BONNYVILLE INTERAGENCY



Newsletter

October 1, 2026

Interagency meetings provide a valuable opportunity for community organizations and service providers to connect, share information, and collaborate on local initiatives. Through regular communication and partnership-building, agencies can better support individuals and families by improving access to resources, reducing service gaps, and responding collectively to community needs.

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

BONNYVILLE INTERAGENCY

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Next Interagency Meeting is November 18, 2026

The Interagency meetings will be held at the Town of Bonnyville in the meeting room downstairs. If there is a change in venue an email will be forwarded to group. Meetings will run from 9:30 - 11:30 unless otherwise stated.

Please bring brochures and posters about your programs/services. If you have any questions, please email tmatthewman@town.bonnyville.ab.ca

fcss
Bonnyville & District
Family and Community
Support Services





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. .

Lakeland
Lodge and Housing Foundation

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



For more information please call:

780-826-2120

fcss
Bonnyville & District Family and Community Support Services

Healthy Aging Alberta



Family Room

Social Connections

A welcoming environment where parents and caregivers can form friendships, and children can learn, play, and socialize with their peers.



Encouragement and Support

Build meaningful connections, find encouragement, and share your parenting journey with others experiencing similar stages of parenthood.

Where: Parent Child Centre
When: Monday, Tuesday,
Thursday morning 10-12
Wednesday afternoons 2-4

Play

Children will have opportunities to enjoy active gym play and explore a wide range of toys and activities that promote learning and development.

fcss
Bonnyville & District Family and Community Support Services



Family Room October Calendar

(Fostering a Sense of Belonging)

FINE MOTOR WEEK

Oct.5 Thanksgiving Cornucopia

Oct.6 Thankful Feathers

GROSS MOTOR WEEK

Oct.12 CLOSED

Oct.13 Gym Circut

SCENSORY WEEK

Oct.19 Textured Spider Web

Oct.20 Slime Dig

READING WEEK

Oct.26 Kid's Choice

Oct. 27 Halloween Fun

We are closed Oct. 12th - Happy Thanksgiving!

The Family Room is open Monday, Tuesday, and Thursday from 10:00am - 12:00pm and Wednesday afternoons from 2:00 pm - 4:00 pm

fcss
Bonnyville & District
Family and Community
Support Services

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

Developing Babies

Tips for Successful Growth



during Rhyme Time at the library

FCSS will be joining Rhyme Time to engage parents/caregivers in healthy and helpful support for your growing baby.



Where: Bonnyville Municipal Library
When: 10:00 am and 11:00 am
Best for caregivers with children 0-3yrs

Sept. 24th	**Introduction to Ages and Stages**
Oct. 29th	**Hygienist visit**
Nov. 26th	**Triple P Tip Sheets**

Bonnyville Municipal LIBRARY

Triple P

Bonnyville Dental Clinic

fcss
Bonnyville & District Family and Community Support Services


Parent Cafe`
Let's Talk - Raising Future Adults
Come and join our parent group to discuss your child's early development. It's a wonderful opportunity to learn, share ideas and experiences, ask questions, and connect with other parents in a friendly and supportive environment. We'd love to have you join us and look forward to seeing you there!
Parent Child Centre - Wednesday mornings,
10:00 a.m. – 12:00 p.m. - Starting October 7th
Topics
October 7th
Understanding Early Brain Development
October 14th
Stress and Brain Development
October 21st
Building Relationships
October 28th
How Interactions Shape Young Minds
fcss
Bonnyville & District Family and Community Support Services


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
780-201-3499
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



Active Parenting

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.

Active Parenting of Teens :) third edition

For parents of children 13-17

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

Active Parenting First Five Years

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

Lakeland
EMPLOYMENT SERVICES

EMPLOYMENT CENTRE



OUR FRIENDLY FACILITATORS WORK WITH YOU TO:

Job Seekers

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

Employers

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

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

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

Canada Alberta

October

Monday 9-5 pm	Tuesday 9-5 pm	Wednesday 11-7 pm	Thursday 11-7 pm	Friday 9-5 pm
			1 Game Night: Werewolf 4:00-5:00 pm	2 Gym Club: Just Dance 3:30-4:45 pm
5 Crafternoon: Pipecleaner Creations 3:30-5:00 pm YAC Meeting 3:45-4:30 pm	6 Indigenous Wellness: Sharing Circle 3:30-4:30 pm Ask a Nurse Bonnyville PCN 4:00-5:00 pm	7 Friendsgiving Dinner Meal Night: 4:00-6:00 pm Adulting with Frank 5:00-7:00 pm	8 Library Mobile Book Cart 3:30-4:30 pm Table Top Games 4:30-6:00 pm	9 Tween Quest: Movie Mayhem 9:00-5:00 pm Movie Night for all Youth 3:30-5:00 pm
12 **CLOSED** Happy Thanksgiving	13 Indigenous Wellness: Medicine Wheel Teaching 3:30-4:30 pm	14 Meal Night: Mary Browns 3:30-4:30 pm Meet the Financial Advisor Emmy fr. ATB 5:00-6:00 pm Adulting with Frank 5:00-7:00 pm	15 Trivia Night 4:30-5:30 pm	16 Gym Club: 3:30-4:30 pm Halloween Decorating 3:30-4:45 pm
19 Crafternoon: Fabric Sock Pumpkins 3:30-4:30 pm	20 Indigenous Wellness: Bannock Making 3:30-4:30 pm Kindness Day Activity in Community @ 4 pm Ask a Nurse Bonnyville PCN 4:00-5:00 pm	21 Meal Night: 3:30-4:30 pm Adulting with Frank 5:00-7:00 pm	22 Library Mobile Book Cart 3:30-4:30 pm Nerf Night 4:30-6:00 pm Learner's Crash Course 4-7 pm	23 Gym Club: 3:30-4:30 pm DIY Stickers 3:45-4:45 pm
26 Crafternoon: Beaded Creations 3:30-4:45 pm	27 Indigenous Wellness: Beading Circle- Felt and Beaded Poppy Pins 3:30-4:30 pm	28 Meal Night: Boston Pizza 3:30-4:30 pm Adulting with Frank 5:00-7:00 pm	29 Halloween Party with Karaoke 4:30-6:45 pm	30 Gym Club: 3:30-4:30 pm Pumpkin Painting 3:30-4:45 pm

