

JULY 15, 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:
September 16th**

**BONNYVILLE INTERAGENCY
MEETINGS 2026**

MEETING DATES:

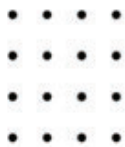
SEPTEMBER 16
NOVEMBER 18

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
acabay@town.bonnyville.ab.ca

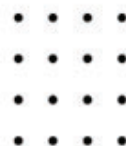
INSIDE THIS ISSUE:

1. Cover Page
2. Table of Contents
3. Meals on Wheels
4. Family Room - July Calendar
5. Wiggles & Giggles Baby Group
6. Lakeland Family Resource Network
8. LFRN - Bonnyville Around the World
9. LFRN - Clothing Drive - Volunteers Needed
10. LFRN - Clothing Drive
11. Lakeland Employment Services
12. LES - Wednesday Workshops
13. HIVE - Learners Prep Course
14. HIVE - July Schedule
15. HIVE - August Schedule
16. HIVE - Summer Hours
17. HIVE - Making a Difference
18. HIVE - Library Mobile Cart
19. HIVE - Indigenous Wellness - Bannock Making
20. HIVE - Indigenous Wellness - Story Time
21. HIVE - Fitness Club
22. HIVE - Coffee Connection
23. HIVE - Crafternoons
24. Parallel Alberta
26. AHS- Living with Stroke Support Group
27. AHS - Alberta Quits
28. AHS - Walk In Clinic
29. AHS - Colorectal Screening
30. AHS - Concerned about your New Born
31. PCN - Group Support Workshop
32. PCN - Managing Diabetes
33. PCN - Adult Weight Management
34. PCN - Managing Stress
35. PCN - Exercise Program
36. Library - Dragonfly Story Time
37. FASD - Skill Building Workshop
38. Library - BYO Book Club
39. Library - Adult Craft Night - Flower Pounding
40. Library - Sunshine Story Time
41. Library - Coffee Crafternoon
42. Library - Board Game Night
43. Wellspring - Money Matters/Brain Fog
44. Wellspring - Bereavement /Returning to Work
45. Teams Alberta
47. Portage College - Driver Training
48. Portage College



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 JULY CALENDAR

FINE MOTOR WEEK

July 7 Building with Duplo

***WE ARE CLOSED JULY 1ST**

July 9 Wrapping food

OUTDOOR PLAY WEEK

July 14 Sand Castles

July 16 Meet at the Bounce Pillow

* Located at Veseau Beach

MESSY WEEK

July 21 Outdoor Painting

July 23 Bubble Play

SENSORY WEEK

July 28 Sand Art

July 30 Find the Pom Poms

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

July Calendar



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

- | | |
|---------|--|
| July 16 | Music Time @ Parent Child Centre |
| July 23 | Stroller Walk Veseau Beach |
| July 30 | Tips and Tricks to Settle Babies Tummy |



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

 **fcss**
Bonnyville & District
Family and Community
Support Services

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 18th, 19th & 20th

TIME: 9:00 AM – 7:00 PM

LOCATION: ST. LOUIS PARISH HALL – 5011 49th AVE BONNYVILLE, AB

PHONE: 780-826-2120 OR EMAIL:
frncoordinator@town.bonnyville.ab.ca

CLOTHING DRIVE



ACCEPTING DONATIONS OF

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

CLOTHING DONATION

August 18th 10:00 am - 7:00 pm

August 19th 10:00 am - 7:00 pm

LOCATION: ST. LOUIS PARISH HALL - 5011 49th AVE BONNYVILLE

CLOTHING SHOPPING

August 20th 9:00 am - 7:00 pm

LOCATION: ST. LOUIS PARISH HALL - 5011 49th AVE BONNYVILLE

FREE OF CHARGE - BAGS WILL BE PROVIDED

PHONE: 780-826-2120 OR

EMAIL: 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 



Join us weekly for

Wednesday Workshops

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

July 2026 Calendar	
July 8, 2026	Employer Expectations
July 15, 2026	Success in the Workplace
July 22, 2026	Applying Online & Traditional
July 29, 2026	Time Management

