

APRIL 15, 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:  
May 20<sup>th</sup>**

**BONNYVILLE INTERAGENCY  
MEETINGS 2026**

**MEETING DATES:**

MAY 20

JULY 15

SEPTEMBER 16

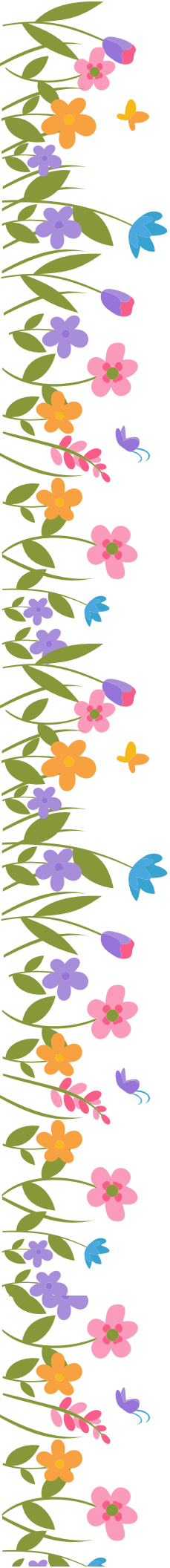
NOVEMBER 18

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. Volunteer Tax Clinics
4. Meals on Wheels
5. MOW - Volunteer Needed
6. Family Room—April Calendar
7. Home Alone Course
8. ASQ Screening
9. Lakeland Family Resource Network
11. LFRN - Wiggles & Giggles
12. LFRN - Wiggles Picture Cube
13. EmployAbilities North
14. Lakeland Employment Services
15. FASD - Caregiver Support Group
16. LIBRARY - April Calendar
17. HIVE - Calendar
18. HIVE - Caregiver Connect
19. INDIGENOUS WELLNESS - Red Dress Beading
20. HIVE - Library Mobile Book Cart
21. HIVE- Game Night Extravaganza
22. HIVE - Meal Nights
23. HIVE - Movie Night
24. HIVE - Trick Shot Night
25. HIVE/PORTAGE - Adulthood with Frank
26. HIVE - Emotional Well Being
27. HIVE - Shrink Wrap Workshop
28. AHS - Living with Stroke
29. AHS - Alberta Quits Helpline
30. AHS - Mental Health Walk In Clinic
31. AHS - Colorectal Screening
32. PCN - Post Partum Health
33. PCN - Coordinated Care Program
34. PCN - Exercise Care Program
35. PCN - Prenatal Classes
36. Stepping Stones - A Better Way
37. Stepping Stones - Empowering Women
38. Stepping Stones - Caring Dads
39. Wellspring - Money Matters/Brain Fog
40. Wellspring - Returning to Work/Bereavement
41. Portage - Canadian Citizen Prep Course
42. Wrench Warriors
43. Portage - Upcoming Virtual Events
44. Portage - CELPIP Prep Course
45. Portage College



# VOLUNTEER TAX CLINIC

Simple Tax Returns for low-income individuals and families.

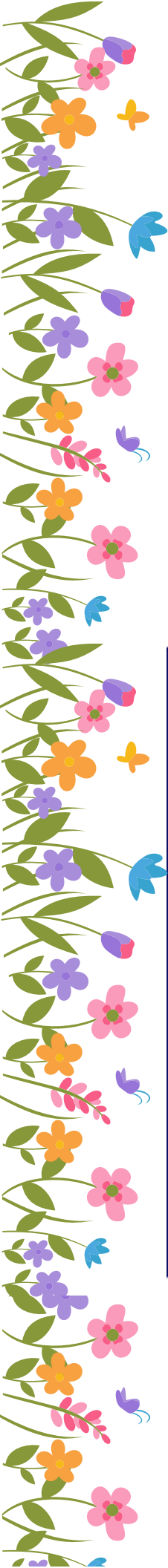
**Starting MARCH 3rd**

**Tuesdays Mornings 9:30am-11:30am**

**Thursday Afternoons 1:30pm-3:30pm**

Location: Bonnyville FCSS Gym  
4714 48 St Bonnyville





# MEALS ON WHEELS PROGRAM

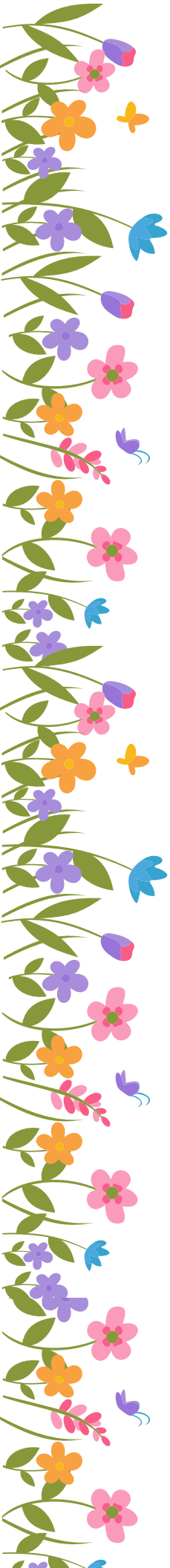
The Meals on Wheels program provides a nutritious meal for those who are unable to prepare meals for themselves. These may be seniors, new moms, individuals with impairment, convalescents, etc. The Meals on Wheels program is available to residents living in the Town of Bonnyville.



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!



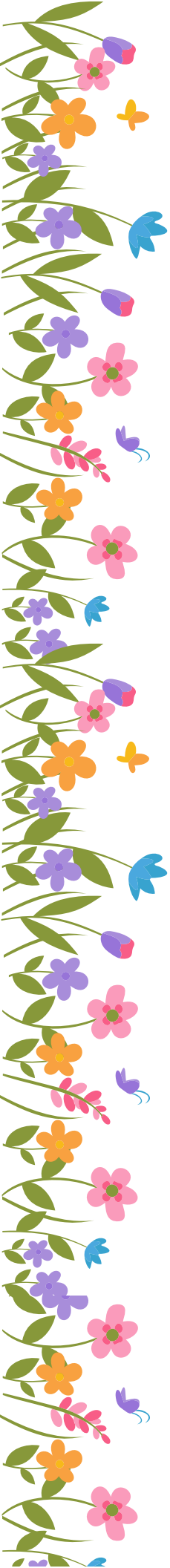
Bonnyville & District FCSS is seeking volunteers to help deliver Meals on Wheels to individuals in Bonnyville.

