

MAY 1, 2026

Bonnyville Interagency

NEWSLETTER



Bonnyville & District FCSS
(780) 826-2120
bdfcss@town.bonnyville.ab.ca

Welcome to Bonnyville Interagency

We promote the free exchange of information, concerns and solutions among human service organizations in our community.

We will act as a body to facilitate collaboration among members with common goals.

**Next Interagency Meeting is:
May 20th**

**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

INSIDE THIS ISSUE:

1. Cover Page
2. Table of Contents
3. Tea & Tension Taming
4. Meals on Wheels
5. MOW - Volunteer Needed
6. Family Room—May Calendar
7. Home Alone Course
8. ASQ Screening
9. We Need Your Voice
10. Lakeland Family Resource Network
12. LFRN - Wiggles & Giggles
13. LFRN - Parenting Beyond Labels
14. LFRN - Q & A Chat
15. Lakeland Employment Services
16. LIBRARY - May Calendar
17. LIBRARY - Club de Lecture
18. LIBRARY - Coffee Crafternoon
19. LIBRARY - Tournament Bananagrams
20. LIBRARY - Board Game Night
21. LIBRARY - B.Y.O. Book Club
22. LIBRARY - Comic Book Day
23. LIBRARY - Birds (LICA)
24. LIBRARY - Mammals of the Lakeland
25. LIBRARY - Plant Swap
26. LIBRARY - Pokemon League
27. HIVE - Caregiver Connect
28. HIVE - Mobile Book Cart
29. HIVE - Game Night
30. HIVE - Adulthood with Frank
31. HIVE - Your Emotional Wellbeing Matters
32. AHS - Living with Stroke Support Group
33. AHS - Alberta Quits Helpline
34. AHS - Mental Health Walk In Clinic
35. AHS - Colorectal Screening
36. PCN - New Parent & Newborn Line
37. PCN - Coordinated Care Program
38. PCN - Prenatal Classes
39. Stepping Stones - A Better Way
40. Stepping Stones - Empowering Women
41. FASD - Caregiver Support Group
42. Dragonfly - Foundations of Healing
43. Wellspring - Money Matters/Brain Fog
44. Wellspring - Bereavement /Returning to Work
45. Wrench Warriors
46. Teams Alberta
48. Portage - Canadian Citizenship Preparation
49. Portage - Ipad Essentials for Seniors
50. Portage - CELPIP Prep Course
51. Portage College

FCSS and Pam's Tasty Teas
presents:

Tea & Tension

Taming



May 21, 1 pm - 3 pm

Learn to handcraft an anti-anxiety tea,
and build skills to tame inner turmoil.

Call 780 826 2120 to register
Hosted by FCSS 4714 48st

Limited seats available, \$40 per person.
Includes your handcrafted tea
and container.





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 MAY CALENDAR

FINE MOTOR WEEK

***WE ARE CLOSED MAY 18TH**

May 5 Roller Painting

May 7 Planting Flowers

READING WEEK

May 12 Mortimer Story

May 14 Pete the Cat Story

SENSORY WEEK

May 19 Dot Art

May 21 Pop up Picture

MESSY WEEK

May 26 Toilet paper playdough

May 28 Mud pies

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



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: bdfcss@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





WE NEED YOUR VOICE

Are you 55+ Retired or planning to retire?
We want your input on programs that are important to you.

Join us for a discussion on developing
a Bonnyville Seniors Coalition



- Tuesday May 12th, 2026
- 1:30 - 3:30 PM
- Town of Bonnyville - Conference Room
- Refreshments will be available
- Registration required contact:

Tiggy Matthewman 587-398-3510
smatthewman@town.bonnyville.ab.ca





LFRN LAKELAND FAMILY RESOURCE NETWORK



**How can LFRN
Support You?**

Support

We focus on improving family support, well-being, and social connections through family-centered programs, services, and advocacy.

Navigation

Helps families navigate challenges and access the resources necessary for a better quality of life.



Parenting Sessions

Evidence-based positive parenting promotes healthy child development by encouraging nurturing, supportive parent-child relationships through one-on-one or small group sessions.