For more information or to register:

Cold Lake	587-491-2028	cbrant@employabilities.ab.ca
Bonnyville	780-343-0924	rnicoll@employabilities.ab.ca
Lac La Biche	780-627-3071	lkovalik@employabilities.ab.ca
St. Paul	780-646-6729	ehilligas@employabilities.ab.ca
Vegreville	780-631-1471	aromero@employabilities.ab.ca



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





Learners Prep Course



Email hivepa@bonnyvillepcn.ca or call
587-201-2528 to register!



July 20 9am - 3pm
July 21 9am - 12pm
at The Hive by Kickstand
with Employabilities

EMPLOY
Abilities



July



Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday CLOSED
	Coffee Connections Daily From 12:30-1:30 pm	1 Closed Happy Canada Day! 	2 Library Mobile Book Cart 1:30-2:30 pm Rock Painting 2-3 pm	3 CLOSED
6 Crafternoon: Comics & Cartoon Drawing 2-4 pm	7 Indigenous Wellness Dream Catchers 2-4 pm	8 Summer Lunch Mary Browns 12:30-2 pm Wellness Wednesday: Gym Club 2:30-3:30 pm	9 Tween Quest Level 2 9-5 pm	10 CLOSED
13 Crafternoon: Bring your own Craft 2-4 pm	14 Indigenous Wellness: Story Time of Indigenous Author 2-4 pm	15 Wellness Wednesday: Gym Club 2:30-3:30 pm	16 Library Mobile Book Cart 1:30-2:30 pm	17 CLOSED
20 Crafternoon: Wellness Jars & Temporary Tattoos 2-4 pm	21 Indigenous Wellness: Bannock Making 11:30-1 pm	22 Wellness Wednesday: Gym Club 2:30-3:30 pm	23 Tween Quest Level 3 9-5 pm	24 CLOSED
27 Crafternoon: Clay work 2-4 pm	28 Indigenous Wellness: Beading Circle 2-4 pm	29 Summer Lunch Boston Pizza 12:30-2 pm Wellness Wednesday: Gym Club 2:30-3:30 pm	30 Library Mobile Book Cart 1:30-2:30 pm	31 CLOSED

