

AUGUST 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:  
September 16<sup>th</sup>***

**BONNYVILLE INTERAGENCY  
MEETINGS 2026**

**MEETING DATES:**

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

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# MEALS ON WHEELS PROGRAM

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



Meals are delivered by volunteers and are available Monday to Friday during lunch hour including holidays. The cost for each meal is \$11.60 per day and will be invoiced to the client on a monthly basis. .



For more information or to register, please call  
(780) 826-2120



## FAMILY ROOM AUGUST CALENDAR

### SCIENCE WEEK

Aug. 4 Free Play

Aug. 6 Milk Art

### FINE MOTOR WEEK

Aug.11 Playdough Animals

Aug. 13 Ball Chase

### MESSY WEEK

Aug.18 Sand Painting

Aug. 20 Free Play

### READING WEEK

Aug. 25 Alligator Baby

Aug. 27 Love Languages

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



# Wiggles and Giggles Baby Group

## August Calendar



We meet every Thursday afternoon from 1:30–3:00

|         |                      |
|---------|----------------------|
| Aug. 6  | Sensory Activities   |
| Aug. 13 | Water Play           |
| Aug. 20 | Exploring Movement   |
| Aug. 27 | Language Development |



For more information call 780-826-2120  
or visit our Facebook page . . .  
Bonnyville & District FCSS and LFRN





# 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





# BONNYVILLE AROUND THE WORLD

Join us for a vibrant multicultural family event showcasing the beautiful diversity of our community.

Experience traditions from around the world through cultural performances, traditional clothing, delicious foods, and fun activities for all ages.



**August 7th , 5–8 PM**  
**Bonnyville Splash Park**  
**4001-41 Street**

*Lakeland*  
FAMILY RESOURCE NETWORK



# VOLUNTEERS NEEDED



**WE ARE LOOKING FOR VOLUNTEERS WHO ARE AVAILABLE TO HELP SET UP, SORT AND ORGANIZE CLOTHING AND ASSIST WITH CLEAN UP AFTER THE EVENT. (Multiple Shift options available).**

**DATE:** August 18<sup>th</sup>, 19<sup>th</sup> & 20<sup>th</sup>

**TIME:** 9:00 AM – 7:00 PM

**LOCATION:** ST. LOUIS PARISH HALL – 5011 49<sup>th</sup> AVE BONNYVILLE, AB

**PHONE:** 780-826-2120 OR EMAIL:  
[frncoordinator@town.bonnyville.ab.ca](mailto:frncoordinator@town.bonnyville.ab.ca)



# CLOTHING DRIVE



## ACCEPTING DONATIONS OF

Lightly used, **CLEAN** and wearable clothes (all ages) and school supplies.