Change in Hours - Wed & Thurs 11-7pm

**PROGRAM FOR AGES 18-25

Daily Drop in 11-13 y/o Thurs-Fri 3:30-5:00pm

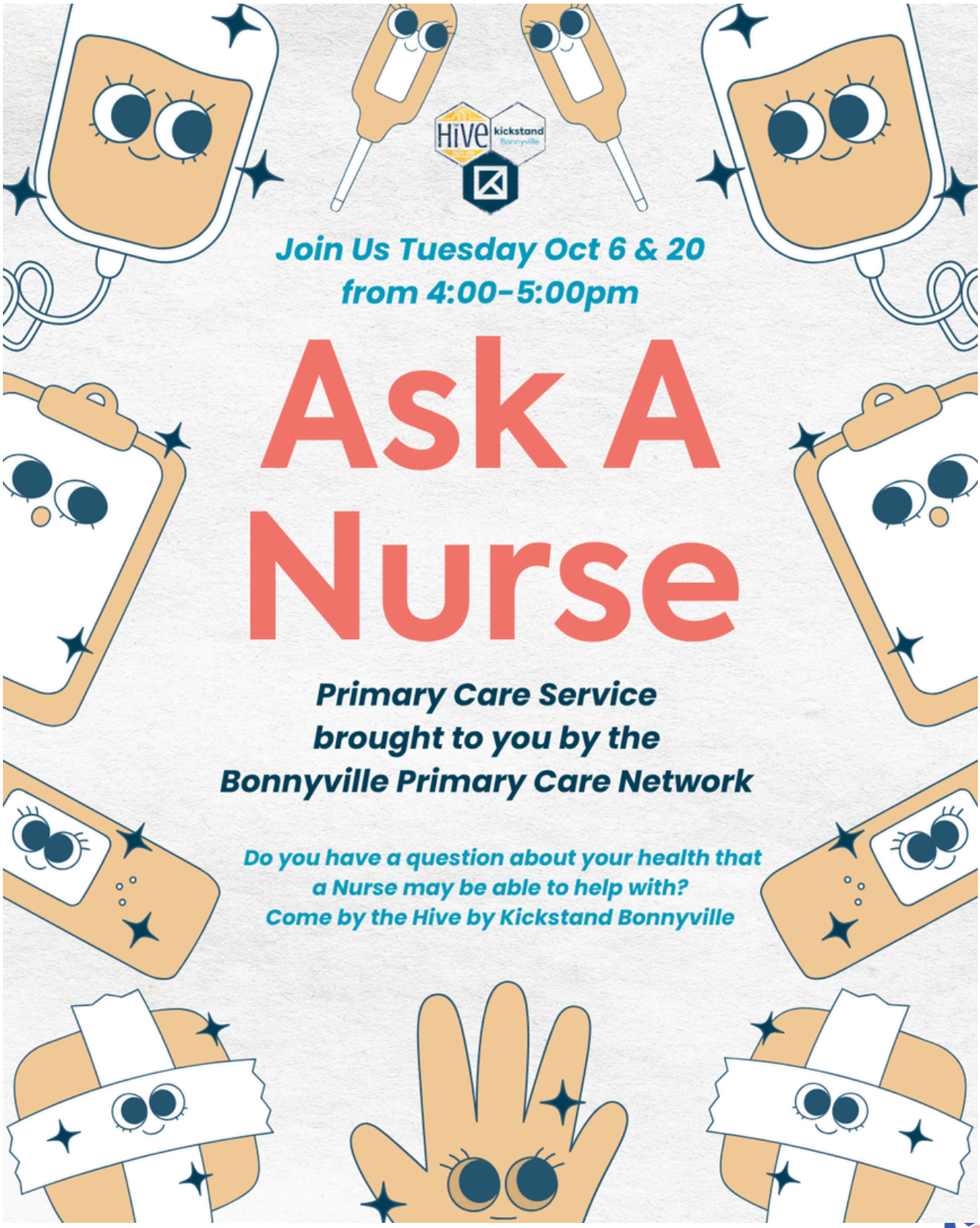
Must have come with parent/caregiver first




THE HIVE BY KICKSTAND BONNYVILLE
CALL FOR MORE INFORMATION
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.
4 WEEK SESSION FROM OCTOBER 14 TO NOVEMBER 4
MEET ONLINE OR IN PERSON @ THE HIVE IN BONNYVILLE
7:30-9:00 pm
FOR MORE INFO
587-201-2528
Confidential, Peer to Peer Connection, Led by Two People with Lived Experience
Every Wednesday From Oct 1 to Nov 4


THE HIVE BY KICKSTAND
GAME NIGHT
WEREWOLF
OCTOBER 1, 4-5PM
JOIN US FOR SOME GOOD OLD FASHION MISCHIEF AND FUN
HIVE
kickstand
Bonnyville


GYM CLUB
JUST DANCE
THE HIVE YOUTH HUB
kickstand Bonnyville
3:30-4:45 PM
OCTOBER 2


HiVE
kickstand
Bonnyville
Join Us Tuesday Oct 6 & 20
from 4:00-5:00pm
Ask A
Nurse
Primary Care Service
brought to you by the
Bonnyville Primary Care Network
Do you have a question about your health that
a Nurse may be able to help with?
Come by the Hive by Kickstand Bonnyville

You are invited to

FRIENDSGIVING



WEDNESDAY **07** OCTOBER

The Hive by Kickstand

4-6pm


TABLE TOP
GAME NIGHT
Come play, laugh and make memories with us
Activities for Everyone:
Card Games, Board Games, Table top Games
October 8, 4:30-6pm
The Hive by Kickstand

kickstand



PORTAGE COLLEGE

ADULTING WITH FRANK

Learn new skills and achieve your goals.

Adulting doesn't come with a manual so we tried to build one! These sessions help prepare young people for things that life throws at them.



Focus each week may include:

- -Budgeting
- -Job Preparation
- -Tutoring
- -Civics
- -Diploma Preparation
- -Literacy Skills
- -Numeracy Skills
- And more...