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 APRIL CALENDAR

### FINE MOTOR WEEK

**\* WE ARE CLOSED MON. APRIL 6TH**

April 7 Painting with Rollers

April 9 Rolling string

### SCIENCE WEEK

April 14 Lava Lamps

April 16 Catapult Play

### SENSORY WEEK

April 21 Hide and Seek in the Sand

April 23 Sensory Paint

### MESSY WEEK

April 28 Shredded Paper Dig

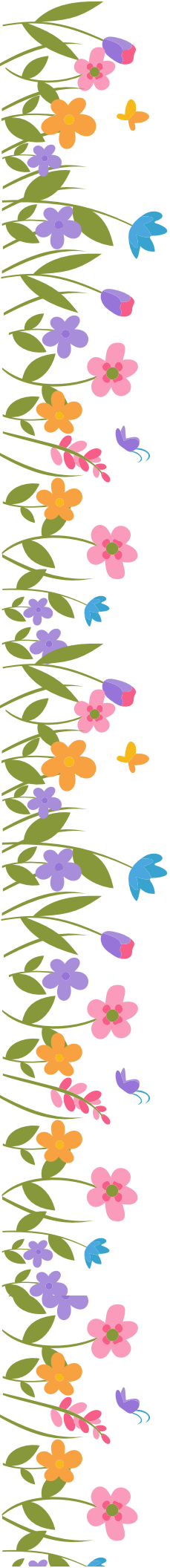
April 30 Mashing Bananas

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: [bdcss@town.bonnyville.ab.ca](mailto:bdcss@town.bonnyville.ab.ca)



# HOME ALONE

**For children 10-12 years of age**

This course will include discussion and activities to support children in areas necessary to keep them safe, comfortable, and happy when they are home alone.

**FRIDAY MAY 15TH**

**1:00 PM - 3:30 PM**

**\$10 FEE FOR THE WORKBOOK**

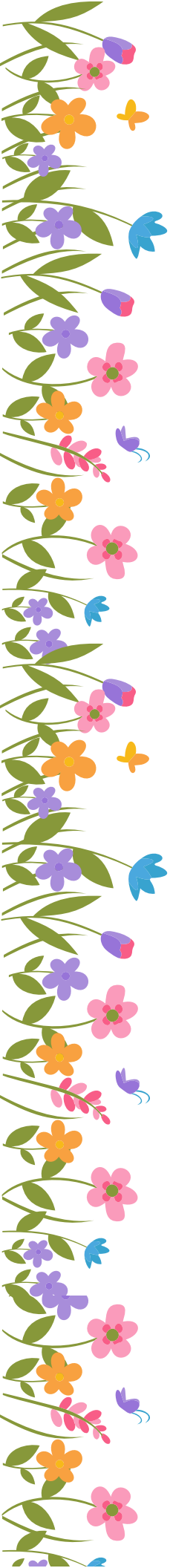
**PURCHASE @ THE PARENT CHILD CENTRE**

**SNACKS WILL BE PROVIDED**



To register or for more information please call  
**780-826-2120**

4714 48 Street / Bag 1006 Bonnyville, AB T9N 2J7 | Email: [bdcss@town.bonnyville.ab.ca](mailto:bdcss@town.bonnyville.ab.ca)



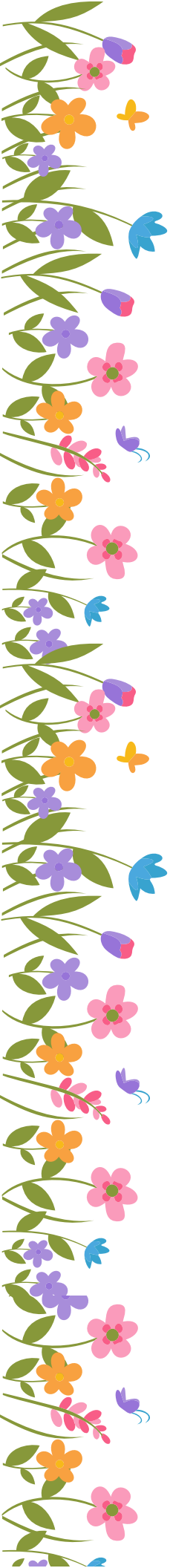
The ASQ Developmental Screening provides a fast and helpful look at how your child is doing in important areas like communication, social skills, motor skills, and problem-solving skills.

Drawing on parents' expert knowledge, ASQ can pinpoint developmental progress and catch delays in young children—paving the way for meaningful next steps in learning, intervention, or monitoring.

Appointments available every Friday starting May 1st.  
To schedule an appointment please call 780-826-2120

- For children ages 1 to 5 years
- FREE - By Appointment Only





# 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.

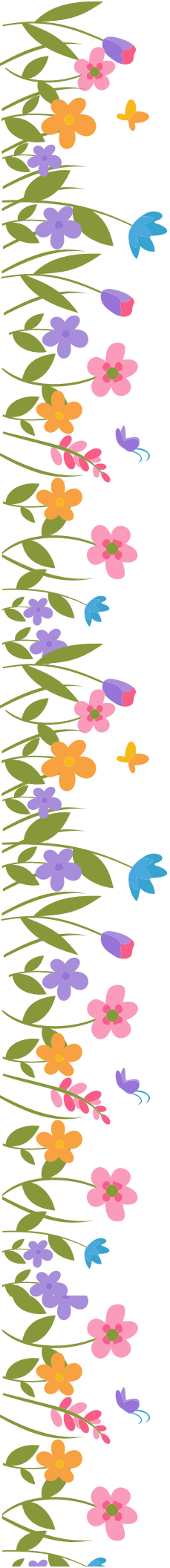


## Parenting Sessions

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.**

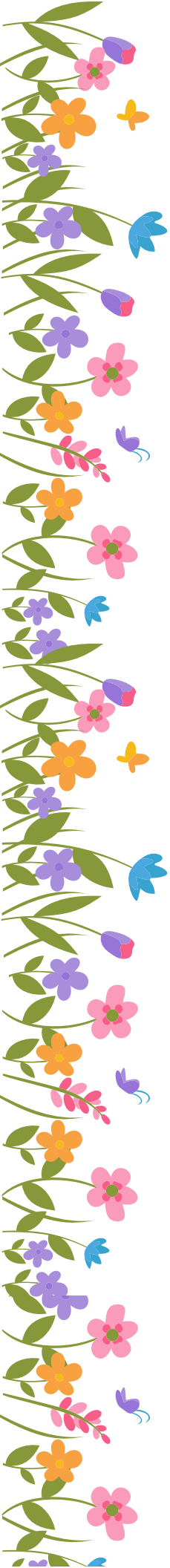
- April 02** Easter celebration with a visit from the Easter Bunny
- April 09** Meet at CAFN8  
5003 50 Ave. Bonnyville
- April 16** Family picture cube  
Bring five photos that can be cut to fit into a 2.5 x 2.5 inch cube
- April 23** Water play with a boat craft  
Bring a change of clothes
- April 30** No Baby Group Today

For caregivers with babies up to 12 months of age.

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

LFRN and FCSS  
4714-48 street  
Bonnyville, AB T9N 2J7

*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.