### CLOTHING DONATION

August 18<sup>th</sup> 10:00 am - 7:00 pm

August 19<sup>th</sup> 10:00 am - 7:00 pm

**LOCATION: ST. LOUIS PARISH HALL - 5011 49<sup>th</sup> AVE BONNYVILLE**

### CLOTHING SHOPPING

August 20<sup>th</sup> 9:00 am - 7:00 pm

**LOCATION: ST. LOUIS PARISH HALL - 5011 49<sup>th</sup> AVE BONNYVILLE**

**FREE OF CHARGE - BAGS WILL BE PROVIDED**

**PHONE: 780-826-2120 OR**

**EMAIL: [frncoordinator@town.bonnyville.ab.ca](mailto:frncoordinator@town.bonnyville.ab.ca)**



## 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 



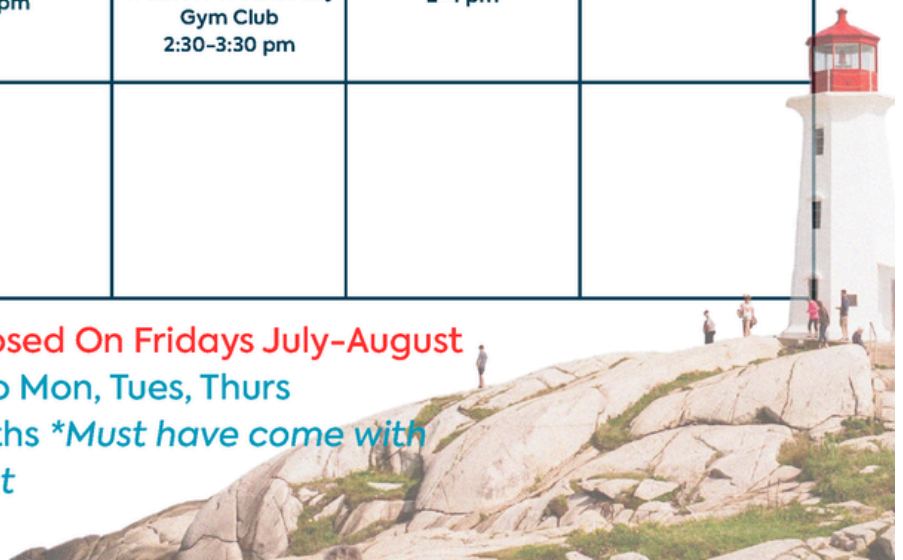


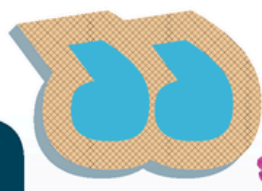
# August



| Monday<br>9am-5pm                                             | Tuesday<br>9am-5pm                                                                                          | Wednesday<br>9am-5pm                                                                                                              | Thursday<br>9am-5pm                                                                     | Friday<br>CLOSED    |
|---------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|---------------------|
| 3<br><b>CLOSED</b><br><b>Civic Holiday</b>                    | 4<br>Indigenous Wellness:<br>Pins and Buttons<br>2-4 pm                                                     | 5<br>Wellness Wednesday<br>Gym Club<br>2:30-3:30 pm<br>Dragonfly<br>12:30- 1:30 pm                                                | 6<br>Tween Quest<br>Level 4<br>9-5 pm                                                   | 7<br><b>CLOSED</b>  |
| 10<br>Crafternoon:<br>Flower Painting<br>2-4 pm               | 11<br>Indigenous Wellness:<br>Metis Dot Painting<br>Bookmarks<br>2-4 pm                                     | 12<br>Summer Lunch<br>Mary Browns<br>12:30-2 pm<br>Wellness Wednesday:<br>Gym Club<br>2:30-3:30 pm<br>Dragonfly<br>12:30- 1:30 pm | 13<br>Library Mobile<br>Book Cart<br>1:30-2:30 pm<br>Mario Kart Tournament<br>3:30-5 pm | 14<br><b>CLOSED</b> |
| 17<br>Crafternoon:<br>Friendship Bracelet<br>Making<br>2-4 pm | 18<br>Indigenous<br>Wellness:<br>Ribbon Skirt Making<br>9-5 pm<br><b>** Pre-Registration<br/>Required**</b> | 19<br>Wellness Wednesday<br>Gym Club<br>2:30-3:30 pm<br>Dragonfly<br>12:30- 1:30 pm                                               | 20<br>Tween Quest<br>Level 5<br>9-5 pm                                                  | 21<br><b>CLOSED</b> |
| 24<br>Crafternoon:<br>Mindfulness<br>Exercise Cards<br>2-4 pm | 25<br>Indigenous<br>Wellness:<br>Creation Stories<br>2-4 pm                                                 | 26<br>Summer Lunch<br>Boston Pizza<br>12:30-2 pm<br>Wellness Wednesday<br>Gym Club<br>2:30-3:30 pm                                | 27<br>Slurpees<br>Slime<br>& Stickers<br>2-4 pm                                         | 28<br><b>CLOSED</b> |
| 31<br>Karaoke<br>3-5 pm                                       |                                                                                                             |                                                                                                                                   |                                                                                         |                     |

**Change in Hours -Closed On Fridays July-August**  
 Daily Drop in 11-13 y/o Mon, Tues, Thurs  
 During Summer Months *\*Must have come with  
 parent/caregiver first*





