SEPTEMBER 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:
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 (smatthewman@town.bonnyville.ab.ca)

fcss
Bonnyville & District Family and Community Support Services

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fcss
Bonnyville & District
Family and Community
Support Services





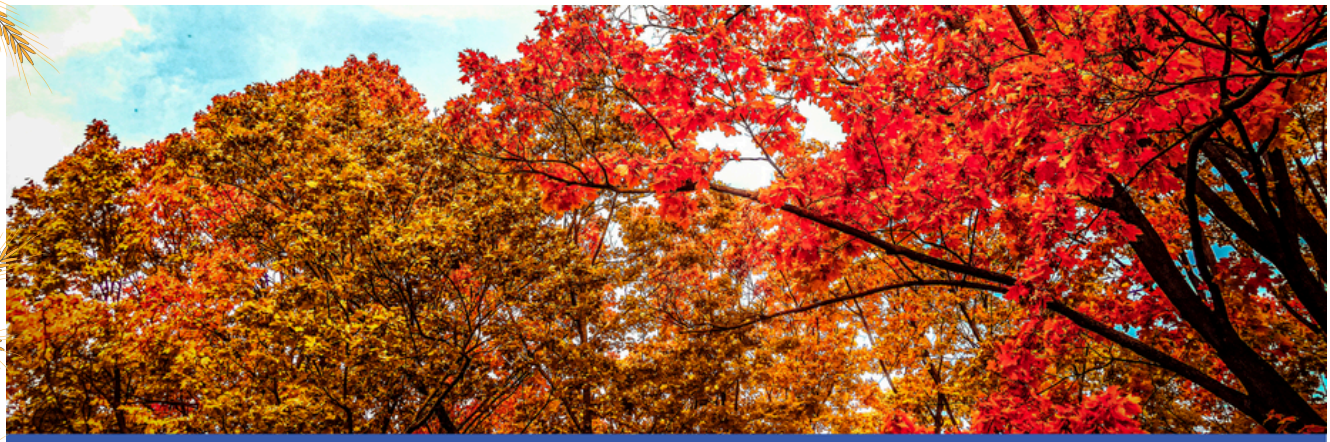
MEALS
ON WHEELS PROGRAM

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



Family Room September Calendar

MESSY PLAY WEEK

Sept. 1 Shaving Cream Dig

Sept. 3 Oatmeal Dig

FINE MOTOR WEEK

Sept. 8 Pom-Pom Pick up

Sept. 10 Tracing Lines

GROSS MOTOR WEEK

Sept. 15 Toddler Hopscotch

Sept. 17 What time is it Mr. Wolf?

SONG WEEK

Sept. 22 Kid's Choice

Sept. 24 Free Play

SCENSORY WEEK

Sept. 29 Textured Collage

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**



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



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

Lakeland EMPLOYMENT SERVICES

Join us weekly for

Wednesday Workshops

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

September 2026 Calendar	
September 2, 2026	Basic Computer Skills
September 9, 2026	Email
September 16, 2026	Word
September 23, 2026	Smart Devices

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.