Lakeland
FAMILY RESOURCE NETWORK



Lakeland Family Resource Network

Parenting Programs



Group Triple P

For parents of children 5-12

- Why do children behave as they do?
- Encouraging good behavior
- Managing misbehavior
- Goals for change



Triple P Teen

For parents of children 12-16

- Developing a positive relationship
- Increasing desirable behavior
- Teaching new skills
- Managing problem behavior
- Deal with risky behavior



Love and Logic

For parents of children 0-17

- Teach responsibility without losing love
- Set limits without waging war
- Avoid power-struggles
- Help kids own and solve their problems
- Put an end to arguing and back talk



TRIPLE P PRIMARY CARE

For parents of children 5-12

- For parents of children who have or are at risk of developing behavior problems
- The emphasis is on the management of a specific child behaviour
- A brief targeted prevention/early intervention for families with specific concerns about their child's behaviour



TRIPLE P FEAR-LESS

- A multi-level intervention for parents of children with anxiety
- The program helps parents understand the causes of anxiety and the role parents play in helping children overcome their anxiety



For parents of children 5-12

- Why children misbehave and how to redirect them.
- Non-violent discipline
- How to build courage and character in your child.
- Opening up the lines of communication with your children.



For parents of children 13-17

- Effective Discipline
- Teach responsibility
- Improve Communication
- How to handle drugs, sexuality, and violence



For Parents of children 0-5

- Ages and stages of development
- Building a strong bond
- Your child's growing brain
- Choices and consequences
- 6 ways to prepare your child for school success

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

Lakeland
FAMILY RESOURCE NETWORK



WIGGLES AND GIGGLES BABY GROUP

**THURSDAY
FROM 1:30-3:00 P.M.**

- May 07** Mother's Day Celebration
Craft and Snacks
- May 14** Choking and CPR Presentation
by Danielle Larsen
- May 21** Visit to the Bonnyville SPCA
5601 54 Ave, Bonnyville
- May 28** Stroller Walk
Meet at the Splash Park

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



Parenting Beyond Labels

Coffee and Connection

**In-person
or virtually**

Why chronic pain is common among neurodivergent youth

Additude Magazine

Thursday

May 14, 2026
6:30-8:00 p.m.

Location

4714-48 street
Bonnyville



Lakeland

FAMILY RESOURCE NETWORK

Register using the QR code or call 780-201-3499





Q&A Chat

Calling all parents and caregivers!
Join our exciting new program
designed to support you and answer
your questions every step of the way
on your parenting journey.



Kids will enjoy:

- Creative Crafts
- Socialization
- Abundance of hands on activities

Parents/Caregivers will enjoy:

- Support
 - Understanding
 - Encouragement
 - Unity
- Families with children ages 0-6
 - Light snacks will be provided
 - Free drop in program
 - Located at the Parent Child Centre

Wednesday Mornings from 10-12
Starting May 20, 2026



For more
information call
780-826-2120

Lakeland
FAMILY RESOURCE NETWORK



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.






MAY 2026 AT THE LIBRARY

FULL DETAILS ON OUR WEBSITE CALENDAR WWW.BONNYVILLELIBRARY.AB.CA

FREE COMIC BOOK DAY!
MAY 2ND 1:00 PM-3:00 PM **D**
 EVERYONE WELCOME

TEEN & ADULT BOARDGAMES
MAY 4TH 5:00 PM-7:30 PM **D**
 ADULTS & TEENS AGES 13+

LICA BIRDS
MAY 6TH 5:30 PM-7:30 PM **D**
 FAMILIES WITH ALL AGES,
 ADULTS MUST PARTICIPATE

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

ADULT CRAFT NIGHT
MAY 13TH 6:00 PM-8:00 PM **R**
 ADULTS & TEENS AGES 16+

LICA MAMMALS
MAY 20TH 5:30 PM-7:30 PM **D**
 FAMILIES WITH ALL AGES,
 ADULTS MUST PARTICIPATE

NERF BATTLE
MAY 22ND 5:00 PM **R**
 AGES 9+
 WIAIVER REQUIRED

PLANT SWAP & GARDEN MARKERS
MAY 23RD 1:00 PM-3:00 PM **D**
 EVERYONE WELCOME

COFFEE CRAFTERNOON
MAY 25TH 1:30 PM-3:00 PM **D**
 SENIOR & ADULTS

TWEEN NIGHT OUT
MAY 26TH 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



BIENVENUE À NOTRE
CLUB DE LECTURE

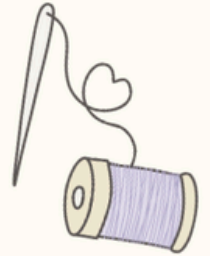
Lisez le livre en français et rejoignez-nous à la bibliothèque de Bonnyville pour en discuter!