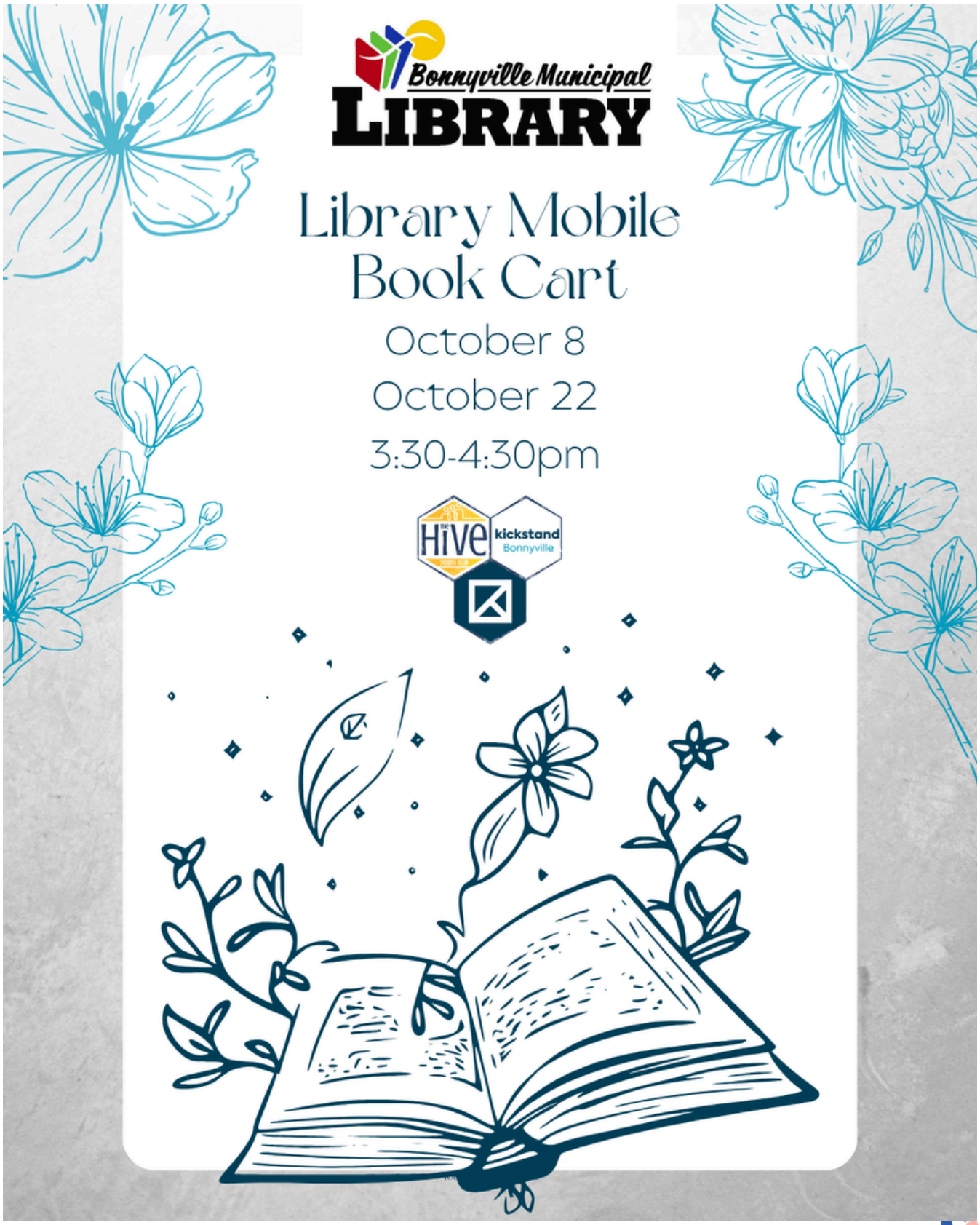
Key Details:

- Accessible programs for all ages 18-25
- Wednesday Evenings 5:00-7:00pm
- Practical and useful real life skills in a supportive, no judgment environment.

Start today and transform your life through education!

To Book an Apt Call 587-201-2528
or email: hivepa@bonnyvillepcn.ca
frank.collins@portagecollege.ca

https://mykickstand.ca/communities/bonnyville/


Bonnyville Municipal
LIBRARY
Library Mobile
Book Cart
October 8
October 22
3:30-4:30pm
HiVe
kickstand
Bonnyville


HIVE BY KICKSTAND THEATRE PRESENTS
MOVIE
Night
3:30-
5:00PM
OCTOBER 9
CINEMA

The Hive By Kickstand Bonnyville



Meet the Financial Advisor.

Come Meet Emmy Jones from ATB

Emmy is a Personal Banker with ATB Financial. She will be hosting sessions with our young people that will focus on various financial topics including:

- General Financial Literacy
- Account Creation(16+ with valid photo ID, or with parent/guardian)
- Fraud/Scam Awareness
- Future financial planning

Wednesday, October 14
5:00-6:00 pm



Start Your Financial Journey Today

For More info or to Register

587-201-2528

The Hive Youth Hub kickstand Bonnyville

ATB™


The Hive
kickstand
Bonnyville
Trivia Night
OCTOBER 15
4:30-5:30PM
COME JOIN US AT THE HIVE IN BONNYVILLE FOR A FUN NIGHT OF TRIVIA, LAUGHS, AND A LITTLE FRIENDLY COMPETITION!


THE HIVE -BY KICKSTAND BONNYVILLE
FITNESS CLUB
Break barriers, exceed expectations, and unleash your full potential because your limits don't define you
• Every Friday 3:30 -4:30
• Group Fitness
• No Judgement
• Come as you are
• New week new targets
JOIN NOW!
Drop in and join us
HIVE
kickstand
Bonnyville


HALLOWEEN
Decorating
Come join us in decorating
the Hub for Halloween!
October 16
3:45-4:45PM


YOU'RE INVITED TO
HALLOWEEN
party
WITH KARAOKE!
OCT 29
4:30 - 6:45PM
THE HIVE BY KICKSTAND
THE HIVE YOUTH HUB
kickstand
Bonnyville





NERF NIGHT

OCTOBER 22, 4:30-6:00PM

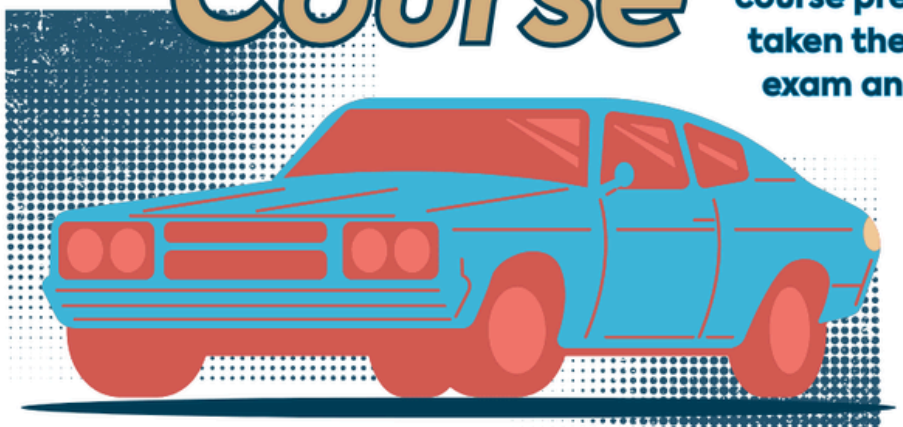
PRE - REGISTERATION REQUIRED

THE HIVE BY KICKSTAND

Learners Prep Crash Course

There is a maximum of 6 spots available

Must have either taken the learners course previously or taken the learners exam and failed



Email info@thehivelakeland.ca or call 587-201-2528 to register!



Registration Mandatory

ONE DAY ONLY

October 22, 4-7pm
at The Hive by Kickstand
with Employabilities


MEAL NIGHT
@ THE HIVE
EACH WEEK WE
WILL LEARN TO COOK
SOMETHING NEW
SUGGESTIONS WELCOME,
RECIPES FOLLOWED
Every Wednesday
3:30-4:30pm
587-201-2528
What are we
cooking this
week?
HIVE
kickstand
Bonnyville

INDIGENOUS WELLNESS:

SHARING CIRCLE



Join us for our Indigenous Wellness program, where we will participate in a sharing circle to work towards building a community through communication and healing.

October 6, 3:30-4:30pm

INDIGENOUS WELLNESS:

MEDICINE WHEEL TEACHING



Join us for our Indigenous Wellness program, where we will learn about the medicine wheel and what it represents as a teaching tool, and a guide to living well.

October 13, 3:30-4:30pm

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.