# OUR SUMMER HOURS!



**MON-THURS**

**9AM - 5PM**

**FRI**

**CLOSED**







*The Hive By Kickstand Bonnyville*

# JOIN US IN MAKING A DIFFERENCE!

*Community Connection Campaign*

## SUPPORT YOUNG PEOPLE IN YOUR COMMUNITY TODAY



### How You Can Help?

- Buy something off our Amazon Wishlist
- Sponsor a meal or monthly snacks
- Buy a grocery gift card
- Donate any amount of money via etransfer
- Make a larger donation with for a tax receipt
- Host a mini fundraiser
- Come volunteer with us
- Share our cause with your network



**IMPACT  
YOUNG  
PEOPLE  
DIRECTLY**



**Amazon  
Wish List**

**For More Information  
587-201-2528**





# Library Mobile Book Cart:

Alternating Thursdays  
1:30 - 2:30 pm  
July and August







THE HIVE - BY KICKSTAND BONNYVILLE

# FITNESS CLUB

Break barriers, exceed expectations, and unleash your full potential because your limits don't define you

- Every Wednesday 2:30 - 3:30
- Group Fitness
- No Judgement
- Come as you are
- New week new targets

**JOIN NOW!**

**Drop in and join us**





# COFFEE CONNECTIONS

**DAILY FOR THE SUMMER**  
**FROM 12:30 - 1:30 PM**

Come Down to the Hive By Kickstand Bonnyville, Learn How to Make Yourself a Latte, Cappuccino, Espresso, Americano, London Fog, or Regular. Connect with Some Friends, or Come Make some New Ones.

**More Good Days Are Here**





# Soorej Munraj

Employment Counselor

Northeast  
Alberta

PROGRAMME



PLACEMENT  
EN  
EMPLOI



 **Parallèle**  
ALBERTA



## Helping you meet qualified, French-speaking job seekers

**Diversify and strengthen your team:** Connect with French-speaking and multilingual candidates.

**Streamlined candidate screening:** Receive only the most relevant applications with our pre-screening process.

**Save time, money, and stress:** Let us handle the preliminary steps to ease your hiring process.

**Prepared and professional candidates:** Our clients undergo pre-employment workshops, exposure courses, and interview preparation to ensure they are job-ready for the Alberta workforce.

### All services are free!

### Northeast Alberta

 Cold Lake, Bonnyville, St. Paul, Lac La Biche, Plamondon

 780 490-6975

[parallele-ab.ca](http://parallele-ab.ca)  





# 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



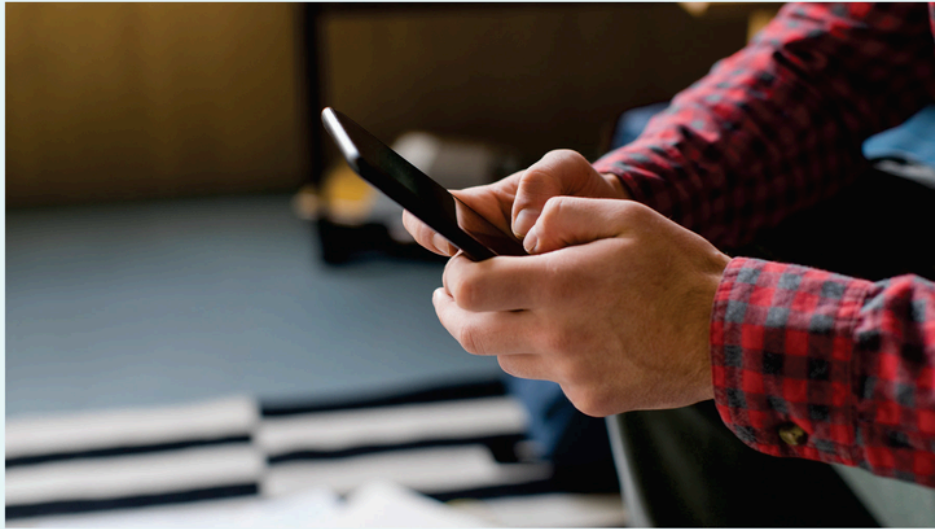
**Alberta Health  
Services**

Healthy Albertans.  
Healthy Communities.  
Together.





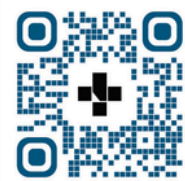
# AlbertaQuits Helpline



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



**Health Link**  
Advice 24/7



**Alberta Health  
Services**

Healthy Albertans.  
Healthy Communities  
Together.





