, Jan 20-June 16**
- **6:45-8:00 pm**
- **Join at any time**
- **Free of Charge**
- **Ages 18+**





**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