Date : Mardi 19 mai 2026, 18h30
Livre : Le poids de la neige de Christian Guay-Poliquin
pour adultes et adolescents de 16 ans et plus.

Pour plus d'informations:
www.bonnyvillelibrary.ab.ca



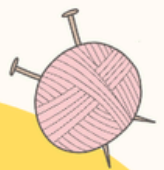
COFFEE CRAFTERNOON



Looking for a coffee break & conversation?

Enjoy working on a small craft project?

Join us at the library to get a little crafty and enjoy the company of others. Coffee, tea, & cookies provided.



MONDAY, MAY 25TH
1:30 to 3:00 PM
COLLAGE BOOKMARK



Saturday, May 30

1:00 pm

at the library

Expect to stay for a few hours.

Adults & teens ages 13+



SAVE THE DATE

**Registration
Required**

Limited spaces available,
please register via our
website calendar.

www.bonnyvillelibrary.ab.ca

Compete against others for
the chance to win the
trophy and become the
Bananagrams Champ.



Teen & Adult
BOARD GAME
Nights

Select Mondays
5:00–7:30 PM



Drop-in to play
games & Chess.
Adults & teens ages 13+.

April 13, May 4, & June 1





Calling All Book Lovers!

B. Y. O. BOOK CLUB

*Do you like talking
about books you liked
or hated?
Join us!*

MAY 27

6:30 PM

**ADULTS & MATURE
YOUTH AGES 16+**

More information at

www.bonnyvillelibrary.ab.ca





FREE COMIC BOOK DAY!

PLAY MARIO KART, BUILD LEGO, GET CRAFTY!

free comics, fun activities

**LIBRARY**

SATURDAY
MAY 2, 2026
1:00-3:00 PM

EVERYONE WELCOME!
Pop by the library to find *comics for all ages* and interests adults, teens, & kids.





BIRDS

This workshop focuses on bird identification techniques. Participants will learn ID of birding families, and how to ID local species by sight and sound. We will also discuss reference material and equipment.

Wednesday, May 6, 2026
5:30pm-7:30pm
Bonnyville Municipal Library





Mammals of the Lakeland

Join us for this **FREE**
workshop!

Learn about wildlife signs
and tracking, and discover
physiological and behavioural
traits of mammals in our
region.

Wednesday, May 20, 2026
5:30pm - 7:30pm
Bonnyville Municipal Library



LICA
ENVIRONMENTAL STEWARDS



Bonnyville Municipal

LIBRARY



Once Upon
A Saturday



PLANT SWAP & DIY PLANT MARKERS

SATURDAY, MAY 23, 2026
@ 1:00 – 3:00 PM



*Too many plants for one green thumb
in the house? Interested in taking care
of different plants?*

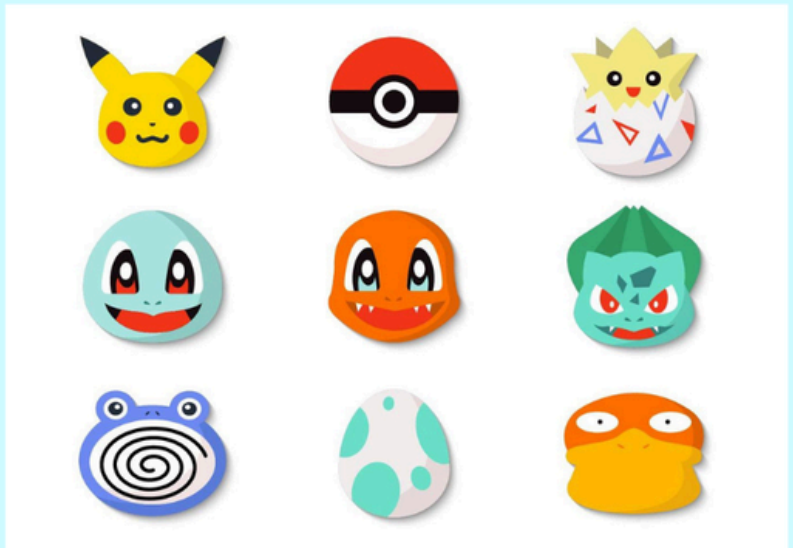
*Swap some greenery at the Bonnyville
Library, make some plant markers and
take a look at our seed library!*



www.bonnyvillelibrary.ab.ca



POKÉMON LEAGUE



**Thursdays
from 6:00-7:00 pm**

Ages 6 through adult welcome to play.