Canada Alberta

September

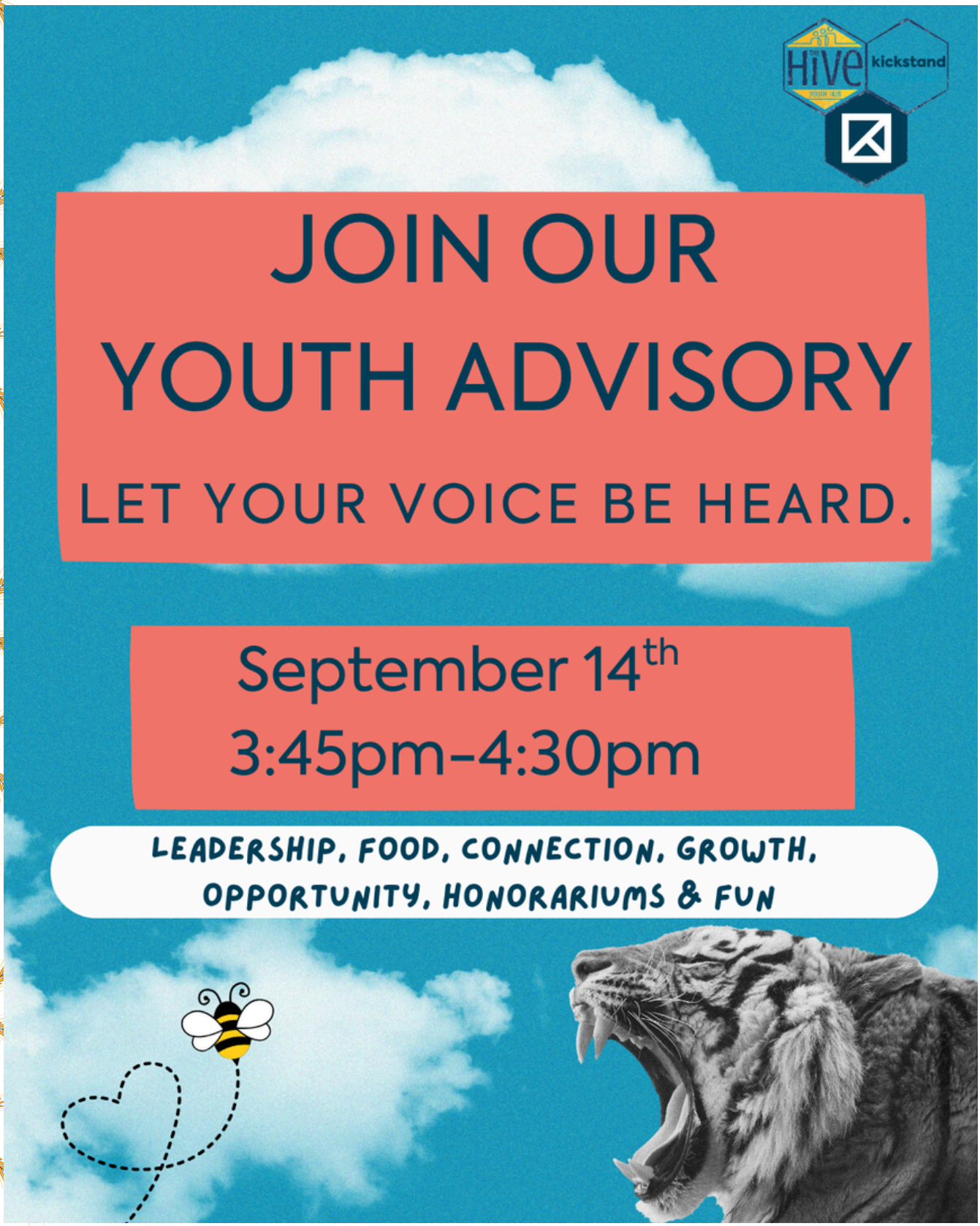
Monday 9-5 pm	Tuesday 9-5 pm	Wednesday 9-5 pm	Thursday 9-5 pm	Friday 9-5 pm
	1 Indigenous Wellness: Orange Shirt Pins 3:30-4:30 pm	2 Meal Night: Back to School 3:30-4:30 pm	3 Table Top Game Night 4:00-5:00 pm	4 Gym Club: 3:30-4:30 pm Bingo Night: 4-5 pm
7 **CLOSED** Labour Day	8 Indigenous Wellness: Orange Shirt Pins 3:30-4:30 pm	9 Meal Night: Mary Browns 3:30-4:30 pm	10 Community Registration Night @ C2 4-8 pm Open 9-3:30 pm	11 Gym Club: 3:30-4:30 pm Movie Night 3:30-5:00 pm
14 Crafternoon: Chalk Art 3:30-4:30 pm YAC Meeting: 3:45-4:30 pm	15 Indigenous Wellness Orange Shirt Pins 3:30-4:30 pm	16 Meal Night: 3:30-4:30 pm	17 Trivia Night 3:30-4:30 pm	18 Gym Club: 3:30-4:30 pm Window Painting: 3:45-4:45pm
21 Crafternoon: Water Colour Bookmarks 3:30-4:30pm	22 Indigenous Wellness Orange Shirt Pins 3:30-4:30 pm	23 Meal Night: Boston Pizza 3:30-4:30 pm Learner's Prep Course 4:00-7:00 pm	24 Library Mobile Book Cart 3:30-4:30pm Learner's Prep Course 4:00-7:00 pm	Gym Club: 25 3:30-4:30 pm Paint Night 3:45-4:45 pm Learner's Prep Course 4:00-7:00 pm
28 Crafternoon: BYOC Bring Your Own Ccraft 3:30-4:30 pm	29 Indigenous Wellness Orange Shirt Pins 3:30-4:30 pm	30 **CLOSED** National Truth and Reconciliation Day		