October 20, 3:30-4:30pm

INDIGENOUS WELLNESS:

BEADING CIRCLE - FELT AND BEADED POPPY PINS

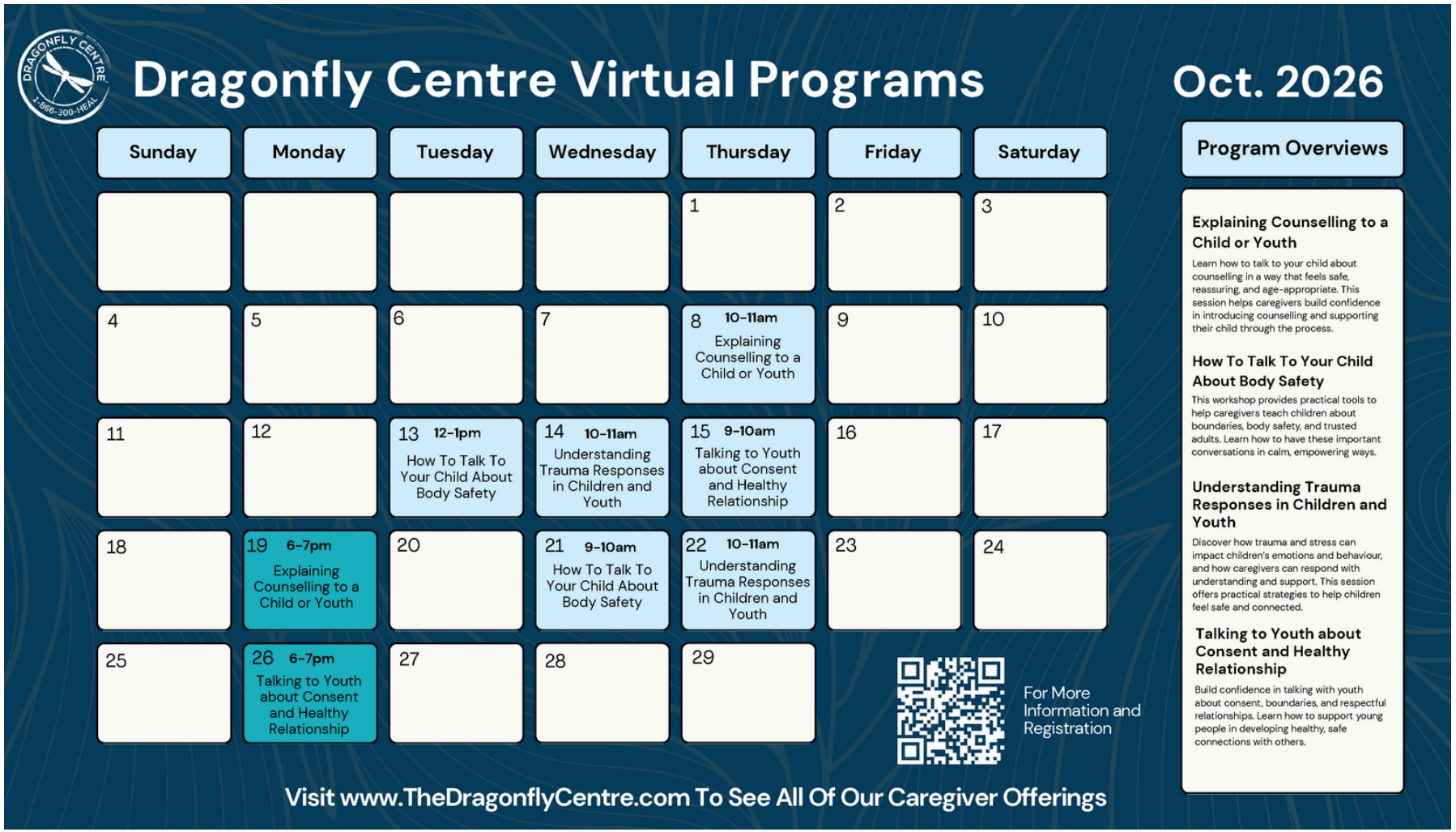


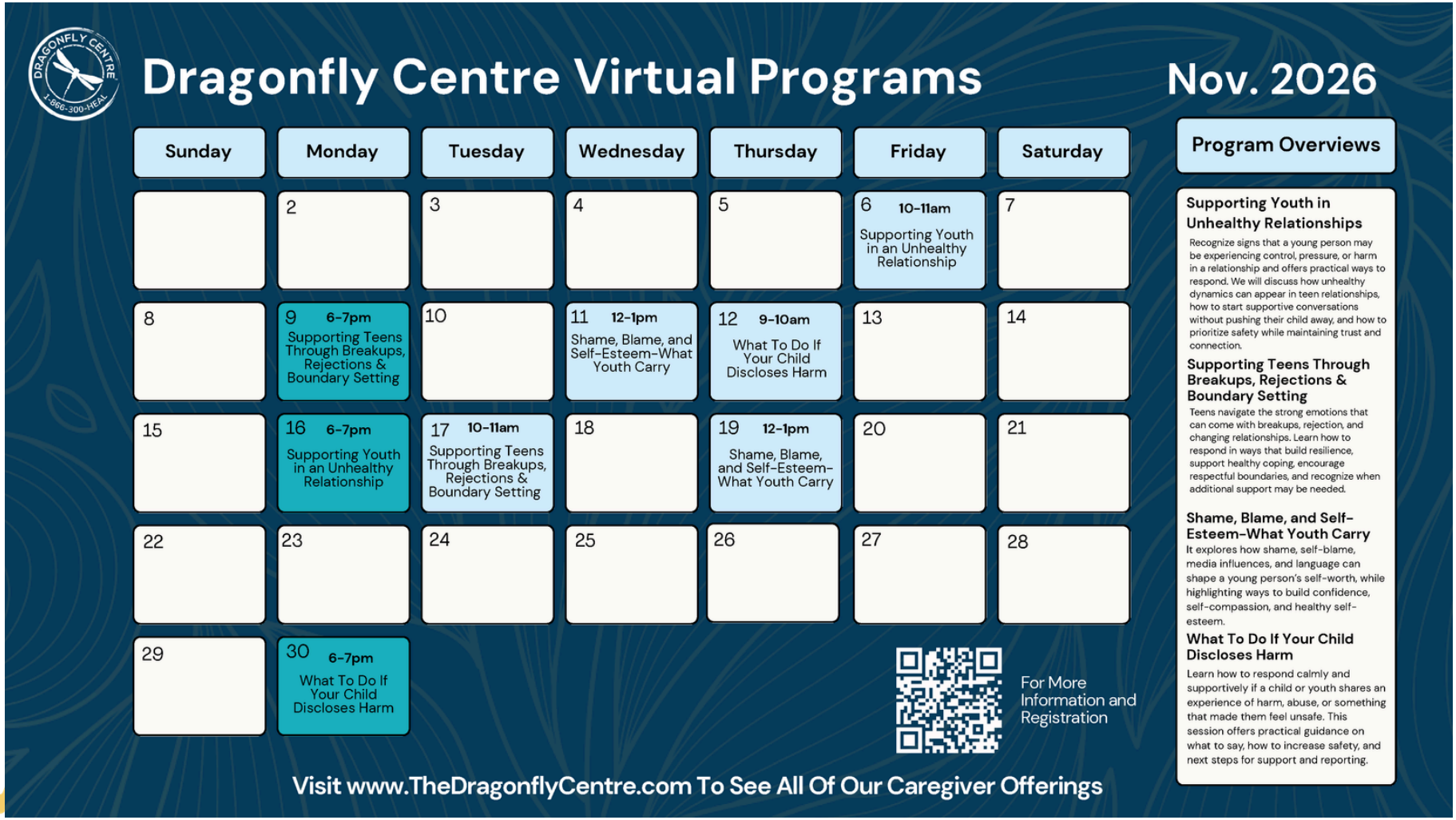


Join us for our Indigenous Wellness program, where we will continue our youth beading circle. Bring a project you are working on already, or start something new with us.