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



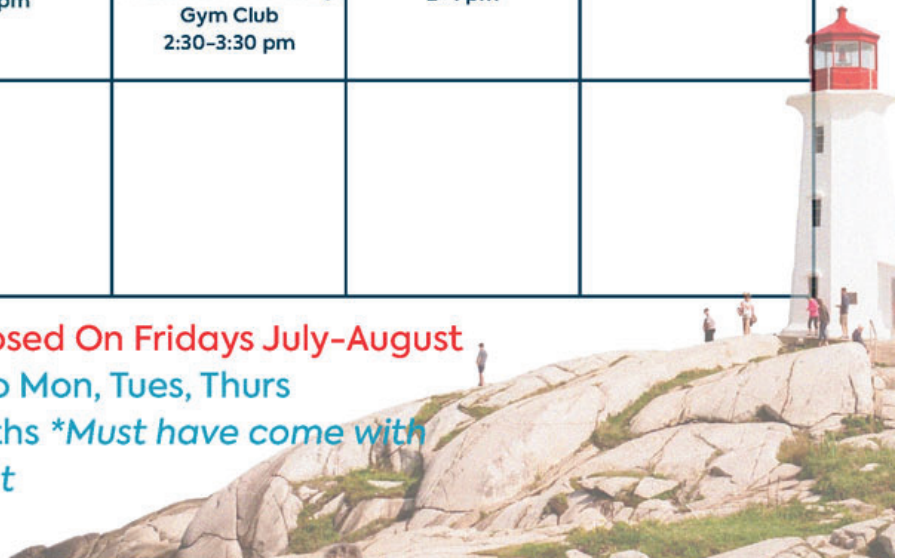


August



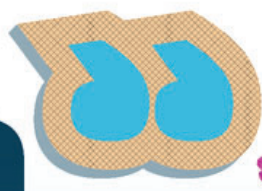
Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday CLOSED
3 CLOSED Civic Holiday	4 Indigenous Wellness: Pins and Buttons 2-4 pm	5 Wellness Wednesday Gym Club 2:30-3:30 pm Dragonfly 12:30- 1:30 pm	6 Tween Quest Level 4 9-5 pm	7 CLOSED
10 Crafternoon: Flower Painting 2-4 pm	11 Indigenous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





INDIGENOUS WELLNESS:



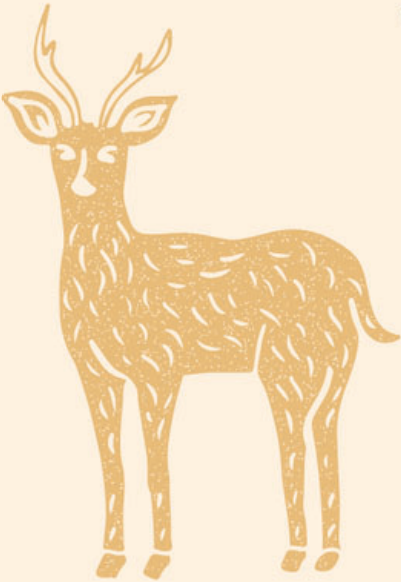
BANNOCK MAKING



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

July 21st, 2026, 2-4 pm
@ The Hive Kickstand





INDIGENOUS WELLNESS:

STORY TIME WITH INDIGENOUS AUTHORS



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

July 14th, 2026 3-4 pm @
The Hive Kickstand





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



July's Crafternoons:

- July 6th Comics & Cartoons
- July 13th Bring your own craft
- July 20th Wellness Jars & Temporary Tattoos
- July 27th Clay Work



Come join us and learn new skills or just embrace your inner Crafter





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  



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.





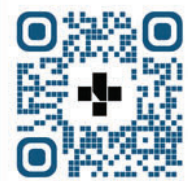
AlbertaQuits Helpline



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



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



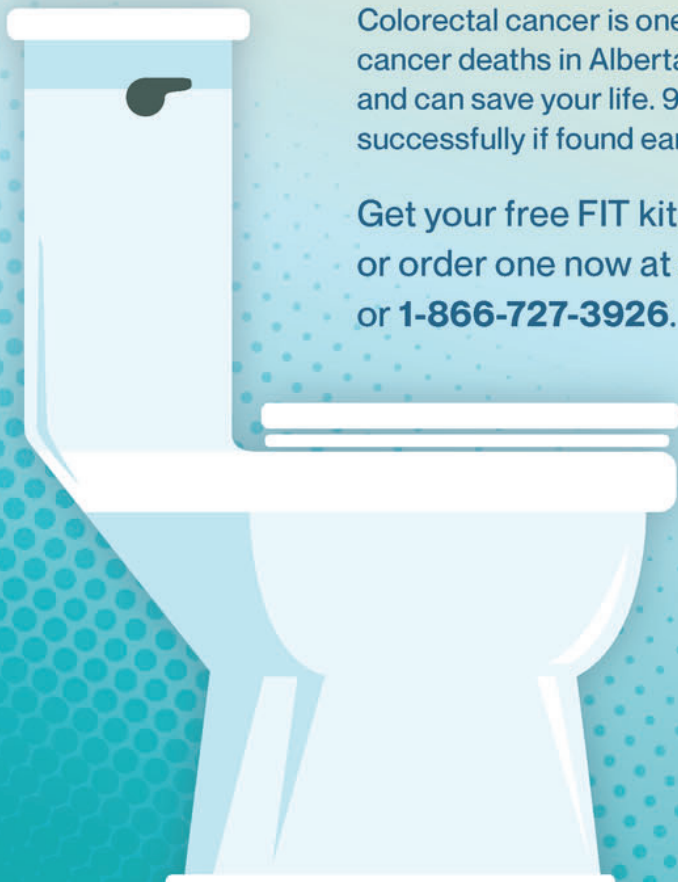
**Alberta Health
Services**

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 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 Workshop