Change in Hours - Open 9am - 5pm

**PROGRAM FOR AGES 18-25

Drop in programming on Thur-Fri
ages 11-13 3:30pm-5pm




HiVe
kickstand
JOIN OUR
YOUTH ADVISORY
LET YOUR VOICE BE HEARD.
September 14th
3:45pm-4:30pm
LEADERSHIP, FOOD, CONNECTION, GROWTH,
OPPORTUNITY, HONORARIUMS & FUN

WATER COLOUR BOOKMARKS





September 21st,
3:30-4:30pm
@ 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 Friday 3:30 -4:30
- Group Fitness
- No Judgement
- Come as you are
- New week new targets

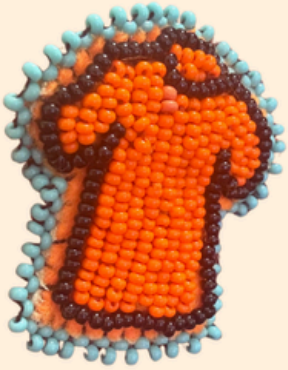
JOIN NOW!

Drop in and join us


HIVE
YOUTH HUB
kickstand
Bonnyville
Trivia Night
THURSDAY SEPT. 17TH
3:30-4:30PM
COME JOIN US AT THE HIVE IN BONNYVILLE FOR A FUN NIGHT OF TRIVIA, LAUGHS, AND A LITTLE FRIENDLY COMPETITION!

INDIGENOUS WELLNESS:

ORANGE SHIRT PIN BEADING





Join us for our Indigenous Wellness program, where we will learn about the origins of orange shirt day, continue our journey of truth and reconciliation, while learning to make a beaded orange shirt pin.