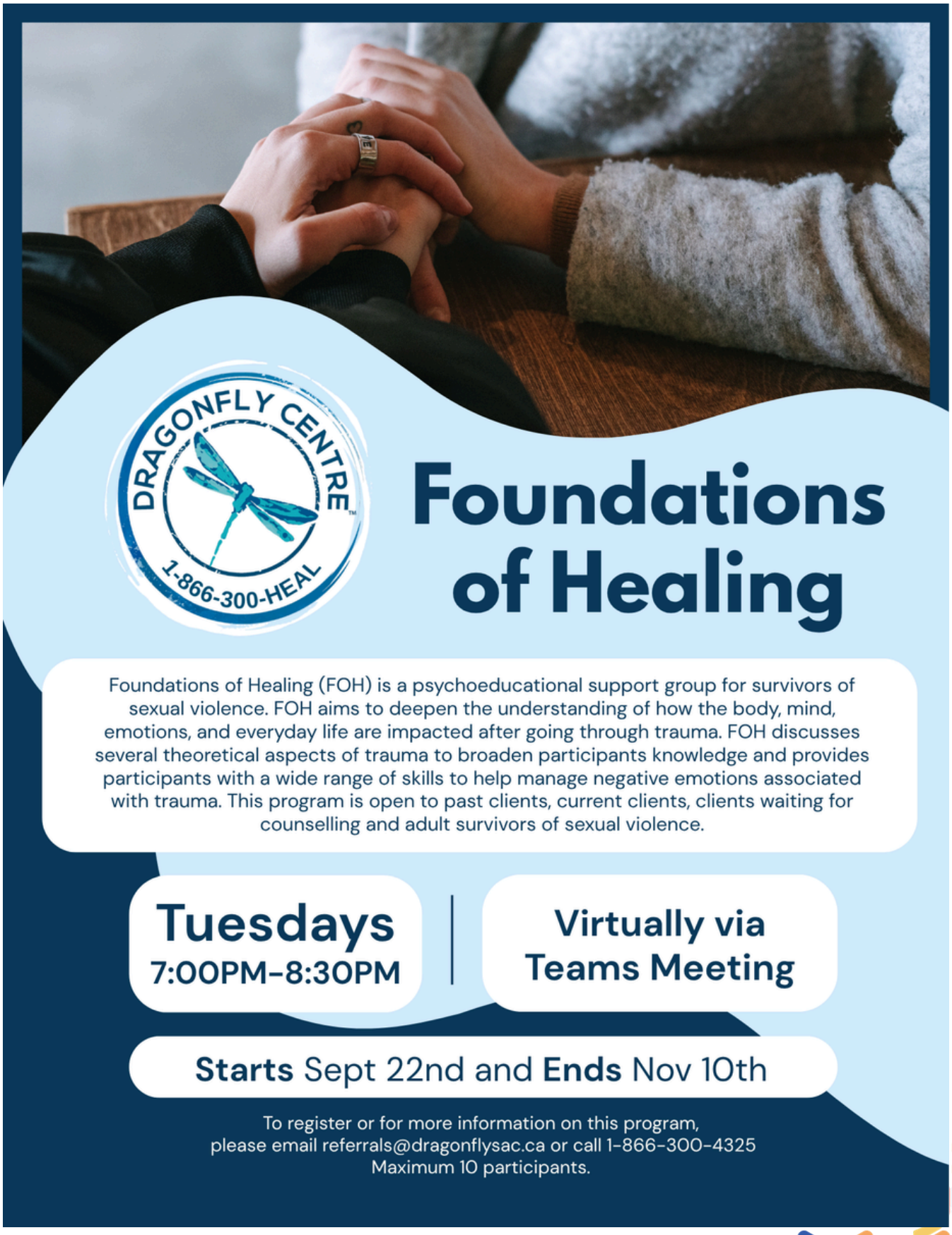
October 27, 3:30-4:30pm

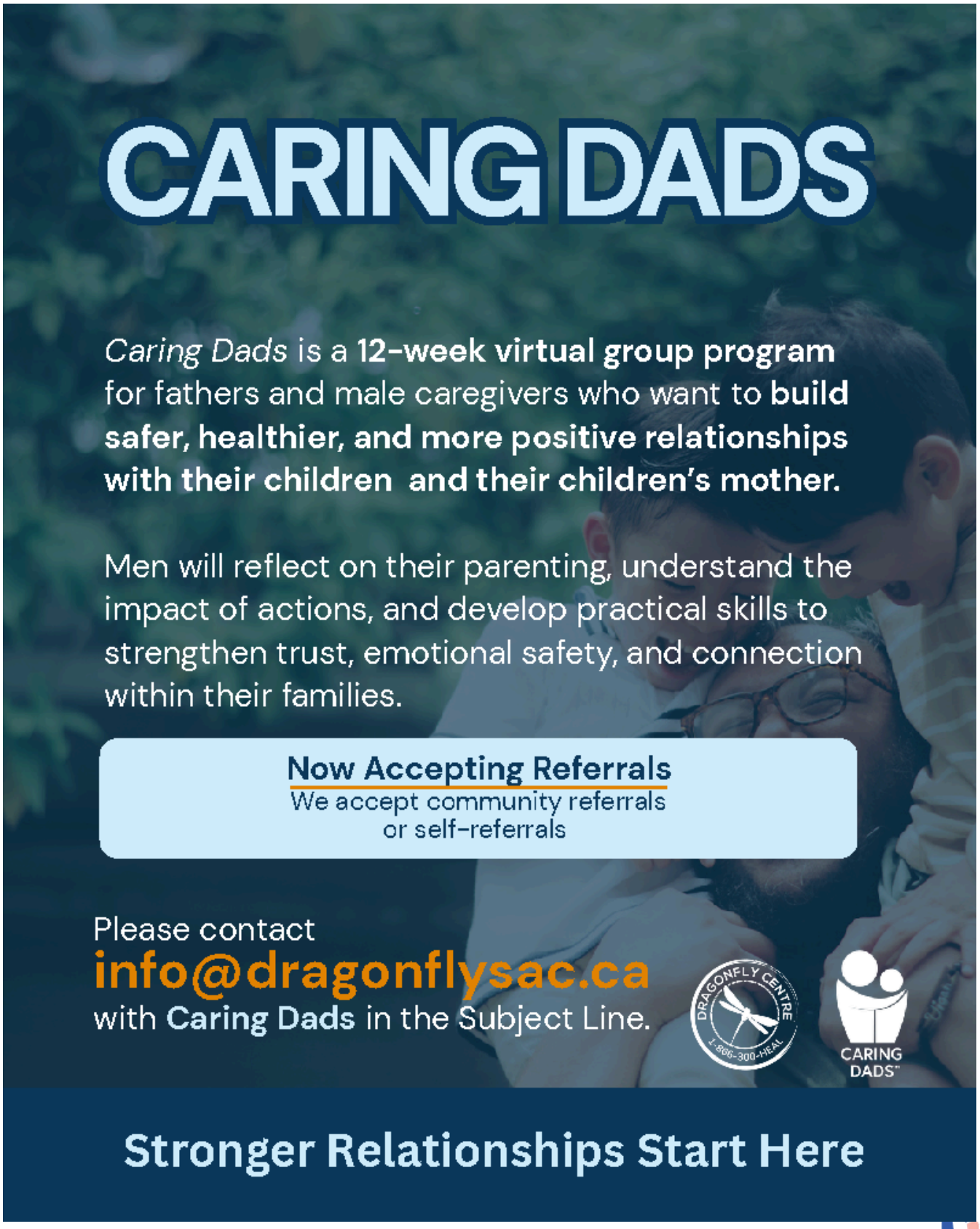
November 3 and 10, 3:30-4:30pm


Dragonfly Centre Virtual Programs
Oct. 2026
Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
1
2
3
4
5
6
7
8 10–11am
Explaining Counselling to a Child or Youth
9
10
11
12
13 12–1pm
How To Talk To Your Child About Body Safety
14 10–11am
Understanding Trauma Responses in Children and Youth
15 9–10am
Talking to Youth about Consent and Healthy Relationship
16
17
18
19 6–7pm
Explaining Counselling to a Child or Youth
20
21 9–10am
How To Talk To Your Child About Body Safety
22 10–11am
Understanding Trauma Responses in Children and Youth
23
24
25
26 6–7pm
Talking to Youth about Consent and Healthy Relationship
27
28
29
For More Information and Registration
Visit www.TheDragonflyCentre.com To See All Of Our Caregiver Offerings
Program Overviews
Explaining Counselling to a Child or Youth
Learn how to talk to your child about counselling in a way that feels safe, reassuring, and age-appropriate. This session helps caregivers build confidence in introducing counselling and supporting their child through the process.
How To Talk To Your Child About Body Safety
This workshop provides practical tools to help caregivers teach children about boundaries, body safety, and trusted adults. Learn how to have these important conversations in calm, empowering ways.
Understanding Trauma Responses in Children and Youth
Discover how trauma and stress can impact children's emotions and behaviour, and how caregivers can respond with understanding and support. This session offers practical strategies to help children feel safe and connected.
Talking to Youth about Consent and Healthy Relationship
Build confidence in talking with youth about consent, boundaries, and respectful relationships. Learn how to support young people in developing healthy, safe connections with others.


Dragonfly Centre Virtual Programs
Nov. 2026
Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
2
3
4
5
6 10-11am
Supporting Youth in an Unhealthy Relationship
7
8
9 6-7pm
Supporting Teens Through Breakups, Rejections & Boundary Setting
10
11 12-1pm
Shame, Blame, and Self-Esteem-What Youth Carry
12 9-10am
What To Do If Your Child Discloses Harm
13
14
15
16 6-7pm
Supporting Youth in an Unhealthy Relationship
17 10-11am
Supporting Teens Through Breakups, Rejections & Boundary Setting
18
19 12-1pm
Shame, Blame, and Self-Esteem-What Youth Carry
20
21
22
23
24
25
26
27
28
29
30 6-7pm
What To Do If Your Child Discloses Harm
For More Information and Registration