**Thursday  
April 16, 2026  
1:30-3:00 p.m.**

## Family photo cube

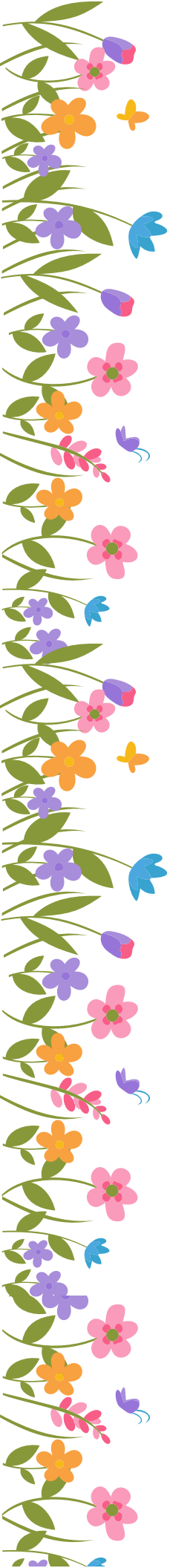
Bring five photos that can be cut to fit in a 2.5 x 2.5 inch cube



*Lakeland*

FAMILY RESOURCE NETWORK

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



# 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.

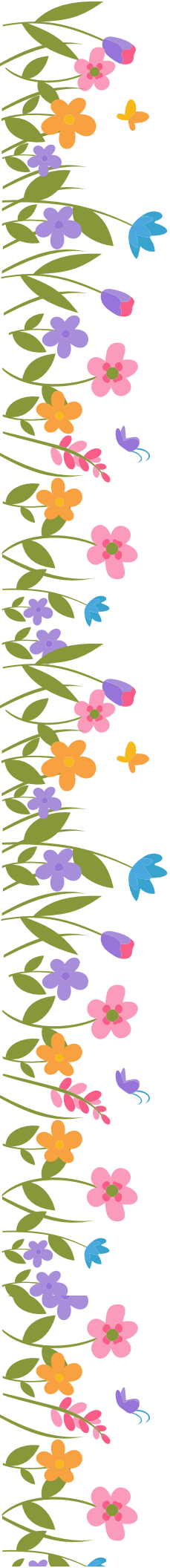
### SERVICES PROVIDED IN

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

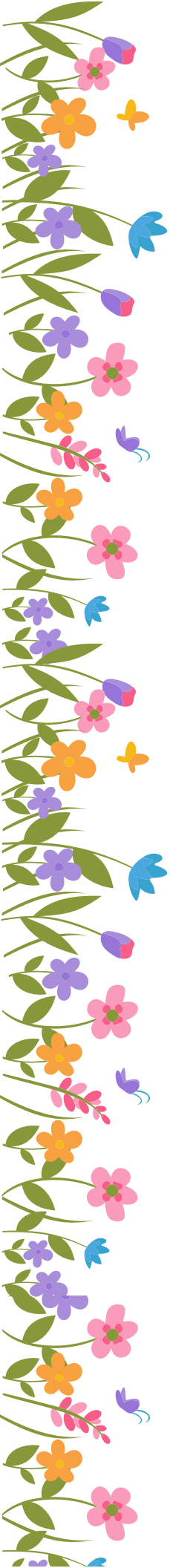
- Refer qualified people with compatible skill sets.
- Showcase your job postings in the centre and on Facebook.
- Organize and provide hiring events, hiring fairs and job fairs to boost visibility.

**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.





# Caregiver Support Group

**In person session:  
April 20<sup>th</sup>, 2026**

**Lac La Biche Office**

10117 102ave  
11:30-1pm


**Cold Lake Office**

4823 50 ave  
6:30-8pm



Topic: Understanding the  
FASD Brain

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



# APRIL 2026 AT THE LIBRARY

FULL DETAILS ON OUR WEBSITE CALENDAR [WWW.BONNYVILLELIBRARY.AB.CA](http://WWW.BONNYVILLELIBRARY.AB.CA)

**POKEMON LEAGUE  
THURSDAYS**  
6:00 PM-7:00 PM D  
AGES 6-ADULTS

**FUTURE OF ENERGY  
CONVERSATION**  
APR 8TH 5:30 PM-6:30 PM D  
EVERYONE WELCOME

**WRITER'S OPEN MIC**  
APR 11TH 1:00-2:30 PM D  
ALL AGES

**BANANAGRAMS!  
PRACTICE BEFORE THE TOURNAMENT**  
APR 13 & 20TH 5:00 PM-7:00 PM D  
ADULTS & YOUTH 13+

**BANANAGRAMS TOURNAMENT**  
APR 25TH 1:00 PM-4:00 PM R  
ADULTS & YOUTH AGES 13+

**LICA MAMMALS**  
APR 7TH 5:30 PM-7:30 PM D  
FAMILIES WITH ALL AGES,  
ADULTS MUST PARTICIPATE

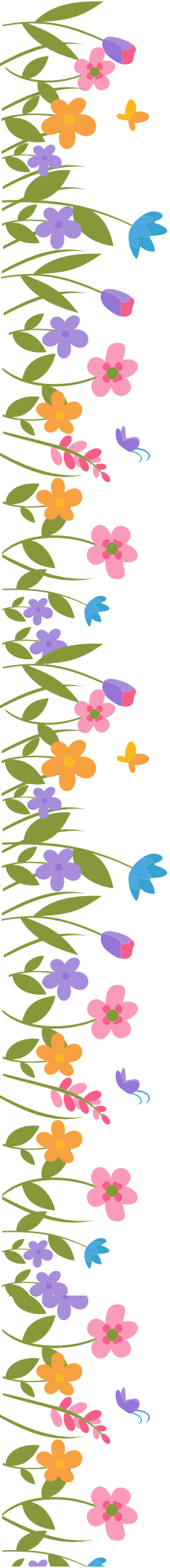
**ADULT & CHILD BOOK CLUB**  
APR 11TH 11:00 AM R  
AGES 8-12  
WITH AN ADULT

**TEEN & ADULT BOARDGAMES**  
APR 13TH 5:00 PM-7:30 PM D  
ADULTS & TEENS AGES 13+

**ADULT CRAFT NIGHT**  
APR 21ST 6:00 PM-8:00 PM R  
ADULTS & TEENS AGES 16+

**TWEEN NIGHT OUT**  
APR 27TH 5:00 PM-6:30 PM R  
YOUTH AGES 11-14

ALSO BOOK CLUBS, STORY TIME, RHYME TIME, AND MORE!!  
\* R = pre-register online D = drop-in