Every Tuesday in September from 3:30-4:30 pm @ The Hive Kickstand

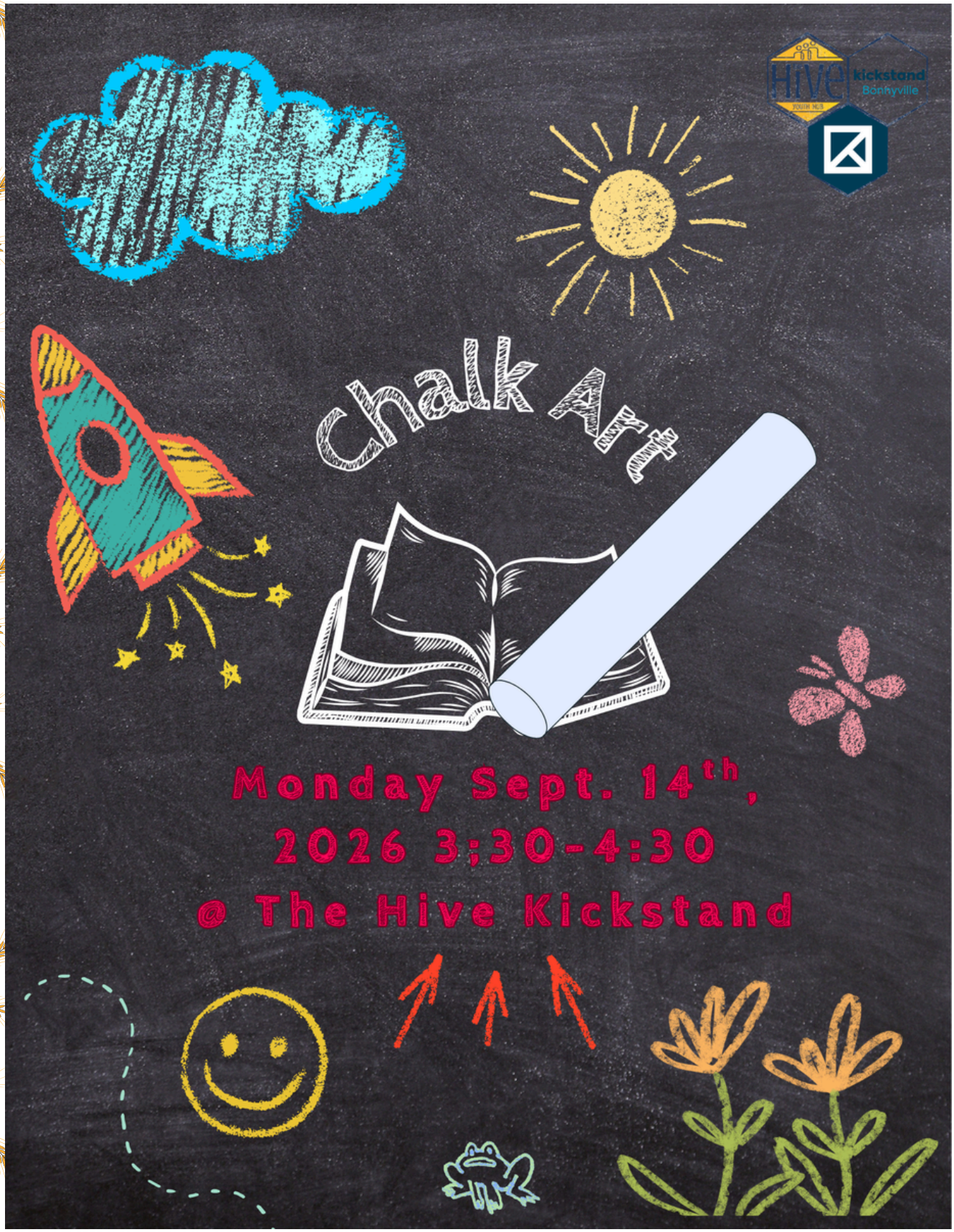

chalk Art
Monday Sept. 14th,
2026 3:30-4:30
@ The Hive Kickstand

TABLE TOP GAME NIGHT

Come play, laugh and make memories with us



Activities for Everyone:

Card Games, Board Games, Table top Games

September 3rd, 4-5pm

The Hive by Kickstand

Relax & Create

Bring your own craft









A simple creative session in a calm and cozy atmosphere. Start a new project or work on a current one.

THE HIVE- KICKSTAND BONNYVILLE
SEPTEMBER 28TH 3:30-4:30 PM


BINGO
GAME
Night
SEPTEMBER 4TH
The Hive
4-5PM
DON'T JUST PLAY — WIN!


Window
Painting
HIVE
kickstand
Bonnyville
FRIDAY SEPTEMBER 18TH, 2026
3:45 - 4:45PM
@ The Hive Kickstand


THE HIVE YOUTH HUB
kickstand Bonnyville
Paint Night
FRIDAY SEPTMEBER 25TH, 2026
3:45-4:45PM
@ THE HIVE KICKSTAND


MOVIE NIGHT
The Hive Theatre Presents
PRODUCTION
DIRECTOR
SCENE
Friday Sept. 11th, 2026
3:30 - 5:00pm
Poll to be posted to Decide Movie
Free chips available

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?