# **Mental Health Services Walk-In Clinic**

**Tuesday: 1 p.m. – 3 p.m.  
Wednesday: 1 p.m. – 3 p.m.**

**New Park Place  
5201 44 St., Bonnyville  
Call: 780-826-2404**

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

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



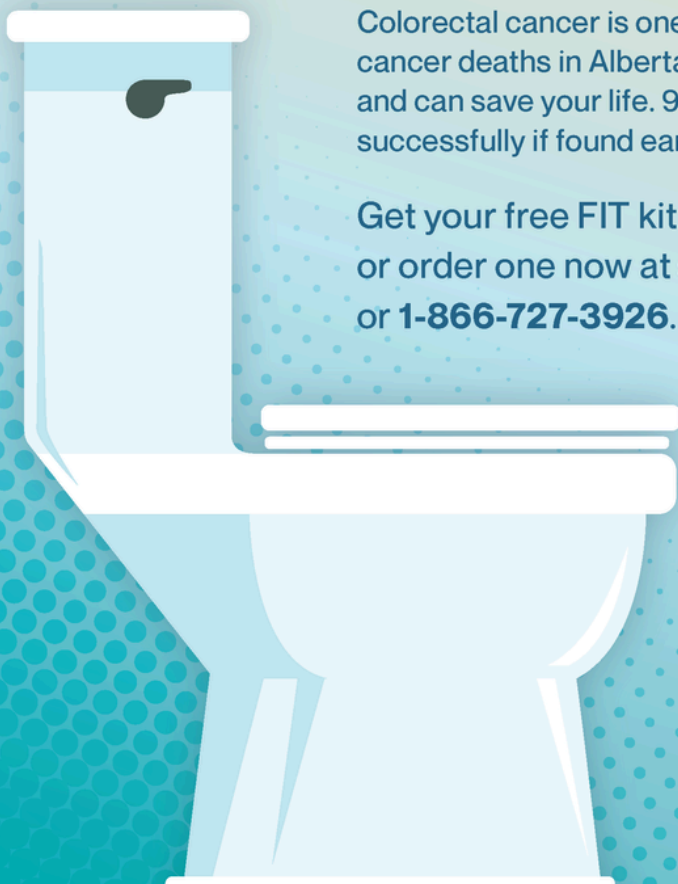
**Alberta Health  
Services**

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



# Are you 50 to 74?

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



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

Get your free FIT kit. Talk with your doctor or order one now at [screeningforlife.ca](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



## Group Support Workshops

Alberta Healthy Living Program



Primary Care  
Alberta

### Better Choices, Better Health®

#### Chronic Pain

- Connect with others experiencing long-term pain (due to arthritis, fibromyalgia, or other pain conditions)
- Hear how others manage pain & fatigue
- Discuss anger, fear & loss
- Try strategies to improve your sleep
- Explore how food influences pain
- Manage medications better
- Practice a gentle movement program
- Solve problems and set goals
- Join the 6-week workshop on-line



#### Long-term Health Conditions

- Connect with others living with chronic conditions (Diabetes, Weight, Heart conditions, Anxiety)
- Discuss anger, fear & frustration
- Try strategies to improve your sleep
- Explore healthy eating choices
- Manage medications better
- Solve problems and set goals
- Join the 6-week workshop on-line



|                 |             |                               |
|-----------------|-------------|-------------------------------|
| Chronic Pain    | 1:00—3:30pm | Aug 19, 26, Sep 2, 9, 16 & 23 |
| Chronic Disease | 1:30—4:00pm | Sep 10, 17, 24, Oct 1, 8 & 15 |

Register at:

[www.healthylivingprogram.ca](http://www.healthylivingprogram.ca)

1-877-349-5711





# Managing Diabetes Workshops

## Alberta Healthy Living Program



### Managing Diabetes 3 Part Education

There are 3 options to help you maintain good control and prevent diabetes-related problems.

**Diabetes Overview:** A Registered Nurse will answer the questions; "What is Diabetes?" and "What does good control mean?"