# April



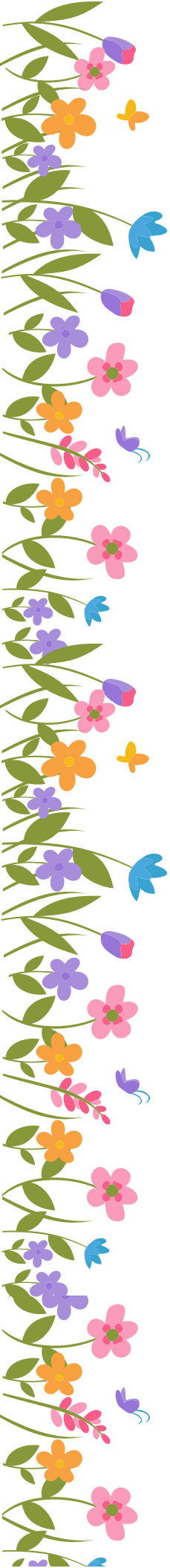
Monday 11am - 7pm	Tuesday 9:30am - 5:30pm	Wednesday 11am - 7pm	Thursday 11am - 7pm	Friday 9:30am - 5:30pm
Tween Drop In Time for Spring Break 2-4pm	Tween Drop In Time for Spring Break 2-4pm	1 Meal Night / Fuel Up & Finish Up Feta Pasta Bake 4:30-6pm Portage College 5-6:30pm **Budgeting w/Frank	2 Easter Hunt 1-3pm  Mario Kart Tournament 3-6pm	3 <b>CLOSED</b> <b>Happy</b> <b>Easter</b>
6 Crafternoon: Coffee & Canvas 2:30-4pm  **OPEN 9-5 PM**	7 Taco Tuesdays 4-5pm  Indigenous Wellness: Teaching with Debra	8 Meal Night / Fuel Up & Finish Up Mary Browns 4:30-6pm Kehewin Outreach Program 4-7pm Portage College 5-6:30pm **Budgeting w/Frank	9 Library Mobile Book Cart 3:30-4:30pm Cookie of the Month 4:30-5:30pm Self Care Bingo 4-5pm Bible Study 6:30pm	10 Feel Good Friday:  Scholarship & Post Secondary Information Night 6-8pm  **Open 12-8pm**
13 Youth advisory Mtg 3:45-4:30pm Crafternoon: Creative Collective 5-7pm Walk-In Clinic 5-7pm	14 Taco Tuesday 4-5 pm  Indigenous Wellness: Dream Catchers 4-5:30pm	15 Meal Night/ Fuel Up & Finish Up Cultural Food Day 4:30-6pm Portage College 5-6:00pm **Budgeting w/Frank Open at 12-Close at 6pm	16 Dude Perfect Challenge Night 4-6pm	17 Feel Good Friday:  Movie Night 3:30-5:30pm
20 Crafternoon: Candle Making 3:30-4:30pm  Lets Get Real w LFASD 4:30-5:30pm	21 Taco Tuesdays 4-5pm Bowling at King Pins 4-5pm  Indigenous Wellness: Red Dress Pin Beading 4-5pm	22 Meal Night / Fuel Up & Finish Up Sloppy Joe's 4:30-6pm  Portage College 5-6:30pm **Budgeting w/Frank	23 Library Mobile Book Cart 3:30-4:30pm Trivia Night 4-6pm	24 Feel Good Friday:  Spill The Tea 4-5:30pm
27 Crafternoon: Shrink Plastic Keychains 4-5pm Walk-In Clinic 5-7pm	28 Taco Tuesdays 4-5pm  Indigenous Wellness: Red Dress Pin Beading 4-5pm	29 Meal Night / Fuel Up & Finish Up Boston Pizza 4:30-6pm Portage College 5-6:30pm **Budgeting w/Frank	30 Pictionary Night 4-6pm	<b>Caregiver Connect</b> <b>7:30-8:30</b> <b>1st Wednesday</b> <b>Of Each Month</b> <b>Hive Soaring at</b> <b>NDHS Gym</b> <b>April 26<sup>th</sup> 2:30-4:30</b>

Change in Hours -Closed Daily From 1pm-2pm

\*\*PROGRAM FOR AGES 18-25

Drop in programming on Thur-Fri ages 11-13  
3:30pm-5pm





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.

EVERY FIRST WEDNESDAY OF MONTH

7:30-8:30 pm

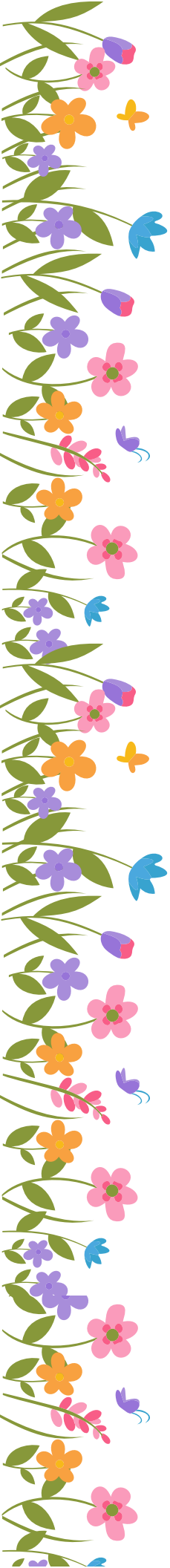
FOR MORE INFO

 587-201-2528

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



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



# INDIGENOUS WELLNESS:

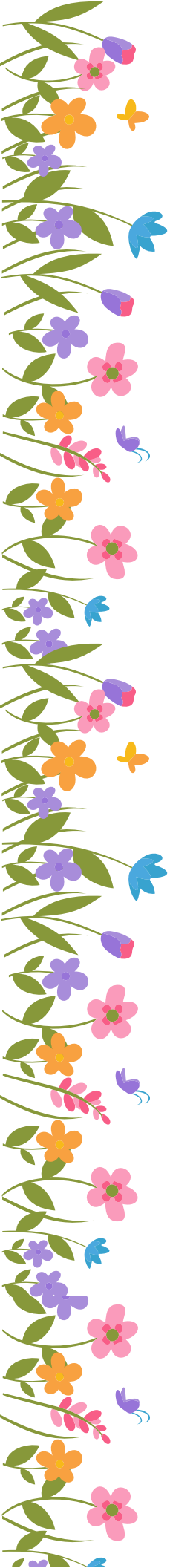


## RED DRESS BEADING



Join us for our Indigenous Wellness program, where we will learn about honour MMIW of Indigenous peoples while creating and beading red dresses to wear or display.

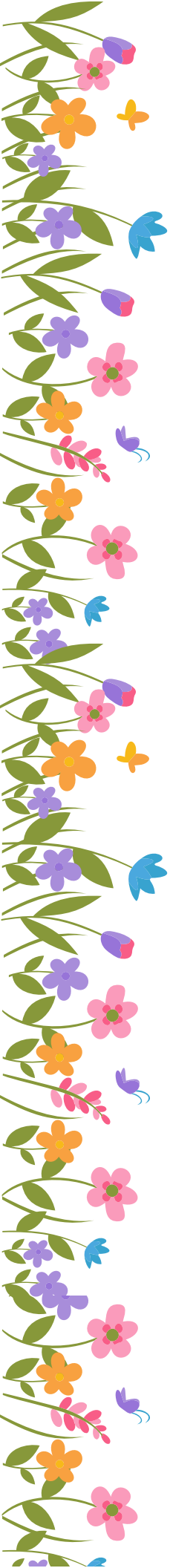
April 21st & 28th, 4-5 pm  
@ The Hive Kickstand



# Library Mobile Book Cart:

Alternating Thursdays





# Game Night: *extravaganza!*

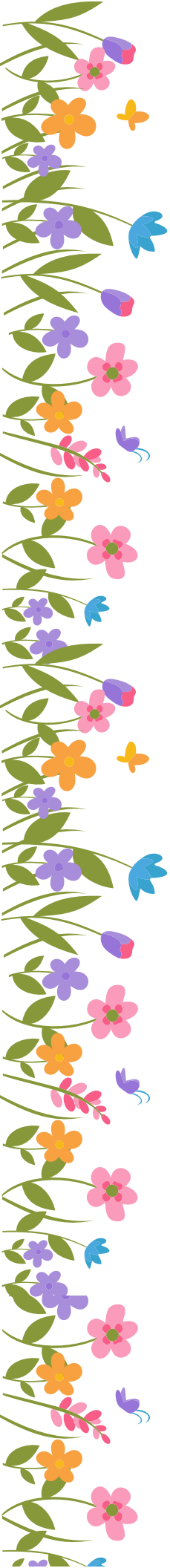
Join us for a night filled with exciting board, card & various trivia games, a little friendly competition and a whole lot of fun!