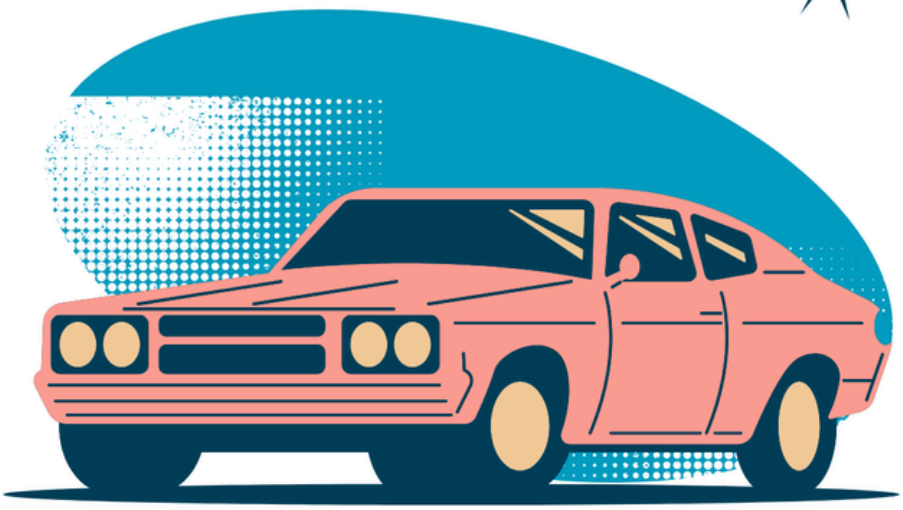
The Hive kickstand Bonnyville







Learners Prep Course



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



September 23rd-25th, 2026
4pm-7pm
@The Hive by Kickstand
with Employabilities


PROGRAMME
PE
PLACEMENT
EN
EMPLOI
Soorej
Munraj
Employment Counselor
Northeast
Alberta
Parallèle
ALBERTA

PROGRAMME PE 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

Dragonfly Centre Virtual Programs

Sept. 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10-11am Media Literacy, Algorithms & the Digital World	2	3 9-10am Digital Consent, Image Sharing & Online Exploitation	4	5
6	7	8	9 10-11am Talking to Youth About Online Sexual Content	10 12-1pm Media Literacy, Algorithms & the Digital World	11	12
13	14 6-7pm Digital Consent, Image Sharing & Online Exploitation	15	16	17	18	19
20	21	22 9-10am Talking to Youth About Online Sexual Content	23	24	25 12-1pm Talking to Youth About Online Sexual Content	26
27	28 6-7pm Media Literacy, Algorithms & the Digital World	29	30 12-1pm Digital Consent, Image Sharing & Online Exploitation			

For More Information and Registration

Visit www.TheDragonflyCentre.com To See All Of Our Caregiver Offerings

Program Overviews

Caregiving in the Digital World:

Digital Consent, Image Sharing & Online Exploitation

Learn how to talk with youth about sexting, pressure, non-consensual image sharing, sextortion, and digital coercion. Caregivers will gain practical tools to discuss online consent, privacy, safety planning, and how to respond if harm occurs.

Media Literacy, Algorithms & the Digital World

Understand how social media, influencers, gaming, and algorithms shape young people's beliefs, emotions, body image, relationships, and sense of self. Learn practical ways to build critical thinking and safer digital habits.

Talking to Youth About Online Sexual Content

Explore how to talk about pornography, sexualized media, curiosity, and online content without shame or fear. This session supports caregivers in having open, values-based conversations that promote respect, consent, and healthy development.

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™

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

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

STEPPING STONES
Crisis Society

A BETTER WAY

An 8-week program focused on building the skills to manage emotions, strengthen communication, and foster healthier relationships.

- UNDERSTAND EMOTIONS OF ANGER, SHAME, GRIEF, FEAR, AND LOSS
- IDENTIFY TYPES OF ABUSE AND RELATIONSHIP RED FLAGS
- LEARN TO MANAGE ANGER AND CONFLICT
- UNDERSTAND THE IMPACT ON CHILDREN WHO WITNESS ABUSE

MEN'S GROUP

MONDAYS
6-8 PM

BEGINS
SEPT. 14

WOMEN'S GROUP

THURSDAYS
6-8 PM

BEGINS
SEPT. 17

Stepping Stones Crisis Society
5305 47 Street



FREE • LIMITED SPACE

REGISTER TODAY

Calsie: 780-343-1267
Anita: 780-343-0405
outreach@steppingstonessociety.ca

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

Lakeland Centre for

FASD

Fetal Alcohol Spectrum Disorder

Mocktail Competition Guidelines

Team Structure:

- Each team must have 2 to 5 members.

Mocktail Requirements:

- Each team is responsible for preparing 4 servings of the same mocktail for the judges.
- Creativity is encouraged! Get inspired with themes, special supplies, or even team costumes!

Supplies & Ingredients:

- Basic ingredients will be available for use (Pop, juice, water, ice, basic cups).
- Feel free to bring your own special ingredients to make your mocktail stand out.
- If your mocktail requires special equipment like a blender or extension cords, your team is responsible for bringing your own.

Scan the QR Code below for more information about LCFASD supports and services.

You are invited to the Annual FASD Day Mocktail Challenge!