**Nutrition for Diabetes:** A Registered Dietician will teach you how to choose healthy food to better manage diabetes.

**Living with Diabetes:** A Registered Nurse explores living with diabetes and how diabetes changes over time.



### Living with Diabetes: Seated Exercise and Foot Care

Exercise helps to manage blood sugar levels, improve your overall health and boost mood while reducing stress.

Diabetes can impact your nerves and blood vessels as well as your ability to heal, so your feet need extra care and attention.

Fortunately, exercise can be done from a chair and receive the same great benefits!

- 30 minutes learning how and why footcare is important
- 30 minutes learning ways to get moving from your chair



#### Diabetes Overview with Registered Nurse

|         |               |             |
|---------|---------------|-------------|
| July 30 | Thu Afternoon | 1:30-4pm    |
| Aug 12  | Wed Morning   | 9:30am-12pm |

#### Nutrition with Registered Dietitian

|        |               |          |
|--------|---------------|----------|
| Jul 14 | Tue Evening   | 5:30-7pm |
| Aug 6  | Thu Afternoon | 1:30-3pm |

#### Ongoing Care with Registered Nurse

|        |               |          |
|--------|---------------|----------|
| Jul 21 | Tue Evening   | 5:30-8pm |
| Aug 20 | Thu Afternoon | 1:30-4pm |

#### Living with Diabetes: Seated Exercise and Foot Care

|        |             |                |
|--------|-------------|----------------|
| Aug 18 | Tue Morning | 9:30am-10:30am |
|--------|-------------|----------------|

**For dates and to register:**  
**1-877-349-5711**  
**www.healthylivingprogram.ca**



**Primary Care  
Alberta**



# Adult Weight Management Workshops

## Alberta Healthy Living Program



### Adult Weight Management 3-Tiers



Learn about the connection between weight and health and how to make long-term lifestyle changes. There are 8 workshops led by a Health Educator or Dietitian. Join these supportive, casual, interactive groups.

*Check the website for more information*

#### Series 1

##### **1.1 Understanding Weight and Health**

|        |             |             |
|--------|-------------|-------------|
| Jul 23 | Thu Evening | 5:30-8pm    |
| Aug 5  | Wed Morning | 9:30am-12pm |

##### **1.2 - Eating Well for Weight and Health**

|        |             |             |
|--------|-------------|-------------|
| Jul 30 | Thu Evening | 5:30-8pm    |
| Aug 12 | Wed Morning | 9:30am-12pm |

##### **1.3 - Making Change & Building Habits**

|        |             |             |
|--------|-------------|-------------|
| Aug 6  | Thu Evening | 5:30-8pm    |
| Aug 19 | Wed Morning | 9:30am-12pm |

#### Series 2

##### **2.1 - Physical Activity & Taming Triggers**

|        |             |             |
|--------|-------------|-------------|
| Aug 13 | Thu Evening | 5:30-8pm    |
| Aug 26 | Wed Morning | 9:30am-12pm |

##### **2.2 - Make a Plan to Eat Well**

|        |               |          |
|--------|---------------|----------|
| Jul 9  | Thu Afternoon | 1:30-4pm |
| Aug 20 | Thu Evening   | 5:30-8pm |

##### **2.3 - Emotions and Eating**

|        |               |          |
|--------|---------------|----------|
| Jul 16 | Thu Afternoon | 1:30-4pm |
| Aug 27 | Thu Evening   | 5:30-8pm |

#### Series 3

##### **3.1 - Nutrition: Eating Away from Home**

|       |             |          |
|-------|-------------|----------|
| Jul 8 | Wed Evening | 5:30-8pm |
| Sep 3 | Thu Evening | 5:30-8pm |

##### **3.2 - Factors Affecting Weight Management**

|        |             |          |
|--------|-------------|----------|
| Jul 15 | Wed Evening | 5:30-8pm |
| Sep 10 | Thu Evening | 5:30-8pm |

For dates and to register:

1-877-349-5711

[www.healthylivingprogram.ca](http://www.healthylivingprogram.ca)



**Primary Care  
Alberta**



# Managing Stress Workshops

## Alberta Healthy Living Program



### Managing Stress 2-Part Education

This 2-session workshop is for anyone who feels stressed or overwhelmed stress and would like to learn how to reduce or prevent it.