Session 3: April 23-June 4
Tournament 3: June 6



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 1st
Wednesday
of the
Month



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!



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

Where: Offered online via Zoom Video Conferencing

FREE!

Pre-registration required

Available for residents of communities in the North Zone



To register and receive the Zoom link visit:

<https://redcap.link/strokesupport>



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



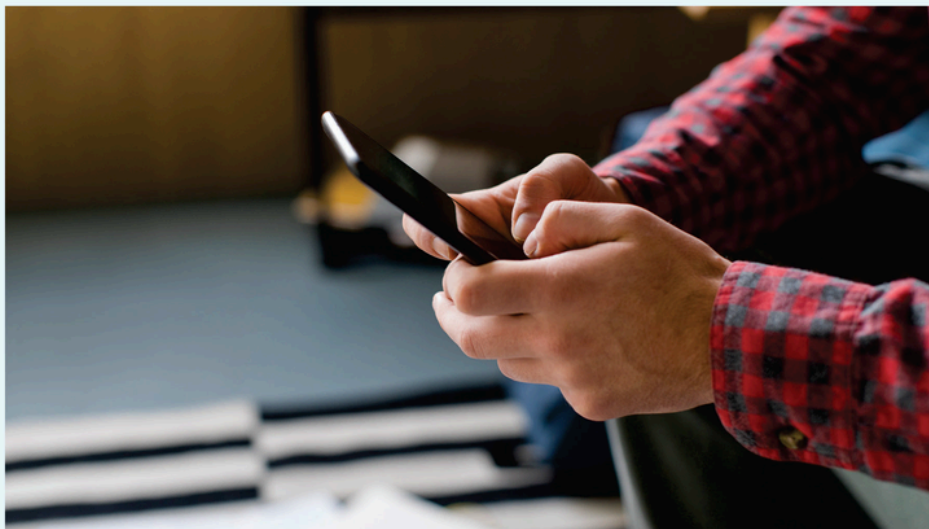
**Alberta Health
Services**

Healthy Albertans.
Healthy Communities.
Together.





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



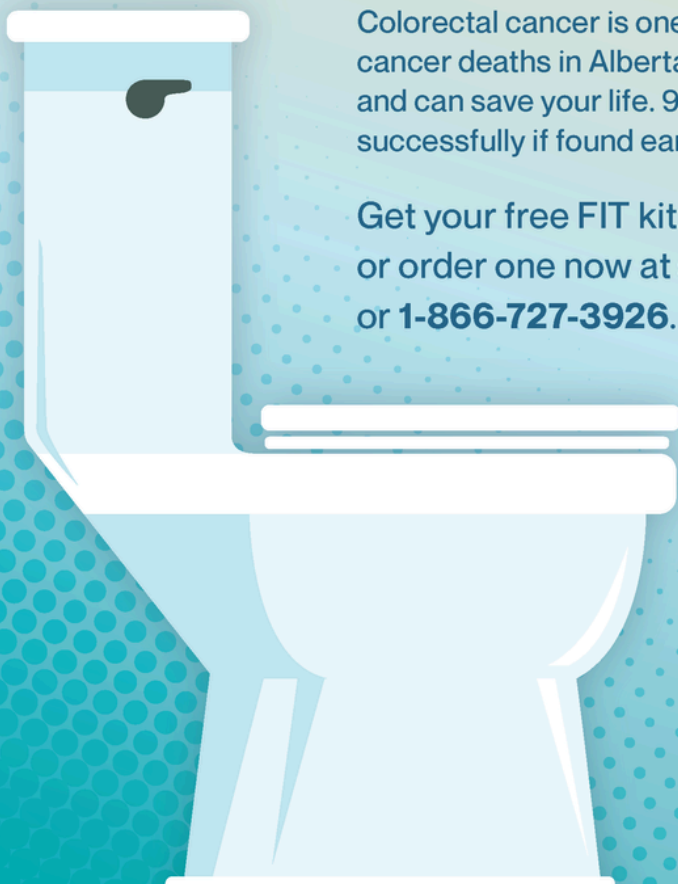
**Alberta Health
Services**

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 or **1-866-727-3926**.