Location:

Bonnyville Town Hall Parking Lot
4917 49th Ave, Bonnyville

Date & Time:

September 23, 2026
@ 11:30 AM

For any questions or to register your team, Call 780-594-9905 or email admin@lcfasd.com

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

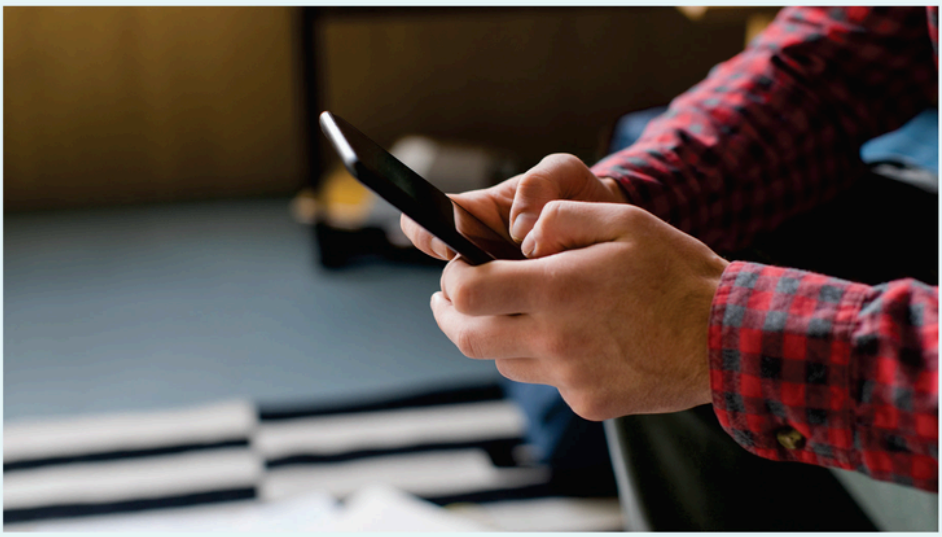


To register and receive the Zoom link visit:
https://redcap.link/strokesupport

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

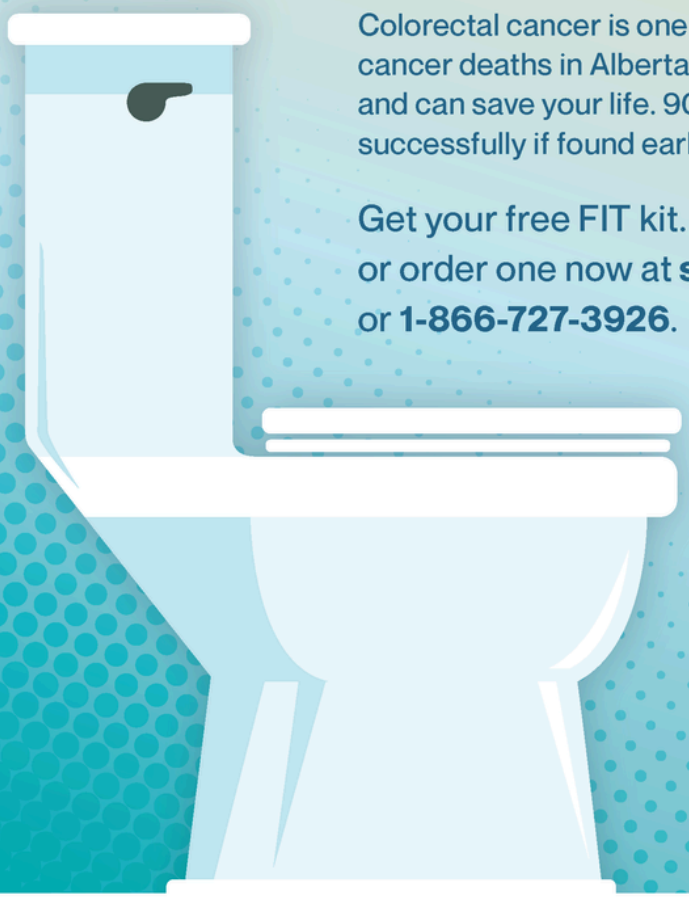
Healthy Albertans.
Healthy Communities.
Together.