**HIVE GAME NIGHTS**

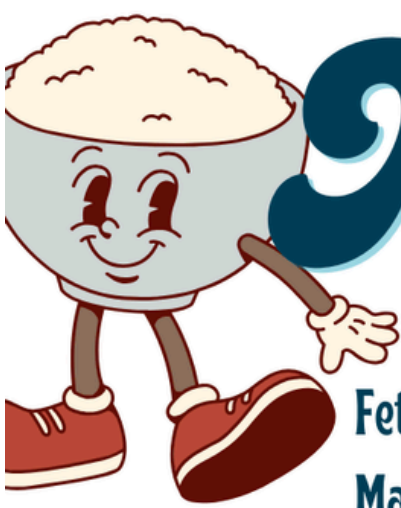
- Date: Thursdays
- Location: The Hive by Kickstand
- Time: 4:00-7:00 pm

*Let the fun begin!*

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



# MEAL Nights



Feta Pasta Bake

April 1<sup>st</sup>

Mary Browns

April 8<sup>th</sup>

Cultural Foods Day

April 15<sup>th</sup>

Sloppy Joes

April 22<sup>nd</sup>

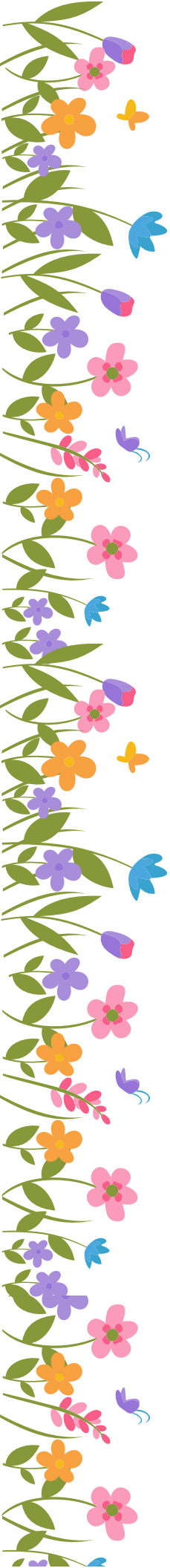
Boston Pizza

April 29<sup>th</sup>



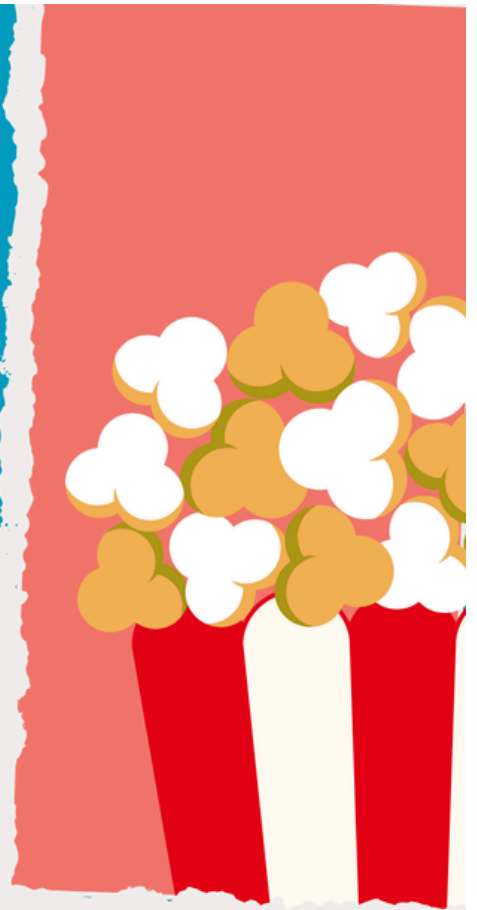
*Join Us! Learn  
New Cooking Skills*





THE HIVE THEATRE PRESENTS

# MOVIE NIGHT

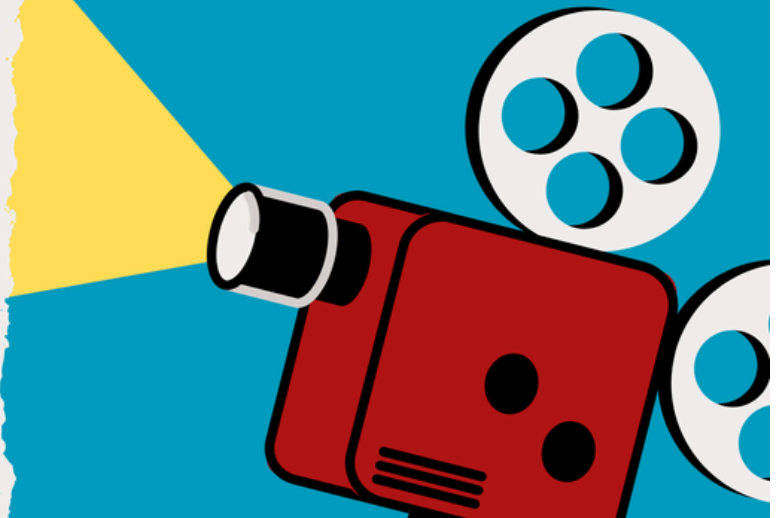


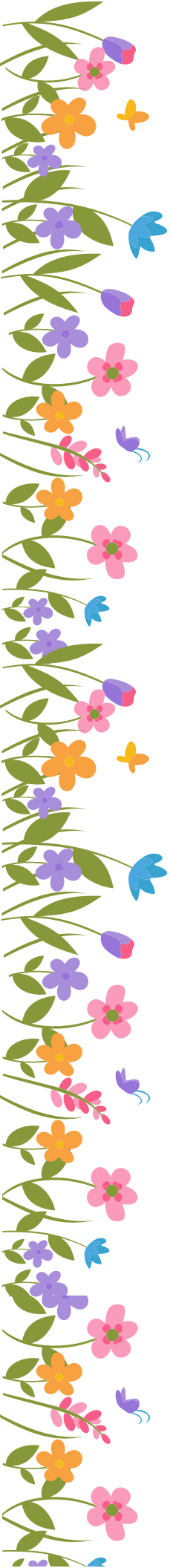
**APRIL 17**

**3:30 - 5:30**

**FREE POPCORN**

**POLL TO BE POSTED  
TO DECIDE MOVIE**





APRIL 16  
4:00 - 6:00PM

# TRICK SHOT NIGHT

WELCOME TO TRICK SHOT  
NIGHT AT THE HIVE

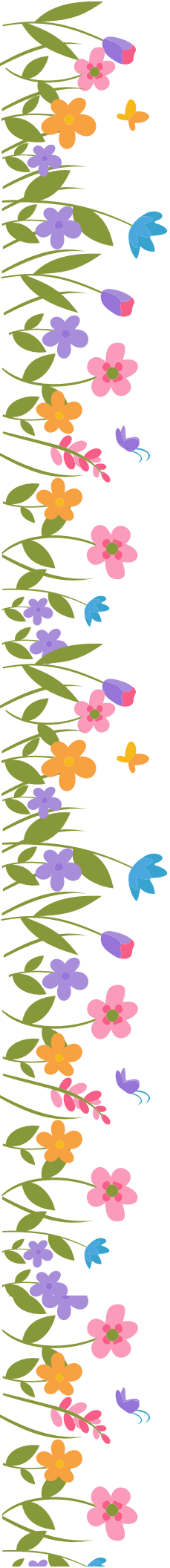


**DUDE THAT WAS PERFECT**

**LETS GO!**

**NICE SHOT!**





# 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!***



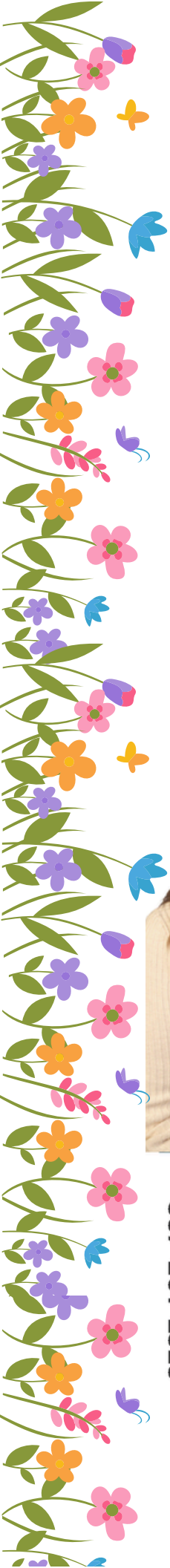
## Key Details:

- ✓ 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/>



*FREE Counselling Services*

# YOUR EMOTIONAL WELL-BEING MATTERS.

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

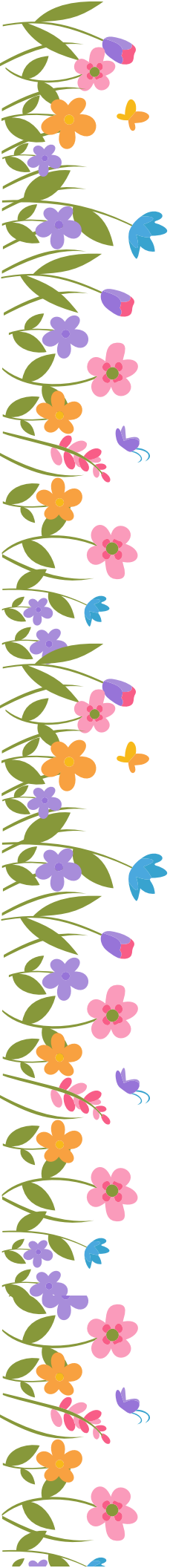
Walk- in- Counselling appointments available every second Monday between 1:45-6:00pm

@ The Hive by Kickstand Bonnyville



To Book Please Call  
587-201-2528

- 587-201-2528
- 587-201-2528
- 587-201-2528
- 587-201-2528
- 587-201-2528
- 587-201-2528
- 587-201-2528
- 587-201-2528
- 587-201-2528
- 587-201-2528
- 587-201-2528
- 587-201-2528
- 587-201-2528
- 587-201-2528
- 587-201-2528
- 587-201-2528
- 587-201-2528
- 587-201-2528
- 587-201-2528
- 587-201-2528



# Shrink Wrap workshop

**MAKE YOUR OWN  
CUSTOM KEYCHAIN  
ALL MATERIALS PROVIDED**

**APRIL 27<sup>TH</sup> 2026  
4:00 TO 5:00 PM**

**REGISTER NOW**

587-201-2528



# 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



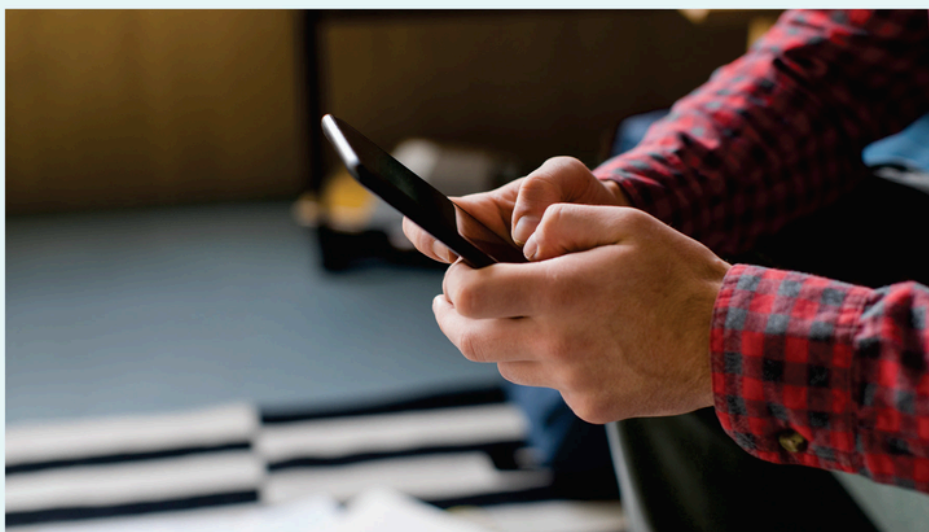
**Alberta Health  
Services**

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**

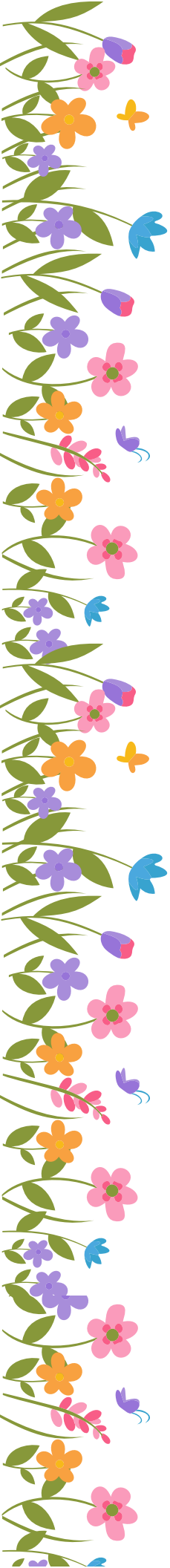
For after-hours support contact the AHS 24/7 Helplines:  
Mental Health Helpline: 1-877-303-2642  
Addictions Helpline: 1-866-332-2322