Seek expert advice 24/7



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

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



Date: March, 2025



Primary Care
Alberta



Bonnyville Primary Care Network

Coordinated Care Program

A Home to Hospital to Home support program providing short-term care for patients discharged from Acute Care without a family doctor or nurse practitioner

An Evidenced-Based Approach to Keep You Connected

Evidence shows that connecting patients with prescribers and multidisciplinary team members in their community after a hospital discharge improves patient outcomes and reduces the risk of readmission.

The Bonnyville PCN is partnering with the Bonnyville Health Center to introduce the Coordinated Care Program - Preventing patients from falling through the gaps by creating a link between them and a team of healthcare providers.

Connecting Patients with Healthcare Providers

For More Information

visit www.bonnyvillepcn.ca
or phone 780-826-3346 ext. 234





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





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



Lakeland Centre for
FASD
Fetal Alcohol Spectrum Disorder

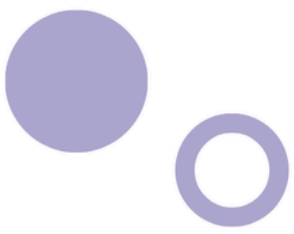


Caregiver Support Group




**In person session:
May 13th, 2026**

**Bonnyville Office
C2 Centre 2nd Floor
11:30-1pm**



- *Connect with other Caregivers and Parents*
- *Coffee & tea provided*
- *For more information or to register please email admin@lcfasd.com or contact your Outreach Coordinator*



 780-594-9905

 lcfasd.com



Foundations of Healing

Foundations of Healing (FOH) is a psychoeducational support group for survivors of sexual violence. FOH aims to deepen the understanding of how the body, mind, emotions, and everyday life are impacted after going through trauma. FOH discusses several theoretical aspects of trauma to broaden participants knowledge and provides participants with a wide range of skills to help manage negative emotions associated with trauma. This program is open to past clients, current clients, clients waiting for counselling and adult survivors of sexual violence.

Tuesdays
7:00PM-8:30PM

**Virtually via
Teams Meeting**

Starts May 19th and Ends July 7th

To register or for more information on this program,
please email referrals@dragonflysac.ca or call 1-866-300-4325
Maximum 10 participants.



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
 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 | 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

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 | 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

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 | 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

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 | 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



In Collaboration with

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





TEAMSALBERTA
The future of employment services.

CALL YOUR NEAREST TEAMS ALBERTA SUPPORT CENTRE TODAY!

Ready to take the next step? We're here to support you.

Connect with your nearest TEAMS Alberta Support Centre:

- Bonnyville – 780.815-5751
- Edmonton – 780.573.3416
- Lac La Biche – 780.520.7644
- Lloydminster – 780.872.9876

Let's build your path forward - together.

THE FUTURE OF EMPLOYMENT SERVICES



TEAMS ALBERTA
The future of employment services.

NEED HELP FINDING WORK?

GET SUPPORT WITH:

- CAREER COUNSELLING
- RESUME WRITING
- JOB SEARCH & PLACEMENT
- DRIVERS TRAINING
- APPRENTICESHIPS
- SKILLS TRAINING

CONTACT US TODAY!

TEAMS Alberta: Bridging Skills to Opportunities

We walk alongside Indigenous and non-Indigenous job seekers, providing hands-on support in finding training and employment. Empowering you with confidence and care at every step.

Our team also partners with employers to build inclusive hiring practices and long-term Indigenous workforce development strategies.

Guided by culture, driven by community - TEAMS Alberta helps you take the next step toward a strong, purpose-filled career.

THE FUTURE OF EMPLOYMENT SERVICES



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**





iPad Essentials for Seniors

Join us and build confidence with your iPad!

Tuesdays, May 5, 12, 19 & 26

10 - 11 am

Seniors Drop-in Centre

Free of Charge

Instructor: Kelly Shyry

Bring your own iPad or borrow one from CALP

To learn more or register, contact Kelly Shyry at 780-815-4432.





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