Visit www.TheDragonflyCentre.com To See All Of Our Caregiver Offerings
Program Overviews
Supporting Youth in Unhealthy Relationships
Recognize signs that a young person may be experiencing control, pressure, or harm in a relationship and offers practical ways to respond. We will discuss how unhealthy dynamics can appear in teen relationships, how to start supportive conversations without pushing their child away, and how to prioritize safety while maintaining trust and connection.
Supporting Teens Through Breakups, Rejections & Boundary Setting
Teens navigate the strong emotions that can come with breakups, rejection, and changing relationships. Learn how to respond in ways that build resilience, support healthy coping, encourage respectful boundaries, and recognize when additional support may be needed.
Shame, Blame, and Self-Esteem-What Youth Carry
It explores how shame, self-blame, media influences, and language can shape a young person's self-worth, while highlighting ways to build confidence, self-compassion, and healthy self-esteem.
What To Do If Your Child Discloses Harm
Learn how to respond calmly and supportively if a child or youth shares an experience of harm, abuse, or something that made them feel unsafe. This session offers practical guidance on what to say, how to increase safety, and next steps for support and reporting.


MENtors
Men supporting boys to build safer communities.
Virtual Workshop
The purpose of the MENtors program is to empower men to be steady, trusted adults in the lives of boys and young men. It is about noticing the small moments that matter, stepping in when something feels off, and creating spaces where boys feel safe, respected, and supported.
MENtors strengthens the influence men already have in their communities, helping them recognize changes, listen without judgment, and provide guidance or connection to resources when needed. By doing so, men help build stronger, safer communities where young people can grow with confidence, resilience, and leadership.
At its heart, the program is about relationships, trust, and the quiet, consistent actions that make a lasting difference in the lives of boys.
Who is this for?
Any trusted male adult mentor who spends time with youth and models healthy behaviour.
Workshop Dates
Tues, Sept 8, 2026. 9 AM – 10:30 AM.
Weds, Sept 23, 2026. 9 AM – 10:30 AM.
Fri, Oct 16, 2026. 9 AM – 10:30 AM.
Tues, Oct 20, 2026. 9 AM – 10:30 AM.
Online, Microsoft Teams
For more info and registration
Dragonfly Centre
Sexual Violence
Services
www.thedragonflycentre.com
DRAGONFLY CENTRE
1-866-300-HEAL