*Mental Wellness – Client Centered – Support – Education – Healing*



**Alberta Health  
Services**

Healthy Albertans.  
Healthy Communities.  
**Together.**

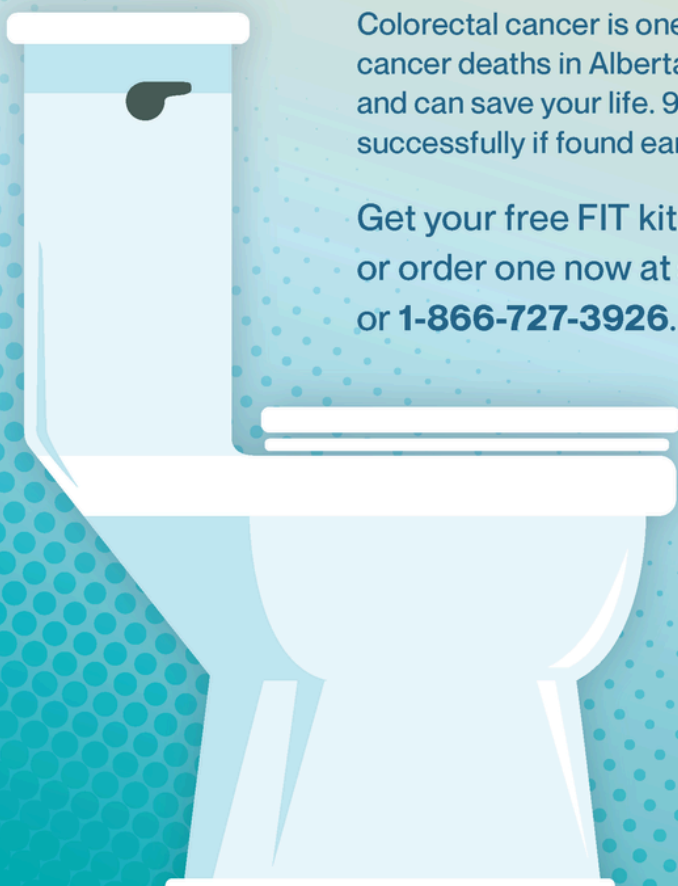


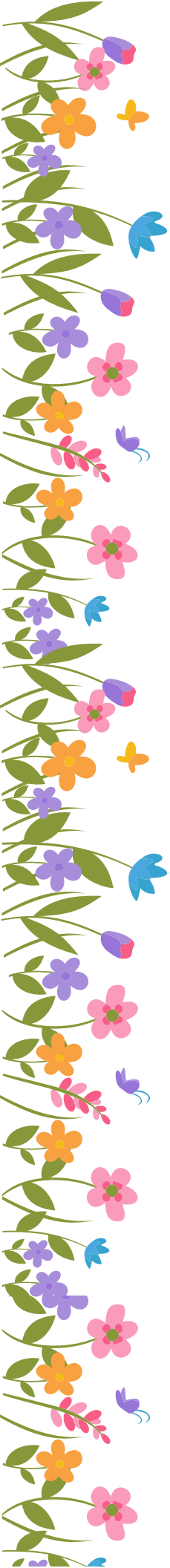
# Are you 50 to 74?

**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



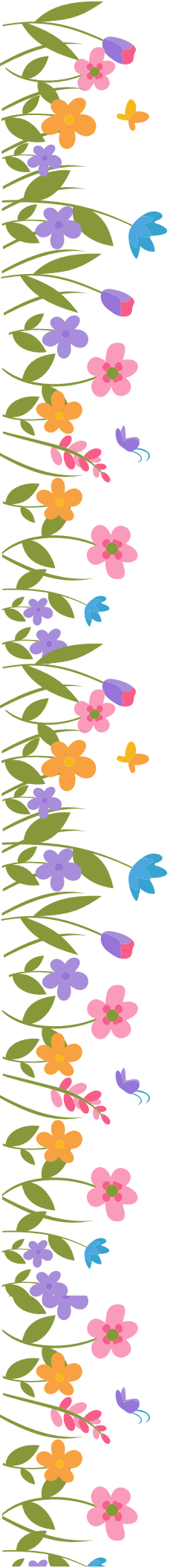
Concerned about your newborn?  
Questions about mom's post-partum health?  
Nervous new parent?

Call the New Parent and Newborn Line  
1-833-805-BABY (2229)



Date: March, 2025





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



# Free Exercise Program

Alberta Healthy Living Program

Education that supports your health and your life

## Upcoming Sessions:

Mar 23– Apr 29	Mon/Wed	1:00pm-2:30pm
Mar 23– Apr 29	Mon/Wed	6:00pm-7:30pm
Apr 7– May 14	Tues/Thurs	10:00am-11:30am

- 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



# PRENATAL CLASSES

Hosted by The Bonnyville OB Clinic

Location: The Hive, 5011 50 AVE, Bonnyville, AB, T9N 1H8  
7 PM - 9 PM

Join us for prenatal education created to support you through pregnancy, birth, and post-partum.

Attend the full 6-class series or drop-in to individual sessions based on your needs.

Care partners are welcome to attend

## Class Topics Include:

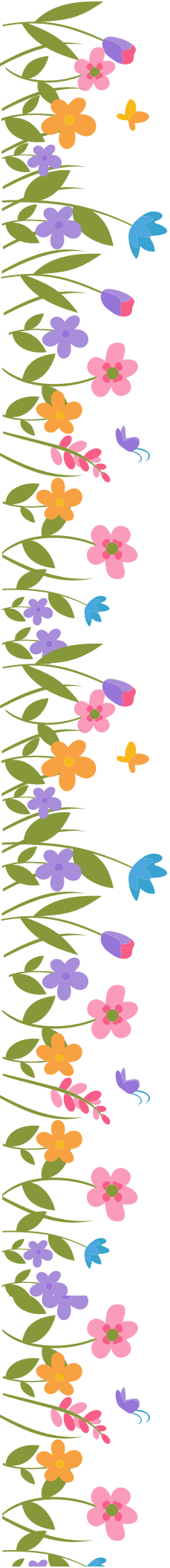
- Labour and Delivery (delivered over 2 classes)
- Relaxation Techniques
- Spinning Babies
- Hospital Tour
- Newborn and Postpartum Care
- Car Seat Safety & Breastfeeding
- Speech Language Pathology by Aligned Intervention Services
- FCSS & LFRN presentation
- Nutrition
- Pelvic Floor Physiotherapy

### TO REGISTER:

SCAN THE QR CODE BELOW OR CALL THE BONNYVILLE PCN  
OB NURSE AT (780) 815-7646

CLASSES RUN REGULARLY THROUGHOUT THE YEAR, SCAN  
THE QR CODE FOR UPCOMING DATES





STEPPING STONES  
Crisis Society

# A BETTER WAY

A Better Way is an 8-week program that deconstructs and identifies intense feelings of anger and can teach you the skills needed to work through them, to nurture and create healthy relationships.

Navigate through topics like types of abuse, red flags, and what to do when your partner blocks your path.

## MEN'S AND WOMEN'S GROUPS IN COLD LAKE

### MEN'S GROUP

MONDAYS, 6-8 PM  
BEGINS MARCH 2

### WOMEN'S GROUP

THURSDAYS, 6-8 PM  
BEGINS MARCH 5



Stepping Stones Crisis Society  
5305 47 Street

For information and  
registration, contact:

**Calsie: 780-343-1267** or  
**Anita: 780-343-0405**

or email us at  
[outreach@steppingstonesociety.ca](mailto:outreach@steppingstonesociety.ca)





STEPPING STONES  
Crisis Society

# Empowering Women

Increase your self-worth & self-esteem to positively shape your future!

**Register for one or all topics!**

- May 14 • Healthy Relationships
- May 21 • Navigating Healthy Relationships
- May 28 • Mental Health and Wellness
- June 4 • Physical Health & Wellness
- June 11 • Financial Conversation
- June 18 • Sexual Health and Wellness
- June 25 • Resolutions and Motivations



**THURSDAYS**

6-8 pm

Stepping Stones Crisis Society  
5305 47 St

**To register or for more information, call:**

Anita Gerwing • 780-343-0405 | Calsie Perepelitza • 780-343-1267  
or email us at [outreach@steppingstonessociety.ca](mailto:outreach@steppingstonessociety.ca)

# CARING DADS



Caring Dads is a free supportive group program that **helps fathers build safer, healthier relationships with their children and their children's mothers**. It focuses on understanding the impact of harmful behaviours and learning new skills for calm, respectful parenting. The goal is to help dads show up in more positive, consistent, and child-focused ways at home.