Learning how to reduce or prevent stress can help you manage chronic conditions and improve mental health.

We will discuss:

- what stress is
- what causes it
- how it can affect your life
- ways to reduce & manage stress.



|                   |                     |              |
|-------------------|---------------------|--------------|
| July 9 & 16       | Thursday Morning    | 9:30-10:30am |
| August 19 & 26    | Wednesday Afternoon | 12:15-1:15pm |
| September 17 & 24 | Thursday Evening    | 5:30-6:30pm  |

For dates and to register:

1-877-349-5711

[www.healthylivingprogram.ca](http://www.healthylivingprogram.ca)



**Primary Care  
Alberta**



# Free Exercise Program

Alberta Healthy Living Program

Education that supports your health and your life



## Upcoming Sessions:

Aug 17– Sept 28 Mon/Wed 6pm-7:30pm  
Sept 1– Oct 8 Tues/Thurs 10am-11:30am  
Sept 1– Oct 8 Tues/Thurs 1pm-2:30pm

## Register early!

Pre-program assessment appointment is needed.

- 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



# August 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

Aug 12 Wed Morning 9:30-12pm

#### Nutrition

Aug 6 Thu Afternoon 1:30–3pm  
Aug 19 Wed Morning 9:30-11am

#### Ongoing Care

Aug 20 Thu Afternoon 1:30-4pm  
Aug 26 Wed Morning 9:30am-11am

#### Foot Care & Seated Exercise

Aug 18 Tue Morning 9:30am-10:30am

### Heart & Stroke Education

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

#### Overview & Prevention

Aug 4 Tue Afternoon 1:30-4pm

#### Nutrition

Aug 11 Tue Afternoon 1:30-4pm

### Better Choices, Better Health

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

#### Living with Chronic Pain

Wednesdays

August 19—September 23 1pm-3:30pm

### 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 Aug 5 Wed Morning 9:30-12pm  
1.2 Aug 12 Wed Morning 9:30-12pm  
1.3 Aug 6 Thu Evening 5:30-8pm  
Aug 19 Wed Morning 9:30-12pm

#### Series 2

2.1 Aug 13 Thu Evening 5:30-8pm  
Aug 26 Wed Morning 9:30-12pm  
2.2 Aug 20 Thu Evening 5:30-8pm  
2.3 Aug 27 Thu Evening 5:30-8pm

#### Series 3

3.1 Sep 3 Thu Evening 5:30-8pm  
3.2 Sep 10 Thu 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.

Aug 17—Sep 28 Mon & Wed 6:30—7:30pm  
Sep 1—Oct 8 Tue & Thu 10—11:30am  
Sep 1—Oct 8 Tue & Thu 1—2:30pm

Help using Zoom is available!



Register for a Zoom class:

**1-877-349-5711**

Or

<https://www.healthylivingprogram.ca>



**Primary Care  
Alberta**





The OHANA Centre

# Mighty Learners pre-School

**The best learning  
happens through play!**



**ENROLL NOW FOR THE  
UPCOMING PRE-SCHOOL YEAR**

For more information contact the Ohana centre  
phone - 780-826-2101  
Email - [director@theohanacentre.ca](mailto:director@theohanacentre.ca)  
Bonnyville, AB