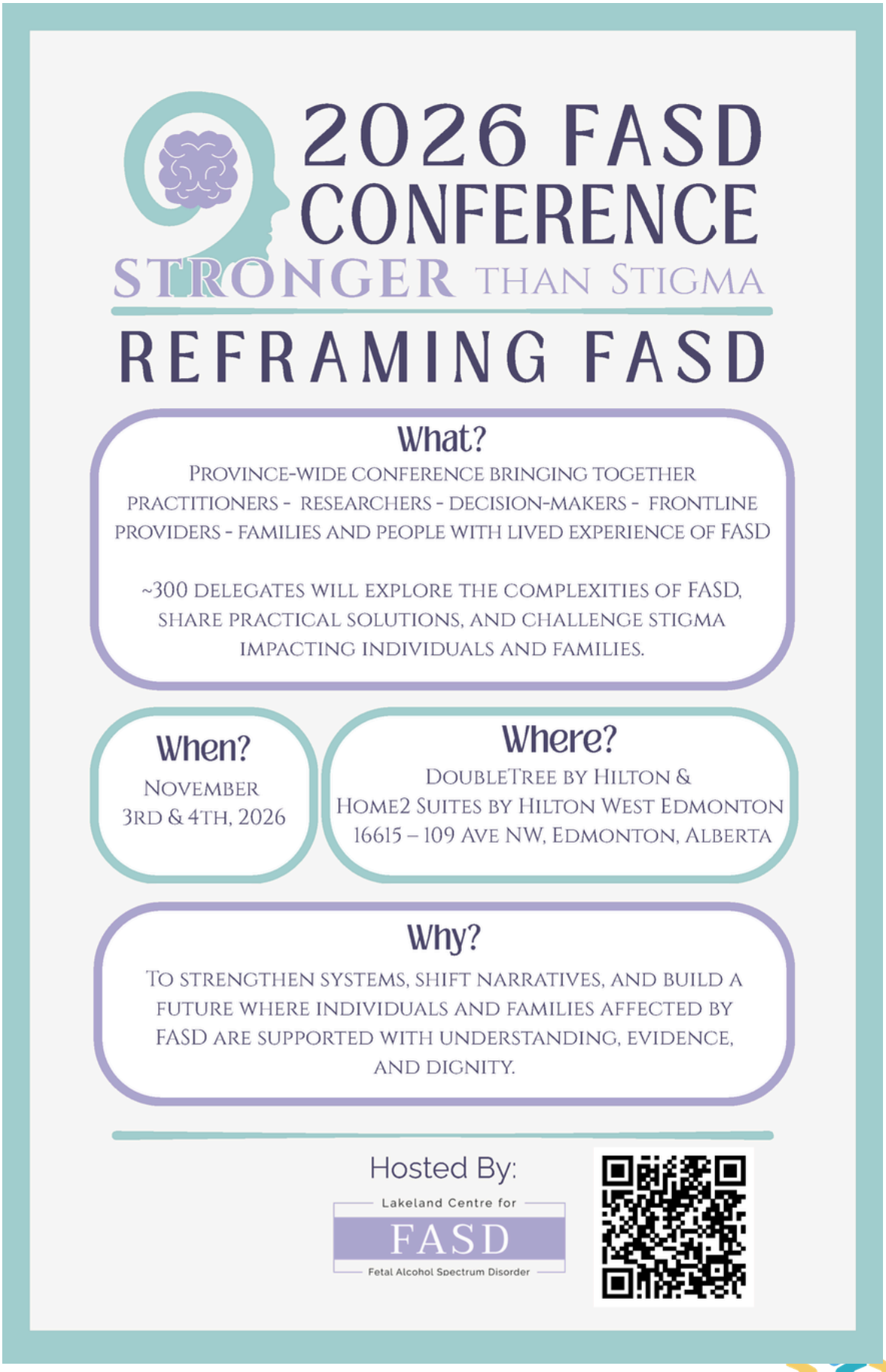

DRAGONFLY CENTRE
1-866-300-HEAL
Foundations of Healing
Foundations of Healing (FOH) is a psychoeducational support group for survivors of sexual violence. FOH aims to deepen the understanding of how the body, mind, emotions, and everyday life are impacted after going through trauma. FOH discusses several 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 Sept 22nd and Ends Nov 10th
To register or for more information on this program, please email referrals@dragonflysac.ca or call 1-866-300-4325
Maximum 10 participants.


CARING DADS
Caring Dads is a 12-week virtual group program for fathers and male caregivers who want to build safer, healthier, and more positive relationships with their children and their children's mother.
Men will reflect on their parenting, understand the impact of actions, and develop practical skills to strengthen trust, emotional safety, and connection within their families.
Now Accepting Referrals
We accept community referrals or self-referrals
Please contact
info@dragonflysac.ca
with Caring Dads in the Subject Line.
DRAGONFLY CENTRE
1-866-300-HEAL
CARING DADS
Stronger Relationships Start Here


RURAL RESPONSE TO SEXUAL ABUSE™
2-Half Day Virtual Workshop
The Rural Response to Sexual Abuse (RRSA) Training is a comprehensive, full-day workshop designed to equip professionals and community members with the knowledge and tools needed to address sexual violence in rural and remote areas. With a focus on trauma-informed care, cultural responsiveness, and community collaboration, this training provides actionable strategies to support survivors and build safer communities.
Why Attend?
This training is tailored to the unique challenges of rural and remote areas, helping communities break barriers to support and create lasting change. Participants will leave with practical skills, resources, and a deeper understanding of how to address sexual violence effectively.
Tuesday Oct 6, 2026 & Wednesday Oct 7, 2026.
9 AM - 1 PM
Online, Microsoft Teams
For more info and registration
Dragonfly Centre
Sexual Violence
Services
www.thedragonflycentre.com
DRAGONFLY CENTRE
1-866-300-HEAL


RURAL RESPONSE TO SEXUAL ABUSE™
In-Person Workshop
Friday, November 6, 2026. 9 AM - 5 PM
Dragonfly Centre Board Room (4808 50th Ave, Bonnyville)
The Rural Response to Sexual Abuse (RRSA) Training is a comprehensive, full-day workshop designed to equip professionals and community members with the knowledge and tools needed to address sexual violence in rural and remote areas. With a focus on trauma-informed care, cultural responsiveness, and community collaboration, this training provides actionable strategies to support survivors and build safer communities.
Why Attend?
This training is tailored to the unique challenges of rural and remote areas, helping communities break barriers to support and create lasting change. Participants will leave with practical skills, resources, and a deeper understanding of how to address sexual violence effectively.
For more info and registration
Dragonfly Centre Sexual Violence Services
www.thedragonflycentre.com
DRAGONFLY CENTRE
1-866-300-HEAL


AMBER HAMELIN
TRAUMA COUNSELLOR
DRAGONFLY COUNSELLING CENTRE
My name is Amber. I am a Treaty 8 member living here in Treaty 6 territory, and I serve as a Trauma Counsellor with Dragonfly Counselling Centre.
I am a registered social worker in Alberta. Over the past decade, I have worked in front-line crisis response and supervisory roles with Children's Services, Victim Services, and programs addressing gender-based violence.
I have been fortunate to work alongside First Nations and Métis communities, as well as non-Indigenous agencies, across three provinces and in urban communities.
SERVICES I CAN PROVIDE THROUGH DRAGONFLY
01
On-site support
Ongoing support for individuals and families within the Nation.
02
Prevention and crisis support
Needs assessments, system navigation and referrals, crisis intervention, and safety planning.
03
Trauma-informed care
Support that promotes healing, resilience, and access to trauma-informed services.
UPCOMING WALK-IN & DEBRIEF DATES
SEPTEMBER 21 English Bay Centre
OCTOBER 05 CLFN Health Centre
OCTOBER 19 English Bay Centre
OCTOBER 26 CLFN Health Centre
Walk-ins and debriefs available from 10:00 a.m. to 2:30 p.m.
QUESTIONS? CONTACT AMBER
Amber Hamelin (she/her) • Client Support & Crisis Practitioner
Toll Free: 1-866-300-4325 Office: 780-812-3174 Mobile: 587-201-2144
amberh@dragonflysac.ca • www.TheDragonflyCentre.com