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

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

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

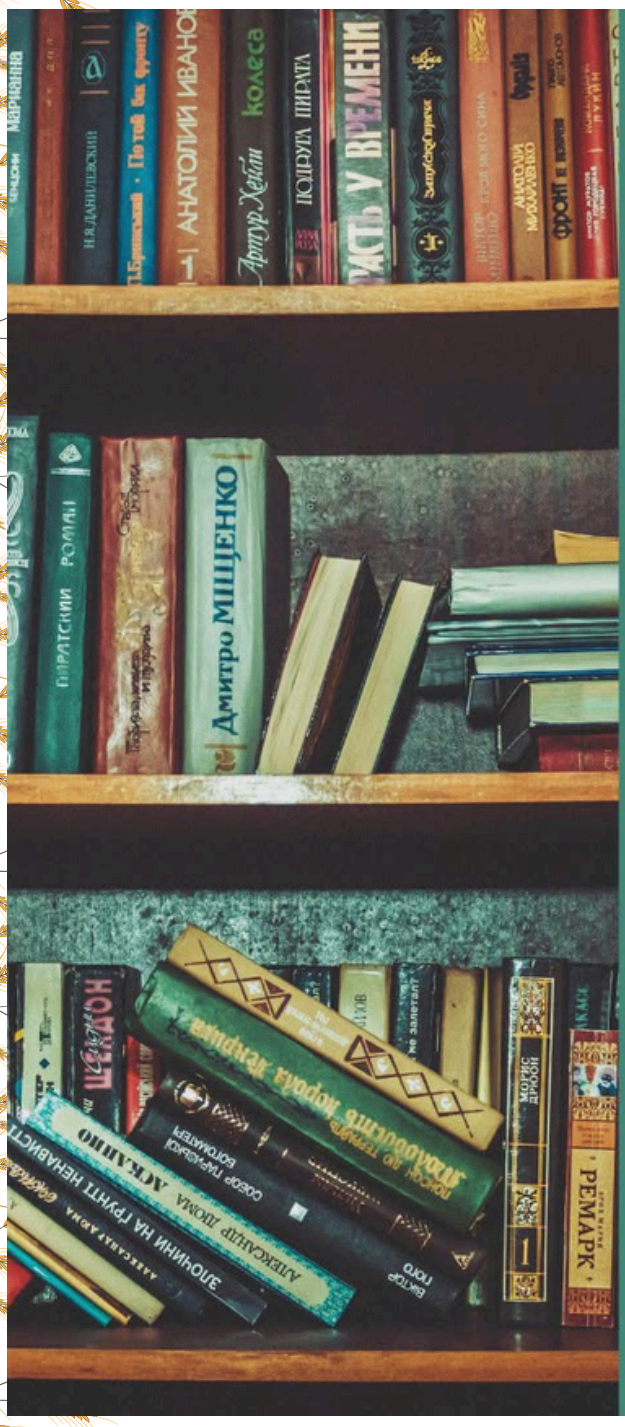
The best learning happens through play!





ENROLL NOW FOR THE UPCOMING PRE-SCHOOL YEAR

For more information contact the Ohana centre
phone - 780-826-2101
Email - director@theohanacentre.ca
Bonnyville, AB



annual used book sale

August 31 through September 26, 2026

Choose from a selection of previously loved items.

BOOKS, DVDS, AND MORE!

Bonnyville Municipal LIBRARY

Adult & Child Book Club

Bonnyville Municipal Library

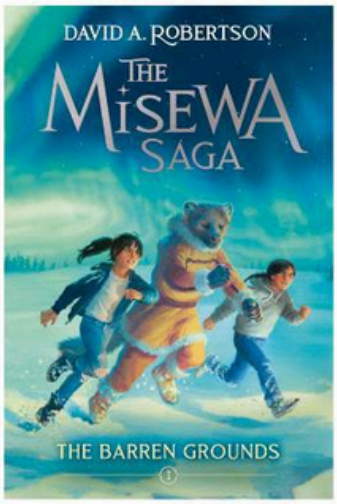
Ages 8-12, with an adult

Register through the library web calendar and pick up the book at the library. Take the time to read it before the program day.

Saturday,
September 19, 2026
11:00 am
at the library

The Barren Grounds

by David A Robertson



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