Better Choices, Better Health ®

**July 16, 23, 30,
Aug 6, 13, & 20**

Thursdays 5:30 - 7:30pm

Don't Wait!
Register now for
the 6-week online
workshop and take
charge of your
health!



Long-term Health Conditions or Pain

- Connect with others living with chronic conditions
Diabetes, Weight, Heart conditions, Anxiety, Arthritis, Fibromyalgia and all other health concerns
- Discuss anger, fear, frustration and loss
- Try strategies to improve your sleep
- Explore healthy eating choices and practice a gentle movement program
- Manage medications better and hear how others manage pain & fatigue
- Solve problems and set goals and learn what influences pain

Register at:

www.healthylivingprogram.ca/better-choices-better-health

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



**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



**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



For more information:
Call 1-877-349-5711



Primary Care
Alberta



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



JULY SKILLBUILDING WORKSHOPS

FIRST STEPS TO EMPLOYMENT

FROM: 2PM-4PM
LOCATION: C2 CENTRE BONNYVILLE



JULY 7, 2026
Boundaries

JULY 21, 2026
Goal Setting

JULY 28, 2026
Job Searching



780-573-5086



zdaw@lcfasd.com



www.lcfasd.com

WHO: INDIVIDUALS WITH FASD OR
POSSIBLE FASD

WHAT: ENHANCE SKILLS, PURSUE
APPROPRIATE EMPLOYMENT GOALS,
INCREASE SELF-RELIANCE AND
COMMUNITY PARTICIPATION

WHEN: 2:00PM TO 4:00PM

WHERE: C2 CENTRE BONNYVILLE
VIRTUAL - CALL # BELOW FOR LINK

FOR MORE INFORMATION
PLEASE CONTACT

780-573-5086

THE PROVINCE OF ALBERTA IS WORKING IN PARTNERSHIP WITH THE GOVERNMENT OF CANADA TO PROVIDE EMPLOYMENT SUPPORT PROGRAMS AND SERVICES





B.Y.O BOOK CLUB

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

July 8th and
July 22nd
August 5th
and 26th

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

www.bonnyvillelibrary.ab.ca



Adult Craft Night:

Flower Pounding



Create a beautiful floral design on a tea towel using a hammer and some flowers!



Register:



Date: July 16, 2026
Time: 6:00-8:00pm
Ages 16 +

www.bonnyvillelibrary.ab.ca





SUNSHINE STORY TIME

Wednesdays

July 29

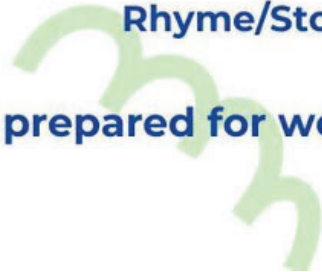
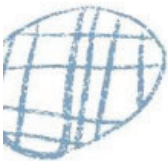
August 5 & August 12

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.





COFFEE CRAFTERNOON

Looking for a coffee break & conversation?

Enjoy working on a small craft project?

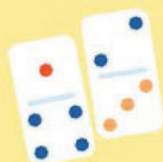
Join us at the library to get a little crafty and enjoy the company of others.
Coffee, tea, & cookies provided.

MONDAY, JULY 27TH
1:30 to 3:00 PM
FLOWER LANTERNS



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



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



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 OR VISIT WWW.PORTAGECOLLEGE.CA



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