# AUGUST 2026 AT THE LIBRARY

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

## TWEEN NIGHT OUT

**TUE**  
**AUG**  
**4TH**      5:00-6:30 PM   R  
YOUTH AGES 11-14

## SENSORY STORY TIME

**WED**  
**AUG**  
**5 & 12**      10:00-11:00 AM   D  
AGES 0-5, WITH A  
RESPONSIBLE CAREGIVER

## BYO BOOK CLUB

**WED**  
**AUG**  
**5 & 26**      6:30-8:00 PM   D  
ADULTS & YOUTH AGES 16+

## DRAGONFLY STORY HOUR

**MON**  
**AUG**  
**10 & 17**      10:00-11:00 AM   D  
AGES 5-8, WITH A  
RESPONSIBLE CAREGIVER

## FAMILY MOVIE NIGHT

**MON**  
**AUG**  
**10TH**      6:00 PM   D  
FAMILIES WITH ALL AGES,  
ADULTS MUST PARTICIPATE

## ADULT CRAFT NIGHT

**THU**  
**AUG**  
**12TH**      6:00-8:00 PM   R  
ADULTS & TEENS AGES 16+

## COFFEE CRAFTERNOON

**FRI**  
**AUG**  
**14TH**      1:30-3:00 PM   D  
SENIORS & ADULTS

## TEEN & ADULT BOARDGAMES

**MON**  
**AUG**  
**17TH**      5:00-7:30 PM   D  
ADULTS & TEENS AGES 13+

## PUPPET SHOW

**WED**  
**AUG**  
**19TH**      5:00-6:00 PM   D  
FAMILIES WITH ALL AGES,  
ADULTS MUST PARTICIPATE

## TWEEN NIGHT OUT

**TUE**  
**AUG**  
**25TH**      5:00-6:30 PM   R  
YOUTH AGES 11-14

ALSO SUMMER READING PROGRAM, FRIDAY 15, AND MORE!!

\* R = pre-register online   D = drop-in





# THE DRAGONFLY CENTRE



## DRAGONFLY STORY HOUR FOR AGES 5-8 (WITH RESPONSIBLE CAREGIVER PRESENT)

**JULY  
20**

**AUGUST  
10**

**AUGUST  
17**

**DROP-IN SUMMER PROGRAM**  
**TIME: 10:00 AM FOR 1 HOUR**  
**WHERE: BONNYVILLE LIBRARY**



 *Bonnyville Municipal*  
**LIBRARY**





# B.Y.O BOOK CLUB

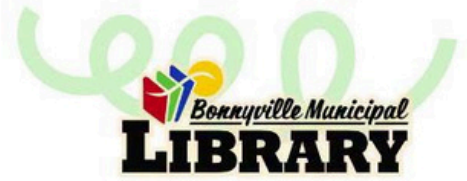
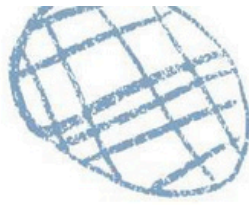
Do you like talking about  
books you loved or hated?  
join us!  
Snacks provided.

July 8<sup>th</sup> and  
July 22<sup>nd</sup>  
August 5<sup>th</sup>  
and 26<sup>th</sup>

6:30-8:00 pm  
adults &  
mature youth  
ages 16+

[www.bonnyvillelibrary.ab.ca](http://www.bonnyvillelibrary.ab.ca)





# SUNSHINE STORY TIME

**Wednesdays**

July 29

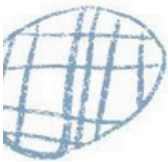
August 5 & August 12

**10:00-11:00 am**

In the park behind the swimming pool.  
Ages 0-5 with a responsible caregiver.

**Read, Sing, & Play outside for sensory  
Rhyme/Story Time.**

**Be prepared for wet or messy play.**







# Teen & Adult **BOARD GAME** Nights

*Select Mondays*  
**5:00–7:30 PM**



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

June 29th, July 13th & 27th,  
& August 17th.





## 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**

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



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



**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**





**TEAMSALBERTA**  
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**



# CLASS-3 DRIVER TRAINING

Dates upcoming in Cold Lake, Lac La Biche, St. Paul and Bonnyville!

You may qualify for grant funding under the Government of Alberta's Industry Advancement Grant. You may also be eligible for up to \$1,000 in stipends while you complete your training, which includes:

- Foundational driving skills
- Resume writing
- Safety tickets
- Drive time



CALL 780-623-5631, EMAIL [TRAINING@PORTAGECOLLEGE.CA](mailto:TRAINING@PORTAGECOLLEGE.CA) OR VISIT [WWW.PORTAGECOLLEGE.CA](http://WWW.PORTAGECOLLEGE.CA)





PORTAGE  
COLLEGE

## IT'S ABOUT YOU

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Pre-Apprenticeship Welding  
Apprenticeship Electrician  
Apprenticeship Steamfitter/Pipefitter  
Apprenticeship Welder  
Artisan Entrepreneurship  
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Business Administration — Management  
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Hairstyling  
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portagecollege.ca

