

JULY 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:
July 15th***

**BONNYVILLE INTERAGENCY
MEETINGS 2026**

MEETING DATES:

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

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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



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 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



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

LANGUAGE FOR LITTLE ONES

- Speech and language milestones for children.
- Strategies to support the development of communication skills.
- Discussion of tongue-ties and feeding skills.



Alaina Gamache



Alicia Keefe

Alaina Gamache and Alicia Keefe, Speech-Language Pathologists with over 20 years of combined experience and co-owners of Aligned Intervention Services. They provide speech and related supports to children and families within Northern Alberta.

July 9, 2026

6:30 - 8:00 p.m.

Attend in-person or
virtually



Lakeland
FAMILY RESOURCE NETWORK



Please register
using the
QR code or call
780-201-3499



EMPLOYMENT CENTRE



OUR FRIENDLY FACILITATORS WORK WITH YOU TO:

Job Seekers

- Understand your strengths and abilities and plan a career path that suits you.
- Support you with your job search including creating a great resume.
- Provide short training courses to increase your chances at landing the job.
- Access the resources needed for a successful job search such as on-site computers, printer and phone.
- Improve pre-employment skills through weekly workshops, in-person and virtual.

Employers

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

Come in today!
5110A 54 Ave.
Bonnyville
780-343-0924



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

Canada  Alberta 

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

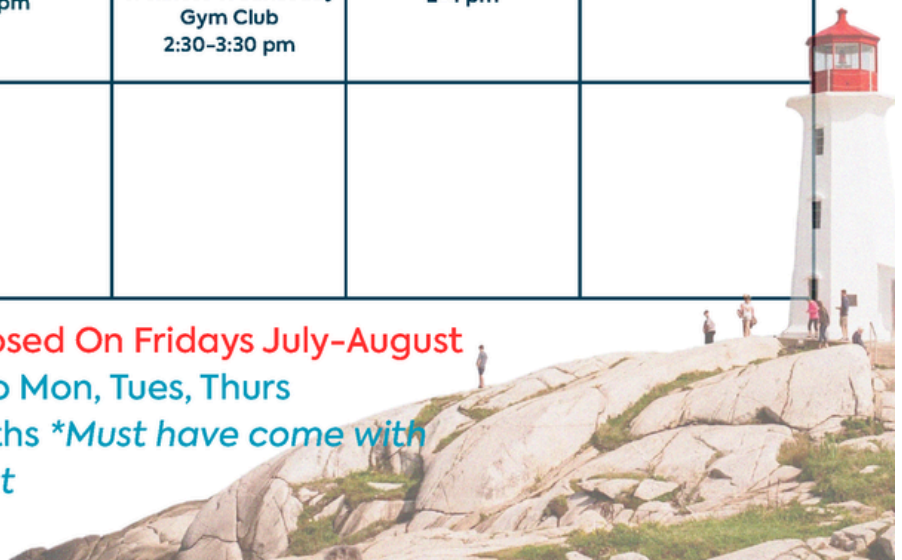


August



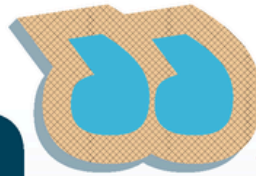
Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 9am-5pm	Friday CLOSED
3 CLOSED Civic Holiday	4 Indigenous Wellness: Pins and Buttons 2-4 pm	5 Wellness Wednesday Gym Club 2:30-3:30 pm Dragonfly 12:30- 1:30 pm	6 Tween Quest Level 4 9-5 pm	7 CLOSED
10 Crafternoon: Flower Painting 2-4 pm	11 Indigenous 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**

Rock Painting

With the Hive - Kickstand Bonnyville



Thursday July 2nd
2-4 pm

Keep your rock or place it in the
community for someone to find!





Library Mobile Book Cart:

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





INDIGENOUS WELLNESS:



DREAMCATCHERS



Join us for our Indigenous Wellness program, where we will make dreamcatchers and learn about the beliefs behind them.

July 7th 2-4 pm
@ The Hive Kickstand



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.



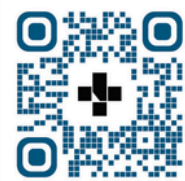
AlbertaQuits Helpline



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



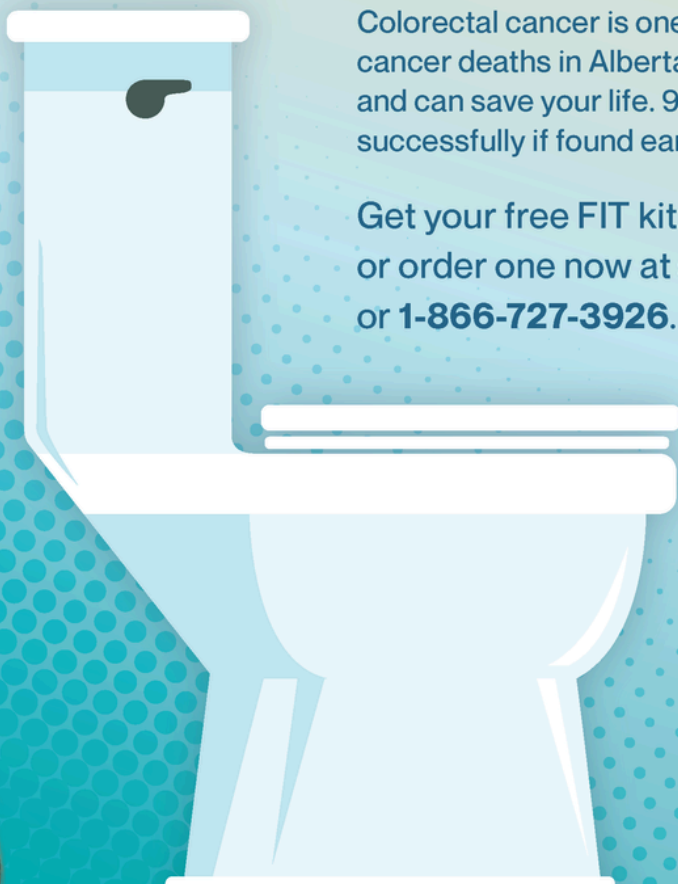
**Alberta Health
Services**

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**.



**Alberta Health
Services**



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



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.

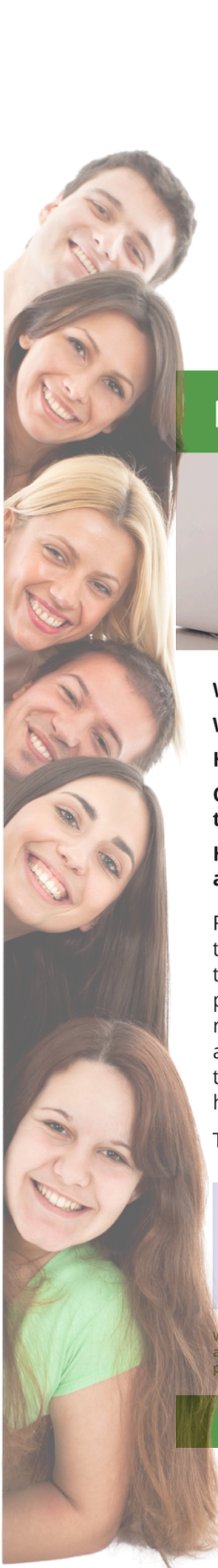


For more information
or to register, visit:

wellspring.ca

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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



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