2026 FASD CONFERENCE
STRONGER THAN STIGMA
REFRAMING FASD
What?
PROVINCE-WIDE CONFERENCE BRINGING TOGETHER PRACTITIONERS - RESEARCHERS - DECISION-MAKERS - FRONTLINE PROVIDERS - FAMILIES AND PEOPLE WITH LIVED EXPERIENCE OF FASD
~300 DELEGATES WILL EXPLORE THE COMPLEXITIES OF FASD, SHARE PRACTICAL SOLUTIONS, AND CHALLENGE STIGMA IMPACTING INDIVIDUALS AND FAMILIES.
When?
NOVEMBER 3RD & 4TH, 2026
Where?
DOUBLETREE BY HILTON & HOME2 SUITES BY HILTON WEST EDMONTON
16615 – 109 AVE NW, EDMONTON, ALBERTA
Why?
TO STRENGTHEN SYSTEMS, SHIFT NARRATIVES, AND BUILD A FUTURE WHERE INDIVIDUALS AND FAMILIES AFFECTED BY FASD ARE SUPPORTED WITH UNDERSTANDING, EVIDENCE, AND DIGNITY.
Hosted By:
Lakeland Centre for
FASD
Fetal Alcohol Spectrum Disorder



Primary Care Network BONNYVILLE

Women's Whole Health NP Clinic

Holistic care through every stage of life.

We can help with:

- Menstrual cycle concerns
- Birth control counselling
- Pap tests
- Vaginal infections & STI testing
- Menopause & perimenopause care
- Breast concerns
- Preconception counselling
- Urinary & pelvic floor concerns
- Pessary care
- Chronic disease and cancer screening

Who can book?

Women, transgender or non-binary individuals (18+) seeking care for women's health concerns.

No family doctor or nurse practitioner? Book directly with our clinic.

Have a primary care provider? Ask them to send us a referral.

Urgent appointments may be available.

Call 780-826-3346 ext. 234



WELLNESS TALKS

BLOOD PRESSURE

HYPOTENSION AND HYPERTENSION

Join the Bonnyville Primary Care Network and local pharmacist Paige at the Bonnyville Seniors Drop-in for a presentation on blood pressure.
Coffee and light snacks provided.

- What is high or low blood pressure?
- What do the numbers mean?
- When to see a Primary Care Provider

Where: **Bonnyville Seniors Drop-in**
4813 47 Ave, Bonnyville

When: **September 29, 2026**
10:30 am - 11:30 am

Primary Care Network
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

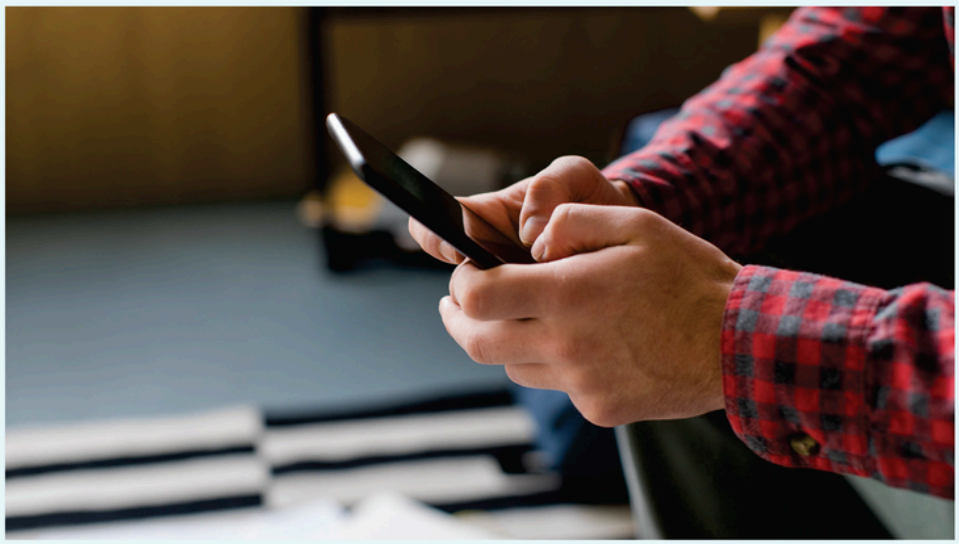


To register and receive the Zoom link visit:
https://redcap.link/strokesupport

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

811 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)

811 Health Link
Health Advice 24/7

Primary Care Alberta

Date: March, 2025

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
1-877-349-5711

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

wellspring
CANCER SUPPORT

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

wellspring
CANCER SUPPORT

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

wellspring
CANCER 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

wellspring
CANCER SUPPORT

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



THE FUTURE OF EMPLOYMENT SERVICES



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**

PORTAGE COLLEGE

Alberta

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

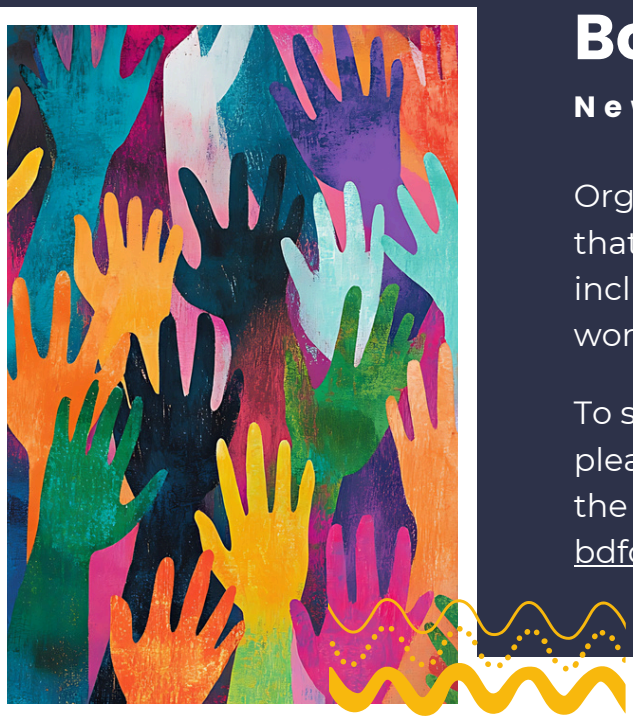








1-866-623-5551
portagecollege.ca



Bonnyville Interagency

Newsletter

Organizations are encouraged to submit information that may be relevant to community partners, including program updates, training sessions, workshops, and other community resources.

To submit content for the interagency newsletter, please send your posters at least one week prior to the beginning of the month to:
bdfcss@town.bonnyville.ab.ca

fcss
Bonnyville & District
Family and Community
Support Services