We accept community referrals or self-referral. Please contact [info@dragonflysc.ca](mailto:info@dragonflysc.ca) with **Caring Dads** in the re line. The course will run beginning the evening of **April 16th** (will run consecutive weeks)

Registration open for online 12 week course.



## 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.

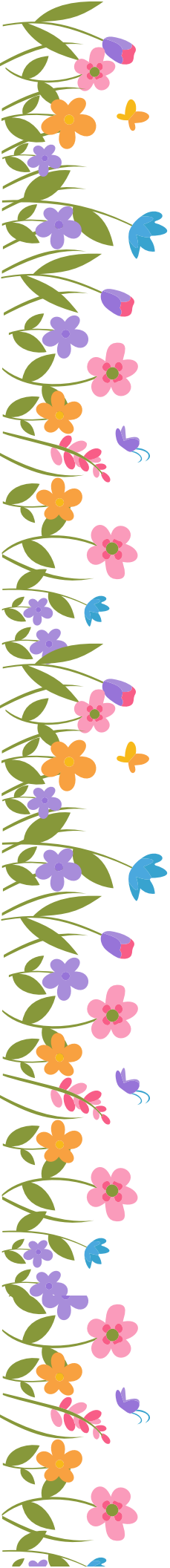


For more information  
or to register, visit:

[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



## 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

## BEREAVEMENT SUPPORT



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

# WRENCH WARRIORS

CAREERS, Brown's Industrial, Overdrive Heavy Duty, and Gear Grabbers are partnering to bring you an incredible competition that will put your skills to the test and open doors to exciting career opportunities!

**Saturday, July 4**  
**Bonnyville Airport**



## WHAT'S AT STAKE:

**1st Place: \$5,000 in tools + a HET apprenticeship with Brown's Industrial**

**2nd Place: \$4,000 in tools + a HET apprenticeship with Overdrive Heavy Duty**

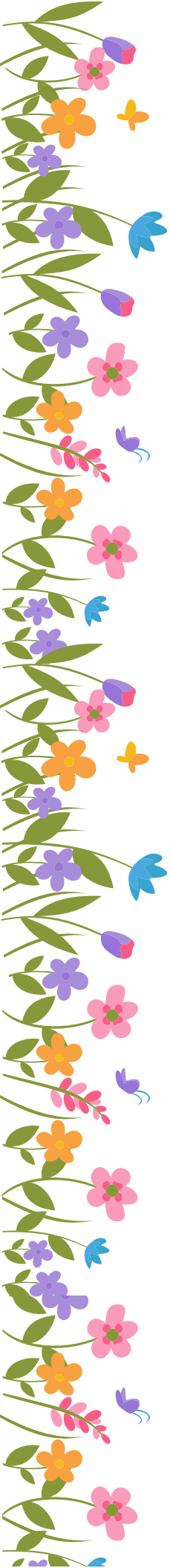
**3rd Place: \$3,000 in tools + an Automotive apprenticeship with Ducharme Motors**

This competition will feature stations designed to highlight a variety of essential Heavy Duty & Automotive Technician skills. If you are just starting or have an interest in the trades then this is the perfect chance to make your mark!



For more information, contact Jasmin:  
[jarndt@nextgen.org](mailto:jarndt@nextgen.org)



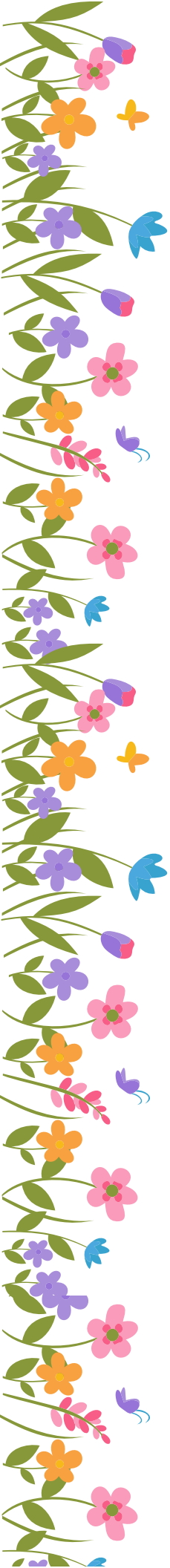


# CANADIAN CITIZENSHIP PREPARATION COURSE

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**





# UPCOMING VIRTUAL EVENTS



**PLE Connections: Understanding Free Legal Supports for Vulnerable Albertans**  
**Date: Friday, April 17, 2026**  
**Time: 12:00 PM to 1:00 PM MST**  
Discover how Calgary Legal Guidance supports vulnerable Albertans with free legal guidance in housing, family law, and beyond.



**PLE Connections: Supporting Indigenous Individuals and Families New to Edmonton**  
**Date: Wednesday, April 22, 2026**  
**Time: 12:00 PM to 1:00 PM MST**  
Learn how Bent Arrow supports Indigenous individuals and families who are new to or returning to Edmonton.



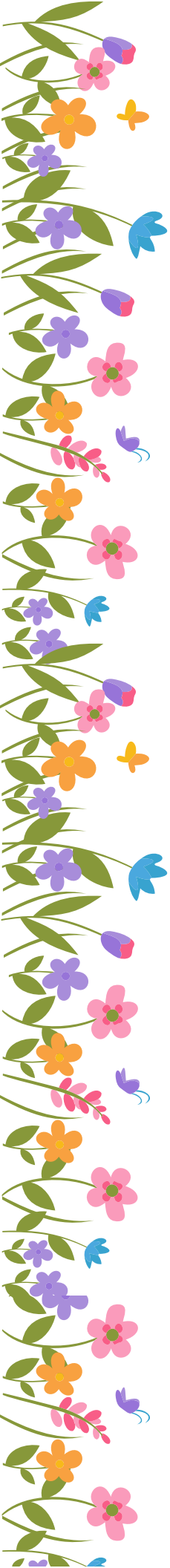
**PLE Connections: Understanding Civil Liberties and Human Rights Work in Alberta**  
**Date: Tuesday, April 28, 2026**  
**Time: 12:00 PM to 1:00 PM MST**  
Learn about ACLRC projects related to human rights legislation, police conduct, and resources supporting people with mental disabilities.



**REGISTER NOW**

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

Questions: [ruth.snyder@portagecollege.ca](mailto:ruth.snyder@portagecollege.ca)

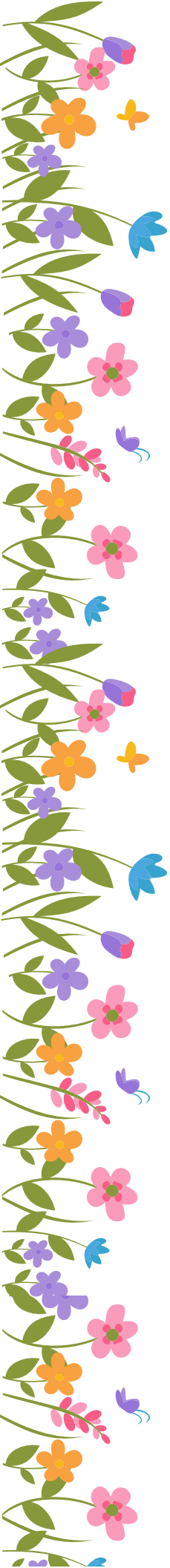


# **CELP IP PREPARATION COURSE**

## **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

